



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

News Update November 2014

Welcome

Welcome 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 checked. 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.

Important notice

As usual Tried and Tested is always a busy evening. After the judging commences we will be fitting in a number of different activities, as detailed below:

- Alan will give a news update.
- Barrie James has put together a quiz for the evening if you wish to take part as individuals or small groups. (He will explain and hand out sheets)
- Marion, our group secretary, will say a few words about her position in our group.
- Greetings cards and raffle tickets will be on sale throughout the evening.

Please Note: Bookings and collection of payments for the Christmas Meal (Linda Young) and the Skittles Evening (Colin Babb) will also take place during judging.

Tried and Tested

Tonight is another gluten-free "food fest". This is your opportunity to try other members delicious cooking and to win a prize for your own best savoury or best sweet dish. This year we are again also in the fortunate position to be offering a free gift with every entry to our 'Tried & Tested' competition. Welcome to our celebrity judge(s), Sarah and her fellow judge and daughter Alice. Some of you will know our judges if you attended the September meeting or have visited 'Gluttons for Nourishment' cafe in Tettenhall Arcade, High Street, Tettenhall.

After the judging is complete we will all be able to sample the entries made by our members. Some of the entries will be 'gluten and wheat starch free'. Please allow those who have to follow this style of diet to sample these entries first, as the alternatives may be unsuitable for them. Thank you for your co-operation.

7.30pm Welcome and domestics and introductions

7.45pm Guest judge(s) begin judging entries

(during judging Followed by group updates, booking for Christmas dinner and raffle (during the time judging of entries is taking place)

8.45pm Service of refreshments and tasting of competition entries.

9.10pm Raffle draw

9.20pm Competition results – judges' decision is final

9.25pm Vote of thanks

9.30pm Depart

Any help clearing away would be most welcome. (Chairs and round tables **need not** be moved –thanks)

Christmas Dinner

Please see the information provided on the last page of this Newsletter for details of the Christmas Meal. **There are still place available for booking** but full payment and menu choices will be required this evening. Those who have already paid a deposit at the September meeting are requested to make their final payment(s) and menu choice(s) this evening also – I need to give a positive booking to EFF on 20th)

Skittles evening

The annual skittles 'fund raising' evening will be held on Friday 27th February 2014 at the Swan Inn at Brewood. Please see Colin Babb for booking and details. This is always an entertaining evening and new members are always given a warm welcome. Why not come and try your bowling skills for the 'best bowler trophy' or best team prize. A gluten free supper is provided for the coeliacs and a traditional one for non coeliacs.

Action 4 Independence Centre – Helpers needed

As you may be aware Alan Tunstall our Group Organiser, for the last 4 years and 20 years as a committee member in various roles, is stepping down from this position at the 2015 AGM meeting. We urgently require nominations for this position if the group is to continue.

We will also have a vacancy for a group secretary as our current secretary, Marion Burns, after 6 years in this position is also to step down at the 2015 AGM.

Please give both of these vacancies, or joining the committee, your full consideration, since any help you can offer would be most welcome if we are to continue raising the coeliac profile in and around the Wolverhampton area.

New blood and ideas are needed to take our group forward with the support it provides for members in our area. Being part of the team organising our group can be a very rewarding experience.

Wolverhampton Young Coeliacs

Call Sally Hathaway on 07976 246574 for more details on age specific activities for younger members.

2015 Diary Dates

Wednesday February 11th 2015 – AGM

Starts at 7.30pm at A4I, Albert Road, Wolverhampton WV6 0AF.

This is an important meeting, please try to attend if you are able.

2015 Skittles evening

Friday 27th February 2015 at the Swan Inn at Brewood.

Please see Colin Babb for booking and details.



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

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

Starters

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

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*

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

£23.45 / person

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

Balance payable 19th November (next meeting) or earlier if possible.

Location:

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