

New Group Organiser

The Coeliac UK Forth Valley Group has a new Group Organiser. After many years of faithful service, Marion Smith has stood down from the post which she has executed so well over the years.

She will be replaced by Dorte Al Gailani. Dorte had been the Treasurer and this post will now be taken up by Sylvia West. Linda Craig will continue in the post of Secretary.

Thankfully the Group isn't losing the services of Marion, as she'll be remaining on the Committee as Membership Secretary, keeping all of our details up to date and ensuring everyone gets the newsletter.

New Group Organiser Dorte said “I know the coeliac story from different angles with both having the diagnosis myself and being a parent to a coeliac daughter. I hope to see a positive response from group members as the committee continues to bring the group forward on to new adventures.

“I would also be delighted to hear from any members with suggestions or comments - please just send me an email on forthvalley@coeliac.org.uk”

I'm sure you'll join us all in thanking Marion for her services and welcoming Dorte to her new role.

Fine Fife Restaurant Recommendation



Although the newsletter often contains plenty of eating options, many of these are for everyday food instead of fine dining. So thanks to Patricia Coelho, who has highly recommended Craig Millar's Restaurant, 16 West End, St Monans, Fife KY10 2BX (01333 730327). It has won 2 AA Rosettes, appears in the Good Food Guide and was a

finalist in the CIS Excellence Awards. Check out the website at www.16westend.com

Patricia says “All the tables have spectacular views to the sea and the Isle of May beyond. More importantly, the restaurant has Craig Millar in the kitchen. Craig, a highly talented chef, attracts lovers of good food from much further afield than his East Neuk heartland to sample his way with Scotland's best produce. When booking, of course Craig would appreciate knowing dietary requirements beforehand but, nevertheless even when I've turned up on the doorstep without reservation my gluten free needs are no bother and he adjusts the offerings accordingly. Everything is made in house, a gourmet treat and beautifully presented. I can even enjoy the bread platter as there is something there for me too!

Forthcoming Diary Dates

Fri 28th Aug 11am – Cuppa & Chat, Blossoms Coffee Shop, Torwood Garden Centre, Larbert FK5 4EG. Join a few members of the Committee for an informal chat in relaxed surroundings, whether newly diagnosed or full of GF experience.

Sat 19th Sep 1.30pm – Afternoon Tea, Baldridgeburn Community Centre, Dunfermline, KY12 9EH. Guest speaker Myles Fitt, Coeliac UK Scotland Lead

Sun 27th Sep 11am – Cuppa & Chat – See full details above

Fri 30th Oct 11am – Cuppa & Chat – See full details above

Sat 14th Nov 2-4pm – Mini Food Fayre, St John's Church Hall, Mid St., Bathgate, EH48 1QD. Stall holders to include Wheat Free Bakery, Caledonian Cheesecake, Land & Sea and more. Refreshments & Raffle. Entrance £2

Wed 18th Nov 7pm – Group Dinner, Raploch Community Campus, Drip Road, Stirling, FK8 1RD. Booking essential. See enclosed form for full details

Sun 29th Nov 11am – Cuppa & Chat – See full details above

Local Produce

We've been informed about a couple of local companies who are branching out to offer new GF products, make sure you give them a try...

Malcolm Allan, the family butcher based in Larbert, are producing gluten free Lorne sausage which will be on sale from mid-September at Asda.

They are hoping to get feedback from our members and so will be attending our next Cuppa and Chat on 28th August for us to try it. Allans will also be at our Dunfermline meeting and our Mini Food Fair.

Full details of all these meetings are available in our Diary Dates feature.

Caledonian Cheesecake Co.
Jackson Avenue,
Grangemouth,
FK3 8JU, make



the most delicious gluten free cheesecakes.

Large cheesecake can be made to order from a wide range of flavours, or small ones are available to pick up frozen at the shop.

I bought a strawberry one today, my first shop-bought cheesecake in 12 years! It was fantastic and excellent value at only £3.



For more info or to order phone 01324 484901 or visit their website at www.caledoniancheesecake.co.uk

Sunday Fry-up

On the subject of butchers, thanks to member Christine who let us know about another local butcher, George Kirk & Son from Denny.

Christine says “Since my husband struggled with not having a good Sunday fry up, and other tasty butcher meat, we talked to Craig Kirk and he was so helpful. He now sells a wide range of GF products. He does square sausage, link sausage, haggis, black pudding, meat balls and beef olive. There is also a range of burgers, and the chilli burgers are very tasty”

Thanks to Christine for this information. Remember if you have any suggestions of local eateries of businesses which deserve our support please contact me on muzzat@lineone.net or 01786 813344..

FV Mini Food Fayre

Your local Coeliac UK Group will be holding it's first Mini Food Fayre at St John's Church Hall in Mid Street, Bathgate on Saturday 14th November from 2-4pm. Stall holders will include Wheat Free Bakeries, Caledonian Cheesecake Company, Land & Sea and many more. Entrance is just £2 and there will be refreshments available, as well as a festive raffle. So make sure you come along and support your local group in this new, and hopefully regular, venture.

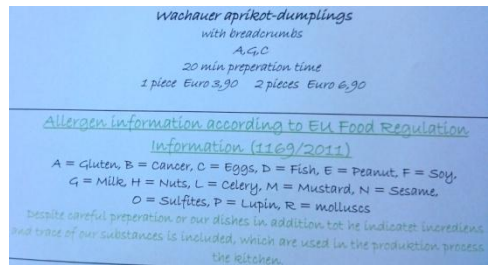
North East Lunch

If you find yourself travelling along the A96 then why not pop into Kellochbank Garden Centre between Inverurie and Huntly for Lunch? They have GF sandwiches, soups, cake and baked tatties on the menu. Everything is made to order to just let them know what you have in mind.



Gluten Free Globetrotting Austria

A slightly abbreviated Globetrotting report this time, as our reporter isn't a coeliac and so didn't have first hand experience of buying GF food. However when I heard what was going on in Austria I had to include it in this newsletter. The Austrian interpretation of the recent EU rules on ingredients is really fantastic. Not only do all food establishments need to know what allergens are in each dish, as in the UK, but they must be displayed in every menu. That's 14 different allergen codes in total. OK, so gluten is slightly confusingly code "A", but we'll let them off with that. As well as this every eatery also has to clearly display a poster explaining the definition of each allergen. So it's very easy to see what you can and can't eat.



GF on DFDS Newcastle-Ijmuiden

I've previously praised DFDS on their now defunct Harwich to Esbjerg sailing, but this summer I used the Newcastle to Ijmuiden service, sampling both the King Seaways and the Princess Seaways during my return journey. I opted for the Buffet Dinner for £29, including a half bottle of wine. The food on offer was excellent with everything clearly marked if it was gluten free. There was loads of choice available in every course and I certainly didn't go hungry. Gluten free bread and even crackers for the cheese course were available on request. The breakfast was another buffet with sufficient options to offer plenty of choice to coeliacs. Overall a great catering experience on the high seas!



Lots of food was based on Schnitzels, or breaded chicken. However looking out for "Schnitzels Cordon Bleu" would give you the same dish without the breadcrumbs. Even McDonalds had GF buns available. The billboard says "Finally!! Now even Gluten Free!"



CUK Glasgow Group Food Fayre

Food Fayres are always great fun! Not only is there the ability to buy a whole range of GF food that is normally only available through mail order, but there's also the chance to sample loads of products before you buy. The Glasgow Group of Coeliac UK will be holding a Food Fayre on Saturday 12th September at The Renfield Centre, 260 Bath Street, Glasgow, G2 4JP, from 1030-1430. Entrance is only £1. There's no parking at the venue, but it's only 5 minutes walk from Charing Cross Station, and there's some limited parking available at the NCP car park on Elmbank Crescent. There's a wide range of manufacturers due to attend including... Juvela, Newburn, Genius, Nairns, DS/Glutafin, Wiltshire Farm Foods and many more. The centre café will also be selling a range of GF food.

FV Eating Out Guide

We're always updating our database of eating out venues in the Forth Valley area. So please let us know of any restaurants, cafes or pubs which cater for gluten free diets and we can publicise them in the next newsletter. Get in touch using the contacts details 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.

E-mail Contact Details

If you receive our newsletter by post but would be able to receive it electronically then please let us know. It saves us postage and it also means you'll be able to receive reminders of events and other information that comes out between newsletters. Please e-mail forthvalley@coeliac.org.uk and we will put you on the mailing list.