

Sevenoaks Area Coeliac Group

TALKABOUT

For all your gluten-free gossip, news and events

June 2018
Edition 45

Sevenoaks
Local Group



Branch Committee

Group Organiser	Fiona Turnbull fi.turnbull@talktalk.net	01474 703869
Secretary	Daphne Paterson dpater2@btinternet.com	07717 471909
Treasurer	Mary Cunnington mary@june-cottage.com	01732 862925
Newsletter Editors	Andrew Pilcher Rosemarie Pilcher arpem321@hotmail.com	07802 423455 07928 280791
Refreshments	Joy Oliver roliver912@googlemail.com Sally Spike sally.spike214@btinternet.com	01732 460849 01689 828883
New Members Secretary	Susan Potts slpotts53@hotmail.co.uk	01892 613258

Note from the Editors

Dear Reader

Welcome to the 45th edition of Talkabout. First of all, a massive thanks to Gill for writing the newsletter for the last 13 years and for her advice on how to take on the role of editor. Thanks are also due to Gill's daughter, Jessica, who – as a committee member – contributed so much towards the children's section.

My wife, Rosemarie, and I are working together on this job but, due to holidays, have had little time to collect additional information. However, we are aiming for this edition to be out in time for you to put the Barbeque event into your diary.

Please remember this Newsletter is for us all to share information and any contributions will be valuable and appreciated, such as

- Restaurants, cafes who cater for gluten free diets
- Holiday prospects or experiences
- Recipes
- Yummy products you have found in the shops

Please visit the forthcoming events section to find out what else is happening over the coming months.

As usual, if any of you have any recommendations of places to eat locally, please do email them to us at arpem321@hotmail.com.

We hope you enjoy this edition of Talkabout and we hope to see you at one of the forthcoming events.

Andrew and Rosemarie– The Editors

Your Help is Needed!

We are writing to ask for help from our members as the Sevenoaks Committee needs some more support. The group is run by volunteers and might be unable to continue if we cannot find some more support from our members. Please take time to read the following and see if you can help us at all.

Coffee Morning Organiser

A key part of the committee's role is being there for newly diagnosed coeliacs and new members are always grateful when attending one of our coffee mornings to meet other coeliacs and get some useful advice on how to manage their new diet. We need someone who can co-ordinate the monthly meetings and ensure there is someone to host each meeting.

Please get in contact with Fiona at: fi.turnbull@talktalk.net if you think you could help.

Forthcoming Events

Please come along to one of our events. We look forward to seeing you soon.

Coffee Morning - Third Saturday of every month

21st July Tunbridge Wells
18th August Sevenoaks
15th September Tunbridge Wells
20th October Sevenoaks
17th November Tunbridge Wells
December – no coffee morning

If you are newly diagnosed and want to find out more, this is a very relaxed way to meet with other coeliacs to share ideas and have a chat. We welcome all members.

We meet between 10.00am - 11.30am at alternate locations each month. One month at Sainsbury's Café in Sevenoaks (Otford Road, TN14 5EG) and the next month in Sainsbury's Café in Tunbridge Wells (on Linden Park Road, TN2 5QL, just off the A26 Eridge Road).

We look forward to seeing you soon - look out for the Crossed Grain magazine on the table.



Sevenoaks Coeliac Support Group

would like to invite you to our 2018 BBQ from 4.30 on Saturday 30th June in West Kingsdown.

We will be cooking up some lovely gluten-free food for you to enjoy without worrying about all the usual contamination issues.

Please come along with your family and friends and support your local group.
The children will love it too!

The cost is a minimum donation of £7.50 for adults and **FREE** for children under 10.

Bring your own cold drinks, glasses provided.

Please contact Daphne Paterson by 23rd June at dpater2@btinternet.com or telephone her on 07717 471909 to let us know how many of you are coming along and for directions.

Please also let us know of any other allergies

We are hoping to see lots of you soon!



Sevenoaks Area Coeliac Group Minutes of AGM 28th April 2018

Present:

Committee Members – Fiona Turnbull, Daphne Paterson, Joy Oliver, Susan Potts, Gill Howe, Total present – 73 members of the group

Apologies of Absence –Mary Cunnington, Sally Spike, junior member Jess Howe

Group Organiser's Report

Fiona welcomed everyone to the meeting, also our guest speaker Sarah Sleet CEO of CUK who will be giving a talk on research into coeliac disease.

Minutes of the previous AGM held on 13th May 2017 had been distributed and read and were proposed and accepted as a true record of the meeting by Jennifer Diprose and Seconded by Rinske Tate.

There were no matters arising.

Vacancies on Committee

- Newsletter editor
- Secretary to take minutes at meetings.
- Coffee morning's coordinator.

Fiona explained that a rota for members to help cover the coffee dates had worked well for 2018.

(Although there are only 4 members of the committee present today we have a combined total of 124 years since our coeliac diagnoses. Proving we have a very valuable coeliac knowledge to help our members.)

Re-Election of Committee

Fiona thanked the committee for another very successful year together and their hard work and contribution to the local group.

We are losing 3 committee members Gill Howe Jessica Howe and Wendy Gibson. Fiona thanked them for their commitment and hard work for the group.

Fiona explained that all posts are up for re-election but no nominations came forward.

The current committee:

Group leader

Fiona Turnbull

Group Secretary and Web Master

Daphne Paterson

Treasurer

Mary Cunnington

Refreshments

Joy Oliver & Sally Spike

New Members Secretary

Susan Potts

All were willing to stand for another year.

The proposal by Sheila Drury, seconded by Andrew Pilcher to re-elect the committee en masse was accepted.

Fiona thanked everyone and said she would be very pleased to take the group forward into our 16th year for Sevenoaks and into 14th year as Group Leader for her.

Treasurer's Report

Fiona thanked Mary for the safe transfer of the group bank account under CUK regulations, and for excellent book keeping. She also read out a summary of the years accounts as Mary Cunnington Treasurer was absent from the meeting. Up to date bank balance was £4369.07 but this does not take into account the expenses for the AGM booking and catering.

Fiona thanked Mike Wilcock our Sevenoaks member for the excellent campaign on behalf of the members of the West Kent CCG on withdrawal of Gluten Free Prescriptions. This was shadowed with the CUK campaigns coordinator Ruth Passmore. Mike has been on local radio and in constant contact with Greg Clark MP and the head of the West Kent CCG, but to no avail so far. West Kent CCG at present refuse to back down despite the decision in February 2018 by the Department of Health and Social Care to retain access to Gluten Free breads and flour mixes on prescription in England for people with coeliac disease.

Events over the last 12 months.

Monthly Coffee Mornings

This was manned by Members and the committee and worked well. We feel this is a vital resource for newly diagnosed coeliacs to chat on an informal basis. Coffee is held on the 3rd Saturday of the month at 10am to 11.30am at Sainsbury's Café, alternating between Tunbridge Wells and Sevenoaks, with no coffee meeting in December.

Talkabout Newsletter

Happily, Gill Howe was present and Fiona thanked for her 14 years as Editor of 44 editions of our Talkabout newsletter. A great achievement.

At present our Sevenoaks newsletter is published 3 times a year. We feel it is an important resource as it enables us to reach those members unable to get to our meetings. Fiona emphasized that we really do need a replacement Newsletter Editor as Gill is standing down from the committee.

Coeliac Awareness Week 17th May 2017

Once again we joined forces with our friends at Darent Valley Hospital's Dietetic Dept. with a stand in the main foyer for one day. There was a gastro outpatient clinic in the afternoon so that guaranteed us people interested in coeliac disease. It is always a worthwhile event to help raise awareness.

Summer BBQ Saturday 15th July 2017

Fiona thanked Daphne Paterson and husband Bob for all the hard work in hosting the BBQ at their home and the rest of the committee for their hard work in catering for the lovely food that was available. We all had an enjoyable afternoon.

Group Meeting and Afternoon Tea 25th November 2017

Members also enjoyed Afternoon Tea and home-made Cakes.

Saturday 27th January 2018 Children's G/F Party Otford Methodist Church Hall

This was totally funded by the Sevenoaks Group for our junior coeliac members up to age 12 and their siblings. Fiona thanked Ruth Kitchener, one of our members, for organising the great party games and fun afternoon.

The children topped and decorated their own pizza base that was cooked and served back to them. They also iced their own cup-cakes.

Other Events

Coeliac Awareness Week 12th to 18th May 2018 50th Anniversary of CUK

Fiona has already been in touch with Darent Valley Hospital and will spend a day in the main foyer with the Dieticians.

There will be a Summer BBQ date to be arranged, look out for details soon.

We were pleased to welcome 2 new committee members, as 3 members were standing down.

Afternoon tea, coffee and Gluten Free goodies were then served by the committee, allowing people to get that all important time to chat on an informal basis with the committee and each other.

Our AGM also celebrated the 50th anniversary of CUK.

Money collected at AGM CUK box £62.55 to go to CUK

2 Sevenoaks collection boxes £37.50

Thank you for your generosity

AGM 2018 RESEARCH PRESENTATION BY SARAH SLEET

Sevenoaks were proud to welcome Sarah Sleet to the Sevenoaks Group AGM.

Sarah gave a superb and detailed talk on the research into coeliac disease which is going on at the moment all around the world. It is so reassuring to hear that something is being done on behalf of the coeliac public. We had lots of good feedback from this meeting.

Fiona presented Sarah Sleet with a bottle of wine as a small token of thanks for attending and passed the afternoon over to Sarah who gave an excellent talk on research into coeliac disease.



Fiona thanked Sarah for an excellent informative talk. Sarah then presented Fiona with an inscribed cake stand for long term commitment to her volunteering roll with the Sevenoaks group.

Awareness Day Darent Valley Hospital



Tuesday 15th May 2018

Fiona Turnbull and Daphne Paterson spent another superb day with the hospital Dieticians. This is the 12 year our Sevenoaks Group have help man the stand in the main foyer of the hospital. It's good to have time to talk with people about all the little things they think are not

important enough to worry their GP about. There was a Gastro outpatient's clinic in the afternoon so that assured us that people there would be interested in coeliac disease.

The stall celebrated 50 years of Coeliac UK with bunting and balloons.

1 Sevenoaks box collected at Darent Valley Hospital Awareness Week Event £5.81



Last but not least, it would be appreciated if members could send in one of their favourite recipes so that we can include at least one in the next Newsletter.

One of our specials is the following:

Pear cobbler – serves four

Ingredients:

1kg ripe pears

150g/75g caster sugar

100ml water

125g gf self raising flour

75g cold butter, diced

50g gf ginger biscuits, blitzed to a powder

1 large egg

3-4 tbsps milk

Ice cream, Jersey cream or Greek yoghurt to serve

Method:

Preheat oven to 160°C/gas mark 3.

Peel and core pears, chop into small pieces.

Place in saucepan with 150g sugar and 100ml water, cook over medium heat until pears soften and start to fall apart.

Grease 1.5 litre baking dish.

Pulse blend flour and butter in food processor until you have the texture of breadcrumbs.

Add remaining 75g of sugar and the powdered biscuits. Pulse again to amalgamate the two.

Break in one egg, while gradually adding milk to make a dough that will hold together.

Top pear mixture with spoonfuls of the ginger dough covering the dish, leaving a few small gaps in the dough.

Bake for 40-45 mins until it is golden on top with the pears bubbling through the holes in the dough.

Allow to cool for 10 mins and serve with ice cream or yoghurt.

BON APPÉTIT!



Talkabout

Sevenoaks Area Coeliac Group

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

Please send your letters or enquiries to:

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