



FLAG's Notice Board Dates for your diary

**4 Dec
Drop-In**

**11 Dec
Committee
Meeting**

**18 Dec
Christmas Tea/
Coffee/Cake
Social Afternoon**

**25 Dec
No FLAG**

**1 Jan 2015
No FLAG**

**10 Dec
Christmas Meal**

**Feb/Mar 2015
Theatre Trip**



FLAG News



Introducing our new Part Time Administrator

Hi everyone,

Many of you will know me as I have been a volunteer with FLAG for two years, but you may not know that I took over as FLAG's Administrator on 1st October. So if you ring the FLAG phone, it will be me you speak to.

I retired from full-time work three years ago and until then I spent all my working life in secretarial work and administration. However, I had no experience of people with disabilities until I joined FLAG, other than helping with my village Care Group which drives elderly people to GP and hospital appointments.

Volunteering with FLAG has been very rewarding, so I was thrilled when I got

the job of its new Administrator.

I took over at rather a busy time – there was the Halloween party on the 30th October, then the EGM on the 12th November, and of course we had our Christmas Meal on 10th December.

I have relished the experience so far (I don't like to call it "work" because it's so enjoyable!). I have met and have spoken to lots of different and interesting people, members, carers and families.

It has been an eye-opener to see how much goes on at FLAG behind the scenes. Your Committee, and Chairman in particular, are involved with lots of fundraising events, and attend many meetings with other

organisations such as the Council. I do hope members appreciate all they do for FLAG.

Finally, just to say that I am still a FLAG volunteer so as well as helping to organise events I will be there as a Volunteer. I'm so sorry that I couldn't be at the Christmas meal (this was diarised before I joined), but I'm sure that you all had a really enjoyable time; I do hope that as many volunteers as possible were able to attend as their help is vital.

Linda Payne



Fundraising Thank you!

This year FLAG has been raising funds at various markets, fetes and fayres in and around Bedford.

The occasions are also a great way for FLAG to advertise and raise awareness of FLAG and also disability among the community.

A huge thank you to everyone who has helped make these events the fun and success they have been. Special thanks to Laura Peggs, Gordon Cooke, Brendan Gaunt and Jeff Noble who have been at the vast majority of events and have worked so hard to raise funds for FLAG.



Christmas Quiz.

Below are 10 lines from Christmas Hymns and Songs, can you name the song they come from.

There is no prize its just a bit of fun.

Answers are on the last page.

1. O tidings of comfort and joy, Comfort and joy.
2. The hopes and fears of all the years, are met in thee tonight.
3. The cattle are lowing, the baby awakes, but little Lord Jesus...
4. The playing of the merry organ, sweet singing in the choir.
5. Joyful, all ye nations rise, join the triumph of the skies.
6. All of the other reindeer used to laugh and call him names.
7. This year to save me from tears, I'll give it to someone special.
8. A beautiful sight, we're happy tonight...
9. Eight maids a-milking, Seven swans a-swimming, Six geese a-laying...
10. Brightly shone the moon that night, though' the frost was cruel.



FLAG Logo Apology

In the last edition, Summer 2014, we mentioned that our old Logo had been updated and digitalised. We said that the old Logo had been designed

by a FLAG member named **Krishna**.

It has been brought to our attention that **Krishna**, in fact, designed FLAG's original membership card and that the Logo



was designed by our very own volunteer member **Ros Graham**.

We'd like to apologise to our readers and to **Ros** for the confusion.



Fundraising Events

St Pauls May Market - £46.01

Sharnbrook Fete - £18.25

BBQ at the White Horse - £100

St Pauls Michaelmas Market - £52

Stewartby Winter Fayre - £40

St Pauls Christmas Market - £65



Newsletter Deadline

Please send in your articles/ photos for the next issue by February 14th 2015.

Thank you



Wheels for All

During the summer the Forest Centre Marston Vale held a successful "*Wheels for All*" event. As a result they have now purchased 5 adapted bikes as part of Bedfordshire's inclusive sports programme "*No Limits*".

From Sunday 30th November the Adapted Bikes were available for hire from FCMV.

Over the winter period Nov-March cycle hire needs to be booked in advance with FCMV reception
Tel: **01234 767037**

There was a second **Come & Try It Event** which was held on Saturday 29th November at the Forrest Centre. Children or adults who either missed the original event or would like to have another opportunity to use the bikes. No need to book just turn up and

ride! See you there. For any more information, or if you would like to volunteer as a Cycle Guide for the No Limits Adapted Bike programme at FCMV please contact Alison Wright; alison@teambedsandluton.co.uk



The Forest Centre is also hoping to buy a similar set of bikes for Stockwood Park in Luton.

The two photo's below show Brendan having a go on an adult Tricycle and Laura, along with Brendan's father, trying out a hand-propelled cycle.



Halloween Bingo - 30th October 2014 at the White Horse Pub

20 FLAG members attended the Halloween Bingo event at the White Horse pub.

We started off with two games of Bingo, the numbers were expertly called by Becky, who filled in for the pub landlord Nigel who was away on holiday.

We all then enjoyed a meal of Sausage, Chips and Beans followed by a Chocolate Pudding.

Several members entered into the spirit of the evening by coming in Fancy Dress. Becky was our judge for the evening and picked Alma (the Devil) as the winner with

Nicola (a Witch) in second prize. I was third (a pumpkin), although some people thought I had just been tangoed. Other Fancy Dressers were Laura (a Vampire), Joy (a Ghoul), Susan (a Witch) and Gordon (a skull designed cape).

After the raffle, as it was getting late we just had one final game of Bingo.

I think everyone enjoyed the evening and once again a big thank you to the volunteers who helped out.



Halloween

Museums Trip - 4th September 2014

The Science Museum and the Natural History Museum

An article about this trip will appear in the next issue.





FLAG's Notice Board

Dates for your Diary

1 Jan 2015

No FLAG

8 Jan

Drop-in

15 Jan

Drop-in

22 Jan

Tea/Coffee/Cake
Social Afternoon

29 Jan

Committee
Meeting

5 Feb

Drop-in

12 Feb

Drop-in

19 Feb

Tea/Coffee/Cake
Social Afternoon

26 Feb

Drop-in

5 Mar

Drop-in

12 Mar

Committee
Meeting

19 Mar

Drop-in

26 Feb

Tea/Coffee/Cake
Social Afternoon



Christmas Quiz answers.

1. God Rest you Merry, Gentlemen.
2. O Little Town of Bethlehem.
3. Away in a Manger.
4. The Holly and the Ivy.
5. Hark! the Herald Angels Sing.
6. Rudolph, the Red-Nosed Reindeer.
7. Last Christmas.
8. Winter Wonderland!
9. The Twelve Days of Christmas.
10. Good King Wenceslas.

Charitable Incorporated Organisation (CIO)

An Extra-Ordinary General Meeting (EGM) took place on 12th November to decide whether FLAG should become a Charitable Incorporated Organisation, (CIO).

Approximately 15 members attended and they voted

unanimously for this to go ahead.

FLAG is presently an Unincorporated Group and has no **legal identity**, now that the vote has been passed we look forward to the future and receiving our legal identity.

There has been an enormous amount of work gone into arranging this.

A big thank you to Laura Peggs and Tracey Brightman.



Find our missing wheelchair!

The Bedford Lions donated funding towards a wheelchair for FLAG which has gone missing. Could all members please check to see if they have forgotten to return it to FLAG. We would be pleased to collect it.



Ideas

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

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

Merry Christmas