

Cambridgeshire Coeliac Group Newsletter

Jan 2013, Issue 11



Next Group Meeting:

Sat 26th Jan 2013

Venue: Buchan Street
Neighbourhood Centre

6 Buchan Street

Kings Hedges

Cambridge

CB24 2XF

Venue Tel: 01223508149

Time: 2.00pm - 4.00pm

£2 entry (includes drinks and nibbles)

- Raffle -£1/strip or £5/6
- Bring & Buy Table (please do bring things to sell)
- Taster Table - do bring along something sweet or savoury, your choice
- Guest company "tbc"
- Kids "Lego Competition" - with prizes

A massive "Thank You" for supporting our Food Fair...

- Juvela
- Dr Schar
- Glebe Farm
- Wiltshire Farm Foods
- Innovative Solutions Ltd
- Pepperell's Meat Products Ltd
- Eskal's
- FoodWiz
- Green's Beers
- Nairn's
- Becky's Cupcakes
- Bonnie Yau
- Free From Authentic Foods
- Isabel's
- Coeliac UK
- Helen Shelly (Addenbrookes)
- All the Volunteers

A Happy New Year...

to you all, I hope you had a great Christmas break with buckets of GF food to enjoy.

Apologies for this shortened Newsletter, due to busy work, family commitments and illnesses.

My resolution for this year is to be more positive and live life to the max as I hit half century in June! Hence why I shall also be stepping down as the Group Organiser this April, but I am very hopeful that we will have



K.C. at our 2012 Food Fair

new leaders with fresh ideas and enthusiasm.

We had a great end to 2012 with our third successful Food Fair and excellent Christmas supper at The Park Restaurant - a great social and culinary evening, enjoyed by almost 50

Glutton Clubbers.

We were very pleased with



Pie & Mash lunch at Group Meeting

our achievements last year including attracting new families as well as newly diagnosed Coeliacs. This was achieved not only through advertising (by the way, did you hear Diane on BBC radio Cambridge?) but by Diane and myself helping at some of the adult and paediatric Coeliac clinics at Addenbrookes Hospital.

The Glutton Clubbers sa-



Christmas supper at The Park Restaurant

voured the usual, curry, Chinese and Italian meals out and for the first time 25 members snuffled a fabulous Pie & Mash lunch at the Sept Group meeting.

I also feel that issue 9 of our Jubilee Newsletter in July was one of the best we have produced.

Despite a very successful year for the committee, we were shocked and greatly saddened of the news of former Group Organiser (my mentor and friend) John Twemlow passing away in November after a short illness. A number of our members attended his funeral. He will be greatly missed.

2013 will bring new adventures and challenges for our group with the change of the Committee and for the volunteers.

There are more take-aways and eating places now catering for Coeliacs so go out and enjoy eating out!

*Prakash Nayee
Group Organiser*

The Happy Treasurer...

A very BIG thank you to all our volunteers who helped to make our Food Fair in December go so well. We really could not have held the fair without you! Overall we made well over £700 towards our funds, the cafe alone bringing in £420. A full explanation of all of our accounts will be given at our AGM in April.

We attracted approx. 300 people to the fair and we

were pleased to see many more families with younger children than previous fairs.

We were also supported by Cambridge's Deputy mayor



Deputy Mayor Councillor Paul Saunders

shown round by Dina Nayee. Along side the GF companies, the Paediatric Gastroenterologist Nurse Specialist from Addenbrookes, Helen Shelly, came along to talk to and answer questions from families with Coeliac children. Finally thanks to the Meadows Centre team for their help with preparation with the fair and support the day.

Diane Palmer Treasurer



<https://www.facebook.com/CambridgeshireSillyYakCoeliacGroup>

Glutton Club Events

Fish and Chip lunch at the April meeting is £6.50/head & £4/child. (Arrive 1.15pm then eat 1.30pm). Meeting from 2pm until 4.30pm.

Please Note: all Glutton Club events must be paid for in **FULL** at least a week before the event to:

Mrs Diane Palmer,
62 Manor Park, Histon,
Cambridge CB24 9JT

Cheques made payable to:

'Cambridgeshire Coeliac Group'

To pay by **Bank Transfer**, for details please ring

Diane on 01223-233349 or

Email: Di@DKNJ.org.uk

or email Prakash

Cambridge@coeliac.org.uk



The Glutton Club at The Jade Fountain 新年快樂 (Happy New Year)

Starters

Prawn Crackers

Crispy Seaweed

BBQ ribs with celery in red chilli sauce

Five spice bean curd

Paper wrapped prawns

Second Course

Aromatic crispy duck with lettuce wrap and plum sauce

Main Course

Sizzling beef with peppercorn in black bean sauce

King prawns with snow peas and Chinese mushrooms

Thai red chicken curry with egg fried rice and Ha Moon rice noodles

£22.00 per person/under 10's half price

**The Glutton Club Chinese meal at The Jade Fountain,
42-46 High Street, Sawston, Cambridge CB22 3BG
is on Fri 15th Feb starts at 7.30pm promptly.**



Dates for your Diaries

Sat 26th Jan - Group Meeting

Fri 15th Feb - Jade Fountain Chinese Banquet (arr 7pm, start 7.30pm)

Sat 23rd Mar - Dr Schar "World Day"

Sat 20th April - Fish & Chip Lunch followed by Group Meeting & AGM (Note: you are required to prebook & pay for your meal)

May (tbc) - Saffron Brasserie Curry night (7.30pm start)

July (tbc) - Group Meeting



<https://www.facebook.com/CambridgeshireSillyYakCoeliacGroup>

So What's New?

GF Pizzas:

Domino's Pizza, Pizza Hut, Prezzo, Zizzi and Ask, they all do gluten free pizzas! Ring ahead though!



Pizza Hut's GF Vegetarian Supreme



The Sea Tree's GF Fish & Chips

GF Fish & Chips:

There are several places that do gluten free Fish & Chips now... The Sea Tree (Cambridge), Luke's Fish & Chips (Papworth Everard), The Dragoon (Brampton), The Silver Fish Bar, (Rutland), The Gourmet Fish & Chip Shop (Barry, Vale of Glamorgan - just in case you are going to Wales)

It's very important that we support these businesses, they are making an effort to provide us with GF options, so go and try them out.

* Important Notice *

A NEW Committee must be elected at the April 2013 meeting. If there are no Volunteers to take up the Committee positions - The GROUP WILL FOLD and become DORMANT!



The Glutton Clubbers Café - we had six people serving at the busiest time!

Contact Details:

Mr. Prakash Nayee,
Group Organiser
email: Cambridge@coeliac.org.uk
Tel: 07941 461 721

Write to:

Mrs. Margaret Barrett
13 Eaton Close,
Hartford,
Huntingdon, PE29 1SR

The **Cambridgeshire Coeliac Group** is your local support group if you want to continue getting:

Support, Information, Help, and Social Activities

Then you have to play your part and get involved in the running of the Group. The more effort you put into it the more you will get out of it! Please come forward and volunteer your time!