



SPRING NEWSLETTER

March 2019

FROM THE GROUP ORGANISER

Hello Everyone,

Welcome to the Spring Newsletter and whilst it has been a beautiful Spring, as I write today it is really showing its teeth with gale force winds.

Once again since our last Newsletter we have had a varied programme and most events have been well supported. I must just mention three of our events which have proved to be very successful. Our Christmas Dinner was well attended and the music and quiz went down very well. Needless to say we are planning to have the same format this year. Our thanks to Kate and her team at The Shoulder of Mutton for a lovely meal.

We have really been encouraged by the support we had for the Family BBQ we held in September and the Family New Year party we had in January - so well attended by youngsters and their families. Please note we are going to have the Family BBQ earlier this year on Saturday June 22nd. Do come along for a guaranteed afternoon of fun and games with lots of gluten free food.

I would like to say a big thank you to the Secretary and the Treasurer and all the Committee for their support in what have been a difficult few months for me personally, remembering that we do this because we are dedicated to making a difference for all our members who have gluten intolerance. We look forward to seeing you at our next event which will be the AGM with an afternoon tea - sandwiches, sausage rolls, pork pies, scones and cakes - ALL GLUTEN FREE! Look forward to seeing you there.

Best Wishes,

Brian Hulme

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Looking back... looking forward



Christmas dinner 2018

Fun at the 2019 New Year family party

Thank you for a fantastic event this afternoon. This was my first attendance at a local coeliac group event and I would like to say thank you for such a friendly welcome and all the delicious food. My two children really enjoyed themselves too. Thank you to all the volunteers who helped make it happen and for making us feel so welcome. I will certainly be coming back to some more events.

Best wishes,
Mel (and Emma & Ben)

Family summer BBQ

Saturday 22 June

3.00-5.00pm

at The Bridge Café & patio,
Gracious Street Methodist
Church Centre,
Knaresborough

Activities, games, space for adults to chat
while children play.

GF barbecue food and drinks.
No charge but donations welcomed.



If you don't fancy the BBQ you'd be welcome at the Gluten Free Food Festival on the same day (22 June 2019) at the Lakeside Conference Centre in York. Admission is free.

Coeliac Group events for 2019



Harrogate and District Coeliac Group

organises a social event every month to which all are warmly invited. We try to vary the days and times to suit as many people as possible. Look through the list, decide which you'd like to come to and then ring the venue to let them know you'll be coming. We look forward to seeing you!

COELIAC GROUP EVENTS 2019

Saturday 6 April

Coeliac Group AGM with afternoon tea at St Robert's Centre, Harrogate (2-4.00pm)

Tuesday 14 May

Coeliac Awareness Week coffee at the Bridge Café, Chapel Street, Knaresborough (10.30am-12noon)

Saturday 22 June

Family BBQ and games at Bridge Café patio, Knaresborough (3.00 - 5.00pm)

Sunday 14 July

Group BBQ at Shoulder of Mutton, Kirkby Overblow (4.00pm)

Monday 19 August

Evening meal at the Cat's Pyjamas, Albert Street, Harrogate (7.00pm)

Thursday 19 September

Coffee at Palm Court, Montpellier Parade, Harrogate (10.30am)

Tuesday 15 October

Lunch at Zizi's, Station Square, Harrogate (12.30pm)

Monday 11 November

Coffee at Filmore and Union, Station Parade, Harrogate (10.30am)

Saturday 7 December

Christmas dinner with music and quiz at Shoulder of Mutton, Kirkby Overblow (7.00 for 7.30pm)

Please ring venues to book your place (not necessary in April or May) and request GF

ANNUAL GENERAL MEETING



GET INVOLVED!

**Saturday 6 April from 2.00pm to 4.00pm
at St Robert's Centre, Harrogate**

AGMs are not everybody's idea of a fun afternoon – but ours is different!

Apart from reviewing the work and activities of our Group for the year past and sharing ideas for the future we will be serving a delicious gluten-free **AFTERNOON TEA**. There will also be the opportunity to meet Kevin Prideaux, Bakery Manager at **Sainsbury's** who will be talking about their gluten free products and hopefully bringing some samples for you to try.

Do come and join us!



Eating out gluten free

These places have been recommended by our members for when you're out and about

I went to Tadcaster yesterday for lunch at **The Lemon Tree Bistro and Tearooms** (an old building with beams which was once an inn). They had a vast menu with a good number of GF options. I couldn't decide whether to go for the roast beef Sunday lunch or the beef stew. The beef stew won and was very tasty. The roast beef looked good too. The chef offered GF gravy but they didn't have GF Yorkshire puddings. The beef stew came with either chips (separate fryer so no contamination) or mashed potato. My daughter-in-law had the chips. Afterwards neither of us could resist the GF chocolate and beetroot cake, served warm - delicious.

Opening hours:

Weds to Sat: 9.00 - 3.30 and Sunday: 10.00 - 3.00

Audrey Dewjee



My daughter took me to Pateley Bridge on Saturday and we had coffee at the **Old Granary Shop**. It's under new management and he had three different cakes available: cappuccino, chocolate, and carrot. On speaking to him when paying he said he's keen to develop the gluten free options. He had gluten free gravy and a dedicated GF chip pan.

Brian Hulme



The Park at Hornbeam Park in Harrogate has improved greatly since we were last there and we were impressed that they now offer a separate gluten-free menu. They even took my cutlery back into the kitchen to hand-wash it in case of contamination—something I've never experienced in any other restaurant! Well worth a visit.

Brian Hoare



Find us on
Facebook

Good news! We now have our own Facebook page and if you're on FB yourself you are invited to join. Simply search for 'Harrogate and District Coeliac Group' and we'll try to keep you up to date with what's going on. Spread the news to your Coeliac friends as well. The more people that join the more effective it will be.



Like

Meet your committee

For many members of our local group the first person they have contact with is Marilyn Larner who introduces herself here



Hi, I'm Marilyn and I take the role of membership secretary on your local committee.

I've been a diagnosed coeliac for 25 years, but was already familiar with the coeliac condition because my father had been diagnosed in the 1970s. He was highly sensitive to gluten, so I had learned how to read food labels, and the importance of careful food preparation. In those days it was much more challenging to keep to a gluten-free diet. My children were kept gluten free for the first year of their lives. They are now in their mid to late 30s, but have not yet shown any symptoms of gluten intolerance.

I feel that it is vital that all newly diagnosed people have good access to support while they learn to manage their diet, so I'm happy to be contacted by new members. I enjoy giving support and advice and re-assuring them that it is possible to adapt to a gluten-free life. People are often frightened and confused, and it helps them to know that others have trodden this path before them. Some choose to attend local events and form new supportive friendships. It's so good to realise that you are not the only person struggling with this new challenge.

I'm also passionately concerned to represent the needs of coeliacs in the wider world. Some of you may remember a few years ago when a full ban on local GPs prescribing gluten-free foods was proposed, a few of us mounted a local campaign. I got a letter published in the *Harrogate Advertiser* and met with Andrew Jones, MP, explaining our concerns about this blanket policy. The CCG (Clinical Commissioning Group) in Harrogate was surprised, and slightly alarmed, to see so many coeliacs turn up to one of their board meetings! As a result, the CCG softened its proposed policy shift and allowed for some vulnerable groups of society to continue to benefit from prescribed foods. Well organised campaigning can make a difference!

Do get in touch if you need support or advice - I'll be happy to listen! My phone number is 07954 163462.