



FLAG News

Registered Charity No. : 1165681

Spring/Summer 2017 - Issue No 36

FLAG's Notice Board Dates for your Diary 2017

13th July
Committee Meeting

20th July
Tea, Coffee, Cake
Social Afternoon

27th July
Drop-in

3rd August
Drop-in

10th August
Drop-in

17th August
Tea, Coffee, Cake
Social Afternoon

Continued Page 12.

Lisa Thomas (taking a break).

I am sure that most of you are aware by now that FLAG's Secretary, Lisa Thomas is in hospital after breaking her foot. Lisa is doing very well but may not be with us for a little while. We all wish Lisa a speedy recovery and look forward to when she is back with us.



Motts Coaches.

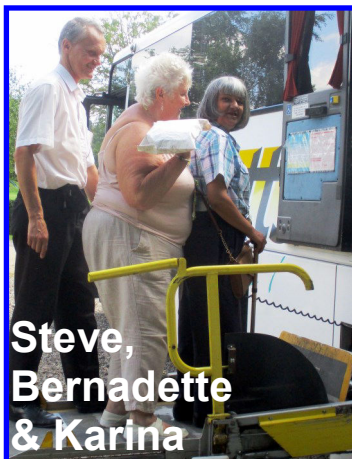


First Come - First Served!

For FLAG coach trips we are lucky to have found a very comfortable accessible coach provided by Motts Travel. The coach can hold a maximum of five wheelchairs, these spaces are given on a first come first served basis. If you cannot transfer and want to come on a coach trip please let us know as soon as you can to avoid disappointment.



**Motts
Coach**



**Steve,
Bernadette
& Karina**



**Kevin &
Driver Steve**

Cinema Trip

Cineworld, Bedford.

There was a good turn out for the Cinema Trip on the evening of the 4th of April. All 28 FLAG members, carers, and volunteers appeared to enjoy the night out to watch the movie **"Beauty And The Beast"**. It was very exciting and the special effects were great. We all sat where we wanted to as it was pretty empty. Linda had a few problems booking the tickets but it all turned out all right on the night as usual. *Bernadette*.

Storyline.

Belle (Emma Watson), a bright, beautiful and independent young woman, is taken prisoner by a beast (Dan Stevens) in its castle. Despite her fears, she befriends the castle's enchanted staff and learns to look beyond the beast's hideous exterior, allowing her to recognize the kind heart and soul of the true prince that hides on the inside.



FLAG AGM 2017.

Prory Methodist Church, 31st May 2017.

On the evening of 31st May 29 members gathered to hear accounts of FLAG activities during the year 1st April 2016 to the 31st March 2017 and to elect the Committee for the new FLAG term.

The Chairperson, Laura Peggs, opened the meeting with the "Trustees' Annual Report" followed by the "Treasurer's Report" delivered by our Treasurer, Tracey Brightman. Then the formalities of re-electing the Committee were very efficiently carried out by our Administrator Linda Payne.

The results of the election were:

Chairperson - Laura Peggs.

Vice-Chair - Tracey Brimmell.

Treasurer - Tracey Brightman.

Secretary - Lisa Thomas.

Ros Graham - Committee Support.

Bernadette Frisby - Newsletter Coordinator.

Brendan Gaunt - Community Fundraising Support.

Gordon Cooke - Member Liaison.



Chair & Vice-Chair

Laura, the now re-elected Chairperson, then gave a brief outline of the forthcoming year before we got down to the serious business of Fish and Chips and a raffle!

The "Trustees Annual Report and Statement of Accounts" have been verified and signed by an Independent Assessor from the BRCC and will be submitted to the Charity Commission in August.

Thank you to the Committee and Volunteers for all their hard work they put into this event. *Laura.*



Beverley & Jill

FLAG Funding News 2017/18.

The Panacea Charitable Trust.

This Trust is managed by the local Bedfordshire and Luton Community Foundation. Their aim is to provide grants for projects run by community groups based in, or working for, the benefit of people in the town of Bedford. In 2011 the Trust gave us a grant of £2000, in 2016 they gave us a grant of £3149. This year they have kindly given us £3000 to be used for our Administrators Salary and to Hire the Room at the Church on Thursday Afternoons.

The Neighbourly Charitable Trust.

In 2011 this Trust gave us £500 towards a Narrowboat Trip which several members enjoyed. This year they have given us another Grant of £500 which will be put into our General Funds to be used for either Event or Running Costs.

The Co-op Local Community Fund.

Local Co-ops have made FLAG one of their 3 charities for the 6 months from May to October 2017. The other two being "Autism Bedfordshire" and the "Kings Arms Project". When Co-op members spend money on selected own brand products and services 1% goes to the charity they choose. We were presented with a cheque for £333.33 at the opening of the new Co-op in Queens Drive and are expecting a further donation from them at the end of October.



Tracey with her Doggie Balloon at a Co-op event

WH Smith Charitable Trust.

They have donated £100.00.

Donate your first new £1 coin.

A good idea which came a bit late to advertise it to the members. We collected £6.

Raffle Takings.

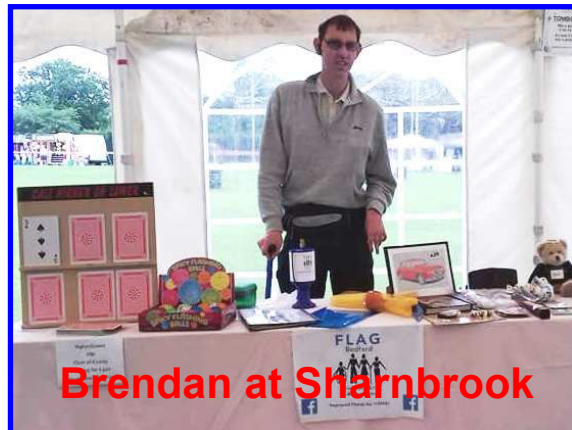
FLAG raised £48 from the Raffle held at the Fish & Chip Supper after the AGM on the 31st May 2017.

FLAG Funding News 2017/18 (cont).

St Pauls Church, May Market - 20th May, and Sharnbrook Fete 29th May.
These raised just over £100.



Gordon & Brendan at St Pauls Church



Brendan at Sharnbrook

5p Challenge 2017/18.

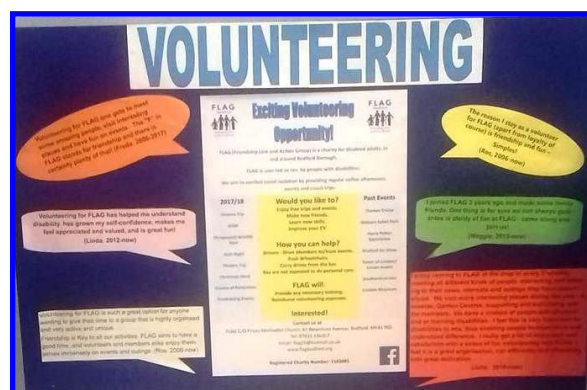
Just a reminder that the current FLAG 5p challenge will come to an end at the Fundraiser on the 24th August so bring in the 5p's you have collected for that day. Lets see if we can beat the total of £472.35 that we collected last year.

FLAG would like to thank everybody for their generous donations. FLAG and all its members are extremely grateful for their donations which will be put to good use.



FLAG Volunteers.

When FLAG attends various Fetes around Bedford we do so primarily to Fundraise but also to look for Volunteers to join us. The Volunteers we have at the moment are wonderful and we are extremely grateful for their support, but they all have other commitments and cannot always attend every event. Laura has set up a display board that we use at Fetes to advertise for Volunteers. We are looking for people to come along to support us on Thursday afternoons or at events, as well as computer literate people who can work independently on the FLAG Committee.



Shepreth Wildlife Park. Shepreth, Nr Royston, Herts.



With almost a full coach of 32 FLAG members we journeyed to Shepreth Wildlife Park on the 5th of July. The weather was good to us as the sun shone all day. We left Bedford at 9.40am, stopped to pick Brendan up in St Neots, and arrived at the Park just before 11.00am. We split into groups and headed in different directions.



Meerkats

I started off going around with Kaye, Hannah, Russell and my carer Shellah. We saw Prairie Dogs, Alpaca and a couple of Dartmoor Ponies, then came across a few Wallaby and Emu. The Meerkats were out and about but the Red Squirrel, Maned Wolf and the White Lipped Tamarin were hiding in the undergrowth of their enclosures. The Porcupine

were not hiding and were a lot bigger than I expected.

I lost the other three but bumped into Laura and we headed off to see the Egyptian Fruit Bats. They were in a specially designed Nocturnal House which was kept almost completely dark. The Bats flew above our heads and we felt the wind from their wings. The Lynx, the Ring-Tailed-Lemur and the Macaque were also in hiding so we decided to break for lunch at the "Jungle Cafe". The meal was really nice but the service was a bit slow.

At 1.30 we went along to the Birds of Prey talk and met "Lurch" the Eagle Owl and his handler.



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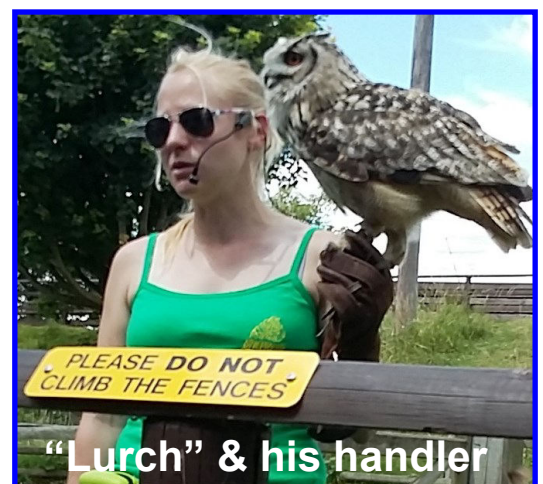
**Egyptian
Fruit Bat**



**Prairie
Dog**



**Ringo
the parks
mascot**



"Lurch" & his handler

Shepreth Wildlife Park.

At 2.00 we headed to the Tiger enclosure for the "Tiger Talk". We didn't get to see the Tiger earlier as she was shut away in her house while one of her keepers mowed the grass in her enclosure. She was now out and after prowling around for a few minutes she climbed to the top of a wooden platform and lay there majestically while we listened to the talk.



Kelly & Ann

We met up with Kelly and her mum Ann and showed them the Bat Cave. We then went on to see a few Piranha, some ugly looking Ocelots, a couple of Tarantulas and two Capybaras.



Tarantula



Piranha



Peter



Matthew



Rhianna & Brendan

Shepreth Wildlife Park.



Louise, Linda, Andrew,

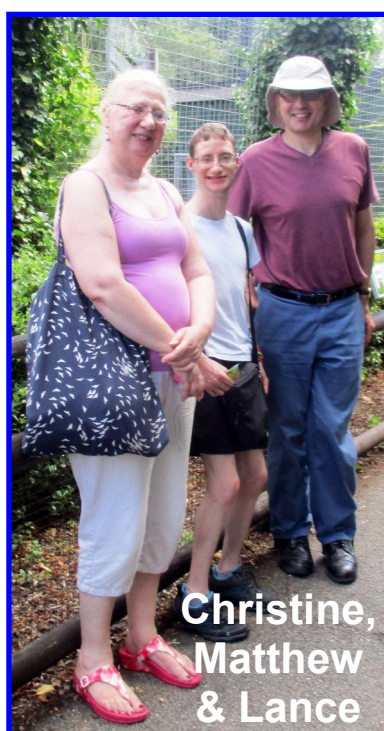
Angela & Carole



Lance,
Gordon &
Christine



Julie, Kevin,
Bernadette &
Maggie



Christine,
Matthew
& Lance



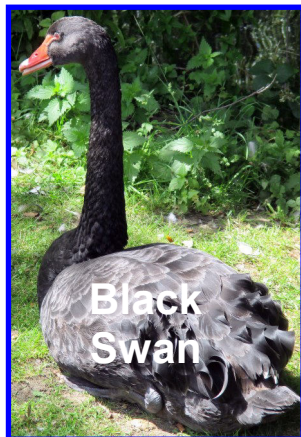
Linda &
Brendan

Thank you to Carole and Lance Mason for some of these wonderful photo's.

Shepreth Wildlife Park.



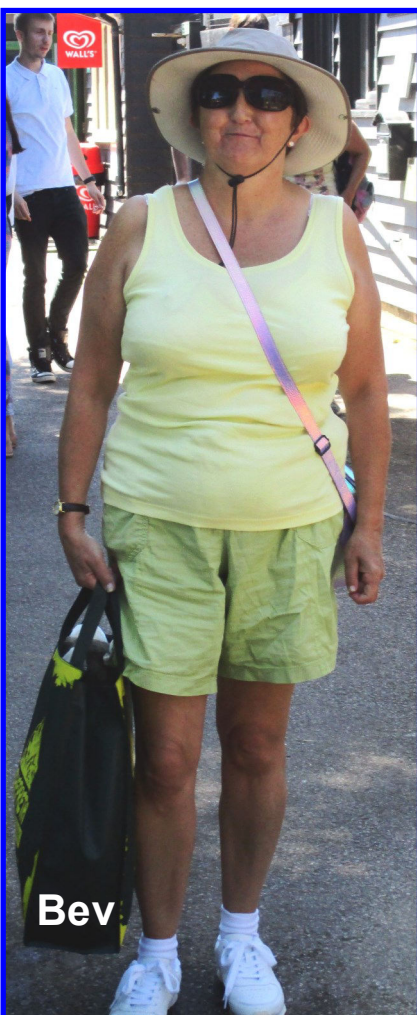
Reptile
thingy



Black
Swan



Linda, Brendan &
Caura taking a break
under a shady tree



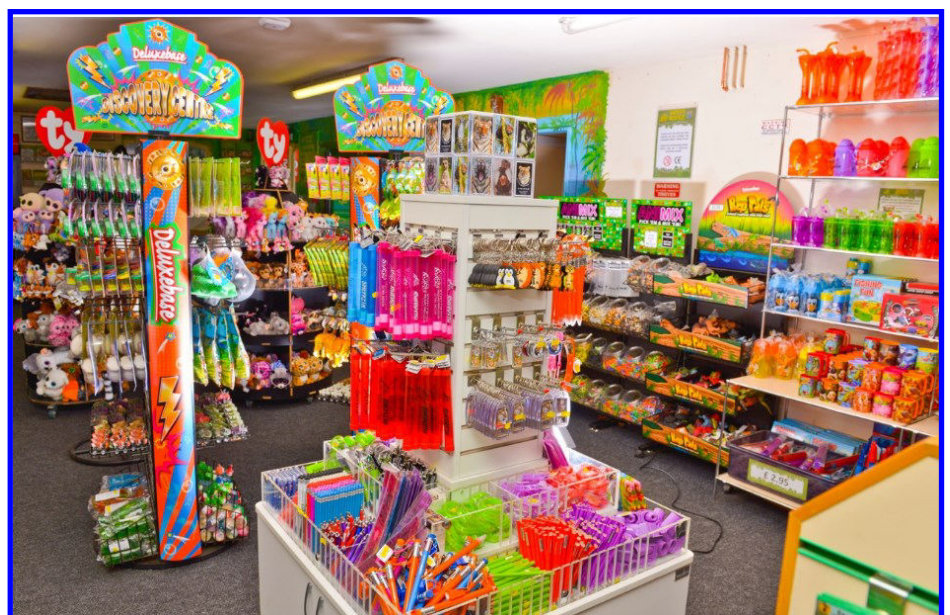
Bev

SHEPRETH



Karina

WILDLIFE PARK



On the way out we
raided the Gift Shop, got
back on the coach and
Steve, the driver, drove
us back to Bedford
having had a really
enjoyable day. Tracey.

Future Events



Fundraising Event

24th August 2017
Priory Methodist Church
(2.00pm - 4.30pm)



Bletchley Park

28th September 2017
(Day Trip)



Quiz Night

Oct / Nov 2017
(Evening Event)



Christmas Meal

13th December 2017
Bedford Athletic Rugby Club
(Evening)



Houses of Parliament

London
Feb / Mar 2018
(Day Trip)



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Friendship Link
& Action Group

Fundraising Tea Party

Priory Methodist Church

Thursday 24th August

2pm - 4.30pm



Tickets £5

Includes:

Free Prize Draw

Raffle

Cream Tea

Entertainment:

Kempston Hammers Choir

On sale - Now till 17th August or buy on the day.

Please call FLAG on: 07815 196357.



Prize Draw

FLAG Members - invite
your family and friends.



End of 5p Challenge 16/17

Bring your 5ps !



Registered Charity Number: 1165681

FLAG is sorry but we CANNOT provide transport for fundraising events!

www.flagbedford.org

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flag25@hotmail.co.uk

**FLAG's
Notice Board**
**Dates for your
Diary 2017**

£ **24th August** £
£ **Fundraiser** £
£ **Afternoon** £

31st August
Drop-in

7th September
Drop-in

14th September
Committee Meeting

21st September
Tea, Coffee, Cake
Social Afternoon

28th September
No Meeting - Trip
to Bletchley Park

5th October
Drop-in

12th October
Drop-in

19th October
Tea, Coffee, Cake
Social Afternoon

26th October
Drop-in

Oct/Nov
Quiz Night
(Date to be announced)

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**FLAG's
Notice Board**
**Dates for your
Diary 2017**
2nd November
Drop-in

9th November
Drop-in

16th November
Tea, Coffee, Cake
Social Afternoon

23rd November
Drop-in

30th November
Committee Meeting

7th December
Drop-in

13th Dec
(Wed evening)
Christmas Meal

14th December
Drop-in

21st December
Christmas Tea,
Coffee, Cake Social
Afternoon

28th December
No FLAG Meeting

(Please note these
dates are subject to
change)