

Sheffield Group Newsletter – Summer 2015



Group Meeting - This will be held on **Saturday 17th October** at **St. Mary's Church and Conference Centre, Bramall Lane, Sheffield S2 4QZ**. St Mary's is situated at the junction of St Mary's Road, Bramall Lane and Clough Road. There is limited car parking on-site. The alternative is on-street parking nearby or City Centre car parks. The venue has easy access by public transport (*including buses to the Moor Market, with just a short walk through the underpass from Fitzwilliam Gate*).

If anyone requires more information, ring Mike on 01246 417336.

The hall will be open from 10.00am. You will be able to sample **Juvela's** products and purchase **Voakes** pies and pastry products. Tea and coffee will be on sale.

At 11a.m. the dietitians **Nick Trott and Gillian Goddard** will give a short presentation.

We will be having the usual **Raffle** at the meeting. Tickets will be on sale when you arrive, and the draw will take place during the meeting with the winning numbers being displayed at the raffle table. If anyone would like to donate a prize, please bring it along.

Colouring and puzzle books and an activity will be available for the younger children during the meeting. The **Children's Table** is in the hall, so please can we ask that an adult stays with the younger ones during the presentation.

Please note we have to vacate the centre by 1pm.



Sainsbury's Sampling Evenings - We hope you have all enjoyed the sampling evenings at the various stores. Many thanks to Sainsburys for organising these events. They do appreciate your comments on their range of gluten-free goods and can only make changes if they know what you require. We hope they will hold other events in the future.



Sheffield Group Update

We had a very busy time earlier in the year, when we introduced a new way of financing the Group by means of donations rather than the annual draw that we have used for many years. We also pruned the membership list by asking everyone whether or not they wished to continue their membership. The net result has been a very healthy bank balance with a reduced membership down from 1241 to 485, with the majority being on email. Many thanks to everyone who sent us a donation.

As it is 12 years since we last pruned the list, it was always likely that we would reduce the membership quite considerably. I know some long standing members just never got around to renewing their membership, so if you know anyone who is not now receiving their newsletter and they wish to continue being a member of the Group, please let Mike know.

The membership list has now been handed over to our new Membership Secretary, Matt Lemm, who contacts all new CUK members in our area with an invitation to join our group and so the membership is beginning to rise again.

Another piece of news is that St Mary's have now agreed to allow us to have some stalls selling gluten-free products at our meetings. We have agreed to limit this to 4 and they will all be properly licensed companies.



Saturday 19th March 2016 – The Spring meeting and AGM of the Sheffield Group will be held at St Mary's. You will be able to sample and purchase products from Gluten Free Foods Ltd, who sell Barkat and other gluten and wheat free products and there will be a presentation by Dr Matt Kurien who is currently doing a big national study on the follow up of patients with coeliac disease. More details in the next newsletter.



Eating Out The following places have been recommended by members, (*some repeats*).
Please remember there are no guarantees! Always check before ordering.

Sheffield

Meadowhall - Ed's Diner has a GF menu of chicken, burgers, hotdogs, chips, malt-free shakes and cakes; they are accredited to Coeliac UK and 85% of their regular menu is gluten-free. **The Handmade Burger Co** advertises gluten-free buns (*take care as we have had some complaints*).

The Angel at Holmesfield has a comprehensive gluten-free menu including pies, fish & chips and a range of desserts, plus GF beer; Best to book; Tel: 0114 2890336 or Web: www.angelatholmesfield.co.uk

The Cross Scythes Pub/Restaurant, Totley have GF items marked on the menu with some really interesting dishes and are very knowledgeable.

The Millennium Gallery Café can do GF sandwiches of your choice and the soups are gluten-free. One of our members went to a wedding there when all the food was gluten-free.

Kelham Island Museum Café – soup and chips are gluten-free and the chef is hoping to include more gluten-free items.

Baldwin's Omega, Psalter Lane can provide gluten-free meals on request and also GF beer.

Arusuvai – one of Sheffield's top ranking South Indian Restaurants located in Abbeydale Road and Hillsborough have a menu which is more than 80% gluten-free. Web: www.arusuvai.co.uk

Bakewell

The Original Farmers Market Shop is now closed but **M.J Smyllie, (Greengrocer)**, (*just along Market Street*) is selling the gluten-free products including Voakes and Baked to Taste by G Free (frozen).

Byways 17th Century Tearooms, Water Lane (*opposite NatWest*) sell gluten-free main meals, sandwiches, scones etc.

Arrow Farm Shop, Steetley, Worksop sell GF sausages, burgers and sausage meat.

The Pantry, Sprotbrough, Doncaster will make GF pies if you pre-order.

The Millstone at Tickhill has been recommended.

Fayre & Square Pub/Restaurants now have gluten-free meals.

Kenny's in Conisbrough offer gluten-free fish & chips if you ring in advance.

Georgian Tearooms & Restaurant, High Street, **Doncaster** has a gluten-free menu.

Booths Café, 99 Rupert Street, **Lower Pilsley, Chesterfield S45 8DS** sell gluten-free toasties, items on toast and cakes; www.boothscoffeeshop.co.uk

Whitby's Fish & Chip Restaurants at Catcliffe (*just off the Parkway*) and Ledger Way, Doncaster have a good selection of gluten-free meals.

The Incredible Nutshell, London Road, Heeley, Sheffield (*next to Rails Model Railway & opposite Sloan Medical Centre*), is a grocery shop specialising in vegan, vegetarian and free-from food. They have a good range of gluten-free products including freshly made pies and cake slices from the Gluten Free Pie Company, plus pasta, pizza bases, biscuits, veggie sausages and frozen ready meals. Everything is vegetarian and most products are also egg-free and dairy-free.

The Gluten Free Pie Company is a new local company selling delicious fresh pies and cakes. Their products are also available at **Beanies** (*a whole-food co-operative*) Crookes Valley Road, Sheffield S10 1BA along with other GF products and at **The Something Special Tearoom** (*old Mayors Parlour*) in Rotherham. They also do outside catering. Contact Denise on 07720 873159 for more information.

Please Note – **The Jolly Friar**, Egerton Road, Dronfield is under new management and no longer do gluten-free fish and chips.

Going on Holiday

One of our members has been on a Thomson Cruise and was looked after very well.

The Olive Grove, Los Cristianos, Tenerife has a good choice of gluten-free dishes including fresh baked bread.