



Welcome to the Summer 2013 edition of your Newsletter. We hope you are enjoying the weather and it's not too hot for you.

## Spring Events.

As well as our weekly get togethers and monthly tea/coffee and cake afternoons, we have enjoyed a day out on the Thames.

## London River Cruise.

16<sup>th</sup> July 2013.

AHOY THERE SHIPMATES.

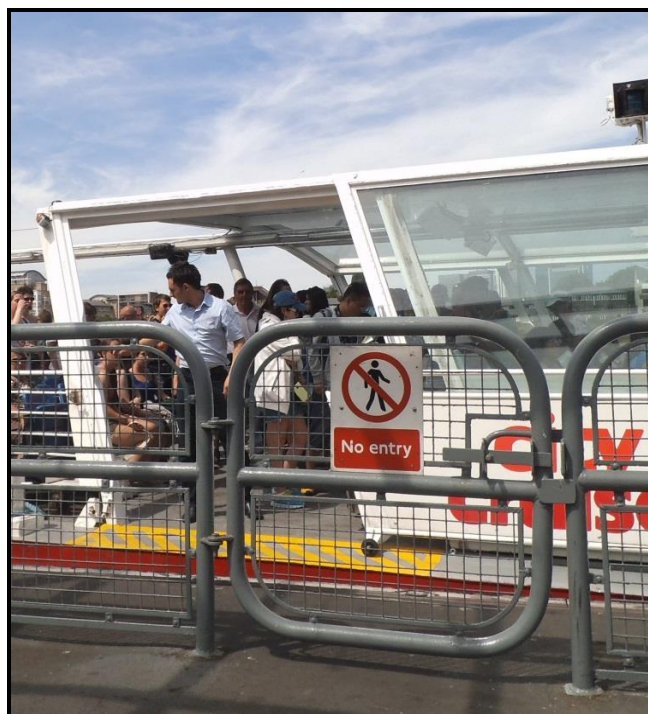
I hope you have all recovered from our adventures at sea This is just a big thank you to everyone who took part in FLAG's Thames River Cruise and as always many thanks to the volunteers for if it was not for their tireless efforts these trips could not take place. This was my first project to organise as the new administrator and I think all in all was a pretty successful one.

There were a few minor hiccups, but apart from that, a good day was had by all judging by the photos.

SEE YOU ON OUR NEXT ADVENTURE.

All the best.

Dylan (Captain Sack Barrow) Bowers.  
Administrator.



**Closed for August.**  
Please remember that we will not be in our room at Priory Methodist Church throughout August.  
See you next on Thurs 12<sup>th</sup> September at our next Coffee/Tea & Cake Afternoon

## River trip (cont.) by FLAG member Carole Mason

On a beautiful sunny Monday morning, 33 FLAG members met at Priory Methodist church to await one of those fantastic Motts coaches to take us to the River Thames. Once the coach had arrived just before 10.00am, it wasn't long before we were all strapped in and starting out on our journey to Greenwich. It was a very good run down the motorway and we arrived in time to enjoy our picnic lunches in the shade of the lovely Greenwich trees opposite the 'Cutty Sark'. We were due to board our boat at 1.30pm so arranged to meet at 1.15pm outside the ticket office. Unfortunately the boat we had booked had broken down so we had a little wait before the next one arrived ready for us to board. The staff were very helpful installing ramps for our wheelchairs and offering a hand to anyone who needed extra assistance.



The cruise was enjoyed by all with a refreshing breeze as we moved along the Thames viewing the sights of Tower Bridge, London Eye, Tower of London, The Shard, the oldest pub in the country – to name but a few. As different groups of people boarded and also left the boat at various stops along the way, we became quite knowledgeable about London landmarks as we heard the running commentary 3 times! Just goes to prove all the waterways staff learn the same jokes!!

After 2.5 hours, we arrived back in Greenwich to board our coach for the return journey to Bedford after a very enjoyable afternoon.



As ever, many thanks go to our FLAG committee for arranging the trip (and ordering a sunny day!) and special thanks to our wonderful volunteers and to Dylan for a very successful trip.



***'Carole and her husband, Lance, have been long standing FLAG members and despite their busy lives very kindly provide articles and photos.'***



# Who is who?

Below are pictures of some of the members who went on the River Trip. Can you name them (answers on the last page)?



A



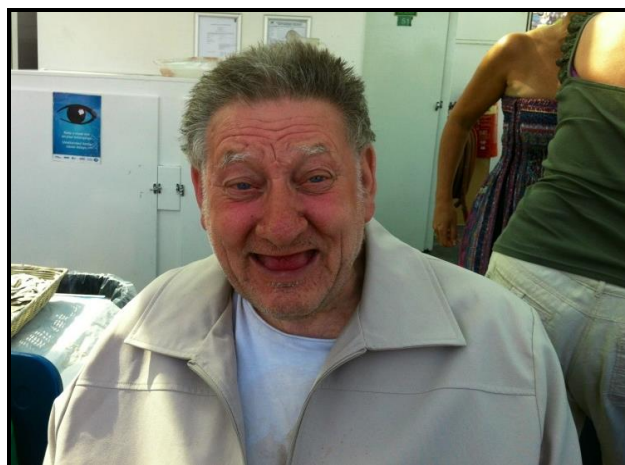
B



C



D



E



F



G



## Meet the Committee.

In this series, we endeavour to interview every FLAG Committee Member so you can get to know a little more about them. We are moving on to our Treasurer, Tracey Brightman.



Nick –

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

Tracey –

No problem.

Nick –

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

Tracey –

At the beginning of each financial year I liaise with other members of the Committee and produce a budget for each event. I set a price for each event so that over the year FLAG provides a subsidy of 40%. Before an event I collect and bank the money that comes in from members who want to attend the event and I make sure that things like the coach, tickets and meal deposits are paid for. At an event I pay the taxi fare of any member who comes by taxi, pay the balance of any meals or anything else that needs paying for.

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 was made redundant at the end of 2008. After searching for something to occupy my time I came across Lifestyle Choices. Ros told me about FLAG and hesitantly I became a member in late 2010. The first event I attended was the Christmas Meal at the White Horse. The position of Treasurer was advertised in one of

FLAG's newsletters. I have a background in accounts and I'm a bit of a spreadsheet nerd so in 2011 I volunteered to be FLAG's Treasurer I was a bit nervous at first but now I have got to know everyone I love it. I have enjoyed all of FLAG's events. There are two that really stand out because they reminded me of family outings when I was younger. They are the trip to Great Yarmouth in September 2011 and London Zoo in September 2012. September must be a good month for me. Maybe I will win the bingo at this year's event on the 26th September at the White Horse.

Nick –

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

Tracey –

Watch telly, listen to music, sit at my computer, or sit in my garden.

Nick –

What is your favourite TV programme?

Tracey –

My favourite TV programme of all time is Not the Nine O'clock News. Today I enjoy any CSI, NCIS, or Criminal minds. I also love Emmerdale and Home and Away.

Nick –

What is your favourite film?

Tracey –

My favourite film is The African Queen. I also like the Alien and Bourne films as well as any Musical. A bit of a mixture really. A musical about a couple going down a river in a boat being attacked by aliens but saved by Jason Bourne would be brilliant.

Nick –

What is your favourite book?

Tracey –

Don't read a lot. I usually wait for stuff to come out on DVD.

Nick –

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

Tracey –

I am a big Queen fan. I went to the Freddie Mercury Tribute Concert in 1992. It was a *Killer Queen* concert. *It's a Hard Life* but you can *Keep Yourself Alive* with just *One Vision* of the crowd clapping along to *Radio Ga Ga*. They said *We Will Rock You* and they did. *It was a Kind of Magic, Made in Heaven*.

Nick –

What are your aspirations for the future?

Tracey –

To stay as healthy as I am at the moment.

Nick –

Thanks Tracey

## Drop-In Advocacy Service for Deaf People.

The advocacy service POWhER is offering a Drop-In Service for Deaf People. A BSL interpreter is always available as well as an Advocate who can advise, help and support you with many problems, like:

- People won't listen to you;
- You don't feel safe;
- You want help to sort out a problem.

Drop-in Dates;

*Thursday 1st August 10.00am until 1.00pm*

*Tuesday 20th August 1.00pm until 4.00pm*

*Thursday 5th September 10.00am until 1.00pm*

*Tuesday 17th September 1.00pm until 4.00pm*

*Thursday 3rd October 10.00am until 1.00pm*

*Tuesday 15th October 1.00pm until 4.00pm*

Contact them at their Bedford office:

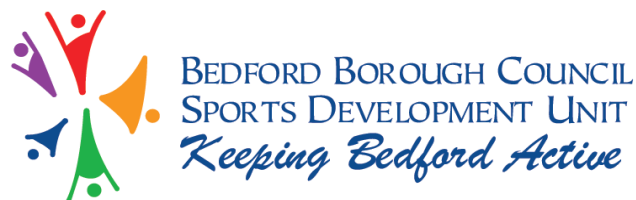
POhWER Office, 21-23 Mill Street,  
Bedford, MK40 3EU.

Text or Telephone: 07920 803 452

Fax: 01234 220 099

Email: [deafbedford@pohwer.net](mailto:deafbedford@pohwer.net)

Website: [www.pohwer.net/](http://www.pohwer.net/)



## Adult Multi Activity Club.

A new Adult Multi Activity Club has been set up by Bedford Borough Councils Sports Development Unit. The weekly sessions are for adults with learning and physical disabilities.

- Fun and exciting activities.
- For people (aged 16+) with learning and physical disabilities.
- Carers welcome.
- Develop new and improve existing skills.

When: Every Monday\* from 15th July 2013 onwards, from 2.00pm to 3.15pm at Bedford International Athletics Stadium. £3 per session, no need to book, just pay on the day. \* Except Public Holidays or when notified.

*15th July Yoga.*

*22nd July Football.*

*29th July Nordic Walking.*

*5th August Movement to Music.*

*12th August Basketball.*

*19th August Dodgeball.*

*26th August NO SESSION.*

*2nd September Tennis.*

*9th September Nordic Walking.*

For more information please contact Hayley Elphee: Telephone: 01234 718835.

Email: [hayley.elphee@bedford.gov.uk](mailto:hayley.elphee@bedford.gov.uk).

Website: [www.bedford.gov.uk/sport](http://www.bedford.gov.uk/sport).



## New Signposting Service.

It can be difficult knowing who to contact when looking for a Health or Social Care Service. It's now easier, as any Bedford Borough resident wanting information and advice about accessing or choosing Health and Social Care Services can contact the 'Healthwatch Bedford Borough Signposting Service' by telephone or email and be told which service to contact and how to contact them.

Telephone: 01234 866477

Email:

[signposting@healthwatchbedfordborough.co.uk](mailto:signposting@healthwatchbedfordborough.co.uk)



The recent changes in benefit entitlements and how this affects disabled people was raised by a FLAG member as an issue at the Borough Councils Physical Disability and Sensory Impairment Partnership Board.

As a result Bedford Borough Council is planning:

- 2 open sessions to provide information and advice for people and their families/carers about benefits and entitlements
- Market place style events with information stands.
- Support to access information and advice and support
- Accessible information
- Accessible venues
- Facilitated transport to events

The 2 sessions are planned for September. If you are worried about applying for benefits or keeping your existing benefits come along to one of the sessions. More details will be provided nearer the time.

## Dates for Your Diary.

All events are held from 2.00pm and 4.00pm at Priory Methodist Church, Newnham Avenue, unless otherwise stated.

**August**  
**Closed for summer break.**

### September

Thurs 5<sup>th</sup> Committee Meeting  
Thurs 12<sup>th</sup> Coffee/Tea & Cake Afternoon  
Thurs 19<sup>th</sup> Drop In  
**Thurs 26<sup>th</sup> Bingo Night & Roast Chicken Meal at the White Horse**

### October

Thurs 3<sup>rd</sup> Drop In  
Thurs 10<sup>th</sup> Coffee/Tea & Cake Afternoon  
Thurs 17<sup>th</sup> Committee Meeting  
Thurs 24<sup>rd</sup> Drop In  
**Thurs 31<sup>st</sup> Karaoke Night & Buffet Supper at the White Horse**

### November

Thurs 7<sup>th</sup> Coffee/Tea & Cake Afternoon  
Thurs 14<sup>th</sup> Drop In  
Thurs 21<sup>st</sup> Drop In  
Thurs 28<sup>th</sup> Committee Meeting

### December

Thurs 5<sup>th</sup> Coffee/Tea & Cake Afternoon  
Thurs 12<sup>th</sup> Drop In  
**Thurs 19<sup>th</sup> Christmas Coffee/Tea & Cake Afternoon**

### Answers to Who is Who?

- A Carole
- B Matthew
- C Mark and Dylan
- D Lisa and Louise
- E Jeff
- F Ros and Dylan
- G Liz and Ros