



WEST SUSSEX COELIAC GROUP

Newsletter – April 2019

EVENTS TO LOOK FORWARD TO

CHINESE BANQUET ON MONDAY 6TH MAY at The Lion, Pagham from 7 pm- This was so delicious last time, we have organised another! A copy of the menu and more details are included below. No deposit needed in advance this time but **booking essential**; please email Maria at tony@tofficat.uk before **2nd May** to make your reservation.

The COELIAC CHILDREN'S FAMILY DAY at Butlin's on Saturday 18th May is now SOLD OUT. Tickets will be sent to those coming towards the end of April. Any queries, please contact westsussexcoeliacgroup@hotmail.co.uk. We look forward to seeing you there.

COFFEE mornings/afternoons are being held as follows:

CHICHESTER at Cloisters Café, 2, St Richards Walk, Chichester, PO19 1QA (in the Cathedral complex).

3 pm to 4pm Wednesday 22nd May | Thursday 14th November

10 am to 11am Thursday 29th August

Just pop in!

HASSOCKS Coffee/Brunch at The Barn Restaurant, South Downs Nurseries, Brighton Road, Hassocks BN6 9LY 9.30 am to 11.00 am

Saturdays: 1st June 2019 | 7th September

HORSHAM – Coffee Morning at Stooks, Newbridge Nurseries, Broadbridge Heath RH12 3LN 9.30 to 11 am.

Saturday 21st September

WORTHING Coffee Morning at Food Restaurant, 6-8 New Street, Worthing BN11 3B from 10 to 11.30 am.

14th May | 11th June | 9th July | 13th August | 10th September | 8th October | 12th November.

Any other events you would like to see us doing? Let us know!

Photograph Consent – photographs may be taken at events and 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.

2019 AGM

Our 2019 AGM took place on Saturday 2nd March. Thank you to all those who came along to hear the reports on all our activity over the last year. The evening was also our opportunity to say a formal 'farewell' and thank you to all those on the Committee who were standing down. We are so grateful for all they have done over the years and are delighted that they will continue to be involved, through organisation of the coffee mornings and other ongoing tasks.

Looking forward, the following new members were elected to the Committee:

Gillian Carr – Treasurer

Lisa Warring - Admin assistant
Dena Kitchener – Membership secretary
Mike Butler – Minutes secretary
Rosalyn Buckland – Health and Research contact

They look forward to meeting as many of you as possible in the coming months.

Anna Henderson was re-elected as Group Organiser and **Tracey Martin** as Group Secretary.

The AGM was followed by the Fish & Chips supper and Quiz, both of which proved very popular! Our thanks to Richard & Christina Stanfield for their hard work on the Quiz and to everyone who joined us for this fun evening.

Full AGM Minutes are available on the website on the West Sussex News page, at www.coeliac.org.uk/local-groups/west-sussex/news/2019-agm-minutes/

COMMITTEE UPDATE

We are deeply saddened to share the following:

Anna has unexpectedly received the devastating news that she has inoperable pancreatic cancer. With great regret she has had to stand down as your Group Organiser with immediate effect.

We send our sincerest good wishes to Anna and her family as they come to terms with this diagnosis.

JUST ONE THING

We all have so little time nowadays, it makes sense if we can all do “Just One Thing” to support our local Group so that it can continue to support you, our members. From time to time, we may need extra help with certain tasks, and will let you know details in the Newsletter.

Please can we ask you to consider which of these you would like to do as enjoyment, whatever we volunteer for, is important. If you want to do more, we certainly won't stop you but there is no obligation to do any more. Please contact us at westsussex@coeliac.org.uk if you would like more information

We would currently welcome anyone who would be interested in any of the following roles to get in touch:

- the Horsham area (the Horsham Contact)
- the Worthing area (the Worthing Contact)
- Events Organiser

2019 AWARENESS WEEK

This year the Coeliac UK Awareness week is 13th -19th May. Many of our members want more safe places to eat across West Sussex. One way we may be able to help achieve this is if each member organises a meal out with friends during that week where everyone eats gluten free. This will raise awareness amongst our friends and encourage more places to cater for us.

We should then make sure we share any recommendations!

Other ideas for how you can get involved are on the Coeliac UK website, where you can also order Awareness Week packs, containing leaflets and posters.

ALLERGY/FREE FROM SHOW

Did you know that **free** tickets are available for **The Allergy & Free From Show** in London? It's taking place over 3 days, on 5/6/7 July at Kensington Olympia.

There are thousands of freefrom products at the show, from household names to exciting start-up brands; as well as cooking demonstrations, seminars and expert advice. It can be a great way to try new foods and especially useful for anyone who is more recently diagnosed.

The free tickets can simply be booked from the event website at: www.allergyshow.co.uk/london

GLUTEN FREE GIN AND TONIC LOAF CAKE

Ingredients

For the cake:

- 200g dairy free spread
- 200g caster sugar
- 4 medium eggs beaten
- 200g gluten free self raising flour
- 1/2 tsp baking powder
- 1 lime zest
- 75ml gin

For the syrup and topping:

- 125g caster sugar for the syrup
- 125ml tonic water for the syrup
- 2 tbsp gin for the syrup
- 2 limes optional for candied lime slices
- 100g icing sugar for the icing
- lime juice for the icing
- 2 tbsp gin for the icing



Instructions

1. Line a 2lb loaf tin (standard size) with greaseproof/parchment paper.
2. Preheat the oven to about 180C / 160C fan.
3. Cream the dairy free spread and caster sugar together until pale, light and fluffy. This can be done by hand or with an electric hand mixer.
4. Gradually pour in your beaten eggs in stages. After each pour make sure you beat well to combine.
5. Fold in your sifted gluten free self raising flour and baking powder.
6. Then fold in your lime zest and finish by adding the gin to the mixture.
7. Spoon your mixture into the tin and bake for about 55 minutes until cooked through. (Use a skewer to check)
8. Whilst your cake is cooking make your sugar syrup (you will need this immediately after you take your cake out of the oven). Place your caster sugar and tonic water in a saucepan and heat until the sugar dissolves. Allow to boil for a minute.
9. Take 2 tbsp of the sugar syrup and add 2tsbp of gin. This is your syrup / drizzle!
10. When you take your cake out of the oven, poke holes in the top (like you would a lemon drizzle cake) and pour over your gin syrup. Leave to completely cool afterwards.
11. Whilst the cake cools you can make your topping. Place your icing sugar in a bowl and add 2 tbsp of gin. Continue to add some lime juice until you get to the right consistency for your glaze icing.
12. (optional) If you want to make candied lime slices to go on top then reheat the rest of the syrup you made for the drizzle earlier and add thin slices of fresh lime to it. Gently simmer for 10 minutes before lifting out and sprinkling with caster sugar. Allow to dry out (They will take a while to dry so you could do this ahead of time).
13. Pour your icing all over your cake. Add either your candied limes or just grate some fresh lime zest for decoration. Allow to briefly set.
14. Enjoy!

Recipe Notes

- * If you do not need to remove dairy then you can use softened butter rather than dairy free spread.
- * You can reduce the amount of gin in the cake if you wish, although I think it gives a really lovely balance in these quantities.

Reproduced from: Becky Excell, www.glutenfreecuppatea.co.uk

PASS IT ON!

Thank you for the following suggestions and recommendations since the last Newsletter and please keep your recommendations coming in.

- The Lion, Pagham
- LA Fish and chips Chichester now serving GF again (Tuesdays – Thursdays)
- Food, Worthing
- Fish Factory, Littlehampton
- Mustard, Bognor Regis
- Chez Moi, Aldwick
- Wolfies of Hove, Hove (serving GF Fish and Chips every day!)

Note: The above are personal suggestions received from Members. We suggest you contact a venue before visiting and please be sure to check regarding ingredients.

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

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

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. If you no longer wish to receive communications from us, please advise Coeliac UK. Please note that the website is currently under further construction so for all changes phone the Coeliac UK helpline on **0333 332 2033**.

Just a reminder that copies of the latest Newsletter will be available at our events.

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.

CHINESE BANQUET MENU

Monday 6th May 2019 from 7 pm

The Lion, Nyetimber Lane, Paghham PO21 3JX

To reserve places please contact Maria at tony@tofficat.uk before 2nd May.

No deposit payment required but **booking essential**.

To nibble

Prawn crackers with sweet chilli sauce

To start (served to your table)

Sesame prawn toast

Barbecue baby spare ribs

Duck, beansprout, mango and chilli salad

Salt and pepper tiger prawn skewers

Sweet and sour chicken balls

Main course (self service buffet)

Lemon and orange chicken

Shredded beef with chilli and ginger

Hong Kong style sweet and sour pork

Singapore rice noodles

Egg special fried rice

Dessert (self service buffet)

Pineapple and Banana fritters with salted caramel sauce

£18 per person