



# **LET'S TALK ABOUT A NEWSLETTER!**

**(Why not make it yours??)**

**For all your local gluten-free gossip, news and events**

**September 2024**

**Edition 64**

**What's in this edition:**

**A plea for Help and Ideas**

**AGM report**

**New local venues**

**Forthcoming events**

**Recipe**

## **Your Committee**

Group Organiser	Fiona Turnbull	07599 833092 fi.turnbull@talktalk.net
Treasurer	Mary Cunnington	01732 862925 mary@june-cottage.com
Secretary	Daphne Paterson	07717 471909 dbpp68@gmail.com
Deputy Group Organiser	Mike Wilcock	07756 162887 mikewilcock064@gmail.com
Refreshments	Sally Spike	01689 828883 sally.spike214@btinternet.com
New Members Secretary	Susan Potts	01892 613258 slpotts53@hotmail.co.uk
Minutes Secretary	Sharon Batty	07788 889702 kissyfacehh@yahoo.co.uk
Local G/F Eating Venues Recommendation	Sue Hart	01892 545209 07746 469833 asthehart@hotmail.com
<b>Editor(s)</b>	<b>VACANT</b>	

### ***Sevenoaks and Tunbridge Wells Area Coeliac Group***

<https://www.coeliac.org.uk/local-groups/sevenoaks>

### ***Facebook***

<https://www.facebook.com/groups/2682796845274412>

### ***Group email***

[sevenoaks@coeliac.org.uk](mailto:sevenoaks@coeliac.org.uk)

## **A Note of Thanks, a Plea for Help and Ideas**

As you will have noticed Rosemary and Andy are no longer able to be our editors and with our HUGE thanks, we all wish them well and better health.

However, we need your help to fill their shoes. Mike has created this version of the local Newsletter so that you get something to read over the summer holidays, but we really need someone to step forward to take on the role of Editor(s). The Committee is also very much aware that after 63 (yes 63!) editions of Talkabout we need to take a long hard look at our Newsletter and other ways we communicate with you.

The new role of Editor will therefore have complete freedom to review and revise the style, format and even the name of "Talkabout".

Even if you don't want to take on the role of editor, do you have any views and opinions about the current Talkabout and its content? Should we change it and if so, what would you like to see included? Should we continue to produce both a paper copy and an electronic copy and how long should it be? We are open to your ideas and views and

### **WE NEED YOUR HELP!**

So, if you have some ideas about a newsletter do please send an email to the Group account at: [sevenoaks@coeliac.org.uk](mailto:sevenoaks@coeliac.org.uk). Please title your email **IDEAS FOR NEWSLETTER** and we shall include as many of your ideas as we can.

Of course, our main plea is for a **new Editor**, so, if you fancy taking this forward, we are looking for someone to

volunteer to produce a local newsletter once every 4 months from November onwards. They will get full support from the whole group committee to use their creative juices to produce a new and improved way to communicate with you, our members. If you would like to take this on, do please contact Fiona or any other member of the Committee who would be happy to chat to you about the role.

It would be especially useful, but not essential, if you had experience of using social media to communicate so that we can take full advantage of Facebook, etc. Of course, if a new editor had a younger member of the family able and keen to help this would be an obvious advantage!

## **New Venues**

We are now concentrating our efforts to updating the local recommendations via the Coeliac UK pages and Sue Hart is kindly monitoring this and updating where necessary.

Please go to the local Group Page at:

<https://coeliac.org.uk/local-groups/sevenoaks>

for more details.

If you have a venue you would like to recommend or comments about an existing venue do, please contact Sue directly (contact details on Page 2).

## **Local Group AGM Report**

Held on 1 June in Otford Methodist Hall.

The committee were re-elected, apart from Rosemary and Andy Pilcher who are stepping down. All members thanked them for their hard work creating and producing Talkabout.

Mike Wilcock was elected deputy group leader.

**TREASURER'S REPORT** - Annual accounts up to 31st December 2023.

Total receipts: £1,242.05

Total outgoings: £657.18

### **GROUP SECRETARY'S REPORT**

There was discussion about how to proceed with the newsletter following Rosemary and Andy's resignation. Should we make more use of social media and how to contact younger coeliacs.

Our Facebook numbers have increased.

Coffee mornings continue to be popular.

Juvela have sent some white part baked rolls and some white mix which was shared. Some of the rolls have been kept for the BBQ.

West Kent have reinstated GF prescriptions

### **AWARENESS DAY**

We had a stand again outside Sainsburys Tunbridge Wells. Sainsbury's area willing to host us again next year.

## **Forthcoming Events**

Our next (pre-Christmas) group meeting will be

**on Saturday 23 November from 2pm – 4pm**

at Otford Methodist Hall. Further details will be available nearer the time.

We continue to meet for coffee and a chat every third Saturday of the month rotating between Coblands garden centre, Sevenoaks; Notcutts Garden Centre, Pembury; and Zoom. For the rest of 2024 dates are as follows:

19 October ~ Coblands, Sevenoaks ~ 11.00am

16 November ~ Notcutts, Pembury (TW) ~ 10.30am

21 December ~ Zoom ~ 11.00am

If you are newly diagnosed and want to find out more, this is a very relaxed way to meet with other coeliacs to share ideas and have a chat. We welcome everybody who is affected by this condition or is interested in finding out more about it.

We shall be planning our 2025 dates shortly and if anyone has a suggestion for alternative venues do, please let us know.

**COFFEE MORNING**

**Come and join us**

WHERE?

On Zoom (11.00), Notcutts, Pembury (10.30)

OR Coblands, Sevenoaks (11.00)

WHEN?

On the third Saturday of every month

WHY?

For a cup of tea or coffee and a chat  
with fellow coeliacs



# **Banana Raisin Oat Bars**

(With thanks To Elaine)

Snack - takes 30 minutes - c. 12 bars - very low salt - source of fibre - source of vitamin C - can be stored in Tupperware for c. 3 days - can be frozen.

## **Ingredients**

6 ripe bananas

400g gluten free oats

90g raisins

Handful of nuts

Handful of seeds

1 teaspoon cinnamon

2 tablespoons water

## **Method**

Heat the oven to 200C, 390F, 180Fan, Gas 6

Peel the bananas and mash in a large mixing bowl and add the cinnamon and water

Gradually add the oats, raisins, nuts, and seeds. Stir together well, coating all the oats etc in the banana

Line a baking tin (I use an 8" x 12" deep tin) with grease-proof paper and pour in the mix, pressing down firmly to fill the tin

Bake for about 25 minutes then allow to cool for 10 minutes before cutting into bars.

(Source: Gloji)