

Coeliac UK Voluntary Group Newsletter - Issue 1 - April 2012

AGM Saturday 5th May 2012

Our AGM will be held on Saturday 5th May at St Ninian's Church Hall, Troon. Tea & coffee will be provided so please come along and give us your ideas of activities you would like the group to participate in. Prior to this formal event there will be a cookery demonstration from Glutafin. The demonstration will start at 10.30am and the AGM will start at approximately 12.30pm and be finished no later than 2pm. As we need to notify Glutafin on numbers attending can you please let us know if you will be attending asap? Please e-mail us at [ayrshire@coeliac.org.uk](mailto:ayrshire@coeliac.org.uk) or contact Wilma on 01292 315558. If you cannot attend the cookery demonstration please come along for the AGM.

The committee is look forward to seeing as many members as possible at the AGM.

Dates for Coffee + Chat Mornings in Sainsbury's Café 10.30 - 12.00 noon

Prestwick

Saturdays:- 28<sup>th</sup> April  
30<sup>th</sup> June  
25<sup>th</sup> August  
27<sup>th</sup> October

Irvine

Sundays:- 20<sup>th</sup> May  
22<sup>nd</sup> July  
30<sup>th</sup> September  
25<sup>th</sup> November

Come along for a chat and meet other group members at either Irvine Sainsbury's store or the Prestwick store. This is a good chance to meet other members and share ideas on shopping, cooking, prescriptions, and find out about new developments.

Ayrshire and Arran Voluntary Support Group

Annual General Meeting Agenda

- Review & accept minutes from last year's AGM
- Review Group accounts
- Nomination of new committee members
- AOB



## **Ayrshire and Arran Voluntary Support Group**

Minutes of the Annual General Meeting held on 11th May 2011 in St Ninian's Church Hall, Troon

### **Present**

All members attending the meeting signed the attendance sheets.

### **Apologies**

George S. McMillan, Linda Murray, Rhona O'Neill, Patricia McLaughlin, Howard Wilkinson, Helen Duffy.

### **Welcome and Introduction**

Wilma Brown welcomed everyone to the AGM and outlined the format for the evening. This would be the formal AGM and election of office bearers followed by a short talk on food labelling by dietician - Laura Douglas. Then after the official business concluded there would be an opportunity to sample each other's baking and swap recipes.

### **Summary of the year**

Wilma Brown gave a short summary of the group's activities undertaken over the last year.

In June 4 members attended the Annual Conference in Edinburgh. There were lots of different stalls, including beer and lager sampling, several workshops, cookery demonstrations, dieticians and the conference finished with a Ready, Steady, Cook competition. The conference was very worthwhile.

At this conference we met members of a Kent group who told us they held coffee mornings every month. After a bit of an explanation, it transpired these were held in local supermarket cafes. So we decided to give it a try, in the newly opened Sainsbury's in Prestwick. The first Coffee & Chat went well with Sainsbury's providing a good spread, but we decided this was not required. About 15 – 20 people have attended these events - both regulars and newly diagnosed people. Some dietitians have even sent parents of newly diagnosed children along.

In August Wilma's Scottish Country Dance Group had a fund raising evening, with our support group being the main beneficiary. They donated an impressive £450 from this event. Thanks to Alex Shaw and Catherine Logan for helping with the raffle.

The Volunteers' Conference was held in Perth in October to which 3 Committee Members attended. The sessions included new labelling, training on group finances and the website.

The highlight of the year's activities was the Xmas lunch at Adesso's in Irvine. 35 people attended and seemed to enjoy it. As the owner has Coeliac Disease it was reassuring to believe the food would not be cross contaminated.

Howard & Eileen Wilkinson of Petrie Foods are regulars at Farmers' Markets. They could not manage to the AGM but wished to say thanks for our Members' support at these Markets - dates for future ones are included in the newsletter.

## Minutes of the Annual General Meeting (continued)

Wilma pointed out that Awareness Week is next week. Some supermarkets are having a few promotions. Tesco will be having 3 for 2 offers on their Free From range and Sainsbury's will be giving out free samples.

The group will also be having an additional Coffee & Chat in Sainsbury's at Prestwick on Wednesday morning and some of the committee will be attending.

It was brought to the meetings attention that both e-bay and Amazon can give donations to Coeliac UK.

As there are many Members in the Girvan and Stranraer area, Wilma contacted them all asking if they wanted to have a meeting. Only 2 people have replied, one has moved away and the other would help if something was organised. Due to the poor response it has been decided not to pursue this avenue at this time.

The Committee is looking for new ideas on what the group can do. A meal out has been suggested and a recipe book is being planned (hence the reason for Members to bring favourite recipes tonight).

Wilma also drew to the attention of the members that Glutafin website now requires everyone to re-register. Also, Juvela now have an online shop and send free samples from time to time.

The newsletter is mostly compiled by Catherine Logan, so thank you for that. Like all newsletters more articles and ideas for the content are required.

After the official business of the AGM had concluded Laura Douglas - dietician, will give a short talk on food labelling and then there was an opportunity to sample the goodies Members had brought along.

Question: Willie Bell asked what the new food labels will look like?

Answer: Dietician replied she would cover that in her talk.

The minutes of the 2010 AGM were proposed by Ann Boyd, seconded by Willie Bell.

## Treasurer's Report

Joanne Samson distributed a summary of the financial position to all those attending the meeting. The accounts run from 1<sup>st</sup> June 2010 until 10<sup>th</sup> May 2011 and started with a balance of £740.48. Two late payments from the food fayre are from Asda and Juvela. Main income this year was the £450 donation, already mentioned, from Wilma's Scottish Country Dancing Group and the two out goings are one for stationery for Wilma, as although Catherine prepares the newsletter, Wilma prints it and posts it out to Members without an e-mail address and also sends newly diagnosed people information packs. Catherine's expenses were for travelling to the Volunteers' Conference in Perth and covering some cheques for Adesso's that were made out to the group. Balance at the end of the financial year was £1,172.59.

Accounts were proposed by Janette Hudson, seconded by Moira Suitters.

Minutes of the Annual General Meeting (continued)

Election of Office Bearers

The following people were standing for re-election as office bearers

Catherine Logan – Secretary

Joanne Samson - Treasurer

Wilma Brown – New Members’ Liaison

These nominations were proposed by Willie Bell and seconded by Ann Boyd.

Jess McEwan, Helen Duffy, Ann Boyd and Janet Hamilton agreed to remain on the Committee as ordinary members

These nominations were proposed by James Knox and seconded by Alex Shaw.

Unfortunately no men volunteered to join the Committee.

AOB

1 - C. Logan has been looking into a fish & chips night out at the Riverside Inn. It was suggested sometime in September/October – autumn would be a suitable time.

2 - It was pointed out that House of Chau in Kilmarnock has now closed. W. Bell will look into this to ascertain if this is a permanent closure or not

3 - C. Logan reported that the Glasgow group are organising a food fayre in September 2012. Therefore it was felt there was no requirement to have two food fayres in the same year in such close geographical areas. Our group will consider running another food fayre a year or two after that Glasgow one.

4 - More places to eat – Ship Inn, Irvine

Meeting closed at 8pm

Accounts Summary

Coeliac UK Ayrshire & Arran Voluntary Support Group

	Debit	Credit	Balance
Opening Balance			£740.48
Food Fayre		£100.00	£840.48
Country Dance Group Donation		£450.00	£1,290.48
Paid to Wilma for stationery, ink, stamps	£94.93		£1,195.55
£70.00 Paid to Catherine for travelling expenses to volunteers conference £30.00 Repayment to Catherine for Italian Meal deposits	£110.00		£1,085.55
£30.00 Deposits for Italian Meal paid to the group £57.04 Donations from collection tin		£87.04	£1,172.59

## Directions to Cookery Demonstration & AGM at St Ninian's, Troon

### From the north - once in Troon

- Turn right at Barassie Road End and go along Beach Road + North Shore Road
- Turn left into Barassie Street (flats on corner / car park on left / before mini-roundabout)
- Go straight through traffic lights
- Turn second right into St Meddan's Street
- First left into Bentinck Drive
- Straight along
- Turn right just before Welbeck House (sits on corner)
- Turn first left into lane behind houses

Entrance to church car park is along on the left

### Directions from Ayr:-

- Coming through Prestwick - turn left into Troon --- B 749
- Follow road (Lochgreen on left) then round sharp left bend takes you on to Craigend Road
- Take second on right (just past Piersland) into Bentinck Drive and St Ninian's is on left (Archway to church - hall round the back)
- Parking either on road or take first left after church at Welbeck House then first left again into lane and car park on left

