

FLAG

Bedford



Friendship Link
& Action Group

FLAG News

Charity Number: 1165681

Winter 2016/2017, Issue 35



FLAG'S Notice Board

Dates for your Diary

2 March

Drop in

9 March

Drop in

16 March

Tea, Coffee, Cake
Social Afternoon

23 March

Drop in

30 March

Drop in

6 April

Drop in

13 April

Tea, Coffee, Cake
Social Afternoon

20 April

Committee Meeting

27 April

Drop in



Hate Crime Talk.

On Thursday 26th January, we were pleased to welcome PCSO **Paige Keeley** of Bedfordshire Police to FLAG. She is their Disability Hate Crime Champion and came to talk about how to identify and report such crimes, and increase awareness of disability hate crime.

Hate Crimes are any crimes that are targeted at a person because of hostility or prejudice towards that person's: disability, race or ethnicity, religion or belief, gender or sexual orientation.

Bedfordshire Police say that "Some people don't realise they are victims of Hate Crime, or think they won't be taken seriously. But this behaviour won't be tolerated in Bedfordshire and nobody

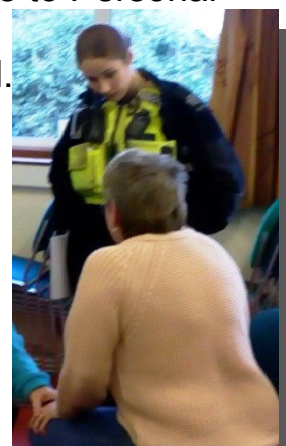


should suffer in silence".

Types of Hate Crime.

Paige asked FLAG members for examples of what they see as Hate Crime towards disabled people in particular. Members came up with the following examples:

- Shouted at,
- Threats and Abuse,
- Made fun of,
- Hit or Attacked,
- Harassed,
- Picked on,
- Verbally Abused,
- Damage to Personal Items,
- Ignored.



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on
page 2)

Fundraising News

WOW!
£2000

The Gale Family Charitable Trust.

Back in 2010 we applied to the Gale Family Trust for funding and they generously gave us £1000. We recently approached them again and they were even more generous this time with a donation of £2000. The amount is unrestricted and can be used for either general running costs or event costs or a bit of both.

Thank you.

Donation

A very good friend of mine has donated £100 to FLAG. Thank you very much
Margaret.
by Tracey.

£100
Thank you

Why is Hate Crime under-reported.

Paige also told us that the majority of Hate Crime in Bedfordshire and the rest of the country is not reported. Members thought that the reasons for this may include:

- People not realising that what has happened to them is a crime,
- Lack of knowledge of a victim's rights and available support services,
- Fear of retaliation by the perpetrator for reporting,
- Fear of being re-victimised by the criminal justice process,
- A belief that law enforcement does not want to address Hate Crimes,
- Shame or embarrassment for being a victim of any crime,
- Lack of confidence or communication skills,
- Cultural or personal beliefs that one should not complain about misfortunes and handle their problems on their own.



How to Report Hate Crime.

You can report Hate Crime straight to Bedfordshire Police:
by ringing **101**, the police non-emergency number, ringing **999**, but only in an emergency,
Online at www.report-it.org.uk,
or going into your local police station.

If you need help to report a crime you can ask a friend or relative to help, or if you would like support visit a third party reporting centre from this list:

Citizen Advice Bedford -
St. Paul's Square, Bedford
- **01234 351589**,
Disability Resource Centre -
Poynters Road, Dunstable
- **01582 470900**,
Mind BLMK - Woburn Road,
Bedford
- **01234 343969**.

Paige then spoke to a few members one on one to discuss concerns that they were having.

A big thank you to Paige for coming to talk to FLAG members. We are hoping that she will come along and visit us again soon. We hope you will come along, and feel free to bring a friend or relative if this is of interest to them.

Christmas 2016



Priory Marina



Christmas Party - 8th December 2017 Priory Marina

A large party of 42 members and volunteers attended the Christmas party at Priory Marina. It turned out to be a splendid party although a bit tight on space, but as usual this did not stop FLAG members from having a good time.

Feedback from members and volunteers agreed the service and food was very good considering the cramped condition's. There were a few draw backs on the night, for instance, Maggie and Julie our volunteers could not get a parking space at the restaurant, so they had to park in Priory Car Park and got locked in, as it closed at 6pm. The Park ranger let

them out. Not a good start to their evening but they just managed to arrive in time for the meal, well done Maggie!

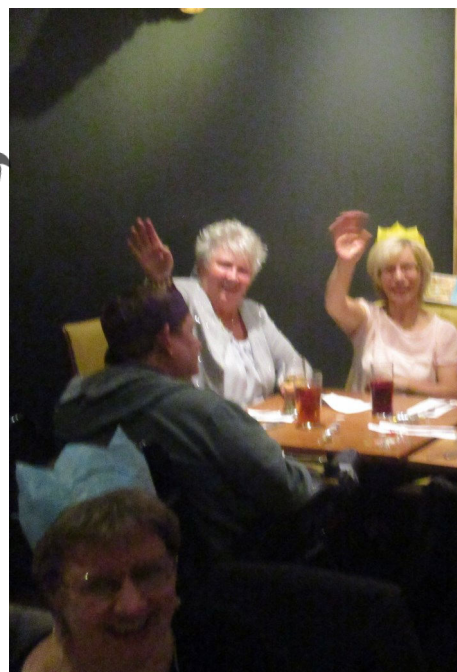
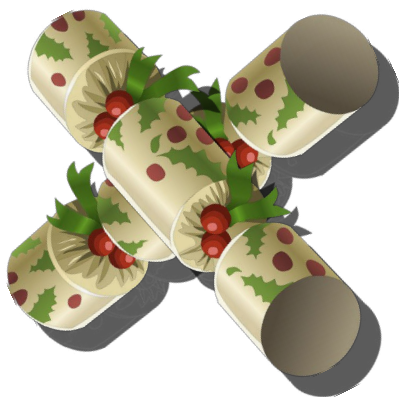
Some members were taken home the long way round by the taxi, others had to wait a long time after the party for their taxi. This has been brought to the attention of the taxi firm and they apologised and offered compensation for the inconvenience.

We are now looking at other venues with more space for this years party. This will probably be very difficult but we will do our best.

Although a bit late, we wish all our members and volunteers a healthy and happy new year.



Christmas Party photo's continued.





WANTED!

**For our
Tombola**

We would be most grateful for any unwanted Christmas gifts or other items you may like to donate for our stall, at the Sharnbrook May Fete.

You can drop off items at Priory Methodist Church on Thursdays between 2-4 pm

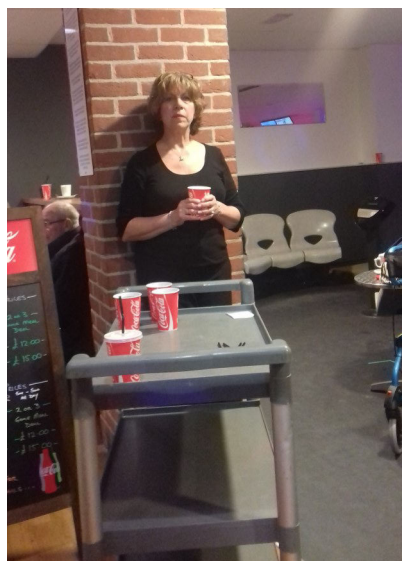
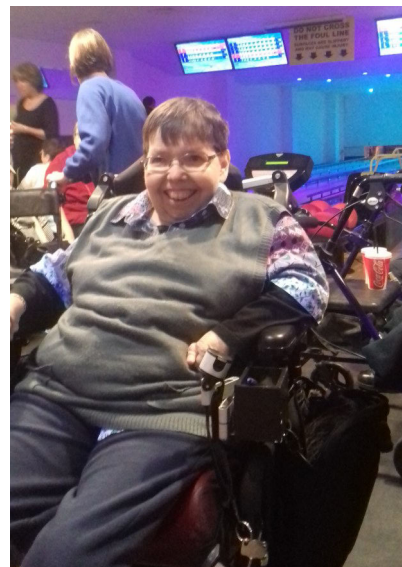
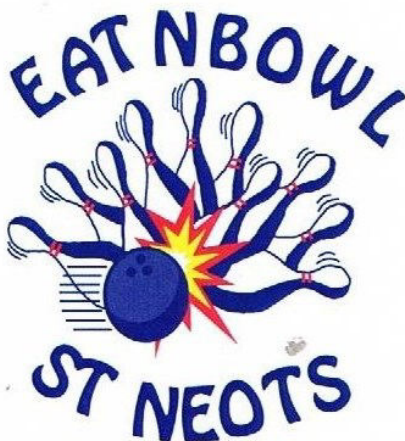
FLAG Bowling Trip - a night to remember!

It's Valentine's day and all is set for FLAG's seventh and final event of the FLAG year.

26 excited FLAG members gathered at Priory Methodist Church to board the coach to St Neots Eat 'n' Bowl. We departed, as usual, a little behind schedule, but before we knew it we were at the bowling alley, putting on our bowling shoes, ready for our two games and our inclusive meal. We had 5 lanes.

FLAG's treasurer, **Tracey Brightman**, got very excited as she rose from being 3rd out of 4 on the 1st game to 2nd on the second game. Although suspiciously **Maggie** beat her both times and after the shameful alleged cheating at the Beetle Drive, left **Tracey** wondering just how **Maggie** achieved this.

A huge thank you to the FLAG volunteers and everyone who helped the night to be such a success.

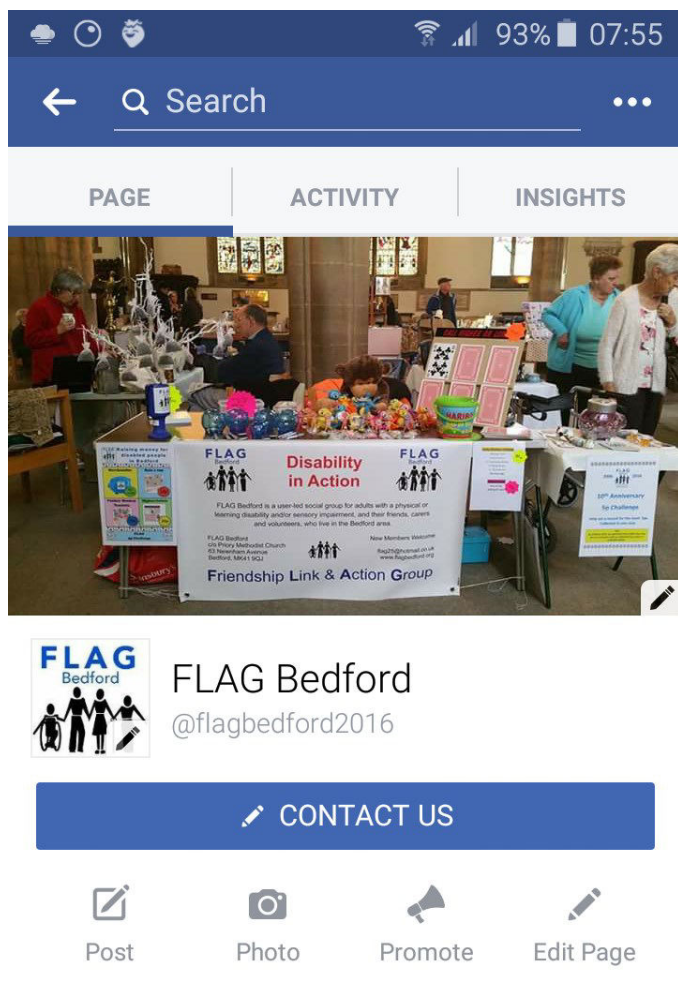


facebook

FLAG on Facebook.

FLAG now has its very own Facebook Page where you can keep up to date with what's happening and communicate with the Committee. There is a direct link to our website, along with a brief description of our role as a Charity.

If you are on Facebook we really need you to promote and share FLAG feeds for this to be successful. This Page can be viewed by funders and supporters so the more followers we have the better. Come find us at **FLAG Bedford 2016** and scroll down until you see our Logo.



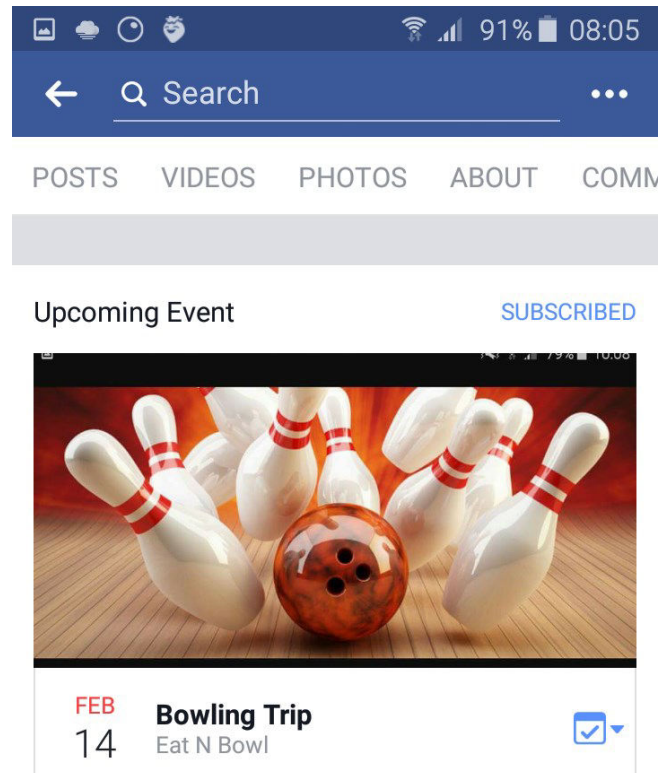
FLAG Bedford

@flagbedford2016

CONTACT US

Post Photo Promote Edit Page

Non-Profit Organization · Newnhan Ave, Bedford

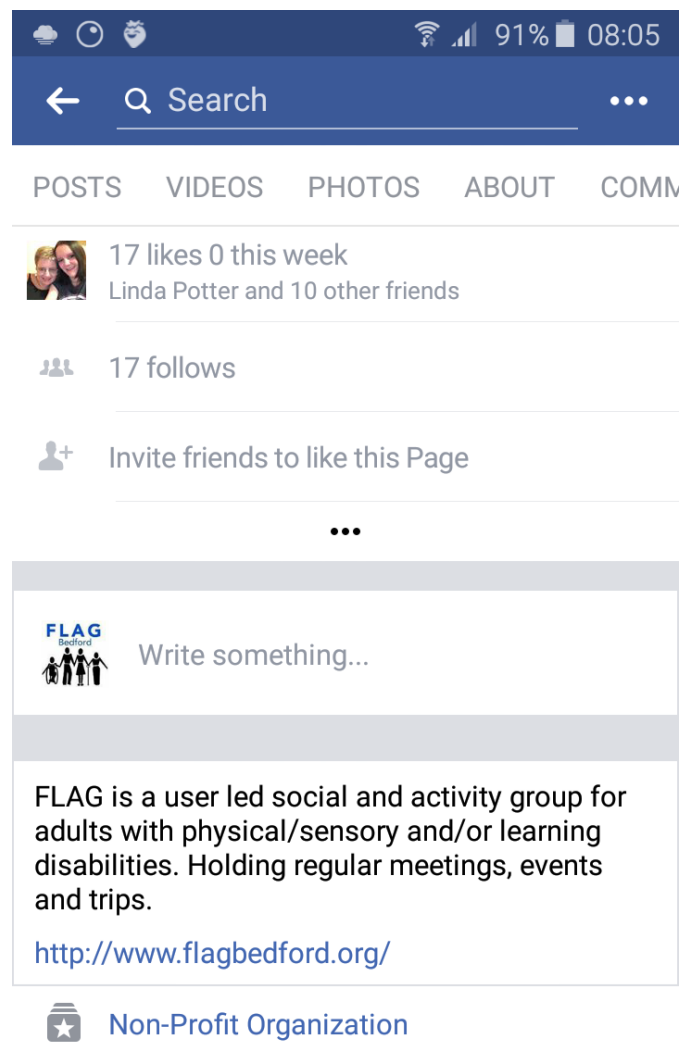


Upcoming Event

Bowling Trip

FEB 14 Eat N Bowl

SUBSCRIBED



Write something...

FLAG is a user led social and activity group for adults with physical/sensory and/or learning disabilities. Holding regular meetings, events and trips.

<http://www.flagbedford.org/>

Non-Profit Organization



FLAG's Notice Board

Dates for your diary

27 April

Drop in

4 May

Drop in

11 May

Drop in

18 May

Tea, Coffee, Cake,
Social Afternoon

25 May

Drop in

1 June

Committee Meeting

8 June

Drop in

15 June

Tea, Coffee, Cake,
Social Afternoon

22 June

Drop in

29 June

Bi-Monthly Events 2017

Cinema Trip (TBC)

AGM - 31 May 17

**Shepreth Zoo
(TBC)**

Theatre trip (TBC)

Quiz Night (TBC)

**Christmas Meal
(TBC)**

**Houses of
Parliament (TBC)**

A local group called "Living It Up" has recently started a new project. It is an alternative style performing arts centre.



Living It Up



PERFORMING ARTS CENTRE



**From March 2017
we will be open 2
days a week!!
Sessions will be:**

Tuesdays

AM - Drama

PM - Dance

Thursday

AM - Music

**PM - DJing, film
editing + podcasting**

**Do you have a learning disability?
Would you like to learn to DJ or fancy
being in a band?
Are you interested in how to film and
edit videos?
Are you keen to improve your acting,
singing and dancing skills?**

**Living It Up now offer daytime
performing arts sessions at our
alternative style day centre at St
Cuthberts Hall, in Bedford on Tuesdays
and Thursdays 9.30am - 3.30pm.**

Prices start from £20 for half a day.

**If you are interested then call or email
us - details below.
Spaces are limited.**



Postal address - 44 Harpur Street, Bedford, MK40 2QT

Phone number - 07964 067443

Email - livingitupinfo@gmail.com

Website - livingitupevents.co.uk

Changes to the AGM 2017.

Now that FLAG is a registered charity there will be couple of changes in the running of the AGM. Previously we have given all the information you need on the night. The 2017 AGM is set for the 31st May. To meet with legal requirements set by the Charity Commission, you will receive a pack containing everything you need to know about two weeks before the event, either via post or email. This is to give you more time to read it and if you have any questions you can come and talk to the Committee before or at the AGM. **Please bring the pack with you to the AGM meeting.**

What the pack will contain:

- The Trustees' Annual Report - a review of the 2016/17 FLAG year.
- The Statement of Accounts.
- The list of people standing as a trustee in 2016/17 and the position they would like to hold.

We have 8 Trustees:

- Laura Peggs - Chairperson.
- Tracey Brimmell - Vice Chair.
- Lisa Thomas - Secretary.
- Tracey Brightman - Treasurer.
- Brendan Gaunt - Community Fundraiser.
- Gordon Cooke - Member Liaison.
- Bernadette Frisby - Newsletter Coordinator.
- Ros Graham - Committee Support.



We can have up to ten trustees, FLAG urgently needs a Fundraiser who can fill in grant applications, its not fun but essential! An Outreach Coordinator is another possibility. If you are interested please come and speak to a Trustee. If you would like to stand as a Trustee we need to know by the **end of April 2017**. You will need to use email and will receive support and training.

Getting Involved

Have you ever fancied writing an article for our Newsletter or wondered what it is like to be on the Committee? Perhaps you have ideas for a trip/event or activities you think it may be fun to try? If the answer to any of those is yes then please come and talk to a Trustee and we can discuss any ideas you may have.

The Trustees are always looking for people to write articles reviewing an event or anything you enjoy about FLAG.