



## WEST SUSSEX COELIAC GROUP

Newsletter –October 2019

### EVENTS TO LOOK FORWARD TO

**CHINESE BUFFET** on **22<sup>nd</sup> October** at **The Lion, Pagham**. Bookings are now **closed** and we look forward to seeing all those joining us soon!

**THATCHED INN CHRISTMAS DINNER** on **2<sup>nd</sup> December** at **The Thatched Inn, Grand Ave, Hassocks, BN6 8DH** from **6 pm for 6.30**. £28 for 3 courses or £24 for 2 courses. Please email [westsussex@coeliac.org.uk](mailto:westsussex@coeliac.org.uk) if you are interested and the full menu will be sent to you as soon as we have received it.

**ARUN VIEW CHRISTMAS LUNCH** on **3<sup>rd</sup> December** is now **SOLD OUT**. Thank you to all those who have booked and we look forward to seeing you.

**BURNS NIGHT DINNER** on **25<sup>th</sup> January** is being organised at **The Lion, Pagham**. More details to follow as soon as possible, but save the date!

**2020 AGM** on **Saturday 14<sup>th</sup> March 2020** at **Angmering Village Hall**. This will be held around lunchtime / early afternoon. Please save the date! More details to follow.

**COFFEE MORNINGS** are being held as follows:

- **CHICHESTER** at **Cloisters Café**, 2, St Richards Walk, PO19 1QA (in the Cathedral complex).  
On **Thursday 14<sup>th</sup> November**. **Please note**: this will now be held from **10 to 11 am**. Just pop in!
- **HASSOCKS Coffee/Brunch** at **The Barn Restaurant**, South Downs Nurseries, Brighton Road, BN6 9LY  
from **9.30 am to 11.00 am**. A great family friendly event!  
On **Saturday 21<sup>st</sup> March 2020 | 20<sup>th</sup> June 2020 | 19<sup>th</sup> September 2020**
- **WORTHING Coffee Morning** at **Food Restaurant**, 6-8 New Street, BN11 3B from **10 to 11.30 am**.  
On **12<sup>th</sup> November 2019 | 14<sup>th</sup> January 2020 | 11<sup>th</sup> February 2020 | 10<sup>th</sup> March 2020**

**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.

### WEST SUSSEX NEWS

The **COELIAC CHILDREN'S FAMILY DAY** at **Butlin's** on **Saturday 18<sup>th</sup> May** was a sell out and we were delighted that so many joined us for another great day. Apologies for the delay, but our thanks go to Jon and Kirsty Cranefield, who run the North Surrey Group, and Mike and Christine Mockford, for all their invaluable help. Plus of course special thanks to Anna Henderson, without whom the day would not have happened.

Below are a selection of photos from the day.



From all the positive feedback received, we hope to run the event again in 2020. Look out for more details!

### **JUST ONE THING**

Would you have time to help out at any of the events we are holding, or could you volunteer for any of the tasks involved in running the West Sussex Group? Please contact us at [westsussex@coeliac.org.uk](mailto:westsussex@coeliac.org.uk) if you think you can help and would like to know more. We would be grateful to hear from you!

## **DID YOU KNOW**

You can send used stamps to Coeliac UK to help towards their fundraising. Simply post them to:

Coeliac UK  
PO Box 16992  
Sutton Coldfield  
B73 9YA

## **PASS IT ON**

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

- The Fox and Hounds, Common Road, Funtingdon, PO19 9LL
- Vicky's Kitchen, Rope Walk, Littlehampton
- Woods, Worthing
- Cote Brasserie Chichester, Horsham, Haywards Heath, Brighton & nationwide
- TGI Fridays, Crawley & nationwide

**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/](http://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](mailto:westsussex@coeliac.org.uk)

Website - [www.coeliac.org.uk/local-groups/west-sussex/](http://www.coeliac.org.uk/local-groups/west-sussex/)

Facebook – [www.facebook.com/westsussexcoeliacuk/](http://www.facebook.com/westsussexcoeliacuk/)

Twitter -[www.twitter.com/CoeliacWSussex](http://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**.

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