

WESSEX VOLUNTARY SUPPORT GROUP

NEWSLETTER SPRING 2016



Dates for your Diary

Coeliac Awareness Week

19 - 15 May 2016

Coeliac UK AGM and food fair

2 July 2016

Fish & Chip / Quiz Evening,

Sat 17 September 2016, North Baddesley

Cookery Demonstration By Juvela,

Sat 26 November 2016, Badger Farm

Gluten-Free Food Fair

7 Oct 2017

Winchester

www.coeliac.org.uk/local-groups/wessex/events/

Vacancies on the Committee

WANTED

Do you have the necessary skills to keep our website up to date?

This is not an onerous task but vital for the Group to function. For further information please contact Kevin at

wessex@coeliac.org.uk

We also have other vacancies on the committee and are keen to find

volunteers to help with organising our events. Please contact **Judy Allen** at

wessex@coeliac.org.uk

AGM & Speakers Morning

Our Next Meeting will be on Saturday 23 April 2016 which will be our AGM and include our guest speaker Shirley James, Gastrointestinal Nurse Specialist at Lymington New Forest Hospital. Shirley will be telling us "What's new and in the news about Coeliac Disease". The meeting will be held in Crosfield Hall, Broadwater Road, Romsey, SO51 8GL.

Do come along as several small gluten free businesses are having a stand to promote and sell their produce. This is an excellent opportunity to discover what is on offer and to support local businesses. We know you will not be disappointed. Ready meals to homemade chocolates will be represented.

Entry is free and the doors will open at 10.00am with the meeting starting at 10.30am. The AGM should last no more than 30 minutes.

As voting can only be undertaken by members of Coeliac UK, please bring your Coeliac UK Membership Card. The Agenda for the AGM, a copy of the Minutes of the last AGM and Annual Report for 2015 will be given to you on arrival at the meeting. Please let me know if you will be attending the AGM by completing the attached form and sending it by email to wessex@coeliac.org.uk or by post to the address at the end of this newsletter. If you are unable to attend but would like a copy of the reports, please send the attached form to the address at the end of this newsletter, with a large addressed envelope with the appropriate stamp.

Raffle tickets will be on sale at the meeting and donations of small prizes will be most welcome.

Sad news of the death of Committee Member, Dave Freeman

We are sad to announce that Dave passed away suddenly at his home on 23 January 2016. Dave took over as New Members' Contact in May 2011 and many newly diagnosed members will remember hearing first from Dave about the activities of the group. Members of the committee attended his funeral in February and gave our condolences to Jan Freeman and her family. Jan herself, though not a coeliac, was previously a very active member of the committee between January 2009 until September 2013 and has continued to support the committee at meetings.

Our Last Two Events

Glutafin Cookery Demonstration

In December around 50 members and their guests enjoyed a Cookery Demonstration undertaken by Steph Clubb, Home Economist of Glutafin in the St James Road Methodist Church Hall in Shirley. Members received a copy of Glutafin's latest recipe book "Delicious Dishes" which includes four of the recipes demonstrated by Steph, Sweet pastry made into mince pies, Scones with sun-dried tomatoes, Pork Pie and Pasta Shells with cheese cubes and mixed olives. The fifth recipe for Cranberry, Marzipan and Orange Bundt Cake can be found on the group's website accessed through www.coeliac.org.uk/wessex. Samples of all the recipes were available for members to try at the end of the demonstration.

Eastleigh College

On 5 February 47 members attended Eastleigh College for a sumptuous four course dinner. All agreed it was an excellent meal in the newly refurbished restaurant, "East Avenue". The restaurant is staffed by students studying Hospitality and Catering at the College, and allows them to develop their skills, waiting at tables and behind the licensed bar, whilst the catering students create a wide range of dishes. The meal on 5 February gave the students an understanding of the needs of coeliacs and providing a safe gluten-free meal. We hope to return to the college for a meal in 2017.

GLUTEN-FREE PRESCRIPTIONS

Gluten-free prescribing is a top priority for Coeliac UK and the staff has been promoting awareness of the issues around prescriptions.

Members of the Wessex Group are asked to contact our Group Organiser, Pauline Kidd, if they believe their local Clinical Commissioning Groups (CCG) is considering restricting or withdrawing prescriptions for people with coeliac disease, or if any member is contacted directly by a CCG. Pauline can be contacted on 01329 832453 or wessex@coeliac.org.uk.

Delicious Alchemy

Our very supportive friends at Delicious Alchemy have asked us to share with you their latest project. Please click here <http://www.deliciousalchemy.co.uk/2016/03/the-delicious-alchemy-charitable-foundation/> for details of this inspiring initiative.

National Osteoporosis Society - www.nos.org.uk - 01761 471 771

Wed 20 April 2.00pm - Annual Review

Followed by: Falls Prevention, including a taster session on Steady and Strong Exercises Speaker: Adi Phillips

Wed 15th June – 7.00pm

Osteoporosis Update Speaker: Dr Neil Buchanan Consultant Rheumatologist - Royal Hampshire County Hospital

Wed 19th Oct – 7.00pm

How the Helpline advise people who telephone the Charity

Speaker: Suzanne Chedburn Helpline Nurse, National Osteoporosis Society

All Welcome.

St Peter's Pastoral Centre, Jewry Street, Winchester SO23 8RY

£2 donation - Raffle and refreshments at each meeting.

Thank you for taking the time to read through the newsletter. We hope the information given is of interest. Please let us know what you would like to see in our newsletters, and don't forget to forward any useful eating out reviews, hints, tips and recipes which other members can benefit from.

We look forward to hearing from you soon.

Kind regards

*The Coeliac UK
Wessex Group Committee*

Dining out

Lets us know of your experiences – send your reviews and recommendations to wessex@coeliac.org.uk

River Cottage Canteen, Abbey Mill Gardens, The Broadway, Winchester, SO23 9GH

Barbara Bainbridge, our Chairman, went with her husband for a gluten-free meal at River Cottage Canteen on Tuesday 1 March which they very much enjoyed. Barbara spoke to the manager who showed her their normal, everyday menu, most of which was gluten-free or could be prepared gluten-free. They make their own gluten-free bread and have some “proper” puddings which include profiteroles.



The manager has promised to let Barbara have the dates of any future gluten-free evenings we will then add to group’s website. More details of the Canteen can be found on www.rivercottage.net/canteens/winchester or by phoning 01962 457747

Promoted Supplies & Venues

The following supplier has been recommended by Coeliac UK Wessex Support Group member. The business listed has donated a fee to the group to promote their FreeFrom services to you. If you know of any local businesses who supply to the gluten free community and would like to promote via this newsletter please contact Pauline via email wessex@coeliac.org.uk who will discuss the options available.

The Little Fryer

The Little Fryer — Bitterne offers gluten Free Fish & Chips every day of the week. Call ahead and book your gluten free options. Tel 02380 436184 - 17 West End Rd, Southampton SO18 6TE

The new travel portal - safety all-inclusive!

Schär Glutenfree Holidays is the new **travel portal from Schär**. If you're looking for a great holiday, where you can relax safe in the knowledge you will be able to eat **completely gluten-free**, then look no further. www.holidays.schaer.com/



Trusted partner for a carefree gluten-free lifestyle.

This is for your awareness and information - we currently have no experience of the above company but would be interested to hear member’s views and feedback.

WESSEX VOLUNTARY SUPPORT GROUP

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Dear Judy

Please tick all sections which apply

Please reserve for me.....places at Wessex Group's AGM/Speaker's meeting on Saturday 23 April 2016.

I am interested in joining the committee.

I am unable to attend the meeting.

I would like to receive electronically a copy of the Minutes of the last Meeting and the Annual Report.

I would like to receive a copy of the Minutes of the last Meeting and the Annual Report and I enclose a **large** addressed envelope with the appropriate stamp.

Name:

Address:

Telephone:

Email:

Signature:

Date:

Please return this slip to me via email at wessex@coeliac.org.uk or to the following address

Judy Allen
Clover Hill
The Crescent
Romsey
SO51 7NG