

WESSEX VOLUNTARY SUPPORT GROUP NEWSLETTER March 2018



Wessex
Local Group

Forthcoming Events

Dates for your Diary

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

Saturday 14 Apr 2018

[A.G.M. on Saturday 14th
April at Badger Farm
Community Centre](#) SO22
4QB 10am for a 10:30 start

Awareness Week

Awareness Week -

Royal Hampshire County
Hospital Winchester SO22
5DG (Tuesday 8th,
Wednesday 9th and
Thursday 10th May - 10 am
– 2.00 pm)

Lymington Hospital SO41
8QD
Tuesday 15th May 9 –
1.30pm

Southampton General
Hospital SO16 6YD
Thursday 17th May 10 am –
2.00 pm

[Coeliac UK 50th Birthday
Celebrations @ Chilworth
Manor](#) SO16 7PT

Family Fun Day on Sunday
24th June at Chilworth
Manor, at 11.00 – 16.00 to
celebrate Coeliac UK 50th
Birthday.

Our next meeting

Will Our next meeting is our A.G.M. on Saturday 14th April at Badger Farm Community Centre, SO22 4QB. The Community Centre can be found at the far end of Sainsbury's Superstore car park.

Small local businesses will be in attendance so you can have the opportunity to taste and buy fresh produce.

We hope to have representation from our three local hospitals, Lymington, Southampton and Winchester who have kindly agreed to form a panel to answer any questions you have regarding Coeliac disease.

Doors open at 10.00 am for light refreshments.

Tickets will not be required as there is no charge, but please do come along and support the local businesses and take the opportunity to speak with the Committee.

Your input is vital as a lot of time and energy is required when organising events and your views are essential for us to prosper.

We will be holding our usual raffle.

Treasurer's Report and Minutes of 2017 AGM, the 2017 Account are attached.

Coeliac UK 50th Birthday Celebrations

Our first event in 2018

You are all invited to a Family Fun Day on Sunday 24th June at Chilworth Manor, at 11.00 – 16.00 to celebrate Coeliac UK 50th Birthday.

There will be a

- Hog Roast
- music
- family games.

This event is highly subsidised as we wish as many people as possible to join in the celebrations. Please book your places now, friends and family all welcome.

Menu:

Everything will be gluten-free

Hog Roast with apple sauce, new potatoes, green salad, tomato and red onion salad, coleslaw, roll and butter.

Choice of cakes

Tea/Coffee/Squash

Adults £9.00, Children 3 – 14 £5.00 under 3 free

Although your cheque will not be paid into the group's bank account until June, please send it, with your booking form to Judy Allen, Clover Hill, The Crescent, Romsey SO51 7NG as soon as possible to secure your places. If you have an email address, your tickets will be sent electronically. If not, please send a stamped addressed envelope for your tickets. For those of you with other dietary requirements, please ensure these are included on the booking form.

You will find the booking form attached.

Event for 2018 Help Celebrate Coeliac UK 50 years by Taking The 50 Challenge

Individually or as a team, let's get moving and take the 50 Challenge between 1st May and 30th June.

Age is no barrier when diagnosed with Coeliac Disease but whatever our age we can all get motivated.

You can design your challenge according to your ability.

Some examples:

- Walk, cycle, swim, run (or combination) 50 miles
- Walk, cycle, swim, run (or combination) 50 minutes each week for five weeks
- Do 50 repetitive exercises each week for five weeks, i.e. raising arms or lifting/bending legs whilst sitting comfortably in a chairDo 50 rep
- Hit 50 golf balls on the Driving Range
- Skip
- Dance
- Push Ups
- Walk up 50 stairs each day for five weeks
- The list is endless, so long as it is legal and it gets you moving just do it.

Whatever exercise you choose for the Challenge, if you can get some sponsorship it will be greatly appreciated.

A certificate of participation will be given to everyone who completes their Challenge.

Please return your [50 Challenge Registration form](#) to Pauline Kidd, 3 Hearne Gardens, Shirrell Heath, Southampton SO32 2NR or email to wessex@coeliac.org.uk

Registration Form: [50 Challenge Registration form](#)

Application Form: [50-challenge-tracker-form \(Word Document\)](#) or [50-challenge-tracker-form \(PDF\)](#)

Awareness Week Activities

Drop In for a chat and refreshments at the following venues:

Royal Hampshire County Hospital Winchester SO22 5DG 8th, 9th and 10th May 10 am – 2.00 pm

Lymington Hospital SO41 8QD Tuesday 15th May 9 am – 1.30 pm

Southampton General Hospital SO16 6YD Thursday 17th May 10am - 2.00pm

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!

Recent Activities

Gluten Free Food Fair

Raising money

Amelia Kenshole, baked and sold cakes at school and the local Girl Guides.



A big thank you to Amelia Kenshole who is a very active volunteer at our events raised £14.51 from a cake sale she had organised at her school and Amelia donated these funds at the cookery demonstration. If you would like to also do the same then feel free to email us.

Cookery demonstration

Jane Devonshire, a Master Chef winner, very kindly agreed at extremely short notice to do the demonstration.

Jane was accompanied and helped by her son Ben. Jane explained cooking a nutritious meal does not need to involve hours of work. Jane showed us how to make Trout and Sweet Pickles with watercress and hazelnut pesto, flat bread and Garlic Mushroom and Mozzarella muffins.

We all then had the opportunity to taste.

Several members said Jane had inspired them to cook from scratch.

We are extremely grateful to Jane for giving up her Saturday morning especially as she had to leave promptly due to a prior engagement in the afternoon.

Jane will have her Cookery Book published towards the end of 2018 and we will let you have details when known.

Eastleigh College's East Avenue Restaurant

On Thursday 8th February 53 members and friends were exquisitely dined at Eastleigh College's East Avenue Restaurant. The menu choices catered for all tastes and the food presentation was superb. The students were very professional and their tutors must be proud of how they performed.

As always our raffle was well supported and raised £59.23 Our thanks to Janet for organising a lovely evening.





At the request of [Chef's Promise](#) please see this [link](#) for a communication advising of their products.

Other Events

The Committee has had a presence at the

- Southampton and Winchester Hospital Clinics,
- Office of National Statistics Health Day
- M&S Hedge End Gluten-free evening.

Two members went to Birmingham for the Volunteers Conference.

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.

Dining out

Haskins Garden Centre

Haskins Garden Centre at West End, Southampton does a wonderful gluten free afternoon tea. Booking is essential.

Please do let us know of your experiences – send your reviews and recommendations to wessex@coeliac.org.uk

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

Members Special Offer

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. 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 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](#) 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](#).

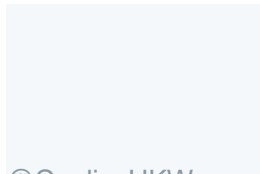
Don't forget we are now on Facebook to join the group and keep informed of our events and local venues as recommended by you.

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](#)

www.twitter.com/coeliacukwessex

 Email: wessex@coeliac.org.uk

Please send Family Fun Day booking form to:



Judy Allen, Clover Hill, The Crescent, Romsey SO51 7NG

Dear Judy

Please reserve for me the following places at the Family Fun Day on Saturday 24th June 2018.

- Adults at £9.00 per head
- Children aged 3 – 14 at £5.00
- Children under 3 - free

Please also note my **additional dietary requirements**

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Please make cheques payable to Coeliac UK Wessex

Payments may be made electronically

Lloyds Bank plc

Sort code **30 94 28**

Account number **63202560**

Reference – (make sure you include your name)

Name

Email.....

Telephone

Address if no email, but remember to include a stamped addressed envelope for your tickets.

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Send booking form to
Pauline Kidd, 3 Hearne Gardens, Shirrell Heath, Southampton SO32 2NR
Or email wessex@coeliac.org.uk

Please register me for The 50 Challenge

Name.....

Address.....

Email

*I am an adult/young person under 16

There is no fee to enter but if you are able to get some sponsorship for your hard work it will be greatly appreciated.

'50 Challenge' – Activity Tracker



Thank you for taking part in our '50 Challenge' to help celebrate the 50th Birthday of Coeliac UK and raise vital funds for people who need to live without gluten.

Whether it's walking a mile for 50 days, swimming 50 lengths or even completing 50 exercises a day, challenge yourself to do whatever you can and ask your friends and family to sponsor you!

Use the tracker below to make a note of your activity over the 50 day challenge.

Name

Day 1	Day 2	Day 3	Day 4	Day 5
Day 6	Day 7	Day 8	Day 9	Day 10
Day 11	Day 12	Day 13	Day 14	Day 15
Day 16	Day 17	Day 18	Day 19	Day 20
Day 21	Day 22	Day 23	Day 24	Day 25
Day 26	Day 27	Day 28	Day 29	Day 30
Day 31	Day 32	Day 33	Day 34	Day 35
Day 36	Day 37	Day 38	Day 39	Day 40
Day 41	Day 42	Day 43	Day 44	Day 45
Day 46	Day 47	Day 48	Day 49	Day 50