



FLAG News



FLAG's Notice Board Dates for your Diary

18 September
Tea/Coffee/Cake
Social Afternoon

25 September
Committee
Meeting

2 & 9 October
Drop-In

16 October
Tea/Coffee/Cake
Social Afternoon

23 October
Drop-In

The Drop-in,
Tea/Coffee/Cake
Afternoons and
the Committee
Meetings are on
Thursdays from
2pm to 4pm at
Priory Methodist
Church. All
members are
welcome.

Meet the Committee - Jeff Noble (Vice Chair)

What made you decide to become a member of FLAG?

One day I was talking to Ros and it was mentioned that I might enjoy going to FLAG, it sounded really interesting so I decided to go and see what it was all about. On my visit I found it very sociable and interesting and became a member.

How long have you been a mem- ber?

I have been a member for nearly 7 years.

Why do you like coming to FLAG?

Everyone is very helpful and I enjoy socialising with them. And I get to go to places which I would not go to. Not to mention the lovely tea and cakes!

Why did you de- cide to be part of the Committee?

I wanted to support everyone on the Committee as they all work very hard and I felt I could offer support.

What was your favourite event?

My favourite was the River Boat Trip in London.

Are you a Bedfordian?

No, I'm not. I was born in Essex and I lived there for 21 years.

What was your working life like?

I worked on a farm for 18 years. I also used to drive a 3 ton lorry.

Which job did you prefer?

I preferred working on the farm.

What are your interests?

I like watching T.V, Heartbeat, Movie-mix and Cowboy films. I also enjoy going out on the X-bus to local towns. I also like using my lap top and doing jigsaw puzzles of around 3000 pieces.

Who are your favourite Actor/ Actress?

My favourite Actor is John Wayne, and I also like Dolly Parton.

Jeff was interviewed by Bernadette Frisby.



NEW LOOK NEWSLETTER

Hello FLAG Members - we hope you have enjoyed the lovely hot summer we have had?

Welcome to the new look newsletter which Bernadette and Jannette are developing for you. As you can see there is a new digitally enhanced logo too.

We would like any ideas that you may have to develop this newsletter further.

Please could you pass on any ideas, photos or news for the next newsletter to Bernadette, either by email or at the social meetings which Bernadette will be attending.

email Address:
no1.mum@hotmail.co.uk

FLAG Puzzle.

Here are pictures of 14 FLAG's and some clues to the country they each belong to. Take the first letter of each country to spell out a day trip FLAG members enjoyed last year. Sorry no prize, its just a bit of fun.



Formerly known as Siam.



Sounds like you need to eat something if you are this.



The home of Eva Peron.
Don't cry for me ...



A Formula One race is held in the streets of this tiny country.



This country has a few pyramids and a lot of sand.



The men of this country wear skirts called kilts.



This country held the 2014 World Cup and will hold the 2016 Olympics.



Can't think of a clue so I'll just give you the answer - its Oman.



The Sound of Music was set in this country.



Just add ia to its capital, Tunis.



Sounds like something you stuff & roast at Christmas.



Its capital is Bucharest.
The Danube flows along its border into the Black Sea.



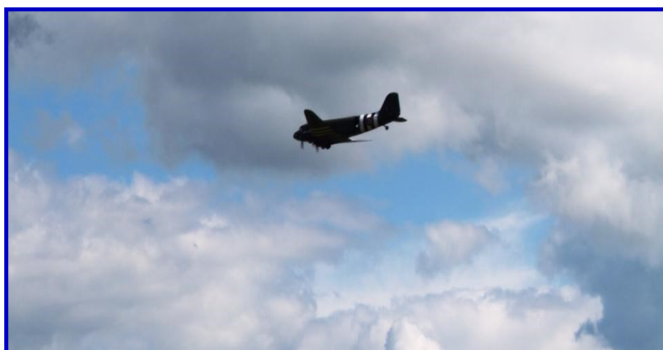
This countries capital is Rome and is the home of the Leaning Tower of Pisa.



Paddington Bear comes from this country.

Need a little help? Answers on Page 4

Duxford Trip Photos





**FLAG's
Notice Board
Dates for your
Diary**

6 November
Committee
Meeting

13 Nov
Drop-In

20 November
Tea/Coffee/Cake
Social Afternoon

27 Nov & 4 Dec
Drop-In

11 December
Committee
Meeting

18 December
Christmas Tea/
Coffee/Cake
Social Afternoon

25 Dec & 1 Jan
No FLAG Meet
or Drop-In

8 Jan 2015
Drop-In

**Bi-Monthly
Events**

30 October
Halloween
Bingo

December -
Christmas Meal

Feb/Mar -
Theatre Trip

Through the eyes of a volunteer

I was looking at doing some voluntary work when I saw a FLAG pamphlet at Priory Church and within the pamphlet I noticed that the organisation was looking for volunteer's. I had not heard of FLAG before, so was intrigued and decided to read the pamphlet further to find out more.

I liked the sound of FLAG and what they stand for, so I became a volunteer.

My first meeting with the members was a social afternoon which I enjoyed very much they were

very friendly, jolly and fun to talk with especially with tea and biscuit on offer, you can't go wrong!

As a volunteer the first trip I went to was Duxford with the other members off the group.

We went to the Duxford Air Show by coach.

I was enabling a lady to get around the air show, unfortunately she had to cancel so I teamed up with Simon when we arrived.

Simon and I enjoyed the day very much

especially going inside Concorde and lots of other planes, Simon was very knowledgeable about all the planes, especially the Spitfire and the Hurricane as his father had been in the forces.

My knowledge of aircraft was greatly improved that day by Simon.

We had a great spot for seeing all of he air show.

What a wonderful day we all had

Looking forward to the next trip as a volunteer.

Bernadette Frisby



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Ideas

Don't forget if you have any ideas for events or outings for next year let us know.

FLAG Puzzle - Answers

Thailand	Brazil	Turkey
Hungary	Oman	Romania
Argentina	Austria	Italy
Monaco	Tunisia	Peru
Egypt		
Scotland	Thames Boat Trip	

FLAG Logo – digitally re-mastered.

The more observant of members may have noticed a few subtle changes in the FLAG logo. This is because we have had it digitally enhanced.

The original was drawn by a talented FLAG member called Krishna and scanned into the computer. Due to the scanning process the image often looked grainy when enlarged and was unsuitable to use on merchandise, so it was time for FLAG to go digital. By some good fortune I happen to know a graphic designer, a good friend of mine called David, who kindly agreed to bring FLAG into the 21st century.

I am very fond of our logo as it is simple but depicts the inclusive nature of our group, therefore I did not want radical changes. David did a wonderful job – the main change being our wheelchair user has gained legs (sorry Jeff).

I would like to give David Walker, who works tirelessly at St Paul's Church Bedford, my heartfelt appreciation for taking on the FLAG logo on top of his already heavy workload!

Laura Peggs.

FLAG

Bedford



Friendship Link
& Action Group

Original Logo

FLAG

Bedford



Friendship Link
& Action Group

Digitally Enhanced Logo

FUN-draising BBQ

Great food, fun and friendship were enjoyed at the first FLAG fundraising BBQ on 21st August. Thank you to everyone who made this occasion so very enjoyable and such a success!

Thank you to the White Horse Pub for providing a great venue and a special thank you to Casper, from the Pub, who cooked such a magnificent BBQ.

Our own volunteers' also excelled themselves! Bernadette provided us with some magnificent flower arrangements (by her own fare hands) and Linda Payne was a whizz serving the food.

I am very proud to announce that from the sale of BBQ tickets, a Raffle, sale of craft items and money raised from the games played we raised **£100** after expenses.

Laura Peggs



St Pauls' Church Autumn Market

The next FLAG fundraising event is to be held at St Pauls' Church Autumn Market on Saturday 20th September from 10am. to 4.00pm. Come along and show your support!

Laura Peggs

St Pauls' Christmas Tree Festival 2014

This year FLAG is to participate in St Paul's Christmas 'Tree Festival' and we are hoping FLAG members will come on a Thursday afternoon and make some decorations to put on the tree.

Our tree will stand among 60 other trees decorated by groups and charities from around Bedford and is visited by 100's of people each year, giving FLAG some free publicity, so drop-in one Thursday and participate in this exciting event!

Laura Peggs