

CALDERDALE & HUDDERSFIELD GROUP



Newsletter
Summer 2013



Newsletter Editors: Irvana Fisher/Diane Kershaw Email: huddersfield@coeliac.org.uk

WE'RE NOW ON FACEBOOK

If you would like to join the Huddersfield and Calderdale Facebook page please find us on <https://www.facebook.com/groups/517643954952521/> or type in HUDDERSFIELD AND CALDERDALE COELIAC SOCIETY in the Facebook browser.

Please use this area to share news, recipes, information, hints, tips and support to other Coeliacs.

We look forward to this page developing.

Thank you to
Committee
Member Mick
for getting
this off the ground.



WHATS IN YOUR NEWSLETTER?

Dates for your Diary
Charity Challenge
Coeliac Awareness Week
Newly recommended venues/shops
News from Coeliac UK
How you can help your Group
Travelling Abroad
Get People Talking about Coeliac Disease
DVD for Hire

PLUS

Recommendations from members on:
Eating Out and Takeaways
Hotels and Shops
Summer Evening Meals—Kirklees
College and Stump Cross Inn

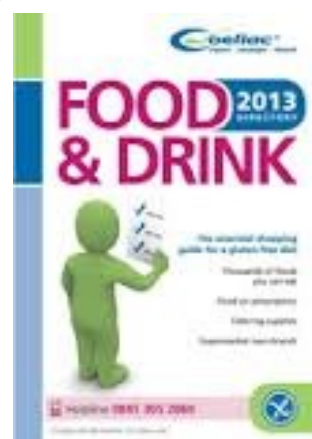
IMPORTANT MESSAGE—Digital text updates to the Coeliac UK Food and Drink Directory

Unfortunately, the community pages have been discontinued on the BBC Red Button Service. The BBC television text service has switched from being powered through the analogue signal to a digital one and there are restrictions on the space available. Unfortunately this means that the updates that were available through this service were discontinued from the end of March. There are other ways you can access the monthly updates to the Food and Drink Directory.

On our website www.coeliac.org.uk
by following the links on the electronic newsletter, eXG
via a 24-hour recorded message on the Helpline 0845 305 2060,
selection Option 1.

Via post - please call 0845 305 2060 to request a copy.

If you have any questions or concerns please let me know.
Kind regards, Miranda—Coeliac UK.



COFFEE MORNINGS

Our first drop in Coffee Morning at Sainsbury's, Wade Street, Halifax. HX1 1SB is on Friday 5th July 2013 from 10.00 am to 11.30 am.

Our next coffee morning at Sainsbury's, Shorehead, Huddersfield. HD1 6QR will be on Friday 6th September from 10.00 am to 11.30 am.

We welcome anyone to drop in and join us for their morning coffee or any newly diagnosed members who would like to chat with existing coeliacs.

EMAILS AND WEBSITE

As our membership is increasing quickly and postage keeps going up, we would like to send more of the newsletters by email (*as a WORD document*). Thanks to the people who have asked us to send their newsletter by email, but please remember to let Irvana know if you change your email or postal address. Members on our email list get the same newsletter as the printed/posted version and they also receive extra information, which cannot wait until the next newsletter posting.

Please also inform Coeliac UK of any changes in your membership & contact details.

If you would like to receive yours by email, please contact us at huddersfield@coeliac.org.uk

Don't forget to visit Coeliac UK's website at www.coeliac.org.uk. The Huddersfield Group's pages will keep you updated with photos, reports and news of events in between newsletters and also contains a full list of 'Eating Out' recommendations for our area, from previous newsletters.

HOW CAN YOU HELP YOUR VOLUNTARY GROUP?

We are appealing for donations for our popular Tombola stall at our Food Fair in November 2013. Donations can be handed to any committee member at any of our forthcoming meetings. Take this opportunity to pass on unwanted Christmas presents. Thank you in advance.

Examiner Charity Challenge

Sunday 19th May 2013

Why not join us in making money for Coeliac UK. The committee members who walk, (3, 7 or 12 miles), or cycle send their sponsorship money for medical research. There is also a Nordic walking route. All you have to do is download the application form from the Examiner website or contact the Examiner, which will be publishing full details of the event and complete an entry form, making sure you nominate 'Coeliac UK Huddersfield Group' as your chosen charity. The event departs from Lepton Highlanders, Wakefield Road, Lepton. There is the 'Teddy Bear Hunt' at Beaumont Park suitable for pushchairs and wheelchairs. A horse ride is also available. Contact Irvana if you would like to walk with other coeliacs. Entry fee is £4 per adult & £2 for children 6-16 years with under 6 years free. Closing date is 10th May.

This is just to remind you that the **Great North Gluten Free Fair** is being held on Saturday 27th April 2013, from 10.00 am - 4.00 pm, at The Castlegate, Melbourne Street, Newcastle upon Tyne, NE1 2JQ.



DATES FOR YOUR DIARY



COELIAC AWARENESS (GUT FEELING) WEEK

from 13th May to 19th May 2013

Here are our events to celebrate Gut Feeling Week.

York Food Fair—Saturday 11th May 2013 from 10.30am until 2.00pm
at the Bar Convent, Blossom Street, York, YO24 1AQ

On Tuesday 14th May 2013 we host our **Taster Evening of Gluten Free Produce from 7.00pm to 8.30pm at Bradley Villa Farm, Bradford Road, Bradley, Huddersfield. HD2 2JY.** An opportunity to purchase from this local farm food shop. Villa Farm are stocking a new GLUTEN FREE range of Cooking Sauces including Balsamic & Red Wine; Creamy Peppercorn & Lemon; and White Wine & Garlic.

Wednesday 15th May 2013 : Gluten Free Afternoon Tea from 3pm Cafe Society, 15 Byram Street, Huddersfield HD1 1DR. Please come and join us for Coffee and wonderful Gluten Free cakes.

Thursday 16th May 2013: Evening meal at the Chameleon Restaurant, Kirklees College. 6pm for 6.30pm. Price only £15.50. Kirklees College, New North Road, Huddersfield. HD1 5NN. This event will be supporting our trainee chefs of the future. The price is only £15.50 and our host chef for the event is Sandra Scott Smith. Please complete the attached pro forma and return to Mrs Martyn our treasurer. Cheques payable to: Coeliac UK: Huddersfield

Calderdale & Huddersfield Coeliac Group Summer Evening Meal 4th July 2013. Stump Cross Inn, Godley Lane, Halifax. HX3 7AY. Please complete the attached pro forma with your cheque and return to our treasurer, Mrs Martyn by 20th June 2013. Cheques payable to: Coeliac UK: Huddersfield

Events later in the year:

12th September: Pie & Peas Supper with Quiz at Golcar Lily, (7.30pm)

14th September: Juvela Cookery demo at St Philip's Community Centre,
(10.00 am to 12 noon)

12th November: Fish & Chip evening meal at Blakeley's Fish Restaurant, (6.30 pm)

30th November: Our 2nd Mini Food Fair from 10.00 am until 12 noon at St Philip's Community Centre

**Further details in our next newsletter due out
in September 2013**



VILLA FARM

I wanted to let you know that we have just received a delivery of new flavoured savoury pies these include Turkey & Ham and Sundried Tomato & Spinach Pasty, small individual apple pies, scones, ready to roll short crust pastry Hope these might tickle your taste buds.
Yvonne



ISABEL'S CUISINE LTD

Please find all new recipes here <http://isabelscuisine.wordpress.com/>

All the recipes are super-speedy to prepare and the final dishes are really tasty – hard to pick a favourite, but the microware puds are my top one.
With best wishes, **Isabel Gordon**

Facebook

Melanie is a member of our group and has set up her own face book page displaying all the Gluten Free cooking and baking she specializes in. Please have a look at her site and join her friendship group. www.facebook.com/glutenfreehomecookingandbaking

Dr Schaer Products

Members who are travelling to Germany, Italy and Spain will find Dr Schar products available in local stores.

Contact Jaclyn Cliff at Jaclyn.Cliff@drschaer.com for further information.

**SPECIALIST PHARMACY
FOR COELIAC PATIENTS**



Pharmacy4Coeliacs

A specialist Pharmacy for Coeliacs has launched in Bradford providing a new and unique service.

They aim to support patients with help to access the right prescription based products by providing a total support service.

For more information, contact Irvana at huddersfield@coeliac/org.uk

CHEQUES (Second Polite Reminder)

When making a cheque payable to the Group, please make it payable to:

Coeliac UK Huddersfield and Calderdale

Thank you.

RECOMMENDED VENUES

Members have sent in the following:

Paragraph taken from an email from one of our members. "I have just returned back from the Alps booked through Ingham's and paid £35 extra for GF food, but they were amazing at the hotel and made a real effort to adapt everything on menu, even had adapted canapés...couldn't credit them enough. Will be booking through Inghams again!" - Debbie

Just to let you know Harry Ramsdens at Guisley have been taken over by the Wetherby Whaler Fish and Chip Restaurant chain. They do Gluten Free fish and chips, you don't have to pre book them. I have been twice and they are very good.

Thank you to Glenda for letting us all know about this.

We look forward to receiving your recommendations for the next newsletter.

GET PEOPLE TALKING ABOUT COELIAC DISEASE

Throughout the UK, Members, via the Campaign Network, join us in our efforts to improve the level of service and care for people with coeliac disease across the food and health sectors. From signing petitions and handing out flyers, to writing to local decision makers, the Campaign Network raises the level of awareness and understanding amongst GPs, chefs, politicians and everybody in between.

With the recent development and recruitment of two new roles within Coeliac UK: Campaigns Manager and Campaigns and Volunteers Manager Wales, we will be looking to ensure that our Membership asks are focused and directly support the work that Coeliac UK is doing in Westminster, Holyrood and the Synedd.

The Campaign Network calls on Local Groups as well as individuals to play an active role in supporting our campaigns in their local area. For more information or to sign up to the Campaign Network email me – Miranda.brooks@coeliac.org.uk

Improve eating out Gluten-Free

Coeliac UK Members consistently rate eating out as one of their highest priorities. The Coeliac UK Venue Guide is a valuable tool for our Members; enabling them to plan breaks away, special occasions or everyday eating out. There are over 1,700 venues listed with more being added every day.

We are looking for volunteers to help us work our way through all of the new recommendations. This role can be done from the comfort of your own home and requires basic IT skills, a great phone manner and a healthy dose of patience! For more information email me – Miranda.brooks@coeliac.org.uk

Supporting our Younger Members

Last year we piloted a new volunteering opportunity within the Charity called the “Member 2 Member Programme”. This role is aimed at providing additional support to parents and carers of children who have recently been diagnosed with coeliac disease. This year we will be continuing with the role but driving the number of New Members taking part. We will also focus on opening up the role more formally to teenagers. Plans are also underway to expand the role to include adult Members with DH - another area where we know shared experiences will be valuable. For more information email me – Miranda.brooks@coeliac.org.uk

Recycle for Coeliac UK

Coeliac UK receives a donation when specific items are recycled. Why not follow one Committee Members’ great idea of asking Members to bring these items along to meetings allowing some en masse recycling.

The following items can be recycled under the scheme:

All Mobile Phones

Dell Inkjets

Canon Inkjets

Lexmark Inkjets

HP Inkjets

(N.B. Epson Inks and Laser/Toner Cartridges cannot be recycled under this scheme)

Jewellery - gold, silver, costume jewellery and watches (including broken and damaged items)

If you wish to support the recycling scheme please get in touch with Irvana at huddersfield@coeliac.org.uk or bring them along to our next venue.

What a fantastic turnout to our latest AGM.

Thank you to Dominos Pizza's who provided the Pizzas after this meeting. They send their apologies for arriving late.

For members who were still there at the end, they enjoyed a selection of hot pizzas.



CONTACT DETAILS

Following our AGM with the pharmacists at Sainsbury's, their direct telephone number is 01484 452595

New Phone App

Coeliac UK hope to launch their own App which will have both Food and Drink Directory information as well as the Venue Guide. We will keep you updated.

Travelling Abroad

If you are travelling abroad translations in many languages are available from Coeliac UK. Contact them on Tel: 01494 437278 or visit <http://www.coeliac.org.uk/gluten-free-diet-lifestyle/eating-out-and-travel-and-holidays> to download the leaflets.

If you are travelling to **Gran Canaria** the restaurants of San Miguel and Planet Steak have been recommended. There is also Pinocchio's which have large stickers in the window advertising 'Gluten Free Food'. Also all Spanish McDonalds do 'sin gluten' bread if you ask for it.

DVD FOR HIRE

One of our committee members has received a DVD produced by Dr Ruth Howard, Clinical Psychologist at The University of Birmingham, featuring 5 young girls as 'the stars' talking about life as a coeliac.

If you are the parent or carer of a coeliac and wish to view this DVD please contact Christine, Tel: 07725433300 and she will arrange a loan with you.

CHEQUES

When making a cheque payable to the Group, please make it payable to:

Coeliac UK Huddersfield and Calderdale. Thank you.

Thank you to Helen, one of our members, who recommends the following Farm Shop selling gluten free sausages and burgers:-

**Goldenhams Farm Reared Pork, Pine Trees Farm, Hubberton, HX6 1NT,
01422 831112,
Sales@tommytopsoil.com**

Our next newsletter will be in September 2013. If you have any information to share please Email huddersfield@coeliac.org.uk by Friday, 16th August 2013

We look forward to seeing you at our forthcoming events.

Your support is much appreciated. Irvana Fisher, Group Organiser.

Coeliac UK is a charity registered in England and Wales (1048167) and in Scotland (SCO39804) and company limited by guarantee registered in England (No 3068044)

