



Beds and Mid Herts Group

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PLEASE NOTE new address for our web pages: <https://www.coeliac.org.uk/local-groups/beds-and-mid-herts/>

NEWSLETTER - SEPTEMBER 2017

(Large Print or PDF versions also available. Please contact Nikki - details above)

Hello Everyone

Welcome to your latest newsletter. If you are new to the group, a special welcome. It would appear we are well and truly into Autumn now, what happened to Summer? Obviously we are not to be blessed with an Indian summer this year.

At least with the weather becoming autumnal it makes planning for Christmas more acceptable. Please see details below of the group's planned festive celebrations.

PAST EVENT REPORTS

Tea/Coffee Mornings

Both the Stevenage and Bedford Coffee Mornings continue to be a great place to chat, share ideas and meet and help new people. Numbers of attendees continue to be good both in Stevenage and in Bedford. Everyone is welcome to attend, both new and old members. See future events for forthcoming dates.

Home Counties Food Fair Saturday 23rd September

The morning of the groups 5th Food Fair dawned dry and bright as the group welcomed members and the public to this popular event.

This year we were supported by over 20 different companies both large national companies and local independents offering a great variety of GF goodies.

The group table was manned by committee members and volunteers from the group and they were able to give out information and help to visiting Coeliacs. We were also lucky enough to be able to sell some donated products that a number of companies provided who were not able to attend the event.

The cafe as always, was very busy, and was supported by the Fish & Chip van and a stall making delicious sweet and savoury crepes in the car park. Both of these proved very popular.

Preliminary figures show over 550 people attended, of which 99 of those were children. Feedback on the day seemed to show the event was enjoyed by all, attendees and stall holders alike.

Although the total amount raised has not been finalised at the time of writing, provisional estimates are that the group has made over £1,200 profit on the event.

I would like also to take this opportunity to thank the committee for all their hard work not only on the day but all the preplanning and numerous meetings required beforehand to make it all possible. Also a big thank you to the volunteers who gave up their time to support the event on the day including the local Biggleswade Ivel Rotary Club who kindly manned the car park, it was much appreciated.

None of it would have been possible without you all

FUTURE EVENTS

Tea & Coffee Mornings - 10.00.am to 12.00 noon

Our coffee mornings will continue as usual each month. On the first Monday of the month it is held in the café at Sainsbury's, Corey's Mill, Hitchin Road, Stevenage, SG1 4AE. Vera is usually there to greet you. On the last Wednesday we hold one in the Sainsbury's café in Clapham Road, Bedford MK41 7PJ where Pat, Pam and I will be there to say hello.

Don't forget the Bucks group also holds one in John Lewis at the Milton Keynes Centre every third Monday of the month. Contact Steph Cox on stephcox@btopenworld.com for details.

Dinner at Hitchin College - Thursday 12 October 2017

By now, members that wish to attend this event will have returned their menu choices. Just a reminder to those planning on coming that the timings are:-

Thursday 12 October at 6.30 for 7.00.p.m.

The venue is:-

Harts Kitchen (ground floor)

Hitchin Campus

Cambridge Road

Hitchin SG4 0JD

Free car parking available

Christmas Meal Saturday 9th December 2017

Due to its popularity last year we have once again booked to go to "The Stables" at The White Horse in Southill, Beds, SG18 9LD. The meal is booked for Saturday 9th December meet at 12.30 for lunch at 1.00.p.m.

The 3 course meal will be preceded by a welcome drink of mulled wine, following the meal coffee/tea and homemade mince pies will be served. The cost per person is £27.50.

Please see the attached menu for meal choices, with a lovely selection hopefully there will be something for everyone. We will again have a maximum of 60 spaces so if you are interested in attending please complete the attached booking form and return it to Sharon Wood by 25th November.

As in previous years, we will be holding a raffle so any donations of prizes would be much appreciated. If you are coming with friends please make a note on the booking form of their names so that we can endeavour to seat you together. **Please note we aim to honour seating requests but they cannot be guaranteed**

THINGS YOU MIGHT FIND INTERESTING

Here are the latest foodie recommendations from the group's members.

Frankie and Benny's have recently released a GF Menu in their restaurants. The meal for children up to 11years old costs £7.45 and comprises a main, two side dishes, a dessert and a drink.

A fairly new supplier "Rule of Crumb" as seen on BBC's Dragons Den have released some of their products into Morrison's and Sainsbury's supermarkets as well as maintaining their online shop.

If you are interested in seeing their full range go to www.ruleofcrumb.com

A group member contacted me with news of a brewery company. The company is called Nene Valley Brewery (a craft operator) and all their beer is GF.

The beers are on sale in the brewery shop which is also adjacent to the restaurant "Tap and Kitchen" and there are 12 GF beers available.

Contact information is: - Oundle Wharf, Station Road, Oundle, PE8 4DE - tel: 01832 275069.

<http://www.tapandkitchen.com>

Schar continue to extend their range in the UK, and they have recently released their Choc Chip Buns, four in a pack and they are available in Tesco and Sainsbury's. They have also released a Universal flour mix called Mix It, this is available from Waitrose at £2.00 for a 500g pack, not sure if this is their solution to white mix previously available on prescription as Glutafin. I have yet to use it to make a loaf, I will keep you posted.

OTHER INFORMATION

Those of you living in Hertfordshire are probably aware a public consultation is now underway proposing to restrict GF products on prescription in your district. Public meetings have been held in the area and an article in the local newspaper The Comet has helped with people's awareness and allowed them to voice their concerns. At the time of writing this newsletter the consultation will have closed and a decision is awaited.

Finally before I sign off I need to inform you all of some forthcoming changes to the group. I have, after much thought, made the decision that I will be standing down as Group organiser after the AGM in March next year. At a recent committee meeting when I informed the rest of the committee of my decision, Pam and Sharon our current Group Secretary and Treasurer also announced that they too would not be re-standing. This puts the group in a bit of a dilemma as without these three Officer positions being filled the group cannot function legally.

If anybody is interested in taking on one of these positions please contact me. If these roles cannot be filled the group will cease to function at the next AGM and will be wound up with all monies in our bank account being sent to CUK. I will of course keep you up to date with developments on this over next few months.

Well I think that's about all from me again but this is your group's Newsletter so as always if anybody has anything they feel would interest others or suggestions for future events please let me know (contact details at the top of the newsletter) and I will happily include it in the next edition.

A handwritten signature in dark ink, appearing to read 'Nikki', with a horizontal line drawn underneath it.

2017-18 Group Organiser

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