

## Leicestershire Group Newsletter April 2015

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

We have had some excellent gluten-free meals out with a Christmas meal at the Great Central Railway, and an evening meal at Leicester College. We also held a very successful party for the children, and are now setting up a parents' support group, run by one of the parents. Please let me (Lyn) know if you are interested in joining and I will send you more information.

Many congratulations are due to member Tony Barradell who climbed to the summit of Mount Kilimanjaro in Tanzania – a mere 19,341 feet high! He was raising money for 3 charities, including Coeliac UK, and his account can be found below – thanks Tony.

Finally, please join us at this year's AGM on Saturday 9<sup>th</sup> May where we will have Lisa Trivett from Coeliac UK giving us a short talk, with a question and answer session to follow. We also have a cookery demonstration from Juvela, so there is plenty to look forward to. The AGM will be held at 2:30 at:

Lutterworth Methodist Church Rooms  
Bitteswell Road  
Lutterworth  
Leicestershire  
LE17 4EZ

### 2014 Christmas Lunch - Thursday 27<sup>th</sup> Nov 2014

29 Diners attended this event at The Platform Café – Greenacres, Leicester North Station, Great Central Railway, Birstall Leicester LE4 3BR.

Goody bags were provided on the day to guests courtesy of Juvela.

Turkey was unsurprisingly the main course of choice; Christmas pudding however was not so popular, being chased by Carrot cake, Chocolate Fudge and the Cheeseboard.

Being late November, sadly the heritage railway was not running on the day which would have complemented the unusual venue perfectly.

Diners confirmed themselves as fully satisfied, and a number telephoned the following day to say the event was excellent and that it was a good practice to hold it in a different location each year as far as possible.

Tim O'Gorman

### Your committee

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

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### 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.

### 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!!!

## Leicester College Meal

Thanks to Tim for organizing another delicious meal at Leicester college on March 18<sup>th</sup>, and thanks to the trainee chefs and front of house staff for cooking and delivering it. We had 29 diners and a wide choice of menu options. The highlight of the evening was the seeing crepes Suzettes being prepared at the table. It is possible to eat at taste@Leicester college at lunch time but you will need to book ahead and advise them that you need a gluten-free meal.

## Future events

We are still planning on holding another bring and taste session (for finger food this time) although unfortunately it will not be this Spring. We will arrange something – possibly for September. Please let me know if you are interested

We are also planning another town quiz and chips on **Sunday 5th July**, in Loughborough. Again please let me know if you are interested.

*Lyn*

### Coffee mornings

1<sup>st</sup> Friday of the month at the café in Sainsbury's in Stamford 11am

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



Contact Lyn if you would like more information

## Kilimanjaro Climb

The trip overall was fantastic. I haven't been to Africa before, so it was a real cultural eye-opener. Our first few days were spent visiting three national parks and climbing a small mountain. All were fantastic - the parks for the animals and the mountain as a practice.

The first few days on the mountain were also very enjoyable. The walking was not difficult but it became increasingly strenuous as we gained altitude. A few headaches for me and other ailments for others, but not too bad. The bad thing was the camping - cramped, cold, uncomfortable etc. The good thing was the walking and the people I was with. There were 15 of us from around the globe, including a father and son pair from Australia, and blow me down, they were both Coeliac as well!

The final ascent of the mountain was a real tough challenge. Walking through the night from midnight until about 7am to reach the crater rim. I didn't have headaches but the physical exertion for 7 hours with the oxygen in the atmosphere dropping down to about half its normal level made it really, really tough. But I made it to the rim, and hardly had I got there than I was told to get moving again for the final walk round to the highest point. I was shattered already, and good job it was a relatively easy walk to gain the last 150m of altitude to get to Uhuru Peak. But we did it!

And then, after a few minutes of taking pictures, it was back down again! Another 7 hours walking over the next 9 hours. So, that night, sleeping in a tent was no problem!!



Then another day walking back down the mountain, then a minibus to the hotel - and then a shower and a proper bed!

I have a friend who works for one of the biggest gluten free food producers and she supplied me with lots of food to take with me, but I have to say the company who provided the guides and porters for our trip looked after me very well. Gluten free food all the way.

Tony's fundraising page can be found at <http://uk.virginmoneygiving.com/TonyBarradell>

## Children's Party

We embarked on a new type of event this year, a New Year children's party focused on every child being able to eat every item of food on the table. Some of the many children, who ranged from 4 to 14 years old, took some time convincing that the food was okay but before long they were all tucking into pizza, cobs, crisps, snacks, cakes and jellies.

Every family brought along something to contribute to the party, a bouncy castle was supplied courtesy of a family friend and the craft activities were very popular with every age. The children played, the parents chatted and the Local Group now have the foundation of a subgroup for children. A great start to the year and well worth the effort of trying something different.



### Eating out

Thanks to a member who has recommended gluten-free eating at George's - a fish and chip shop on Leicester Road in Loughborough - which serves gluten free fish and chips on the first Sunday of each month.

Please keep the recommendations coming.