



Sheffield Group Newsletter – Winter 2016



Annual General Meeting

This will be held on **Saturday 19th March** at **St. Mary's Church and Conference Centre, Bramall Lane, Sheffield S2 4QZ**. St Mary's is situated at the junction of St Mary's Road, Bramall Lane and Clough Road. There is limited car parking on-site. The alternative is on-street parking nearby or City Centre car parks. The venue has easy access by public transport (*including buses to the Moor Market, with just a short walk through the underpass from Fitzwilliam Gate*). If anyone requires more information, ring Mike on 01246 417336.

The hall will be open from 10.00am. **Voakes** will have their pies and pastry products for you to sample and purchase again and you will also be able to purchase Barkat and other gluten and wheat free products from **Gluten Free Foods**. Tea and coffee will be on sale.

At 11.00a.m, we will hold our AGM (*which is usually very short*) and this will be followed by a presentation from **Dr Matt Kurien** who is currently doing a big national study on the follow up of patients with coeliac disease.

The dietitian, **Nick Trott**, will also give a short update on the FODMAP presentation from the last meeting and will be available for general dietary advice.

Colouring and puzzle books and an activity will be available for the younger children during the meeting. As the **Children's Table** is in the hall, please can we ask that an adult stays with the younger children.

We will be having the usual **Raffle** at the meeting. Tickets will be on sale when you arrive, and the draw will take place during the meeting with the winning numbers being displayed at the raffle table. If anyone would like to donate a prize, please bring it along.

Note we have to vacate the centre by 1pm.

Sheffield Group Committee

The committee is looking to recruit new members onto the committee, to attend committee meetings, help at the Group meetings and possibly take on one of the many jobs that need to be done. We really need a representative for Doncaster and one for Barnsley to organise events in these areas. We usually only hold 2 committee meetings a year, both being at Sainsbury's, Archer Road, Sheffield. A warm welcome awaits all new committee members. Please contact Mike if you are interested.

Group Funding

Last year we asked for donations so that we could continue our work. The membership was so generous that we raised enough money to keep us going until the 2017 AGM. Thank you to everybody who donated and we therefore are not making an appeal this year. It was interesting to hear that many people thought we were financially supported by Coeliac UK. As a Local Group we have to be self-supporting and receive no money from Coeliac UK. However, we do try where possible to support the good work of the main Charity and we are currently donating to them the money raised by the various raffles that we hold.



We have some leaflets for Awareness Week Sponsored Walks and other Sponsored Challenges which can be undertaken to raise money for Coeliac UK. If you are interested please contact Mike.

Email: sheffield@coeliac.org.uk

Coeliac UK: - Registered Number 3068044 Registered Charity Number 1048167

★ Dates for your Diary

Coeliac Awareness Week is 9th – 15th May.

Monday 9th May – Silversmiths, Arundel Street, Sheffield will be holding their annual Coeliac Event - A 5 Course Gluten-free Banquet at a cost of £35.00 per person; for enquiries and bookings phone 0114 2706160 or email Emily@silversmiths-restaurant.com

Thursday 12th May – 4 Course Gluten-free Dinner at Sheffield City College (formerly Castle), at a cost of £18.50 per person. A booking form for the Dinner will be in the next newsletter

Saturday 14th May – York Food Fair at York College, Sim Balk Lane, (*just off the A1036*), York YO23 2BB, 10.30am – 2.30pm; Café serving GF snacks & drinks all day; Admission £2 per adult (*includes a raffle*). More details of Awareness Week events will be in the next newsletter.

Saturday 8th October - autumn meeting of the Sheffield Group.

★ At the last meeting, Gillian Goddard, the Community Dietitian, gave a presentation before dashing off to have her long hair cut to raise money for The Little Princess Trust charity. She would like to thank everybody very much for donating £39.37 at the meeting. The hair which was cut off also goes to the Charity to be used in wigs.

★ **Eating Out** The following places have been recommended by members.

Please remember there are no guarantees! Always check before ordering.

SHEFFIELD

Las Iguanas, 8-9 West One, Fitzwilliam Street, Devonshire Green, S1 4JP; Tel: 0114 2521010 - They have a gluten-free menu with a selection of tapas, main courses and desserts and also have gluten-free beer; Website: www.iguanas.co.uk; **Also in Meadowhall.**

The Summerhouse is a new restaurant next to Dore Station which has a fantastic range of gluten-free items on the menu. They are all clearly marked with some interesting dishes and puddings plus GF bread.

The Farm Shop at the corner of Montrose Road and Carterknowle Road, Ecclesall has a good selection of gluten-free products.

Eyam Tea Rooms, The Square, Eyam, Derbyshire S32 5RB – have a separate gluten-free menu for All Day Breakfasts with GF sausage and toast, Lunches (with GF bread), Desserts and Snacks.

Milliemoo's Gluten Free Bakes, Hillsborough, Sheffield – Homemade bespoke celebration cakes. All cakes and icing are handmade from scratch in a gluten-free kitchen, for any theme or celebration. Contact Denise on 07804 035466 or email: evmarantdee@hotmail.com or check on Facebook.

SunshinePies.Co – They use a selection of locally sourced ingredients in their Pies, Savoury Rolls and sweet treats, with Gluten-free and Vegetarian ranges. In Sheffield they offer a Pie Day Friday Delivery service for orders over £12 per address and are part of Country Markets Sheffield Branch with stalls at Broomhill on Saturday, 9am-12.00 and Penistone on Thursday 10am-12.00.

You can also find them at the following markets: Monday – Bakewell; Tuesday – Buxton; Wednesday – Matlock; Sunday – Trinity Artisan Market, Nottingham (*from Feb 14th*);

Also - 2nd Friday of the month – Louth, Lincolnshire; 3rd Saturday of the month – Bradfield.

For more information visit website www.sunshinepies.co.uk or phone Sarah Short on 07510 596159.

Don't forget to look on the Sheffield page of the Coeliac UK's website, www.coeliac.org.uk, for Eating Out recommendations in the local area, which have appeared in previous newsletters.

One of our members recently went on holiday to **Los Cristianos on Tenerife** and recommends **Harriet's Tea Room and Restaurant** (English cuisine), where many items on the menu were gluten-free, including cakes and bread. The **SuperDino Supermarket** (*near Aguamar Apartments*) had a reasonable range of gluten-free products including cereals and bread.