

## Friendship Link & Action Group



Editor – Flag committee

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### News update

Update from Flag committee, Nick Cochran has resigned as Chairperson and Jan Thomas is standing in as Chairperson until the AGM in April. We would like to take this opportunity to thank Nick for all his dedicated hard work for Flag over the past few years.

Tracey has taken on a supportive role during this handover period, so we would also like to thank her for this offer.

Other updates from Lifestyle Choices- the service is currently looking to acquire funding and keeping abreast of local opportunities. We are in a time of change and development to continue to provide a quality service to individuals in the county. We thank you for your patience and we will keep you informed of any developments.

### Past events

#### Bellini's

On the 28<sup>th</sup> January we went to the Italian restaurant Bellini's for our

Christmas Dinner. Everyone felt that this was a successful event, with plenty of food and a good atmosphere. We would be grateful if you could find the time to complete the enclosed questionnaire to get your feedback.



### Future Events

Our next event will be a Murder Mystery evening at the White Horse Pub at Newnham Avenue on the 25<sup>th</sup> March at 7.00pm. This will involve 6 volunteers who will become suspects (4 still needed if anyone is interested) who will be introduced to the plot. This is followed by dinner (Ploughmans) and then the chance to question the suspects. Your job is to figure out who the murderer is from the answers given. The flyer with further details is enclosed.



## 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!

## Flag Roles

Flyers for events- Jo O'Dell and Lisa Thomas

Admin support- Jo O'Dell

Fundraising- Nick Cochran

Event Organisation (Food and transport) – Jenny V

Transport- Nick Cochran & Tracey Brimmell

## Vacancies

2x admin support

1x secretary

2x newssheet editors

1x venue organiser (with own transport) to scout potential locations

1x Host/Hostess on events

1x fee administrator

## 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 does she help out with 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.

And finally- If you have any articles you want to appear in a future newssheet, please send them in. We also want to advertise a new social networking site, called socialspace it is a community of disabled people and carers, information, advice and a place to chat and just have fun.

[www.socialspace.co.uk](http://www.socialspace.co.uk)