

Friendship Link & Action Group



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As this is the last newsletter before Christmas, and the committee members would we would like to take this opportunity to wish 'Merry Christmas' to all our friends in FLAG.

New Year Events

At the last committee meeting we came up with some brilliant ideas for events to hold in the New Year and we will keep you posted on them in due course.

Two of our ideas are re-scheduled events; namely the Christmas Meal and London Eye trip.

Christmas Meal

The Christmas Meal has been moved to late January as it was felt that the Christmas period is too busy, and it would be good to meet up during the bleak months that follow.

We have booked Bellinis Italian Restaurant so we can escape from a damp English evening and enter a

sunny Mediterranean atmosphere with exquisite cuisine.

Personally, I will be having a pre-dinner drink of Campari & Orange Juice, a starter of Parma ham served with honeydew melon and a main dish of King prawns in a tomato, garlic and herb sauce.

On the night, you can choose your own drinks and meals from a succulent menu that caters for all tastes.

London Eye & NT Tour

Due to the restructuring of Livability and the consequent increase in workload of the staff, the London Eye trip has been postponed until the spring.

We will keep you informed of exact dates and costs in due course.

Funding News

Once again, the Bedfordshire and Luton Community Foundation have granted us £595 towards our Christmas meal. Thanks to we have been successful with our application We have applied for a Grassroots Grant towards the Christmas meal. Fingers crossed we are successful and can all enjoy a three course festive meal at a modest price.

Previous Events

Since the last newsletter, we can report on two highly successful events.

Narrowboat Experience

In early September, we packed two superbly adapted canal barges to the

gunnels with twenty four FLAG member.

The two boats had plenty of seating on the foredeck and the covered saloon and galley. Fortunately we were lucky with the weather and it was warm enough to sit outside.

We boarded at Nash Mills, near Hemel Hempstead and drifted dreamily down the canal, going south, through the outskirts of the town and into the unspoilt countryside. After navigating several locks we arrived in Kings Langley, where after a tasty lunch we turned round for the return journey.

Some of our fitter members enjoyed the experience of helping the crew and became confident in navigating the locks and operating the sluice gates. Others were happy to just relax and watch the world go by.

Music Quiz & Meal

Thirty four of us sat down at the White Horse to enjoy a meal and a test of our memories with a music biased quiz.

As always, teaming up other others on your table, provides an opportunity to get to know other members of our sociable group.

We Need You

If you have computer skills and one or two free afternoons, why not become an office volunteer for FLAG. It would be great opportunity to learn new skills, give something back, and become part of a friendly team.

Unfortunately the pay is not good; in fact, it is nothing! But we will pay for your travel and lunch, and you can attend all FLAG events for free.

The work involves visiting venues, confirming events, dealing with correspondence, answering and making telephone calls, undertaking data entry work, and routine office work.

We need you!

Tracey's Helping Hand

Tracey is the unsung heroine who makes our FLAG events run so smoothly.

Apart from her work as the Volunteer Co-ordinator for Livability, she works tirelessly on FLAG events.

Not only is she responsible for transport arrangements, she maintains the database and types up the committee meeting minutes.

If you meet her at an event, and want to show your appreciation, don't slap her on the back, just buy her a Malibu and Coke.