

Gluten Free Games

There was a welcome gluten free presence at the Commonwealth Games Live Zone in Glasgow Green in the shape of the Genius van. It was serving up free samples of toast and croissants for breakfast and brioche and cupcakes in the afternoon.

Genius were official suppliers to the Games and provided the organisers with all their gluten free requirements.

Rather disappointingly they were not actually selling anything at their stand, only offering the free samples. Given the large numbers of people there this did seem a rather strange decision. It wouldn't have been that hard to have knocked up some toasted sandwiches of hot croissant rolls?

This meant that coeliacs had little option but to work their way through a maze of food options to find something they could eat. Fortunately I managed to pick up

some potatas bravas and strawberry meringue from one of the other caterers on site, so I didn't go hungry. Elsewhere things were less rosy. Celtic Park had very little choice, and I only just managed to get a burger made with my own roll before they ran out.

Hampden had a few more options, although a conversation would need to be had before ordering

Star of the show was the Commonwealth Pool in Edinburgh which had baked tatties and large salads for sale at reasonable prices.



Meeting News

We've got a busy autumn programme of events lined up for our members. As there has been such a big change in the prescription process we'll be making that our focus this year. However each meeting has other topics, so even if you've mastered the new system, it's still worth coming along. Our first meeting will be at St John's Church Halls in Bathgate on Saturday 27th September at 11.00am. We'll have a pharmacist attending to talk about the prescription scheme and answer any questions you may have. Following that



Juvela will be running one of their entertaining cookery demonstrations showing how to get the best from their products, with some tasty samples to try afterwards.

Some of our committee will be having a cuppa at Torwood Garden Centre, Bellsdyke Road, Larbert FK5 4EG on Friday 31st October at 11.00am and would be delighted if any members would like to join them.

Our next meeting will be on Saturday 29th November at 2.00 pm in St Francis Xavier Church Halls in Falkirk.

Keeping on the prescription theme we'll have a talk and question and answer session from committee member and dietitian Jo Stewart. Following this, Colin Sneddon from Wheat Free Bakery Direct, talking about the business and bringing along some samples to taste and a range of products to buy. You can check out their website in advance at www.wheat-freebakerydirect.com.

2014 Annual Dinner

This year's Forth Valley Gluten Free Dinner will be held on Wednesday 19th November at Bistro at the Campus, Raploch Community Campus in Stirling starting at 7pm.

As usual the Bistro will lay on a selection of GF dishes so those present can have the pleasure of choosing from everything on the menu.

The price is £18.50, including a 3 course meal, a complimentary drink and tea or coffee. Places must be booked in advance by returning the enclosed form with payment to the Treasurer by 11th November.

New Arrival

Congratulations to Susan Ord, from Glu-2-Go and the Land & Sea in Polmont, on the birth of a baby Girl on the 31st August

Facebook Page

If you're on Facebook then check out the FV Groups page.. Search Facebook for "Gluten Free Forth Valley" to join in.

2014 Diary Dates

Sat 27th Sep 11.00am-1.00pm – Forth Valley Group Meeting

St John's Church Halls, Mid Street, Bathgate EH48 1QD.

New Prescriptions system, Juvela demonstration.

Fri 31st Oct 11am-noon – Coffee & Chat

Torwood Garden Centre, Bellsdyke Road, Larbert FK5 4EG

A chance to have an informal chat with some committee members.

Wed 19th Nov 7.00pm-9.00pm – Gluten Free Diner

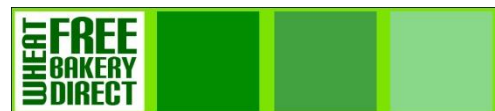
Bistro at the Campus, Raploch Comm. Campus, Drip Road, Stirling, FK8 1RD

Our annual GF social, advance booking essential.

Sat 29th Nov 2.00pm-4.00pm – Forth Valley Group Meeting

St Francis Xavier Church Halls, Hope Street, Falkirk FK1 5AT

Dietitian Q&A, Wheat Free Bakery samples and sales.



As always these meetings will be followed by some light refreshments and a chance to have a chat with committee members and fellow coeliacs. Postoceds have been included in the Diary Dates section for use with sat-navs and online maps.

If you want any information on any of the above events, phone Sylvia on 01324 860149, Linda on 07941 958685 or Annette on 07753 342332..

Jean's Recommendations - Part II

Here are some more GF recommendations from members Jean Gilchrist... The Quaich, 85 High Street Fochabers has lovely scones & cakes, and I had the most amazing quiche prepared while I waited, which came with salad or chips and vegetables. www.thequaichcafe.co.uk 01343 820981.

Auchrannie Resort in Brodick, Arran had lovely lunches and dinners. The staff were very gluten aware and the Chef will make dishes to order; I had battered fish and chips, what a treat! www.auchrannie.co.uk 01770 302234



Finally Felicity's in the Golf Clubhouse, Blackwaterfoot, Arran had lovely soup and sandwiches for lunch, and they're also open two or three nights a week for dinner during the summer season. Staff very aware and again very helpful.

www.felicitysarran.co.uk 01770 860777

Thanks for those suggestions. See below if you want to share you experiences.

Caravan Donation Received with Thanks

We were delighted to receive an e-mail from Jane Cross from the East of Scotland centre of the Scottish Caravan Club.

Their Treasurer recently ran some fundraising activities at a caravan rally and they wished to donate some of the proceeds to ourselves. I'm happy to report that a cheque for £133 has been received to support our work.



Helensburgh's Wee Kelpie



A recent cycling trip "doon the water" to Helensburgh threw up a fantastic chipper in the shape of The Wee Kelpie. Now it's not the snazziest of establishments, but what it lacks in décor this family run take-away more than makes up in taste and quality.

It even won the "Chip of the Year 2014" award for Scotland's best chips! Everything is cooked to order so it's always fresh and GF fish and chips are always available.

A standard haddock or cod supper is priced at only £6.40, and I can vouch that they taste even better sitting on a bench on the front, looking out over the Clyde on a nice sunny day!

You can find them at 82 West Clyde Street in Helensburgh and although they don't have a website, you can check opening hours on 01436 675000

FV Eating Out Guide

Please let us know of any restaurants, cafes or pubs which cater for gluten free diets.

We hope to be publishing a new edition of our guide to eating out in the Forth Valley in the near future so would welcome your input. Get in touch using the contacts to the right.

It's your Newsletter!

I'm always on the look out for news to put in here, but contributions from other FV Group members are always welcome. If you have any GF information, either locally or from your travels, contact your Newsletter editor Murray Thomson on 01786 813344 or preferably e-mail muzzat@lineone.net Thanks.



Gluten Free Globetrotting Denmark

I've just returned from a holiday in Denmark and the Faroes. I'll cover the Faroes next time, but here's how I got on in Denmark. Most hotels will offer a breakfast buffet of eggs, cheese, meats, very crispy bacon etc. making GF selection very easy.

We tended to stay in 3 star hotels which normally had GF bread available for breakfast. Failing this, most larger supermarkets had a reasonable selection of GF items which could be refreshed in a toaster using toasting bags.

Most restaurants had good knowledge of my requirements, especially when presented with the Danish version of the very useful cards available at www.celiactravel.com. Mention should go to Holms Restaurant in Middelfart where the owner took time to show me the gluten free beer he was getting in next month.

Den Grimme Aelling (The Ugly Duckling) in Odense is a very reasonably priced carvery buffet. Everything is homemade so you know what you can eat and there's a wide choice of GF items.

One chain to look out for in Roskilde and Copenhagen is Sunde Kokken, or Healthy Kitchen, which serves a hot chicken breast with 3 items of salad for about 80 Krone. Finally Copenhagen threw up 2 interesting lunchtime stops...

Naturbageriet at Frederiksborggade 29 is a bakery with a wide selection of GF items. It also stocks regular bakery products so be sure to ask which are GF. I had a fantastic Cinnamon Swirl but alas they had no Danish pastries!

Raw and Rustic on Gammel Kongevej 113 serve GF paninis with a range of fillings to sit in or take away. I have heard they did other items but as I had a train to catch I didn't have time to check.

Finally a fresh GF bread similar to rye bread is available from branches of Lagkagehuset, throughout Copenhagen. They also have a branch at the Airport which sells pre-packed chicken caesar salads if you require food for your flight.

Through the holiday I didn't have to worry about having nothing to eat. Stocking up at breakfast kept us going with just a snack for lunch, and eating out was stress-free as well. Denmark is a pricy place to visit, but I'd thoroughly recommend it.