

THE LEAVES OF AUTUMN HAVE ARRIVED

**GROUP
ORGANISER:
PAT SIVITER**

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Hello Everyone

Well the colours and temperature of Autumn have arrived which is a little disappointing as we don't seem to have had a lot of summer sunshine.

We will be holding our Autumn Meeting on Saturday 4 November, when there will be a cookery demonstration by a local lady, named Kate who will displaying her talents and using Quorn in some of her recipes which are Gluten Free. She also produces recipes for Coeliac UK so it should be a very interesting demonstration. I have never used Quorn so looking forward to this and tasting her final dishes.

Following the success of the Fish and Chip Lunch in April we have arranged another, this time with a Christmas theme on November 25 at 12.30 at the United Church, Lye, please remember to book your place early so that the correct portions are ordered. The cost will be £2.50 per person.

I will definitely be standing down at the next AGM in May and if there is not a replacement unfortunately the Group will be closed by Coeliac UK. I have given a description of what is entailed further in this Newsletter. I do hope someone will come forward and I can assure the replacement will be given every help as is possible. I certainly would not like to see the Group close but due to Family reasons I need to step down.

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

PRESCRIPTION UPDATE Wyre Forest has now completely stopped prescribing.

COFFEE MORNING Our coffee morning on 27 September at Tesco in Kidderminster was disappointing with only 2 members and 2 committee members attending. The next one will not be until next Spring, Wednesday 21 March in Merry Hill.

NEW PRODUCTS

Nutri-Brex Muesli Balls - suitable for glorious grazers or breakfast on the go or a healthy snack

Food Should Taste Good - Sweet Potatoe, Multigrain and Blue Corn Tortilla Chips available in Tesco

Natures Path - Superflakes in Honey & Chia and Cocoa & Coconut

RECENTLY ACREDITED

Chipotle Mexican Grill - mainly in London

SPRING/AGM MEETING After the formal AGM next year we have planned to hold an 'old fashioned' Afternoon Tea session with lovely teapots, and tiered cake stands. It is also the 50th Anniversary of the formation of Coeliac UK so we will make it our Group's celebration.

FISH & CHIP LUNCH choice of Battered Fish or Battered Jumbo Sausage, Mushy Peas, Gravy or Curry Sauce, payment of £2.50 per person is required to secure your order by 4 November either in person at Group Meeting or by cheque payable to 'Stourbridge Coeliac Group'


GREEN NINETEEN, LOWER CAMDEN STREET, DUBLIN - highly recommend the Gluten Free Fish and Chips and a very good choice of gluten free meals.

Little Eccles Mince Pies

(courtesy of Goof Food Magazine November 2007)

INGREDIENTS

500g block all-butter puff pastry
flour, for dusting
450g mincemeat
1 egg white, lightly beaten
golden caster sugar



METHOD

Roll the pastry out to about the thickness of a 50p piece on to a floured surface, and cut out 10cm circles, then continue to re-roll and cut out until you have about 18 circles.

Place 1 tsp of mincemeat in the centre of each circle, brush the edges with egg white, then gather together tightly to completely encase the mincemeat.

Flip the pies over so the sealed edges are underneath, then squash them with your hand so you have a small puck-shaped pie.

Cut two small slits in the top of each pie, brush generously with egg white and scatter with sugar. The pies can now be frozen for up to 2 months. Heat oven to 200C/fan 180C/gas 6 and bake for 15 mins from raw or 25-30 mins from frozen.

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



AUTUMN MEETING
SATURDAY 4 NOVEMBER
2.30 pm start

UNITED CHURCH, LYE
Cookery Demonstration
by Kate

**CHRISTMAS THEME
FISH & CHIP LUNCH**
**SATURDAY 25
NOVEMBER**
at 12.30 pm
£2.50 per person
UNITED CHURCH, LYE
Please book

COFFEE MORNING

**WEDNESDAY 21
MARCH 2018**
11 am

ASDA CAFE, MERRY
HILL

GROUP ORGANISER - PURPOSE OF THE ROLE

To ensure the smooth running of the Local Voluntary Support Group and lead the activities of the Local Group. This may include chairing meetings and acting as a local representative of Coeliac UK.

MAIN TASKS are:

- chairing meetings and AGMs
- working with the Committee to plan and coordinate the Local Groups' events
- ensuring the Local Group complies with the Constitution and Coeliac UK rules
- ensuring Committee Members are up to date with news and developments
- respond to queries from Members and the public
- acting as a spokesperson for the Local Group
- acting as a signatory on the bank account
- approving minutes and agendas of meetings
- ensuring tasks and roles are delegated
- keeping an overview of Local Group activities
- working to keep the Committee motivated
- acting as the principle contact with Coeliac UK.

Helpful knowledge, skills and experience to have for this post:

- good organisational skills
- leadership skills and experience of running meetings
- ability to motivate others and involve them in the work
- communication skills
- ability to delegate

