

Newsletter 10 - August 2013

Welcome to our new members since the Great North Food Fair.

Thankyou to all who donated stamps to help postage costs. Please consider sending a couple of stamps with the reply slip.

Trip to Warburtons Newburn Bakehouse.

Monday September 23rd 2–4pm

Make your own way to Newburn Industrial Estate, Shelley Rd, Newcastle, NE15 9RT

NB: This trip is open to coeliacs only & there are 12 places. Another tour will take place early next year.

Our main Autumn meeting will be on **5th October** at St Bartholomews Church Hall, Station Rd, Longbenton, NE12 9NQ

This will start at **11.30am** with a talk and Demo by Deborah Thackery from Red Apple Nutrition followed by a **buffet lunch**. Please bring something homemade or bought to share. It **must** be **Gluten Free** and if Wheat free too or dairy free, please label.

Group Organiser:
Gillian Ransom
9 Limetrees Gardens
Gateshead
NE9 5BE
Tel: 01914405138
gillianransom@hotmail.co.uk

Dates for your Diary:

Mon Sep 23rd – Newburn Bakehouse visit.

Sat Oct 5th– Buffet Lunch & talk by Apple Nutrition

Sat Nov 9th– Coffee Morning

Fri Nov 29th – Gateshead college lunch

Wed Dec 11th – Gateshead College meal

Sat Dec 7th – Christmas Party

Cumbrian GF Food Fair

(formerly Penrith)
Carlisle Racecourse, Durdar Rd
CA2 4TS

Sat 16th November 10.30 am–2.30pm

We are not organising a trip but it is well worth a visit.

Coffee Morning Sat 9th November 10am – 11.30am

St Marks Church, Shipcote Terr, (corner of Durham Rd),
Gateshead, NE8 4AA

Bring and buy Stall, Raffle, eating out info,

Free tickets to the **Allergy and Free From Show North**

at Liverpool on 26/27th Oct 2013 are available from

www.allergyshow.co.uk/go/newcastlecuk.

3 Course GF Christmas Meal-£10.95

Enfield restaurant, Gateshead College,

Quarryfield Rd ,NE8 3BE

Friday 29th November at 12 noon.

and

Wednesday 11th December at 6.30pm

£5 deposit required by 8th Oct with menu choices. See menu on next page.

Christmas Party

Saturday 7th December 2.30-4.30pm

At St Bartholomews Church hall, Station Rd,
Longbenton, NE12 9NQ

GF Food, Games and Fun for all the family.
Gift for all children.

Eating out

Neptune fish & chips – 3 Seafield Rd, Seahouses NE68 7SJ

Walrus and the Carpenter, 147 Church Street, Whitby YO22 4BH.

The Peacock Inn, Tanfield – GF yorks pud/gravy on Sunday lunch

Sabatini's 25 King St. Newcastle NE13UQ 01912614415 (GF pasta and Pizza)

The Garden Coffee House – 20 Hallgate, Hexham, NE461XD 0143 606656

Anglers Arms , Weldon bridge Longframlington, NE65 8AX 01665 570271

Celebration Cakes – Sandra Bones, 11 Ede Ave, Dunston. 0919 420 7607

Vallum Farm Restaurant Military Rd, east Wallhouses, NE18 0LL 01434 672406 dckrestaurant@vallumfarm.co.uk

100 Club

**A prize draw takes place every
month with prizes of
£15, £10 & £5**

**It costs £12 per year. If you have
not already joined & would like
to join send a £6 cheque now
for the period Nov- April**

Gateshead Christmas Menu

Spiced butternut squash soup with coriander crème fraîche.

*Cray fish cocktail with whisky Marie rose and slow roasted
cherry tomatoes.*

Honey roasted ham & pea risotto with Parma ham crisp.

Roast turkey with chestnut stuffing, pigs in blankets & Cranberry sauce.

Sticky Calvados pork cutlets with caramelised apples and chive mashed potato.

Onion and roasted field mushroom Cassoulet with sautéed celeriac and chestnut cream.

Christmas pudding with brandy sauce.

Sticky toffee pudding

Winter fruit meringue

Coffee & Petit fours

Reply Slip

send to address at top of newsletter. Cheques payable to Newcastle/Gateshead Group Coeliac UK

Name _____ Tel: _____

Email _____

I would/would not like to join the 100 club & enclose £6 .

I wish to book a place for the Warburtons tour. My shoe size is _____

I Will/Will not be attending the Autumn/lunch meeting on 5th Oct with _____ guests.

I will/will not attend the Coffee Morning on 9th Nov.

I wish to book _____ places for the College Lunch on 29th Nov.

I enclose my menu choices and £5 deposit per person (non Refundable). £ _____

I wish to book _____ places for the college meal on Wed 11th Dec.

I enclose my menu choices and £5 deposit per person (non Refundable). £ _____

I will be attending the Christmas Party. Adults _____ Coeliac Child _____ age _____

Non Coeliac child _____ age _____