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## Leeds Coeliac Support Group Newsletter November 2019

### Committee News

We are still seeking a **volunteer Group Organiser** as Kevin Stone has kindly continued to fulfil this role but has made it known that he wishes to stand down. The committee would also welcome others to join them to share their ideas and expertise.

Don't forget that though life for Coeliacs may now be easier than in the past, there are people being diagnosed every day who would welcome a helping hand and value meeting others with the same condition.

### Past Events

The Committee have organised various events which seem to have been appreciated by those who came.

In July, **Cook North Leeds** provided an opportunity to taste a wide selection of gluten free starters, mains and deserts from a range of different cuisines. These are cooked in small batches and frozen in different portion sizes. Members enjoyed a discount on their purchases and were given vouchers to spend in the future.

Also in July some members enjoyed Afternoon Tea at **Bistro le Jardin** in Horsforth, whilst in September, **The Skyliner**, Colton, hosted family friendly fish and chips.

This month we were in Leeds centre on Duncan Street at **Pieminister** enjoying their tasty gluten free pies.

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## **Forthcoming Events**

An e-mail has already been sent out about our **Christmas meal:**

**November 30th** - 7.00 for 7.30pm at **Sandmoor Golf Club**, Alwoodley Lane , **Leeds LS17 7DJ**.

This event was held at the same venue last year and was widely appreciated.

G/F lager will be available and bar prices are very reasonable.

**If you are interested in this event please refer to the Leeds Coeliac page** (<https://www.coeliac.org.uk/local-groups/leeds/events/>) and contact **Sandra Mclean** on 07711 768850.

Your choices for the meal and any other dietary requirements plus a **£10 deposit** must be sent by **Friday 22nd Nov** to our Treasurer Steve Scott ,

34 Low Common Methley Leeds LS26 9AF

Alternatively use **bank transfer** 30-94-28 63177160 & e-mail leeds@coeliac.org.uk

We are hoping to see you at the events listed below next year. Watch out for further details.

**Wapentake 92 Kirkgate Leeds LS2 &DJ** - Informal dining at this popular cafe/bar with a variety of G/F options .

**Wednesday January 15th**. Meeting from 6.45pm.

Order and pay on the night.

Contact Steve via leeds@coeliac.org.uk for further details.

**EGO at The Wellington. Wetherby Rd LS17 8LZ.**

Situated near Red Hall, this recently opened and highly acclaimed Mediterranean restaurant is hosting our group on **Wednesday 26th February. Meet 6.45 for 7.00.** In addition to the regular dedicated G/F menu, a range of g/f Tapas will be available. Further details after Christmas. This visit is limited to 15 places.

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Please contact Sue Johnson 0113 2665010 if you're interested.

**FOOD FAIR 2020** .The provisional date is **March 21st -TBC**

**Children's Event** - We are hoping to host an event for younger coeliacs of primary school age and their parents around Easter time. This will include craft events and gluten-free food. The committee are still discussing the details and the venue.

Please keep the date **Saturday April 4th** and watch out for further details.

If you are interested and have any suggestions please contact Sue Johnson by e-mail [sue@comfycomputing.com](mailto:sue@comfycomputing.com)

### **Other items of interest**

All the main supermarkets including Asda, Morrisons, Sainsburys, Tesco and Waitrose seem to have been stocking their Christmas offerings for several weeks now - but remember if you stock up ahead to check that the sell-by date won't have passed by when Christmas finally arrives!

If the Christmas rush becomes all too much and you head to the coast instead, **Whiteheads gluten free fish and chips** are highly recommended.

**Whiteheads 6 The Greenway, Trinity Rd Hornsea HU18 1SL**