

GREETINGS TO ALL OUR MEMBERS – over 550 of you! Read on.....

As a relatively new committee, we decided to put together a newsletter to tell you more about the activities in our region over the past year and our hopes looking forward. A lot has happened and will happen over the next year!

BROWNSEA SWIM: Starting with August 2023, one of our members did a sponsored swim around Brownsea Island – a distance of 6.7kms, or just over 4 miles to raise money for a Children's (with Coeliac) Christmas Party. It was a grand day out as Wallace and Gromit would say! Coeliac UK provided some bunting, balloons and a very orange T-shirt! Donations flooded in through Just Giving raising a grand total of £1251.37 + £192.50 gift aid.

Susan trained at Exmouth, building up stamina and cold tolerance, in a mixture of sea states – calm, rough, clean, polluted and red-flagged! The sponsorship money greatly exceeded expectations, **so we decided to donate £250 to the research arm of Coeliac UK Head Office.**

There is still enough for more children's Christmas parties! Thanks to all those who contributed.



Support
crew

Coeliac UK
orange T-shirt
after the
event!



DEVON PHILHARMONIC ORCHESTRA CONCERT IN EXETER CATHEDRAL: In November 2023 the Devon Philharmonic Orchestra (in which one of our members is a player) nominated Coeliac UK as its chosen charity. A fabulous concert in Exeter cathedral was attended by Hilary Croft, our CEO, who gave an interval speech, and Aishah Farooq, a local Trustee of Coeliac UK.

A bucket collection raised cash, on the night, amounting to **£561.51**

This excludes any online donations using QR codes. All this money went to Coeliac UK Head Office.



Our regional group is proud to have been able to contribute amount, + swim money, to Head Office.

CHILDREN'S CHRISTMAS PARTY In December 2023, the Children's Christmas Party took place – the first since before Covid. Although numbers were small, everyone had a great time – children and parents alike! Great food, great fun. We booked an entertainer who provided loads of activities. The food was a great hit – all GF of course. The party was paid for by sponsor money from the Brownsea Island swim! We are planning another party for December 2024.



Great activities
Yummy food –
all GF – even
the sausage
rolls!
New friends!



Permission
gained from
relevant adults
for photos.
Children
agreed too!

DARTMOOR LETTERBOXING: In March 2024, one of our committee members designed and set up a letter-boxing adventure on Dartmoor raising money for our local group. Dartmoor letterboxing is a **recreational hobby that originated in the mid-19th century**. It involves walking across the moor using clues and grid references taken from a letterbox catalogue to find hidden “letterboxes” which typically contain a rubber stamp and a visitors’ book. Participants take an imprint of the stamp and leave an individual mark in the book.



You can still take part up to 26th Oct 2024 - it is an easy circular walk of 3.5 - 4 miles consisting of 16 different letterbox stamps between Princetown and Yelverton. It costs £3 for a catalogue, payable by PayPal.

You will then be sent the clues by email or an SAE.

For more info: contact exmouth@coeliac.co.uk

REGULAR MEET-UPS - by way of meeting for coffee/tea, take place monthly in Exmouth, Honiton and now Tavistock. Exmouth is on the third Wednesday of the month at Franklins from 10.30.

Honiton is on the first Tuesday of the month at Heron Farm, also from 10.30.

We have a new venue starting on 1 Oct – more details to follow separately. Exeter is another possibility sometime.

Let us know if you might be interested! These meet-ups form an important link for many people to meet and talk.

New members are always welcome. Would anyone be willing to be a link person for a meet-up?

Please contact a committee member to discuss exmouth@coeliac.co.uk

ANNUAL GENERAL MEETING in June 2024 we had our AGM which, sadly was not well attended. Simon Bryon-Edmond from Baked to Taste was going to tell us about his unique take on gluten free baking. Due to circumstances beyond his control, he sadly had to cancel. However, his company, Baked to Taste, kindly sent us a generous box of GF goodies to try. There are still fliers offering 10% off first orders available from the committee. As a last-minute substitute for Simon, Susan presented the story of her fantastic, and very successful, fund raising swim around Brownsea Island, talking about tides, training and preparation for the swim – with photos to bring it alive!

LOOKING FORWARDS: STRATEGIC THINGS WE ARE WORKING ON:



- Communication with the local Integrated Care Board concerning a re-consideration of the decision to withdraw prescriptions for most adults.
- Contact with the local dietetic team to build links between provider and user. We hope to have a session later in the year following the unavoidable cancellation of a talk earlier this year.
- Liaison with University of Plymouth Faculty of Health Sciences dietetic course

FORTHCOMING EVENTS - much of which is dependent on engagement and commitment of members

- Dartmoor lunchtime picnic and optional guided walk, aimed at everyone including families. Meet at Belstone Green on Sunday 29th at 12.00. Further details on group alert to follow!
- Christmas party for our younger members – date to be arranged.
- Meals out – suggestions welcome!
- We will be seeking your views about what you would like to happen in the region. Watch this space!

FINALLY, as one of our committee members points out, we are all members of Coeliac UK, and make up a specific community with Coeliac disease or a related illness.

As your committee, we are striving to follow the objectives of Coeliac UK which broadly aim to do the following:

- 1) Educate and publicise information about Coeliac disease
- 2) Research (for which fund-raising is necessary)
- 3) Support the well-being of members, enhanced by purposeful and engaging activities bringing us together - organised by an active regional committee.

We would like to encourage you to engage with us, make suggestions, organise an event.

You might even like to join us on the committee, bringing new ideas. We are a small group of 6 at the moment.

We hope that you have had a wonderful gluten-free summer. Let us know if you have anything you would like us to consider at our next committee meeting on 8th Oct. email us: exmouth@coeliac.co.uk

Your committee: Roger (Organiser), Susan (Secretary), Alan (Treasurer), Laurence, Micky, Dilys

Sept 2024