

LOOKING FORWARD TO CELEBRATING 50th ANNIVERSARY OF GROUPS' FORMATION

Hello Everyone

Hope everyone is keeping well and what a mixed bag of weather we have had this summer.

We have a new Group Organiser who will be taking over from me in October, Jemma Farrance, those of you who come to the fish and chip and coffee mornings will already have met her I am sure you will all wish her success and look forward to her ideas for moving the Group forward.

At Coeliac UK there are two new team members Mandy Carey, Volunteer Manager and Hilary Croft the new Chief Executive,

This Autumn will see the 50th Anniversary since Stourbridge Group was formed and we are holding some celebrations to mark the occasion.

SWEET POTATOE SOUP

(courtesy of bbc food website)

1 tbsp olive oil
1 onion, roughly chopped
2 large carrots, peeled and roughly chopped
4cm/1½ inches fresh root ginger, finely chopped
1 garlic clove, crushed
½ tsp dried red chilli flakes
700g/1lb 10oz sweet potatoes, peeled and cubed
1.2 litres/2 pints vegetable stock
salt and freshly ground black pepper

METHOD

Heat the oil in a large, lidded saucepan over a medium-high heat. Add the onion and carrots and cook until softened. Stir in the ginger, garlic and chilli flakes and fry for 2–3 minutes, or until fragrant.
Stir in the sweet potatoes and stock. Turn up the heat and bring the pan to the boil. Reduce the heat to low and simmer with the lid on for 15 minutes, or until the sweet potato is tender.
Remove the pan from the heat and blend the soup, using a stick blender, until smooth. Alternatively, tip it into a food processor and blend. Season to taste and serve.

NEWS

COFFEE MORNING - Tuesday 8 October at the M & S Cafe, if you're free do come along for a social chat over a coffee and maybe something nice with loads of calories. PLEASE NOTE DIFFERENT DAY

FISH & CHIP LUNCH - Saturday 30 November the United Church, High Street, Lye, DY9 8LX with a Christmas Theme, please let us know if you are attending to enable the correct number of portions to be ordered.

AUTUMN MEETING - 18 October 2019 please come along and help us celebrate



50TH ANNIVERSARY OF THE FORMATION OF THE GROUP
SATURDAY 19 OCTOBER
@ 2.30 pm
CELEBRATORY AFTERNOON TEA
PLEASE RSVP - stourbridge@coeliac.org.uk



COFFEE MORNING
11 am
Tuesday 8 October 2019
at M & S Cafe
MERRY HILL CENTRE
DY5 1QS

AUTUMN MEETING
Saturday 19 October
2.30 pm start
The United Church, Lye
Stourbridge
DY9 8LX

FISH & CHIP LUNCH
CHRISTMAS THEME
Saturday 30 November
12.30 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