



FLAG News

Registered Charity No. : 1165681

Autumn 2018, Issue No 41

FLAG's Notice Board

Dates for your Diary 2018

18th October
Tea, Coffee, Cake
Social Afternoon

25th October
Drop-in

1st November
Drop-in

8th November
Drop-in

15th November
Drop-in

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Autumn.

We had a really long hot summer this year. But Autumn has arrived and Winter is near. The days are getting cold, the trees are changing colour. I need to wear my coat again, oh what a b r.



Our Chairperson is 40.

Laura Peggs, FLAG's Chairperson, celebrated her 40th birthday on the 21st of September. She and members of the FLAG Committee enjoyed a birthday meal at Priory Marina. She received a beautiful mask from Ros Graham and a Hobbycraft voucher from the rest of us.



many happy returns **Laura Peggs**

Future Fundraising.

FLAG will be having a stall at the following events.

3rd Nov - Autumn Fair, Priory Methodist, 10.00 > 2.00pm.

24th Nov - Winter Fare, St Pauls Church, 10.00 > 4.00pm.

5th to 9th Dec - come and see FLAG's tree at the "Christmas Tree Festival", St Pauls Church. 10.00>5.00, Sun 2.00>4.00.

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Great Yarmouth trip**26th July 2018**

35 FLAG members enjoyed a really wonderful day at the seaside. Here are some great photo's and quotes from two members.

Brian**Brian - "I would love to go again".**

"I am a new member of FLAG and this was my first outing. I walked around with Ros, who was very nice. We had two delicious sugary sweet doughnuts. We went on the pier and played on the horse-racing game, played darts, the rifle machine and the grab machines. We had a coke and enjoyed fish and chips on the sea front. I bought some cards for my two sisters and played Crazy Golf while Ros went for a

paddle in the sea. Finally we had a coffee outside the Seaworld café and Ros took my photo". I sang to everyone on the way home. I would love to go again".

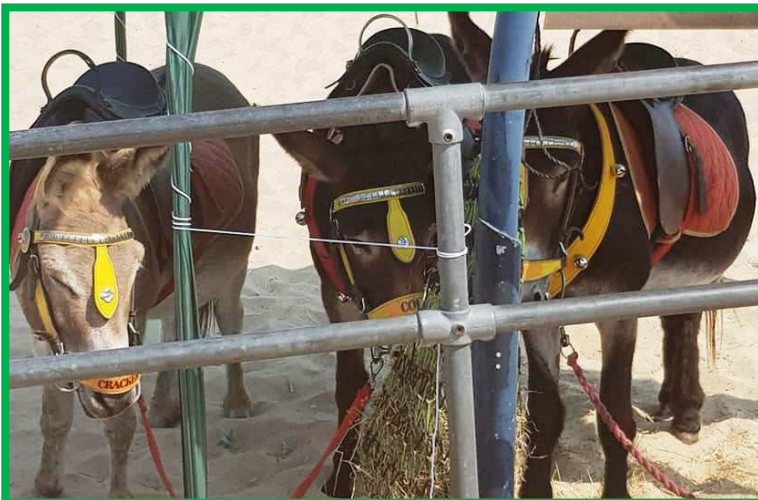
**Ros****Gordon - "It was a very hot day".**

"On the coach to Great Yarmouth I sat with Gerard. I went around Seaworld with Gerard, Brendan, their carer, Kayleigh and Linda P. We saw penguins and lots of fish. I had an all day breakfast at the Seaworld café. It was a hot day. I had a paddle in the sea, which was cold. Gerard was brave and swam in the sea. We warmed up with a cup of tea. I went around some shops including a joke shop and finally boarded the coach for the journey home."

**Gerard & Gordon**

Great Yarmouth trip.

26th July 2018.



Great Yarmouth trip.

26th July 2018.



Kathleene, Roger & Karina



Kathleene, Karina & Jesmary



Carole

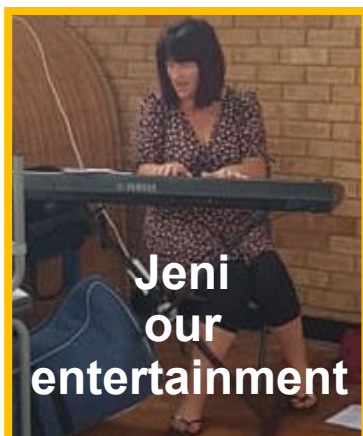


FLAG FUN-draiser

23rd August 2018

Thursday 23rd August, the date was set for our annual Fundraiser. It didn't start until 2pm but I arrived at 12pm to coordinate the setting up. When I got there Bernadette was there already, working her magic!

I had many concerns about this Fundraiser, we had not sold many tickets, would we have too much or not enough food, parking could be a problem as there was a funeral followed by a wake taking place at the same time as the Fundraiser.



Soon more volunteers arrived and my anxiety was replaced by activity. Roger and Jesmary Gaunt turned up with the beautiful hand made bunting to decorate the hall. It was made by their daughter, Fiona Bainbridge, for her wedding. Ros turned up with table cloths, Linda P, Maggie and Christine brought lots of beautiful cakes and Bernadette reappeared, bringing everything else you could think of.

The plan was simple, people paid £5 for a ticket and got as much Tea /Coffee / Squash and Cake as they could manage, Jeni, from "Music for Memory" was coming to entertain us, we had a Bric-a-Brac stall and the Higher/Lower card game to keep people amused. Finally there was the raffle with some rather impressive prizes also organised by Bernadette.

FLAG FUN-draiser

23rd August 2018

To my relief people started to turn up and the afternoon very soon turned into an enjoyable afternoon with a really jolly relaxed atmosphere. As mentioned earlier Jeni from "Music for Memory" was to provide the entertainment. "Music for Memory" works with people with Dementia and Alzheimer's disease, Jeni goes round peoples homes and sings to them and provides much needed respite for sufferers and their carers. Jeni brought along her Keyboard and Accordion. Linda C, Brian, Matthew and Karina were among those that serenaded us with their solos but very soon it relaxed into group singing and dancing.



The afternoon flowed on, the room was alive to Accordion music, singing and dancing, I am mingling and talking to members, when suddenly I become aware of a black shadow to my right. Oh my, it's the priest (not too dissimilar to the one out of the Exorcist). I had forgotten all about the wake! The priest said he wanted to talk to the person in charge and he was informed that person was me! I was so convinced he was going to tell me off for ruining somebodys wake that I immediately started to apologise. The priest very quickly stopped me and it turned out he just wanted to offer us the left-over buffet. I have never been so relieved!

FLAG FUN-draiser

23rd August 2018

Meanwhile, Brendan and Angela had been busy selling and folding raffle tickets and all that was left was for Andrew to call out the winning tickets.

Once the expenses had been deducted we raised £340 that day for FLAG, but seeing the teamwork and the memories we made was priceless.



Josie & carer



Roy & Maggie



Anyone for a dance



Carole

& Matthew



Thank you to everyone who put so much effort into making our annual Fundraisers a success, they are incredibly hard work to organise. The only thing that disappointed me about this Fundraiser was that more FLAG members couldn't be there.

Once again I must thank all FLAG volunteers, who worked so hard, but a Special thank you must go Bernadette who not only worked so hard on the day, but the months in advance getting raffle prizes.

All that's left to ask: next year, Scones or Cakes which did you prefer?

Laura Peggs

Committee News.

- Welcome Linda Clements.

As is written in our Constitution FLAG can have up to 10 Trustees plus anyone else who has a role to help the Trustees on the Committee. An example is Linda Payne, who cannot by law be a Trustee as she has a paid role.

The number of Trustees stayed the same for a long time but then Tracey Brimmell resigned after many long years of dedication and very sadly Lisa Thomas is no longer able to be an active Trustee. We are very grateful to Tracey Brimmell and Lisa Thomas for all their hard work and commitment over many years.

FLAG is always on the lookout for new Trustees and has been very lucky to find Linda Clements. Linda has been a member of FLAG for three years and has been sitting in, unofficially, for a few months, then officially was co-opted on to the board of Trustees. Linda will be our Secretary and has already produced one excellent set of minutes.



Christmas Meal 2018.

As you are aware FLAG is splashing out on our Christmas meal to try erase the horrors of 2017 from our memory. We will be going to the "Tre Fratelli" restaurant.



The restaurant wants our menus in really early so they can be prepared. This means that we will be sending our flyers out earlier than normal. Please be prompt in returning them.

Every event, Linda spends hours ringing round and late replies make organising transport very hard. We understand money is sometimes a worry, for all of us, but you can talk to us about that, all we need to know now is if you want come, what do you want to eat and if you need transport.

We are hoping to have a mini-bus, the exact details will be released later as we need to find a pick-up and drop-off point. The mini-bus can take up to 16 people who are able to get on it.

Murder Mystery Evening

6th October 2018

Unusually for FLAG we held an event on a Saturday evening, but still 26 members turned up to watch a Murder Mystery play. It was entitled "Murderous Intentions" and was performed for us by the "Tottenham Players".

Jimmy, a wealthy businessman lives in a big house with his wife Lois, cousin Michael and two step-sisters, Ellie and Julia. He has been married to Lois for just a year, before that Lois had a relationship with Jimmy's business partner Anthony until she found out he had no money. Jimmy's brother William is an alcoholic and a gambler. Lois is forever scheming. She wants Jimmy to spend more money on parties for her and her friends. She wants an affair with Anthony but he is in love with Julia. She wants Ellie to move out to look after her injured soldier husband, Ellie wants to bring him to the big house. She wants Michael to leave so she can bring in other staff. She is also blackmailing William with a forged cheque.



Lois & Jimmy



Ellie & Julia



Lois & Anthony



Julia & William



Michael & Julia

Murder Mystery Evening

6th October 2018

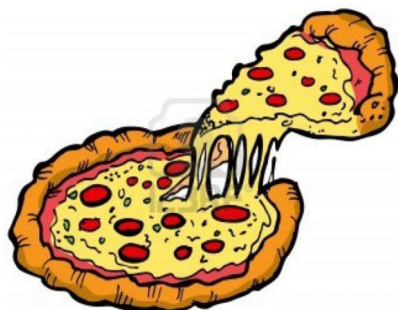
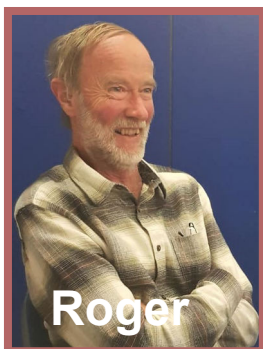


It seems everyone has a grudge against Lois and at the end of part one she ends up dead.

During the interval while we ate our delicious Pizza and Chips, we got into four teams to discuss who we thought the murderer was, why they did it and how.



After the interval we were able to ask the players a few questions to help us decide who the murderer was. We submitted our guesses and watched as the players performed again revealing the murderer, who did it, how and why.

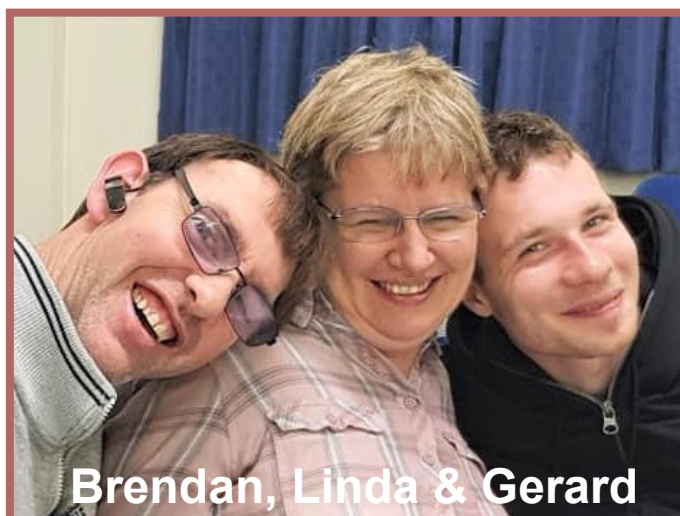


Murder Mystery Evening

6th October 2018



Brian & Tracey



Brendan, Linda & Gerard

Michael served tea for Lois and Jimmy. While alone Lois tipped her eyedrops, which contained atropine, into Jimmy's tea. She wanted to kill him to get hold of his money. While she left the room for a few minutes Michael returned swapped the cups around. He had realised he had given Jimmy sugar which he doesn't like. Lois came back and began to drink her tea, not knowing it was poisoned. Of course she died.

Els, the plays director, revealed that the team who got closest to guessing the murderer, why and how was "Thor". It included Andrew, his friend Andrew, Angela, Jesmary, Bernadette, Maggie and Frank. Els presented the team with prizes of wine and cakes.



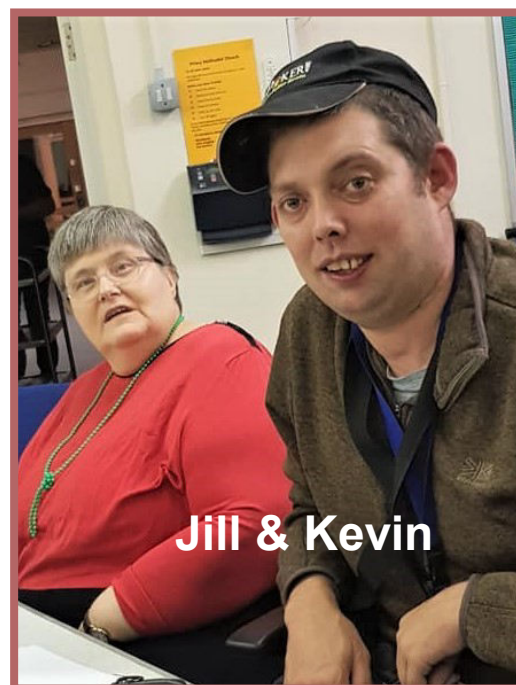
Els

We then drew the raffle from which we raised £85.

A big thank you to the Tottenhoe Players and our volunteer members who did a great job once again.

I thoroughly enjoyed the evening and hope you did too.

Tracey Brightman.

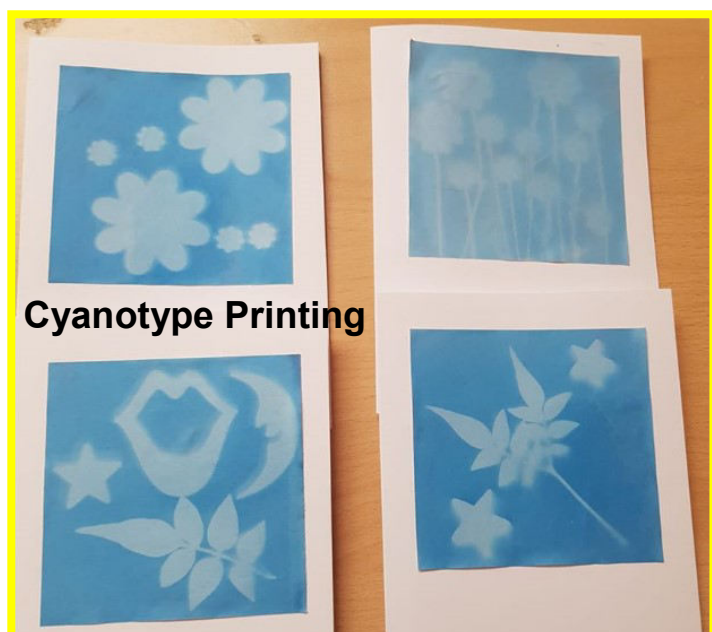


Jill & Kevin

**THE
TOTTERNOE
PLAYERS**

Thursday Afternoons.

FLAG members can meet each Thursday afternoon at Priory Methodist Church, from 1.30 to 4.00. The third Thursday afternoon of each month is Tea/Coffee and home-made cakes provided by Linda Payne amongst others. Every six weeks there is a Committee meeting and the rest of the afternoons are drop-ins where we sit and talk, have a quiz or do crafts.



Cyanotype Printing



Racing Dragons

FLAG's Notice Board

Dates for your Diary 2018

22nd November
Tea, Coffee, Cake
Social Afternoon

29th November
Committee
Meeting

6th December
Drop-in

12th December
Christmas Meal at
Tre Fratelli

13th December
No FLAG Meeting

20th December
Christmas Tea,
Coffee, Cake Social
Afternoon

27th December
No FLAG Meeting

Please note dates
and times may
change.

Awareness & Recruitment

Our chairperson Laura Peggs attended a fete at Christ the King Roman Catholic Church on Saturday morning the 8th of September to publicise FLAG and look for new members. She was on her own apart from

Ricky the Giraffe, which was her first big crochet project. Well done Laura.



Future Events

Christmas Meal

12th December 2018

Tre Fratelli Function Suite

at The Cross Keys Pub, Wood End

(Evening)



Harry Potter World

London

Feb / Mar 2019

(Day Trip)



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