

**SPRING HAS HOPEFULLY SPRUNG****GROUP  
ORGANISER:  
PAT SIVITER****IN THIS ISSUE****Prescription Update****Coffee Morning****Gluten Free Recipe****Forthcoming Events****Spring Meeting****Coffee Morning**

Hello Everyone

Hope you have all had a lovely Easter and how nice it is with the warmer weather and lighter nights, bring on the Summer.

We have recently held our first Fish and Chip Lunch which was a success and will be looking to hold another in a few months time. We had some fun and games before the food arrived by having an Easter Egg Hunt for the children and a quiz on Chocolate for the adults, two teams shared first place with 25 out of 30, a very good score and by the time we had finished the Fish and Chips arrived.

We will be holding our AGM/Spring Meeting on Saturday 6 May, when we plan on having a quiz/question session on Coeliac Disease followed by a tasting with some of the new products on the market.

We always welcome any members who would like to join the committee or make any suggestions for either the Newsletter or Speakers to come along to our Group Meetings. If parents wish to bring along their children we do have trained members who are happy to keep them occupied with games and activities during the meeting.

The minutes from last year's AGM will be on the web page under Documents in the next week.

If you wish to receive the newsletter by post please don't forget to let me have 4/6 sae's

**Please contact the group by email at [stourbridge@coeliac.org.uk](mailto:stourbridge@coeliac.org.uk) or 01299 832366**

**PRESCRIPTION UPDATE**

I have included on the web site some up to date information on prescriptions that has come from Coeliac UK and I think all members should take a look and take the necessary action as indicated in the document. Here is the link for those of you that use the internet

<https://www.coeliac.org.uk/local-groups/stourbridge-and-district/prescription-update/>

For those members who receive the newsletter by post I have included a copy of the document with this newsletter.

**COFFEE MORNING** We are going to hold our next coffee morning at Asda Cafe in Merry Hill on Wednesday 5 July, please do come along and join us.

**NEW PRODUCTS Nairns** Have a new range of snacks - Oat snacks in flavours sea salt, cheese and smoked paprika and whole grain biscuits in cheese, berry and choc chip flavours.

**SPRING MEETING** I have been in contact with several of the GF manufacturers who will be supplying us with some of their new products for a tasting session after the business part of the meeting has been concluded.

**RESTAURANT IN BARCELONA** I can highly recommend near the Cathedral who used the magic words 'cross contamination' when I was discussing their menu, the waitress was also Coeliac.

**NEW EMAIL ADDRESS** My personal email address is changing so if you wish to contact me please use the email address above and I will get back to you individually on the new email.

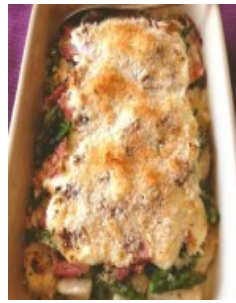
**CAKES AT GROUP MEETINGS** It has been requested if we could possibly include one of our refreshment cakes as Dairy Free for any members that have dairy or lactose allergies.

**GLUTEN FREE RECIPE CORNER!**

**Crunchy Chicken & Asparagus Bake**

(courtesy of Juvuela website)

300g (12oz) chicken breast, diced  
100g (4oz) asparagus tips, cut into 1 inch pieces  
50g (2oz) frozen peas, defrosted  
25g (1oz) baby spinach leaves  
75g (3oz) thick cut ham, roughly chopped(optional)  
150ml (6fl oz) creme fraiche  
50g (2oz) breadcrumbs, made from a Juvela Gluten-free White/Fibre Loaf



Spread the chicken evenly in a shallow baking dish and place under a medium grill for about 8-10minutes, turning occasionally until cooked through

Meanwhile, place the vegetables in a bowl and pour over boiling water; leave for 2-3minutes, then drain.

Scatter the vegetables and ham over the chicken, top with the crème fraiche and season to taste.

Sprinkle the breadcrumbs on top and return to the grill for a few minutes until topping is crisp and golden brown.

**FORTHCOMING EVENTS**

Please contact Pat either by email: [stourbridge@coeliac.org.uk](mailto:stourbridge@coeliac.org.uk) or 01299 832366



**AGM/SPRING MEETING**  
Agenda & Minutes available on web page under documents  
**SATURDAY 6 MAY**  
2.30 pm start  
**UNITED CHURCH, LYE**

**COFFEE MORNING**  
**WEDNESDAY 5 JULY**  
at 11 am  
**ASDA MERRY HILL**

**COFFEE MORNING - TESCO KIDDERMINSTER**



**FISH & CHIP LUNCH**

