



FLAG News

Winter 2015/2016, Issue No 31



FLAG'S Notice Board

Dates for your Diary 2016

18 February

Tea, Coffee, Cake
Social
Afternoon

25 February

No Meeting
(Harry Potter Trip)

3 March

Drop in

10 March

Drop in

17 March

Tea, Coffee, Cake
Social Afternoon

24 March

Committee Meeting

31 March

Drop in

7 April

Drop in

14 April

Drop in

21 April

Tea, Coffee, Cake
Social Afternoon

Taxing Taxis

FLAG is aware that there is some unfair pricing going on, with wheelchair users being charged more than non-wheelchair users. The way taxis charge is very complicated but FLAG are interested in looking into the way taxis charge disabled users. If you feel you are being overcharged FLAG will be interested in hearing from you!

Information that will help includes the date the phone call was made, the name of the taxi firm, the place you want to be picked up and dropped off and the price.

There are a few tips to getting cheaper fares! When you ring for your taxi ask for a quote for how much it will cost and if you think it is too expensive tell them, and try another firm.

FLAG are keen

to get fairer and more transparency in how taxis charge disabled people as we have no option but to use them and we believe charging the physically disabled higher price is unfair. We will keep you updated on our progress.



Citizens' Advice Bureau - "Energy Best Deal" talk.

26th November 2015, Priory Methodist Church

The Citizens Advice Bureau in Bedford have been running an "Energy Best Deal" campaign.

Their aim is to help people to:

- Understand energy bills.
- Reduce energy bills.
- Get a better deal from your current supplier.
- Shop around for a better deal.

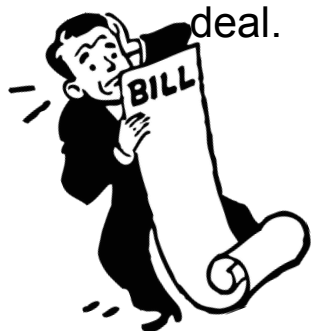
- Help with grants and discounts.

A lovely lady called Susan, from the CAB, came to one of our Thursday afternoons to give the talk to several FLAG members. The talk itself lasted about an hour. It was very informative and members were able to ask lots of questions. After

the talk Susan spoke to a few of us one to one to discuss our own energy bills. As on all these occasions time ran out.

Susan kindly offered to come back on the 18th February 2016 so if you would still like some advice come along that afternoon.

citizens
advice



Citizens advice
returns
on
18th February

Nordic Walking

A member of FLAG **Gorden Cooke**, has taken up Nordic walking, he enjoys it and would recommend it to anyone who likes walking. He goes with a group in the

evening, they also have day sessions and weekend sessions too.

If any one is interested they can contact **Theresa** on **07758205455** for

information regarding any of the sessions.

Nordic walking is very good for your health it costs around £4 per session.



St Paul's Christmas Tree Festival 2016 - FLAG active



In December FLAG, once again, took part in St Paul's Church, Bedford Christmas tree festival to raise funds for Bedford Hospital Charities and the Church and awareness for FLAG.

To celebrate our upcoming tenth anniversary **Tracey Brimmell** had the great idea

that our tree should reflect our history. Photos were chosen from our past events and **Tracey Brightman** had great fun laminating them. On the 1st December **Gordon Cooke, Bernadette Frisby** and **Laura Peggs** gathered to decorate our tree.

Gordon did a wonderful job with the lights, while **Bernadette** was a dab hand positioning the baubles. Our tree was decorated in the FLAG colours of blue and white and topped with our logo.

A huge thank you to all who helped.

Bi-Monthly Events 2016/17

Bi-Monthly Events 2016/17

Event 1

AGM 2016 Buffet - 27 April (pm)

Event 2

Birthday Party - Free (TBC)

Event 3

Seaside Trip (TBC)

Event 4

Beetle Drive / Buffet (TBC)

Event 5

Garden Centre - Free (TBC)


Event 6

Christmas Meal (TBC)


Event 7

BBC Studio Tour (TBC)




Christmas Party - 9th December 2015



This year the Christmas Party was held at the Harvester.



The Party was attended by 35 members, non-members and volunteers.






The meal was very good value and was very enjoyable, unfortunately the seating was a bit cramped. We will rectify this next

year by viewing the space first before booking.



It was brought to the attention of the Manager that we were not happy with the floor, several

people nearly slipped on it, the Manager apologised and informed us that they were waiting for commercialised specialist

cleaners to come in to deal with the issue



Feedback from FLAG members indicated that they enjoyed the Christmas Party.



Members would like to thank the Committee and **Linda** for all their hard work in organising the night.



Christmas Tea & Coffee Afternoon

17th December 2015

Lots of Members.

Craft Making.

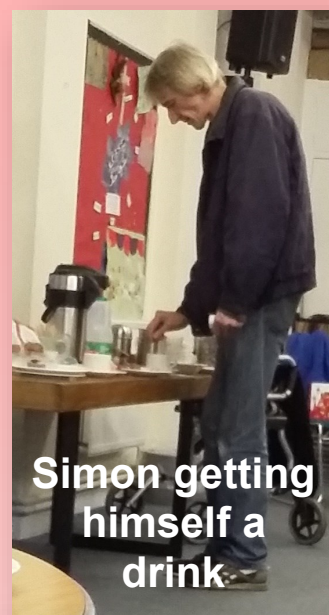
Christmas Music.

Raffle.

Good Friends.



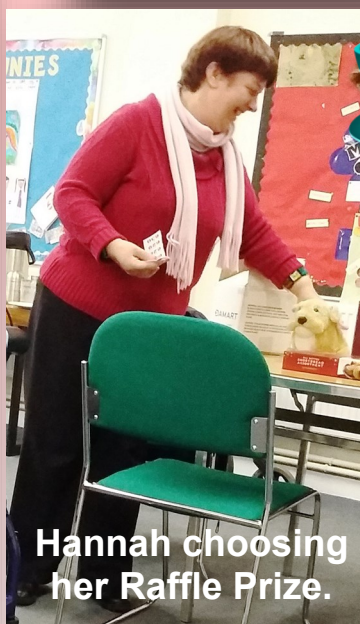
Christmas Craft Making



Simon getting himself a drink



Kerry choosing her Raffle Prize



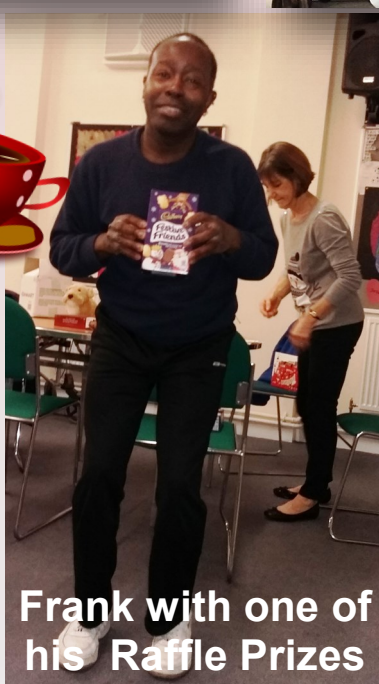
Hannah choosing her Raffle Prize.



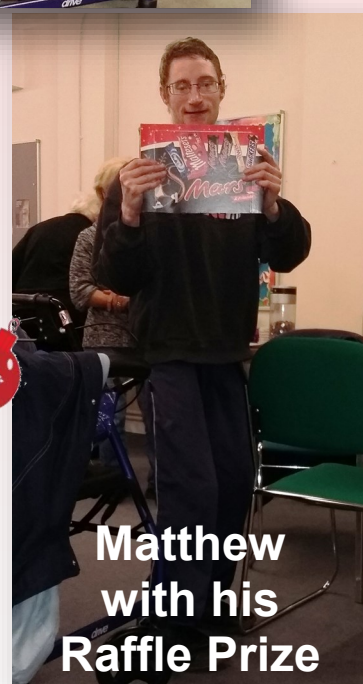
Kaye choosing her Raffle Prize



Jill receiving her Raffle Prize



Frank with one of his Raffle Prizes



Matthew with his Raffle Prize



FLAG'S Notice Board

Dates for your diary

28 April

Drop in

5 May

Drop in

12 May

Drop in

19 May

Tea, Coffee, Cake
Social Afternoon

26 May

Drop in

2 June

Drop in

9 June

Committee Meeting

16 June

Tea, Coffee, Cake
Social Afternoon

23 June

Drop in

30 June

Drop in

Handy Person Service - (Bedford Borough Council)

It is often difficult and expensive to find someone to do smaller jobs like fitting a plug, hanging a curtain rail or fixing a tap. The Council's *"Handy Person Service"* can carry out these small repairs for you if you are unable to do them yourself.

What they can do:

- Fitting grab rails or stair rails
- Installing key safes
- Fitting small ramps
- Door/window repairs and adjustments
- Minor joinery work
- Minor plumbing repairs
- Locks and security chains
- Draught proofing
- And similar small works

There is a charge of £16.00 per hour (plus, a charge for materials). If you are on a qualifying benefit, see the list below, then there is no charge for labour, but there may be a charge for materials.

List of qualifying Benefits:

Income Support

Job Seekers Allowance (Income Based)

Pension Credit – Guaranteed

Council Tax Benefit (Not Single Persons rebate)

Housing Benefit

If you claim any of the above qualifying benefits and the work needed has been referred by Social Services or an Occupational Therapist, then there may be no charge at all.

To request a *"Handy Person Scheme Enquiry Form"* contact Richard Teakle (Bedford Borough Council) on Tel: **01234 276231** or email: ***Richard.Teakle@bedford.gov.uk***, or contact FLAG and we will print off a form and send it to you to complete.

