

**Wolverhampton Voluntary Support Group**  
Email - [wolverhampton@coeliac.org.uk](mailto:wolverhampton@coeliac.org.uk)  
Registered no. 3068044 Charity no. 1048167

## **News Update April 2014**

### **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. Please walk 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 and ensure you don't re-enter until told to do so. Please do not leave the assembly area until the Fire Officer has accounted for everyone.

### **This Evening – A Healthy Gluten Free Diet**

7.30pm Welcome and domestics

7.40pm Jaclyn Cliff – Healthcare Business Executive & Company Dietitian at Glutafin – talk / presentation

8.30pm Janet Foster pays tribute to two people who have contributed greatly to our group.

8.50pm NCAW and news update and lucky dip

9.00pm Refreshments including samples from Deli Divine

9.20pm Raffle draw

9.25pm Vote of thanks

9.30pm Depart

Any help clearing away would be most welcome.

### **Lucky Dip** (See Marion)

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.

### **Action 4 Independence Centre – 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 and 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. Do **you** (yes I mean **you**) think you could help out – just one little job on this list when you are at a meeting makes a huge difference – no other commitment needed. Let me know when during the evening.

**OR** can you assist Ian Jenkins with NCAW activities (see Ian)

### **Samples from Deli Divine**

Many thanks to Ian Jenkins who has obtained samples from online retailer Deli Divine, for us to try at the refreshment break. Unfortunately, if you enjoy what they offer, they ceased trading as of 26th April this year! Ooh dear!!

### **Annual Dinner - National Coeliac Awareness Week (11 - 17<sup>th</sup> May)**

Our apologies, but we have been unable to organise a suitable Annual Dinner during NCAW this year. Any suggestions and help in organising our annual Christmas Dinner would be most welcome. Please see a member of your committee, if you are able to help in any way.

### **New Members evening – (June 25th)**

The meeting will take place on the 25th June. Once again we are pleased to tell you Kathryn Robinson, Head of Nutrition and Dietetics at the Royal Wolverhampton NHS Trust, will be joining us on that evening. She will give those members new to coping with Coeliac Disease the opportunity of understanding what coeliac disease is and the changes to diet that are needed. Time for questions and answers is part of the evening.

### **Annual Skittles Night**

Thank you to Colin and Jeanette Babb for organising the annual fundraising event at the Swan at Brewood. As usual a very lively evening of competition for the much sought after “trophy”; a nice supper and funds for the group. This year the event raised £186 for group funds

### **Wolverhampton Young Coeliac Group**

The Young Coeliac group organiser Sally Hathaway says she had tremendous support for herself and her boys from the WYC group since they were diagnosed as having coeliac disease. If you know of a child or young person who may benefit from age-specific why not contact Sally on her mobile 07976 246 574 or at [sally.hathaway1@btopenworld.com](mailto:sally.hathaway1@btopenworld.com)

### **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!

### **2014 Programme dates:**

**Wednesday 25th June – New Members Evening**

**Wednesday 17th September – Meet the Small Producer / Supplier**

**Wednesday 19th November – Tried and Tested light hearted Cookery competition with celebrity judge**