

Cardiff & East Wales Local Voluntary Support Group August 2016 Newsletter

Hello, and welcome to our very first newsletter!

We hope you're having a wonderful summer so far. We've been busy planning some future events and have some ideas for next year already. Please read on for details, and how to get involved!

We always welcome feedback or suggestions from our members so please feel free to contact us at cardiff@coeliac.org.uk.

Thank you for the support,
Cardiff & East Wales LVSG Committee

Upcoming Events

Tuesday 27th September, 6:30pm EVENING MEAL AT COTE CARDIFF CENTRAL

Come and join us for an evening meal and social event at Cote Brasserie in Cardiff
10-11 Mill Lane, Cardiff, CF10 1FL

There will be a 2 course meal from a set menu for £10.95 per person (drinks and the gratuity charge will be an additional cost).

There will be limited places, allocated on a first come, first served basis, so please reserve your space with us by emailing cardiff@coeliac.org.uk as soon as possible to avoid disappointment.

The last day to book a spot will be September 5th, however this may be earlier if the event fills up quickly.

Cote is a Coeliac UK accredited restaurant.

Saturday 29th October, 10am - 11:30am COFFEE MORNING IN BRIDGEND

Join us for Coffee and Gluten Free Cake at AROMA, 84 Dunraven Place, Bridgend, CF31 1JB.

(Prices will vary)

To ensure we have a table booked, please let us know if you will be attending by Tuesday 12th October.

Give us a follow!

Just a reminder, if you haven't checked out our social media accounts, you can find them here:

<https://www.facebook.com/CardiffLVSG>

https://twitter.com/Cardiff_Coeliac

It's a great way to keep in touch and share your hints and tips for the area. If you've come across a gluten free great - we want to hear about it!

Get involved!

Group Organiser

We are looking for a Group Organiser. The role is not as scary as it sounds, and as a Committee we would support you in your role.

It would involve chairing meetings and helping the Group run smoothly amongst other tasks. If you are interested, please get in touch to find out more. Other volunteering opportunities are also available!

Newsletter Content

If you're a keen restaurant reviewer or a baking enthusiast, we would welcome any content for future editions of the newsletter. Please email us your best recipes or tell us about your great dining out experiences at cardiff@coeliac.org.uk.

Launch event - thank you!

Thank you to everyone who came along to our Launch event and Awareness week leafletting morning. It was wonderful to see so many faces!

A special thanks goes to volunteers who gave their time, and those who donated raffle prizes.

We had delicious samples from Juvela, Honeybuns, Muffin Break and Lovemore.



We hope to see you at the next event!