

Spring Newsletter

Tayside Local Voluntary Support Group newsletter – March 2013

Contact Lynsey: tayside@coeliac.org.uk or Audrey on 01250 873389

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Group News

BUSY YEAR!

Welcome to the Spring newsletter of the Tayside Coeliac Support Group, especially to our newer members. What a lot of exciting things we have planned for you this year! I'm really looking forward to the AGM this year, we've got a lot of treats lined up so I hope we'll get an even better turn out than last year. And continuing on the trend of the last couple of years, there are a lot of new brands and products coming out soon so we're doing our best to get some of these samples for you. There's also a lot of changes happening with Coeliac UK and some of the UK's biggest brands, following on from the success of the various pizza companies last year. More on that later. In the past couple of newsletters we requested people to update their contact details with Coeliac UK and I see that a huge amount of you have done that, so thanks very much – this makes the preparation of the newsletter a lot easier! I look forward to seeing some new faces in 2013.



Last year's Juvela Roadshow with five of Scotland's Volunteer Group Organisers from: Edinburgh, Highland, Glasgow, Tayside and Forth Valley.

TAYSIDE NUTRITION NETWORK NEWS

Many of you have been in touch with regards to the prescription changeover, from GP practice to pharmacy based orders. We are in close contact with those behind the scheme, so here is a little update:

"The Tayside Gluten Free Food Scheme is being rolled out in Angus at present. All but two GP practices have replied so hopefully patients will have received information through the post by now.

Perth and Kinross GP practices were contacted at the beginning of March and their replies have begun to be sent in. Letters should begin to be sent out over the next few weeks. As there are 24 practices, who will be dealt with on a "first come, first served" basis, the process is likely to take quite some time so please be patient.

Dundee GP practices will be contacted towards the end of April. Again as there are quite a number of practices to deal with the whole process will take several months to complete."

They have also been busy developing a microsite which you can have on your phone, tablet and computer, making it really easy to order your prescription by giving you a full list of everything you are entitled to. All you have to do is choose the products you'd like to order, and either print it off and take it to the pharmacy, or some pharmacies will have the option to email it to them – we'll let you know when this is functional.

There will be at least one of these Dietitians at the AGM who will give us the latest news and answer some of the many questions I'm sure you have!

FUNDRAISING

With Awareness Week fast approaching we've organised a "Charity Bag Pack" at Marks and Spencers, The Docks, Dundee (the small one by Next, Mothercare, TK Maxx etc), on Saturday 18th May. If anyone would be able to help, even for just an hour or two, please get in touch. We will need all the help we can get as it is open from 8am to 7pm, and the more we can raise the better. Or if you have the chance to come along and support us, please do. We look forward to seeing some of you



there! If anyone else is interested in helping raise awareness and/or funds for Coeliac UK, please get in touch, we'd be happy to help! We will order a limited amount of awareness week merchandise and flyers so if you'd like some to help your

cause, get in touch as soon as possible. Coeliac UK does a huge amount of work on the people's behalf so we will be doing our best to support them! Check out their website or get in touch for more information.

As many of you will know we also held a Christmas fair in November so we would like to say a big thank you to everyone that donated prizes and baking, and to everyone that attended on the day. We had some biscuit decorating for the kids, along with a stall from the Nutrition Network dietitians which was very popular, and all the usual fair stalls! We also had a great selection of samples such as gluten-free sweets, Honeybuns & Glutafin/DS. And of course managed to raise lots of money for the group and for Coeliac UK.

EVENTS 2013

Here's what we have planned for this year so far, updates will be added to the website:

<http://www.coeliac.org.uk/get-involved/local-voluntary-support-group/group/tayside>

- **4th May:** Annual General Meeting and cookery demonstration, 12-3pm, *Scone Old Parish Church Hall*. Following our short AGM of group business, Pitlochry chef Hugh Foster will be cooking up some treats for us, and giving us some tips on cooking gluten-free, which he has been doing for many years now. After this we'll have a talk from the Tayside Nutrition Network (the Dietitians responsible for our new prescription service), Angela Kilday from Coeliac UK and from a very exciting new brand of gluten-free bread brand called Pulsetta. They will come along with samples and give a little talk on these innovative new products. And of course we will have the usual selection of samples, with a few new products from different manufacturers. After all this there will be the chance to have a cup of tea and a cake (as usual any cake donations would be gratefully received!), and have a chat with the committee or any of the people already mentioned.

- **Restaurant/Café Outings:** this year we are going to reduce the number of outings a bit, we will now have three throughout the year. But we would still like to move it around Tayside, so please come along and support these. We had lots of great feedback from the ones we did last year, and it was suggested that we do them at varying times to allow different people to attend, and also the places where we were able to mingle a bit went down very well. So we have kept that in mind when booking the venues that we have this year:

- **Sunday 7th April, 1.30pm – Crieff, Red Squirrel Café**
– They will provide a gluten-free afternoon tea, and we should get a good chance to mingle here. The cost will be £6.95 per person for a sandwich, scone, two mini-cakes and tea/coffee. Please get in touch by Tuesday 2nd April if you would like to book a place, relatives/friends also welcome!
- **Sunday 4th August - TBC**
- **Sunday 1st December – TBC**

- **November:** Christmas Fair. Date and venue to be confirmed shortly.

- We may organise a couple of other things if we feel there is the demand for it, perhaps in the summer. Suggestions so far have been supermarket tours, pub crawls, newly diagnosed meetings and kids outings. Let us know if any of this would be of interest to you and keep an eye on the website and future newsletters for more info.

MEMBER'S FAVOURITE'S

We continue to have lots of emails recommending places to eat out, or great suppliers of gluten-free food. So here's what we have for March...

-**Anne, Blairgowrie:** The Plaice To Be, *Pitlochry*. The head chef (Hugh Foster) has a very good attitude towards gluten-free and is able to provide lots of options for us. Well worth a visit.

-**Stephanie, Dundee:** Dr Noodles, *Perth Road, Dundee:* Great attitude towards gluten-free, thinking about marking gluten-free options on the menu in future.

-**James, Dundee:** Agacan, *Perth Road, Dundee*. If you take in your own pitta (I use Tesco one's) they will make a delicious kebab for you, apparently all can be made gluten-free!

-**Jenny, Dundee:** Café Borsa, *near Wellgate Shopping Centre, Dundee*. Gluten-free sandwiches, soups, crisps and cake bars. Brilliant service.

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'Miracle Pastry'

This is a reader-recommended recipe for gluten-free pastry that is apparently much less crumbly than normal gluten-free recipes. I know I'll be giving it a try! You can find it in the Australian online book 'Indulge' by Rowie Dillon...

100g rice flour
2½ tbsp cornflour
2½ tbsp fine polenta (cornmeal/maize)
½ tsp xanthan gum
½ tsp gluten-free baking powder
1 tsp salt
125g unsalted butter, chopped & chilled
200g mashed potato
1 tbsp sesame seeds, toasted (optional)

1. Mix all the dry ingredients (so rice flour, cornflour, polenta, xanthan gum, baking powder & salt) so that they resemble fine breadcrumbs. Now add the secret ingredient – the mashed potato! Mix in the optional sesame seeds, depending on what you're making.

2. Mix the dough with your hands until smooth & elastic. Knead the pastry for 2-3 minutes to add some more smoothness then roll into a ball and cover in cling film. Refrigerate for 30 minutes, or even over night if you want it fresh the next day, just knead until it feels elastic again.

3. Roll out really well on a lightly (gluten-free) floured surface. Here you will notice how different this is from other gluten-free pastries, it's easy! Bake blind for 15 minutes, then follow the rest of your preferred recipe for a filling, before baking for a further 5-10 minutes, until crispy and golden.

Good luck with it and let us know how you get on : tayside@coeliac.org.uk

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COELIAC UK/BRAND NEWS

- There was some very sad news from our neighbouring group in North East Fife, who had to fold the group earlier this month due to lack of volunteers. We would like to extend our welcome to any of those who would like to keep in touch with our group until theirs is reformed, please let me know if you would like to be added to our mailing list to be kept up to date with events and newsletters in Tayside.

- Some more upbeat news now about Pizza Hut, who you may or may not know are also doing gluten-free deliveries now. We'd love to hear your thoughts on the gluten-free pizza explosion, let us know how you've gotten on.

- For those of you that haven't heard, Heinz has started their own range branded 'Deliciously Gluten Free', including a range of gluten-free pastas and pasta sauces.

- Another exciting new product that we just had to mention is Warburtons new white wraps. I haven't seen any dedicated gluten-free wraps on the market before, so I'll definitely be looking out for these!

- There has been a lot of media interest in gluten-free prescriptions lately (making us feel very grateful for the Tayside Nutrition Network!), to see Coeliac UK's response to this controversial issue, read this article : <http://www.coeliac.org.uk/news/coeliac-uk-responds-to-press-article-on-gluten-free-prescriptions>.

- Finally Coeliac UK has published a list for Easter, listing all the seasonal products that are gluten-free. So if you're not sure, check it out at: <http://www.coeliac.org.uk/gluten-free-diet-lifestyle/cooking-and-recipes/easter-treats>

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So lots of new products to be looking out for and an interesting recipe for the keen cooks out there. As ever, please do get in touch if we can help you with anything, or if you have anything to share with other coeliacs and we will help pass it on. Hope to see some of you at the AGM or other upcoming events.

Lynsey Gardiner
Group Organiser



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GLUTEN FREE LUNCH

SATURDAY 30th of MARCH
between
12 NOON and 2pm

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We Look forward to welcoming you.

