



August 2017.

Welcome – to our Summer 2017 newsletter.

Although no progress appears to have been made in relation to gluten-free prescribing, Coeliac UK have been working very hard on this issue and we recommend members to review the latest information on the Coeliac UK website and also in the latest issue of “Crossed Grain” magazine where the subject is thoroughly discussed. More and more CCGs are heading down the same route as Gloucestershire, but at least all of them have carried out or are carrying out some form of consultation before taking a final decision

Recent Events –

We held our Annual General Meeting at Hucclecote on Saturday 1 April. The meeting was attended by about 40 Members and, as well as receiving the accounts and reviewing the previous year’s activities, elections were held for the posts of Group Organiser, Secretary, Treasurer and Committee Members. Unfortunately the advertised cookery demonstration did not take place because Glutafin did not turn up. Instead there was a wide-ranging question and answer session followed by refreshments and a raffle.

Paul Stanton, Rosamond Farley and Julie Gurney all decided not to seek re-election to the Committee and they were thanked for their help and hard work. This was especially true of Julie who first joined the Committee some 47 years ago. Pippa Talboys has joined the Committee and has taken on the role of Treasurer.

Future Events –

1. Food Fair

Saturday 16 September at Churchdown Community Centre, Parton Road, Churchdown GL3 2JH, from 1030a.m. to 2.30p.m. Admission £1 (under 16s free).

Local and national suppliers of gluten-free products; NHS dietitian; Coeliac UK; gluten-free fish and chips. There will be a cookery demonstration at 1115, which will be repeated at 1230. All welcome. Please publicise the event (copy of poster attached for those of you on e-mail.) Tea, coffee and light refreshments available.

As at the AGM, we are hoping to make a small area available as a “play area” for small children along with a few toys & colouring books etc. The Local Support Group will not be able to provide supervision so responsibility for the children must remain with the parent to satisfy Coeliac UK safety requirements.

2. Christmas Lunch:

Friday 1 December at the Apple Tree, Stockwell Lane, Woodmancote, GL52 9QG. Meet at 1200 ready to eat at 1230.

Over the years this has proved a popular event so early booking is recommended. Full details of menu and costs are on the attached booking form which should be completed and returned as soon as possible (and by 15 November **at the latest**).

Coffee Mornings

Meetings in the **Stroud** area are held on the third Wednesday of the month at Sainsbury's Café, Dudbridge, and Stroud starting around 10.30. – all welcome.

Gluten-free Food in Hospitals

If you have had any experience of gluten-free food in hospitals within the last year our Group Organiser would be interested to hear your views as he is compiling a report for Coeliac UK. Contact him via e-mail (glos@coeliac.org.uk) or post (Graham Barton, 11 Gordon Close, and Highnam, GL2 8LL).

Eating Out

Anyone using the Venues Guide on the Coeliac UK website – **a word of caution** – always phone any venue you may be considering ahead of your visit, to check that they are still open and offering a gluten free menu as they may have changed hands over time.

Social Media

Coeliac UK Gloucestershire can now be found on Facebook & Twitter:-



@Coeliacglos



@CoeliacUK_Glos

Please follow us to get the latest updates & information for the Gloucestershire area & join in the chats

Your 2017 – 2018 Committee

Graham Barton, Highnam; Brian Reeks, Dursley; Christine Stuart, Stroud; Marysia Powis, Stroud; Gill Smith, Newent; Ken Stothard, Leonard Stanley; Margaret Timlin, Leonard Stanley; Val Mason, Gloucester; Valerie Vedmore, Tewkesbury; Pippa Talboys, Staunton.

If you have any **suggestions**, queries or even complaints (please be gentle!), contact the Newsletter Editor – Ken Stothard at kenstothard@ksal.co.uk
Tel.: 01453 821533.

Christmas Lunch Friday 1 December

Booking Form below, please book before 15 November

To be sure of your places please make your reservations as soon as possible – and by 15 November 2017 at the latest. This allows us to finalise details with the restaurant.

Reservations may be made by either of the following methods –

- a) **Email Pippa Talboys** on – pippa_talboys@hotmail.co.uk with your booking & requirements & make your payment electronically by bank transfer.

Bank details are:-

Account Name: Coeliac UK Gloucestershire;

sort code: 30-94-28; account number 63152260; bank: Lloyds

- b) **Use the form below & return to Pippa Talboys** (Treasurer) with full payment see address below.

Cheques to be made payable to – Coeliac UK Gloucestershire

To: Pippa Talboys, 2 Moat Lane, Staunton, and Gloucestershire, GL19 3QG

(Telephone: - 07772 914965 Email: pippa_talboys@hotmail.co.uk)

Please reserve me Seats for the Christmas meal on Friday 1 December 2017

I enclose a cheque (full payment) for £.....

Name Tel No

MENU CHOICES

Please enter names against orders as this helps the restaurant to serve you the correct meals.

Name	Starter	Main course	Dessert

Coeliac UK – Gloucestershire Group Christmas Lunch

**“The Apple Tree”, Stockwell Lane, Woodmancote,
Cheltenham GL52 9QG**

Friday 1 December 2017 1200 for 1230

2 courses: £16.99 3 courses: £20.99 (N.B. Price includes tip)

Starters

Chorizo bubble & squeak: savoy cabbage & potato cake, topped with pan-fried chorizo, a free-range poached egg and smoked Hollandaise sauce

Homemade slow-roasted tomato & thyme soup (v) with bloomer bread

Crayfish cocktail: crayfish tails with a Bloody Mary & Marie Rose sauce on baby gem, served with bread

Mains

Hand-carved roast turkey with roast potatoes, glazed carrots, Brussels sprouts, kale, braised red cabbage, Yorkshire pudding, stuffing, pig-in-blanket and gravy

Poached salmon in a white wine sauce, served with seasonal vegetables and new potatoes.

Pan-fried duck breast with roast baby potatoes, kale, roasted red onion and a rich red wine sauce

Festive nut roast (v) with butternut squash, sweet potato and cashew nuts, served with roast baby potatoes, glazed carrots, Brussels sprouts, kale, braised red cabbage, Yorkshire pudding and vegetarian gravy

Desserts

Christmas pudding (v) with brandy sauce

Prosecco sorbet with raspberries, strawberries and black cherry compote

Triple-chocolate brownie (v) served warm, with chocolate ice cream and chocolate sauce

Cheese and biscuits (v) (**£1 supplement**): Somerset Brie, Stilton and mature Cheddar, with a fig, balsamic, date & cranberry chutney and grapes

Tea and coffee available at extra cost