



Wolverhampton Voluntary Support Group
Email - wolverhampton@coeliac.org.uk
Registered no. 3068044 Charity no. 1048167

News Update September 2013

Welcome

Welcome to everyone to tonight's meeting. Would you "sign in" please for health and safety, fire regulations and insurance purposes – thank you?

In the event of a fire alarm we leave the building by the nearest marked fire exit, walking to the front entrance onto Albert Road turn right and meet on the car park by the sheltered housing scheme. Where the signing – in register will be marked. Please do not stop to collect belongings – just leave the building. Do not re-enter the building until told to do so. Please do not wander off home before the Fire Officer has accounted for everyone.

Glutafin Cookery Demonstration

Welcome to Gill Marczak from Glutafin for her first visit to our new meeting place here in Wolverhampton.

Gill will be showing us how to make several delicious recipes this evening and share the hints and tips to be successful with your GF cookery.

- 7.30pm Welcome and domestics
- 7.45pm Cookery demonstration
- 8.45pm News – Views – Vote of thanks
- 9.00pm Refreshments/Lucky dip/Christmas Dinner bookings
- 9.20pm Raffle draw
- 9.30pm Depart

Tonight's refreshments: - Thanks to Glutafin we have some samples of their cookery demo to try. Lol has also been busy buying some g-f products available in super markets.

Lucky Dip

We have a **lucky** dip – if we are **lucky enough** to have some free samples to give away – then you will get to take a gluten-free sample to take away with you. So if you attending your first or second meeting tonight please, why not try something new and have a go on the lucky dip. If you have over- ordered on prescription then, rather than waste the items please bring it along for the lucky dip – provided it is still "in date". However please try to ensure that your next g-f repeat prescription is in order.

Christmas Dinner – Thursday 19th December

Janet Foster is organising our Christmas dinner this year at the City of Wolverhampton College, Academy Training Restaurant. It will be held on Thursday 19th December and will cost £16 per person. Janet has all the details of time, place and menu choices for the evening. If you wish to book places please see Janet at the break.

All places booked must be paid for by our next meeting on 20th November. No payment – no place
Full payment by November 20th secures booking.
Cheques payable to CUK Wolverhampton Group.

Helpers needed

If you have enjoyed the meetings why not think about how you might help we currently have “vacancies” for people to carry boxes of samples - put out chairs – put out leaflets – help with the PA - put up the stands at the beginning of the meetings. At the end of the meeting we need people who would put away tables and chairs – wash up – put the rubbish out – take down and pack away the stands. You don’t need to be a committee member nor do you have to join the committee to be a helper. Any help you can give would be much appreciated.

The AGM

The 2014 AGM is just around the corner and Alan, our Group Organiser, said last year that he wanted 2014 to be his last one in this position. He would not be seeking re-election for 2015. No one, to date, has indicated that they would be willing to stand for this position. Please give it some consideration if you are able, since without an officially elected ‘group organiser’, the group will not be recognised by CUK and would cease to function. This would be tragic after managing to run for 45 years, representing and serving the coeliacs of Wolverhampton and surrounding areas.

Please have a word with myself, or one of the other committee members, if you think that you may be able to help us in any way.

City Bar – Wolverhampton

Does anyone know what has happened to City Bar in King St., Wolverhampton? One of our members said that it was not there and I could not find it or any explanation of its’ disappearance.

ASK Italian – Birmingham

Recently the group received an invitation to attend the launch of a new branch of ASK Italian, in Birmingham city centre (56 New Street). They are offering a good selection of gluten free items and Janet Foster attended on our behalf (a very arduous task). Janet tasted the gluten free pizza, pasta and cake and said she would definitely recommend the venue. Tel: 0121 643 1212

Gluten-free Fish and Chips – Chip Stop, Springhill Lane, Wolverhampton Tel 01902 33 53 33

The owner his wife, son and sister-in-law all have coeliac disease and they themselves follow a gluten-free diet. Gluten-free nights are **Tuesday** and **Saturday** 4pm – 11pm. Menu includes: - fish, roe, scallops, mushrooms and chicken kebab meat. Well worth a chip trip

Chamberlains Gluten-free Fish and Chip Restaurant

Chamberlains is a quality fish and chip restaurant on the borders of Birmingham and Sandwell, at the junction of Birmingham New Road and Hagley Road. Open 12noon to 9pm. They also have a full gluten free event once a month. See their website at www.chamberlainsfishandchips.co.uk for details or ring 0121 429 7709

Gluten Free Fish and Chips and Indian food

For those of you who live near to West Bromwich, you may like to know that we have been informed that

The Spon Lane Fish Bar in West Bromwich will now supply gluten free fish and chips every Monday. They can also supply a range of Indian food supplied by Free From Authentic Foods (www.f-faf.co.uk) who are based in Sutton Coldfield. It may be worth seeing the range offered by Authentic Foods on their website since they will supply direct.

November Meeting – Wednesday 20th Tried and Tested light-hearted cookery competition

With celebrity guest judges:- Mick Wells and Saskia of Gluten Free Living Shrewsbury.

Each year, for many years, we hold a light-hearted cookery ‘competition’. We invite members to bring along a favourite, gluten free, sweet or savoury dish that they have made themselves. We then invite a ‘celebrity’ judge(s) to join us and to select the sweet and savoury dish that they consider is most worthy of a prize. After the judging your entries are appreciated by everyone as we have an excuse for an early Christmas ‘social’.

Please try and support this event this year.

Over the last couple of years the number of entries has dropped considerably and we may have to consider not holding this event in future years if support is lessening. To give encouragement to entries this year we will be offering gluten free gift for all entries.

Even if you decide not enter the competition, please bring along a contribution to the ‘supper table’.

Prizes for the best savoury and the best sweet dish.

2014 Dates - provisional programme

Wednesday 12th February – AGM

Wednesday 30th April – Talk (speaker to be confirmed)

Wednesday 25th June – New Members evening

Wednesday 17th September – Cookery or Food demonstration

Wednesday 19th November – Tried and Tested with celebrity judge