

## Friendship Link & Action Group



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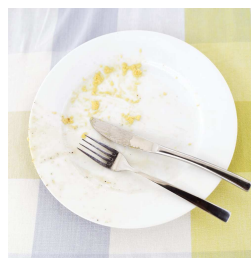
***FLAG Newsletter  
Summer/Autumn 2011***

## Previous Events



## FLAG AGM

In March, FLAG held its AGM combined with a Fish and Chip Supper and Raffle at Priory Methodist Church in Bedford. This event was very well attended and the attendees were informed about the recent changes to FLAG.



## Meal at Priory Marina Beefeater

In July, several FLAG members went to the Beefeater restaurant at Priory Marina for a meal. Everybody had a great time and the food was delicious!

## Future Events

Future events include:

September 2011

Summer coach trip to the beach at Great Yarmouth.

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!



## Announcements



We are very happy to report that Nicola Lane has announced her engagement. She is hoping to move down to Bristol where her future husband lives. Although we will be sad to see her leave us we wish her and her fiancé the very best of luck and congratulations for the future.



**halfords**

## Did You Know That Halfords Sell Mobility Aids?

Halfords, the motoring accessory store now stock a wide range of very reasonably priced mobility aids and equipment, from walking frames to wheelchairs, bathroom and toilet aids to scooters. The two nearest stores to Bedford which stock mobility products, are in Northampton and Cambridge. Jo Branson recently purchased a manual wheelchair from the Northampton store and found the staff extremely helpful.

The Cambridge store can be located at:

Cambridge Retail Park  
Newmarket Road  
CB5 8WR  
Tel: 01223 454280

And the Northampton store is at:

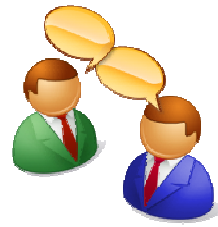
Riverside Retail Park  
Northampton  
Northamptonshire  
NN3 9HU  
Tel: 01604 409065



## **Changing Places**

You may be interested to know that Bedford town centre now has a Changing Places changing room for disabled people who need the assistance of a carer. It is located on the first level of River Street car park (through the blue doors) and can be accessed by Radar key. It is spacious and has a toilet, a height adjustable hand wash basin, a height adjustable changing bench and ceiling hoist to assist with transfers. To use the room, you will need to ask the parking attendant in the office on the first floor of the car park for the key.

Changing Places is a project set up by the learning disability charity Mencap, who have recognised the need for suitable toileting facilities for disabled people, particularly wheelchair users. There are currently around 200 Changing Places disabled persons changing rooms situated all over the UK.



## **We Like To Hear From You!**

If you have any feedback, comments or suggestions about any of the events FLAG holds please contact John Baker, FLAG's Liaison Officer, 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

## **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 are £12 per individual member and £18 per couple.



## **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



## 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 Branson 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!



## 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 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](mailto:tbrimmell@sda.livability.org.uk)**

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