

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

April 2010

This money will help to keep event costs to a bare minimum by covering many of the administration costs we incur.

Gale Family Charity Trust

The Gale Charity Trust has kindly donated £1,000.

The Gale Charity Trust is a charitable trust created by Horace, Marjorie and Ronald Gale.

This money is unrestricted, which means we can use it to subsidise some of the future events.

Previous Events



Meal at The White Horse

On 24th February 2010, a large group of Flag members enjoyed our annual Seasonal Meal at The White Horse in Bedford. As well as the delicious food on offer, we were entertained by local singer/songwriter Mat Roberts, and a raffle was held which raised £82.00 for Flag. The event was a great success. We'd like to say a huge thank you to Tracey and the committee for all their hard work in organising this event. If you took any photos at the meal, please feel free to email them to us as they can be included on our Facebook page.



Funding News

We have some very good news on the fundraising front.

Panacia Society donation

The Panacia Society, our biggest benefactors, has very generously made another award of £2,000 to help towards our running costs.

The Panacea Society is a religious organisation with a belief in the latter day prophets and the Second Coming of Our Lord Jesus Christ. They are based in Albany Road, Bedford, where they have carried out their work since 1919.



Heroes charity on Saturday 8th May 2010 from 1.00pm to midnight. Among the many attractions on offer are music, a hog roast, barbecue, pets corner, an auction and a raffle.

[White Horse Quiz Night](#)

On Tuesday 16th March, a small group from Flag took part in the regular Tuesday night quiz at The White Horse. The team, named 'Brain Dead', which was made up of Tracey Brimmell; Nick Cochran; Malcolm Ross; Neil McCaffrey; Jo O'Dell and Jo's carer, Vanessa, scored a very respectable 36 points out of 70.



[Future Events](#)

[Flag AGM](#)

The Flag AGM will take place on Thursday 13th May 2010 from 4.00pm to 6.00pm at Putnoe Heights Methodist Church, Putnoe, Bedford MK41 8EB.

Don't miss this important opportunity to have your say.



[Help The Heroes Day at The White Horse](#)

The White Horse pub in Newnham Avenue, Bedford are holding a fundraising event for the Help The



[Exhibition of Arts and Crafts at Bedford Museum](#)

Lifestyle Choices are supporting an Arts and Crafts Exhibition at Bedford Museum from Saturday 24th July to Sunday 29th August 2010. If you know of anybody with a disability who has a talent in this area, please contact Ros Graham at the Lifestyle Choices Office on 01234 838884.



[Flag Book Club](#)

Due to lack of interest, I regret to inform you that it has been decided not to run the Book Club for the time being.

facebook

[Flag on Facebook](#)

To protect yourself from being contacted on your personal Facebook

page by members of the Flag Facebook group, please follow these instructions:

1. Log into your Facebook page.
2. Click on 'Account' at the top of the page.
3. Click on 'Privacy Settings'.
4. Click on 'Block List'.
5. In the first white box, type in 'Flag Lifestyles'.
6. In the second box, type in 'flag@sda.livability.org.uk'.



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

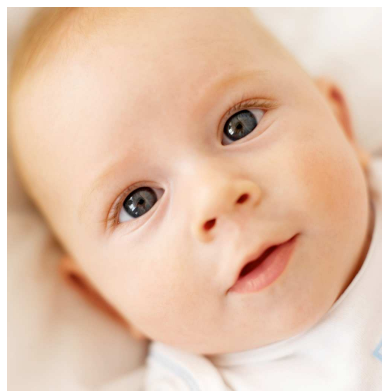
Announcements



We will miss Freda Dunlop, who is part of the Health and Safety Team at Lifestyle Choices on her retirement.

However, we are delighted that she intends to continue to volunteer at Flag events.

We'd like to wish Freda a very Happy Retirement!



Flag are also delighted to announce that Freda became a grandmother to a baby girl named Emily Rose on 17th February 2010. Congratulations, Freda!



New Members of the Lifestyle Choices Team

Those of you who telephone or call in to the Lifestyle Choices office may like to know two new members of staff have recently joined Ros and the team. Jenny Bunda joins us as a student, Maureen Midwinter is our new Lifestyle Choices Support Worker and Emily Tidd is our new Admin Support Worker and she will be with us for 6 months.



Did You Know?

Do you ever struggle to remember which side of your car your fuel cap is on, particularly when you have just changed your car? You shouldn't as the answer is staring you in the face. Look at your fuel gauge, it should have a little arrow next to the pump logo, usually on the side that the pump hose is on. This tells you where it is. If there is no arrow it is still on the side that the pump hose is on.

Not a lot of people know that, but Flag members do now!



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!



The Flag Committee needs your help!

Would you like to have more of a say in what Flag does? Do you think you could come up with some exciting ideas for trips and events? Are you a volunteer for Flag who would like to contribute more? If so, then why not consider joining the Flag Committee? The Committee meets every 4-5 weeks at The White Horse pub in Newnham Avenue, Bedford.

Contact Tracey at the Livability office on Mondays and Thursdays only on 01234 838884 for more details.