

WELCOME to our Spring Newsletter

We have all been extremely concerned for some time about the future of our gluten free prescription provision.

It was with a good deal of relief, therefore, that we received the news from central government that we will still be able to request gluten free bread and flour/mix on prescription.

This decision applies to everybody medically diagnosed with coeliac disease, and recognises the need for people to have ongoing support in sticking to a lifelong gluten free diet. The proposal that there should be no access to gluten free products in primary care has therefore been rejected by the government.

If you are told by your doctor that you cannot have these items it is important that you ask why and let them know about the government's decision. We are happy to provide you with any help and support if necessary.

Of course, our local group and coeliac UK are here to offer advice and support in any way that we can. Although life for a coeliac is much easier than it used to be coping with the disease can be a daunting prospect, especially if you are newly diagnosed. Do not be afraid to contact us!

In our last newsletter we reported that Sue Perks had decided to step down and we thank her sincerely for the tremendous work she has done over many years.

I am delighted to say that Phill Trevorrow has volunteered to take over the role as Treasurer and has already begun taking over our accounts.

Sadly, we have had a number of other committee members leave their posts. This means we now have a committee of only 5. This is not enough to enable our group to continue effectively. If we cannot add to our number it is likely that the group will fold. Please contact me if you think you could help.

David Dorrell



Don't forget you can now find us on Facebook. For the latest news, lists of places to eat, local deals and to catch up with other members! Just join us at Bournemouth & Poole Coeliac Group.



DATES FOR YOUR DIARY

Friday 16th March 2018

Fun Quiz Night with Fish Chip Supper + AGM: 7.30pm Corfe Mullen Village Hall BH21 3AU

Saturday 12th May 2018

Being A Coeliac in 2018 – A joint event with Poole Hospital – The Education Centre at Poole Hospital 9.00am – 12.00pm

Saturday 17th November 2018

Gluten Free Food Fair - Parkstone Grammar School, Sopers Lane, Poole BH17 7EP

Committee Contacts:

Group Organiser

David Dorrell: 01202 386274
dave.dorrell@ntlworld.com

Secretary:

Dave Busler:
dbusler@lineone.net

Treasurer:

Phill Trevorrow: 01202 020694
ctrev55@aol.com

New Members Secretary:

Post Vacant

Quiz Night + Fish & Chip Supper + AGM

Our annual quiz night is, this year, on Friday 16th March. It will be held at the usual venue, Corfe Mullen Village Hall, Towers Way, Corfe Mullen, Wimborne BH21 3AU. Doors open at 7pm for a 7.30pm start.

Tickets must be bought in advance so that we can order the Fish & Chip suppers.

The quiz has an emphasis on FUN and not on a university education!!

Full details have been sent to all members but at the time of writing only 11 people have requested tickets. The closing date is 2nd March so please let us know before then if you would like to come. A booking form can be found at the bottom of this newsletter – and also on the Coeliac UK website: <https://www.coeliac.org.uk/local-groups/bournemouth-and-poole/documents/4965-quiz-night-fish-and-chip-supper-and-agm-booking-form/>

Food Fair 2018

We are very excited to announce a change of date for our annual Food Fair. It will be held on the 17th November this year which means you will have a great opportunity to stock up and order for Christmas.



We are inviting all of our normal producers and searching for new ones, especially local companies. If you know anyone who might be interested in joining us please ask them to contact our group.

Nearer the date we will send you all full details of times and who will be there.

Poole Coeliac Clinic Event

As reported in our Autumn Newsletter, we are working closely with Dr Snook at Poole Hospital, and the Coeliac Clinic, and have arranged a joint event to coincide with Awareness Week. It will be held at The Education Centre, Poole Hospital on Saturday 12th May 2018.

This will involve a presentation by Doctor Snook's team, input from dieticians, cookery demonstrations and a small selection of local suppliers. Hopefully, we will have someone from Coeliac UK present as well as a few gluten free food producers.

Bournemouth & Poole Group ~ Spring 2018

Thanks to Bournemouth University our cookery demonstrations will be pre-recorded, as we cannot cook in the Lecture Theatre. They have been very generous with their facilities and time enabling us to produce commercial quality films. A small company run by one of their students (OpenShutter Productions) have very kindly agreed to carry out the filming and production.

Samples of the products demonstrated will be available to taste on the day.

This promises to be a great event for anyone who wants to learn more about our condition, what the future holds and how we can improve our everyday life. Look out for an email with full details coming to you shortly!

New Year Meal 2018

Our annual New Year Meal, was held at the Bear Cross Pub, on Friday 13th January and was thoroughly enjoyed by the 48 who attended.

The starters were amazing (Smoked Bacon & Chorizo Bon Bons, Prawn, Smoked Haddock & Cod Fishcakes, Mushroom & Stilton Frittata, Green Pea & Mint Fritters, Asparagus in Parma Ham) everyone tried them all and all were consumed with great gusto!



Everyone present was provided with their own choice of main course and then we all did our best to demolish the wonderful variety of desserts (Vegan Chocolate Sponge, Raspberry Profiteroles, Lemon Posset, Vegan Apricot & Apple Crumble, Fruits of the Forest Trifle, Salted Caramel Cheesecake).

One or two people resorted to 'doggie bags' but most of us just settled for feeling pleasantly full!

Although this was largely a social event we did run a raffle with prizes generously donated by those present. As a result, we raised a fantastic £72.

Thank you to everyone who came along and especially to Lisa and her team at The Bearcross for another incredible meal.

New Members – A Repeated Apology

If you have joined Coeliac UK in the last 6 months you probably have not received an introductory letter from us. Please accept our apologies for this.

Normally, we contact new members who live locally soon after they join Coeliac UK. We believe it is important to let newly diagnosed coeliacs know that there is support locally and to provide points of contact that can offer help and guidance.

Unfortunately, our Membership Secretary moved out of the area earlier in the year and we have not yet been able to replace her. The post has now remained vacant for 5 months and we are desperate to find a replacement.

If you have joined recently, please do not hesitate to contact our Organiser or Secretary and we will do our best to help in any way we can.

If you would be interested in taking on the role of Membership Secretary, please let us know.

Quiz Night with Fish & Chip Supper + AGM

Feel free to complete this form, then copy and paste into an email or print and post to Dave Dorrell at 65, Waytown Close, Canford Heath, Poole BH17 9WF. (Cheque to Coeliac UK Bournemouth & Poole OR BACS to Lloyds Bank – Account Name: Coeliac UK Bournemouth and Poole, Acc number 63000960, sort code 30-94-28).

Name: _____

Address: _____

Email: _____

Fish & Chips: _____ @ £9 = _____

Chicken & Chips: _____ @ £9 = _____

2 GF Sausages (Quorn) & chips _____ @ £9 = _____

Pea Fritter & chips _____ @ £9 = _____

Total: People: _____ Cost: _____

Do You Still Need Us?

If recent events area guide then it appears members are less interested in attending events than they used to be. Or is it that we are not staging the events that you would like?

We would really like to know if you still feel there is a need for your local support group.

Please tell us what you think.

What do you want from us?

Do you want organised events to attend or do you simply want a point of reference that can provide you with information and advice?

Is like for a coeliac so easy now that a local group has no value?

Any thoughts or comments are very welcome. Please contact me via dave.dorrell@ntlworld.com.

Many thanks

David Dorrell