

Coeliac UK West Sussex Voluntary Local Group newsletter – October 2016

### Welcome to the October Newsletter

We were sad to hear about the recent passing of two long-time supporters, Marion Fuller and Stuart Burrell. Marion was a local representative for the Lewes Area in the original Sussex Coeliac Group. Many will remember Marion for her fund raising garden parties in the 90s and noughties. She was a stalwart of the 'old' group 'til well into her 70s.

Stuart Burrell had been the last Group Organiser for the Sussex Coeliac Group. He was a great campaigner for coeliac awareness and wrote many letters to his MP on the subject. Together with his wife Gail, he hosted 'bring and share' gluten free afternoon teas in their beautiful garden; until he retired Stuart had been a landscape gardener.

### Worthing Food & Drink Festival

We had a busy 2 days with our stall at the Worthing Food and Drink Festival over the weekend of 24th / 25th September. We were visited by Worthing Town Crier, Bob Smytherman, amongst many others!

Those of us at the Food Festival enjoyed gluten free food from Loran, South Coast Macarons and, of course, The Fish Factory.

### Upcoming Events

#### Monthly Coffee Mornings

**Date:** 2<sup>nd</sup> Tuesday of October & November  
**Time:** 10.00 to 11.30  
**Place:** Food, New Street, Worthing, BN11 3BT

#### West Sussex Gluten Free Food & Drink Fair

**Date:** Saturday 22<sup>nd</sup> October 2016  
**Time:** 10.30 to 14.30  
**Place:** King's Centre (King's Church), Victoria Road, Victoria Industrial Estate, Burgess Hill, RH15 9LR

Entry £2.00 per adult, accompanied children free.

Bring plenty of money and carrier bags, for an opportunity to stock up on gluten free products bought direct from suppliers. There will be a range of stalls and food vendors, local as well as from other areas. Tea, coffee and soft drinks will also be on sale. A list of exhibitors can be found on the News page of our web pages on Coeliac UK website

A large car park and on road parking are available. For Public Transport, there is a Compass Bus stop on the corner of Victoria Way, route 100 (Burgess Hill railway station to Pulborough).

#### Ten Pin bowling afternoon for children

**Date:** Sunday 30<sup>th</sup> October 2016  
**Time:** 12.00 to 14.15  
**Place:** Guildford Spectrum Parkway, Guildford, Surrey GU1 1UP

Ten pin bowling with a Gluten Free tea included!

This event is being run by the South Surrey Group. If you would like more information or to book, please contact Victoria Westthorp by email to: [Victoria.westthorp@gmail.com](mailto:Victoria.westthorp@gmail.com), or at: Ethel Cottage, Skinners Lane Chiddingfold, GU8 4UR



### **Chichester/Bognor area Christmas lunch Tuesday 6<sup>th</sup> December at 6pm**

A gluten free Christmas meal is being organised by Anna Henderson at The Lion, Nyetimber Lane, Pagham on Tuesday 6th December. Any members are welcome, to come and enjoy a gluten free Christmas meal with all the trimmings cooked by a Coeliac chef. The cost is £23.50, to include a glass of wine or 2 soft drinks. If you are interested and would like more information, please contact Anna by email to: [anna\\_henderson\\_uk@yahoo.co.uk](mailto:anna_henderson_uk@yahoo.co.uk), or phone 07712676933. A copy of the menu can be downloaded from the Coeliac UK website on our West Sussex page Documents. Menu choices and cheque will need to be received by 30 October.

### **Rustington area Christmas Dinner**

This is now fully booked and Hilary cannot accept any more bookings

### **Coffee Morning**

**Date:** Saturday 10<sup>th</sup> December 2016

**Time:** 09.30 to 11.30

**Place:** South Downs Nursery, Brighton Road, Hassocks BN6 9LY

We will be meeting in the The Barn Restaurant.

Early Bird Gluten Free breakfast at a discounted price is available before 10.30 am.

There will also be a Craft Market taking place in the Heritage Centre, with lots to see and ideas for Christmas, offering the chance for some last minute Christmas shopping!

### **2017 AGM**

**Date:** Saturday 11<sup>th</sup> February 2017

**Time:** 14.30 to 16.30

**Place:** King's Centre (King's Church), Victoria Road, Victoria Industrial Estate, Burgess Hill, RH15 9LR

The 2016 AGM was held later than usual, so the 2017 AGM seems to be already upon us. New members are always welcome to volunteer for a position on the committee. The Agenda for the AGM will be circulated in the next Newsletter in January. Minutes for the 2016 can be downloaded from our 2016 AGM webpage on the Coeliac UK website.

All events organised by the West Sussex Group are also posted on the West Sussex local page of the Coeliac UK website, with links to download booking forms where necessary.

A pdf version of this Newsletter can be downloaded from the Newsletter West Sussex webpage on the Coeliac UK website.

### **We'd love to hear from you**

We would love to receive your contributions, suggestions and local information, to be shared with others in future newsletters. Unfortunately we are not longer able to include photographs in E-Newsletters, however they can be included in the pdf versions

If you would like to contribute news, recipes, or any recommendations, please send them to me at: [traceym510@gmail.com](mailto:traceym510@gmail.com)

The West Sussex Coeliac Group can be contacted at the following email addresses:

[westsussex@coeliac.org.uk](mailto:westsussex@coeliac.org.uk) or [westsussexcoeliacgroup@hotmail.co.uk](mailto:westsussexcoeliacgroup@hotmail.co.uk)

The personal information that you have provided will be used by West Sussex Coeliac Group for the administration of and fundraising objectives of the charity and for no other purpose.