



SPRING NEWSLETTER

March 2020

In This Issue

- From the Group Leader
- Heck factory visit postponed
- Eating out and new recipe suggestions
- Family Picnic down on the farm
- Meet your committee: Kath Margerison
- Programme of events for 2020 (coronavirus permitting)

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From the Group Leader

Hello everyone,

Our Spring Newsletter is rather different from usual with not as much content as we would have liked as we have been overtaken by recent events, namely the Covid-19 crisis. I am sure you would have wanted us as a committee to take decisive action and that we have done: **all events for the foreseeable future have been cancelled**



including the AGM which we will reconvene as soon as we are able. Our April trip to Heck's sausage factory has also been postponed until a future date.

Coeliac disease on its own, is not listed by the Government as an underlying health condition that increases your risk of severe illness if you have coronavirus. However, Coeliac UK's Health Advisory Council think it is reasonable that adults with coeliac disease may want to consider themselves to be within the 'at risk' group and to follow the current advice for particularly stringent social distancing. This is going to be a challenge to all of us, especially if we are unable to go shopping for ourselves. As you know, our GF shopping basket is not an easy one to ask other people to obtain for us and could be very difficult for them. If you have any suggestions to help in this situation we have a group Facebook page where you could add helpful ideas—or alternatively send them via our web page (via harrogate@coeliac.org.uk) and we will upload them so that all can see them.

Take care and keep healthy!

Best wishes,

Brian Hulme.

FAMILY FUN DOWN ON THE FARM

**OAKWOOD FARM, HAY-A-PARK,
KNARESBOROUGH HG5 0RX**

(by kind permission of the Webster family)

SATURDAY JUNE 20 2.00-4.00PM

**SAVE
THE
DATE**

*A fun day out
for all the
family!*



- Outdoor games
- See the animals
- Ride on a tractor
- Bring your own picnic: drinks provided

** This event will be subject to government
advice on social gatherings being relaxed*

Eating out gluten free



Café Divine, 120 Kings Road, Harrogate (next door but one to the Sanderson Fabric shop) is a lovely, small, friendly 16-seater neighbourhood café doing gluten free jackets, toasties, scones and cakes.

Open Monday to Saturday.
Do give it a try!



Find us on
Facebook

Now that we have our own Facebook page you are invited to join the group. Simply search for 'Harrogate and District Coeliac Group' and we'll try to keep you up to date with developments and what's going on—or not! Spread the news to your Coeliac



Postponed

until further notice

24 people from our Coeliac Group were looking forward to our visit to the Heck sausage and burger factory on 1 April. A revised date for this visit will be arranged as soon as the current coronavirus crisis is over. Look out for updates.

FRESH FRUIT SPONGE TRAYBAKE

40 MINUTES PREP TIME - 40 MINUTES COOKING TIME

INGREDIENTS

- 175g margarine/spread
- 175g caster sugar
- 3 eggs, separated
- 175g gluten free self-raising flour
- 1 teaspoon xanthan gum
- 1 teaspoon ground cinnamon (optional)
- 150g raspberries, strawberries or blueberries

METHOD

1. Preheat oven to 180°C
2. Grease and line 9" square cake tin
3. Beat together margarine/spread and caster sugar until light and fluffy
4. Stir in egg yolks and beat until well combined
5. Stir in flour, xanthan gum and cinnamon (if used)
6. In a separate bowl beat egg whites until stiff peaks form
7. Gently fold egg whites into cake batter
8. Pour mixture into cake tin
9. Decorate top with raspberries, sliced strawberries or blueberries
10. Bake for 40 minutes
11. Remove from tin and allow to cool
12. Cut into squares and dust with icing sugar

More recipes like this on freefromfavourites.com

Tasty GF bread!

One of our members has just discovered Minskip Farm Shop (nr. Boroughbridge) where as well as the usual fresh fruit and veg they also sell delicious GF biscuits and bread—both sliced white and Tiger loaf. It has a nice home-made taste and is well worth a try. There's free delivery within a six-mile radius and to Harrogate for a small fee.



Meet your committee

Kath Margerison



When I was officially diagnosed as coeliac 25 years ago, I little knew what lay ahead and how my day to day life and routine would be changed.

Previously after many inconclusive visits to the doctor for various digestive upsets and a feeling that all was not as it should be, a blood test was taken which indicated I might be coeliac but only an endoscopy would confirm the diagnosis. I was

referred to Harrogate Hospital, Dr. Davis carried out the endoscopy and the diagnosis was confirmed.

But I don't think the story just started there. Many years before, when my father was still alive, I remember after meals he would always rub his stomach and say he was in pain and felt bloated. Looking back, I can see he could have been showing what we would now recognise as coeliac symptoms although at that time coeliac disease and the need for a gluten free diet were not properly understood as they are today. I therefore think I inherited the coeliac risk which eventually came out as the full-blown disease.

From early beginnings there have fortunately been huge increases in the range and availability of gluten free food and ingredients. When we started going abroad in the mid 1990's, I was worried about being able to find gluten free food, but to my surprise and relief in Spain, for example, there was a wider selection than at home including some items I'd never seen in this country and which I was able to bring home. Eating out was not a problem because cafes and restaurants were familiar with gluten free needs.

I enjoy going out to explore the area for coeliac-friendly pubs, restaurants and cafés, both new ones and old favourites to check if they are still good.

Our monthly gatherings should be encouraged - they are a valuable opportunity to keep us all in touch with each other and exchange news, updates and ideas - even recipes. I hope to see you at one once we're allowed to meet up again!

COELIAC GROUP EVENTS 2020

[The following events will go ahead only if government guidelines on social gatherings are relaxed. We will keep you updated by email and Facebook](#)

Tuesday 12 May

Coffee at The Bridge Coffee Bar, Knaresborough (10.30am)

Wednesday 10 June

Evening meal at The Park, Hornbeam Park, Harrogate (7.00pm) Tel:878588

Saturday 20 June

Family farm picnic at Oakwood Farm, Knaresborough (2.00-4.00pm)
Tel: 860750

Sunday 12 July

Summer BBQ at The Shoulder of Mutton, Kirkby Overblow (4.00pm)
Tel: 871205

Tuesday 11 August

Coffee at The Bridge Coffee Bar, Knaresborough (10.30am)

Friday 18 September

Lunch at Cote Brasserie, Albert Street, Harrogate (12.30pm) Tel: 226155

Monday 19 October

Fish and chips at Oliver's, Cold Bath Road, Harrogate (6.30pm)
Tel: 226084

Monday 16 November

Coffee at Hooper's, James Street, Harrogate (10.30am) Tel: 504081

Saturday 12 December

Christmas dinner at The Shoulder of Mutton, Kirkby Overblow (7.30pm)
Tel: 871205

Saturday 9 January 2021

New Year family party (2.00-4.00pm) Methodist Centre on Gracious Street, Knaresborough.
Tel: 860750

*** IMPORTANT**

Please ring the venues in advance to book places (not necessary for May, June 20 or August) and request GF food with the Coeliac Group.