

Cardiff and East Wales Coeliac Support Group



March 2014 Newsletter

Contacts/Committee

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Richard Gregory *Webpage organiser*

Diane Gleeson *Committee member*

News

This year, we are combining a very short AGM with a Medical Meeting, to be held at Llandough Hospital, details of which are given overleaf. At the AGM, I will be standing down both as Organiser and as a member of the committee. While no-one can possibly emulate the magnificent service given by Audrey Mealins, I will have held the rôle for five years, which is a reasonable length of time and in accord with other support groups, as well as Coeliac UK's encouragement of committee members to rotate rôles.

Now that my husband has retired and we have moved house, after 28 very busy years in Sully, we want to be able to spend more time together, sorting out the house and working on the large garden. We intend to plan and work on the garden together, enjoying turning it into how we envisage it, while we are still reasonably fit.

So, much as I have enjoyed the last five years, I feel that the time has come to hand over the running of the group to someone else. None of the current committee wishes to take over as Organiser and at least one member of the current committee will also be standing down. Also, Veronica wishes to relinquish the rôle of Treasurer, having very kindly stayed on in 2009. If the group is to continue the support that it has offered for so long, new committee members are urgently needed, especially for the positions of Organiser and Treasurer. You do not have to commit yourself for an indefinite period of time, so if you feel that you would like to be more active in supporting the group, please contact me at the address/email given above.

Although I no longer live in Sully, The Post Office will redirect mail sent to that address for the next few months. The email address is the official Coeliac UK address for the Cardiff and East Wales Support Group, so that emails will continue to reach a new Organiser.

Thank you for the support you have given me over the past five years.

Jean

Reply Slip: Please complete and return by post, or email your details, to Jean Dowding at the contact address/email address above. Thank you.

Your details: I wish to remain on the mailing list by post ___ email ___. Please remove my details from the list ___

Name: **Date of Birth:**

Address:

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Tel: **Email:**

AGM and Medical Meeting

**Tuesday April 29th 2014 7.00 — 8.15 pm The Board Room, University Hospital Llandough,
Penlan Road, Llandough, Penarth, Vale of Glamorgan CF64 2XX**

A very short AGM (with written report), followed by a Medical Meeting with
Dr Jill Swift (Consultant Gastroenterologist) and Laura Thomas (Coeliac Dietitian)
on managing Diabetes with Coeliac Disease

*If anyone has any questions/queries about Diabetes and Coeliac Disease that they would like addressed at
this meeting, please email Dr Swift at: jill.swift@wales.nhs.uk*

Refreshments and Raffle. Small gifts for the raffle would be greatly appreciated.

Juvela Gluten-Free Roadshow

Wednesday May 14th 2014

7.00pm

The Angel Hotel, Castle Street, Cardiff CF10 1SZ

Instead of holding a separate cookery demonstration, the group is joining in with a Juvela Event during
Coeliac Awareness Week 2014

There will be tea/coffee and g-f tasters, a talk by a dietitian and a cookery demonstration.

The Group will have a stand at this event.

*Please note: there will **not** be a raffle at this event.*

Restaurant Reviews by Veronica

A visit to Pizza Express

The Cardiff & East Wales Group were invited to visit Pizza Express in Mermaid Quay, Cardiff Bay to sample the new gluten free menu. Three of us went along and were treated to a sumptuous meal. We were given samples of virtually everything on the gluten free menu and there was a very broad range of choices. They have a delicious gluten free pizza base and coeliacs can have almost all of the toppings. There is a variety of salads, risottos and also a wonderful parmigiana. The final delight was the delicious chocolate brownie for pudding. Pizza Express also stock Green's gluten free pilsner. All in all the 3 of us had a wonderful time and we would highly recommend a visit.

<http://www.pizzaexpress.com/our-food/our-restaurant-menu/glutenfree/>



The City Bakehouse

A coffee shop with a twist...

The City Bakehouse is an independent coffee shop/café situated north of the city centre. It is located between Rhiwbina, Birchgrove, Thornhill & Llanishen.

All their delicious cakes are gluten free and they also serve lunches – soups, salads, toasted sandwiches and wraps. It is truly a delight for those on a gluten free diet.

<http://www.thecity-bakehouse.co.uk/>

Recommendation by a member:

Bakestone Bakery Pontypool NP40SW is a bakery and shop offering gluten-free cakes and puddings. For more information see the website: www.bakestonebakery.co.uk or phone 01495 524435