



Sheffield Group Newsletter – Spring 2017

★ **Coeliac Awareness Week – Monday 8th – Sunday 14th May 2017**

Thursday 11th May - There will be a gluten-free meal at **The Silver Plate Restaurant** (formerly Sparks), Sheffield City College, Granville Road, Sheffield S2 2RL. The cost is £20.00 per person for the 4 course meal. A Menu and Booking Form is included with this newsletter.

York Food Fair – Saturday 13th May - THIS EVENT IS NOW CANCELLED

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

Chesterfield

Bottle and Thyme, 15-17 Knivesmithgate, Tel 01246 768283 – brilliant with gluten-free customers with a choice of main meals, desserts and cakes and stock Peroni GF beer;

See website: www.bottleandthyme.co.uk or email: info@bottleandthyme.co.uk

Woodhead's Café, 3 Theatre Yard, Low Pavement – Have gluten-free options on the menu including all day breakfast and fish and chips.

Thyme to Eat, Shambles – cater for Vegetarian, Vegan and Gluten-free diets.

Sheffield

Townend Fish Bar, Gleadless Townend, 958 Gleadless Road, S12 2LL, Tel: 0114 2653240 – Gluten-free Doves Farm Rice Flour Batter available to order; made fresh for each order and fried in a dedicated Gluten Free Fryer. Please call in advance to order; Gluten Free Chips available all day;

See website: www.townendfishbar.co.uk or email: info@townendfishbar.co.uk

Edisons Coffee (formerly Eten), 2-4 York Street, S1 2ER (at the side of the Cathedral) – still serve gluten-free sandwiches and cakes if you ask.

The King Henry, Bawtry Road, Bramley Rotherham (next to Aldi) has a good gluten-free menu.

Dates for your Diary

Saturday 24th June – Coeliac UK's AGM and Food Fair at A.J. Bell Stadium, Salford, Manchester; for more information see Crossed Grain magazine or look on the website.

Saturday 21st October - autumn meeting of the Sheffield Group.

Can You Help?

We have received an email from Linda McGregor, the local co-ordinator for the Chesterfield Centre, a Spanish Language School who bring students to Sheffield and Chesterfield. They have found that more and more young students are suffering from coeliac disease and really need to stay with families that already deal with the problem in their lives and family. Student stays range from 2 weeks through to a whole academic year. Families are reimbursed £130 a week towards the student's upkeep.

If you are interested in getting involved or require further information then please email Linda direct on linda@thechesterfieldcentre.uk or contact Mike who will pass your details on.

Email: sheffield@coeliac.org.uk

Coeliac UK: - Registered Number 3068044 Registered Charity Number 1048167



Minutes of the Group Meeting and AGM – 18th March 2017

Members and guests arrived at St. Mary's Church and Conference Centre from 10.00. We were supported by Delicious Alchemy, Thornleys Natural Foods and Voakes who demonstrated their products. North Derbyshire Clinical Commissioning Group also had a stand advising members of a consultation on proposed changes to the prescribing of gluten free food. There was also a raffle, which had 32 prizes on offer all generously supplied by the exhibitors and members. There was also a children's corner.

Gillian Goddard, a Specialist Community Dietitian from Manor Clinic, was present to answer members' questions and give general dietary advice before and after the business of the meeting.

At 11.00 the business of the AGM began in the conference room.

Mike Davidson presented his **Group Organiser's Report** -

We have continued to work hard to raise awareness of coeliac disease and to support our membership with their gluten-free diet.

Twelve months ago the Sheffield Clinical Commissioning Group introduced a prescription limit of 8 units of gluten-free food per month for adult coeliacs. This was introduced without consultation and was strongly contested. We suggested that members made their feelings known by writing to their local MP. This resulted in huge number of letters going to MPs and subsequent replies. So far there has been no change on the stance taken by Sheffield CCG.

I have now also received notification from Coeliac UK that North Derbyshire Clinical Commissioning Group has launched a consultation on gluten-free prescribing. I am led to believe that Coeliac UK will contact all members affected by these discussions.

Our members have enjoyed specially organised gluten-free meals at Silversmiths Restaurant, Sheffield College and at St. Marys Church.

We have had large attendances at our two main meetings and many of our members still support the York Food Fair. We had stalls at a gluten-free food tasting event at Sainsbury's in Edenthorpe, Doncaster and at a Gluten-free Day at Rotherham Hospital.

We continue to produce a regular Newsletter which seems to be quite popular and our group was also represented at Coeliac UKs Volunteers Conference in York.

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

Marjorie Hardey presented the **Treasurer's Report** -

The Group is in a good financial position. Expenditure has been reduced, mainly by reduced postage costs as more members receive communications by email instead of mail.

A question was asked on whether there would be an appeal for funds this year. In reply it was stated that there would be no appeal this year, but donations are always accepted.

Last year the Committee agreed that the money raised from raffles at meetings and events should be donated to CUK funds, for research purposes. The Committee now proposed to donate £1000.00. This proposal was put to the meeting and agreed. It was also agreed that it should be used for research purposes. Following this decision it was stated that this year money raised at raffles as well as any donations received would be kept by the Group.

Marjorie explained changes to the Financial Policies of CUK which has established new bank accounts with Lloyds Bank for each Group under an “umbrella account” and a new Fraud and Finance Policy which is part of the Group Constitution.

Accounts summary for 2016

Opening Balance at 1 January 2016 - £5705.42

Income - £2135.50

Expenditure - £2687.68

Closing Balance at 31 December 2016 - £5153.24

- Note - The Income includes bookings for external events, e.g. Dinners, which are then paid out to the venue and included in the Expenditure. The expenditure includes the donation of the proceeds of raffles to Coeliac UK.

Election of Officers

There being no other nominations, the officers and committee were re-elected as follows: -

Mike Davidson – Group Organiser

Marjorie Hardey – Treasurer

John Hardey – Secretary

Matthew Lemm – Membership Secretary

Heather Davidson – Newsletter Editor

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

Tracy Wootton was elected to the committee as Publicity and Social Secretary.

Mike Davidson stated that any Member who was interested in joining the Committee would be very welcome. He thanked all the Committee Members for their hard work.

Mike Davidson expressed the Group’s thanks to Pauline Kilner who had sold raffle tickets at meetings for 17 years and was now stepping down from this role.

After the conclusion of the AGM business, Dr Michelle Lau and Dr Hey-Long Ching gave a presentation on the latest research developments.

Derbyshire Gluten-free Prescribing Consultation

North Derbyshire Clinical Commissioning Group (CCG) are currently undertaking a consultation regarding access to gluten-free food on prescription. If you live in Derbyshire, please ensure your voice is heard. The consultation is open until 27th May 2017.

There is an on-line survey which can be found at www.surveymonkey.co.uk/r/GlutenDerbys

If you wish to request a hard copy of the survey, please ring 01246 514176 or write to CCG Headquarters, Nightingale Close, Off Newbold Road, Chesterfield, S41 7PF. You can also send your views directly to the CCG by emailing enquiries@northderbyshireccg.nhs.uk

Don’t forget **Hendersons Relish** is gluten free!!