

**COELIAC UK WEST SUSSEX LOCAL GROUP**  
**AGM**  
**Saturday 10<sup>th</sup> March 2018 – 2.15 to 4.30**  
**Pulborough Village Hall, Swan View Pulborough, RH20 2BF**

**Minutes**

**1 WELCOME AND INTRODUCTION**

**ANNA HENDERSON** welcomed everyone to the meeting and introduced the current members of the committee:

Anna Henderson – Group Organiser  
Tracey Martin - Group Secretary  
John Johnson – Treasurer  
Nicky Johnson – email membership secretary  
Andy Whittaker – Minutes secretary  
Pam Whittaker – Postal secretary  
Chris Martin  
Jenny Martin  
Phillipa Caddy

**2 APOLIGIES FOR ABSENCE**

Apologies for absence were received from Thora Sharp, Maris Hodgkiss and Rosalind Buckland.

**3 HIGHLIGHTS FOR 2017 AND FUTURE PLANS : ANNA HENDERSON GROUP ORGANISER**

The Minutes of last year's AGM were amended to show the correct figure of £101 donated by Pagham Christmas meal for Coeliac Research. They were then approved unanimously

ANNA explained that this was the first year for the Committee in their current roles and with Anna as organiser. It had been a steep learning curve for us all and she thanked everyone for their patience.

We have no source of funds other than what is raised in raffles or cake sales or kind donations. We therefore do try to keep expenses to a minimum. We sometimes get information about events at short notice and only have the time and financial resources to send out the details by email. ANNA reminded members to please keep their contact details up-to-date on the Coeliac UK website including their election to receive information from us. If they don't have email please ask a friend or relative to let them use their email to receive the occasional email from us.

West Sussex is a big area, the Committee therefore decided our support for our members would be more effective if we divide the county up roughly into the areas where the Committee live as each Contact has personal knowledge of their locality – therefore :

Phillipa Caddy is the contact for the Hassocks area  
Chris and Jenny Martin and Tracey Martin live in Horsham. Jenny is the contact for the Horsham area  
John and Nicky Johnson and Pam and Andy Whittaker are contacts for the Worthing area  
Anna Henderson is the contact for Bognor/Chichester area.

Future activities of the Group will focus on what you, the members tell us you want rather than us putting on an event hoping it will be liked. The survey at the beginning of last year showed that you would like tastings, cookery demonstrations, food fair, children's events, more in the Chichester/Bognor area and tips on managing the gluten free diet.

Last year the Committee organised 3 Christmas meals across the county, tastings at Sainsburys and M&S and held regular coffee mornings in Chichester, Worthing and Hassocks.

This year the Committee are planning a GF Food Fair in Boxgrove Village Hall near Chichester on 6<sup>th</sup> October. Also its the 50<sup>th</sup> anniversary of Coeliac UK this year, ANNA is organising a Big Family Celebration GF meal and Fun Day at Butlins Bognor in May. All 150 tickets have been sold. Next year, we will organise more Tastings as they are very popular.

Details of all our events are in the Newsletters and on the Coeliac UK website.

If you'd like us to do anything else, just get in touch.

#### **4 GROUP FINANCES**

**JOHN JOHNSON** – group treasurer gave a summary of the accounts for the year ending December 2017 – copy attached.

Our funds were boosted by a Legacy from the estate of Stuart Burrell – the former Group Organiser of the old Sussex Local Coeliac Group. It was agreed that the legacy should be spent partly for Coeliac children and therefore the 50<sup>th</sup> anniversary family party at Butlins, Bognor and partly on the Food Fair.

#### **5 ELECTION OF COMMITTEE**

All the members of the Committee are standing for re-election but **ANNA** explained that there is room for more to join if anyone would like to put their name forward. The election of the Committee was Proposed by Maggie Brackpool and Seconded by Joan Holgate and carried unanimously.

#### **6 ANY QUESTIONS AND ANY OTHER BUSINESS**

The only question from the floor was 'who started Coeliac UK'. It was confirmed that Elizabeth Segall and Peter Benenson in 1968.

There being no further Questions or Any Other Business the formal meeting closed at 3.15.

**7.** After a break for tea, home made GF cakes and a raffle we had a very interesting and informative talk and demonstration - entitled **Healthier Gluten Free Eating** - by **Melanie Luckes**.

**Melanie** is the owner of Luckes WellBeing practice and cafe in Chichester. Melanie is a nutritionist, herbalist, homeopath and a trained chef. She is also a Coeliac. Melanie outlined the importance of our following a better nutritional balance to our GF diets. Including more vegetables and creating dishes with fresh ingredients is easier and quicker as well as more delicious than we might think. She demonstrated an apricot cake and some protein ball snacks.

The afternoon ended at 4.30pm with ANNA thanking everyone for attending the afternoon.

## West Sussex Coeliac Group Annual Accounts Summary

Period 1/1/2017 – 31/12/2017

Opening Balance                      **2634.65**

### Income

Raffle & coffee Mornings	195.60
Donations	90.00
Legacy	1,493.20 ( to be used for children & Food Fair )
Xmas & Burns night meals	1,756.00
Newsletter postage	18.00
 Total	 <b>3,552.80</b>

### Expenditure

Xmas & Burns night meals	1,354.00
Coeliac UK research	101.00
Coeliac UK donation	500.00
Merchandise costs	358.49
AGM Hall hire	70.65
Newsletter printing	79.00
Postage	46.92
Expenses	8.00
CAF Bank charges	5.00
 Total	 <b>2,523.06</b>

Closing EOY balance                      **3,664.39** ( Opening balance + ( Income - Expenditure ) )

John Johnson

Treasurer

10<sup>th</sup> March 2018