

Bournemouth & Poole Group *Spring 2017 News*

WELCOME to our Spring Newsletter

WE hope you find something to interest you

Some members have suggested that they would like to see more than two newsletters a year. Unfortunately, the amount of work involved makes this impossible with our current committee organisation.

However, we will attempt to send brief updates between newsletters when there is something worth reporting.

We will also continue to post useful information on national issues as well as local events and news, on our Facebook page: <https://www.facebook.com/groups/216225965091288/>

As a member of Coeliac UK you should already be aware that they have undergone a rebranding process. As a result they have a new logo and colour scheme. This is reflected in this newsletter.

We greatly regretted having to cancel our planned Christmas Market and Cookery Demonstrations. We realise that this was very disappointing for those of you who were looking forward to it.

Unfortunately, due to many factors beyond our control we reached a point where we could not effectively and safely run the event. We had put a great deal of time and effort into organising the 'Market' so did not take the decision lightly. Our biggest regret is that a few people did not receive notification before the day, and as a result turned up at Bourne Academy. We are very sorry that this happened and will attempt to ensure that communications are improved.

As you will read elsewhere in this newsletter, we have two significant events in the next two months: our Quiz Night and our Food Fair. We very much look forward to seeing you at these.

If you can't wait until 29th April the Dorchester Group have a Food Fair on 1st April at the Corn Exchange, Dorchester.

Our aim is to provide the most effective support for our local members. Please tell us if there is anything you would like us to do in order to improve your life as a coeliac.

David Dorrell



Don't forget you can now find us on Facebook. For the latest news, lists of places to eat, local deals and to catch up with other members! Just join us at Bournemouth & Poole Coeliac Group.

coeliacuk
live well **gluten free**

DATES FOR YOUR DIARY

Friday 24th March 2017 – Fun Quiz Night with Fish Chip Supper + AGM: 7.30pm Corfe Mullen Village Hall BH21 3AU

Saturday 29th April 2017 – Gluten Free Food Fair – 1pm-4pm: Parkstone Grammar School, Sopers Lane, Poole. BH17 7EP

Afternoon Tea:
Dates to be confirmed, in Bournemouth & Christchurch

Committee Contacts:

Group Organiser

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New Year Meal



On Saturday 21st January we held a New Year lunch at The Bearcross. Over 40 members enjoyed a fantastic three-course meal created by Lisa and her team.

It was a meal with a twist as everyone had an opportunity to try six starters and six desserts (see above). In between they had a main course of their own choosing. This proved to be a much appreciated arrangement although a few people felt full after their starters!

“The Bear Cross meal was absolutely superb - Lisa and Adam surpassed themselves. Christine and I managed all 6 of the starters and desserts and could hardly move afterwards! “

“As always the food was beautifully cooked, and the staff worked very hard to make sure everyone had a lovely time.”

“ . .the new style of menu . . . was really appreciated by everyone.”

Our thanks, as always go to Lisa and Adam for providing a wonderful meal. We would also like to thank all those who attended, especially those who provided raffle prizes. Not only did everyone have a great time but they also raised over £50 for Coeliac UK.

Quiz Night with Fish & Chips + AGM



Our annual Quiz Night with Fish & Chips is at Corfe Mullen Village Hall on Friday 24th March. Doors will open at 7.00pm. Cost is £9 (same as last year!). Friends and family are very welcome if you want to create your own quiz team – or you can make a team with other members on the night.

There will be a brief AGM at 7.30pm and this will be followed by a FUN QUIZ.

Our Fish & Chip supper will be delivered during a break in the quiz.

Bournemouth & Poole Group ~ Spring 2017

It is essential that places and food are booked by Friday 17th March. Food cannot be ordered on the night.

Teas and coffees will be available but you are very welcome to bring your own drinks if you wish.

A booking form can be found at the end of this newsletter. Payment can be made by cheque or directly to our bank account. Please complete a booking form and email or post it as soon as possible to Sue Perks. Full contact details are on the booking form.

Food Fair

Our Annual Food Fair is on Saturday 29th April at Parkstone Grammar School, Sopers Lane, Poole BH17 7EP. It will be open from 1pm to 4pm and cost £1 to enter. There is plenty of free parking space.



This year we have a number of new companies attending so that there will be a wider range of products available: Beers • Cakes & Bakes • Sausages • Ready Meals • Cider • Puddings • Bread • Raw Foods • Vegan • Sauce Mixes • Savoury Tarts • Scotch Eggs • Noodles • Prescription Foods • Curry Mixes • Preserves & Chutneys • Baking Mixes • Oat Products • Biscuits • Pasta • Ice-cream Cones, plus many more... There really should be something for everyone!!

These include not only gluten free but also vegetarian, dairy free and new for this year – ‘raw & vegan’.

For this event to run successfully we do need additional support. If you feel able to offer an hour or two to help please let us know.

As well as all of these fantastic suppliers we also hope to have dieticians and other health professionals present to offer advice and support.

Watch out for an update closer to the date.

A Purrfect Venue Cat Loving Coeliacs?

“Pause Cat Cafe® is a peaceful retreat where you can connect and make friends (human and animal!), know that you are doing good, and be served excellent quality, healthy, kind food and drink.”



This new café in Bournemouth (119, Old Christchurch Road - near Horseshoe Common, past the roundabout and just before the pedestrianised area), opening date 17th February, offers a philosophy that values ethical living, community, innovation and quality. “We believe in eating kindly; kind to our bodies, our environment, our community & animals. Our food reflects this by showcasing the best locally sourced, sustainable, healthy, vegetarian & vegan artisan food.”

In addition, the chef is a coeliac and tells us that most items on the menu are gluten free or can be adapted for coeliacs.

Supermarket Breads

No doubt some of you will be aware that a few supermarkets have begun producing their own artisan and fresh breads.

It is not our role to promote products for supermarkets but it is important that we inform you of new products and people’s opinions of them.

Those who have tried Tesco Ancient Grain Seeded Cob and their White Sourdough Cob report that they are very soft and moist. They are definitely a step up from the way gluten free bread used to be. Both are definitely closer to ‘real’ bread than most GF breads.

Sadly the fresh baguette that was available in some stores seems to have disappeared. The explanation from one store was that it didn’t sell. The real problem was that the marketing and display of it was awful! It was displayed with their other store baked items and it was not easy for coeliacs to find!

Sainsbury’s have recently introduced a range of ‘fresh’ bread products. This includes: Farmhouse loaves, baguettes and rolls, all available as white and seeded.

Initial comments are all very positive, again suggesting that the items are like ‘real’ bread!

These new products are not available in all stores but we do know that they are in Castlepoint, Poole (Pitwines) and Christchurch. If you go to one of these supermarkets and cannot find the new breads please ask. They are likely to be at the actual Bakery counter – and if we don’t buy them they will stop producing them!

Make Sure You Receive Our Newsletters

As you are probably aware, we email our members as it’s the most efficient and cheapest way of keeping in touch with you. If you don’t have an email address we can send paper copies for the first year if you’re a member. After that, you’ll need to tell us if you require a paper copy, and make a small donation, as it costs around £1 to print and send each newsletter.

Unfortunately, we don’t receive any funding, and any money we do get is raised as a group, so we have to keep our costs to a minimum. Also, please tell CUK if your contact details change, as we use their list to contact everyone.

We did have problems emailing our last newsletter to you so this time we are emailing a link to the Coeliac UK website as well as the pdf of the newsletter. We also make it available from our Facebook page.

Finally, thank you to all of you who have given us donations – the books of stamps are particularly welcome.

Do We Need Buddies?

When we are first diagnosed it can be really difficult to get our heads around diet and lifestyle changes. It can help to have someone who has been through the same thing to offer support and advice. We know that Poole Coeliac Clinic would find it very useful if they could signpost newly diagnosed coeliacs to our group so that they could find someone to talk with.

We already have a few members who are willing and able to support new members. These people we call 'buddies' and if asked we can link you with one of them.

If you are an 'experienced' coeliac, and have the time, perhaps you could volunteer to join our group of buddies and help others through their early period as coeliacs.

Please contact us if you would like a buddy, or to volunteer as a buddy.

Please note this support cannot include medical advice. For this you must see your GP.

We have had no offers of new buddies and no requests for buddy support in the last year. Consequently, we are suspending this support until we receive offers of help or requests for assistance.

Quiz Night with Fish & Chip Supper + AGM Booking Form

Please complete this form, then copy and paste it into an email or print and post it to Sue Perks at the address below.

Name: _____

Address: _____

Email: _____

Fish & Chips: _____ @ £9 = _____

Veggie Burger & Chips: _____ @ £9 = _____

Total: People: _____ Cost: _____

Payment may be made by cheque (payable to Coeliac UK Bournemouth and Poole) and posted to Sue Perks at **Flat 1, Birchwood, 33 Spur Hill Avenue, Poole. BH14 9PH** OR made directly into our bank account (Lloyds Bank – Account Name: Coeliac UK Bournemouth and Poole, Acc number 63000960, sort code 309428).