

Minutes of East Devon & Exeter Committee Meeting

Tuesday 16th September 2025 @ 7.00-9.00pm

St David's Church Parish Room

Queen's Terrace, Exeter EX4 4HR



1. Present: RJ AC LH MC SM
2. Apologies KT
3. Group Organisers Report RJ had nothing to report since the AGM but 2 new events have taken place – see below.
4. Treasurer's Report Balance in May 2025: £1667.21. Expenditure since then: £295.13 (to cover AGM booking, room booking, return of HQ deposit) so current balance is £1372.08. Thank you AC for keeping our finances in order.

5. Matters arising from Minutes following AGM

- 5.1. Flapjackery presented a very successful talk and provided some delicious samples. Disappointingly, only 9 members came to the meeting – out of over 400. A letter of thanks was sent to Hugh.
- 5.2. Social Media set up. KT has been in touch with HQ. As he is unwell for this meeting, SM will check progress with him. We agreed to postpone this topic to the next meeting.
- 5.3. We discussed the need for careful management of any FB site as we do not want anyone to be overwhelmed with non-relevant posts. We discussed the need for careful management of any FB site as we do not want anyone to be overwhelmed with non-relevant posts.
- 5.4. Volunteers are able to attend Zoom Volunteer lounges (KT,AC,SM have done)
- 5.5. New CoeliacUK website is imminent. AC reported that members would sign up for emails. We discussed the need to make sure everyone knows how to subscribe. We also wondered about the need to inform membership of AGM if they hadn't subscribed to email.

6. Review of recent events

- 6.1. Successful AGM in June 2025 and new Meet-Up Exeter (see above)
- 6.2. SM reported on the first Meet-Up in Exeter at the museum. 9 people attended and it was friendly and positive.
- 6.3. Presentation at the Friday Café @ St Sidwell's Community Café following a request from them, SM did a presentation on Coeliac disease, using some slides from HQ. After putting out a call for anyone to come to support, one of our Exeter Meet-Up friends came along. 15 people attended and it was very well received.
- 6.4. Our 4 Meet-Ups are running monthly in Honiton, Exmouth, Tavistock, Exeter. Recently, 40 + people attended the 4 Meet-Ups (10,6,18,9 respectively).
- 6.5.

7. Forthcoming events (All details are on our local site)

- 7.1. Our 4 Meet-Up s continue to happen each month as usual in Exeter, Exmouth, Honiton and Tavistock.. All dates for 4 x Meet-Ups from now until Feb, and details of the party, have been sent to HQ for inclusion in a printed newsletter. We may be on the front page!
- 7.2. Rogers walk is on Sunday 26th September. Meet at car park in Dawlish Warren, walk to Dawlish. Lunch in **Home Kitchen** which offers a 'range of gluten free meals freshly and



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carefully prepared including pasties, quiches, burgers, sausages' etc. Option to walk back or catch the bus. Co-ordinator RJ

- 7.3. Children's GF Christmas Party date Saturday 6th December. We now have confirmed details for the party - suitable for children aged 4 – 12. Sporty Stars - with 5* reviews have been booked – they are an award-winning provider of sports-based activity experiences for children. They will charge us the same as last year. Jasper is our point of contact. Venue: Isca Academy, Earl Richard's Rd S, Exeter EX2 6AP Time 3.00-5.00 There will be one hour of activities followed by one hour of GF party food etc. Cost: Free. All GF children can bring a friend or sibling and must bring a responsible adult. Teenage helpers are welcome (with parents if under 18). Places need to be reserved via exmouth@coeliac.org.uk.
- 7.4. We discussed the possibility of parents making a contribution of food and an optional monetary contribution to our local group. SM will coordinate but would appreciate help! Patsy is unable to help this year but will make some sausage rolls.
- 7.5. We agreed that SM could send a request to Schar for 'sponsorship' as they provided a party pack last year.
- 7.6.

8. Any other business

- 8.1. Postcodes – we discussed the possibility of including Tavistock in our group for mail outs as Plymouth area does not currently have a group. We have been publicising the Tavistock Meet-Up since it started. We agreed that we would continue doing this and that members around that area would be welcome to join us for any of our activities. We were not so keen to feel the need to arrange other events for them as most of us are Exeter, East and nearer North Devon based.
- 8.2. SM has been in touch with @34. We used to go there once a year in order that Exeter College trainees in the hospitality sector could gain some awareness of GF/Coeliac disease. Due to a kitchen error 2 years ago, we have not been there since. We discussed whether or not we might return. They can cater for us and would charge £15 for a 2-course lunch £20 for 3-courses. We agreed that we would revisit after Christmas.
- 8.3. MC suggested that we might offer a GF presentation to trainees. SM to follow up.
- 8.4. A recommendation was made for Monkton Otter Farm shop for GF pizza and sandwiches! Sandy Park is also good for GF burger and chips!
- 8.5. Newsletter – we are not able to produce this in time before the website change.
- 8.6. Torquay food fair Nov 15th MC has volunteered to help. We were concerned that publicity has not been seen by the membership yet.
- 8.7. Updating Coeliac UK local site information – we agreed to leave this until next time when we have a full committee present.

9. **Date of next meeting:** Tuesday 20th January 2026 7.00 – 9.00 @St Davids.



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