

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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Nathan Keen



We are sad to announce that Nathan Keen, who was a member of Lifestyle Choices and the Flag Committee passed away on 11th January 2009. He will be missed by us all.

Happy New Year

As this is the first newsletter of 2010 the Flag Committee and I would like

to take this opportunity to wish all the members and volunteers of Flag a Happy, Healthy and Prosperous New Year!

Funding News

Over the last couple of months, we have been successful in keeping Flag afloat with two successful grant appeals.

We would like to propose a toast. So, let's hear it for the team at the Bedfordshire & Luton Community Foundation and the Neighbourly Charitable Trust.

Funded by the Bedfordshire & Luton Community Foundation's Grassroots Grants

This grant is to pay our volunteers petrol costs and taxi fares for attending Committee Meeting and working in the office. With these costs met, we can continue to organize events well into the future.

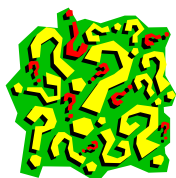
The Bedfordshire & Luton Community Foundation, based near Biggleswade, have looked kindly on Flag since we first approached them in 2007. They have twice awarded us grants towards Christmas/seasonal meals and have now assisted us to receive a Grassroots Grant of £1896.00.

Funded by the Neighbourly Charitable Trust

Last year the Neighbourly Charitable Trust, based in St Albans, paid for our day out on the Grand Union Canal in a fully accessible barge. Because this was such a good event, we approached them again in order to repeat the experience and they have

kindly obliged with a cheque for £500.00. This means we can set sail (or engage engines) next summer from dock near Hemel Hempstead.

Previous Events



Quiz Night

On 23rd September 2009, many of the Flag members took part in a Quiz at the White Horse pub. The theme of the Quiz was 'Bedford and the Surrounding Area' and a delicious meal was also included. A good night was had by all.



London Eye Trip – 23rd November 2009

On Monday 23rd November 2009, a group of around 30 Flag members went to the London Eye on the South Bank of the River Thames.

Although, unfortunately, the weather was wet and windy, it failed to dampen our spirits. The coach left the Lifestyle Choices office at 10.00am and we arrived in London in time for lunch.

Fortunately, the rain eased off for our 'flight' on the Eye and we were able to get a fantastic view of the sights of

London, including Big Ben and the Houses of Parliament, Westminster Abbey and Buckingham Palace.

After leaving the London Eye we went into the 4D London Eye Experience, a film show which included a firework display, and wind and snow which the audience could feel.

On the way home we took the scenic route through London and were treated to a glimpse of the Christmas lights in Oxford Street which were very impressive.

A great day was had by all and we would like to thank Tracey for all her hard work in organising one of the best Flag events ever!



Jo's Royal Appointment

On Friday 6th November 2009, Jo O'Dell accompanied Mandy Himpson to New Court Place, a Livability residential home for physically disabled adults in Borehamwood, Hertfordshire, to give a presentation on the work of Lifestyle Choices and Flag. The event was attended by HRH The Princess Royal. Jo spent some time talking to the Princess about the work that Flag does. Speaking about her experience of meeting Princess Anne, Jo said. 'Although I was very nervous about meeting the Princess, she was very down-to-earth and seemed genuinely interested in what I had to say'.



Flag Book Club

Further to the information in the last newsletter regarding the plans for a Book Club, here are the proposed dates and times:

Wednesday 10th March 2010 from 7.00pm to 8.30pm

Wednesday 12th May 2010 from 7.00pm to 8.30pm

Wednesday 4th July 1 2010 from 7.00pm to 8.30pm

Wednesday 8th September 2010 from 7.00pm to 8.30pm

Wednesday 10th November 2010 from 7.00pm to 8.30pm

Nigel, the landlord at the White Horse, has kindly allowed us to use the pub for the Book Club.

Please be aware that the Book Club is not organised by Flag. Therefore, anyone interested in joining should be willing to organise their own transport. Telephone numbers for taxi companies that Flag recommend are included in this newsletter and will also be sent out in a letter which those of you who are interested in joining the Book Club will receive in due course.

Taxi Contact Numbers

Here is a reminder of the wheelchair accessible taxi companies that Flag use regularly:

AGS Taxis Tel: 01234 340900
or 01234 218888

Ambassador Cars Tel: 01234 345151
or 01234 327000

A to B Cars Tel: 01234 212222

Home and Away Tel: 01582 413413

Maurice's Taxi Tel: 01767 600006

Rae's Taxis Mob:07973 452002

Stop Press!!!

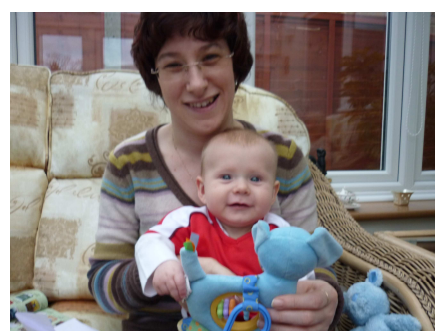
We have just received notification from Bedford Borough Council that they will contribute £500 towards our seasonal meal.

Announcements



Flag would like to announce the safe arrival of Brooke, a grand-daughter for Jan Thomas. She was born on 9th December 2009, and weighed in at 7lbs, 6oz. Congratulations, Jan!

Also, belated congratulations to Tracey on becoming an auntie to Ryan William Brimmell on 23rd July 2009. What a cutie!



We would also like to announce the engagement of Jo O'Dell to Tim Branson. Jo and Tim got engaged in September 2009 and have set a date of 25th June 2011 for their wedding. Congratulations, Jo and Tim!



[1940's Themed Valentine's Dance](#)

You may be interested to know that Beds Garden Carers, a charity for people with learning difficulties based in Bedford, are holding a 1940's themed Valentine's Dance (to a live swing band) on Saturday 13th February 2010 from 7.30 to 10.30pm at Putnoe Heights Church, Putnoe Heights, Bedford. The cost of tickets is £20 and this includes a buffet supper. 1940's dress is encouraged, but not obligatory.

If you are interested in purchasing tickets for this event, which will raise funds for Beds Garden Carers, please

contact Sharon Hart or Tim Branson at Beds Garden Carers on 01234 352884.



[Flag on Facebook](#)

We are proud to announce that Flag now has its own Facebook page. We will be using Facebook to advertise Flag and to announce upcoming events. You are welcome to join the Facebook group and message other members. The web address to get into the Flag Facebook page is flag@sda.livability.org.uk and the password is choices (all in lower case).



[Your Newsletter Needs YOU!](#)

Flag is run by and for its users and so is this newsletter! If you have any articles that you would like to contribute 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. So, come on, get thinking about what you can send in to us!