

Local Group newsletter – April 2023



WEST SUSSEX COELIAC GROUP

FUTURE OF THE LOCAL GROUP

We are pleased to send Notice of the 2023 AGM and want to let you know that all of the current Committee will be standing down at that time.

There are just 3 Committee roles needed for a Local Group to run – Group Organiser, Treasurer and Secretary. If nobody comes forward wanting to take up those roles, then sadly, the Group as it has been run to date will have to end and there would be 2 alternatives:

- We instead become a community group with a team of volunteers registered with Coeliac UK to run events. **Please see the Event below** for more detail of what this option entails.
- The group closes entirely, with no support evident in West Sussex.

If you'd like the group to continue as at present and so would like to nominate yourself to be on the Committee (or perhaps to let us know anyone else you think would be interested!) or to find out more about what being on the Committee involves, please email us at westsussex@coeliac.org.uk ahead of the 2023 AGM.

2023 AGM

The AGM is taking place at the Redeemer Centre in **Worthing** on **Saturday 3rd June** from **15:00**.

Please note: if there are no nominees for the Committee before the AGM, this meeting will be the **Special General Meeting** required to formally vote on the future of the Group, as outlined above and detailed below.

As last year, once the formalities are over, you are all invited to stay to chat and enjoy cake and a drink. See the Event below for the 2023 AGM Agenda and more information.

We look forward to seeing as many of you as possible.

Best wishes from the Committee.

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!

COFFEE MORNINGS are being held as follows:

- **WORTHING Coffee Morning at The Fat Greek Taverna**, 20 Portland Road, Worthing, BN11 1QN being organised by John on first **Friday** of the month: **5th May | 2nd June | 7th July** from **10:30 to 11:30**.
Please contact John at johnandnicky@sky.com for more information or to let him know that you'll be there.
- **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: 3rd June | 2nd September | 3rd December** from **9:30 to 11:00**.
Please contact Mike at mike.butler.mb1@gmail.com for more information or to let him know that you'll be there.

2023 AGM

COELIAC UK WEST SUSSEX LOCAL GROUP

2023 Annual General Meeting

Saturday 3rd June 2023 from 15:00 to 17:00

Redeemer Centre, Guildbourne Centre, Worthing BN11 1LZ

Agenda:

- Welcome
- Apologies for absence
- Election of Committee members **or** Special General Meeting re. future of the Group
- Group Finances Report
- 2022 Review
- Future of the Group – 2023 Plans **or** Special General Meeting vote
- Any other business

Following the formal AGM, we invite everyone to stay to enjoy cake and a drink, with our compliments. To let us know you're planning to come along, please complete the Booking Form shown below, so we can arrange catering. The Form can be downloaded as an editable Word file from the Coeliac UK website [here](#) and simply emailed back to us at westsussex@coeliac.org.uk. If you have any problem doing this, simply email gmcarr@ntlworld.com with your details including any additional dietary requirements (everything will be gluten free!).

Minutes from our last AGM in 2022 are also included below for your information, together with our Accounts Summary for 2023.

The Redeemer Centre is upstairs in the Guildbourne Centre. It can be accessed via stairs from the shopping area or direct from level 2 of the car park - there is a separate door which is signed. We will be using the breakout space.

Special General Meeting vote

If no new Committee comes forward, we will hold a vote to decide whether

- the Group closes entirely.
- the Group become a community group.

To run as a community group:

- anyone who is a member of Coeliac UK and willing to run an event needs to register with Coeliac UK to hold events, so that they benefit from the public liability insurance provided by Coeliac UK as well as from publicity and up to date information from Coeliac UK.
- information about these events can be made available by Coeliac UK through the website and via Crossed Grain.
- all members who are not on the internet and do not have emails would need to register with Coeliac UK for hard copies of the Crossed Grain magazine to be sent to them in order to find out about events.
- any money left in our account will be held by Coeliac UK and ringfenced for the community group, but only for 2 years. After that it is assumed that events will be self-supporting, and any funds held would go to Coeliac UK research funds.

STAY IN TOUCH

You can 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.

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.

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.

BOOKING FORM

2023 AGM

Saturday 3rd June

Redeemer Centre, Guildbourne Centre, Worthing, BN11 1LZ

To confirm booking, complete this form with details for all those attending and send to westsussex@coeliac.org.uk by Saturday **27th May**. Thank you.

Name	Coeliac UK Member	Dietary Requirements
.....	Y / N
.....	Y / N
.....	Y / N
.....	Y / N

Please provide contact details for this booking below.

Email:

Phone:

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.

2022 AGM MINUTES

Minutes of West Sussex Coeliac AGM – Redeemer Centre, Worthing Guildbourne Centre

Saturday 25th June 2022 @ 14.30

In attendance were 17 Members and 2 non-members, including the current Committee of:

Mike Butler – Group Organiser

Gillian Carr – Treasurer

Tracey Martin – Secretary

Lisa Warring - Admin assistant

1. Welcome – Mike welcomed all and thanked everyone for coming.

2. Apologies for absence – none received.

3. 2020 & 2021 Review - Last AGM minutes (March 2020) proposed by Nicholas seconded by Andy. There was no 2021 AGM due to COVID. Gillian summarised by saying that the committee had met via zoom during the last 2 years. Other than that, nothing formal within the group had happened during and since lockdown. However, the Worthing group have resumed meeting with coffee mornings and a Christmas meal and anyone wishing to organise any event are welcome to do so (see 6 iii)

4. Group Finances Report – Gillian presented accounts (see copy below) for the 2 years since the last AGM was held and reported that the group has a positive account balance of c. £7,500. This is made up of the £5K donation from Anna (received into the Group Account after the 2020 AGM) plus a residual amount of c.£2.5K in situ before Anna's legacy.

5. Election of Committee Members – All of the current committee indicated that they were willing to stand for re-election. In the absence of any additional volunteers, Mike, Gillian, Lisa & Tracey were re-elected en-bloc. Proposer Helen, Secunder Pam. **N.B.** It was stated that there were vacancies on the committee (in particular for an Events organiser) should anyone wish to volunteer their services either today or by contacting a member of the committee at a future date.

6. Questions /Open discussion

i) It was stated that the existing Committee members will continue to stay in place until such time as Anna's legacy had been spent in line with her wishes:- Namely £4k on an event for children in the area and a further £1K for a 'party'. (The latter not specifically being for children.). The committee are looking at a further Butlin's day and will meet in due course to discuss how to spend any remainder.

ii) Gillian mentioned since lockdown some local county groups had ceased meeting and once Anna's wishes had been met it is likely that our group may also cease in a formal sense (in the absence of any volunteers coming on-board). In such an event all remaining funds will automatically transfer to Coeliac UK and with this in mind it is our preference to utilise the funds for the benefit of our local group if at all possible.

iii) Coeliac UK have adopted a more relaxed stance on informal events being staged by individuals and are now happy for these to be advertised via the Coeliac UK website. In which case anyone wishing to publish details are welcome to contact Tracey or Lisa. Please note that these events should aim to be self-funding, however the Committee would be more than happy to be contacted about ideas for events anyone would like to organise, for which they would like some additional funding from the Group to be considered. We can be contacted at the email WestSussex@Coeliac.org.uk

iv) Gillian will see if a meal might be arranged in the Mid-Sussex area.

v) Tracey will enquire if the Worthing coffee mornings can be publicised.

vi) Mike will arrange a date for a resumption of the Hassocks South Downs Garden Centre breakfast informal gatherings and notify previous attendees of the initial date along with it being added to our website.

7. AOB – None

8. Meeting closed with thanks to Gillian for providing the complimentary tea and cake, funded by the group.

West Sussex Coeliac Group Annual Accounts Summary 2020

Period 1/1/2020 – 31/12/2020

Opening Balance £2,351.70

Income

Bank compensation	£ 150.00
Legacies (Anna Henderson)	£5000.00
AGM meal	£ 336.00
Refund Angmering Deposit	£ 140.00
Butlins payments	£ 954.00
Newsletter postage	£ 3.00

Total £6,583.00

Expenditure

AGM	£ 444.18
Butlins refunds	£ 812.00
Donation Coeliac UK	£ 71.00
Newsletters	£ 20.02
Postage	£ 4.20

Total £1,351.40

Closing EOY Balance £7,583.30

20th April 2022

West Sussex Coeliac Group Annual Accounts Summary 2021

Period 1/1/2021 – 31/12/2021

Opening Balance £7,583.30

Income

Meal payment in error	£ 10.00
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Expenditure

Refund of payment made	£ 10.00
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Closing EOY Balance £7,583.30

20th April 2022

ACCOUNTS SUMMARY 2023

Period 1/1/2022 – 31/12/2022

Opening Balance £7,583.30

Income

Tollgate Deposits	£130.00
Butlins Deposits	£929.00

Total **£1,059.00**

Expenditure

AGM Food & space hire	£153.74
Newsletter stationery & postage	£ 17.65
Deposit paid to Tollgate	£130.00

Total **£ 301.39**

Closing EOY Balance **£8,340.91**

18th Feb 2023