



## WEST SUSSEX COELIAC GROUP

### Newsletter – August 2022

#### **2022 AGM**

Our 2022 AGM took place on Saturday 25th June. After such a long time of not being able to formally meet in person, it was a great opportunity to discuss the future of the West Sussex group.

As you may be aware, Coeliac UK are planning a review of the way local groups work and are now taking a more relaxed approach on publicising events that are not organised by the committee. Because of this, the committee will be stepping back from organising events as in the past, but welcome members organising their own events to get in touch.

It's possible that "groups" may become more of an informal arrangement in future. However, for the time being, our committee will stay in place, at least until such time as the legacy from our previous Group Organiser, Anna, has been spent in line with her wishes.

Full minutes from the AGM are available to see on the website [here](#).

Thank you so much to all those who came along to join us for the formalities and for the cake and cuppa afterwards. It was lovely to have a catch up.

#### **EVENTS TO LOOK FORWARD TO**

If you are holding an event that Members are invited to attend, please send us the details and we will be happy to publicise it!

**EVENING MEAL** at **THE OLD TOLLGATE**, The Street, Bramber Village, Steyning, BN44 3WE is being organised by the Committee on **Tuesday 4th October** at **19:30**. Carvery and Bar Menu meals available – more details [here](#).

Booking is required by payment of a £10 deposit per person, as places are limited. Receipt of deposit will be acknowledged to confirm your booking. Please pay by bank transfer before Monday 29<sup>th</sup> August to:

Sort code - 30-94-28

Account number - 63203368

Account name - Coeliac UK - West Sussex

Reference - Tollgate

Alternatively, payment by cheque, payable to "Coeliac UK – West Sussex" (write "Tollgate" on the back) can be sent to Gillian Carr at 56 Hogarth Road, Hove, BN3 5RH.

Please email the Committee at [westsussex@coeliac.org.uk](mailto:westsussex@coeliac.org.uk) to let us know you've paid a deposit or with any queries.

**CHRISTMAS MEAL** at **THE ARUN VIEW**, Littlehampton, is being organised by John on **Tuesday 6th December, 12:00 for 12:30**.

Menus will be available late September and a deposit is likely to be needed to secure your booking. To register your interest or if you'd like to receive further details, please contact John at [johnandnicky@sky.com](mailto:johnandnicky@sky.com).

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

- **HASSOCKS Coffee/Brunch at The Barn Restaurant**, South Downs Nurseries, Brighton Road, BN6 9LY being organised by Mike every other month on the first **Saturday: 1st October | 3rd December** from **9:30 to 11:00**.  
Please contact Mike at [mike.butler.mb1@gmail.com](mailto:mike.butler.mb1@gmail.com) for more information or to let him know that you'll be there.
- **WORTHING Coffee Morning at The Fat Greek Taverna**, 20 Portland Road, Worthing, BN11 1QN being organised by John on first **Friday** of the month: **2nd September | 7th October | 4th November** from **10:30 to 11:30**.  
Please contact John at [johnandnicky@sky.com](mailto:johnandnicky@sky.com) for more information or to let him know that you'll be there.

Event details can also be seen on the website [here](#).

**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 an event.

## **COELIAC CHILDREN'S FAMILY DAY 2023**

The Children's events previously held at **Butlin's** in **Bognor Regis** were exceptionally popular, so we are pleased to let you know that we are currently in discussions with them to arrange another day, hopefully in May or June 2023. Thanks to the generous legacy from our previous Group Organiser, Anna, we will be looking at ways to make this as affordable as possible for families in these difficult times.

Please look out for more details which we will send out as soon as possible.

## **PASS IT ON**

Our lovely Treasurer, Gillian, baked shortbread for the AGM and it was delicious. She kindly agreed to share the recipe!

### **Shortbread**

#### Ingredients

125g cornflour  
125g icing sugar  
250g plain gluten free flour  
250g well softened unsalted butter

Mix the dry ingredients together and then add the butter. If you do this in a food processor you can just whizz it until it comes together into a dough. If you are doing it by hand you need to rub it in and then gradually knead it into a dough, it doesn't need any more liquid but you sometimes have to persevere!

Grease a swiss roll tin (30cm X 22cm) and then press the mixture into the tin using a palette knife to smooth it off. Prick all over with a fork.

Bake at 3.5 gas, 335F, 150C (fan) for 25minutes until golden.

Remove from the oven and immediately cut into squares (I usually do 6 x 4). Leave to cool and then ease it gently out of the tin. Don't be tempted to do this too soon (I leave it until completely cool) as it will break up, in any case you may find the first piece crumbles a bit, it's easier once you have the first piece out. This will keep well in an airtight tin. (I've kept it for up to 3 weeks.... But it doesn't usually last that long!)

## **STAY IN TOUCH**

We would love to receive your event details, contributions, news, recipes, local information or recommendations to be shared with others. 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.

The Coeliac UK helpline can be contacted 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.