



WEST SUSSEX COELIAC GROUP

Newsletter - March 2017

GROUP ORGANISER'S MESSAGE

NEW COMMITTEE

It's been 'all change' with your local Committee!

At the AGM on 27th February we said goodbye to Bill Andrews, Group Organiser for the last 5 years, with many thanks for all his hard work and that of the many Committee members who worked with him over the years.

Your new Committee are:

Anna Henderson, Group Organiser
John Johnson, Group Treasurer
Tracey Martin, Group Secretary
Nicky Johnson, Membership Secretary
Andy and Pam Whittaker
Chris and Jenny Martin
Phillipa Caddy

We are a group of volunteers – Coeliacs or relatives of Coeliacs - who want to support all West Sussex Coeliacs and those who are gluten intolerant to live healthily and have a wide choice of gluten free products in the shops. We also want to increase the gluten free choices in cafes and restaurants.

One way we can all help each other is through the Venue Guide on the new look Coeliac UK (CUK) website. Do check it out and if you come across a good venue, please rate it so we can all benefit. We know that shops and cafes respond to customer demand, so we need to be demanding (nicely of course!) every time we find a café, pub or restaurant with poor GF options.

Its Coeliac Awareness week 8 -14 May. How about eating somewhere new and asking for a gluten free option, even just a coffee and slice of cake? If we all do this, we will certainly increase the demand for GF provision.

MEMBER QUESTIONNAIRE

We'd like to know how we can best keep you up to date, what information/support you would appreciate from us and the kind of events you would like to attend. We want the events we do organise to appeal to as many members as possible across all of West Sussex. To help us achieve this, we're asking you all to complete a short Questionnaire, where you can let us know your thoughts. We will then tailor what we do accordingly. So watch this space!

You can download the Questionnaire from the Coeliac UK website, to complete and email back to us at westsussexcoeliacgroup@hotmail.co.uk.

Please do keep all your personal information on the Coeliac UK website up to date e.g. email, phone numbers

We have no funding other than what we can raise at events, so to keep costs down, can we please communicate with you by email? We understand some of you are not on email, but do you have a neighbour, relative or friend who would be happy to print off the few communications each year? That would be such a help. You can give details of the email on your Questionnaire.

If you are not yet a CUK member, we encourage you to join as you will then have access to many benefits e.g. the venue guide, recipes, Crossed Grain magazine and Food Directory (annual cost £24 or £12 for concessions). We regret that in the future, we are only able to send the Newsletter by post to those CUK members who cannot provide an email address.

Thank you!

Warm wishes

Anna Henderson

Group Organiser

COELIAC UK NEWS

Many of you will have read in the newspapers of reports that Simon Stevens, the Chief Executive of NHS England is planning to recommend widespread cuts to several prescriptions including gluten free items. CUK are pressing for a consultation process before a final decision is made but the concern is the decision has already been made. For the latest information please check the News section of the CUK website.

LOCAL NEWS

Selected branches of Sainsbury's are now selling fresh white and seeded gluten free bread and rolls. These are being offered in the fresh bakery section at a few stores around West Sussex and are certainly worth trying - we hear white is positively divine!. We are delighted to have arranged Tasting Events with Sainsbury's at their Bognor Regis and Worthing stores and are planning one in Horsham too – see details below.

EVENTS

The following events are planned so far for the coming year:

2nd Tuesday each month – WORTHING. Coffee Morning at Food Restaurant, New Street, Worthing BN11 3BT from 10.00 to 11.30 am. Next date is Tuesday 11th April.

Wednesday 10th May - BOGNOR/CHICHESTER. Cream tea at The Lion, Nyetimber Lane, Pagham PO21 3JX at 3pm. Cost £10 payable on the day. Please contact us if you want to come along, as the chef, Ken, who is a Coeliac himself, needs to know how many scones to bake! Email by preference westsussexcoeliacgroup@hotmail.co.uk or text Anna at 07712676933 giving your full name and the number of teas you want.

Tuesday 16th May - WORTHING. Tasting Event at Sainsbury's Café, Downland Business Park Lyons Farm Worthing BN14 9LA. 10.30 -11.30am. An opportunity to taste a variety of the new products from Sainsbury's gluten free range, including their freshly baked breads. The Event is free, however please reserve your place by e mailing Pam Whittaker andypanwhittaker@btinternet.com

Saturday 17th June – HASSOCKS. Coffee Morning at South Downs Nursery from 9.30 to 11.30 am.

Monday 10th July – BOGNOR REGIS. Tasting Event at Sainsbury's Cafe Bognor Regis store, Shripney Road, PO22 9FB from 6 to 7pm. An evening opportunity to taste a variety of the new products from Sainsbury's gluten free range, including their freshly baked breads. The evening is free, however places need to be reserved in advance so please by preference email westsussexcoeliacgroup@hotmail.co.uk or text Anna at 07712676933.

DATE TBA – HORSHAM. We are also organising a Tasting Event at Horsham Sainsbury's for later in the year.

Tuesday 5th December - BOGNOR/CHICHESTER. Christmas meal at The Lion, Nyetimber Lane Pagham PO21 3JX from 6.30pm. If you would like to receive details nearer the time, please email us by preference westsussexcoeliacgroup@hotmail.co.uk or text Anna at 07712676933

Date TBA - WORTHING/LITTLEHAMPTON. Christmas meal. If you would like to be emailed details nearer the time, please let us know johnandnickysky.com

25th January 2018 - BOGNOR/CHICHESTER. Burns Night at The Lion, Nyetimber Lane Pagham PO21 3JX from 7pm. If you would like details nearer the time, please email westsussexcoeliacgroup@hotmail.co.uk

Yes, there are a lot of meals at The Lion, but Ken being a Coeliac and a good cook, let's use him! He is also able to cope with most additional allergies, so please advise us when booking.

And if you know any venues in your area that could be suitable for future events, please let us know!

PASS IT ON!

This simple, but very tasty, recipe for Shortbread was given to us by Jenny Martin. It really is worth a try and could be good to make with children - Jenny advises, "treat the shortbread mix like Playdough - the more you knead it the better it is!"

6 oz (Dove's Farm) Gluten Free self-raising flour
4 oz (Stork) hard margarine
2 oz caster sugar

Put all ingredients into a food processor and pulse until well combined. Tip out onto a floured surface and work together into a ball. Roll out and cut into shapes. Prick with a fork and place on a tray lined with baking parchment. Bake at 170c for 10 to 15 minutes. Leave to cool on the baking tray for a few minutes before transferring to a cooling rack. Sprinkle with caster sugar while still slightly warm.

STAY IN TOUCH

We would love to receive your contributions, suggestions, local information, recipes or any recommendations to be shared with others in future newsletters/Facebook. Please send them to us.

You can keep in touch with what's going on, or contact the West Sussex Coeliac Group by

Email - westsussex@coeliac.org.uk

Website - www.coeliac.org.uk/local-groups/west-sussex/

Facebook – www.facebook.com/westsussexcoeliacuk/

The personal information that you have provided will be used by West Sussex Coeliac Group for the administration of and fundraising objectives of the charity and for no other purpose.