

# Newsletter

Spring 2016

## Welcome to our latest newsletter!



**We hope it helps to keep you updated on the latest news and gives you some useful ideas for following a gluten-free diet.**

## Dates for your diary

### AGM and hot cross bun tasting

Our Annual General Meeting (AGM) will be held on Saturday 12 March 2016 at Wrenthorpe Village Hall, Wrenthorpe Lane, Wrenthorpe, WF2 0NE, from 2pm to 4pm. (Directions are at the end of this newsletter).

At the start of the AGM there will be an opportunity for you to propose individuals or volunteer yourself to be on the Committee. We are always grateful for any assistance, so if you feel you would like to be part of our Committee or offer to help at our meetings please ring David on 01924 250120 or email: [wakefield@coeliac.org.uk](mailto:wakefield@coeliac.org.uk) before 11 March. Alternatively, please speak to David at the start of the AGM meeting. We look forward to seeing you!

After the formalities of the meeting, we will welcome Nicola Assassa, Specialist Dietician, from Mid Yorkshire Hospitals NHS Trust, who will be answering all your queries regarding following a gluten-free diet.

A hot cross bun tasting session will follow, where we will be sampling different manufacturers' brands and deciding which ones we like best!

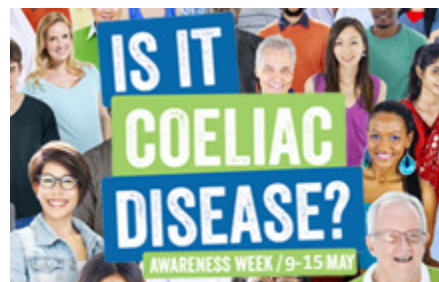
### Future event

We are currently planning and arranging a meal at a local restaurant for members in June. More details to follow, so watch this space!

### Info evenings for newly diagnosed

Members who are newly diagnosed and anxious to speak to other coeliacs for support and information, etc., are welcome to drop-in to our new members' evenings at Sainsbury's café, Trinity Walk, Wakefield, for a coffee and a chat. The next meeting is at 6.30pm on Monday 7 March 2016.

## Coeliac Awareness Week



Coeliac Awareness Week runs from 9-15 May and Coeliac UK is again focusing on the

diagnosis of coeliac disease. Get involved for your chance to be part of the next big push to improve diagnosis and help find the half a million people currently living with undiagnosed coeliac disease, so that they can get the support they need. There are plenty of activities to choose from, including leafleting, taking selfie photos and uploading to social media, registering for the Thunderclap (a tool that allows everyone to say the same thing on social media at the same time, so that more people hear it), or by taking part in Awareness Week Walks starting from Dovedale, Bourton-on-the-Water, Abingworth and Brecon.

More information on Coeliac Awareness Week is available at [www.coeliac.org.uk/AW2016](http://www.coeliac.org.uk/AW2016)

Keep an eye on [www.facebook.com/CoeliacUK](https://www.facebook.com/CoeliacUK) or follow @coeliac\_UK to keep updated.

# York Food Fair

Coeliac Awareness Week wouldn't be complete without the York Food Fair on Saturday 14 May from 10.30am to 2.30pm, at York College, Sim Balk Lane, York, YO23 2BB.

There is free parking next to the Park and Ride, Tadcaster Road terminus, with easy access via the Park and Ride from the railway and bus stations. Admission £2, children free.

There will be a café selling GF snacks and drinks.

The Fair is a good opportunity to meet people who are following a gluten-free diet. It's always extremely popular and is visited by many group organisers, members and their families and friends.

## Recommended by you!

- **Glutenfreekz** have been recommended to us, who sell their wares at farmers' markets in Otley, Wetherby and Harrogate. They are a husband and wife company and sell delicious gluten-free bakes (best jam tarts ever!). Glutenfreekz also have an online ordering service: [www.glutenfreekz.co.uk](http://www.glutenfreekz.co.uk)
- **The Lakeside Cafe** at Newmillerdam, 671 Barnsley Road, Wakefield, WF2 6QG, is now offering afternoon teas and will serve gluten-free teas if you phone in advance: 01924 251241, [www.lakesidecafe-wakefield.co.uk](http://www.lakesidecafe-wakefield.co.uk)

*Thank you for your recommendations. They're very helpful to other readers, so keep them coming in!*

Send your notes to [wakefield@coeliac.org.uk](mailto:wakefield@coeliac.org.uk).

## Manufacturers' news

At **Pizza Hut**, you can now have a gluten-free pizza as part of the Meal Deal - giving you a pizza, salad and drink all for £9.

**Bury Black Pudding** have announced that their gluten-free Bury Black Pudding is launching into 174 Morrisons stores throughout the UK. [www.buryblackpuddings.co.uk](http://www.buryblackpuddings.co.uk)

You can find five Feel Free for Gluten Free Food products in selected **Morrisons** stores across the UK:

Vegetable suet mix will be sold in 472 Morrisons stores. (It's also dairy free and has the approval of The Vegetarian Society).

Alphabet pastas are made from 100% corn pasta and will be available in 387 stores.

Chocolate cake mix and vanilla sponge mix will be appearing on the shelves in 387 Morrisons stores, and chocolate brownie mix in 169 stores.

[www.feelfreefoods.co.uk](http://www.feelfreefoods.co.uk)

Morrisons also stock an increased range of **Delicious Alchemy** products [www.deliciousalchemy.co.uk](http://www.deliciousalchemy.co.uk)

Home based business, **SunshinePies.Co**, provide a selection of locally sourced ingredients and make pies, savoury rolls and sweet treats. Vintage Style Pies use recipes dating back to the 1930s but have a modern day twist as they have gluten-free and vegetarian ranges. They are at Penistone Country Market every Thursday from 10am to 12pm. [www.sunshinepies.co.uk](http://www.sunshinepies.co.uk)

**Kirsty's** adult and children's meals (Kids' Kitchen) will be launching in over 200 Morrisons stores during February. That means you can now find Kirsty's meals at Asda, Sainsbury's, Waitrose, Morrisons, Ocado and Budgens. See the website for details of special offers: <http://kirstys.co.uk/>

## Recall notice

**Kettle Foods Ltd** is recalling bags of Kettle Chips with a 'best before' date of 28 May 2016 because the products may contain pieces of plastic. This means these products are a possible risk to health.

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## Recipe

### Gluten-free Bakewell Tart

#### Ingredients

100g gluten-free plain flour  
4 tbsps raspberry jam  
2 eggs  
50g caster sugar  
50g butter  
50g ground almonds  
25g flaked almonds  
3 tbsps water  
25g gluten-free self-raising flour

#### Method

1. Place the gluten-free plain flour and butter into a large bowl.
2. Using a fork mash the butter into the flour until it resembles breadcrumbs.
3. Stir in just enough water and quickly bring the pastry together into a ball of dough. Add a few more drops of water if this does not happen easily.
4. Put the pastry out on a gluten-free floured surface.
5. Roll out the pastry and lift into an oiled 20cm/8" round baking dish.
6. Spread the jam over the pastry.
7. In a bowl beat together the eggs and caster sugar until light and fluffy.
8. Mix in the gluten-free self-raising flour and ground almonds.
9. Spread the mixture over the jam.
10. Sprinkle flaked almonds over the top.
11. Bake in a pre-heated oven for 35/45 minutes at 180°C/Fan160°C/350°F/Gas 4.



## New Year Meal at Gaskells

The New Year meal proved popular again this year, and a sizeable group of us enjoyed a lovely evening at Gaskell's Restaurant, Wakefield College, on 7 January.

The carefully prepared meal by the catering students was delicious, and it's great to know that we are helping them to develop their gluten-free cooking skills. A good time was had by all!

If you've any suggestions for places to eat in the future, please let us know!



**Thank you** for your continued help with donations which go towards the costs of running the Wakefield and District Group.

If you would like to make a donation we would be grateful if you could send a book of stamps or a cheque made payable to Wakefield & District Coeliac Group and forward to:

Mrs Pat Waring, 110 Carleton Road,  
Pontefract, WF8 3NQ.

#### Email addresses

If you are happy to receive your newsletter by email, please contact us at [wakefield@coeliac.org.uk](mailto:wakefield@coeliac.org.uk)

# Directions to Wrenthorpe Village Hall, Wrenthorpe Lane, Wakefield, WF2 0NE



## Road Network

Wrenthorpe is situated close to the major M1/M62 motorway crossroads. The M1 London to Leeds Motorway runs approximately 2 miles to the west with access at J41. A650 Wakefield to Bradford runs along the northern edge of the village. To the south of the village, Batley Road is an unclassified road running from the south side of Wakefield towards Batley and Dewsbury, and ultimately to Huddersfield. The A61 Wakefield to Leeds is easily accessed from the village.

## Rail Travel

The main Leeds to London line passes through Wrenthorpe. There is a station at nearby Outwood with a large car park.

## Bus services

481 service runs approximately hourly along Wrenthorpe Road to Wakefield from Leeds and vice versa. This bus runs until mid evening seven days a week.

425 and 427 run seven days a week along Bradford Road into Wakefield (and vice versa) from Bradford via Morley and East Ardsley until late evening.

Daytime services, Monday to Saturday through Wrenthorpe are:

101 which goes to/comes from the top of Wrenthorpe Lane

100 which serves Valley Crescent and Duke of York St & Coronation St and goes to/returns from Kirkhamgate via Silcoates Lane.

112 and 103 go along Wrenthorpe Road and up Potovens Lane (and vice versa) at various times with the 112 serving Pinderfields Hospital and the 103 serving Wakefield 41.

