



Summer newsletter 2015

Well it looks like summer has finally arrived so I hope you are enjoying the sunshine while it lasts!

We have several events coming up in the next few months at various locations round the county.

This weekend (4th and 5th July) we have a stand again at the Worthing Food Festival, do come in and see us on Stand 17 in the Pavilion Theatre.

Worthing Coffee Mornings will continue on the 2nd Tuesday at Food.

Coffee morning on Saturday 8th August 09.30 - 11.30
at Stooks the cafe at Newbridge
Billingshurst Road
Broadbridge Heath
Horsham RH12 3LN

Coffee morning on Saturday 12 September
at Sainsburys Cafe 09.30 - 11.30
Westhampnett Road
Chichester PO19 7YR

The Oak Restaurant at South Downs Nursery, Hassocks are welcoming us on 17 October for a coffee morning, they have GF food for sale and are aware of gluten free catering.

Later in the year: Thursday 26 November Juvela Road Show at Fareham and November evening events at Sainsbury's Chichester & Worthing to sample their products including hot food. St Richards Dietitians are organising another clinic for their Coeliac patients in October/November and Worthing Hospital are now planning one later this year too. Dates will be confirmed in the autumn newsletter.

If you have a coeliac child and are having problems with their school providing gluten free food please contact the school in the first instance and let them know your concerns. Chartwells cater for several schools in the area so it is all very familiar to them it is just a case of contacting them. If you still don't have any luck one of our committee members, Becky, who also has a coeliac daughter is happy for you to contact her on beckydunk2000@hotmail.com.

A new website isitcoeliacdisease.org.uk has been launched, which is an on line method of self testing for Coeliac Disease aimed at those with symptoms and not diagnosed, with the option at the end to have the results emailed to the person with a section to give to their GP if it looks like they need a blood test for Coeliac Disease. Please note you will have to register with your personal details before you can take the questionnaire.

AGM Minutes

West Sussex Coeliac Group

AGM Minutes

28th February 2015

Welcome

Group Organiser Bill welcomed everyone to the AGM and introduced committee members present.

Apologies

Apologies were received from Christine Stevens, Becky Thomas, Helen Pengelly Johnson, John Tanner, Janet Woodford, Coralie Stapleton, Andrew Savidge, Anna Henderson, Roy Scott, Paul Shove, Wendy Miller

Previous Minutes

The minutes from the AGM 15th March 2014 were signed off as a true record of the meeting.

Group Finances

Treasurer Belinda outlined the income and expenditure over the previous year. The current balance/available funds as at 28th February 2015 is £1,390.82

2014 Highlights

Bill outlined the activities and events of the last year which included:

- A stall at the Worthing Food & Drink Festival
- Stands/support at local hospitals – St Richards, Chichester, Worthing, Haywards Heath
- Glutafin cookery demo
- Northbrook College Christmas dinner
- Coffee mornings (Worthing, Horsham, Burgess Hill, Chichester)
- Sainsbury's demo/food tasting

Bill thanked the suppliers who have supported these events including Petty Wood, Barkat, Waitrose, Sainsbury's, Illumi, Helen's, DS/Glutafin, Ultrapharm, Wilmshurst chemists

2015 Plans

Bill outlined the activities and events planned/in planning for the next year, including:

- Coffee mornings to continue at Worthing & Horsham; new venues to be found in Chichester & Burgess Hill area
- Barkats food tasting
- Hepworths beer tasting
- Cookery demo

Election of Committee

Helen Pengelly Johnson had been nominated to take over from Becky Thomas as secretary – this was approved.

All of the remaining committee were re-elected to the committee for a further year (proposer: Margaret Mercer, seconder: Veronica Saunders)

Any Other Business

There was no other business and the meeting was closed.

The meeting was followed by a presentation from Sarah Sleet, CEO of Coeliac UK

Message from Juvela

Over the past few months, we are aware that some of you may have experienced restrictions in obtaining Juvela Gluten Free Mixes. This will potentially have been due to the adoption of a restrictive gluten free prescribing policy from an NHS organisation called PrescQIPP affecting certain areas across the country.

We are delighted to say that due to many of you working with Coeliac UK to challenge this unfair policy, PrescQipp have revised their recommendations to once again include Juvela All Purpose Gluten Free Mixes.

Still having issues obtaining Juvela Mix?

If you are member of Coeliac UK, you will have recently received your latest issue of Crossed Grain Magazine via post. Within the Prescriptions Update section on page 49, Coeliac UK have confirmed this PrescQIPP revision, as shown in both of the images included in this page.

If you are still experiencing issues obtaining your Juvela Gluten Free Mix, it may be worth taking a copy of the article along to show to your GP.

DISCLAIMER: This is for information only and is not an endorsement of these products from West Sussex Coeliac UK.

Message from Glutafin

Glutafin are in the process of updating two of their product names only.

Old Product Name: Glutafin Gluten Free Wheat Free Bread Mix

New Product Name: Glutafin Gluten Free Bread Mix
(PIP CODE REMAINS THE SAME 298-8418)

Old Product Name: Glutafin Gluten Free Wheat Free Fibre Bread Mix

New Product Name: Glutafin Gluten Free Fibre Bread Mix
(PIP CODE REMAINS THE SAME 298-8426)

Within the next 1-2 months some customers will experience difficulties when placing their repeat prescription with the doctor. At some doctors surgeries, the above mentioned Glutafin products will appear on the surgery system as "withdrawn".

Please rest assured, Glutafin have NOT withdrawn any products, this is a system error.

DISCLAIMER: this is information we are sharing from Glutafin and not an endorsement of these products by West Sussex Coeliac UK