

## Friendship Link & Action Group



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**Flag Newsletter**  
**Summer/Autumn 2010**

## Previous Events



## AGM

The Flag AGM took place on 13<sup>th</sup> May 2010 at Putnoe Heights Church. Stuart O'Dell, the Access Officer for Bedford Borough Council came to give a talk on the Disability Discrimination Act with assistance from Stephen Springer.

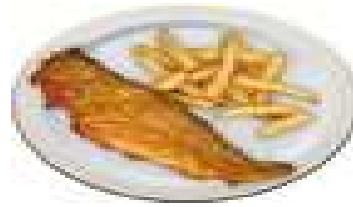
Jan Thomas formally stepped down as Chair of the Committee at the AGM, but will continue in the role for the time being with the help of Stephen Springer as no-one has yet been identified to replace her. Stephen has also stepped down as Treasurer and Nick Cochran has taken over from

him. All other Committee roles will stay the same:

Brendan Gaunt – Vice Chair

Jo O'Dell – Secretary

## Fish and Chip Night



On Thursday 3<sup>rd</sup> June 2010, around 30 Flag members enjoyed a Fish and Chip and Bingo Night at Putnoe Heights Church. The delicious fish and chips were provided by Tony's Café in Risborough Road, Bedford. The Flag members then took part in a few games of bingo. The bingo callers were Jo O'Dell and Jenny Vaccaro. This was a very well attended, fun night.



## Narrowboat Trip

The narrow boat trip, which took place in September was a great success! Although the weather wasn't too good, everyone who came on the trip had a wonderful time.

## Trip to Woburn Safari Park

A trip to Woburn Safari Park took place in August which was enjoyed by a large group of Flag members.



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

Lifestyle Choices supported an Arts and Crafts Exhibition at Bedford Museum in Castle Lane, Bedford in July and August. The exhibition was very successful with fantastic contributions from some of our clients.

## **Future Events**

### [Members Meal and Karaoke](#)

A meal and karaoke night has been arranged for 11<sup>th</sup> November 2010 at The White Horse Pub, Newnham Avenue, Bedford. Unfortunately, the deadline for this event has now passed, but we look forward to seeing those of you who are coming to the event.



## [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](#)



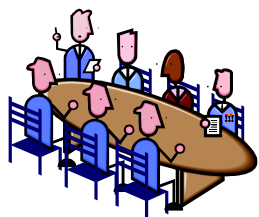
We are delighted to announce the marriage of Lance Mason to Carole Bellwood, which took place on 8<sup>th</sup> June 2009. Many congratulations, and best wishes to you both for the future.



## [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](mailto: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 the office on 01234 831741 for more details.

## **A Handy Gadget!**

One of our members would like to tell you about this handy kitchen gadget he found on the Lakeland website. The Culinare One-Touch Jar Opener is a battery operated tool which opens jars at the touch of a button. It can be purchased from Lakeland via their website by visiting this address:

<http://www.lakeland.co.uk/F/C/preparingfood/C/preparing-food-utensils/C/utensils-can-bottle-jar-openers> or by telephoning 015394 88300.

## **Service Users and Carers Action Group – Adult Services**

Jo O'Dell has recently joined the Adult Services Service Users and Carers Action Group at Bedford Borough Council. This very important voluntary group looks at ways of improving services provided by Adult Services for disabled adults and their carers and is open to anyone with a disability or anyone who supports someone with a disability. The group is always looking for new members. If you are interested in joining the group, which meets once a month, either at Bedford Library or Borough Hall, please contact Carole Johnstone, PA to Head of Transformation (Adult Services) on 01234 228835.



## **Hallowe'en Jokes**

What do you get when you cross a vampire and a snowman?  
Frostbite.

What did one ghost say to the other ghost?  
"Do you believe in people?"

Why do witches use brooms to fly on?  
Because vacuum cleaners are too heavy.