



Harrogate
and District
Local Group

AUTUMN NEWSLETTER

October 2019

From the Group Leader



Hello everyone. Welcome to our Autumn Newsletter. Looking back at our Spring Newsletter I note that I wrote it on a day we had gale force winds. Today as I write the clouds are leaden; yesterday it rained all day and wet the cyclists and crowds who were gathered for the World Cycling Championships. Such are the vagaries of the British weather!!

Since our last Newsletter we have again had a varied programme. I mentioned in my last letter our afternoon tea following the 2019 AGM. This proved really successful with lots of sandwiches, savoury pies, scones and cakes, and we are going to repeat it after the AGM next year so do come along.

Once again we have been encouraged by the support we have had for the various events we had arranged and I would like to mention our Barbecue at the Shoulder of Mutton which attracted more than ever — and it was good to welcome some of the Leeds group too. Thanks to Kate and her staff for a wonderful spread. We have already starting planning for next year so do watch out for what we are doing (details later in the Newsletter).

Once again my thanks for the support of all on the Committee who work hard to find events that we hope appeal to the majority of our members. We are not a closed shop and if you feel you would like to join us do have a word with myself or any of the committee. If you have any suggestions for future events or items to include in this Newsletter, again let one of us know. As I have said before we are dedicated to help make a difference for all our members in dealing with gluten intolerance.

Best Wishes,

Brian Hulme

Contact Us

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CHRISTMAS DINNER 2019



**SATURDAY
DECEMBER 7
7.30PM**

The Coeliac Group's Christmas Dinner is always a popular event when we can enjoy an excellent 3-course Christmas meal (£21.95 for 3 courses) and friendly conversation in warm and inviting surroundings at the Shoulder of Mutton in Kirkby Overblow — always a popular place to eat out because of its very extensive gluten free menu.



- **Live Christmas music**
- * **Quiz time**
- * **Raffle**

To book your place please ring 01423 871205.

Eating out gluten free near York

If you're in the York area and want a change from the delicious GF fish and chips at the Wetherby Whaler try the Dawnay Arms in Shipton-by-Beningbrough. They have an extensive GF menu offering a choice of no less than twelve main courses and five desserts.



Introducing Dr Deven Vani

Dr Vani is the new consultant physician and gastroenterologist at Harrogate Hospital, having recently moved from Pinderfields in Wakefield. He has wide experience in endoscopic treatment of bleeding in upper gastrointestinal tract and performs over 500 endoscopic procedures a year. He has extensive experience in colonoscopies, particularly in patients with inflammatory bowel disease.



Dr Vani trained in India at Gujarat University and qualified in 1990, going on to do an MD in General Medicine. He came to Britain in 1995 and did his specialist training in Gastroenterology in Yorkshire, and has previously worked in Leeds, York, Hull and Pontefract. We welcome him to Harrogate and look forward to getting to know him.

New year family party



**SATURDAY 11 JANUARY
2.00-4.00pm**

Methodist Centre on Gracious
Street, Knaresborough

*Bouncy castle * Face painting
* Games * great GF food*

Bring all the family—free entrance
(donations welcome)

HEADING FOR ITALY?

On a recent visit to Italy with my daughter we found a shop recommended by a friend of hers that sold wholly 'free from' foods, but mainly gluten free. It had its own instore bakery where you could see them making the bread — of all different kinds and sizes. What a delicious smell! The wide variety of freshly made cakes was out of this world. There was also a coffee shop and whilst we were sitting there was a constant flow of customers to buy the bread and cakes. There were also shelves of biscuits, pasta, canned goods, all under one roof.



Should you find yourself near Pisa the shop is called *le Botteghina di Paola* in Via Garibaldi, 108/ D, Calcinai (PI) Tel 0587 724838.

Brian Hulme



Heck sausage and burger factory

SPECIAL FACTORY VISIT

In a new departure for the Harrogate and District Coeliac Group we have planned a group visit to the Heck factory near Bedale to look round their new state of the art production facilities where everything they produce is gluten free. The visit is planned for Wednesday 25 March at 1.00pm and you will need to make your own way there (HECK Food Ltd, Heck Q, Lime Lane, Bedale DL8 2NY). If you know of others going it would be a good idea to share transport. There is no visitor centre or café at the factory yet so please plan to have lunch before you arrive.

The group will have to be limited to 25 people so if you want to go it's important to book your place as soon as possible by contacting Brian Hoare (brianhoare@sky.com or 01423 860750). Be aware that there are stairs and some slippery floors at the factory and trousers will be more appropriate than skirts. Protective clothing will be provided.

DID YOU KNOW...?

- The word sausage is derived from the Latin word *salsus* which means something salted.
- Sausages were called bangers during World War II because they contained so much water they exploded when fried.
- The longest sausage measured 38.99 miles in length and was made in Ploiesti City, Romania on 1 December 2014.

Meet your committee

Mick and Sue Ward (Committee Treasurers)

Hello, I'm Mick Ward, I'm a long distance runner, a trained engineer now working in site maintenance and I've been coeliac for about 20 years. My story is an unusual one, as I didn't have any obvious symptoms before I was diagnosed. I only found out I was coeliac after going to give blood and was told my blood count was too low, I wasn't allowed to give blood. I was referred to the hospital for tests and was eventually diagnosed coeliac. To be honest, I wasn't convinced that a gluten-free diet was going to make any difference to my lifestyle except being a hassle, as I didn't feel unwell, but I decided to give it a go.

I run the Great North Run every year and at the time of my diagnosis I had been slowing down a bit but assumed it was due to getting older. I told my consultant that if I ran faster after one year of a gluten-free diet then I would believe my diagnosis - and to my surprise I did!!

I had no idea where to start with a gluten-free diet and my biggest fear was not being able to eat dessert! I was relieved to hear that chocolate at least was gluten free. Thankfully, my wife, Sue, and my mother-in-law came to the rescue and are the gluten-free Star Bakers of our family! We've become experts in reading food labels and have definitely noticed an improvement in labelling and increase in gluten-free products in recent years. Coeliac UK resources were invaluable, especially in the early days.

I still have an active lifestyle and still run the Great North Run, raising money for Coeliac UK through sponsorship over the years. As a family, we still enjoy a meal out together despite the fact that two other family members have different food allergies too.



Special thanks to the chair of our Harrogate and District Coeliac Group committee, Brian Hulme, who has been coeliac for a lot longer than me and gave us a lot of valuable advice when I was diagnosed. This led to my joining the committee and later taking on the role of

Treasurer. Sue and I do the role jointly to make it a bit more manageable as I still work full time. We really enjoy being on the committee and have recently been involved in some excellent events. The photo here is from our Coeliac New Year Party in January. We hope to meet you soon at one of our next events.

COELIAC GROUP

EVENTS 2020

Saturday 11 January

New Year Family Party, Gracious Street Methodist Church Centre, Knaresborough (2.00-4.00)
Tel: 860750

Friday 14 February

Coffee at Café M, Victoria Shopping Centre, Harrogate (10.30am)
Tel: 567830

Wednesday 25 March

Visit to Heck factory, Lime Lane, Bedale (1.00pm). See page 3 for details.

Saturday 4 April

Coeliac Group AGM with afternoon tea (2.00-4.00pm).

Tuesday 12 May

Coffee at The Bridge Coffee Bar, Knaresborough (10.30am)

Wednesday 10 June

Evening meal at The Park, Hornbeam Park, Harrogate (7.00pm)
Tel: 878588

Sunday 12 July

Summer BBQ at Shoulder of Mutton, Kirkby Overblow (4.00pm)
Tel: 871205

Tuesday 11 August

Coffee at The Bridge Coffee Bar, Knaresborough (10.30am)

Friday 18 September

Lunch at Cote Brasserie, Albert Street, Harrogate (12.30pm)
Tel: 226155

Monday 19 October

Fish and chips at Oliver's, Cold Bath Road, Harrogate (6.30pm)
Tel: 226084

Monday 16 November

Coffee at Hooper's, James Street, Harrogate (10.30am) Tel: 504081

Saturday 12 December

Christmas dinner - Shoulder of Mutton, Kirkby Overblow (7.30pm)
Tel: 871205

* IMPORTANT

Please ring the venues to book your place (not necessary in April, May or August) and request GF food with the Coeliac Group.