



## Sheffield Group Newsletter – Spring 2016

### ★ Coeliac Awareness Week – Monday 9<sup>th</sup> – Sunday 15<sup>th</sup> May 2016

The focus again this year is on reducing diagnosis time and helping to find the half a million people currently living with undiagnosed coeliac disease. For more details see Crossed Grain Magazine.

**Monday 9<sup>th</sup> May – Silversmiths**, Arundel Street, Sheffield will be holding their annual Coeliac Event - A 5 Course Gluten-free Banquet at a cost of £35.00 per person; for enquiries and bookings phone 0114 2706160 or email [Emily@silversmiths-restaurant.com](mailto:Emily@silversmiths-restaurant.com)

**Thursday 12<sup>th</sup> May** - There will be a gluten-free meal at **Sparks Restaurant**, Sheffield City College (formerly Castle), Granville Road, Sheffield S2 2RL. The cost is £18.50 per person for the 4 course meal. A Menu and Booking Form is included with this newsletter.

**Saturday 14<sup>th</sup> May 2016 - York Food Fair** – This event will be held at York College, Sim Balk Lane, (just off A1036), York YO23 2BB. The venue is next to the Park and Ride bus terminus and within easy reach of the train and bus stations and on the Park & Ride bus route.

The Food Fair opens at 10.30am and closes about 2.30pm. Admission is £2.00 for adults, which includes a raffle, and is free for children under 16. There will be a café selling GF snacks and drinks.

This is a great opportunity for members, especially the newly diagnosed, to sample the different products, from national and local companies and we highly recommend that you visit this event.

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

**Chesterfield** now has its first German-themed bar, **Einsteins**, Holywell Street with a selection of over 100 beers including 4 gluten-free. The extensive menu details gluten-free options and if you tell your server you require gluten-free other dishes may be available as a GF option; Mondays are Coeliac Day when there is an exclusive gluten-free menu. Good reviews on Tripadvisor but can get busy at weekends.

**Wetherspoons** now stock Estrella Galicia (5.5% ABV) a gluten-free lager from Spain.  
Various pubs around Kelham Island, Sheffield including The Fat Cat stock gluten-free lager and ales.

**Uncle Henry's** at Grayingham Grange Farm, Grayingham, Gainsborough, DN21 4JD has a good selection of gluten-free products in a special cabinet, including cakes, sausages, burgers, pies, quiches and biscuits.

Contact: 01652 640308 or [www.unclehenrys.co.uk](http://www.unclehenrys.co.uk)

**The Hungry Horse** pub and restaurant chain have a gluten-free menu if you ask.

The café in **Clifton Park**, Rotherham sells gluten-free cakes.

**Gluten-free Fish and Chips** – contact direct for opening times and GF availability

**Keelings** Fish and Chips, 165 Racecommon Road, **Barnsley** – everything is now gluten-free – crispy cod, haddock, fish cakes, salmon fish cakes, gravy, etc.

**Neptunes**, 989 Ecclesall Road, Banner Cross, **Sheffield** S11 8TN sell GF fish and chips.

**Rothwells** Fish & Chips, Market Place and Copley Road, **Doncaster** – the fish is cooked using rice flour and the chips are done in a separate fryer.

Also – **The Big Fish** at Ollerton, **Pappa's** in Worksop and Gainsborough, **Chesters** in Chesterfield,

**Whitby's** at Catcliffe and Doncaster, **Seafayre** in Sheffield centre, **Woody's** at Monk Bretton.

*Email:* [sheffield@coeliac.org.uk](mailto:sheffield@coeliac.org.uk)

Coeliac UK: - Registered Number 3068044 Registered Charity Number 1048167



## Meeting with Sheffield C.C.G.

This meeting was arranged by the Sheffield Clinical Commissioning Group (CCG) regarding their guidance for prescribing gluten-free foods in 2016/17. The recommendation that has been given to GPs is to limit most adults in the Sheffield area to 8 units per month. This will be a more than 50% reduction for most people. Prescribing for children should not be changed.

The meeting was held on Wednesday 16<sup>th</sup> March with around 100 people in attendance. It was heated to say the least. The meeting started at 6.00pm and was scheduled to end at 7.30pm but went on until 8.00pm when we had to leave.

Passionate and strong arguments for retaining gluten-free prescriptions in line with the Coeliac UK guidelines were made but all arguments were simply dismissed out of hand. It was made quite clear that the newly imposed limit of 8 units for most people would stay and no guarantees would be made regarding the future. There had been no public or patient consultation held regarding this decision, it was simply imposed.

They said that a voucher system had been considered but had been rejected as not workable and would not save any money.

Alternative methods for prescribing were put to the CCG such as Voucher systems, Pharmacy-led systems or the Rotherham system. These suggestions were listened to but their decision had already been made and they were not going to move.

As time was running out, one person in the meeting suggested that Sheffield CCG invite 4 people back for a review meeting in 12 months. These people being Prof. David Sanders, Dietitian Nick Trott and Sheffield Group Members Neil Goodchild & Mike Davidson.



## Group Meeting and AGM

Members started to arrive from 10.00am to take refreshments in the Hall and to visit the various stalls. Voakes were with us again selling their very popular range of gluten-free pies and pastry products. Gluten Free Foods had a stand selling a wide range of gluten-free foods including Barkat. Their range of biscuits and pretzels are very good. Charity Adu had a stand promoting her gluten-free products and Food Preparation Courses.

At 11.00am we moved into the Conference Room for the AGM and talks. The Group Organiser's report was read to the meeting and the Treasurer gave a financial report which showed us to be in a very good financial position with a healthy bank balance, (*see below*). All members of the committee were re-elected.

Unfortunately Dr Matt Kurien could not be with us to give his presentation but Professor David Sanders popped in to talk to us. He covered the meeting held with Sheffield CCG and we decided that the next step was for individuals to write to their MP, (*more details to follow*). Keep a lookout for Prof. Sanders new book which is now available. We hope that Dr Kurien will be able to update us on his research at a later meeting.

Nick Trott, the dietitian from the Hallamshire Hospital gave a follow-up from the last meeting, regarding FODMAP. He also has a requirement for assistance from Group members at some meetings with the newly diagnosed to talk to them about how you deal with the gluten-free diet, (*further details to follow*).

After the talks people moved back into the hall to collect raffle prizes and make some last minute purchases.

## ★ **Group Organiser's Report – March 2016**

Our aim is to support our membership with their gluten-free diet and to raise awareness of coeliac disease.

In 2015 we did not hold our usual big raffle and in its place we requested donations to keep the group running. At the same time we ran a membership pruning exercise which reduced the membership down from 1250 to less than 500. The donations given were greater than we could have hoped for and will keep us active for quite some time. A massive thank you to everyone who sent us a donation.

We are delighted that Matthew Lemm has taken on the role as Membership Secretary. He now maintains the membership database and contacts all new members of Coeliac UK in our area with a view to inviting them to join our group. He has already succeeded in getting our membership back above 500.

Twelve months ago I reported that St. Mary's, where we hold our meetings, had stopped us having stalls selling products. After another meeting with their management they have agreed for us to have stalls run by gluten-free food producing companies that are regulated and conform to all food standards.

During the year we have supported a Sheffield Doctors Training Event, several Sainsbury's gluten-free food tasting events, had gluten-free meals at Sheffield City College and at Silversmiths Restaurant, supported the Coeliac UK AGM and Food Fair in Wetherby and the Rotherham Hospital Gluten-free Day. The group was represented at the Coeliac UK Volunteers Conference in London and we had a first class Christmas Lunch at St. Mary's.

The two meetings at St. Mary's were well attended especially the October meeting when we were allowed to again have stalls selling gluten-free products.

To all our committee members, helpers and supporters I would like to say a big thank you for everything that you have done throughout the year.

### Accounts Summary for 2015

#### **Opening Balance - £3248.11**

#### **Income - £6055.50**

[Fund Raising Events £176.00; Donations £3681.00; Group Events £1990.50; Other £76.00;  
Raffle at Meeting £132.00]

#### **Expenditure - £3598.19**

[Postage £588.00; Group Events £2451.50; Printing & Stationery £315.34; Other £111.35;  
Raffle money sent to CUK £132.00]

#### **Closing Balance - £5705.42**

*Note – Group Events include bookings for external events, e.g. Dinners, which are paid out to the venue.*

### **Sheffield Group Committee -**

Group Organiser - Mike Davidson;

Treasurer – Marjorie Hardey;

Secretary – John Hardey;

Newsletter Editor - Heather Davidson;

Membership Secretary – Matthew Lemm;

Committee members – Carol Millard, Camilla Sherwin and Malcolm Smith.

## ★ **Dates for your Diary**

**Saturday 2<sup>nd</sup> July 2016** - Coeliac UK AGM and Food Fair at Bath Racecourse

**Saturday 8<sup>th</sup> October 2016** - The autumn meeting of the Sheffield Group of Coeliac UK. Full details will be in the next newsletter.