

## Friendship Link & Action Group



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## Funding News

Way back last year we put in some applications for funding. We had to wait nearly six months to find out whether we were successful and on two counts we were.

### ☺ **Panacea Society**

The Panacea Society is a Christian organization whose adherents believe in the Second Coming of our Lord Jesus Christ. It is also a registered charity and has come to our rescue with a £2,000 donation to cover our running costs. This means we are now in a position to keep the cost of forthcoming events to a bare minimum.

### ☺ **Neighbourly Charitable Trust**

This Trust owns a specially adapted narrowboat on the Grand Union Canal. Not only are they going to let us hire the boat free of charge, they have donated £500 to our funds.

## FLAG's Summer Break

After organising nearly twenty events over the past two years, the FLAG committee and volunteers are taking a well deserved break in July and August.

## Post & Transport Problems

**We were very disappointed that two members were not picked up for our last event. This was because their mail slips were lost in the post, so we assumed they did not wish to attend.**

**To prevent this problem happening again, please ring the office if you have not received confirmation of your pick up three days prior to an event.**

## Forthcoming Events

Because we are taking the summer off, we are arranging four terrific events to be held in consecutive months from Sep to Dec.

The following events are in the pipeline. We will keep you informed of exact dates and costs in due course.

- **Narrowboat Experience**
- **Quiz and meal at the White Horse**
- **London Eye & Backstage Tour of the National Theatre**
- **Christmas Meal**

## 8<sup>th</sup> Sep - Narrowboat Experience

There is no better way to discover the hidden charms of our beautiful countryside than on a canal.



This trip is for you, if you fancy the idea of drifting dreamily through unspoilt countryside and perhaps stopping

off to enjoy a meal at a waterside pub.

We have exclusive use of two narrow boats for the day and both are specifically designed to accommodate disabled people including wheelchair users.

## Oct. - Quiz & Meal

We are going back to our favourite pub, the White Horse, for a meal and quiz with a musical bias eg. 'Name that Tune'.



These nights are always a great opportunity to get out and socialise with a

friendly group of fellow members.

## Nov. - London Eye & Backstage Tour of the National Theatre

Since opening in March 2000 The London Eye has become an iconic landmark and a symbol of modern



Britain. The London Eye is the UK's most popular paid for visitor attraction, visited by over 3.5 million people a year. A breathtaking feat of design and engineering, passengers in the London Eye's capsules can see up to 40 kilometres in all directions.

After riding the Eye, our coach will take us a short distance to the National Theatre for a backstage tour.



An NT tour takes you behind-the-scenes to see three auditoriu

ms, front-of-house, scenic workshops and backstage areas, all in the company of well-informed, enthusiastic guides.

There is a great choice of eating and drinking at the National Theatre. Restaurants, cafés and bars can be found throughout the building, most with alfresco seating overlooking the vibrant South Bank.

We intend hiring a wheelchair accessible coach for this event, which promises to be our most adventurous to date. Don't miss out!

## Dec. – Christmas Meal

For the past two years we have got into the festive spirit with a three course meal in December. This year will be no different although we



may change the venue and try a different restaurant. Wherever we choose, we promise you crackers with jokes and hats, streamers and candle lights and a meal that will be pretty good to.

Those members who need transport will be in the enviable position of being able to really let their hair down, without the worry of getting home.

## **Previous Events**

Since the April Newsletter, we have held the AGM, a Theatre Trip and a Social Evening.

### **AGM**

In May (a little late) the second AGM of FLAG (Friendship link and Action Group) was held at the Livability – Lifestyle Choices Project office.

A good turnout of members attended to hear a report on the previous year and to discuss the future running of the group.

The AGM is an important date for us to feedback on the healthy state of FLAG and for members to have their say on the future running of the group.

### **Theatre Trip**

Thirty three FLAG members and friends went to the Derngate Theatre in Northampton to see the musical, Blood Brothers.

Hailed by the critics as one of the best musicals of all time, Blood Brothers has triumphed around the world. Scooping up no less than four awards for Best Musical in London, seven Tony nominations on Broadway, and

receiving a standing ovation at every performance, Blood Brothers is now in its 21st phenomenal year. We enjoyed it too!

## **Social Evening & Craft Taster**

Twenty six FLAG members turned out for this social evening and speaker at the Priory Methodist Church Hall.

Apart from the fish'n'chips and the opportunity to meet up with friends, the evening acted as a gateway to the learning services available in the area.

Three members from SPARK (Bed Adult Com. Learning) gave a short talk and 'hands on' demonstration of computer aided activities and keep-fit classes.

The evening was particularly useful for members looking to take up a new leisure pursuit.

## **Software- Protecting your PC**

What Software Do I Need to Purchase for Use with My new computer?

Just as in the world outside, there is no such thing as 100% security, but you can make your PC a lot safer when using the Internet by a combination of appropriate software.

The choice of Software depends on what you want to use your PC for, with a few very important exceptions....

The software Packages that you **DO** need to install and make sure they are set to regularly update are-

## **Anti Virus Software Package**

Usually, you can purchase an Anti Virus Software package from most high street computer stores.

“Well known brands” of Anti Virus software packages are available in High Street stores, but if you purchase one of these packages, you will have to pay an annual subscription - usually in the region of £30-£50 per annum.

Alternatively, you can install a very good free alternative - 'AVG Anti Virus' from [www.avgfree.co.uk](http://www.avgfree.co.uk) (You should find it under 'AVG Products', 'AVG Free Edition')

This free package gives you a high level of security for your PC.

I fully recommend this software package. which doesn't exhibit the sort of conflicts and problems which arise with 'well known brands?'

## **Anti-Spy-ware software**

This looks for Spyware and Trojans which may be overlooked by your anti-virus software.

Such recommended software packages are- [AVG Anti-Spyware](#), Super Spy-Ware Software

## **A Firewall Software Package**

This will prevent attacks by hackers: roughly speaking it will only allow inbound traffic which is legitimate, i.e. that webpage was requested. Most decent broadband routers supplying your office or home office will include a firewall. In addition you can install a software (personal) firewall on the PC itself.

There is one included with Windows, or you can purchase the version of [AVG Anti-Virus which includes a firewall.](#)

A recommended Free Firewall Software package that can be downloaded from the Internet is Zone Alarms Firewall.

## **What Exactly Is Broadband?**

Broadband (also sometimes called ADSL or DSL) is basically a fast way of connecting your PC to the Internet through your existing phone line.

It allows you to browse web sites and share information with others much more quickly than was previously possible (A Dial Up Connection)

It also allows you to use your home Telephone while using the Internet. Unlike the previous Dial Up connection, where when you received a call on your home Telephone, the Internet connection would cut off automatically.

Using the Broadband connection also allows you to download programs- Music- Documents at far greater speed

## **How much are the ongoing Broadband connections?**

Broadband costs from around £15 to £22 per month. Also you are now able to choose a faster Bite Rate for your Internet Broadband.

The Bite Rate connection depends on your location. Please check before you decide what Bite Rate you want.