



Harrow  
Local Group

# Spring 2018 newsletter

Group Organiser:

Mary Bardsley, 4 Montesole Court, Pinner Hill Road, Pinner HA5 3RX

Tel: 020 8868 4579



## AGM and presentation by Coeliac UK Membership Team at our Spring Meeting on Saturday 14 April 2018 2.30–5.00pm

### Membership Coeliac UK

Following a brief summary of what our group has organised for members throughout the year and what we might plan to do in the future, we are delighted to announce that **Libby Willing** and **Gary Richardson** from the Membership Team at **CUK** will be coming along to make a presentation and answer any questions we may have on how the Charity is working for us, handling our personal details, compiling the Food List, or anything else we want to know.

### Dietitian

We are hoping to have a dietitian in attendance to offer advice and to answer any dietary questions you may have. (To be confirmed.)

### Gluten Free Foods to Taste and Buy

We loved it so much last time that **Ellis Ward** has again offered to provide a small tea using **Barkat** products and then to man a stall at the back of the hall selling those products.

### Committee

Feeling creative? We need an enthusiastic person to set up and run a **facebook page** for our group (following the guidelines laid down by Coeliac UK obviously). Speak to Anne or Reshma if you are interested.

### Bring and Buy Cake Stall

Please support this popular fundraiser by baking or by buying on the day.

*Bakers, please make a note of the product/flour you used - some coeliacs are sensitive to even very small traces of gluten.*

### Venue:

Baptist Church Hall,  
College Road,  
Harrow, HA1 1BA

### Directions:

Turn right from the College Road exit of Harrow-on-the-Hill (Metropolitan line) Station or Harrow Bus Station. The Baptist Church is 100m on your right, set back from the shops, just before Barclays Bank.

Car parking at nearby St Ann's multi-storey.

### Chef's Promise



Check out this newly created range of baking mixes online - quote the code **gftasty18** at the checkout you will receive a £1 discount.

[www.chefspromise.co.uk](http://www.chefspromise.co.uk)

## PAST EVENTS ...

### November

By all accounts, a brilliant meeting. We heard from our local **Morrisons** on their wide selection of gluten free food items. **Ellis Ward** did a roaring trade with his **Barkat** gluten free stall and we were bowled over by **Tanya Sprunk's** talk on Aromatherapy - its history, its claims to help boost our moods, immune system and overall health - and a chance for us to sample exotic perfumes.

### Coffee Mornings

Come and join us for one of our regular get-togethers on the first Tuesday of every month between 10-11.30am at **Waitrose Coffee Shop**, Northolt Rd, South Harrow HA2 0EG. A great opportunity to meet other coeliacs and share gluten-free tips.

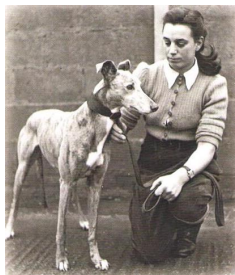
There are a few gluten free options at the cafe or you can choose from free-from section on arrival and pay at the cafe with your drink. Waitrose will provide plates so you can then eat them at our reserved table.

We look forward to seeing you on:  
3 April, 1 May, 5 June, 3 July, 7 Aug, 4 Sept and 2 Oct.



### R.I.P. MARY INAL

Sadly our dear friend **Mary Inal** passed away in January, barely a month before her 90<sup>th</sup> birthday.



Despite increasing poor health, Mary rarely missed a single meeting

We love this picture of her in her younger days with one of her beloved greyhounds. A good friend to so many, she will be sorely missed.

### NEW MEMBERS

You can be sure of a welcome on **14 April** or at any of our coffee mornings or other social events. Please make yourself known to any member of the Committee. We are there to help you.

## DATES FOR YOUR DIARY:

### Autumn Meeting - 10 Nov 2018.

### Dinner

**Lattakia Restaurant.** Join us for an evening meal on **Thurs 22<sup>nd</sup> March** at this highly recommended Lebanese restaurant in Hatch End. Just **£16.50** for a mixed platter (meat or vegetarian). Return the form with full payment by 10<sup>th</sup> March to reserve your place.

### Pub Lunch

At meal at a canal-side pub in Uxbridge, the **Swan & Bottle**, to celebrate Coeliac Awareness Week (14 - 20 May) \*

### Bring & Share Garden Tea Party

Planned for late June/early July \*

\* More details by email nearer the time or, if you know if you are interested in these two planned events, call Lynette now.

### Member's Corner



"For a treat, we recently discovered **Mabel's Vintage Tea Rooms** (Reveley Lodge) in Bushey.

Afternoon tea is their speciality but they include gluten free delights too and are well aware of the requirements. They are only open Thursdays, Fridays and Saturdays, with booked special events on Sundays. Booking is necessary as it is really popular." They have lovely gardens too.

**Beryl Shapps**

Mabel's Vintage Tearooms

Reveley Lodge,

88 Elstree Road, Bushey, WD23 4GL

[www.mabelsvintagetearooms.com](http://www.mabelsvintagetearooms.com)

Let us have your favourite recipe or restaurant recommendation

### Committee

Mary Bardsley (Group Organiser)	020 8868 4579	
Pauline Flowers (Treasurer)	020 8864 7147	
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