

# YORK LOCAL GROUP

## Newsletter October 2022



York  
Local Group

### ***Welcome to the Autumn newsletter***

A note from your Newsletter editor:

Here we are heading into Autumn. Where does the time go?

I hope you are all well in these difficult times. It would be interesting to know whether you think being coeliac is becoming more than normally expensive or problematic. I welcome your comments or suggestions by email at the address below.



Our next coffee morning is on Tuesday, 8th November at Naburn Marina Waterfront café (YO19 4RW). See page 6 for further details.

Please send any items for inclusion in future newsletters to [york@coeliac.org.uk](mailto:york@coeliac.org.uk)

Best wishes, Sue

#### **York Coeliac Group Committee Officers**

**Group Organiser** Linda Deadman  
Tel 01904 750396

**Secretary and Events Coordinator** Jean Gray  
Tel 01904 655950

**Treasurer** Lynda Moody  
Tel 01904 341866

**Members' and New Members' Secretary** Helen Mackintosh  
Tel 07813 815567

**Newsletter and Webpage Editor** Sue Cumberpatch  
Tel 01904 633533

**Minutes Secretary** Jean Gray  
Tel 01904 655950

#### **Committee Members**

Chris Elliott Tel 01904 784517  
David Crawford Tel: 01904 768258  
Eileen Hallam Tel 01904 416497  
Sarah Taylor Tel 07812 897508  
Wendy Fowler Tel 01757 288476  
Helen Mackintosh Tel 07813 815567

#### ***Contacts for parents of coeliac children:-***

**Katy** Tel: 07960 495141

**Rebecca** Tel: 07874 624130

#### ***Local area contacts:-***

**Mel** – 01430 871908  
YO43 Market Weighton

**Kay** – 01904 608336  
YO41 Elvington

York Coeliac Group **E-mail address** [york@coeliac.org.uk](mailto:york@coeliac.org.uk)

#### **BACS payment details**

Name: Coeliac UK-York; Sort Code: 30-94-28; Account No: 63201060

## **Coeliac Group AGM September 2022**

The AGM on 10 September passed smoothly with a good attendance. Dr Robins gave a very informative talk and answered questions afterwards. It was lovely to meet up; the last AGM was March 2019! Here are the minutes.

### **Minutes of York Coeliac Group AGM held on Saturday 10th September 2022 at Acomb Methodist Church Hall**

Present: Committee plus 20 members

- The meeting held a minute's silence for Her Majesty, The Queen.

#### **1. Apologies for Absence**

Sue Cumberpatch, Sue and Peter Garbutt, Celia Rayner, Ingrid Millington

#### **2. Approval of and Matters Arising from Minutes of Meeting held on Saturday 30<sup>th</sup> March 2019**

Eileen Hallam proposed the minutes and they were seconded by Lynda Moody. Signed as a true record

#### **3. Matters arising**

No matters were raised

#### **4. Treasurer's and Group Organiser's Reports**

The balance at August 2022 was £1669.53. Thanks were given to Lynda Moody for the Treasurer's report.

It was suggested that donations be raised to £5 from £3 with subs either paid by BACS or to Lynda. *Please note any size of donation, however large or small is always welcome.*

Members enjoyed various events this period. Two meals out at York College, four coffee mornings, a day out at the climbing wall for children funded by a donation from Vic Howland, and afternoon tea (tomorrow) at Betty's. Plus our usual monthly coffee mornings.

It was noted members felt less isolated and more confident post the Covid crisis.

Thanks were given to all the committee members, in particular Sue Cumberpatch for doing the newsletter, and to Elizabeth Trueblood for her continued support. Eileen Hallam is to step down from taking the meeting minutes.

New member: Helen Mackintosh has been co-opted onto the committee to help with IT and communications.

#### **5. Resignations**

All the committee stepped down prior to the election of the new committee.

## **Coeliac Group AGM September 2022 (cont'd)**

### **6. Election of Committee**

**Group Organiser;** Linda Deadman, proposed by Elizabeth Trueblood, seconded Gill Rickard

**Treasurer;** Lynda Moody, prop Chris Watson, seconded Gill Rickard

**Secretary;** Jean Gray, prop Eileen Hallam, sec Gill Rickard

#### **Committee**

Eileen Hallam; prop Linda Deadman sec Chris Watson

Sue Cumberpatch; prop Philip Shaw, sec Gill Rickard

Chris Elliot; prop Elizabeth Trueblood, sec Chris Watson

David Crawford; prop Linda Deadman, sec Chris Watson

Helen Mackintosh; prop Lynda Moody, sec Linda Deadman

### **7. Any Other Business**

Noted the closure of 2 Oxford Place

After the business of the AGM was completed, there followed a presentation by Dr Robins, consultant gastroenterologist at York Hospital (see below).

## **Notes of the presentation by Dr Robins, consultant gastroenterologist at York Hospital, given to the Coeliac York Group AGM on Saturday 10th September 2022 at Acomb Methodist Church Hall**

### **1. Coeliac reviews**

Blood tests may be offered by GP, according to NICE, but are not needed annually if you stay well. Could be every 3-5 years.

A bone density scan should be offered 18-24 months after diagnosis to give a base line. Then again between 7-10 years later.

### **2. Closer to a cure?**

Dr. Robins talked about and explained several research projects, sadly none have provided any treatments or show any prospects of such a development currently.

### **3. Impact of the pandemic**

Coeliac patients are not classed as immunosuppressed, so did not have early access to Covid vaccines. The exception is if a person has a spleen that is not fully functioning, or no spleen.

### **4. Weetabix in hospital**

The patient with coeliac disease who was given Weetabix died because she was sick and aspirated on her vomit. Her condition and dietary requirements were known, but some lack of communication allowed her to be given the cereal. Doctor Robins suggested wearing a medical alert bracelet if you go into hospital.

Dr. Robins answered questions from the members. He gave us these tips:

Have a good dietitian. Find a good pharmacist. Eat as broad a diet as possible.

Find and use good local companies. Keep going out and acting normally. Try not to worry; if you do not have symptoms and your bone density is ok, there is no cause for concern.

## Recommendations

Recommendation from Linda:

I'd like to recommend a new item that I love! **M and S are selling "MADE WITHOUT WHEAT" iced spiced buns** and they are delicious! I cut them through and butter them and eat them with cheese!

Recommendation from Sue:

**Aldi** do a set of non-fresh meal kits as part of their "**Ready, Set ... Cook**" range, which are all gluten free. They include Pad Thai, Chicken Tikka and Thai Green Curry. I've used the Pad Thai one a few times and it works well. I just had to add prawns, spring onions and some shredded cabbage. The kits are a good staple to keep in your food cupboard for when you need something quick. The Pad Thai meal kit contains rice noodles, pad Thai sauce and roasted peanuts. Price £1.65, serves 2.

### **Blue Barbakan Polish Restaurant, Walmgate, York**

From Sue: I can't resist any opportunity to have rabbit when I can get it (I have peasant tastes!), and was delighted to see the rabbit leg wrapped in pancetta at the Blue Barbakan is gluten free! But don't worry, they have several other less earthy gluten free offerings, cooked to perfection. See their gluten free menu at

<https://www.bluebarbakan.co.uk/content/Blue-Barbakan-Gluten-Free-Menu-2022.pdf>

## Report on Betty's Afternoon Tea Sept 11<sup>th</sup> 2022

Report from Linda: A group of ten of us met in The Belmont Room, upstairs in Betty's. It was a lovely venue and a pianist played unobtrusively in the background. As afternoon tea generally consists of far too many sweet treats, we had asked for more savoury items than sweet. What we got, in fact, was an option to order more sandwiches at no extra cost. This we did and enjoyed very tasty fillings on pleasant gluten free bread. We were then able to enjoy a cream and jam gluten free scone along with unlimited tea or coffee. They kindly boxed up the rest of the cakes for us to take home. Although initially seeming pricey, I felt we got good value for money and we all certainly had a good time. My thanks go to Chris Elliott for organising the event and I'm hoping we can repeat the experience at some point in the future.

## Gluten free food on P&O cruise: review by Helen Mackintosh



During the summer, we went on a cruise around the Norwegian Fjords with P&O Cruises on Iona. My husband and I travelled with our son, who is 13, coeliac and a self-confessed foodie. His dining experience was excellent throughout, and we were very reassured by the knowledge of the chefs and serving staff onboard. There are various dining options on the ship, all of which catered very well for coeliac passengers.

The main restaurants have a la carte breakfast, lunch and dinner options, with gluten free options clearly marked. For breakfast, fresh gluten free pancakes were available, alongside cereals, toast and a large range of hot breakfast options. For lunch and dinner, the restaurants allowed us to view the menu a day in advance, and my son could then select options which were

not gluten-free by default, and the chef would prepare a gluten free version for him- he was delighted to get a gluten free chicken burger!

There is also a large buffet restaurant open daily from 6AM to 1AM (you never go hungry on a cruise!). All food was very clearly labelled with allergens, and separation of dishes and serving utensils meant there was no worry about cross-contamination. There was also an area dedicated to allergen-free foods, with gluten free breads, cakes and desserts available.

We would highly recommend a holiday with P&O cruises. It was great to be able to relax and not have to be concerned about what food might be available. The range of food, the labelling of the food and the care taken by the P&O staff were all exemplary.

### **Please check your junk email!**

A request from Linda: We have noticed that emails are finding their way into people's junk folders. Please do check your junk folder. Several of your emails have gone into our junk folder recently so I am religiously checking our junk too!

## Forthcoming events

### Coffee mornings

Our next coffee mornings are as follows, all starting at 10am

- Tuesday 8th November at Naburn Marina Waterfront Café (YO19 4RW)
- Monday 5th December at Bailey's, Museum Street, York
- Tuesday 10th January at the Bar Convent, Blossom Street, York
- Tuesday 7th February at Chloe's, Kings Square, York

We look forward to a coffee and a natter with you. No need to let us know whether you are coming, just turn up.

### Selby College lunch

The catering students at Selby College are offering a two or three course gluten free lunch for Coeliac Group members and friends on Thursday 10<sup>th</sup> November. See the menu on the next page, and the booking form on the last page of this newsletter. We need a deposit of £5 per person, and bookings with menu choices, must be made **by Friday 28<sup>th</sup> October**.

### New Year's lunch at Cote Brasserie, York

Instead of a Christmas lunch, this year we shall have a New Year's lunch on Sunday 22<sup>nd</sup> January at 12.30pm at Cote Brasserie on Petergate, York, where they offer a comprehensive gluten free menu.

The details and booking form are at the end of the newsletter. We have booked two tables for a maximum number of 20, but this is flexible. We need a deposit of £10 per person, and bookings must be made **by Friday 6<sup>th</sup> January**.

**Selby College Restaurant  
Menu for York Coeliac Group Lunch  
10 November 2022 12pm**

2 courses £12.95

3 courses £15.00 per head. Price includes VAT

£5.00 deposit required per person (Minimum 25 persons, max 35 persons)

**Gluten Free Bread**  
*(Allergens: Milk, Egg)*

**Starters**

**Vegetable and Coriander Soup**  
*(Allergens: Celery)*

**Mediterranean Chickpea Falafel**  
Served with Greek Cucumber Tzatziki and Salad Leaves  
*(Allergens: Milk)*

**Mains**

**Sautéed Pork Fillet**  
With Cider and Cream Reduction  
*(Allergens: Milk, Sulphites, Celery)*

**Poached Coley**  
On a pond of Green Parsley Sauce,  
Lemon gel and Steamed Mussels  
*(Allergens: Fish, Shellfish, Sulphites, Celery)*

**Mushroom Risotto**  
with Parmesan crisp  
*(Allergens: Milk, Sulphites)*

**All main courses are served with seasonal vegetables and potatoes**

**Dessert**

**Summer Berry Bavaois**  
with whipped cream and chocolate shards  
*(Allergens: Milk, Egg)*

**Poached Pears with Cranberry**  
laid on Crumble with Custard Sauce  
*(Allergens: Milk, Egg)*

**Tea & Filter Coffee - £2.00**  
**Barista Coffee from - £3.00**  
**Speciality Tea from - £3.00**

**Why not complement your meal with a beverage from the bar?  
For our guests with other food allergies, please inform a member of  
staff who will be happy to advise you.  
All gratuities go towards educational visits.**

*Please note that all our students are undertaking training. We appreciate your patience*

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**BOOKING FORM  
FOR LUNCH AT SELBY COLLEGE**

**Thursday 10 November 2022 at 12pm**

**£12.95 for 2 courses, £15.00 for 3 courses, per person  
Deposit of £5 per person required on booking**

**YOUR NAME:** .....

**Contact Tel. No.**.....

I would like to book .....places

I enclose my payment of.....

**OR**

I have paid £..... by BACS transfer

**Please return completed forms to Lynda Moody, 13 Sandstock Road, Heworth, York YO31 1HB, by Friday 28<sup>th</sup> October**

**Payment may be made in either of the following ways:**

1. Online via BACS or by going into your Branch and giving them the following BACS details:

Bank Account: Coeliac UK-York

Sort Code 30-94-28

Account No 63201060

quoting **Selby College 2022** as reference

2. Send a cheque made payable to: **Coeliac UK – York** to:

Lynda Moody, 13 Sandstock Road, Heworth, York YO31 1HB **by Friday 28<sup>th</sup> October.**

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## Cote, York - New Year's meal

Please take a look at the Cote gluten free menu at <https://bit.ly/3rGxZku> This may vary on the day. **You do not need to select your courses in advance.**

### BOOKING FORM

#### FOR NEW YEAR'S LUNCH AT COTE BRASSERIE, PETERGATE, YORK

22<sup>nd</sup> January at 12.30pm

**£10 deposit required per person**

**YOUR NAME:** .....

**Contact Tel. No.**.....

I would like to book .....places

I enclose my payment of.....

#### **OR**

I have paid £..... by BACS transfer

**Please return completed forms to Lynda Moody, 13 Sandstock Road, Heworth, York YO31 1HB, by 6th January 2023**

### **Payment may be made in either of the following ways:**

1. Online via BACS or by going into your Branch and giving them the following BACS details:

Bank Account: Coeliac UK-York

Sort Code 30-94-28

Account No 63201060

quoting **Cote New Year 2023** as reference

2. Send a cheque made payable to: **Coeliac UK – York** to: Lynda Moody, 13 Sandstock Road, Heworth, York YO31 1HB **by 6th January 2023**

*We care about your privacy, so we will keep your data secure. You can see our full Privacy Policy at <https://www.coeliac.org.uk/privacy-policy/>. You can update your personal details and preferences by logging into the Coeliac UK website, by contacting the local group or by phoning the Coeliac UK Helpline*