



Sheffield Group

Newsletter – Winter 2017



Annual General Meeting

This will be held on **Saturday 18th 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. We will have 3 manufacturers with gluten-free products for you to sample and purchase - **Voakes** with their pies and pastry products, **Thornleys Natural Foods** who sell sauces and **Delicious Alchemy** with their cake mixes and cereals.

Tea and coffee will be on sale and the dietitian **Gillian Goddard** will be present to answer any of your queries.

At 11.00a.m, we will hold our AGM (*which is usually very short*) and this will be followed by a presentation from **Dr Michelle Lau and Dr Hey-Long Ching** who are working with Professor David Sanders in his research of Coeliac Disease.

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 attached to the raffle prizes. If anyone would like to donate a prize, please bring it along.

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.

Note we have to vacate the centre by 1pm.

Sheffield Group Committee

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



Coeliac Awareness Week is 8th – 14th May.

Thursday 11th May – 4 Course Gluten-free Dinner at The Silver Plate Restaurant, Sheffield City College (formerly Sparks Restaurant); the cost will be £20.00 per person. A booking form for the Dinner will be in the next newsletter.

Saturday 13th May - York Food Fair – This event will be held at York College, Sim Balk Lane, (*just off A1036*), York YO23 2BB. There is plenty of free parking on-site and the venue is next to the Park and Ride bus terminus and within easy reach of the train and bus stations and on the Park & Ride bus route. The Food Fair opens at 10.30am and closes about 2.30pm. Admission is £2.00 for adults, which includes a raffle, and is free for children under 16. There will be over 30 exhibitors and a café selling gluten-free refreshments. This is a great opportunity for members, especially the newly diagnosed, to sample the different products, from national and local companies and we highly recommend that you visit this event.

Email: sheffield@coeliac.org.uk

Coeliac UK: - Registered Number 3068044 Registered Charity Number 1048167

Dates for your Diary

Saturday 24th June – Coeliac UK's AGM and Food Fair at A.J. Bell Stadium, Salford, Manchester; for more information see Crossed Grain magazine or look on the website.

Saturday 21st October - autumn meeting of the Sheffield Group.



Eating Out The following places have been recommended by members.

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

Stanwood Friery, 1 Stanwood Avenue, Stannington – their gluten-free fish & chips, sausages and gravy are highly recommended, (*available every day*).

Sea Fish at Conisbrough Fish & Chips, 18 Doncaster Road, Conisbrough DN12 3AG – a very nice restaurant and takeaway; if you give them 40 minutes notice they will put on the special gluten-free frier; they also do grilled fish - seabass, tuna steaks, swordfish & salmon, plus steamed fish and jacket potatoes. For more information see the website www.seafishconisbrough.co.uk or phone 01709 863030.

Byways Tearooms, Water Lane, Bakewell – serve gluten-free scones, choice of cakes and sandwiches and usually 2 or 3 of the hot meals on the menu are gluten-free; the only downside is it is upstairs so no good if you have mobility problems.

One of our members went to a wedding reception at **Hassop Hall** in Derbyshire and was served gluten-free bread, yorkshire pudding and dessert. They are happy to cater for coeliacs at all times.

Sorry to see that **Eten** on York Street near Sheffield cathedral is now closed.

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. Do let us know if any places have changed owners or are no longer serving gluten-free food so we can remove them from the list.

One of our members, Helen, writes a very good Blog about gluten-free eating out in the Sheffield area and living with coeliac disease. Just google **Steeliac**.

Fresh gluten-free bread is now available in the larger Sainsbury's – in Sheffield this is at Archer Road and Wadsley Bridge.

Leonard's Field House (Guest House specialising in Gluten-free), 3 Leonard Street, **Keswick**, Cumbria CA12 4EJ – one half of the kitchen is set aside for gluten-free preparation and they provide the following gluten-free items – bread, breakfasts, locally handmade sausages & black pudding, sauces & jams, packed lunches, biscuits in room; for more information see www.leonardsfieldhouse.com or email stay@leonardsfieldhouse.co.uk or phone 017687 74170.

One of our members stayed at **The Chesterman Hotel, Douglas, The Isle of Man** (*with Shearings*) where everything was gluten-free.