



**Wolverhampton Voluntary Support Group**  
Email - [wolverhampton@coeliac.org.uk](mailto:wolverhampton@coeliac.org.uk)  
Registered no. 3068044 Charity no. 1048167

## News Update November 2012

### Welcome

Welcome to everyone to tonight's meeting. Would you "sign in" please for health and safety, fire regulations and insurance purposes – thank you?

In the event of a fire alarm we leave the building by the nearest marked fire exit, walking to the front entrance onto Albert Road turn right and meet on the car park by the sheltered housing scheme. Where the signing-in register will be marked. Please do not stop to collect belongings – just leave the building. Do not re-enter the building until told to do so. Please do not wander off home before the Fire Officer has accounted for everyone. After many years of offering free admission and asking for a donation for refreshments it became obvious that we couldn't continue with the arrangements. The committee therefore took the decision to charge £1 per person admission refreshments included.

### Important notice

Due to the Tried and Tested being a busy evening there will be a brief members update before a long refreshment break tonight so please see the newsletter for information bookings for the Christmas Meal and the lucky dip will take place in the break as will the sale of cards and raffle tickets. Be sure to get your raffle tickets early as the draw will take place just before the competition results are announced. In order to speed up the raffle tonight there will only be a few prizes – if you have brought a contribution to the raffle you may find it has been kept back for the Christmas raffle or been put in the lucky dip.

**Tried and Tested** Tonight is another gluten-free "food fest" this is your opportunity to try other members delicious cooking and win a bottle of House of Commons Champagne for best savoury and best sweet dish. Welcome to our celebrity judges mother and daughter team from Shuga Budz Debbie and Amelia Nutting also known as the Shuga Babz. These award winning bakers from Tettenhall made the group's 40th anniversary cake and have had recent success at the Cake International Show at the NEC winning three gold awards!! Well done. We also welcome Jaclyn Cliff Glutafin Ambassador to tonight's meeting. Jaclyn will be giving a presentation whilst the judging takes place.

7.30pm Welcome and domestics and introductions

7.45pm Guest judges begin judging entries

7.45pm Glutafin Presentation with Jaclyn Cliff

followed by group updates, booking for Christmas dinner, lucky dip and raffle (during the time judging of entries is taking place)

8.45pm Service of refreshments and tasting of competition entries.

9.10pm Raffle draw

9.20pm Competition results – judges decision is final

9.25pm Vote of thanks

9.30pm Depart

Any help clearing away would be most welcome.

### Glutafin News

Fasten your seatbelts for "*Gluten Free Roads!*" A brand new website where you can search for safe gluten free eateries, hotels and restaurants. Before you put the pedal to the metal we have lots more exciting news in this

month's issue! You can now find two new DS-gluten free products in The Co-operative, there's another gluten free event coming up and you could also save money on our frozen range instore. Plus, we will be giving away a FREE product with every online shop order. Read on to find out more...

### **Lucky Dip**

We have a **lucky dip** – if we are **lucky enough** to have some free samples to give away – then you will get to take a gluten-free sample to take away with you. So if you attending your first or second meeting tonight please, why not try something new and have a go on the lucky dip. If you have over-ordered on prescription then, rather than waste the items please bring it along for the lucky dip – provided it is still “in date”. However please try to ensure that your next g-f repeat prescription is in order. Thanks to Glutafin and Juvela for tonight's gifts.

### **Christmas Dinner**

Please see the information on the back page for details of our Christmas Meal. This year, particularly as people will be thinking very hard before spending hard earned cash; we thought we would support our local catering college. Bookings with Gill Danby during the break.

### **New products/new places news**

The pizza manufacturers are really taking an interest in catering for coeliacs at the moment. Pizza Hut has just started supplying gluten free pizza – they come as square and when eaten in the restaurant you have your own pizza wheel to cut up your pizza. Sam at Bentley Bridge Pizza Hut made her first gluten-free pizza for a customer the very day they were launched nationwide and very nice it was too! Domino's Pizza will be launching their gluten free pizzas for delivery from the beginning of November 2012. The committee meeting supper was a selection of pizzas – very nice. Helpful tip order extra cheese as the base can be a little bit drier than normal pizza! We are hoping to support Pizza Hut during Coeliac Awareness Week with a visit details in the New Year.

Roberts Bakery have introduced a white and brown bread under the name of Yes! You Can. They are available in Tesco and some Co-operative stores.

Red House Foods have launched Georgia's Choice gluten free chicken grills and chicken bites at Asda and Tesco. A range which our younger members may welcome!

Maxsim's Darlington Street, a tapas bar.

It's only open Friday and Saturday evenings, but you can bring your own bottle of plonk, so saving money. From a coeliac point of view, an Jenkins was most impressed. If you inform them in advance, they will make dishes up using g/f ingredients, including a g/f cheesecake. Otherwise, having taken a Warburtons roll, they used that as a base for bruschetta. 5 tapas courses, enough for 2 peckish people, £22.95, very fair.

### **Action 4 Independence Centre – Helpers needed**

If you have enjoyed the meetings why not think about how you might help we currently have “vacancies” for people to carry boxes of samples - put out chairs – put out leaflets – help with the PA - put up the stands at the beginning of the meetings. At the end of the meeting we need people who would put away tables and chairs – wash up – put the rubbish out – take down and pack away the stands. Do **you** yes I mean **you** think you could help out – just one little job on this list when you are at a meeting makes a huge difference – no other commitment needed.

Let me now when the “bookings desk” is open. We always try to find a little something by way of a thank you.

### **Sausages for sale at meetings**

Pat Griffiths brings along a supply of Gill's sausages made from non-gluten containing ingredients to the April, September and November meetings – so don't forget to pick up a Christmas pack or two at the November meeting.

### **Tryathlon**

A while ago I undertook a sponsored swim of over 3 miles to raise funds for the group. So in this Olympic year I thought I would get fit again by attempting my own Tryathlon i.e. TRY to Cycle 1 mile, Row 1 mile, and swim 1 mile and I was going to do this on the last day of the Olympics at Wolverhampton Swimming and Fitness Centre. As it was, I didn't manage to TRY anything on the Sunday as I was one of the lucky ones to have tickets for the Olympic Closing Ceremony. So I managed to do my Tryathlon on Friday 31st August in just under one and a half hours. I surprised myself the next morning with no aches or pains! To date sponsorship has raised £105 for group funds. Thank you to all those who kindly sponsored my efforts.

### **CUK AGM**

The membership vote regarding alterations to the Memorandum and Articles of Association (constitution) was 657 for 56 against and 2 abstentions.

### **Wolverhampton Young Coeliacs**

Call Sally on 07976 246574 for more details on age specific activities for younger members.

### **Cookery demos for Children**

Email Adriana at [Adriana@glutenfree4kids.com](mailto:Adriana@glutenfree4kids.com)

### **Gluten-free Celebration Cakes**

Keith Jellyman recommends "Cakes for All Occasions" call Atefah on 01902 546269

### **Juvela Fresh Bread -No handling charge with Juvela fresh bread – guaranteed**

Juvela are supporting a new initiative to eliminate unnecessary handling wholesaler charges to the NHS for the provision of Juvela Fresh Bread. Alliance Healthcare, a major pharmaceutical wholesaler has agreed to deliver Juvela fresh bread products to any UK pharmacy without additional handling or administrative charges. Juvela will be contacting all PCT's regarding this initiative in order to get fresh bread reinstated in those areas where restrictions apply.

### **2013 Diary Dates**

**All dates are Wednesday for a 7.30pm start**

**February 6th – AGM and presentation tbc**

**April 24th – Dr Ruth Howard tbc**

**June 26th New members**

**September 18th Glutafin Cookery demonstration**

**November 20th Tried and Tested light-hearted cookery competition**



Christmas Dinner Thursday 13th December 2012

Arrival 6.45pm for Dinner 7pm

City of Wolverhampton College  
Academy Restaurant  
Metro One Campus  
Old Hall Street/Bilston Street  
Wolverhampton

### Menu

Creamy Roast Parsnip and Bramley Apple Soup  
Parsnip shavings and chilli oil

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Roast Turkey with devil on horseback parcels, cranberry sauce  
Crispy sage Roast potatoes  
Herb and garlic infused mashed potato  
Quenelle of carrot and cardamom puree  
Sautéed green beans with caramelised red onion  
Brussels sprouts with flaked almonds

Or

Leek and Lancashire cheese tart  
With a pear chutney

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Baileys crème Brulee  
With chocolate and hazelnut tuille  
Fresh fruit platter with raspberry and mint coulis

Cash bar

Raffle

Fully accessible lift available

Blue badge parking Old Hall Street

Other parking on – street or Pipers Row surface

Cost £12.50 per person strictly payment and menu choice with booking at November meeting

No payment = no booking

Cheques payable to CUK Wolverhampton Group, 20 Wesley Crescent, Shifnal, TF11 9AG