

Newsletter

Coeliac UK West Sussex Voluntary Local Group newsletter January 2017

West Sussex Gluten Free Food & Drink Fair

Our first ever Food Fair took place on Saturday 22nd October 2016 at the King's Centre in Burgess Hill.

We were delighted at the number of people who came along and for all the positive feedback.

The Fair was a great success and made over £1,400 profit!

We are grateful to everyone involved in making the event happen and particular thanks goes to Bill Andrews for all his hard work in the organisation over the last 2 years.

2017 AGM

You are all invited to join us for the 2017 AGM. Please let us know if you wish to attend.

Date: Saturday 11th February 2017

Time: 14.30 to 16.30

Place: The Hassocks Room, King's Centre (King's Church), Victoria Road, Victoria Industrial Estate, Burgess Hill, RH15 9LR

All the committee members are up for re-election at the AGM.

Members are always welcome to volunteer for a position on the committee and at the AGM you may stand for any post or as a committee member.

The following roles will need to be filled to keep the Group going:

Group Organiser

Treasurer

Secretary/Membership Secretary this role can be split.

This is because the following committee members are standing down:

Bill Andrews Group Organiser

Pam Whittaker Group Treasurer

Hilary Marfleet Group Secretary (would like to stand down if someone will take on this role)

During 2016, Wendy Miller and Julia Andrews both stood down from the committee and we co-opted 2 new members, Anna Henderson and Phillipa Caddy. Anna has come aboard with previous experience from another Group and will be looking after the Chichester/Bognor Areas; she organised the successful Christmas Dinner at Paghams for us and is organising the coffee morning in Chichester (see details below). Phillipa has taken the role of local contact for the Hassocks area and has organised a coffee morning there in March (details below).

We would like more volunteers in these areas to support Anna & Phillipa.

Also if anyone thinks they would like to organise regular events in their own area, please get in touch.

It is appreciated standing for the committee can be a daunting task and we will help anyone interested. There is a chance to meet committee members at the Worthing coffee morning next week and discuss the opportunities. If you are interested, we can offer a 'sneak peak' at what is involved at our January committee meeting. If you plan on going to the coffee morning and are willing to stand for the committee, we will be able to accept your nomination there.

All other nominations for the committee should be sent to the Group Secretary, ideally by 20 January. If you are nominating another person please ensure that person agrees first.

All correspondence for the Group Secretary should be sent to: westsussex@coeliac.org.uk
The Minutes from 2016 AGM and the Agenda for the 2017 AGM is/are included at the end of this Newsletter.

Annual review appointments

We get asked by members why some of you do not have annual reviews. This is down to your GP, who should be reviewing all patients with a lifelong condition annually. As part of this, some patients will be seen by the GP themselves and others will be referred to a dietitian at a hospital, or even a gastroenterologist.

Your committee has worked hard with St Richard's and Worthing Hospital in setting up annual review days for those of you who have annual check-ups with the dietitians. Both hospitals now have 2 sessions per year. If you are called for an annual review appointment at one of the sessions, please do your best to keep the appointment.

The sessions are becoming very successful and are a good way to combine getting your dietitian check with the opportunity to meet other people with coeliac disease, gluten free food suppliers, plus representatives from your local group, all of whom are present on the day. The consultation with a dietitian is in confidence and private.

AEG Gluten Free Cookery Demonstration Haywards Heath

In conjunction with Optimum, Burrell Road, Haywards Heath, AEG are prepared to offer a demonstration of their new Steam Ovens and Electric Induction hobs with an emphasis on gluten free cooking. If you are considering replacing your cooking equipment, this demonstration could be of interest to you. Using steam in the baking process is an asset when it comes to bread making. At the last demo in November, your Organiser was so impressed he bought a steam oven!

If you are interested, please email us (or telephone us on 01903 521850)

at the address below by 30th January to indicate your interest. The date will depend on the interest shown, but it is likely to be late February or in March on a Saturday and the demos will last 2 hours.

Upcoming Events

Monthly Coffee Mornings

Dates: Tuesdays 10th January and 14th February 2017

Time: 10.00 to 11.30

Place: Food, New Street, Worthing, BN11 3BT

Chichester Coffee Morning

Date: Monday 27th February 2017

Time: 10.00 – 11.30

Place: The Café, John Lewis at Home, Unit 4 Portfield Way, Chichester, PO19 7YH

Hassocks Coffee Morning

Date: Saturday 18th March 2017

Time: 09.00 – 11.30

Place: Hassocks Garden Centre, Brighton Road, Hassocks

All events organised by the West Sussex Group are also posted on the West Sussex local page of the Coeliac UK website where possible, with links to download booking forms where necessary.

Your suggestions for Social Events

We would be grateful if West Sussex members could give some thought to what social events could take place in the future. We would be keen to hold events that would appeal to as many people as possible.

Please feel free to come to the AGM in February with suggestions for social events you would like to take part in, or contact us with your suggestions at

westsussexcoeliacgroup@hotmail.co.uk

Pass it on ...!

This is a new feature where you can share information about gluten free food with other local members. We hope it will be a valuable addition to your local Newsletter and welcome your contributions for future issues.

Fish & chips in Worthing

Jacqui Keech let us know that "In August I was able to sit on the Worthing beach and eat fish & chips out of paper for the first time in 16 years! (since being diagnosed)

This exciting event was made possible by the Broadwater Fish & Chip shop in Broadwater (near the co-op). The owner was extremely particular with my gluten free part of my order; he was cooking separately for me when someone added 'normal' fish to the fryer and so he started again! The service and food was amazing - we even went back the following week to make the most of the summer weather this year. I enjoyed the plaice which was coated with a g/f batter, it was delicious!

I would like to recommend other coeliac's to give this a try."

100% gluten free Inn

Richard Stanfield passed on information about the Compass Inn at Cadnam which is just the other side of Southampton. Bit of a trek but if you're travelling in that direction, might be useful to know.

They advertise that they are the first pub/restaurant to go 100% gluten free. Richard has eaten there and enjoyed it.

Turkish Orange and Almond Cake

This recipe for a moist, gluten free Turkish cake, packed full of orangey goodness and flavour, was created by Di Clark. It is reproduced with permission from the November edition of Sussex Living, who would welcome feedback from anyone baking it.

Ingredients:

4 large oranges, 6 eggs, 200g caster sugar, 1 tsp baking powder, 280g ground almonds, Juice from 1 lemon

Method:

1. Cover oranges with cold water in a saucepan. Bring to the boil, cover and simmer for 1 hour. Drain and leave until completely cold. Cut into quarters, remove pips and process in a food processor to a pulp. Add eggs, sugar and lemon juice. Process for 1 minute, then add baking powder and ground almonds. Pulse to mix.

2. Pour into a well-greased round cake tin. Bake in a preheated oven at 180C/gas mark 4 for 50-60 minutes or until golden.

3. To serve, dust with icing sugar and orange zest or top with orange liqueur and whipped cream if you wish to serve as an 'adult dessert'! As an accompaniment, fresh raspberries go very well.

Di would love to hear from you if you bake this, let her know how it went

diane.clark@sussexliving.com

Gold award for Fish Factory

Maggie let us know about a recent write up in the local press concerning Fish Factory being the only winner in the South of England at the UK finals of 'Free From Eating Out' awards. The

awards are run by the largest gluten free organisation in the country. Maggie said she had never heard them, but found their website interesting (www.freefromeatingout.co.uk) Fish Factory received a Gold award and the judges report on their visit was glowing: "Excellent reception; they have a huge dedicated menu to hand and we felt really welcome. The food was excellent. Beer batter very, very light and crunchy; the chips had skin on and looked home-made. The home-made bread roll was rather cakey but the baked cheese cake was fantastic and you would never know it was GF. Amazing value for money, especially when their fish is sustainable and their menu is so broad."

Chip shop closure

Bill has advised that The Dolphin Fish & Chip shop in East Worthing has closed, it will re-open but we don't know if they will do GF.

Contacting the Group

We would love to receive your contributions, suggestions and local information, to be shared with others in future newsletters. If you would like to contribute news, recipes, or any recommendations, please send them to me at: traceym510@gmail.com

The West Sussex Coeliac Group can be contacted at the following email addresses:

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.

West Sussex Group of Coeliac UK

Annual General Meeting

Saturday 11 February 2017 at 14.30-16.30

To be held at The Kings Church, 33-35 Victoria Road, Burgess Hill, RH15 9LR

AGENDA

- Welcome and introduction
- Apologies for absence
- Minutes 2016 AGM previously circulated with 2017 January Newsletter & on line.
- Forthcoming events and suggestions
- Group Organiser's report
- Group Treasurer's report
- Election of Committee
 - Group Organiser
 - Treasurer
 - Group Secretary
 - Other members
- Any Other Business
- Close

Following the AGM, the new committee will hold their first committee meeting with Miranda Brooks, from Coeliac UK in attendance for guidance.