

Leicestershire Group Newsletter November 2014

Welcome to the latest newsletter from the Leicestershire Coeliac UK Support Group.

We held another very enjoyable Town quiz in Market Harborough in a hot Saturday in July. Lyn and Ken Rasmussen set an interesting and (mentally rather than physically) challenging quiz that took several teams to and fro across the centre of the town. After a couple of hours and a very close finish, Team Beniston took the honours by half a point from Team Rasmussen junior, because we knew the difference between a dentist and an oral hygienist!

There were rumblings of foul play that I will not elaborate on, so I'll just congratulate my team of Mr. and Mrs. Blackwell and friends.



All competitive instincts were soon put to one side as we all enjoyed a fantastic Gluten-Free Fish and Chip supper at the Blue Wave Fish Bar. We are hoping to make this an annual fixture in the group calendar, so vote now for your preferred town next year – Ashby?, Lutterworth?, Loughborough?, Melton? Oakham? Other?

Graham

In September we had an interesting talk from Ayshea Bliss from Dr. Schar (Glutafin) who explained the various products on offer, how they can be used, and how the packets have changed because of the new food labelling regulations which come into force next year. Ayshea's talk was followed by samples of her cooking, which were enjoyed by all. Many thanks to Ayshea, and to Tim for arranging the meeting.

We had a fun, calorie-filled afternoon in October where we brought gluten-free puddings that we had made, and the recipe. It was no hardship tasting the different puddings, which ranged from crumbles and cheesecakes to muffins and various cakes (including a very rich rum and chocolate confection which was voted the best

Your committee

Lyn Rasmussen (Group Organiser)
Barry Clarke (Secretary)
Tim O'Gorman (Treasurer)
Graham Beniston
Catherine Cox
Bruce Perrett

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Christmas lunch

November 27th at Great Central Railway, Birstall. Please contact Tim on 0116 275 1273 to book, or to let him know your menu choices, if you haven't already done so.

*** Keep these dates free ***

Leicester College meal

This will be held in the evening of 18th March 2015. More details and menus to follow later.

AGM

The next AGM is on 9th May 2015 at Lutterworth.

pudding of the day). I collected the recipes after the event, scanned them and sent them out to all the attendees.



After some discussion, we decided that buffets were the most difficult events for coeliacs. So our next event will be a completely gluten-free buffet where we will bring finger food and recipes. We are planning this for next spring, probably in Coalville. More details will follow in the next newsletter.

Lyn

*** CHILDREN'S PARTY ***

This will be held at Braunstone Civic Centre, Kingsway, Braunstone Town, Leicester LE3 2PP on **Saturday 31st January 2015** from 2–4 pm. Coeliac children of 12 and under are invited, along with their siblings. Advance booking is required – please contact Lyn, preferably as soon as possible, but in any case before 7th January 2015, to secure a place. All food will be gluten-free but please let us know of any other dietary requirements. If possible, we would like all the children to be able to eat everything.

Eating out

Thanks to members who have recommended gluten-free eating at:

- Hinckley Golf Club
- Flamingo Grill at the Three Pots, Hinckley
- Glebe Garden Centre at Countesthorpe which does GF fish and chips on Fridays

Thanks also for the recommendation for gluten-free shopping at Rosy's Store: 45 Western Boulevard, Bede Island, Leicester, LE2 7HN (Open Mon-Sat 10am-6pm)

Please keep the recommendations coming.

Stamps

Our biggest expenditure is on stamps for mailing out newsletters (over £300 a year). Please help us by either giving us stamps, or telling us an email address we can use. Also please let us know if you do not wish to receive any more newsletters. Emails are free!!!

Volunteering

We always welcome any offers of help of any kind. Just contact Lyn at any time, or one of the committee members at a meeting.

Coffee mornings

1st Friday of the month at the café in Sainsbury's in Stamford 11am

1st Saturday of the month at Muffin Break, Highcross centre 10-11 am

Contact Lyn if you would like more information