



Hello fellow members and welcome to the Autumn 2013 edition of FLAG's Newsletter. We hope you all enjoyed the fairly good summer we had this year.

In this issue of the Newsletter we have articles and photo's of the recent FLAG Bingo Night and the FLAG Halloween Karaoke Night, some Fundraising News, something to get you in the mood for Christmas, a FLAG Word Search, and some "Dates for your Diary".

## Welfare Reform Talks.

The government has made significant changes to the Welfare System and many benefits. The changes will affect local people, so the Bedford Borough Council, POhWER, and Bedford Citizens Advice Bureau are holding a few awareness sessions to explain what the changes are and what affect they may have.

The second session is for people with a Physical Disability and is being held at one of FLAG's Thursday Afternoon's at Priory Methodist Church. We know many of you are concerned about these changes, so why not come along. FLAG members and others are welcome.

**The two sessions planned so far are:**

### Session 1.

***For people with a Visual Impairment.***

Wed 4th December –10.30am>12.30pm.  
Bunyan Meeting Place, Mill Street, Bedford.

### Session 2.

***For people with a Physical Disability.***

Thur 30th January – 2.30pm>4.30pm.  
(registration and refreshments from 2.00pm).  
Priory Methodist Church, Newnham Avenue.

*You must book your place so contact:*

*Anona Hoyle - Telephone 01234 718345.*

*Email - [anona.hoyle@bedford.gov.uk](mailto:anona.hoyle@bedford.gov.uk)*

The sessions for people living in the Bedford Borough area of working age with a Visual Impairment or a Physical Disability will cover:

- Benefit Up-rating Cap.
- Changes from Disability Living Allowance (DLA) to Personal Independent Payment (PIP).
- Changes to Housing Benefit.
- Benefit Cap.
- Changes to Council tax.
- Employment and Support Allowance.
- Child Benefit Changes.
- Universal Credit.

Letters inviting people known to social services who may be affected by the changes will be sent out shortly. Do you know someone who may be affected? Please inform them about these events. Further sessions focussing on how the changes may affect people with Learning Disabilities and Older People of pensionable age are planned to be held later next year.



## Taxi Fares.

Just a reminder that due to limited funds FLAG can only pay for the first £20 of Taxi Fares per member for each of our bi-monthly events.





## Bingo Night.

White Horse Pub - 26th Sept 2013.

On Thursday 26<sup>th</sup> September, 22 FLAG members enjoyed a social gathering and meal at The White Horse Public House. The evening began with two games of Bingo, where prizes of £2.50 for a "Line" and £5 for a "Full House" were won. The White Horse manager, Nigel, expertly called out the Bingo numbers in his own lively manner and awarded a packet of sweets to the very last person to get a number (which was usually our very own Tracey Brimmell).



Josie & Ros.



Nigel, the Bingo Caller.



Simon.



We all enjoyed our Chicken and Chips supper. I was able to enjoy a very rare northern treat of chips and gravy, a great delicacy up in the northeast but greatly underestimated in the south! For dessert, we had a choice of Chocolate Fudge Cake or Ice Cream. The meal was then finished off with a cup of Tea or Coffee.

		27		48	54		70	82
4	14		31		55	67		
9		29	32				78	84
	18			40	57		72	80
5		21		45		62		90
8		23	34		59	68		





*Karina, Jill, Holly & Gareth.*

After the meal, it was time for two more games of Bingo. The evening ended with a raffle. Our Administrator, Dylan, had done a great job of gathering prizes, most of which were won by Frank.



*Fiona.*



*Gordon & his girlfriend Flavia.*



*Jan, Lisa, Elizabeth, Laura & Tracey.*



*Gordon, Simon & Laura.*



*Mark & Jeff.*

Well done to everyone who won money on the Bingo and prizes in the Raffle and a big thank you to all FLAG members and Nigel for making the occasion so very enjoyable and fun.

by Laura Peggs. (many thanks Laura).



## Halloween Karaoke Night.

White Horse Pub - 31st Oct 2013.



*Banner made by Laura Peggs & decorated by various FLAG members.*

What a great Halloween Night that was. I think we have a few potential contestants for the X-Factor. Dylan started off the evening with a great rendition of "Mr. Bojangles", then appropriately for the Halloween Night, Matthew sang and danced, with all the Zombie moves, to "Thriller". New member Mervyn sang a couple of songs, as did Gordon and you couldn't keep Karina away from the mic as she sang a total of three songs. The full list of songs and singers is below.



Singer	Song
Dylan	Mr. Bojangles
Ros	Ticket to Ride
Karina	Lambeth Walk
Laura P	Science Fiction/Double Feature
Matthew	Thriller
Gordon	Ghostbusters
Jill A	Mull of Kintyre
Mervyn	Can't Help Falling in Love
Mervyn	Tired of Waiting for You
Dylan	Minnie the Moocher
Ros & Simon	I Got You Babe
Nigel & Holly	Consider Yourself
Gordon & Flavia	I Want to Break Free
Tracey & Angela	We are the Champions
Karina	Waterloo
Matthew	We Will Rock You
Nigel & Carl	Monster Mash
Karina	This Little Light of Mine



*Laura & Brendan.*



*Tracey*

Nigel, the White Horse manager, kindly judged the Karaoke for us. First prize, a certificate and a box of chocolates, went to Jill Albers, who sang from memory, a brilliant version of "Mull of Kintyre". A big thank you and well done to everyone.



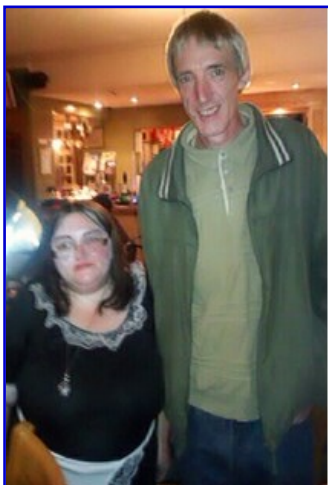
*Karina & Jill (Karaoke Winner).*





*Mervyn & his sister Teresa.*

The White Horse gave us a tasty Buffet with FLAG providing a large selection of Halloween themed cakes.



*Laura & Simon.*

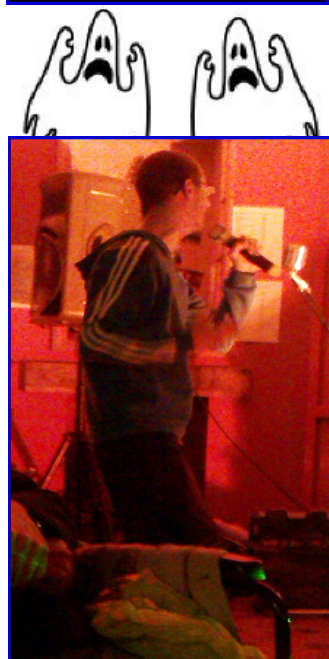


*Frank (I think).*



*Dylan & Ros.*

Nigel again judged the Halloween Fancy Dress Competition and gave first prize, a certificate and a box of chocolates, to Laura Peggs. She made a big effort to come as Magenta, the maid from the "Rocky Horror Picture Show" and was a worthy winner.



*Matthew.*



*Laura (Fancy Dress Winner).*



## Funding News.

### Waitrose Donation.

FLAG was one of the 3 charities for the month of June at the Waitrose store in Amptill.

Each month every one of the Waitrose branch donates £1,000 between three local good causes that its customers choose. At the checkout, each customer receives a token which they place in a box of the good cause they'd most like to support. The more tokens a cause gets, the bigger the donation they receive.

As you can see from the photo below FLAG received the majority of the green tokens and we received a cheque for £700. A big thank you to Waitrose and its customers.



## CD's / DVD's etc

We are still collecting unwanted CD's, DVD's or Computer Games to raise funds for FLAG. Bring your unwanted items to any FLAG event and give them to a member of the Committee. We are unable to collect from you.

All items must be in good condition, in their original case and have a barcode.

*We can use the following Game formats - Playstation 2 & 3, Xbox, Xbox 360, Nintendo Wii, Nintendo DS & PSP. We can't use CD singles or free CDs from papers.*

## eBay Sales

Have you got any unwanted items that you would be willing to donate to FLAG. We will then put them up for sale on eBay. We can only accept small items that are still in good condition, in good working order and you think will sell. Again bring your unwanted items to any FLAG event and give them to a member of the Committee. Thank you.

## Ink Cartridges & Mobile Phones.

We are also still collecting empty Ink Cartridges and old Mobile Phones to raise funds for FLAG. So if you have any of these that you no longer want bring them with you to a FLAG event. You can also drop any item off at Priory Methodist Church and they will pass them on to us.

## Christmas Cards / Craft Items.

Laura Peggs and other FLAG members have been busy making Christmas Cards and other Craft items at some of our Thursday afternoon meetings. They will be on sale at both of the Tea/Coffee Afternoons in December, with the money going to FLAG funds.





## Christmas is Coming.

That's right, Christmas is almost upon us, so we thought we'd get you all in the mood with a few Christmas Cracker Jokes.



What does Santa suffer from if he gets stuck in a chimney?  
*Claustrophobia!*



Why does Santa have 3 gardens?  
*So he can 'ho ho ho'!*

What do you get if you cross Santa with a duck?  
*A Christmas Quacker!*

Who delivers presents to baby sharks at Christmas?  
*Santa Jaws*

Why did the turkey cross the road?  
*Because it was the chicken's day off!*



What happened to the turkey at Christmas?  
*It got gobbled!*

What do snowmen wear on their heads?  
*Ice caps*

Who hides in the bakery shop at Christmas?  
*A mince spy!*



How did Scrooge win the football game?  
*The ghost of Christmas passed!*

What athlete is warmest in winter?  
*A long jumper!*



## A Bit of Fun.

Have a go at the Word Search below to see if you can find the 10 outings that FLAG members have been on over the last seven years. There is no prize, its just a "Bit of Fun".

1. BBC STUDIOS
2. CADBURY WORLD
3. GREAT YARMOUTH
4. LONDON EYE
5. LONDON ZOO
6. NARROWBOAT TRIP
7. SHUTTLEWORTH
8. TENPIN BOWLING
9. THAMES RIVER TRIP
10. WOBURN SAFARI PARK





## Dates for Your Diary.

### FLAG Thursday Afternoon's.

Events are held from 2.00pm to 4.00pm at Priory Methodist Church, Newnham Avenue, unless otherwise stated.

Thurs 21st Nov 2013 - Committee Meeting  
 Thurs 28th Nov 2013 - Drop-In  
 Thurs 5th Dec 2013 - Tea/Coffee Afternoon  
 Thurs 12th Dec 2013 - No Meeting  
 Thurs 19th Dec 2013 - Tea/Coffee Afternoon  
 Thurs 26th Dec 2013 - No Meeting  
 Thurs 2nd Jan 2014 - No Meeting  
 Thurs 9th Jan 2014 - Drop-In  
 Thurs 16th Jan 2014 - Committee Meeting  
 Thurs 23rd Jan 2014 - Tea/Coffee Afternoon  
 Thurs 30th Jan 2014 - Welfare Reform Talk  
 2.30pm - 4.30pm (registration & refreshments at 2.00pm)

## FLAG Christmas Meal.

12th December at Toby Carvery,  
 Goldington Road, Bedford.

You should have or will soon receive a flyer for this years Christmas Meal.

## Autumn Fair

Saturday 30th Nov, 11.00am > 3.00pm.  
 Priory Methodist Church is holding an "Autumn Fair" in aid of the "Zimbabwe Victim Support Fund". Entry is £1 per adult. It includes Crafts, Gifts, Cakes, a Raffle, Refreshments, Home Produce and a Tombola.



## Next Issue.

If any member has something they would like to write about or would like us to write about for the next issue please let us know.



**Merry Christmas  
 and a Happy New Year.**


**FLAG Bedford**  
 Committee Members  
 Administrator

 Laura Peggs Chairperson	 Jeff Noble Vice Chair
 Lisa Thomas Secretary	 Tracey Brightman Treasurer
 Nick Cochran Newsletter Editor	 Tim Branson Fundraiser
 Ros Graham Committee Support	 Dylan Bowers Administrator

FLAG Bedford  
 c/o Priory Methodist Church  
 63 Newnham Avenue  
 Bedford  
 MK41 9QJ  
 Tel - 07815 196357  
[www.flagbedford.org](http://www.flagbedford.org)  
 email - [flag25@hotmail.co.uk](mailto:flag25@hotmail.co.uk)

