



Ayrshire & Arran Local Group

SPRING NEWSLETTER 2018

New Member Liaison – Alex Shaw
Treasurer – Joanne Samson

Organiser – Wilma Brown
Editor - William Boyd

EDITORIAL

Welcome to the Spring edition of our local group Newsletter, but so cold has it been that Spring has not yet sprung and the grass has barely riz, etc. etc! Instead of thinking about the grass, have a wee read of this Newsletter.

The Spring Newsletter has one very important administrative function in that we give notice of our Local Group AGM. There was a very jolly atmosphere last year when Wilma ran a first class quiz supplied by Coeliac UK's Head Office. The AGM is your chance to let us know what you would like the Local Group to do in future and tell us, (politely!), what we didn't get right last year. You can also catch up with friends old and new in a very informal situation. Nobody has their arm twisted at the AGM – just in case you are worried. Everyone on the committee is a willing, happy volunteer, (it says here on these instructions!).

For personal reasons Alex Shaw is standing down from New Member Liaison so we are looking for a suitable replacement. We have always succeeded in finding replacements in the past and I'm sure we will again. If you can help please contact Wilma. It is not onerous and you will meet new people.

ANNUAL GENERAL MEETING

The Ayrshire & Arran Local Support Group AGM will be held on -

WEDNESDAY 16th MAY 2018 at 7pm, - VENUE TO BE ADVISED

VENUE - Wilma will notify you of this by email, but do please note the date.

There is also a light snack after the AGM so you won't go hungry, but -

Please contact Mrs Wilma Brown so that we know how many to cater for.

Wilma's number is - 01292 315558 or email wilmacdbrown@aol.com

We'll follow that with a raffle where there are often so many prizes donated by you that about half the members attending walk away with a prize. Many thanks for your generosity. We'll hope for another generous response again.

Our AGM is in the middle of Coeliac UK's Awareness Week so it gives us a chance to fly the flag. Details of Awareness Week are in the Crossed Grain.

FORTHCOMING DATES

COFFEE & CHAT DATES

Our regular Coffee + Chat dates for the next six months are -

Sainsburys Cafe, Prestwick – 26th May, 28th July, 29th Sept. 2018

Sainsburys Cafe, Irvine – 28th Apr., 30th June, 25th Aug., 27th Oct. 2018

At both venues the dates are always Saturdays now.

Time – As ever - 10-30 am to Noon.

If you are new - At Prestwick the cafe is through the back, but at Irvine it is upstairs via a traveller or a lift.

FOOD FAIRS

EDINBURGH SUPPORT GROUP FOOD FAIR

This is on **Sat. 28th April 2018 from 1pm to 4pm at St. Andrews and St George's Church, George St., Edinburgh EH2 2PA.** Note that car parking can be very difficult in the centre of Edinburgh.

GLASGOW SUPPORT GROUP FOOD FAIR

The date for this is **Sat. 15th Sept 2018 from 10 am to 3-30pm in the Renfield Centre, 269 Bath St., Glasgow G2 4JP.** This is very close to the Kings Theatre but it's on the other side of the road. Parking is none too easy here either.

If you do go to either of these shows it would be nice if you could email a report to the editor on how you found these fairs – good, bad or indifferent.

REPORT ON THE GLASGOW ALLERGY SHOW – 3RD / 4TH MARCH

Cancelled due to the very bad weather. We are promised it will run next year.

FOOD NEWS

ADDITIONS TO THE DR. SCHAR RANGE

Members visiting Morrisons may like to try some of the new chilled products recently added to Dr Schar's range.

WARBURTONS BREAD NOW AVAILABLE AT LIDL

Warburtons Gluten Free bread range is now going to be stocked by Lidl. In case you missed it, this is really the Newburn bread range which Warburton have decided to re-badge under their own name. One wonders why they launched it under a separate name in the first place, only to bring it back 'in house' within a couple of years. However, ours is not to reason why... Just be thankful that the G/F range of foods is ever more widely available.

G/F PRESCRIBING REVIEW - IN ENGLAND ONLY

The results of last year's prescribing review in England announced on 1st Feb. this year were that there would be NO CHANGE to existing rules. In other words basic G/F foods like bread and flour will continue to be available on prescription – at the standard English prescription charge of course. This doesn't affect those living in Scotland where we enjoy free prescriptions.

Local group members may be interested in a discussion the local committee had on whether this was a good idea. Our broad opinion was that if all G/F foodstuffs were taken off prescription, it may well result, indeed could force eventually, the G/F food manufacturers to compete more effectively by reducing the prices down to the level of conventional foods. The argument advanced by G/F food producers is that it costs much more to service our limited market. Oh, really? Evidence please?

Take a well known brand that specialises in G/F tinned soup and compare the price, (usually £1-50) with the G/F offering from the likes of both Heinz and Baxters where the price is around £1 per can. In case some members have not noticed, the range of different soups which are gluten free from the big soup producers is steadily expanding. One may suspect that there is little justification for the higher prices we are charged by specialist food processors for G/F. The solution lies in our own hands – the customer's prerogative.

LATE CHRISTMAS LUNCH - REPORT & PHOTOS!

A couple of shots from our late Christmas lunch in January held at Hamiltons Restaurant in Irvine are shown below. Unlike last year nobody froze this time! [Our regular Christmas diners will get the gag]. All in all it was very successful though we were slightly down on numbers. The food was excellent and at very modest cost – what more could one ask for in a meal? Well, good company. Yes, we had that too - certainly at the table the editor was at, but there was plenty of laughter from the other table as well, contrary to the impression conveyed by the second picture. You can have a smile at Wilma's candid camera shots, but strangely, most of the committee have managed to avoid Wilma's lens. Wonder why?



This is our Happy Squad and they look it too!



And here is our Serious Crew, but they had a good time too - Honestly!

GLUTEN FREE ABROAD

Here is a shot of a local Spar store in Fuerteventura. The picture doesn't blow up well, but the selection seems to show quite a lot of Dr Schar's products. You may recall they took over the well known DS Foods range a couple of years ago. This photo is a welcome sign that even abroad many places are now catering for coeliacs. Population of Fuerteventura, one of the Canary Islands, cannot be large so all credit to whoever is catering for coeliacs.



TAILPIECE

This has nothing whatsoever to do with coeliac disease, but it should amuse.

Your editor was visiting a little community shop cum cafe vaguely located in Southern Scotland. A wee boy sitting on the floor looked up at me and pronounced, "Very old man". "That was not very nice", said his slightly embarrassed mother. The five year old reassessed me. "Very old man with grey hair". That put me in my place. Score, Two - Nil to the Five year old!

LATE MEDICAL NEWS FROM ABC – 'COLA CAUSES BONE LOSS'

Wilma very kindly sent in this snippet which we thought worth passing on.

Too many cans of cola might mean bad news for your bones.

Some women drink diet cola to help keep the weight off, but a new study suggests that drinking diet, regular and decaffeinated cola can actually lower bone density and put women at increased risk for osteoporosis.

According to the National Osteoporosis Foundation, roughly 55 percent of Americans, mostly women, are at risk of developing the brittle-bone disease, which leaves bones dry, weak, and more likely to fracture.

Cola drinks -- such as Pepsi-Cola or Coca-Cola -- seem to increase that risk, according to research published in today's American Journal of Clinical Nutrition.

Note that the operative words here are MIGHT and SEEM. It is probably a very sound idea never to have too much of any particular drink or food.

Most members are aware of this, but the newly diagnosed may not. All coeliacs, male or female, are at greater risk of brittle bone disease than non coeliacs.

To read the full article just search the ABC News Channel and / or Google 'Cola Causes Bone Loss'

YOUR POINTS OF CONTACT

Deadline for the next issue will be 1st Sept. 2018. If you have anything you want aired or mentioned in the Newsletter your contacts are:

For Newsletter matters, email -

William Boyd – Newsletter Editor - who can be contacted at william@wpboyd.plus.com or tel. 01465 841150

For General Enquiries, email -

Mrs. Wilma Brown – Local Group Organiser - who can be contacted at wilmacdbrown@aol.com or tel. 01292 315558