

# WESSEX VOLUNTARY SUPPORT GROUP NEWSLETTER September 2018



Wessex  
Local Group

## Forthcoming Events

### Dates for your Diary

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

#### Fish and Chip / Quiz evening

on Saturday -  
29th September

Cookery Demonstration by  
Abasing Bakes on  
Saturday 17 November  
2018 from 10.00 -  
1.00pm at Hedge End  
2000 Centre

#### 2019

#### Eastleigh College Dinner

Thursday 7 February  
2019 from 6.45 -  
10.00pm

#### Gluten free Food Fair,

5 October 2019,  
11 - 3.00pm,  
Winchester Guildhall

We do need more  
volunteers for this  
event. This could be a  
just on the day, or  
whatever help you can  
give.

For more information visit our  
webpage: by [clicking  
here](#) and for information on  
other local group food fairs  
around the country [click here](#)

### Our next meeting

Our next meeting will be the Fish and Chip Quiz Evening which will be held on Saturday 29 September 2018 in the North Baddesley Village Hall, Botley Road, North Baddesley, SO52 9DT.

There is ample parking on site which the hall shares with the Yellow Dot Nursery.

Doors will open at 6.00 pm and the quiz will start at 6.30 pm.

The price of this event is £11.00 per head, which covers the Fish and Chip Supper and entry to the quiz. Teams will be allocated on arrival. There will be prizes for the winning team and as usual, there will be a raffle.

**We are very pleased that the Little Fryer will be supplying our Fish and Chips, so we shall be able to all sit together and eat.**

PLEASE BRING YOUR OWN DRINKS AND GLASSES WITH YOU AS WE WILL NOT HAVE ANY AVAILABLE ON THE EVENING.

If you would like to attend the Fish and Chip Supper and Quiz please click here to download the booking form and please return the completed form together with your cheque by post. If making an online payment the booking form can be sent by email via [wessex@coeliac.org.uk](mailto:wessex@coeliac.org.uk).

If you have an email address, your tickets will be sent electronically. If not, please send a stamped, self-addressed envelope for return of your tickets.

Please respond by 22 September 2018. If you have not received your tickets by post or email by 25th September, please let

Judy know by email if possible via wessex@coeliac.org.uk or by telephone on 01794 512093.

## **Upcoming events nearby**

Two local Food Fairs are scheduled:

8 September 2018 -

South East Hants Food Fair from

11am -3pm, Fernham Hall, Osborn Road, Farnham, PO6 7DB

6 October 2018 -

West Sussex Food Fair from

10.30am -3pm, Boxgrove Village Hall, The Street, Boxgrove, Chichester, PO18 0EE.

## **Guardian article**

The Guardian's 8 Aug 18 article "Not just a fad: the truth about gluten-free" is well worth a read. The link is at

<https://www.theguardian.com/lifeandstyle/2018/aug/07/not-just-a-fad-the-surprising-gut-wrenching-truth-about-gluten> . (See the attached PDF of this article)

The Article highlights that our grandparents' grain was not sprayed with pesticides.

These days it is common practice among nonorganic farmers to spray their crops days before the harvest with the controversial pesticide glyphosate, to dry off the crop for processing.

In the factory, heavily automated bakery conglomerates have reduced the need for most of the human time, effort and craftsmanship used previously in the bread-making process through the use of a chemistry of additives and undisclosed processing aids.

We are now on Facebook (<https://www.facebook.com/groups/852666138200695>) to join the group and keep informed of our events and local venues as recommended by you!

## Recent Activities

### AGM on 14 April 2018 at Badger Farm Community Centre

Despite a disappointing turnout, members and their guests who attended were very keen to take part in a lively Question and Answer Session with Shirley James, Gastrointestinal Nurse Specialist at Lymington Hospital which followed the AGM.



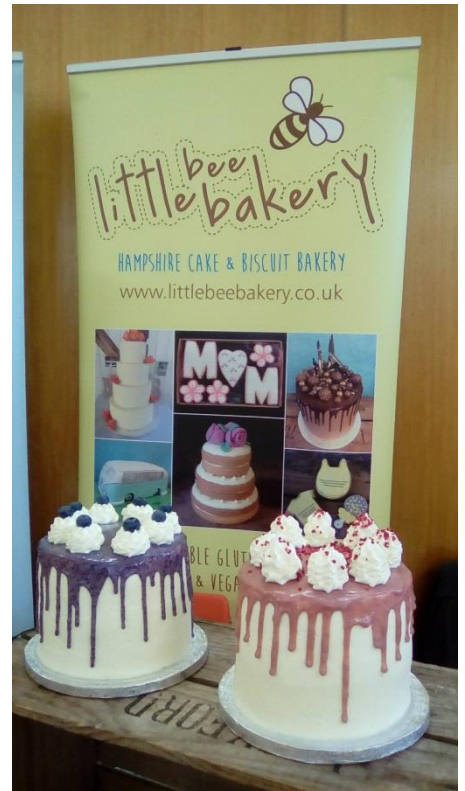
We were also pleased to have two stand holders,

Angela Sherman from Eggardon Rare Breeds

And

Melissa O'Dwyer of Little bee Bakery.

Selling their gluten-free products.



## Awareness Week 14 – 20 May 2018

Members of the committee supported the local hospitals and Marks and Spencer in their coeliac awareness-raising activities.

**Winchester** Hospital started the events with a gluten free cake sale which had raised £166 for the new Hospice being built on site. Thanks were given to members of the committee who had baked cakes for the event.



A Trolley Dash followed around the wards when unfortunately some of the ward staff had been rather busy and not able to spare as much time as they would have liked. The hospital had initiated Shake and Cake

Days on most wards but it was apparent that gluten-free cake had not been available. The Dietitians had not been aware of that oversight and would be taking the matter up with the Catering Manager, another example of the benefits of a Trolley Dash.

**Lymington** Hospital Shirley James had organised a well-stocked stand at Lymington Hospital but despite her usual advertising very few members of the public had visited. Although not busy it had still been a worthwhile exercise.



**Southampton** Hospital The stand had been well attended with a good selection of people passing by from patients, medical staff and one member from the Wiltshire CCG who was pointed in the direction of Coeliac UK. A few people had stopped who had just wanted a chat and a cake! Anne Sanderson, who had organised the stand for the hospital, appreciated the group's input.

**Marks and Spencer** At the very last minute, M & S Hedge End had decided to have a Gluten Free Evening on 14 May. Initially, when Barbara and Pauline arrived they had been unsure about the change of format. The number of attendees had been considerably down but everyone had been given a plate on arrival and invited to choose from a good selection of both hot and cold food. They had then sat down to enjoy the food and drink which enabled Barbara and Pauline to circulate and between them managed to speak to everyone. Attendees had also been given a goody bag with a good variety of items, a well-received gesture. Elly Sykes, one of the Managers at M & S who organised the evening agreed to supply some 'puddings' for the Family Day Hog Roast.

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## Coeliac UK's 50th birthday celebrations

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### Coeliac UK's 50th birthday celebrations

Wessex Group took part in these celebrations by participating in the 50 Challenge and by holding a Family Fun Day.

### The 50 Challenge

Two members of the committee plus the daughter of a committee member took up the challenge to support Coeliac UK's £5million Research Fund and raised £634.25 between them. Congratulations to all three for an excellent result.

### Family Fun Day, Chilworth Manor Hotel Southampton, 24 June 2018

Glorious sunshine and blue skies greeted 130 members and family for a wonderful day which will be remembered for a long time. Chilworth Manor's grounds echoed with laughter from children and adults alike attempting the variety of games available. Osprey Roadshow provided nonstop 60s and 70s music which got everyone toe tapping and some, even dancing. The aroma of the Hog Roast cooking added to the excitement. Bread rolls, new potatoes and salad, prepared by the committee, accompanied the Hog. To finish a fantastic selection of desserts was forthcoming, including, sticky toffee cheesecake, lemon cheesecake and chocolate and orange torte. Tea, coffee and soft drinks were freely available throughout the day.



Tuula Hughes aged 6 was the winner of the children's Cartoon Hunt.

A huge thank you to

Chilworth Manor  
Osprey Roadshow  
Warburtons  
Classic Cuisine  
A.A Edwards and Son  
Delice de France, Middletons  
Marks and Spencer  
Warsash Catering

Whose kind generosity turned a fun day  
into a very memorable event.



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## Members Special Offer

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### **Holiday Villas Algarve, both sleep 6 and have pools**

CORINA, reference number 1025 Vale Do Lobo

MIRANDA, reference number 3794 Dunas Douradas

Full details of the individual villas can be found at [www.sun-hat-villas.com](http://www.sun-hat-villas.com).

Prices for bookings between November 2018 and April 2019 are Euros 500 per week inclusive of water and electricity (except for heating the pool).

Eating out and buying gluten free food is very well catered for in the area.

For more information and to book at these prices, please contact [admin@john-hammond.com](mailto:admin@john-hammond.com) and Ana will get back to you.

Remember to quote Coeliac Wessex to receive this fantastic offer.

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## Promoted Supplies & Venues

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The following supplier has been recommended by a Coeliac UK Wessex Support Group member. The business listed has donated a fee to the group to promote their FreeFrom services to you. If you know of any local businesses who supply to the gluten-free community and would like to promote via this newsletter please contact Pauline via email [wessex@coeliac.org.uk](mailto:wessex@coeliac.org.uk) who will discuss the options available. or download a form by [clicking here](#)

### THE LITTLE FRYER

Traditional & Gluten Free

**02380 436 184**

Collection & Delivery Available



The Little Fryer – Bitterne offers gluten Free Fish & Chips every day of the week. Call ahead and book your gluten free options.

Tel 02380 436184 – 17 West End Rd, Southampton SO18 6TE



We would like to thank [Sunrise Senior Living](#) who print our newsletters for our postal members, Sunrise are represented in Winchester and Southampton and you can visit their website <http://www.sunrise-care.co.uk/>

Sunrise provide Assisted Living services that are all about treating each and every resident as an individual. By understanding our residents' needs, preserving dignity and respecting independence, we help to create a real sense of home. to find out more [click here](#).

Don't forget we are now on Facebook to join the group and keep informed of our events and local venues as recommended by you.

Thank you for taking the time to read through the newsletter. We hope the information given is of interest. Please let us know what you would like to see in our newsletters, and don't forget to forward any useful eating out reviews, hints, tips and recipes which other members can benefit from.

We look forward to seeing you soon.

Kind regards

*The Coeliac UK  
Wessex Group Committee*

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