



Welcome to

# SWINDON LOCAL GROUP AGM

Starting at 7:15pm



To be followed by a presentation from Int-olerance

A local supplier of gluten and dairy free products

# Agenda



- 1. Welcome**
- 2. Apologies for absence**
- 3. Minutes of previous AGM – 14<sup>th</sup> May 2019**
- 4. Group Organiser's Report**
- 5. Treasurer's Report**
- 6. Election of Committee Members**

# Group Organiser's Report



- **Following our first AGM**
- **Local Group Activities**
- **A Time of Thanks**
- **Looking Ahead**

# Group Organiser's Report



## Following our first AGM

- Following our launch in November 2018 we had our very first AGM in March 2019
- Our second AGM was planned for April 2020
- On 15th March 2020 we had to suspend all activities  
Plans put on hold – the monthly social events, a ten-bowling session, a Christmas event
- Only recently able to restart our events

# **Group Organiser's Report**



## **Local Group Activities**

- Coffee Afternoons
- Evening Socials
- Cookery Demonstration
- Working with the GWH Dietician Team
- Welcoming and Supporting New Members
- Supporting Existing Members
- Monthly emails
- Social Media Channels
- In Local Publications
- CUK Swindon Website
- Coeliac Awareness Week

# Group Organiser's Report

**coeliacuk**  
Swindon Local Group



**THANK YOU!**

# Group Organiser's Report



## Looking Ahead

- Pleased to offer more face-to-face events
- Plans being made for Autumn and Winter events
- Volunteers always welcome – for small manageable roles  
Share as much time as you wish

# Treasurer's Report



## Headlines

- Obviously 2 years of pandemic = no spending BUT no income
- Balance healthy and keen to use it to support YOU
- Invested in new SumUp card reader – 1.69% fee on all transactions
- We need your continued support to keep this group active and fund fun activities – suggestions welcomed





# Treasurer's Report



## Accounts - Financial Year and Calendar Year 2021

**Opening Balance** **£517.40**

Bank £477.40

Cash In Hand £ 40.00

**Closing Balance** **£537.40**

Bank £497.40

Cash In Hand £ 40.00

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<b>In</b>	<b>Out</b>
£20 – Pizza Express Vouchers payment	£0
TOTAL IN £20	

# AGM

Wednesday 22<sup>nd</sup> June 2022



# A BIT ABOUT ME

- THE OWNER OF INT-OLERANCE AND PNB
- SINGLE MOTHER
- GF FOR 8 YEARS, DF FOR 2 YEARS
- SELF DIAGNOSED COELIAC
- THE STRUGGLE AT THE BEGINNING
- COMING TO TERMS WITH THE DISEASE
- NO LOOKING BACK!!



**Coeliac disease** has a range of symptoms, including:

- Frequent diarrhoea
- Nausea and vomiting
- Bloating
- Anaemia
- Crippling fatigue
- Constant mouth ulcers
- Skin rash (dermatitis herpetiformis)

Take our online assessment at [www.baltcoeliacdisease.org.uk](http://www.baltcoeliacdisease.org.uk)

**coeliac uk**  
live well **gluten free**

## MY PERSONAL SYMPTOMS

### EARLY SYMPTOMS

- ORANGE PEEL SKIN ON (DH) ARMS
- SEVERE BLOATING (LOOKING 7 MONTHS PREGNANT)
  - CONSTANT STITCH DOWN MY RIGHT SIDE
  - CHANGE IN BOWEL MOVEMENT
  - NAUSEA AND SICKNESS

### PROGRESSIVE SYMPTOMS

- ACHING JOINTS
  - DIZZINESS
- HEARTBURN/ ACID REFLUX
  - SEVERE GAS
  - SEVERE LETHARGY
  - LOSS OF APPETITE
  - BRAIN FOG

- THE IDEA OF INTOLERANCE WAS BORN EARLY 2021
- THE BRAND WAS CREATED AND WE STARTED TRYING TO GET A SOCIAL MEDIA PRESENCE AND RESEARCH OUR TARGET AUDIENCE
- BY SUMMER 2021 WE HAD 3K FOLLOWERS ON INSTA
- MARCH 2022 WE REGISTERED AS A FOOD BUSINESS
- APRIL 2022 WE OPENED OUR FIRST STALL AT SWINDON DESIGNER OUTLET VILLAGE
- MAY 2022 WE ARE STOCKING THE VEEG SHACK IN CRICKLADE ROAD AND NEXUS CAFE AT CHENEY MANOR INDUSTRIAL ESTATE WITH OUR GLUTEN AND DAIRY FREE GOODIES

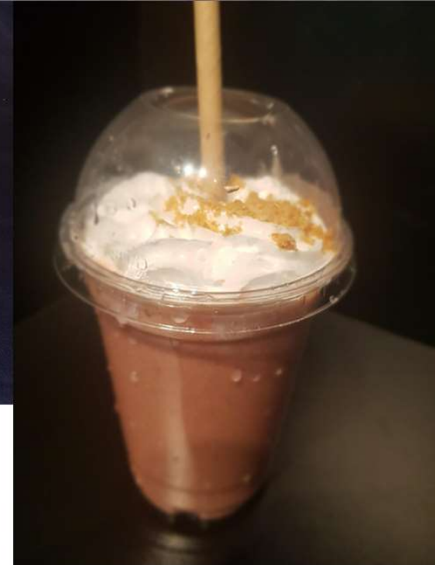


# CafeNEXUS



# Etsy

- Hot food (inspired by dishes from around the world)
  - Muffins
- Blondies and Brownies
  - Savoury Pastries
    - Pies
    - Puddings
  - Dairy free shakes
  - English Tea boxes
- Recipe of the month
  - DIY boxes
  - Freeze at home pies
- Cater for parties and events
  - (Coming soon) In house catering, dinner party with service
  - (Coming soon) e book



WWW.INT-OLERANCE.COM

# Any Questions?

FIND US AT

- SWINDON DESIGNER OUTLET VILLAGE

STOCKED IN

- THE VEEG SHACK IN CRICKLADE ROAD
- NEXUS CAFE AT CHENEY MANOR INDUSTRIAL ESTATE



[WWW.INT-OLERANCE.COM](http://WWW.INT-OLERANCE.COM)

## Our Next Events



### **Wednesday 13<sup>th</sup> July 2pm – Coffee Afternoon**

at McCTaffs in College Street, Swindon

### **Wednesday 20<sup>th</sup> July 7:30pm – Evening Social**

at Dandelion Gifts & Coffee Shop, Royal Wootton Bassett

### **Wednesday 10<sup>th</sup> August 2pm – Coffee Afternoon**

at McCTaffs in College Street, Swindon

***Additional Volunteers are always very welcome to help our group grow further - Please have a chat with Martin***