

Welcome

Well it looks as if Spring might finally be on the way. As I write this the sun is shining, the birds are singing and plants are coming back to life. However the future of our group is not as certain. Four committee members are standing down and if they are not replaced the group will be suspended for 6 months and possibly closed if a quorate committee is not formed in that time. I am one of the members leaving so this is the last newsletter with myself as editor. We have each been on the committee for between 3 and 4 years each and feel that it is time for new people to take over. If you are regular attendee of our events and enjoy them then please consider giving something back. It is not a huge commitment, see below for more details.

Our AGM is on Saturday 9th April from 2.30 to 4.30pm at the Lovett Hub, Maybridge Square, Worthing BN12 6HB. We will also be running a 'Bake Off' style competition that day so please bring along something you have made. There are two classes, one for adults and one for children and please make sure you have a list of the ingredients as well.

If the group continues we will also be looking for people to organise coffee mornings etc. in their area. We already have John who organises events in Worthing. Again this will not require a massive commitment, just letting people know dates and times, and you can have as many or as few events as you like.

The Food Fair will still be going ahead on 22 October at The Kings Centre in Burgess Hill. If the group is suspended Coeliac UK will take over the organisation so please let us know if you would like to offer an hour of your time to help out. There will be gluten free fish and chips, as well as meat pies and burgers and a mobile bar serving gluten free beer. We will hopefully find a vegetarian caterer too.

Coeliac Awareness week is 9-16 May this year. There is an awareness walk at Abingworth, Thakeham on Saturday 7th May.

Wishing you a very Happy Easter and hope to see you at the AGM.

Helen

Standing for the committee

All the committee members are up for re-election at the AGM so you may stand for any post or as a committee member. These are the roles that we need to fill:

- Group Organiser
- Treasurer
- Secretary
- Membership Secretary
- Newsletter Editor
- Publicity/Photographer
- Volunteer Co-ordinator

We always need volunteers to help at meetings with tea/coffee etc., these are not committee roles so another way you can help out if you don't want to stand. If you live in Worthing, Chichester, Hassocks or Horsham and would like to help /host events in the future, such as coffee mornings, dietitian clinics, awareness days at supermarkets, meals out etc. then please let us know.

The roles that are currently unfilled are Treasurer, Secretary and Newsletter Editor. If you would like to stand for one of these positions then please e-mail Becky on beckydunk2000@hotmail.com for more information about what's involved with a few details about yourself. Of course you can nominate yourself or someone else for any of the other roles too.

AGM

West Sussex Group of Coeliac UK

AGM

Saturday 09 April 2016 1430 – 1630

The Lovett Hub, Maybridge Square, Worthing BN12 6HB

AGENDA

- Welcome and Introduction
- Apologies for absence
- Report on Year & future
- Group Finances

- Election of Committee
 - Group Organiser
 - Treasurer
 - Group Secretary
 - Membership Secretary
 - Newsletter Editor
 - Publicity/Photographer
 - Volunteer Co-ordinator.

- Additional volunteers to support events
- Suggestions for Events including coffee mornings
- Food Fair volunteers
- 100 Club
- Any Other Business
- Close

The AGM will be followed by tea, coffee and announcement of the winners of the 'Bake Off'
We ask that you please let us know if you wish to attend. We welcome any nominations or details which you wish to advise to the group.