



Email - [wolverhampton@coeliac.org.uk](mailto:wolverhampton@coeliac.org.uk)  
Registered no. 3068044 Charity no. 1048167

## News Update September 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, 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.

### Tonight's meeting:

#### Meet the small (gluten free) producer and supplier

After the success of the 'mini food fayre', which we held 2 years ago, we have decided to hold another one this evening.

Tonight's 'mini food fayre' is your opportunity to meet the people behind **local** gluten-free food - producers, suppliers and caterers. You will hear from four different gluten-free food providers and they will tell you about themselves, their passion and what drives them to produce gluten-free foods and the ideas they have for future products and promotion. A bit like Dragons Den without the Dragons!

7.30pm Welcome and domestics

7.40pm Find out more about our guest producers/ suppliers /caterers

- Boxley's Butchers – 20 windmill Bank, Wombourne, WV5 9JD
- Gluten Free Living – Shrewsbury Market Hall (stall 11) - [glutenfreelivingshrewsbury.co.uk](http://glutenfreelivingshrewsbury.co.uk)
- Gluttons for Nourishment – Tettenhall Arcade, High street, Tettenhall, WV6 8QS
- Rachel's Cake Delights – [rachelscakedelights.co.uk](http://rachelscakedelights.co.uk) or tel. 07989628038

8.30pm News update

8.40pm Meet our guests, refreshments and Christmas dinner bookings

9.15pm Vote of thanks and raffle draw

9.30pm Depart

Any help clearing away would be most welcome.

### 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

Colin and Jeanette have been helpful in arranging a venue for our Christmas meal event. We need to have at least 20 people attending this event so please try and give us your support. This year Essington Fruit Farm has been chosen as the venue. For full details and menu etc. please see the last page of this newsletter. Bookings will be taken during the refreshments break at this evenings meeting.

### **Wolverhampton Young Coeliac Group**

The Young Coeliac group still holds regular meetings for younger coeliacs. Group Organiser Sally Hathaway says she has had tremendous support for her and her boys since they were diagnosed as having coeliac disease. If you know of a child or young person who may benefit from age-specific activities why not contact Sally at [sally.hathaway1@btopenworld.com](mailto:sally.hathaway1@btopenworld.com) or on her Mobile number 07976 246 574

### **Solihull Gluten Free Food Fair, Saturday 27th September 2014 - 11.30am - 2.30pm**

Please support the Solihull Goup at the Land Rover Sports and Social Club, Rowood Drive, Bilsmore Green, Solihull, B92 9LN. Free parking. Entry by donation (£1 minimum)

### **2014 Dates - programme**

Wednesday 19th November – Tried and Tested light hearted cookery competition with celebrity judge. If you are able please try and bring along something you have made yourself or if you don't want to enter the competition please bring something g-f (shop bought is OK) for the buffet table. There will be a small gift for every entry to the competition.

### **2015 Dates – programme**

The date for the 2015 AGM will be available at the November meeting.

### **Important Information**

A reminder that the group that Alan Tunstall will , as previously stated at the 2013 and 2014 AGM's, will be stepping down from the position of Group Organiser at the 2015 AGM in February next year. He has not taken this decision lightly but feels that after 20 years on the committee and the last 4 years as Group Organiser it is time for someone with fresh ideas and energy to take our group forward. The group urgently needs a nomination for this position if the Wolverhampton Voluntary Support Group is to continue. It would be a great pity if 46 years after its formation this voluntary group had no future. If you can assist please contact myself or any member of the committee to discuss.

Alan Tunstall – Group Organiser – September 2014



*Farmers' Weekly Local Food Farmers of the Year 2011  
Heart of England Fine Food Best Retailer 2013*

***Wolverhampton Coeliac Group Christmas Menu  
Wednesday 10<sup>th</sup> December 2014 – 6.45pm for 7.00pm***

***Starters***

- *Smoked Scottish Salmon with salad garnish*
- *Fan of Melon with Essington raspberry coulis*

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***Main Course***

- *Roast local turkey or our own free-range pork served with homemade gluten free sage and onion stuffing, gluten free chipolata sausage and gluten free rich meat-stock gravy*
- *Gluten Free Vegetarian option is available*
- *Roast and boiled potatoes, roast parsnips, carrots, peas and home-grown sprouts*

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***Desserts***

*A selection of fresh home-made desserts*

- *Home-made gluten free Christmas pudding with brandy sauce*
- *Homemade Lemon Posset*
- *Fruit Salad*

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- *Home-made gluten free mince pie and coffee*

***Drinks, if required, are available for purchase from a fully licenced bar***

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**£23.45 / person**

**Bookings to be made with a £5.00 p/p non- refundable deposit and menu choices.**

**Balance payable 19<sup>th</sup> November (next meeting) or earlier if possible.**

**Location:**

**Essington Fruit Farm, Bognop Road, Essington, Wolverhampton WV11 2AZ**