

FLAG
Bedford



Friendship Link & Action Group

Newsletter

Editor Nick Cochran

January 2013

Welcome to the January 2013 edition of your Newsletter. We hope you had a jolly Christmas and are eager to participate in this year's social events. The events were mainly proposed by the Coffee Afternoon crowd, and I think you will agree that they look enticing.

At a Glance

Thursday 24th January

Tea/Coffee and Cakes Afternoon
Priory Methodist Church

Tuesday 19th February ♦

'Joseph & the Amazing Technicolour Dreamcoat' at the Derngate, Northampton

Thursday 21st February

Tea/Coffee and Cakes Afternoon
Priory Methodist Church

Thursday 21st March

Tea/Coffee and Cakes Afternoon
Priory Methodist Church

Thursday 11th April ♦

AGM and Supper ♦ Priory Methodist Church

Wednesday 1st May ♦ Naidex

Exhibition ♦ NEC Birmingham

July/August ♦ Boat trip on

River Thames in London

October- Karaoke and Supper

♦ Priory Methodist Church

December ♦ Christmas Meal

Events and Outings in Detail

Want to know more detail of these proposed events and outings? Read on...

Joseph & the Amazing Technicolour Dreamcoat at the Derngate, Northampton



This evening theatre trip includes luxury coach travel and expensive seats (or wheelchair spaces) at Derngate Theatre in Northampton.

The production has enjoyed sensational reviews, Bill Kenwright's "amazing", "superb", "wonderful" and "brilliant" production of **Tim Rice** and **Andrew Lloyd Webber**'s sparkling family musical continues to enjoy huge success across the country, with standing ovations at every performance.

AGM and Supper

The year is flying by and it won't be long until our next AGM. This is the meeting when we review what we have achieved and what we want to achieve in the forthcoming year.

It is important to remember that FLAG is not a 'service', but a 'group', and as such you, me and all the other members have a say on what we do.

A hot meal and drinks are included.

Naidex Exhibition



This outing includes luxury coach travel and entry into NEC Birmingham for the Naidex

Naidex is the UK's largest disability, rehabilitation and homecare event with over 300 exhibitors featuring the latest products and services to aid independent living.

Boat trip on River Thames in London



This outing includes luxury coach travel and boarding pass for a leisurely trip down the Thames.

A must for sightseers, the boat will cruise pass the Eye, the Tower of London and under London Bridge as it makes its way down the Thames.

Karaoke and Supper

This is your time to strut your stuff and become a pop star for the evening. Alternatively you might just want to sit back, relax and listen



We have run this event in the past and we discovered a few crooners in our midst and Ros is sure to belt out a few Abba hits.

A hot meal and drinks are included.

Christmas Meal

Not a year has gone by when we haven't gone out for a Christmas meal, and this year will be no exception.



We have been to the 'Beefeater', 'White Horse', 'Bellinis' and the 'Harvester'.

Perhaps you know of a different restaurant that meets our needs that we could try?

Tea/Coffee & Cake Afternoons



Be sure to come along to our regular 'coffee and cake' afternoons. These are relaxed affairs and require no booking, so you can just pop in, if you fancy refreshments and good company.

Booking for these Events

Your best chance of getting a place on these outings and events is to follow these 3 simple steps:

1. Do NOTHING at the moment.
2. Wait for us to send you an application form (flyer). This will be sent to you a couple of weeks before the event.
3. Return the form with your payment by the date stated on the form.

Please remember that if we do not receive your form and payment within the allotted time, you risk being disappointed.

Previous Events

Since visiting London Zoo in September, we have held two further events, namely the Quiz night and our annual Christmas Meal.

Quiz night & Fish 'n' Chip Supper

The evening turned out to be much more than its name suggests. In addition to the quiz and meal, we had a talk by Colin McCartney, a raffle and finally an auction.



Above: Colin's presentation
Left: Lucky raffle tickets and Quiz prize (chocs)

Colin McCartney is a volunteer for a national charity called ReMap (see below). He told us stories of the marvellous inventions they have made, to make the lives of disabled people easier.

After the talk, we tucked into our fish meal, which was kindly served by our volunteers.

With the chip paper binned, we got onto the serious business of the quiz. It was won by a team of right old egg heads, namely: Tracey Brightman, her sister in law Angie, Tracey Brimmell, Karina, Frank and Nick.

Next came the raffle, with a table of sumptuous prizes and finally the auction of two tickets to a concert of Glenn Miller music. The tickets were kindly donated by Tim, with the proceeds from the highest bidder going to FLAG.

As with all our events, we are very thankful for all our volunteers, who make these evenings possible. A special mention of thanks should go to Malcolm and his team from Livability and an overwhelming thanks to Freda for all her hard work in giving us such a fun night.



Remap is a very special charity, working through a nationwide network of dedicated volunteers. They use their ingenuity and skills to help people with disabilities to achieve much-desired independence in some aspect of their lives, or to enjoy leisure opportunities previously closed to them..

Remap's unique pieces of special equipment are tailor-made and given free to the people who need them. Contact Roger Balls on 01234 741846 if their service could help you.

Christmas Meal

Thirty six FLAG members sat down to a tasty 3 course meal at the Harvester. Good company and plenty of chat over a good meal is what we are all about.

As you can see from the pics, the evening got us in the Christmas mood



Meet the Committee

In this series, I endeavour to interview every FLAG Committee Member so we can get to know them better. I am starting at the top, with our present Chairperson, Tracey Brimmell.



Nick –

Hi Tracey, thank you for giving me this opportunity to interview you.

Tracey –

It's a pleasure

Nick –

Can I start by asking you what you do towards organising events and whether you have a role when you attend events?

Tracey –

When I help out with organising events, I help with organising who should pick up who for the event. And sometimes going along with Freda to the place that we are using to explain what FLAG's needs are. On the day or the night of the event I am one of FLAG's volunteer drivers and pickup a member of the group

Nick –

How long have you been involved with FLAG and what was your all-time favourite event and what did you like about it?

Tracey –

I have been involved in FLAG from the beginning which is six years. There have been quite a few events that I have enjoyed. But my favourite was The London Eye. It was something that I had not done before and had always wanted to do.

Nick –

When you are not working on FLAG, what do you like to do in your free time?

Tracey –

I like to meet up with friends and family, read books, watch films, listen to music

and go down to the local pub

Nick –

What is your favourite TV programme

Tracey –

My favourite TV programme is Friends as it is so funny and I can watch it over and over again. Out of the programmes on tv now I guess it would have to be Emmerdale, Downton Abbey and Mrs Brown's boys

Nick –

You said you like to go to the cinema, so what is your favourite film?

Tracey –

Dirty dancing, I like the story line and Patrick Swayze plays his role well in it.

Nick –

What is your favourite book and have you read 'Fifty Shades of Grey'?

Tracey –

I have two favourite books, 'Ps I Love You' and 'Notes of a Scandal'. I have read two books of the 'Fifty Shades of Grey' series; they are okay but not as brilliant as they say in the media.

Nick –

Have you ever been to a live concert, and if so which was the best?

Tracey –

I have been to see Bros, Kylie Minogue, Bon Jovi and Robbie Williams. The best concert was Robbie Williams as he knows how to entertain the crowd and I can't wait to see Robbie in concert again, next June.

Nick –

Who would you most like to meet and would you be shy?

Tracey –

Robbie Williams and Kylie Minogue and yes I would be shy.

Nick –

Which was your best holiday and where would you most want to visit?

Tracey –

My best holiday was in Italy and visiting Venice, even though it was really hot when I went and a lot of walking was involved, it is a lovely city. I would like to visit New York or Australia as I have a friend who lives in Melbourne who I would like to visit.

Nick –

What are your aspirations for the future?

Tracey –

To find a part time job, that will allow me time to start up my disability training business.

Nick –

Well thank you very much for answering my questions, Tracey.

Products & Services

This is the page where we share information on helpful products and services that are not necessarily related to FLAG.



Door to Door is run by North Bedfordshire Community Transport Ltd, a non-profit making organization, with funding from Bedford Borough Council. It offers a service for people whose disability prevents them from using public transport. This service uses specially designed minibuses to undertake most kinds of journeys e.g. shopping, visiting, work, educational classes, but not for hospital appointments or journeys undertaken by Social Services or the Education Dept.

They recently entered into an agreement with Bedfordshire Rural Communities Charity, BRCC, and are hoping to expand into a more efficient transport system to serve the community. In these times of financial stress they have found it necessary to introduce a small charge of £1 per journey as from 2nd January 2013.

For details about the service or to become a member contact:

North Bedfordshire Community Transport - Door to Door:

Bedford Depot, London Road, Bedford, Bedfordshire, MK42 0QG.

Telephone: Bookings 01234 271087.

Telephone: Enquiries 01234 345327.

FLAG

c/o Priory Methodist Church,
63 Newnham Avenue
Bedford MK41 9QJ



FLAG PRODUCT REVIEW

by Tracey Brightman.

Energenie offers a range of convenience electrical products for the home and office that can save energy and money and make life easier.

Most of my electrical sockets are out of my reach so I bought a Remote Controlled Socket. It was really easy to set up and allows me to switch devices on from up to 30 metres away.

I also have a couple of 4 Way Radio Controlled Extension Leads that I use with my PC and all the peripherals I need with it. The extension leads are tucked out of sight behind my desk. I just press a couple of buttons on the remote to switch things on. Each Socket may be individually controlled via the radio frequency remote control or all sockets can be controlled all at once.

Energenie Contact Details:

Tel - 0844 412 7923,

www.energenie4u.co.uk.



Tel: 07815196357

email: flag25@hotmail.co.uk

www.flagbedford.org

