

WELCOME BACK FOLLOWING COVID-19 PANDEMIC - AGM AND AFTERNOON TEA

Hello Everyone

After such unprecedented times it is good to be able to meet together again and enjoy the friendship and support we have as members of the Stourbridge and District group. The success of the group was in no small part due to the contribution of Pat Siviter who stood down as Group Organiser after many years service and dedication at the groups 50th Anniversary meeting in October 2019. May I offer her my gratitude and many thanks from all the group for guiding us through to that important milestone. Following this wonderful celebration in October we enjoyed a Festive Quiz with Fish & Chips and a coffee morning in February which were both well attended. Then Covid hit and all events were canceled. After this long break hopefully many members will be eager to come to the AGM on the 30th July to enjoy an Afternoon Tea and contribute with any ideas for events/activities that we could do in the future

Even though Covid is still an issue and a worry to many the committee and I think it is time to start meeting again. Please take the normal precautions and do not attend the meeting if you feel unwell.

STICKY TOFFEE PUDDING

(courtesy of Hamlyn All Colour Cookbook)
125g (4oz) dried dates stoned and chopped
200ml (7fl oz) boiling water
1 teaspoon bicarbonate of soda
50g (2oz) butter softened, plus extra for greasing
50g (2oz) soft light brown sugar
2 eggs, beaten
125g (4oz) self raising gluten free flour
1 teaspoon gluten free baking powder

Toffee Sauce
100g (3.5oz) butter
150g (5oz) soft light brown sugar
100ml (7fl oz) double cream

Put the dates in a heatproof bowl, pour over the boiling water and stir in the bicarbonate of soda. Leave to soak for 10 minutes.

Grease and line a 20cm (8 inch) square cake tin.

In a bowl beat together the butter, sugar, eggs, flour, eggs, baking powder and then mix in the soaked dates including the frothy liquid. Pour into the prepared tin.

Place in a preheated oven 180°C (350°F), Gas mark 4 for 25-30 minutes until firm to the touch.

While the pudding is cooking place all the sauce ingredients in a saucepan and heat through until the sugar has dissolved. Cut the sponge into 8 pieces and serve warm in bowls and pour sauce over.

Optional dollop of thick cream and a scattering of pecan nuts.

Following a gluten free diet can be challenging especially away from your home environment. If anyone has any suggestions of places to eat please share with the group at the next meeting or by email or via the Facebook page (details at the bottom on this newsletter).

New Member information

Venue: The United Church, Lye, Stourbridge, DY9 8LX (Car park at rear accessed from Lye-By-Pass)
A £2 entrance fee is charged to cover the hall hire and refreshments (under 16s free). Members friends and family are welcome to come along and join in.

If you are able to come to the AGM and afternoon tea please book your place using any of the contact details at the bottom of this newsletter.

Support Coeliac UK through their lottery for £1/week lottery.coeliac.org.uk or call 01628 201287

Events



**AGM and
Afternoon Tea**
2-5 pm
Saturday 30 July
The United Church, Lye
Stourbridge, DY9 8LX

COFFEE MORNING
11 am
Wednesday 21 September
at
**M & S Cafe MERRY HILL
CENTRE DY5 1QS**

**FISH & CHIP LUNCH
CHRISTMAS THEME**
12.30 pm start
Saturday 19 November
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 01256 630996