

Friendship Link & Action Group



Editor – Jo O'Dell

Unit 5A, Stephenson Court, Priory
Business Park, Bedford, MK44 3WJ

Telephone 01234 838884

E-Mail: flag@sda.livability.org.uk

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Future Events

Although no dates were set, some ideas were suggested for future events. These included a trip on the London Eye, Naidex Exhibition, Theatre Trip to see Evita and Proms in the Park.

These ideas will be considered by the Committee and if feasible, further details will be sent to you in due course.

Previous Events

Since the last newsletter, we can report on our AGM held on 30th April 2009 which was attended by 25 members of Flag.

AGM

It was decided that Jan Thomas, who has taken on the role of Chairperson on a temporary basis will continue in this position for the following year.

Helping Jan in her role will be Brendan Gaunt who has agreed to remain as Vice Chairman, Stephen Springer who will carry on his role as Treasurer and Jenny Viccaro who will remain as Secretary, assisted by Jo O'Dell (me!).

The Committee meets every month, but everyone is invited to attend meetings to participate and give any ideas or contributions they may have.



Meet The Committee

As a new feature of the Flag newsletter we would like to introduce you to the officers of the Flag Committee starting at the top.

Chairperson - Jan Thomas

Jan has lived in the Bedford area all her life. She has two grown up children and she lives with her guide dog, Elsa.

She has been a member of Flag for two years and has been on the committee since she became a member

Jan says the best thing about being a member of Flag is the fact that all the members help each other.

Jan told me that the best thing she has done with Flag was attending a 6 week 'Well Woman' course. She also enjoyed going to the theatre to see 'Blood Brothers'.

Jan is at present adjusting to changes in her disability but she says that her hobbies include listening to audio books and going out for lunch.

She says that her ambitions are 'to live to a ripe old age' and to see her grandchildren grow up.



Pollo Cacciatora **(Hunter's Stew)**

Many thanks to Jenny Viccaro for this recipe for a warming Italian winter stew.

Ingredients

4-8 pieces of chicken – breast, thighs or legs.

2 Tins of peeled tomatoes.

1 Celery stick.

Onions.

6 Potatoes.

2 Cloves of garlic.

Glass of red wine (optional).

Salt and pepper.

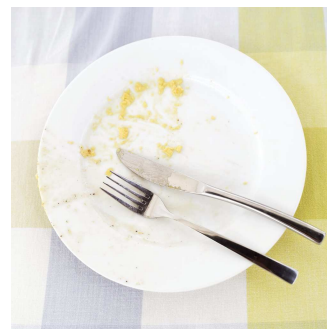
3 Bay leaves.

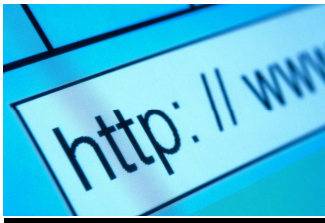
Method

1. Seal chicken in frying pan to seal juices. Cook for 10 minutes, turning occasionally.
2. Remove chicken and soften onions and garlic.
3. Put chicken, onions and garlic into a large pot.
4. Pour in 2 cans of tomatoes, chopped celery (1 inch pieces), potatoes halved. Add wine if desired, season with salt and pepper and add bay leaves.
5. Add 1 small glass of water so that everything is covered.
6. Put lid on pan and cook on a low heat for 1 hour. After 1 hour, remove the lid and bring to a rapid boil for 5-8 minutes to reduce the sauce.
7. Serve immediately with crusty bread or extra vegetables.

Serves 4

Bon Appetito!





Flag Website

Plans are in the pipeline for a Flag website for members of Flag to keep in touch with each other. If you have any ideas for the website, we would love to hear from you.

Flag Interest Groups

At the last Flag committee meeting it was suggested that we form some 'sub-groups' for members who are interested in certain topics. These included a DVD group, a book club and a cinema group. If you think this is something you may want to help to set up, please get in touch with Jan Thomas on 01234 271840.

Please note that these groups will only be successful if you get involved. So, if you have any ideas for more sub-groups please let Jan know.



Items for Sale

It has been suggested that we have an 'Items for Sale' feature in the newsletter. If you have any items which you would like to sell to other members of Flag, please get in touch with me at jo23672@aol.com or telephone the Lifestyle Choices office on 01234 838884 and we will send you a form for you to place your

advertisement. Please note that only small items can be accepted.



Book Swap

For all you avid readers it has been suggested that we start a book swap. If you have any books you no longer need and think other members may be interested in reading, please let me know by either e-mailing me at jo23672@aol.com or telephoning the Lifestyle Choices office on 01234 838884 and details of the book you want to swap will be included in the newsletter.



Flag Trip – Danish Camp

The trip to Danish Camp in Willington on 15th July 2009 was considered a success as usual. Members particularly enjoyed the setting by the river and were able to sit out after the tasty meal on the rustic balcony enjoying the swans and the little boats in such peaceful surroundings. Everyone agreed our River Ouse is a real asset to our environment.



Lost in Cyberspace?

For many people, the internet can be a lifeline. It can open many doors to forming friendships and, in some cases, finding that special someone! However, there are some people for whom the internet and computers can be very scary. Don't be put off! If you would like to learn how to use a computer or how to find your way around the internet, Lifestyle Choices may be able to help. If you're interested in having computer lessons, why not contact us and we will see what we can do to help you.



CEA Card

The CEA Card is a national concessionary card developed by the Cinema Exhibitors' Association for UK cinemas in order to allow people with disabilities to obtain one free ticket for a person accompanying them to the cinema.

To apply for the card, you will need to meet one or both of the following criteria:

- a) Be in receipt of the Disability Living Allowance or Attendance Allowance.
- b) Be a registered blind person.

You will also need to submit 2 passport sized photographs and a fee of £5.50.

For further information on the scheme, including a list of participating cinemas, go to www.ceacard.co.uk.

Yourlocalcinema.com allows you to identify cinemas in your area playing subtitled or audio-described films. Visit www.yourlocalcinema.com for more details.



Cecil Higgins Art & Bedford Museum

Cecil Higgins Art Galley and Bedford Museum has provided Flag with details of an event they are currently hosting which may be of interest to you:

Abram Games: Maximum Meaning, Minimum Means

Saturday 6th June-Sunday 6th September 2009 at Bedford Gallery

Abram Games created many of the most iconic images of mid-20th century Britain, from Official War

Posters to the logo for the 1951 Festival of Britain and advertising designs for clients such as London Transport.



[Art and Craft Exhibition at Cecil Higgins Art Galley & Bedford Museum](#)

A while back, Vina Harvey from Cecil Higgins Art & Bedford Museum contacted Ros from Lifestyle Choices. Vina is an Audience Development Officer for the new Bedford Museum and Cecil Higgins Gallery exhibition spaces. She was interested in the possibility of Lifestyle Choices clients engaging with their agenda for widening participation. Ros spoke to the Flag Committee who formed a Focus Group to visit the Museum and Gallery in June.

The Focus Group enjoyed a thorough tour of the Museum and Gallery, and fed back some significant accessibility issues. The plans for the new spaces and displays are exciting, and it is essential that all in the community can benefit from this development. Vina has asked the Focus Group to continue its role as advisor on accessibility and facilities for people with disabilities.

Another exciting opportunity for Lifestyle Choices clients arose from this meeting. Vina discussed the possibility of compiling an exhibition of art works by users of Lifestyle

Choices. Ros was very enthusiastic as this is an idea which she had considered in the past, having seen some of the art, creative writing, and craft work produced by her clients.

Ros and Vina are planning for an exhibition in 2010. Lifestyle Choices already has some very talented artists whose work has been identified for the exhibition. The standard is very high, and will make for an exciting and diverse display.

If you believe you or someone you know with a disability can provide a work for display, please contact Ros at the Lifestyle Choices office on 01234 838884.



[Acoustic Shooting](#)

The following article was kindly sent to us by Flag member, Nathan Keen, who enjoys taking part in the sport of acoustic shooting in his spare time:

It all started in the summer holidays in 2005.

This was a sports day for young people with special needs. The sports included wheelchair basketball, French boules, trampolining, archery, cricket, bowling and acoustic shooting. This sports day was held at Milton Keynes Sports Centre.

Acoustic shooting is using an air rifle to shoot at cardboard targets using sound. Basically, you are looking for the highest pitch in the sound. You

shoot at a distance of 10 metres. The sound is made from a light reflected off a white part in the centre of the target, which is picked up by a mini-telescope, called the sight.

In acoustic shooting we use little 4.5 mill pellets.

The rifles are all controlled by compressed air, the pressure of which is usually between 2-3 bar. The rifle rests on the front of your shoulder, which makes the gun move up and down by a soft slight movement in the shoulder. It rests on your shoulder via the butt of the gun. This usually has a rubber pad on it, but the butt can be made of wood. They are mainly made of metal, though. Just in front of the butt is a place for one of your hands. It's what people usually call the main handle. On the top of the butt is a chin rest. If you go further up the rifle, next from the handle is the trigger. Next is the gas barrel, which is where the air is stored on the rifle, and would need refilling every so often. The other handle is below the gas bottle, plus this is where the gun rests on the stand. However, above the trigger is the loading area. Also above the loading area is the mount for the sights. The sights are fixed on top. The barrel, however, is just in front of the loading area, plus the barrel usually has on the other end a slot for more sights. Most of the rifle can be adjusted to suit the shooter's needs, so that they can get the best out of their shooting skills.

In the winter league 2005-6 I came second in division three, but in the summer league 2006 I won division three, plus the win moved me up into division two. The leagues are more

for working on your shooting skills, but the big competitions are the ones that bring the best out of you. For myself, the main one was January 2007. This was the British Championship in Wolverhampton, at which I became Junior British Champion. I was only 19 years old and my final score was 575 out of 600. It was a bit of a shock when I first heard the news. Not many people had achieved that title at their first time in the competition. My coach was very pleased with the result. Also, at the same event, I came second in Section B of the Senior's British Championship. By the way, my average, which is the figure the scores and results are worked out by was 97.4 at that time. I came second in the winter league of 2007-8 as my average had dropped to 97.2, but there were better days to come and hopefully there will be more.

The next success was March 2008. I reclaimed my title, with a score of 583 out of 600. Then in August of the same year I entered the Scottish Championship, which is held in Aberdeen. Also, in Wolverhampton in March 2008, my average improved to 97.8. However, in Aberdeen I only came fifth, with a score of 581 out of 600, but it was my first time at the Scottish Championship.

In the leagues, each shooter is placed according to their first average. There are usually about six or seven shooters to each division. Your average is for the main competitions is then worked out by your scores from the first half of the last league before that major competition. For example: the British Championship is next. My placing in the championship

will depend on how my scores are from the first half of the 2008 winter league. The leagues are made up of ten shots per round, ten rounds per league. There are usually two or three leagues a year. The major competitions, of which there are usually two a year, are sixty shots within one hour and forty-five minutes.

My average has dropped from 97.8 to 95.4, so out of 100 I'm now getting scores of 95.4 rather than what I should be getting. However, I think moving back home from college and being in new shooting conditions has had an effect on my shooting. I'm now shooting at Deanshanger Air Rifle Shooting Club. I've even done some coaching myself. I'm also going to shoot in the summer league this year. The first five rounds have to be shot by August, but the last five rounds don't have to be shot until October. I've started the summer match shooting, but they don't need to be in by August. I was given false information on that. They have to be shot by October.

I hope there is more success to come as I'm only 21. Who knows what the future holds, but I've hopefully got more to come as I'm still young. I hope to get into Olympic shooting, but unfortunately it will be a long time before acoustic shooting gets there. However, I still enjoy the sport I do best.



[Taxi Contact Numbers](#)

Here is a useful list of taxi companies which Lifestyle Choices recommends for transport to and from events and meetings:

Havanna Cars	Tel: 01234 295851
	Mob: 07888 520623
AGS Taxis	Tel: 01234 340900 or 01234 218888
A to B Cars	Tel: 01234 212222
Home and Away	Tel: 01582 413413
Maurice's Taxi	Tel: 01767 600006



[Your Newsletter Needs You!](#)

This is your newsletter! If you have any articles that you would like to submit to future editions, for instance recipes, jokes, poems, news, etc. please contact Jo O'Dell at jo23672@aol.com or via the Lifestyle Choices office. Digital photographs can also be included if you are able to email them to us.