

Welcome to the September 2012 newsletter.  
This Newsletter has been sponsored by the  
Black Farmer.

Sept  
2012

## SAUSAGE TASTING! Saturday 15th September, Braithwaite Village Hall, nr Keswick 10.30am — 1.30pm

If, like us, you enjoy the odd sausage or two, then we've got the ideal event for you! In recent years a number of companies have got wise to the benefits of making sausages without Gluten, but which ones are the best?

Our blind sausage taste test event (you'll be blindfolded, not the sausages) will give you all the tools you need to select the sausage that is right for you. The sausages that people feel are the best will be reported on in the next edition of the newsletter.

Also attending this event will be Jaclyn Cliff, the new North West ambassador for Dr Schar (Glutafin/True Free/DS). She will be bringing some products along too! The usual buffet and raffle will also take place — GF contributions are welcome.



GLUTEN FREE

THE  
**BLACK FARMER**®

Great tasting, gluten free products available in Tesco, Morrisons, Sainsbury's, Co-Op, Waitrose, Budgens, Booths and Asda stores, and all online at Deale. If your local store does not stock them please visit my petition page at [www.theblackfarmer.com](http://www.theblackfarmer.com), and send your comments direct to your favourite supermarket.

Willow

f /THEBLACKFARMER t @THEBLACKFARMER YouTube /THEBLACKFARMER

follow us on  
**twitter**

@coeliaccumbria



Find us on  
**Facebook**

[www.facebook.com/coeliaccumbria](http://www.facebook.com/coeliaccumbria)

## Muriel Telford

Muriel Telford died suddenly during May 2012. Muriel was a great help to the group since its beginning some 20 years ago. Muriel hardly missed a gathering and was affectionately known as "The Little Body" - small in stature but big in personality!

Muriel helped out with teas and information tables at events and was nominated for a "Community Champion" award in the Coeliac UK Awards (which she won) for her support to all in her local area and her help within the group.

## College Meal

The (West Lakes) College meal was amazing once again. The students did us proud with wonderful fresh bread and a fabulous lunch.

## Juvela Cookery Demo at Rheged

This cookery demonstration was attended by over 100 people. Juvela did a "back to basics" demo in which they helped people get to grips with basic cookery following a GF diet. All attendees received a goody bag and recipe book featuring all the recipes shown on the day. The £5 buffet that Rheged caterers put on was fabulous, with the ciabatta a particular highlight!

**Group Meeting in Penrith** The June group meeting in Penrith featured one or two "hitches." The products weren't delivered to the venue (or to Jean to make sandwiches) and the projector had been taken away for another event. Despite these challenges, the event went well and Hannah Flannery gave the group a great insight into how Warburtons started and has been developing its range of Gluten Free products also WC Hospital Dietitian, Emma Hennessy gave a very interesting talk.

## Things we are thinking about organising...

A trip to Warburton's new purpose built bakery in Newcastle.

Shopping trip to Barrow in Furness with lunch/tea at the college.

Let us know what you think?

## Safe places to eat out in Cumbria.

We can email or post you our safe places to eat out information. Send a self addressed envelope to Peter Foster at the address on the return slip or email Peter at [ca156hr@sky.com](mailto:ca156hr@sky.com)



**A trip to Hospital** If you are going into either West Cumberland or The Cumberland Infirmary, please try to inform them in advance of your need for GF food so that they can cater for you safely. Both hospitals are aware of GF needs but need as much notice as possible. Every ward in Carlisle has a separate toaster and gluten free bread for Coeliacs. There have been a few negative stories about hospital stays and food so be as vocal as possible to make sure you get what you need.

## Meet the Committee Jean Foster (Organiser)

Olivia Blackburn  
Rachel Brinicombe  
Peter Foster  
Andrea Martin  
Anne Sowerby  
Anna Whitehead

Newsletter senior vice president in charge of paperclips:  
Ben Brinicombe

## Eating out in...Florida?

If you are planning a trip to Orlando to see a certain Mouse, we have the info you need on safe places to eat. Contact Jean/Peter for more information.

## Our FOOD FAYRE!!!!

Rheged, Penrith  
November 3rd. 2012

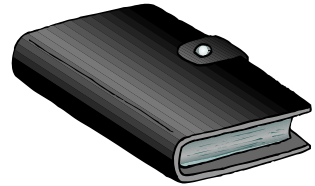
## Sponsored Walk

4 people from Coniston did a sponsored walk for Coeliac UK during awareness week. Tania Haug, Lauryn Kirkbride, Pam Kirkbride and Val Readman (Coeliac) raised £160. Well done to all!

Thinking of going wild camping? Frank Scott suggests you look at [www.racingtheplanet.co.uk](http://www.racingtheplanet.co.uk) where you can get high energy gf foods that you rehydrate by adding boiling water, ready in 5 mins.

Recently opened in Curzon Street, Maryport: Little World Foods. Happy to order Gluten Free foods in for you. Phone 01900 268724 and ask for River or Gillian who will be happy to help.

Sainsburys in Penrith have a pharmacy with a very helpful Pharmacist called James who is clued up on Gluten Free foods and is more than happy to talk to you about prescribables



## Gluten Free dates for your Gluten Free diary

**15<sup>th</sup> Sept. (Sat)** 10.30am Braithwaite Village Hall near **Keswick**. CA12 5RY.  
Sausage Tasting, General Meeting with guest speaker. We will have our usual buffet table and draw, all contributions welcome.

**20<sup>th</sup> Oct (Sat)** 10am – 12noon Coeliac Coffee Morning at The Theatre Royal, Washington St, Workington CA14 3AW

**3<sup>rd</sup> Nov (Sat)** 10.30am – 2.30pm Our 9<sup>th</sup> **Annual Food Fayre**, Rheged Penrith, CA11 0DQ

**2<sup>th</sup> Dec (Sun)** 4pm – 6pm – Children's Christmas Party Oval Centre Salterbeck, Workington CA14 5AH

**Keep up to speed with newsletters throughout the year for updates and further information as more events will be added.**

### Reply Slip

Name .....

Address .....

.....

Email Address .....

Telephone Number.....

Please let us know if you are attending the following events:

I will be attending the Sausage Tasting 15th September

Yes

No

I will be bringing \_\_\_\_\_ people

I will be attending the Christmas party on Sun 2nd December

I will be bringing \_\_\_\_\_ children to the party

Please return to Jean Foster 14 North Street Maryport CA15 6HR. Thanks to those who sent stamps last time round. It means that we can continue to send out newsletters!