



WEST SUSSEX COELIAC GROUP

Newsletter – April 2018



WELCOME

The year is flying by and we are busy preparing for two major events in this 50th Anniversary year for Coeliac UK – our sell out Fun Day in just a few weeks and our second ever Food Fair event in October. If you would like to get involved to help us with the Food Fair, we would love to hear from you.

In fact, we would welcome help from any member, coeliac, or relative – no need to join the Committee or make a major commitment - in whatever way might suit you. So, if you feel you could be a useful addition to the team, please get in touch.

As you will see in the Events list below, there's plenty going on and we look forward to seeing as many of you as possible in the coming months.

2018 AGM & COOKERY DEMONSTRATION

Our AGM took place on Saturday 10th March. Thank you to all those who helped on the day and for the lovely baked goods, prizes and samples that were donated. You helped us raise a fantastic £63.30 from sales of Refreshments and £91 from the Raffle.

The AGM was followed by an interesting talk on Healthy Gluten Free Eating and a cookery demonstration by Melanie Luckes, a trained chef, Medical Herbalist, Nutritionist, and Homeopath, with her own Wellbeing Clinic, Health school and café Luckes in North Street, Chichester. Melanie has kindly given us the Recipes for the goodies that she demonstrated, and these are included at the end of this Newsletter.

See the AGM Minutes on the website for further information – <https://www.coeliac.org.uk/local-groups/west-sussex/news/2018-agm/>

COELIAC UK RESEARCH FUND

For their 50th Birthday this year, Coeliac UK is launching a Research Fund to boost research efforts into Coeliac Disease (CD). Anna Henderson attended the Coeliac Research Conference on 14th March and reports on the highlights:

A summary of the priorities of the research fund is:

- CD triggers
- Improving healthcare professional support
- Neurological forms of CD
- Less invasive tests to recognise CD
- Link between CD & other conditions
- Best post diagnosis support
- Finding a cure
- Preventing onset of CD
- Refractory CD

The presentations on the development of a vaccine and the research in immunology show real promise. Exciting times! You may already have seen the Coeliac UK mailing for the associated fundraising campaign and look out for detailed information and further updates in the Crossed Grain magazine. Or check out the Coeliac UK website.

COELIAC UK BIG BIRTHDAY FUN DAY

We have been overwhelmed by the response to our Celebration Lunch and Fun Day being held at Butlins in Bognor on 5th May. The event is now sold out - in fact, there is a very long waiting list! Apologies to anyone who has missed out on joining us on this occasion.

As there is so much interest in family/children events, we'd love to do more but could do with help with organising them! This would suit a Mum/Dad or group of Mums/Dads with lots of ideas and organisational skills – you can do as little/much as you want. Email Anna if you'd like to help.

westsussexcoeliacgroup@hotmail.co.uk or phone her 07712676933.

GLUTEN FREE FOOD FAIR

Saturday 6th October at Boxgrove Village Hall, The Street, Boxgrove, Chichester, PO18 0EE from 10 am to 2 pm.

See poster below for information about the Food Fair.



GLUTEN FREE FOOD FAIR
Saturday 6 October 2018 | 10 am - 2pm
Boxgrove Village Hall, The Street
Boxgrove, Chichester, PO18 0EE
Just off the A27

Entrance fee £2 - children under 16yrs free

Wide choice of gluten free products to try and buy	Gluten free lunches available from a mobile van
Local and national suppliers	Free parking
Teas and coffees	

Organisers: Coeliac UK West Sussex Local Group
For details contact John Johnson on westsussex@coeliac.org.uk
Facebook - West Sussex Coeliac UK Twitter - @CoeliacWSussex

coeliac uk
live well **gluten free**

Coeliac UK is a charity registered in England & Wales 1048167

Help is needed with preparation and leafleting. Also, any suggestions or recommendations for exhibitors, please let us know by the end of May.

If you would like to volunteer on the day – even an hour would be so helpful - please contact Pam Whittaker at andypam.whittaker@btinternet.com.

EVENTS

BOGNOR REGIS – Chinese meal at The Lion, Nyetimber Lane, Pagham, PO21 3JX
Tuesday 23rd October: Booking essential, contact Anna to be sent details in September.

CHICHESTER Coffee Morning at Wild Mint Café, House of Fraser, West Street, Chichester PO19 1QG
from 10 to 11 am.
Thursday 24th May | Wednesday 5th September

HASSOCKS Coffee Morning / Brunch at The Barn Restaurant, South Downs Nurseries, Brighton Road, Hassocks BN6 9LY
from 9.30 to 11.00.
Saturdays: 16th June | 15th September

WORTHING Coffee Morning at Food Restaurant, 6-8 New Street, Worthing BN11 3B
from 10 to 11.30 am.
Tuesdays: 8th May | 12th June | 10th July | 14th August | 11th September | 9th October | 13th November

CHRISTMAS MEALS - details will appear in the September Newsletter

Photograph Consent – photographs will be taken at all events and may be used on our website, social media, publications and other promotional material, exclusively to promote the work of Coeliac UK in helping people to live gluten free through fundraising, research, campaigning and membership support. If you do not wish your or your child's photo to be taken, please let the organiser know when you arrive at the event.

PASS IT ON!

Are you an avid Facebook/other media follower? Can you send to our Facebook page (www.facebook.com/westsussexcoeliacuk/) any posts you find relevant to matters GF? News of new GF products/local GF eateries most welcome. Thank you!

Would you like to have a pub evening? Tell us where would be a good venue; it needs to be near public transport.

Would you like to see us doing something else in your area? Then drop us a line.

Thank you all those who have given us suggestions and recommendations since the last Newsletter.

From Worthing Coffee Mornings:

- ESQUIRES COFFEE, Worthing (next to Beales) Delicious gluten free/dairy free cakes. They produced an ingredients list and are aware of cross contamination.
- BUONGIORNO CAFE, Montague Street, Worthing. GF lunches and cakes.
- WORTHING PIER SOUTHERN PAVILION CAFE. On a sunny day take a stroll along to the end of Worthing Pier for an enjoyable lunch in the art deco surroundings. Several GF dishes and freshly made GF sandwiches with loads of different fillings.
- DENTON CAFE - next to Pavilion Theatre, Worthing. Freshly made gluten free sandwiches and Jacket Potatoes.
- WEBSITE - <https://glutenfreecuppatea.co.uk/> and FACEBOOK PAGE - @beckyexcell (<https://www.facebook.com/beckyexcell/>) - (same person edits both) GF recipes and eating out suggestions.
- BREAKFAST - Are you missing your Weetabix - a good Gluten Free substitute is NUTRI-BREX (I prefer the coconut and crispy rice version) high in fibre and vitamins. Made from naturally gluten free Sorghum - a gluten substitute widely used in USA and Australia. Available in Tesco, Morrisons and Sainsburys. Just add milk (soaks it up!) and fruit of your choice - eg blueberries, banana etc.

Hilary Marfleet:

- RE fish and chips - I tend to go to Fish Factory (Worthing and Littlehampton). Most places in Worthing now offer good gluten free options. At the end of the pier they do great sandwiches as well as cooked food. The Italian Casa Chiro, Food, Fish Factory, Big fat Greek are excellent. Happy Teapot is quite good and all the places along Warwick street.

- In Littlehampton, Mewsbrook Park is dog friendly and gluten free options. I had a slice of the Victoria Sandwich - divine. Highdown Hill tea shop is dog friendly and gf. Great homemade cakes as well as meals.

Maggie Brackpool:

- Morrisons now have fresh bread. Top shelf of the Bakery department.

Your Committee:

- Luckes Wellbeing and Café, North Street, Chichester – pop in for delicious healthy lunches/smoothies/juices/coffee and cake – GF options or for a personal consultation with Melanie luckes or one of her therapists, see her website for further details <https://luckes.co.uk/>. Two recipes from Melanie’s demonstration at our recent AGM are included below.
- The Lion, Nyetimber Lane, Pagham. We headed there for a light lunch after our latest committee meeting. Light lunch? It was a total blow out! We ignored the £10 2 course menu (includes GF options) and made our GF choices from the extensive menu and specials board - crayfish cocktails, soup, squid and pate all with GF bread, then turkey casserole, chicken curry, salmon with prawn sauce + selection of vegetables and to finish sticky toffee pudding and steamed GF DF lemon sponge and mounds of ice cream. We were also given GF biscotti at the end and chocolates. The cost? £20.50 each! All our needs for a GF diet and one GF DF were managed seamlessly by Ken Brown, the chef and manager. Both he and his wife Sandra, who are Coeliacs, try to organise the menu so that most allergens can be catered for. All you need is to ask.
- Current owners of the Woodmans Arms in Hammerpot, Angmering are retiring at the end May; no news yet on new owners.

Bellfield Brewery:

- Our award-winning and tasty beers, certified by Coeliac UK, are now available in larger branches of Morrisons. There's a full list on their website www.bellfieldbrewery.com/pages/morrisons

STAY IN TOUCH

We would love to receive your contributions, news, recipes, local information or recommendations, suggestions for events or how we may better provide support for you, to be shared with others in future newsletters or via our social media pages. Please do send them to us.

You can keep in touch with what’s going on, or contact the West Sussex Coeliac Group by:

E mail - westsussex@coeliac.org.uk

Website - www.coeliac.org.uk/local-groups/west-sussex/

Facebook – www.facebook.com/westsussexcoeliacuk/

Twitter - www.twitter.com/CoeliacWSussex

The 4 West Sussex area contacts on the Committee are:

Bognor/Chichester - Anna Henderson, email: westsussexcoeliacgroup@hotmail.co.uk, tel: 07712676933
 Hassocks – Phillipa Caddy, email: phill@phillipacaddy.plus.com
 Horsham – Jenny Martin, email: chrismartin21@sky.com
 Worthing – John and Nicky Johnson, email: johnandnicky@sky.com
 - Andy and Pam Whittaker, email: andypam.whittaker@btinternet.com

Our preferred method of contact is by email. If you do not have e mail, we would encourage you to provide the email of a family member or friend or neighbour. We often receive very short notice of events and do not have the manpower to send out letters in time. We do not want you to miss out!

Please ensure all your details on the Coeliac UK website are up to date. You can check them on line at www.coeliac.org.uk or telephone Coeliac UK on 0333 332 2033. If you no longer wish to receive communications from us, please amend your details on the Coeliac UK website.

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.

LUCKES RECIPES

Apricot and Almond Cake with Rosewater and Cardamom

This is the most popular gluten free cake at my cafe in Chichester. We sell a whole one every day we are open which is 7 days a week!

Oven 170C. Use a 20-23cm round non-stick cake tin greased with a flavourless oil and the bottom lined with grease proof paper.

For the Cake

- 150g Dried Apricots
- 250ml Cold Water
- 2 Cardamom pods crushed
- 50g Polenta
- 200g Ground Almonds
- 1tsp Gluten Free Baking Powder
- 150g Caster Sugar
- 6 Large Eggs
- 2 tsp Lemon Juice
- 1 tsp Rosewater



To Decorate

- 2 tsp Apricot Jam
- 1 tsp Lemon Juice
- 2.5 tsp Finely chopped pistachio

Method

1. Put apricots, water and cardamom pods in saucepan and gently boil for 10 minutes, be careful to not let it boil dry.
2. Let the apricots cool. Remove 5 for later and cut in half. Remove the cardamom husks and discard.
3. Scrape all into a food processor and blitz into a paste.
4. Add the ground almonds, polenta, baking powder, caster sugar and eggs and blitz
5. Scrape everything down the sides of the processor bowl and add the lemon juice and rosewater. Blitz again.
6. Pour the cake mixture into a tin and decorate with the apricot halves.
7. Bake for 40 minutes - you may need to cover the cake with baking paper after 30 minutes to stop it over browning
8. Cool on a wire rack.
9. Warm the apricot jam and brush over top of cake, sprinkle with chopped pistachios.

Best eaten on day of making, however will last up to 3 days and freezes very well.

Energy Balls

A nutritious and well-balanced snack of protein, fat and carbohydrate, however they are quite calorific so do not eat more than 1 or 2 a day unless doing a lot of exercise!

Ingredients

- 500g Dates
- 125g Almonds
- 125 Hazlenuts
- 2 tbsp Coconut Oil
- Desiccated Coconut for dusting

Method

1. Toast the nuts for 5-8 minutes on 180C
2. Put in blender with dates and coconut oil and blitz in a blender - not too fine
3. Weigh out 25 gram portions, squeeze each in your hand then roll into a ball
4. Roll in desiccated coconut to cover.
5. Store in an airtight box in the fridge.

These will last up to a week and are a firm favourite with our customers with their coffee or raw juices. If the mix does not stick together when you are making the balls add a little more coconut oil and work in with a fork.

