



Annual Report
January – December 2012

This is the ninth Annual Report of the work of the Wolverhampton Coeliac Group. As previously it has been a very busy, demanding but rewarding year. The continuing success of the group is entirely due to the committee members, members and supporters who give their time and talent voluntarily to help make this such an active and well supported group. Whilst there is a membership fee to join Coeliac UK, membership of the Wolverhampton Voluntary Support Group is free. However from January 2012 we found it necessary to request a £1 per person meeting entrance donation to cover the increasing cost of providing various refreshments and the meeting venue. The group receives no funding from the national organisation and relies entirely on funds raised from individual donations, entrance donations and stationery together with the profit from the raffle held at the meetings and the successful skittles evening. The committee hopes that members will continue to support the group by attending meetings and the various social and fundraising activities. As a group, we have been fortunate to receive generous support from the various gluten-free food manufacturers, which allows us to support and help members and contributes to our varied and interesting programme of events.

Membership

- There are currently over 300 participating members of which 55 are professional members allocated to the Wolverhampton group.
- Wolverhampton group membership is drawn from the following postcodes:- B70 -71, DY4, WS1 – 6, WS10 – 12 and WV1 -15 as agreed with CUK. Although, there are some members who live further afield who enjoy joining in our meetings and events. It is important that you register with us if you wish to be a member of the local Wolverhampton group which has no membership fee.

CUK Web Site and E-news

- The group's webpage on the CUK website (www.coeliac.org.uk/wolverhampton) is updated regularly and all events are posted there. The group has an e-mail address and can be contacted at wolverhampton@coeliac.org.uk.
- Due to technical reasons, involving the return of mail from cancelled and out of date email addresses, it has not been practicable to sustain an e-mail newsletter and so it will be posted on the CUK Wolverhampton webpage for members to download. Additional printed copies will be available at the meetings.

Meetings Venue – Albert Road

- The group is now well settled at our venue, Action 4 Independence, based in Albert Road Wolverhampton. The venue is very able to cope with the wide variety of events that we provide as a part of our yearly programme.

The Annual General Meeting

- The February AGM saw Hannah Flannery, Senior brand manager at Warburtons, sharing with us the details of established bakers Warburtons' recent entry into producing Gluten Free bakery products. We were treated to tasting samples of some new products and were able to purchase others items from the range.
- Alan Tunstall was re-elected to the role of Group Organiser and other committee members, who wished, were re-elected in their current roles.
- Two committee members from last year, Geoff Roberts and Karen Squire did not seek re-election and we thank them for their involvement in running the group.
- Presentations were made to individuals and helpers whose special contributions have furthered the success of the group.
- It is important that we continue to attract volunteers to assist us in various tasks at our meetings and events. If you feel that you could assist the group in this way, helping with signing in, arranging the room, P.A. system, refreshments, tidying up after meetings etc. please contact any of the committee for further information. Your help will always be welcomed.
- Note: The AGM mailing for the 2012 meeting was kindly sponsored by Glutafin.

Raising Awareness

- Janet Foster, our events organiser, continues to receive invitations and attend the All Party Parliamentary Group on Coeliac Disease and Dermatitis Herpetiformis at the House of Commons.
- 26th January – Alan Tunstall gave a 2hr presentation on the coeliac condition and the challenges that it presents, to a group of 17 Wolverhampton NHS Health trainers at West Park Hospital.
- As part of a build-up to support Coeliac Awareness Week, the Royal Wolverhampton Hospitals NHS Trust at New Cross invited 3 volunteers from the group (Alan Tunstall, Tony Howells and Trupti Patel) to assist in awareness training sessions for catering staff from the wards and kitchens.
During July the same people were asked to take part in similar awareness sessions for newly qualified nurses. Thanks must go to the group volunteers and Kathryn Robinson and the dietetic staff at New Cross Hospital for involving the group in this training and awareness improvement programme.
- 14th – 16th June – thanks go to committee member Ian Jenkins this year for trying to ensure a supply of draught GF beer at the CAMRA Wolverhampton Beer and Cider festival in early June. Unfortunately the brew did not go well and could not be made available at the festival. Still there is always next year!
- 16th May – the Group held its Annual Dinner as a Fish and Chip supper at A4I as part of Coeliac Awareness Week. 46 members attended and an enjoyable meal was provided by 'The Chip Stop', from Penn Wolverhampton.
- 20th October – 3 group members attended the CUK Volunteers Conference in Birmingham.
- 31st October - 2 members of the group and others who attend the coeliac follow up clinic were invited to attend a focus group at the University of Wolverhampton to discuss the future direction of coeliac follow-up clinics.
- 10th November – Alan, his wife and Janet Foster provided an information stand for Living with Diabetes Day at the Dunstall Racecourse. The event again attracted over 400 attendees.

Social Events

- The Skittles evening proved to be as popular as ever, thanks to Colin and Jeanette Babb. The evening is a reunion for the regulars but newcomers are made especially welcome. As always, the individual and team awards were hotly contested. The event raised £219 for group funds.
- The Annual Dinner, which was held during National Coeliac Awareness Week, was a Fish & Chip Supper at the A4I centre. This was suggested to reduce the cost of the event, attract more members and to thank the Chip Stop for their sponsorship of the 2011 group AGM mailing. All 3 aims were achieved.
- The group's Christmas Dinner was held in December at the City of Wolverhampton College Academy Restaurant. Special thanks must go to Chef and lecturer Heath Arnfield and his trainee chefs, as usual, rose to the challenge and produced a very good celebration dinner. Our guests were Debbie and Amelia Nutting of Shuga Budz. Thanks must go to Janet Foster and Jill Danby for organising the event.

Meetings

- April saw a presentation and update on GF prescribing from David Birch, the Wolverhampton Prescribing Authority Adviser and Dietitian, Lorna Gardner, from CUK. David gave an update on the prescribing authority's current position and Lorna that of CUK recommendations. Member's current prescribing problems were also discussed.
- In June we held our Newly and Recently Diagnosed evening. We were again privileged to have the services of dietician Kathryn Robinson. Guests also included several other dieticians from both Wolverhampton and Dudley NHS Trusts and Ayshea Bliss, a Glutafin ambassador, who provided a product stand with samples. All new or recently diagnosed coeliac attendees took home a 'goodie bag' of products and samples from Glutafin, General Dietary and Juvela.
- The September meeting cookery demonstration was not possible to arrange this year. Instead a new event – Meet the Small Local Producers was held. Services of a Brewer a Baker and a Pudding maker were arranged: Chris Hogg of Hamstead Brew shop, Great Barr, Debbie and Amelia Nutting of Shuga Budz, Tettenhall and Lucy Wager founder of newly formed Pudology. General Dietary also provided samples of GF products for distribution. This was a new and successful event which we will need to consider repeating.
- The November Tried & Tested evening saw celebrity judges Debbie and Amelia Nutting of Shuga Budz cakes in Tettenhall put our members own sweet and savoury dishes to the test. Prizes were awarded for the best in each category. It was however disappointing to see fewer entries than normal. We were also joined on the evening by Dietitian and Healthcare Business Executive Jaclyn Cliff, from Glutafin, who enlisted volunteers to sample and

comment on Glutafin products from personal hampers provided. The evening as usual finished with everyone sampling the competition entries and contributions for an early 'Christmas Party'.

Forthcoming events 2013

Social Events

- Friday 1st March - Skittles evening and supper at the Swan at Brewood – tickets may still be available. Contact Colin Babb – at AGM meeting or (01902) 844836
- Thursday 16th May ' Group annual Dinner at the Wolverhampton Catering College
- Details of all social events are available from the meetings, by checking the website or by picking up the newsletter at the meetings.

Meetings

- Wednesday 6th February 2013 – AGM, with talk by Local GP Dr Manny Samra.
- Wednesday 24th April 2013 – Presentation on the help being given to assist younger coeliacs cope with the condition.
- Wednesday 26th June 2013 – New Members evening, with dietician Kathryn Robinson.
- Wednesday 18th September 2013 – Cookery Demonstration from Glutafin.
- Wednesday 20th November 2013 – Tried and Tested evening, a light- hearted cookery competition with celebrity judge.

All meetings are held at the Action 4 Independence Centre, 25 – 38 Albert Road, Wolverhampton, WV6 0AF starting at 7.30 pm.

Thank you

- Thanks are also due to:-
- Pat Griffiths, for selling supplies of Gill's non gluten containing sausages at meetings.
- Coeliac UK headquarters staff whose help is always invaluable.
- Janet Foster for her generous donation of £105 to group funds, raised during the Olympics year from her sponsored 'Try'athlon event (cycle, row and swim, 1 mile each). Well done!
- To John Chander of the 'Chip Stop', Springhill Lane, Wolverhampton for supplying the Fish & Chip supper.
- To all those other individuals who have donated to the group funds.
- To all those who have supported our work this year:-
 - Kathryn Robinson from the Royal Wolverhampton Hospitals NHS Trust for her continued support.
 - Auditor, Iain Young for keeping the finances and accounts in order, Colin and Jeanette Babb for fundraising and to all those willing volunteers who help out at the meetings and events.
 - Specialist g-f food manufacturers and suppliers; Warbutons, Glutafin, Juvela, General Dietary Ltd, Genius and Nairn.
 - Wolverhampton MBC and Ginette Mackriell and her team at Action 4 Independence who have continued to support our group with facilities at Action 4 Independence, our meetings venue.
 - Teaching staff and catering students at City of Wolverhampton College Academy Restaurant.
- Last but by no means least those committed and enthusiastic people on the committee whose invaluable support is essential - Janet, Barrie, Linda, Marion, Jill, John, Lorraine and Ian. Their unfailing support has again made this, my third year as Group Organiser, an enjoyable experience and I wish them well in the coming year.

Alan Tunstall – Group Organiser
January 2013