



**Leicestershire
Local Group**

Leicestershire Local Group Newsletter November 2017

Welcome to the latest newsletter from the Leicestershire Local Group. As ever, many thanks to those of you who have donated stamps – we are very grateful. Thank you too to those of you who have volunteered to talk at the dietitian sessions for the newly diagnosed. The feedback has been very positive.

Clinical care pathway

We are very pleased to announce that Cathy Steele, Dietetics Manager at the Leicester University Hospitals trust, is going to talk to us about the new clinical care pathway for adult coeliac disease screening, diagnosis, management on diagnosis and subsequent annual review. This is now in the final stages of being completed and agreed.

The meeting will be held at the Leicestershire Royal Infirmary, Clinical Education Centre on **Tuesday 21st November** from 6:00 – 8:00pm. Everyone is welcome to attend – it is a free event, no booking is required and there will be an opportunity to ask questions. Please allow extra time to find and pay for parking. Cathy would also like to know if you have encountered any issues which needed taking forward such as information on eating out, label checking, gluten free diet provision in hospital, shop provision and range of gf products, following the changes to gluten-free prescribing in the Leicestershire CCGs.

Christmas Lunch

This will be held on **Thursday 30th November** at 1.00pm at the Rural Catering Centre Brooksby Melton College, Asfordby Road, Melton Mowbray LE13 0HJ. It is fantastic value at just £11 per person, a superb Seasonal Lunch at the new Catering Centre. The menu follows:

Chef's appetiser

Deep fried arancini flavoured with chestnuts and stilton

Starter

Roasted tomato soup, cheese croute (V)

Pork and apricot terrine, beetroot chutney

Main

Traditional roast turkey, season trimmings

Steamed back of salmon, leek cream sauce

Mozzarella and red onion tartlet, red pepper sauce (v)

Selection of vegetables and potatoes

Dessert

Homemade Christmas pudding, Brandy sauce (v)

Black forest cheesecake

Enquiries and bookings [by 14th November please] to Tim O'Gorman 0116 275 1273
E mail : saraogorman2014@talktalk.net

Restaurant reviews

Thanks to Graham for making these recommendations for eating out in Leicester:

More recommendations for eating out locally

Eating out has become much easier and safer for us over the past couple of years, but we all know we still need to be very careful as there still a lot of servers and a few chefs who do not understand what Gluten and Gluten-free mean. I haven't been to many new places, as I return to old tried and tested haunts. The main new place is the Red Lion, Rothley, which is a Miller and Carter Steakhouse (owned by Mitchells and Butler) (Conflict of interest warning – my company just won a big IT contract with them – also with Starbucks and Whitbread).

It was 5 days too early for the new GF menu, which promises GF onion loaf to go with the steak of your choice. But I still had an excellent steak meal, including a good choice of GF dressings on the accompanying lettuce, and a good selection of GF sauces for the steak. Not shown in the photo are the GF fries.



Amongst the repeat visits was a lunch at TGI Friday's in High Cross, Leicester. Photo shows a main meal Nachos with chicken strips and the usual Mexican accompaniments.





The really good news is that most of you are now finding great places to eat and to return to. Here is a selection from members of our Facebook page – keep them coming! Here are the recommendations since the end of August:

The Priory, Nanpantan, Loughborough – Rita Patel
 Carluccio's, High Cross – Margaret Evans, Janet Baines
 The Star Inn, Thrussington – Penelope Smith
 The Cosy Club, HighCross Street, Leicester – Judith Burke
 Wetherspoons, Scraptoft – Donna Taylor
 Nando's, Freeman's Park – Janet Baines
 Zizzi, Market Harborough – Janet Garner
 The Tithe Barn, Cosby – Mica Eve
 The Buddhist Centre – Sumaiya Hussain
 Craft Burger Co., St Martin's Walk - Sumaiya Hussain
 The Laughing Buddha, Loughborough – Cindy Wilson
 The Bradgate Arms, Newtown Linford – Carol Preston
 The Leicester Canteen, Market Place – Rita Patel

Group news

Lyn, the Group Organiser, is standing down at the next AGM. This means that there will be a vacancy for a Group Organiser from next May.

There is a number of other roles which need to be carried out:

- Newsletter compiler
- Membership secretary
- Co-ordinator to update Coeliac UK of local events for Crossed Grain
- Co-ordinator for newly diagnosed dietitian sessions (I hope this has been filled)

If you are interested in becoming more involved with the running of the group, please let any of us on the committee know. The group cannot exist without willing volunteers!

Facebook

Our facebook group is now up and running and has around 120 members – the more people who sign up to it, the more helpful it will be to everyone. The link is <http://www.facebook.com/groups/coeliacukleicestershire> and you will need to ask (via Facebook) to join, as we need to restrict posts to local members.

The parents' facebook group can be reached from <https://www.facebook.com/groups/1551168565149539/>.

Publicity

Nene Valley Brewery - for those of you in the east of the area, you may be interested in the following:

Nene Valley Brewery is based in Oundle, Northants and has for more than a year brewed all its beers to be gluten free. We are very firm in saying that we brew great beers from which we subsequently remove the gluten to avoid the idea that we make beers that are somehow second best.

We have a restaurant on the same site at Oundle Wharf where we usually have up to twelve different beers available as well as a menu that is coeliac friendly. Once again, we don't have a gluten free menu as that can put off those who don't need it but our GM, who was married for years to a coeliac, is very sensitive to helping diners have a great meal whilst avoiding gluten.

In addition, our brewery has a shop that opens on Fridays from 4-7 and Saturdays from 10-6 where draft, bottled and canned beer can be bought to take away.

A Bite Different

Dipti Patel now has menus for business meetings and pre-orders for lunches for sharing, all of which have gluten-free options. For more information and contact details please see

<https://www.coeliac.org.uk/local-groups/leicestershire/documents/4818-leicester-business-meeting-menu/>

<https://www.coeliac.org.uk/local-groups/leicestershire/documents/4817-leicester-pre-order-lunch-menus/>

Data Protection

The law on data protection changes in May next year. This means that if you are receiving this newsletter by email and are not a member of Coeliac UK, we will not be allowed to continue to contact you unless we have permission from you to do so. We don't know yet how this is going to be managed between Coeliac UK and the local group. We will also not be allowed to use Mailchimp any longer so we will be looking for another means of circulating newsletters by email.

Dates for your diary

Thursday 14th March 2018: Spring evening meal - Leicester College LE2 7LW

April 2018 Date and venue tbc St Georges Day [G/F] Fish N Chip Evening + Quiz. What better way to celebrate St George's Day?

Sat 5th May 2018 AGM (venue : Church of the Martyrs, Westcotes Drive Leicester LE3 0QT

9th – 15th May 2018 Coeliac Awareness Week. Watch out for Local Events.

Coffee mornings

1st Friday of the month at the café in Sainsbury's in Stamford 11am

1st Saturday of the month at Muffin Break, Highcross Centre, Leicester 10:30 -11:30 am

Your committee

Lyn Rasmussen (Group Organiser)
Barry Clarke (Secretary)
Tim O'Gorman (Treasurer)

Graham Beniston
Catherine Cox
Amanda Godfrey

Contact Lyn on 01572 723833 or 07729 759322