



FLAG Notice Board

Dates for your Diary

5th March
Drop-in

12th March
**Committee
Meeting**

19th March
Drop-in

26th March
**Tea, Coffee, Cake
Social Afternoon**

2nd April
Easter Crafts

9th April
**Committee
Meeting**

16th April
Drop-in

23rd April
**Tea, Coffee, Cake
Social Afternoon**

30th April
Drop-in

FLAG News

Farewell to Jeff Noble

Very sadly on the 6th January 2015 Jeff Noble, our Vice Chair-person and friend, passed away. Jeff had been very ill and while we all miss him we must take some comfort knowing he is now at rest.

Jeff has been part of FLAG since it began in 2006 and elected Vice-Chair in 2013. I have had the privilege of working with him for nearly two years and enjoyed his company on many trips.

Jeff was great at



coming up with new ideas for events, he enjoyed the fundraising we did and I'll always

remember his great delight when he came to a drop-in with money he had made from selling FLAG pens and crafts. Jeff was a dedicated member of FLAG, he never missed an event or Thursday afternoon if he could possibly help it. I would like to think that Jeff's enthusiasm for our Thursday afternoon meetings was the fabulous company and engaging conversation but of course in reality I know it was the cake that was the main attraction, especially Freda's legendary fruit cake. Cake was a big part of Jeff's life and a subject we used to tease him about, all of which he took in very good humour and was more than capable of giving as good as he got. Personally I will remember Jeff for his never failing

sense of humour and the sheer determination he showed to live life to the full despite disability and ill health – the true meaning of FLAG! The best way we can remember Jeff is to carry on and follow his example. Enjoy life and enjoy cake no matter what life throws at us.

So goodbye old friend - thank you for the memories, thank you for your dedication but most of all thank you for being you. Sleep tight. Laura and all the Committee. Xxx

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8 members of FLAG attended Jeff's funeral on the 27th February. Our best wishes go to his wife Sheila and the rest of his family and friends.

Noble Cake Prize



In honour of Jeff FLAG is holding its first ever baking competition!

We are hoping that everyone will get stuck in and bake a cake in memory of Jeff and enter it into our competition to be held at the AGM on the 22nd April at Priory Methodist Church.

There will be prizes for first, second and third place as well

as a certificate for all who take part. What you bake is up to you!

All sizes and all types - sponge, fruit or other (such as scones, flapjacks or tray bakes) will all be welcome.

We are also going to put together a FLAG booklet of our favourite cake recipes in memory of Jeff. If you would like to donate a

recipe to go in our booklet then please email them to flag25@hotmail.co.uk

or send them to FLAG at Priory Methodist Church.

More information on entering the competition will accompany the AGM flyer, that will be sent out shortly.

FLAG 5p Challenge

Raise £100 in 5 pences by April 2016

The smaller 5p's issued in 1990 are silly fiddly little things that are hated by everybody, so why don't we do everybody a favour and ask them to give them to us?

What a sight to behold! £100 in 5p's that is two thousand coins!

But do not worry as in March 2013 there was estimated to be 3,813 million 5p's in circulation

totalling £190,638 million, so they are not going to be missed.

So please do not lose them down the back of the sofa and search the darkest corners of your bags and pockets and donate those annoying little coins to FLAG!



2006-2016

Thank you!

The 26th April 2016 will be a special day for FLAG as it will be FLAG's 10th Anniversary.

This will be a momentous occasion and a testament to all those who were involved in setting FLAG up and those who have enjoyed its events. While no decisions have been made about how we are going to celebrate

FLAG New Members.

A big welcome to our new members

Kerry Seymour
Kay Seymour
Hannah Jones

Volunteers Training.

Bernadette, our Fundraiser, attended the "Fit For Funding" workshop provided by the Community and Voluntary Service. It covered all the basics for applying for funding.

Laura, our Chair-person and **Linda**, our Administrator attended the "Safeguarding Awareness" workshop at the CVS, which covered the basics for safeguarding in a community group.

Newsletter Deadline.

Please send all your articles and photos by **May 8th**.

Beware of the Crocodile

Crocodiles are not a huge problem along the Great Ouse but as this sign shows if you are going racing down any steep banks at high speed in a wheelchair please make sure there is not a crocodile waiting with its mouth open. As Chair-person (Laura Peggs) I feel it is my duty to pass on any useful tips to ensure the safety of our members.



"Did you know a crocodile cannot stick its tongue out as its tongue is fastened to its lower Jaw".

Safeguarding.

On Saturday 17th January FLAG's Administrator, Linda Payne, and our Chairperson, Laura Peggs, went to a training session at the Community Volunteer Centre Bedford about *Safeguarding*.

The welfare of members is very important to us and

this session explained signs to watch out for that indicate abuse and what we can do if we suspect abuse.

FLAG feels so strongly about *Safeguarding* that we have decided to have a named person who is overall responsible for the *safeguarding* of our members.

If you experience any problems or you are concerned about another member please come and speak to Laura Peggs, FLAG's new *Safeguarding Officer*, or a member of the Committee who can talk to Laura on your behalf.





FLAG Notice Board

Dates for your Diary

7th May
Drop-in

14th May
Drop-in

21st May
Tea, Coffee, Cake
Social Afternoon

28th May
Committee
Meeting

4th June
Drop-in

11th June
Drop-in

18th June
Tea, Coffee, Cake
Social Afternoon

25th June
Drop-in

**Please note that
these dates and
type of event are
subject to
change.**

Meet the Committee - Gordon Cooke

It is now the turn of Gordon Cooke our **Member Liaison** to be interviewed for the "Meet the Committee" slot and here is the interview.

How long have you been a member of FLAG?

I have been a FLAG member since 2010.

Why did you join FLAG?

My Mum suggested to me that I should go along to a social afternoon at FLAG to see if I liked it. It was very friendly and I joined.

What have you gained from being a member?

FLAG has changed my life. I have made new friends and gained a great social life, I get to go to interesting places that I would not get to if I was not a member.

What was your favourite FLAG event.

The Thames River Trip.

How long have you been a Member Liaison?
About two Years.

What does a Member Liaison do?

I liaise with all members if they have any concerns, or ideas and I will put them forward at Committee meetings.

What is your work history?

From 1987 to 89 I went to College in Lincoln. 1989 I started worked at **Wilstead Garden Centre**, in 2004 I began working at **Beds Garden Carers** and I'm still there. From 2010 I also worked at the homeless charity **Emmaus Village** at Carlton for a while.

How do you get to work and home?

I use my Motorbike to get to work and home.

What TV shows do you like?

Dr Who, Home and



Away and Horror Movies.

What sort of music do you like?

I like all sorts of music.

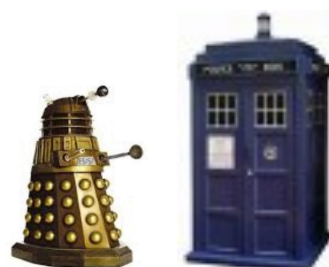
What fun stuff do you like doing?

I like playing games on my lap top computer, Play Station 2 and the Xbox. I also like swimming and going to the gym.

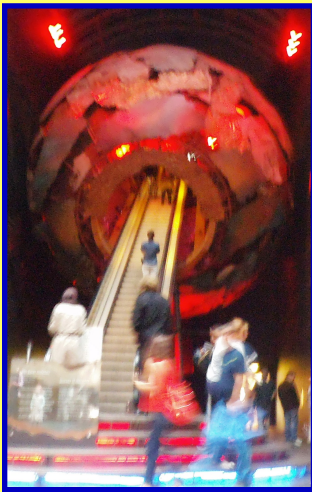
Do you have a girlfriend?

Yes, her name is Flavia.

Thank you
Gordon.



Museums Day Trip. 4th September 2014.



On a bright and beautifully sunny morning on the 4th September, 23 very excited members of FLAG boarded the coach looking forward to a day out in London to visit the Natural History & Science museums.

All transport arrangements went smooth and we arrived at the Museums in good time.

After vacating the coach, members split up going their separate ways to their preferred Museum. Some members went to both the Science Museum and the

Natural History Museum as they were within walking distant of each other.

The highlights of the day for Kerry were going up the escalator into the earth crust and on to the earthquake simulator, Kerry also could not stop laughing at the two skeletons sitting at the dining table, she thought this very funny.

Members had refreshments in the Museum restaurant and cafes. Gordon and other members recommended the food. We all then met back at "Dippy"

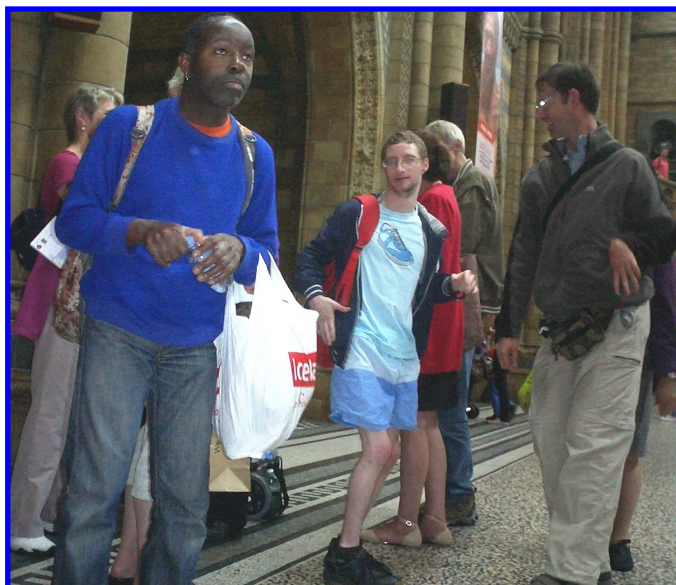
the Diplodocus Dinosaur skeleton and made our way back to the coach.

What a fabulous day out!

science
museum



Thank you to **Laura Peggs** for organising her first solo trip for all the members.



NATURAL
HISTORY
MUSEUM



Christmas Party. Priory Marina, 10th December 2014.

What a splendid Christmas Party our members enjoyed on the 10th December at the Priory Marina Restaurant.

29 members attended the party night, and the atmosphere was great as the drink flowed and the food was good.

Everyone appeared to be in the party mood enjoying themselves.

Members would like to give a big thank you to the Committee and **Linda** for all the hard work they did in organising the night.



Review of FLAG Policies on Events.

From time to time the FLAG Committee review our "Policies and Procedures" to ensure we are giving FLAG members the best service we can while ensuring FLAG is sustainable for the future. The Committee would like to take this opportunity to refresh memories and clarify our policies regarding trips and events. During the FLAG year (April-March) we aim to run up to 7 events.

Flyers.

- Flyers will be sent out around 4 to 5 weeks before the event and replies are due back 2 to 3 weeks before the event.
- Each Flyer will have a reply date clearly printed on it.
- ***We really need to know if you want to come as soon as possible.***
- Flyers received late will only be actioned subject to the discretion of the Committee.

Payments.

- Payment is required the same day as the reply.
- If you cannot pay at this time, speak to a member of the Committee as we can often help ***but it is important that we know you want to come.***
- If you are bringing a carer or friend with you their payment is also due.

Subsidised Prices.

- Over the financial year FLAG aims to subsidise events by 40%, for example if the cost of an event is £10 per member, each member will pay £6 and FLAG will pay £4 per member.
- Only members and carers qualify for subsidised prices. Non-members or friends have to pay the full price.

Transport.

- Transport can only be provided if you have no other way of getting to or from an event. FLAG cannot provide or pay for transport if you choose not to make your own there, for example, because you want a drink.
- If you are unable to provide your own transport FLAG will provide either a Volunteer Driver or a Taxi to get you to the event.
- As FLAG has limited funds we can only pay up to £20 per person, per event, for taxi fares.
- For trips where we hire a wheelchair friendly coach there are normally only five wheelchair spaces so its 'first come, first served'.
- We cannot pay for transport for non-members, friends or carers.
- We do not provide Volunteer Drivers for members who live outside of Bedford Borough.

Meals.

- When FLAG goes for a meal in a restaurant drinks are extra and should be paid by yourselves and not put on FLAG's bill!

Event Volunteers.

- We encourage our members to be as independent as possible with Volunteers only providing support including driving members to events, pushing wheelchairs, accompanying members, serving meals, fetching a drink from the bar and so on.
- **Volunteers are not trained or insured to provide 'Personal Care'.** This includes things like assistance with dressing, washing, toileting, eating, drinking or taking medication. If you do need 'Personal Care' at an event please bring a carer along with you.

Event Refunds.

- If you have said you wish to come to an event but then are unable to attend please let us know as soon as possible.
- If you let us know two weeks before the event, or before we have paid for events tickets, we will refund your payment.
- If you cancel at any other time a refund is not normally possible as we may have paid for event tickets etc. However refunds can be made at the Committee's discretion.



2015 Events

AGM / Meal

22nd April

**Woburn Safari
Park**

May / June / July

Local Event

July / August

Tower of London

September

Local Event

Oct / Nov

Christmas Meal

December

Fundraising Events

**St Paul's
May Market**

16th May

Fundraising BBQ

August

**St Paul's
Michaelmas
Market**

19th September

**St Paul's
Christmas Market**

21st November

Easter Crafts



:Easter Card Making

**Basket Decorating
Competition**

Tea/Coffee Cake

Craft Stall

Fun

Chocolate!!



Thursday 2nd April

2pm-4pm

Priory Methodist Church



Minimum Donation only £1 to go towards
new craft materials



FLAG Bedford

c/o Priory Methodist Church

63 Newnham Avenue

Bedford

MK41 9QJ