

Bulletin board

New Fresher for Longer Loaves

There are lots of new breads available these are from Dr Schar. they are available to try by sending your address to



Dr. Schär UK Ltd.
Station Court
442 Stockport Road
Warrington, WA4
2GW

When you've tried them why not drop us an email let us know what you think.

The Fresher for Longer Loaves are available in White and Fibre varieties. Available from **Morrison's**, both loaves boast the quality of a fresh bread with the convenience of a longer life loaf. Neither loaves contain any preservatives, it is the state of the art packaging that keeps them fresher for longer! Both loaves are high in fibre and contain millet, quinoa and sour-dough, giving the bread a high nutritional value.

Why not send us some anecdotes/horror stories or jokes about life as a coeliac. Review and ideas for events or locations also welcome.

Contributions for Newsletter to: annerstuart@gmail.com
Clearly marked with Subject: coeliac newsletter



Leicestershire Group

Newsletter

It's here
at last!

Food Fayre 2012

Saturday 29th September

at
Braunstone Civic Centre **11am**



Chairman's report

Coeliac UK Leicestershire Group Chairman's Report 2011-2012

Firstly, thank you for coming along and supporting this local volunteers group AGM. I'm pleased to say I picked a date that didn't clash with the FA Cup Final.

I want to stress that it is your local group and we are all volunteers. I want firstly to thank the committee for their support and hard work throughout the year. There have been only 5 of us for most of the year, so correspondingly fewer events are organised. Sue Gibson understandably stepped down soon after she was told she didn't have Coeliac Disease after all.

I believe there are other groups in the country with similar sized committees that organise only one event a year, and that is held in the same place every year. So we are pleased with the events we have organised, and we are as usual already looking forward to the year ahead.

But let's first recap on what we have done in the last 12 months. We had a members' meeting on a Saturday afternoon in Hinckley in September. Dr. Schar supported us once again and we had our usual turnout of around 25 people. This included local members who had not attended a meeting for 10 years, so your committee firmly believes that our policy of holding meetings around the county is a successful one, and will continue. However, we failed to find a suitable, cost-effective venue for this AGM in Loughborough, but we thought that was mitigated by locating it near a train station for those who don't have cars. We also had our Autumn College meal in Loughborough at the end of November, so it turned into a memorable Gluten-Free Xmas lunch complete with crackers and hats. Again we met members of several years standing who had not been to a meeting before.

Holiday Fun

It's been a long time since our AGM, and even longer since our last newsletter. But I know that

most of you will bear with us on the committee as we have been very busy organising the Food Fayre on September 29th. But it hasn't been all work and no play, and like many of you (I hope!) I have had a week at the British Seaside and have explored some interesting and unusual places to eat gluten-free.

Sheila and I had a week in Cornwall, based in Mevagissey, where there were good restaurants and other eateries. Of particular note was the Salamander (www.salamander-restaurant.co.uk), with an excellent fixed price 2 or 3 course menu. The Crab Hot Pot starter is exceptional, and the Mevagissey scallops taste as good as they look.

A little less expensive but equally GF was the Sharksfin restaurant, where I had a hearty steak dinner.

Whenever in Cornwall, we always visit The Lost Gardens of Heligan (www.heligan.com), just 2 miles from Mevagissey, and with a very good GF lunch menu, including soup and GF roll. Another lunch outing was at the Wheal Martyn China Clay Country Park (www.wheal-martyn.com), which also obliged with soup and roll.

A longer day out saw us in Carbis Bay near St. Ives, where we now always visit the fantastic GF Beck's Fish and Chips take away and restaurant, which must be the best GF chippie in Cornwall. And finally, on the journey south we now like to stop for a late lunch at the National Trust property Killerton House near Exeter, where they serve excellent GF Cornish pasties!

Graham



Future

Coeliac UK - Leics Group

Christmas Lunch

– Tuesday 27th November 2012

The Futures Restaurant, at the
Radmoor Centre, part of
Loughborough College,
LOUGHBOROUGH LE11 3BT



Start the 2012 Season in the ambience of the Radmoor centre with Christmas Lunch at this exciting venue - Loughborough College's restaurant on **Tuesday 27th November 2012**, starting at 1:00 o'clock.

There is a (pay) bar, our meal is multi-choice, entirely gluten-free and with teas/coffees plus mince pies to conclude.

The venue is readily accessible by University bus services from Loughborough town centre just ask for The Radmoor Centre of Loughborough College; there are dedicated parking facilities. The College is opposite the University with access is from either Ashby Road or Epinal Way..

We will aim for a prompt start at **1:00 o'clock**, and will hope to finish shortly after 2.00 o'clock – ideal for diners returning to work! There is no immediate limit on numbers – bring as many of your friends as you wish!

Enquiries, bookings, menu choices, queries + cheques, by
Monday 19th Nov, please to :

Tim O'Gorman 8 Franklin Way Whetstone Leics LE8 6QY
Tel : 0116 275 1273 Mob : 0785 383 5342 E :
saraogorman@talktalk.net

The inclusive, recession-beating price - just £12.00

(Cheques payable to 'Coeliac UK Leics Group' – but cash in advance/on the day will also suffice).

chairman's report

Finally, we had our, now traditional Leicester college evening meal in February (both college meals being well organised by Tim). It was one of the best meals ever, and they have all been very good.

Additionally, Catherine, Tim and I attended the Coeliac UK 2011 AGM in Derby in July, and Tim and I attended the volunteer's conference in London in October. Both events were interesting and informative, and were written up in the newsletters.

I would also like to mention one of our members, Ranjit Thaliwal, who has organised 2 events at the City rooms in Leicester: a food tasting event and a fish and chip supper. While Ranjit's busy schedule prevents him from joining the committee, it was great to attend 2 more local Gluten Free events in the year, and even better, put us in touch with other local Coeliacs (some members, some not), and in particular several young people who have started a food allergy society at Leicester University. I hope that we can help each other with all things Gluten-Free, and especially that student Coeliacs in Leicester and Leicestershire will have a sympathetic group of similar-aged people to turn to.

On the financial side, we are continuing to make decisions that will keep us financially sound for the next 2 years. The reduction of paper newsletter mailing had the desired effect of cutting expenditure substantially, while continuing to keep in touch with all members who want to hear from us.

Graham Beniston May 12th 2012



Food Fayre

Coeliac UK Leics group – 2012 Food Fair – Sat 29th Sept

With over 20 well-known exhibitors both local and national, this event promises to be exciting and interesting with something for every Coeliac.

For example, Warburton's the award-winning baker, East Midlands Cooperative Society, Nairn's of Edinburgh and Greens Beers are just some of the well known names supporting the event. There will be niche cupcake producers as well as g/f ready meal makers and suppliers.

The venue is again **Braunstone Civic Centre, Kingsway, Braunstone Town, Leicester LE3 2PP and doors open at 10.30 for an 11.00 start.** There is adequate car-parking at the Centre and buses from Leicester city centre serve the location.

Catering on the day is provided by Muffin Break, bringing their unique gluten-free brand and offer from The Shires Centre Leicester.

There will be dedicated activities for children on the day; Coeliac UK will have an information stand (and representatives in attendance throughout the day) – as also we hope will University Hospitals of Leicester NHS Trust – dieticians Dept. Questions, complaints, plaudits and queries welcome!

Your local Committee will of course also be in attendance throughout, to deal with queries, requests etc

Tim O'Gorman...

Food Fayre

Big Big Request time. Your committee needs **YOU**



We would be delighted if members could spare some time on the day of the fayre to help out.

If **you** can volunteer please contact

Graham Beniston by phone on **07986 855850**

Or email **g.beniston@ntlworld.com**

**NEW
LOCAL
SUPPLIER**

ROSY'S GLUTEN FREE, WHEAT FREE, DAIRY FREE.STORE
45 WESTERN BOULEVARD
LEICESTER
LE2 7HN TEL: 07962 342140

The Proprietor's son was diagnosed as Coeliac and Lactose intolerant in 2010 and the idea for this store was born from the feeling that shopping for the necessary range of appropriate and nourishing food was suddenly an uncomfortable rather than, normal experience and given this, the Proprietor wanted people to feel more at home in a shopping environment that did not make them feel different.

Rosy's mission is to be a specialist store and an interactive one, we have stocked up with a wide range of everyday products, in the hope that we might provide a balanced choice, but we look forward to you, our Customer, telling us what you want and then being able, if we can get it from a responsible source, to add it to our repertoire.

