

WESSEX VOLUNTARY SUPPORT GROUP

NEWSLETTER

April 2017



Dates for your Diary

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

Awareness Week

Southampton Hospital

Thursday 4th May 10 – 4

Lymington Hospital

Tuesday 16th May 10 – 2

Winchester Hospital are yet to finalize the date.

AGM - 6 May 2017

St James Road Methodist Church Hall, Shirley, Southampton

Fish and Chip Quiz Night

Saturday 8th July North Baddesley Village Hall

Gluten-Free Food Fair

7 Oct 2017
Guildhall, Winchester

Cookery Demonstration

Saturday 25th November
Hedge End 2000 Centre

AGM

Our Next Meeting is a Speaker's Morning on Saturday 6 May 2017 which will include our AGM.

Following the success of last year, we will again be inviting small local businesses to tempt you with their goodies, only this year it will not be quite as 'cosy' as the room is much larger.

The communications Team at Coeliac UK have agreed to do a short presentation on the benefits of social media and the new website. We thought this would enable us all to have a better understanding of the information available.

The meeting will be held in St James Methodist Church Hall, St James Road, Shirley Southampton, SO15 5HE where there is plenty of parking.

Doors will open at 10.00 am and the meeting will start at 10.30am with our AGM which 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 2016 (can be found on our website/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 on the form. If you are unable to attend but would like a copy of the reports, please send the attached form to the address with a large addressed envelope with the appropriate stamp.

As usual light refreshments will be served.

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

There is no charge for this event.

We are always looking for extra help with our events throughout the year, especially the Food Fair. If you are able to help in any way please contact us at wessex@coeliac.org.uk.

Facebook

We are now on Facebook (<https://www.facebook.com/groups/852666138200695/>) to join the group and keep informed of our events and local venues as recommended by you!

Please note that if you are no longer a member of Coeliac UK and do not wish to subscribe to this newsletter we would ask you to update your preferences by clicking on the links below, otherwise you will continue to receive information on events and suppliers.

Awareness Week

We have accepted invitations from [Lymington](#), [Southampton](#) and Winchester Hospitals to have a stand.

[Southampton](#), Thursday 4th May 10 – 4, [Lymington](#) 16th May 10 – 2 and Winchester are yet to finalize the date.

If you are in the area please drop by for a chat and a nibble to two.

[Fish and Chip Quiz Night](#)

This very popular event has been arranged for Saturday 8th July North Baddesley Village Hall. We are keeping the cost at £11.00 the same as last year.

[Food Fair](#)

Saturday 7th October, Guildhall Winchester. Plans are well under way and it is anticipated this will be bigger than ever. An essential date for your diary. Entry will remain at £2, children free. Make sure you have this date in your diary.

[Cookery Demonstration](#)

Hedge End 2000 Centre has been booked for a Cookery Demonstration on Saturday 25th November.

Recent Activities

Future Venue Locations

Since our last newsletter your Committee has been working hard in organizing a varied program of forthcoming events.

Please do your best to support as many functions as you can.

John, your newsletter coordinator has been doing some number crunching and it would appear we have been neglecting holding events in the Totton/Lymington part of our area. If anyone knows of a suitable venue where we could hold an event please let us know so we can remedy the situation.

For those of you who attend Winchester Hospital for your annual review, your committee now provide light refreshments at the quarterly evening clinic. This is proving extremely popular and gives everyone the opportunity to relax and have a chat over a cup of tea and piece of cake.

Sunrise Senior Living Bassett

Sunrise is keen to support the Group and have suggested quarterly/monthly events, in the form of Coffee mornings/afternoon tea. These can be alternated between Southampton Bassett and Winchester (Stockbridge Road opposite Waitrose). Please provide feedback if you feel you would support this initiative.

Eastleigh College dinner

On 10 February 49 members went to Eastleigh College for a four course dinner. Once more it was an excellent meal in the college restaurant, "East Avenue". The restaurant is staffed by students studying Hospitality and Catering at the College which 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 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 2018.



Dining out

Awareness Week theme is Eating Out so please do let us know of your experiences – send your reviews and recommendations to wessex@coeliac.org.uk.

If you choose to eat at any of the eating establishments recommended by our members, it is the responsibility of the reader to ensure their safety and bear in mind that chefs and owners change. The venues are not all Coeliac UK accredited and we take no responsibility for any ill effects suffered as a result of any meal or food consumed from any featured venue.

Promoted Supplies & Venues



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



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. <http://www.holidays.schaer.com/>

Trusted partner for a carefree gluten-free lifestyle.

Don't forget we are now on Facebook [click here](#) to join the group and keep informed of our events and local venues as recommended by you, join in the interaction and show us your pictures of gluten free goodies over Christmas.

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

We would like to thank [Sunrise Senior Living](#) who have kindly agreed to print our newsletters for our postal members, Sunrise are represented in Winchester and Southampton and you can visit their website <http://www.sunrise-care.co.uk/>

Sunrise provide Assisted Living services that are all about treating each and every resident as an individual. By understanding our residents' needs, preserving dignity and respecting independence, we help to create a real sense of home. to find out more [click here](#).



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 seeing you soon.

Kind regards

*The Coeliac UK
Wessex Group Committee*

[t @CoeliacUKWessex](#)

www.twitter.com/coeliacukwessex

[@Email: wessex@coeliac.org.uk](mailto:wessex@coeliac.org.uk)

Dear Judy

Please tick all sections which apply

- Please reserve for me..... places at Wessex Group's AGM/Speaker's meeting on Saturday 6 May 2017.
- I am available to help with future events
- I am unable to attend the meeting.
- 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.....

.....

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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