

## Dates for Coffee + Chat Mornings in Sainsbury's Café

10.30 - 12.00 noon



Come along for a chat and meet other group members at either Irvine Sainsbury's store or the Prestwick store. This is a good chance to meet other members and discuss issues and new products in an informal and relaxed setting.

Irvine - Sundays 25th May 27th July

Prestwick - Saturdays 26th April 28th June

## Important Newsletter Update Reminder

As we reported in the last issue of the newsletter costs for printing and posting have risen drastically in the last few years and as a result of this if you wish to receive a copy of the newsletter by post please send 4 self addressed C5 envelopes and stamped (to the value of 2nd class post, currently 53p) envelopes to:-

Mrs Wilma Brown, 4 Firth Road, Barassie, Troon, KA10 6TF.

Your help and cooperation in this matter are appreciated.

The Committee

## Annual Christmas/New Year Lunch — Helen Duffy



The group's annual Christmas/New Year lunch took place on the 4th January at Adesso's in Irvine.



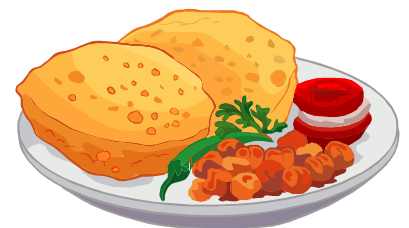
The lunch menu - all gluten free - consisted of three courses at a cost of £15 per head and had a wide choice of food including some delicious desserts.

Twenty six people including family members enjoyed a lovely lunch and extremely pleasant afternoon catching up with old friends and making new ones.

It was generally agreed by all that the afternoon and meal was a thoroughly enjoyable event cheering up a cold January day.

## Another Date for the Diary

The group is organising an outing to Ayr India this time the restaurant in Alloway Place, Ayr. The last trip to Ayr India at the seafront proved very popular. The full range of dishes is available gluten free (except for bread products). As places are limited it will be on a first come first served basis. So, if you want to book a place please contact us at [ayrshire@coeliac.org.uk](mailto:ayrshire@coeliac.org.uk) or contact Wilma on 01292 315558. A deposit of £5 per person is required.



This promises to be a good night.

Corinthian Club - gluten free afternoon tea. - By Janet Hamilton

Something a little different or for a special occasion, try a gluten free afternoon tea at the Corinthian Club, 191 Ingram Street, Glasgow.

The afternoon tea was both interesting and enjoyable in lovely surroundings.

Double decker sandwiches with various fillings, 4 choices of cakes, large chocolate strawberries and sliced muffins with cream and jam, with as much tea and coffee you wish to drink.

Gluten free afternoon tea which is served from 2pm is available without booking, although it is better to book ahead. The cost is £14.50 for this treat, with the finishing touch being asked if we wanted to take the remaining food home.

AGM Tuesday 13th May 2014

Our AGM will be held on Tuesday 13th May at Kirkgate Church, Saltcoats. Anyone wishing to join the committee please let us know — contact details below. Volunteers always welcome. Please come along and give us your ideas of activities you would like the group to participate in. After the formal event there will be a cookery demonstration from Glutafin. As we need to notify Glutafin on numbers attending can you please let us know if you will be attending asap?

Please e-mail us at

[ayrshire@coeliac.org.uk](mailto:ayrshire@coeliac.org.uk) or contact Wilma on 01292 315558.

The agenda and minutes from last year's AGM are attached to this newsletter.

Ayrshire and Arran Voluntary Support Group  
Annual General Meeting Agenda 2014

- . Welcome & Introduction
- . Review of last year's Group activities
- . Review & accept minutes from last year's AGM
- . Review & accept last year's Group accounts
- . Nomination of new committee members
- . AOB

**Ayrshire & Arran Voluntary Support Group**  
**Financial Report May 2012 - May 2013**

Opening Bank Balance	994.88
<u>Income</u>	
Raffles	55.00
Donations	69.50
Meal Deposits	<u>180.00</u>
Total Income	<u>304.50</u>
<u>Expenses</u>	
Postage	123.84
Printing & Stationery	32.89
Hall Rental	65.00
Gifts	41.85
Biscuits	5.98
Meal Deposits Refund	<u>180.00</u>
Total Expenses	<u>449.56</u>
Closing Bank Balance	<u>849.82</u>

**Minutes of the Annual General Meeting held on Tuesday 16th April 2013 at  
Kirkgate Church, Saltcoats**

**Present**

All 18 members attending the meeting signed the attendance sheets.

**Apologies**

Helen Duffy, Ann Boyd, Susan McHarg, Eileen Cochrane, Marion Flinn, Patricia McLaughlin, Lorraine Findlay, Andrea Grant, Margaret Millard.

**Welcome and Introduction**

Wilma Brown welcomed everyone to the Annual General Meeting and thanked everyone for attending. After the official business there will be a delivery of Gluten free fish and chips from Jack McPhee's in Troon for everyone to sample then recently joined member Karen Booth would like to speak briefly about gluten free products and choices.

**Summary of the year**

Wilma Brown gave a summary of the group's activities undertaken over the last year.

This was another busy year with the monthly Coffee and Chat mornings still proving popular attended by both regulars, some who come when they can and others who come along just after diagnosis. These Members find it beneficial to be able to talk to others who have lived with Coeliac Disease and can give helpful tips on their queries and worries.

For Awareness Week last year a small group met in the Red Lion in Prestwick. This was rather last minute so this year's event will be better organised.

In August 20 Members and partners enjoyed an Indian meal in Ayr India at the seafront in Ayr. The staff were very helpful and we can certainly recommend the restaurant.

In September Carol Evans from Glutafin gave a talk on their products and brought lots of samples she'd made for us to try – that proved a popular event with almost 40 attending.

The Glasgow Group held a Food Fair in September and lots of our Members supported this. Several new companies were there and everyone enjoyed tasting their samples or taking away their freebies to try at home.

In November about 30 Members, and a few of the general public who joined us, got some new recipe ideas from the cookery demonstration by Sainsbury's in their Irvine store.

Our most recent gathering was our post Christmas lunch at the Carrick Lodge in Ayr in January where 20 of us enjoyed a 3 course meal in a small private area which created a lovely atmosphere.



## Minutes of the Annual General Meeting 2013 (continued)

The committee do try and hold events in different parts of Ayrshire & Arran to encourage Members from all areas to come along to something but there are some who are happy just to receive the information. If you have any ideas on places that might be suitable to hold a meeting/event or suggestions for an event, please let us know although the ones with food certainly are most popular.

Wilma added that if anyone runs out of their prescription Glutafin products, they can now be purchased in branches of Holland and Barrett.

For children with Coeliac Disease, Glutafin and Juvela have leaflets explaining the symptoms, what they can/can't eat and how to deal with eating at parties, going on holiday and lots of other useful information, ideas and recipes. There's also a Glutafin/Dr Schar website - 123milly.com -- that has information, games, recipes, quizzes and stories. It's bright and colourful and worth a look even for grown-ups!

Petrie Fine Foods support the Farmers' Markets in the area and further afield and many Members go along and buy products from them. They have donated a £5 voucher for the raffle tonight.

More good news is that Pizza Hut and Dominos now do square gluten free pizzas and lots of their toppings are gluten free.

Wilma also reminded all attending that the Coeliac UK website has lots of information not just for the newly diagnosed and seems to be constantly updated.

Awareness Week or Gut Feeling Week is from 13<sup>th</sup> – 19<sup>th</sup> May and the emphasis this year is on targeting IBS sufferers and as many Coeliacs have experienced, IBS is a common diagnosis of our symptoms. The committee have posters, leaflets and symptom cards here if anyone would like to take some to distribute - please feel free

There are several ambassadors campaigning for Coeliac UK, Dr Chris Steele and his son are raising awareness by encouraging family members to be tested and recently diagnosed mountaineer Joe Simpson is supporting us too. He suffered for many years but put his symptoms down to the conditions in the countries where he was climbing.

There is to be a Parliamentary Reception in June so if any of you would like to help by bringing Coeliac Disease to the attention of your local MP, there is a letter that can be downloaded from the website asking them to join the All Party Parliamentary Group on Coeliac Disease and DH to help raise awareness of this widespread but sometimes misunderstood condition.

According to the Coeliac UK website there will be fantastic press coverage for Awareness Week with articles in the May editions of several magazines

For our Awareness Week we are trying to arrange an outing to Pizza Hut in Kilmarnock so watch out for details



### **Minutes of the Annual General Meeting 2013 (continued)**

Our major event this year is the Food Fair on Saturday 14<sup>th</sup> September in the Walker Hall in Troon with Juvela, Petrie Fine Foods, Glutafin, Dietary Cards, Claire's Kitchen and several others coming along with their products, so please spread the word.

Spells in hospital seem to prove stressful as several members have complained about the lack of understanding of a gluten free diet.

Finally, thanks to you for listening, to all the committee members for their hard work throughout the year, to Joanne for keeping our money in order and to Catherine for her secretarial duties and producing the newsletter. If you have any ideas for that, please let us know.

Catherine Logan thanked Wilma for all her hard work throughout the year with new members' liaison, sending out newsletter and general communications.

### **Approval of Last Year's Minutes**

The minutes of the 2012 Annual General Meeting were proposed by William Boyd, seconded by Alex Shaw.

### **Treasurer's Report and Approval of Last Year's Accounts**

Joanne Samson distributed a summary of the financial position to all those attending the meeting. The accounts run from 6<sup>th</sup> May 2012 until April 2013 and started with a balance of £994.88. The income over the last 12 months was from the raffles throughout the year, collection tins & personal donation and deposits for the meals the group has organised. The biggest outgoings shown are refunds to Catherine & Joanne for paying the deposits for the organised meals. Biggest outgoing for the general running of the group is again for the printing and posting of the newsletter and some minor expenses this year for thank you gifts for speakers at the events the group has held over the last 12 months. Balance at the end of the financial year was £894.82.

Accounts were proposed by William Boyd, seconded by Janet Hamilton.

### **Election of Office Bearers**

As there were no other volunteers the following people were willing to stand for re-election as office bearers.

Catherine Logan – Secretary, Joanne Samson - Treasurer, Wilma Brown – New Members' Liaison

These nominations were proposed by William Boyd and seconded by Jess McEwan.

Jess McEwan, Helen Duffy, Ann Boyd and Janet Hamilton agreed to remain on the committee as ordinary members. Bruce Wilson agreed to join the committee.

These nominations were proposed by William Boyd and seconded by Alex Shaw.

## Minutes of the Annual General Meeting 2013 (continued)

### AOB

- 1 – Beverley Grant asked if she should be able to get Glutafin mini crackers, savoury biscuits on prescription. Wilma Brown and Catherine Logan suggested that she should be able to get these products on prescription but needed to see a dietician before she could get any products. Catherine also directed Beverley to the article in a recent newsletter about the withdrawal of luxury products from prescription but wasn't aware of the withdrawal of crackers.
  - 2 – More places to eat out – Tudor at Burns Statue Square, Ayr, Dragon Royale, Chinese restaurant, Kilmarnock, The Canny Man, Lugton, Pizza Hut in Argyle Street, Glasgow, La Tasca in Omni Centre beside the Playhouse Theatre, Edinburgh, Mama's Pizza, Edinburgh, GF pizza & GF beer, Land & Sea, Polmont – 1st Saturday lunch time GF products, Kings Manor, Edinburgh – GF food on menu, Hand Made Burger Company – Braehead/Silverburn, The Old Scotsman, Edinburgh – Buffalo burgers in GF bun .
- Bruce Wilson recommended the Howard Lodge in Carlisle who supply GF B&B
- 3 – Catherine asked members for article for the newsletter and recommendation of foods for kids
  - 4 – Some recommendations for GF butchers were given – Findlay's Butchers, Portobello - GF haggis, black pudding, sausages, W P Tulloch, West Kilbride - GF sausages, Bicket, Saltcoats, Hendersons, Hamilton, GF black pudding.

*Catherine Logan, Group Secretary, 16/4/2013*

## **Eating Out — Good news!!**

Dino's Fish and Chip Shop in Ayr will be having a gluten free day on the last Sunday of every month between 12 pm and 3 pm.

### Address:-

49 Maybole Road (next to Tesco Express)

Ayr

KA7 4SF

How successful this proves depends on us, so we'd encourage you to give them your support.

A few local places have provided gluten free fish and chips but not had the demand so stopped --- if we support Dino's, they may increase their menu too!

Let us know what you think once you've tried them.