



Glasgow
Local Group

Thanks to everyone who has come along to or helped at our various events so far this season which have all been well attended and enjoyed. We had a good turnout at our New Members Meeting and our bakery demonstration by Carol Salisbury, with the Chinese Meal at the Amber Regent being a sell out once again. This newsletter is a quick reminder of the events in early 2020, all of which will hopefully be held in the Glasgow Guide Centre at 15 Elmbank Street, Glasgow G2 4PB at 2pm (except the Butterfly and Pig afternoon). (See the syllabus sent with the July newsletter.)

First of all on Saturday 1st February we will be celebrating the Bard's birthday once again (a week late this year due to hall availability) with our Burn's Supper. This is a very informal affair (so no speechifying!) but it is an opportunity to eat gluten free haggis, neeps and tatties, (with a dram if you fancy) followed by cheese and biscuits. **This is always a popular event (only 40 places available) so please get the booking form below back as soon as possible.** We continue to hold the price at an absolute bargain rate of £5 which helps to cover the cost of the food and the hire of the hall. Please note the haggis will contain gluten free oats.

Next on Saturday 22nd February, we will have our now regular "ask the experts" panel discussion. Once again we have assembled a panel of people who have different knowledge and experience of Coeliac disease to help you to cope with the challenges it brings. **Obviously, if you have personal medical issues you need to discuss them with your GP or consultant.**

We will be supporting the Allergy and Free From Show at the SEC on 7th and 8th March. It is an opportunity to explore the wide range of "free from" products available, as well as attending some talks and cookery demos!

Newsletter December 2019

Remember it covers various allergens not just gluten but should still be an interesting event. Come and find your committee on the Coeliac UK stand throughout the weekend. For more info/free tickets see:

<https://eventdata.uk/Forms/Form.aspx?FormRef=AFF30Visitor&TrackingCode=website-CTA>

On the 28th March at **3 pm** we are returning to the Butterfly and the Pig in Bath Street for a buffet afternoon. This is a new event for us following the superb gluten free buffet that we had when Frances Jones retired as Group Organiser last year. So if you've been to a buffet at an event and been frustrated by the lack of gluten free food, come along and try the sandwiches, mini fish and chips, burgers etc together with a selection of cakes. If you want to come along, **get the booking form back with your deposit of £5 as soon as possible.** Numbers are strictly limited.

The final event in this season's diary is the AGM and "bring and try" afternoon on Saturday 25th April. We will try and keep the formalities to a minimum but we do need to (re-)elect the committee and approve the accounts and you will be able to quiz your committee or suggest possible future events.

After the AGM we will repeat our taste and try event so if you have a favourite **gluten free** food bring it along and share it with others and try their suggestions.

The dates for Coeliac Awareness week in May 2020 have not yet been announced but keep an eye on the Coeliac UK website for details of dates and events.

Looking forward we have been advised that the Guide Hall which has been our home for several years will be closing during 2020. At the moment we don't know exactly when, but meantime we are investigating other suitable venues for future events. If anything happens in the short term we will try and let you know.

Meantime may I wish you a gluten free Happy Christmas!

Please complete and return this slip to Nigel Wunsch at 58, Buchanan Drive, Cambuslang, G72 8BA as soon as possible

.....
I wish to book place(s) for the Burns Supper at the Glasgow Guide Centre on Saturday 1st February 2020 at 2 pm. I enclose payment of £5 per person (Cash or cheque payable to Glasgow Coeliac Group).

Name

Address

Post Code

Tel No.

e-mail address

Please complete and return this slip to Nigel Wunsch at 58 Buchanan Drive, Cambuslang, G72 8BA as soon as possible

.....
I wish to book place(s) for the Gluten Free Buffet at the Butterfly and the Pig, Bath Street, 153 Bath Street, G2 4SQ on Saturday 28th March 2020 at 3 pm. I enclose deposit of £5 per person (Cash or cheque payable to Glasgow Coeliac Group). Remaining £9 payable on the day.

Name

Address

Post Code

Tel No.

e-mail address



Marks & Spencer donated some Christmas goodies



Lots of chat at the New Members Meeting



Enjoying the Chinese meal at the Amber Regent



Carol Salisbury making gluten free goodies