

Friendship Link & Action Group



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FLAG Newsletter
Winter/Spring 2011

Recent Changes to FLAG

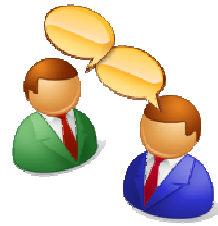
FLAG as an activity and reference group has come back under the management, staffing and time resources of Lifestyle Choices, Bedfordshire. This means that the Lifestyle Choices team will work to their strengths, to deliver the coordination and support for and at FLAG events.

The Committee of FLAG has been redescribed and renamed the 'Steering Group'.

The Steering Group is as follows:

Chair – Freda Dunlop
Vice-Chair – Brendan Gaunt
Administrator- Kim Baxter
Assistant Administrator – Tracey Brimmell
Fundraiser - Nick Cochran
Treasurer – To be confirmed

Secretary – Jo O'Dell
Liaison Officer – John Baker



We Like To Hear From You!

The new Liaison Officer, John Baker, has kindly agreed to be responsible for ensuring communication and cooperation between the FLAG Steering Group and its members. If you have any feedback, comments or suggestions about any of the events FLAG holds please contact John and he will report back to us so that we can continue to provide events that suit you the FLAG members.

You can contact John in writing at:

Rose Cottage, Eastend,
North Crawley, Buckinghamshire
MK16 9HW

or telephone: 01234 391254



Change to Telephone Number

Please note that further to the announcement in the last newsletter regarding the change of telephone number for FLAG, we have gone back to using 01234 838884.

Announcement



We are sad to announce that Diccon Hall who was a member of Lifestyle Choices & FLAG, passed away suddenly on the 14th February, 2011. He will be missed by all of us.



FLAG Needs YOU!!

The new FLAG Steering Group is looking to recruit a new Treasurer.

Job Description:

The overall role of a treasurer is to:

- Maintain an overview of FLAG's affairs
- Ensuring its financial viability
- Ensuring that proper financial records and procedures are maintained.

This will include overseeing, approving and presenting budgets, accounts and financial statements and the preparation and presentation of financial reports.

Can you offer us these skills or do you know someone who can?? If so, we need you!!

Please contact us on: 01234 838884.



Increase in Membership Fee

Due to the recent rise in VAT and the price of petrol and diesel, it has been necessary for FLAG to increase our membership fee. From April 2011, the new charges will be £12 per individual member and £18 per couple.

A membership renewal form has been included with this newsletter.



Reminder!

FLAG will cover the first £20.00 of travel costs if you require transport via taxis or volunteer aided travel. Individual members are responsible to cover any costs exceeding £20.00.

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

Previous Events

Pantomime – 'Dick Whittington' at Milton Keynes Theatre



On Monday 10th January 2011, a group from FLAG took part in a coach trip to Milton Keynes Theatre to watch this year's pantomime – 'Dick Whittington'. The pantomime kept everyone entertained with its live band, sensational songs, dazzling dance routines, glitzy costumes, impressive and eye-catching set designs, plenty of humour and slapstick comedy and even a 3D projection sequence. The cast included television legend Dirk Benedict as King Rat, 'Gavin and Stacey' star Joanna Page as Alice Fitzwarren, and also 'Britain's Got Talent' stars Stavros Flatley.

It was a thoroughly enjoyable and entertaining evening, and everyone went home happy. We'd like to thank Nick and the Committee for all their hard work in organising this event.



Art Exhibition at Disability Resource Centre

Following the recent success of the exhibition of art and craft works at Bedford Museum, Liz Morgan who is the Disability Information Service Manager at the Disability Resource Centre in Dunstable, has contacted Lifestyle Choices to say that the Disability Resource Centre now has a permanent display area of work by people with disabilities. If anyone who displayed their artwork at the exhibition at Bedford Museum is interested in having their work displayed at the Disability Resource Centre, they should contact Liz directly on 01582 470900 or textphone 01582 470968, or alternatively by email at www.drcbeds.co.uk.



Fundraising News

Since receiving £350 from John Lewis stores, which went towards the Pantomime trip, there is no news of further fundraising. However, I will get on the case and hope to be as lucky as last year. In the meantime I would like to tell you a little about why fundraising is so important to FLAG.

FLAG's aim is to ensure that events are good value for money. For example we just charged £10.00 for our coach trip to Woburn Abbey Safari Park. When you think of it that is incredible value for money, when you consider it included hiring a coach for £400 and entry to the park. It was only possible because we received funding from a charitable trust.

Most of our funding comes from writing to charitable organisations, but this has not always been the case. In the past, members have run car boot sales, coffee mornings etc.

Remember, FLAG gets NO funding from social services or the local authority, and relies solely on ourselves to cover our administration costs and keep events affordable. If you could help by running a fundraising event, or suggesting fundraising ideas, we would like to hear from you.



Future Events

2011 FLAG AGM/Fish and Chip Supper

The provisional date for this year's FLAG AGM and Fish and Chip Supper is Wednesday 23rd March 2011 from 6.30-8.30pm at Priory Methodist Church, 63 Newnham Avenue, Bedford MK41 9QJ.

Other events for the next 12 months include:

May 2011

Eat 'n' Bowl.

July 2011

Summer coach trip to the beach.

September 2011

Evening meal out.

December 2011/January 2012

Ice Show

March 2012

AGM and Fish and Chip Supper

More details on these events will follow in due course. So, watch this space!



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!

Easter Word Search

M K D E C C U D G C P G P G B
K V H H T V U N Y A K N V N U
K C I H C A I D S E T I E I N
B A S K E T L T D G D K A R N
E D W A N Q E O X L C C S P Y
G Z U I H L N I C Y Y A T S K
G F A T I B B A R O K R E Y C
S P T R E A T S Y F H C R Q A
S R C A W S Y U M M Y C U Q U
W O L L A M H S R A M N U D Q

BASKET
BUNNY
CHICK
CHOCOLATE
CRACKING
CUDDLY
DUCKY
DYED
EASTER



EGGS
MARSHMALLOW
PAINTING
PASTEL
QUACK
RABBIT
SPRING
TREATS
YUMMY

client transport and support. All voluntary help is highly valued and there is no expectation on your time. Any help would be greatly appreciated.

How can you help?

- Drive a disabled adult to and from social events
- Non personal support at social events

For further information contact:

Tracey Brimmell – Assistant Administrator

Tel 01234 838884

Email

tbrimmell@sda.livability.org.uk

**FLAG, Unit 5a, Stephenson Court,
Priory Business Park, Fraser
Road, Bedford, MK44 3HJ.**

[Volunteers Needed for FLAG Events, Please](#)

Join our team of volunteers who help adults with disabilities to enjoy social events and outings

What is in it for you?

- All out of pocket expenses covered
- Enjoyable trips out, including theatre and meals
- Meet new friends
- Learn new skills/Access training
- Improve your CV

FLAG holds social events and outings and relies on volunteers to help with