

# WESSEX VOLUNTARY SUPPORT GROUP NEWSLETTER September 2017



Wessex  
Local Group

## Forthcoming Events

### Dates for your Diary

<https://www.coeliac.org.uk/local-groups/wessex/events/>

### Gluten-Free Food Fair

7 Oct 2017  
11-3pm  
Guildhall, Winchester

### Cookery Demonstration

Saturday 25<sup>th</sup>  
November Hedge End  
2000 Centre

Saturday 7th October 2017 Guildhall Winchester 11.00 – 15.00

Our main event of the year is nearly upon us, our GLUTEN FREE FOOD FAIR, in the Guildhall Winchester on Saturday 7



October 2017 from 11.00 – 15.00. We are delighted that Jane Devonshire Master Chef Champion 2016 will be in attendance throughout the day and giving talks about the show, explaining how many of the dishes she cooks at home are gluten free to cater for her son who has coeliac disease.

The fair promises to be even bigger and better than before and this is one event you will not want to miss. There will be a wide range of both national and local gluten free food manufacturers and suppliers and the ever popular gluten free food tombola. Also at the fair, there will be representatives of Coeliac UK Head Office, Dietitians from Winchester and Southampton Hospitals and the local Osteoporosis Society.

There will also be an opportunity to watch your children decorating gluten free biscuits.

Please feel free to use the Food Fair poster attached (or on this link : <https://tinyurl.com/yaqnm2vt> ) to promote the Food Fair in your local GP surgery, pharmacy, library etc.

We are now on Facebook (<https://www.facebook.com/groups/852666138200695>) to join the group and keep informed of our events and local venues as recommended by you!

We are looking for **volunteers** to help at the **Food Fair**. If you are able to help on the day, even if it is only for a couple of hours, please get in touch either by email to [wessex@coeliac.org.uk](mailto:wessex@coeliac.org.uk) or by phone to **Pauline** Kidd on **01329 832453**.

Do not miss out; make sure you have the date in your diary. Entry will remain at £2.00, children free.

The Fair is open to everyone, but only gluten free food will be available to taste and to buy.

## Cookery Demonstration

Our last event this year will be a Cookery Demonstration in the Hedge End 2000 Centre in the morning of Saturday 25 November. Full details of this event will be in our next newsletter.

**Please note that if you are no longer a member of Coeliac UK and do not wish to subscribe to this newsletter we would ask you to update your preferences by clicking on the links below, otherwise you will continue to receive information on events and suppliers.**

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## Recent Activities

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### Fish and Chip Quiz

Our last event was our Fish and Chip Quiz evening on Saturday 8 July 2017 in the North Baddesley Village Hall when 50 members and their friends thoroughly enjoyed the Fish and Chips cooked by The Little Fryer of Bitterne who are one of our sponsors for the newsletters.



We thank them very much for their support throughout the year. Alan once again did us proud with a superb variety of questions in an attempt to get our brains working. It was interesting to note the winners were sitting at the same table as our last Quiz winners. Thanks also to Janet who somehow managed to extract £83 from 50 guests for the raffle.



## AGM

As promised in our last newsletter a copy of the AGM Minutes on 6 May 2017 is located on this link <https://tinyurl.com/ycwny89q>

or

<https://www.coeliac.org.uk/local-groups/wessex/documents/4731-minutes-of-agm-2017>).

## Links with our local hospitals

As reported in the June 2017 newsletter, your committee continues to support Winchester Hospital by providing light refreshments at their quarterly evening Coeliac clinics.

These refreshments give everyone an opportunity to relax and have a chat over a cup of tea and a piece of cake.

Depending on patient numbers we now also provide light refreshments at Royal South Hants Hospital monthly clinics.

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## Dining out

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*If you choose to eat at any of the eating establishments recommended by our members, it is the responsibility of the reader to ensure their safety and bear in mind that chefs and owners change. The venues are not all Coeliac UK accredited and we take no responsibility for any ill effects suffered as a result of any meal or food consumed from any featured venue.*

Awareness Week theme is Eating Out so please do let us know of your experiences – send your reviews and recommendations to [wessex@coeliac.org.uk](mailto:wessex@coeliac.org.uk).

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## Members Special Offer

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### **Holiday Villas Algarve, both sleep 6 and have pools**

CORINA, reference number 1025 Vale Do Lobo

MIRANDA, reference number 3794 Dunas Douradas

Full details of the individual villas can be found at [www.sun-hat-villas.com](http://www.sun-hat-villas.com). Prices for bookings between mid-October 2017 and 30th April 2018 are Euros 500 per week inclusive of water and electricity (except for heating the pool) Eating out and buying gluten free food is very well catered for in the area.

For more information and to book at these prices, please contact [admin@john-hammond.com](mailto:admin@john-hammond.com) and Ana will get back to you.

Remember to quote Coeliac Wessex to receive this fantastic offer.

Don't forget we are now on [Facebook](#) click here to join the group and keep informed of our events and local venues as recommended by you.

This is for your awareness and information - we currently have no experience of the above company(s) but would be interested to hear members' views and feedback.

## Promoted Supplies & Venues



The Little Fryer – Bitterne offers gluten Free Fish & Chips every day of the week. Call ahead and book your gluten free options.

Tel 02380 436184 – 17 West End Rd,  
Southampton SO18 6TE

Schär Glutenfree Holidays is the new travel portal from Schär. If you're looking for a great holiday, where you can relax safe in the knowledge you will be able to eat completely gluten-free, then look no further.

<http://www.holidays.schaer.com/>



We would like to thank [Sunrise Senior Living](http://www.sunrise-care.co.uk/) who have kindly agreed to print our newsletters for our postal members, Sunrise are represented in Winchester and Southampton and you can visit their website

<http://www.sunrise-care.co.uk/>

Sunrise provide Assisted Living services that are all about treating each and every resident as an individual. By understanding our residents' needs, preserving

dignity and respecting independence, we help to create a real sense of home. to find out more [click here](#).

Thank you for taking the time to read through the newsletter. We hope the information given is of interest. Please let us know what you would like to see in our newsletters, and don't forget to forward any useful eating out reviews, hints, tips and recipes which other members can benefit from.

We look forward to seeing you soon.

Kind regards

*The Coeliac UK  
Wessex Group Committee*

 [@CoeliacUKWessex](https://twitter.com/CoeliacUKWessex)

[www.twitter.com/coeliacukwessex](https://www.twitter.com/coeliacukwessex)

 Email: [wessex@coeliac.org.uk](mailto:wessex@coeliac.org.uk)

**Saturday 7th October 2017**  
**GLUTEN FREE FOOD FAIR**  
**GUILDHALL WINCHESTER- SO23 9GH**



**Meet Manufacturers & Suppliers of  
Gluten - Free food & hear talk by  
Jane Devonshire  
Master Chef Champion 2016**

**OPEN**  
**11:00—3.00PM**



- ♦ *Gluten free light lunches available*
- ♦ *Coeliac UK on hand to answer queries*
- ♦ *Sample and take home gluten free*

**£2 ENTRY FEE (CHILDREN FREE)**



Pauline Kidd, Tel: 01329 832453, Email: [wessex@coeliac.org.uk](mailto:wessex@coeliac.org.uk)  
Winchester Guildhall, The Broadway, Winchester SO23 9GH



**Minutes of the 15<sup>th</sup> Annual General Meeting**  
**Coeliac UK Wessex Group**  
**St James Road Methodist Church Hall Southampton**  
**Saturday 6<sup>th</sup> May 2017**

**1. Introduction**

Barbara Bainbridge, Chairperson, welcomed everyone to the Group's 15<sup>th</sup> AGM. Barbara enquired if all members had registered and additional copies of the official AGM papers were handed out to those who had forgotten to bring them along.

Barbara introduced the six stand holders and encouraged all present to visit them and buy some delicious food after the AGM.

**2. Apologies**

Barbara informed everyone that unfortunately Judy was unable to attend as she had been very unwell and was presently still in hospital. We had a card if anyone wished to sign. In Judy's absence the minutes would be taken by Janet.

Apologies received from Judy and Norman Allen, Jennifer Caldwell and Ann Longman.

**3. Minutes of AGM 23<sup>rd</sup> April 2016**

Barbara asked members if the minutes of the AGM held on 23<sup>rd</sup> April 2016 were an accurate record. Proposed by Malcolm Brook and seconded by Judy Guppy, this was agreed.

**4. Group Organiser's Report**

Barbara introduced Pauline Kidd, Group Organiser, who advised members the formal annual report was included in the documentation sent out with the official AGM papers. Pauline then summarised the year, beginning with a thank you for three new committee members volunteering during the year. Events during the year included a dinner at Eastleigh College in February attended by 45 members and guests who thoroughly enjoyed the excellently prepared food. We also had the opportunity to talk to the students who were learning about the safe preparation and serving of gluten free food.

In April we held our AGM/Speaker's Morning with 114 in attendance. After the AGM Shirley James, Gastrointestinal Nurse Specialist at Lymington Hospital, informed members and their guests what was new and in the news about Coeliac Disease. An excellent talk for both newly diagnosed and people who had been diagnosed as coeliac for many years. We were supported by seven small local gluten free businesses selling their products.

May was Awareness Week, although events covered most of May. We started with a Trolley Dash around the wards at Winchester Hospital organised by Coeliac Sister, Christine Whitehead. The aim was to challenge medical and administrative staff about the support given to coeliacs when inpatients. We had a stand in the foyer at Lymington Hospital organised by Shirley James. Shirley had advertised the event well which aimed to give visitors the chance to sample gluten free food and ask any questions about coeliac disease and the activities of the Wessex Group. Next came Gift and Gain Days organised by Waitrose stores at Romsey, Chandlers Ford, Locks Heath and Winchester. The events provided an opportunity for shoppers to sample gluten free products available at the stores and to learn about the activities of the Wessex Group.

In September we had our very popular Fish and Chip Quiz Evening at North Baddesley Village Hall organised by Alan Noble and assisted by Kevin Sessions. Over 60 members and guests enjoyed an entertaining and challenging quiz and great gluten free fish and chips, provided by Sam Spelling.

In November 3 committee members braved the cold and rain and attended the Coeliac UK Volunteers' Conference in Reading.

In November Juvela put on an excellent Cookery Demonstration at Badger Farm Community Centre with just over 70 people in attendance.

Our final get together of the year was arranged by Sunrise Care Home in Bassett who kindly provided an Afternoon Tea with Carols.

Finally Pauline thanked everyone for their support in making the events a success and expressed her sincere thanks to the Committee and their partners, for all their hard work during the year. A special thank you was given to our long serving Treasurer, Alan.

#### **5. End of Year Accounts**

Barbara introduced Alan Noble, outgoing Treasurer, to present the Annual Accounts. Alan referred members to the two statements of accounts at Appendix 1 and Appendix 2 of the Annual Report and immediately apologised for an error. Appendix 1 figures differ by £70 due to an omission of £70 which should have been shown under Income for Stall fees at the 2016 AGM thus the final correct figure for Income is £5846.65. No questions were raised therefore Alan proposed the Accounts and these were seconded by Malcolm Brook. Vote taken and accounts approved with no objections.

#### **6. Election of Committee Members**

Barbara advised members that they would have read in the official AGM papers and following Pauline's report, that Alan had decided to stand down as Treasurer at the beginning of the year, and the role was taken over by Roger Kidd who was co-opted to the Committee. Barbara also thanked Alan for his hard work over the years and expressed gratitude that it was his intention to stand for election on the Committee. All last year's committee members were prepared to stand for election and Barbara asked those present to stand. Shirley James agreed to act as an independent witness to the election. Voting was undertaken en bloc and the committee was duly elected for the year.

#### **7. Any other business**

There being no other business Barbara closed the official meeting at 10.50 am.