

Newsletter

Coeliac UK West Sussex Voluntary Local Group newsletter – May 2016

Welcome to the May 2016 Newsletter this is an extra newsletter, just to let you know about the changes on the committee after the AGM and some forthcoming events together with a great competition.

We would love your contribution, suggestions and local information. If there is anything that you would like to contribute to our newsletter, or if you would like to contact a committee member, please do get in touch.

2016 AGM held on 9th April at The Lovett Hub, Goring by Sea

Following the resignation of 4 members we welcome the following to the committee:

Pam Whittaker, Treasurer

Hilary Marfleet, Secretary

Tracey Martin, Newsletter Editor

Andy Whittaker, Committee Member.

We would still like someone to take on the role of photographer, it may suit a student entering the world of journalism or photography, not necessarily a committee member more as a volunteer role to take quality photographs at events for publication.

Also we welcome the following volunteers who are helping to set up events in Bognor Regis/Chichester and A23 areas, Phillipa, Jan & Christine.

The Bake Off competition held at the AGM brought in 9 entries and the judging was done by Bob Smytherman, the Worthing Town Crier, who is a trained chef. His decision was a hard one to make but it went to Diane with her Lemon Cake with Meringue topping, there is a copy of the recipe on the West Sussex pages of the Coeliac UK website together with the minutes of the meeting.

Future Events

Sat June 18 Afternoon cream tea, Southern Pavilion, Worthing Pier

Fri 22 Jul Fish & Chip supper, The Fish Factory, Littlehampton

Sat 6 Aug, GF Breakfast, Honey Pot Café, Rustington

Saturday 22 October, 1st West Sussex Gluten Free Food & Drink Fair, Burgess Hill

Full details are on our website of these events .

And yes, the coffee mornings will continue at Food, on the 2nd Tuesday of the month at 10.00.

Networking

Local Voluntary Support Groups are being encouraged to network amongst each other, so far this has brought a positive response from our neighbours in South Surrey and we are looking to do a combined event next year.

If you live on the borders of another group you can be members of that one and West Sussex, just contact Membership Services at Coeliac UK and they'll add your details to the other group, whilst also keeping your main group as West Sussex
In the meantime here are some of South Surrey's events which you will be welcome to attend.

Sat 23 June Chinese meal at The Royal China in Banstead at 7.30 pm. If anyone is interested contact Mark Sinking at marksinkins@btinternet.com for further details.

Another cream tea on **Sat 9th July** following a 2 mile walk around Gomshall (in the Surrey Hills). If anyone is interested contact Vicky Westhorp at victoria.westhorp@gmail.com for further details.

Competition

An easy to do competition, kindly provided by CELIA.



**WIN WITH
CELIA**

Win 60 bottles of CELIA
(36 Organic & 24 Dark)

To enter send your favourite
local GF venue to:
info@celialager.co.uk

Find out about their brewing,
offers & stockists at:
celialager.co.uk

I hope you have enjoyed reading this newsletter, from July, Tracey will hold the Editor's pen.

William Andrews
Group Organiser

To contact the West Sussex Coeliac Group

Email westsussex@coeliac.org.uk

Or westsussexcoeliacgroup@hotmail.co.uk

The personal information that you have provided will be used by West Sussex Coeliac Group for the administration of and fundraising objectives of the charity and for no other purpose.