



Cheshire Local Group

Dear Fellow Coeliac

Autumn 2017

We would like to extend a warm welcome to all newly diagnosed members and invite as many of our group members as possible to our autumn Group meeting on:-

Saturday 21st October 2017 at 2pm in Middlewich Civic Hall, Civic Way, Middlewich CW10 9AS

From M6 southbound, exit at Junction 18 towards Northwich/Middlewich. Take 3rd exit at roundabout onto Holmes Chapel Road (A54). Follow A54 for about 2.6 miles, until you reach turning for A533. Turn left here onto A533 (Booth Lane) and the hall is on your right. It would be appreciated if you could arrive by **1.50pm for a prompt start**. You will have the opportunity to browse the stalls before & after the meeting.

Our main event of the day will be a talk by **Louise McManus** from **Marks & Spencer**. Louise will talk about their gluten free products, what is available, what can be ordered & future developments. She will be bringing samples for tasting & will be interested to hear your views on the M&S gluten free products.



If you have any questions there will be a Q&A session after the presentation.

Suppliers having stands at the meeting:

Taylor's of Cheshire – Artisan free-from pie makers & bakers. Quality ingredients & great taste from this award winning company.

Isabel's – Gluten free baking made easy. Sweet, savoury, gravies & sauce mixes for stress free gluten free cooking.

DJM Food solutions – Suppliers of naturally GF syrups, juices, rice & quinoa foods.

Juvela – A major supplier of essential GF foods producing a range of bread, biscuits & pasta.

The **RAFFLE STALL** will be run by Ez & Judy - all gifts gratefully received.

The **BOOK STALL** for the autumn evenings will be manned by Rodney.

The Cheshire Group covers a fairly large geographical area with just under 1,000 members. Those of you who wish to continue receiving postal mail are asked to provide a stamp/money/sae at the meeting or enclose one with your reply. If you have changed your address please let us know, or if you have been contacted by post, but have email, could you please tell us in order to keep postage costs down?

As we are self-funding we always appreciate any donations, however small, you feel able to give

Refreshments provided by the committee will be served after the presentation.

Thanks to Delicious Alchemy foods who have sent us a Gift Box for the raffle

Contact CUK if you have a question or require health advice at:

www.coeliac.org.uk , foodanddrink@coeliac.org.uk , dietitian@coeliac.org.uk

OR call the Helpline 0333 332 2033

Notes and Information

Forthcoming Events



4th-5th November 2017 at the Exhibition Centre, Liverpool.

Once again CUK is offering free tickets to the show.

To obtain yours visit:

www.allergyshow.co.uk/go/sum-XG

Spring meeting & AGM will be held at Poynton Civic Centre on 15th April 2018

1930's Style GLUTEN FREE Afternoon Tea (Recommended by a committee member)

The Plaza Cinema Tea Room, Mersey Square, Stockport has been considered by visitors from abroad to be one of England's finest tea rooms, which takes you back to the elegant relaxed atmosphere of the 1930's. Situated on the first floor of the cinema, built in 1932, it fell into disuse in the 60's, but has since 2000, been restored by a band of volunteers.

You can look forward to a delicious light lunch menu of smoked salmon and scrambled eggs with gf bread of course, toast gf, salads, Welsh rarebit etc. However, top billing is standard afternoon tea with many speciality teas to offer - sandwiches, scones and cakes.

The waitresses who are all volunteers, wear proper 'nippy' uniforms. All the food is freshly prepared. No pre-packed sandwiches here!

Profits go to the Trust Fund which continues to maintain the venue - Well worth a visit by all on a gluten free diet.

Open Monday-Saturday 10am to 4pm

A favourite recipe from your organiser:

Gluten free Gingerbread

200g GF self-raising flour
50g Sugar
1tsp. mixed spice
2tsp ground ginger
100g butter
75g black treacle
50g golden syrup
150ml Milk
1 medium egg



Oven 180C/Fan 160C/Gas 4.

Baking tray 17x28cm (7x11inch), lined & greased

In a bowl mix together the flour, sugar, mixed spice & ginger. Gently melt together the butter, treacle, syrup & milk. Stir this into the flour blend. Beat in the egg & mix well. Pour into the lined & greased tray & bake in pre-heated oven for 25/30mins. Cool gingerbread in tin before cutting into squares.



Places I have found on my travels to grab some GF food up & down the country:

Rockfish, Dartmouth – very welcoming & unlimited chips!
The Little Potting Shed in Oban – gluten free but also caters for a wide range of dietary requirements.
Gurkha dining in Macclesfield – very friendly & GF options clearly marked on menu.

The Coeliac UK food fair in June this year at Salford was very good & well worth a visit. If you've never been to one of these I can recommend that you go along.

We look forward to seeing you at our autumn meeting. If you require further information please contact one of us.

Ian Tremayne - Group Organiser

Email: iantremayne56@gmail.com

It would be appreciated if you could reply either by completing the form below or by emailing Joyce.

RSVP to: - Joyce Thorley, 3 Parklands Drive, Sale, M33 4NU. (Tel: 0161 973 0188)
OR, if you have email, please reply to joycet@sky.com stating your name & postcode.

Autumn meeting of Cheshire Group

21st October 2017 at 2pm

Please complete & return

I shall/shall not be attending the meeting

Please state numbers

(.....)

I am unable to attend but wish to be kept on mailing list (please send stamp/s.a.e)

(.....)

I wish to donate £..... to support my local group.

Cheques payable to: Coeliac UK Cheshire Group

Name (Please print).....

Address & Postcode.....