

SUMMER SUNSHINE

Hello Everyone

I hope you have all had a lovely summer with the brilliant weather and have recovered from the disappointment of England not winning the World Cup, however I believe (so I am told by Peter) that they played well. I have enjoyed getting to know my new granddaughter to the extent that she stayed overnight whilst Heather was out celebrating her 40th birthday, I had forgotten what it was like to have to do the night feeds, in fact Peter had to wake me!!

At the AGM we had a discussion on how the Group would progress and as there were no new committee members or a replacement for Group Organiser it has been decided that we will be sending the Newsletter out 3 times a year and in a shorter version. With that in mind if any member has any information they would like passing on to the Group please do not hesitate to let me know.

Pauline, Ruth and myself attended the AGM in June at Reading, we had a lovely time meeting manufacturers and suppliers. We were also treated to an Afternoon Tea with presentations of personalised cake stands being made to some of the longest serving volunteers of Coeliac UK by Sarah Sleet.

I have received the sad news that two of our members have sadly passed away - Pauline Edwards and David Richardson I have sent our condolences to their families. A donation was also made by David's family which has been passed to Coeliac UK asking for this to be added to the Research Fund.

CRISP ORANGE SHORTBREAD

100g, softened butter
50g golden caster sugar
grated zest ½ orange
175g gluten-free flour (try Doves Farm)
½ tsp gluten-free baking powder (we used Supercook)

Heat oven 190C/fan 170C/gas 5. Lightly oil baking sheet. Beat the butter, cream it with sugar and orange zest until light. Stir in flour and baking powder, mix together to form dough.

Divide mixture into 10 balls on baking sheet. Press flat with tip of round-bladed knife. Chill for 15 mins, bake for 12-15 mins until light golden. Leave on baking sheet for 2 mins before releasing with a palette knife. Slide onto a rack to cool. Store in airtight container up to a week.

PICTURES FROM THE AGM / 50th CELEBRATION AFTERNOON TEA



COFFEE MORNINGS 11 am

18 July at M & S Cafe

19 September at Asda Cafe

MERRY HILL CENTRE



AUTUMN MEETING

Saturday 20 October

2.30 pm start

The United Church, Lye

Stourbridge

DY9 8LX

FACEBOOK PAGE www.facebook.com/Stourbridge and District Local Coeliac Group

Please contact the group by email at stourbridge@coeliac.org.uk or 01299 832366