

THE WONDERFUL COLOURS OF AUTUMN HAVE ARRIVED

**GROUP ORGANISER:
PAT SIVITER**

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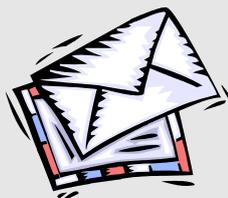
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Hello Everyone

Hope you have all enjoyed the summer and been able to get away for a break, we are taking our holiday at the end of the month, yes it's another cruise, this year we are sailing from Singapore down the east coast of Australia and round New Zealand. I'm starting to get really excited now and cannot believe it's only a couple of weeks before we go, I am feeling in great need of a break away from it all!

As far as the Group Organiser post is concerned I have had a couple of members offer to help on the committee but no definite offers for taking on the role, as I stated before if the Group is to continue that someone needs to step forward otherwise Coeliac UK will suspend our Group including all our funds.

We held another coffee morning in September at Sainsburys in Merry Hill and dont plan another one until March because we cannot be certain what the weather will be like during the winter months. We do plan to go back to Kidderminster in March, please see my comments below and let me have your comments.

We have also thought of organising a Mentoring system for the 'Newly Diagnosed' together with thoughts and ideas that could be passed to those new members with a section on the newsletter, please let me have any information you would like to pass on.

If you wish to receive the newsletter by post please don't forget to let me have 4/6 sae's

Please contact the group by email at stourbridge@coeliac.org.uk or 01299 832366

COFFEE MORNING We had planned our next Coffee Morning to be held in Kidderminster, unfortunately Tesco is introducing a new parking charge (£5. which will be refunded if purchases are made within the store) please let me know if you would still like to meet at Tesco who have been very helpful or maybe consider Morrisons, which is further away from the bus station?

NEW PRODUCTS

SCHAR - NEW Seeded Ciabatta Rolls can now be found on shelves at all well-stocked Tesco stores!

GLUTAFIN - Gluten Free Fibre Flakes

NATURES PATH - launched four organic granolas, available in Pumpkin & Flax Seed, Coconut & Chia Seed, Fruit & Nut and Honey & Almond on Ocado, Amazon and Waitrose. £3.00 RRP for a 325g pack.

HEREFORD FOOD FAIR - 15 October at Leisure Centre, Hereford (please note unfortunately this year our Group Meeting clashes)

ALLERGY & FREE FROM SHOW - Liverpool Exhibition Centre 5 & 6 November if you are interested please let me know and I will email you a link for free tickets.

GLUTEN FREE RECIPE CORNER!

Banana Pancakes

Courtesy of Coeliac Sanctuary
Makes: **1 serving**

Prep Time: **10 Mins**
Cooking Time: **20 Mins**

Nutritional info per serving

Calories **230kcal**

Carbs **40g** | Fat **5g** | Protein **8g**
Sugar **16g** | Fibre **4g**

1 medium banana
1 egg
2tbsp gluten free plain flour



1. Mash the banana in a bowl then beat in the egg.
2. Gently fold in the flour, you can skip the flour but you get a runnier pancake, not using flour we find makes a decent crepe style pancake.
3. Once the flour is folded in heat a frying pan with a little oil in it, add a couple of spoonfuls of the mixture to create a small pancake, cook for 3-4 mins on one side, then flip the pancake over and cook for a further 3-4 mins.
4. Repeat with the rest of the mixture, you should get 3 pancakes out of the mixture. Serve with some fruit and a drizzle of honey on the top if desired.

FORTHCOMING EVENTS
Please contact Pat either by email: stourbridge@coeliac.org.uk or 01299 832366



AUTUMN MEETING

**SATURDAY
15 OCTOBER**
2.30 pm start

UNITED CHURCH, LYE

COFFEE MORNING

WEDNESDAY 8 MARCH
at 11 am

TESCO OR MORRISONS
KIDDERMINSTER

AGM/SPRING MEETING

**SATURDAY
6 MAY 2017**
2.30 pm start

UNITED CHURCH, LYE

I recently received this information and if anyone is interested please contact the University direct.



Food allergic 8–16 years olds needed for PhD study

Jenny Hammond, a PhD student at Aston University would like to interview food allergic 8–16 years olds about how they cope with their food allergies. Interviews, over Skype or Facetime, will take 30 minutes and will be totally confidential. All participants will receive a £10 book voucher!

For an information pack contact Jenny or her PhD supervisor, Dr Rebecca Knibb.

Sorry there are no photos this time of the coffee morning in July or September but I took the camera along but didn't realise there was no memory card inside, call it a senior moment and in September I forgot to take the camera out of the car.