

## Newsletter July 2019

Welcome once again to the Summer edition of our newsletter. As usual we had a busy first few months of the year culminating in our AGM in April (More of that below). The Christmas party in December attracted the usual large group of children for magic, games and food and we will therefore be continuing our annual visit to Cambuslang this year.



Colin asking the Experts

After that we had a full house in January for the Burns Supper and lots of good discussion at the Ask the Expert meeting in February. This time we asked for topics/questions in advance and Colin managed a lively discussion which explored a number of aspects of living with Coeliac disease.

Our AGM was a very jolly occasion but mixed with more than a hint of sadness as we said goodbye to our long standing (47 years) Group Organiser, Frances. Frances was delighted with her gift of £525 from the group which she intends to spend on a weekend away for her and her husband Tommy. Later that day the committee took Frances and Tommy out for a meal and presented her with a gold necklace

Sadly at the AGM we also said goodbye to 4 other committee members - Anne, Evelyn, Tom, and Sarah.



Evelyn, Frances, Tom, Sarah and Anne

We were delighted however to get 5 new committee members to replace them - we welcome Richard, Elinor, Rena, Gordon and Stuart. Going forward the committee have agreed we will not have a Group Organiser as such but will manage the group

jointly, so each meeting will be run by a different member of the committee. This means if you come to our events, you should get to know us all. In terms of specific roles, Roberta has agreed to be treasurer with Jim taking over her previous role as secretary. Nigel will continue as newsletter editor and look after event bookings! Linda will still lead on the Christmas party and Colin is also staying on the committee supporting all the events, as well as helping to maintain links with the Lanarkshire part of our group. Please give all your committee your support as we get used to our new roles.

### A note from Frances.

"I would like to thank everyone who gave for their generous contributions to my retirement gift which totalled £525. Tommy



and I are going to spend the money on a weekend away. I had a lovely day with a beautiful cake and the opportunity to catch up with many of you. I have enjoyed meeting so many lovely people over the years, and hope to see some of you at future meetings."

### Looking Forward

The new committee has been planning the syllabus for the forthcoming year and has developed a programme which is a mixture of things we have done before and some new ideas to try and bring you something different. Full details of all the events for the next 12 months are in the syllabus attached to this newsletter, so get them in your diaries now!

This year we'll start the season with our new members meeting on 14th September, as usual in the Guide Hall in Elmbank Street. This meeting is primarily for those who have been diagnosed in the last year or so or who haven't been to our meetings before. We will have Gordon McAndrew, a dietician with us and the discussion will be focussed on

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helping people come to terms with the challenges of living with Coeliac Disease followed by the opportunity to eat some gluten free goodies. It would be good if some of our longer term members could come along to give newer members support. Please email [glasgow@coeliac.org.uk](mailto:glasgow@coeliac.org.uk) if you would like to come along, so that we have an idea of how many people are coming. Also if you can help with baking for this or any of our other events please let us know. It's always good to have some different things for people to try.

Our next event on the 19th October is a repeat of our visit to the Amber Regent in West Regent Street for a Chinese meal. This was very successful and sold out last year so get your bookings in early using the booking form at the end of the newsletter. The cost this year will be £14 for 2 courses with a choice of 5 starters and 7 main courses.

As I write this in late June, it's upsetting me to even think about Christmas but as you know it will no doubt rush up on us so on the 16th November in the Guide Hall, we will welcome back Carol Salisbury for a Christmas event. Carol is a Chef Lecturer who runs gluten free cooking courses at City of Glasgow College and will be giving us some ideas for Christmas food etc. One of our new committee members, Rena, has also promised to give away her secrets for making that great Scottish delicacy, tablet. For those of you who want to see what it should taste like, she will have bags of tablet for sale for Group funds. Finally if you that would rather buy your Christmas delicacies ready-made, we hope Marks and Spencer will be bringing along some samples of their gluten free food offer.

Incidentally, if anyone wants to learn more about gluten free cooking, Carol's next gluten free course starting in August 2019 will be based on baking, sweet pastries, cakes, pudding, biscuits etc. The course is suitable for everyone requiring a gluten free diet and all the recipes can be adapted to exclude other allergens. For more info follow the link below.

<https://www.cityofglasgowcollege.ac.uk/courses/gluten-free-cookery-2019-08-27>

The children's Christmas party is on the 7th December and is aimed at coeliac children between 3 and 11. Invites will go out nearer the time via the hospitals but if your children haven't had an invite by early November,



**Christmas Party 2018**

please send us an email to check that you haven't been missed ([glasgow@coeliac.org.uk](mailto:glasgow@coeliac.org.uk)) Once again the event will be held in Cambuslang Parish Church Hall. Those of you that were there last year will be pleased to know that the building works are now complete so you can get in through the (new) main door! We will also be looking for baking for this event! Information about events in early 2020 will be in our December newsletter

### **Committee Members**

Details of the committee and contact details for the group are on the syllabus.

If you're on Facebook, why not look up *Glasgow Coeliac Group* – and "like" us!

We care about your privacy, so we will keep your data secure. You can see our full Privacy Policy at

<https://www.coeliac.org.uk/privacy-policy/>.

You can update your personal details and preferences by logging into the Coeliac UK website, by contacting the local group or by phoning the Coeliac UK Helpline.

If you want to contact us by email our address is [glasgow@coeliac.org.uk](mailto:glasgow@coeliac.org.uk).



**Frances Jones BEM**



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Please complete and return this slip to Nigel Wunsch at 58, Buchanan Drive, Cambuslang, G72 8BA as soon as possible

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I wish to book ..... places for the Chinese Meal at the Amber Regent on Saturday 19th October 2019. I enclose deposit of £5 per person (Remaining £9.00 payable on the day). Cash or Cheque payable to Glasgow Coeliac Group

Name

Address

Post Code

Tel No.

e-mail address



The old committee with Myles Fitt (far left) former Coeliac UK Scottish Lead



Frances chairing her last AGM!



More fun at the Christmas Party



Frances' necklace from the committee and Coeliac UK