

# Newsletter

Autumn/Winter 2017



Wakefield  
and District  
Local Group

## Welcome to your latest newsletter!



We are always pleased to receive your feedback, recommendations and suggestions – please get in touch at [wakefield.coeliac@gmail.com](mailto:wakefield.coeliac@gmail.com) or [wakefield@coeliac.org.uk](http://wakefield@coeliac.org.uk)

## Dates for your diary

### Autumn event

We are holding an autumn event on Saturday 18 November at King's Way Methodist Church Hall, Wesley Street, Ossett, West Yorkshire, WF5 8ET, from 2pm to 4pm.

Nicola Assassa, Dietitian from The Mid Yorkshire Hospitals NHS Trust, will be presenting a talk and quiz and answering all your dietary queries. We will also be tasting pizzas from different manufacturers and supermarkets and holding a cake stall. Contributions would be very welcome from bakers – if you would like to donate cakes/buns, etc., please bring along a list of the ingredients used in your baking.

As usual refreshments will be available and a raffle will be held – contributions always welcome! The event will be informative and enjoyable, so please come along to support your local group.

### New members' evenings

Members who are newly diagnosed and anxious to speak to other people with coeliac disease 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 meetings are on Mondays at 6.30pm on:

- 27 November 2017
- 22 January 2018
- 12 March 2018
- 23 April 2018

## Future events

### Local Food Fairs

Food fairs are a good source of support for the newly diagnosed and feature many gluten-free suppliers and manufacturers. You have the chance to try and buy lots of different food and drink products.

- The Calderdale and Huddersfield group will be holding their food fair on Saturday 25 November from 10am to 12pm at St Philips Community Centre, Briarlyn Road, Birchencliffe, Huddersfield, HD3 3NL.
- The Leeds group will be holding their food fair on Saturday 17 March 2018 from 1.30pm to 4pm, at Pudsey Civic Hall, Dawsons Corner, Leeds, LS28 5TA.

### New Year meal

We hope to arrange a meal out in the New Year for people with coeliac disease and their families. If you have any recommendations for local restaurants or venues, please get in touch.

### Annual General Meeting

Plans are being put in place for our Annual General Meeting which will be held on 21 April 2018 from 2pm to 4pm. We have yet to arrange a venue, but Dr Deven Vani, Consultant Gastroenterologist at The Mid Yorkshire Hospitals

NHS Trust, will be present to give a short talk about coeliac disease and the problems associated with following a gluten-free diet. The talk will be followed by a Q&A session.

We will, of course, have the usual formalities associated with our AGM, and we hope that you will join us. More details to follow in the spring newsletter.

## Recommended by you!

If you have any local recommendations for eating out or shopping, or if you know of any outlets that are serving gluten-free food, please let know so we can pass on the information to other people with coeliac disease.

### **The White Bull Diner, Canon Hall Farm**

"Lots of choice GF and only chips or GF batter done in fryer as chips are all GF and you don't have to book either."

<http://cannonhallfarm.co.uk/thewhitebull>

### **G-Wu Restaurant, 300 Harrogate Road, Leeds**

"We ordered Szechuan chicken, battered sweet and sour chicken, egg fried rice, salt and pepper chips, salt and pepper ribs, prawn toast and it was ALL gluten free AND delicious."

[www.g-wu.co.uk](http://www.g-wu.co.uk)

### **Jail Yd Bar and Diner, Commercial Street, Rothwell**

"They do amazing full gluten-free breakfasts (all day I think). Included sausage, hash browns, toast - the works. Incredibly reasonably priced and super friendly staff with great knowledge of cross contamination."

[www.facebook.com/jailydbaranddiner](http://www.facebook.com/jailydbaranddiner)

### **Castle Café, Sandal Castle, Manygates Lane, Wakefield**

"Castle cafe at Sandal Castle, Wakefield is lovely on the gluten-free front. Very aware of cross contamination."

### **Qubana, 1-3 Wood Street, Wakefield**

"Highly recommended. Enough GF to keep me happy plus all potato side dishes are done in a separate fryer."

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

### **Spuds and Berries, Hull Road, Selby**

"Gluten-free afternoon tea at Spuds and Berries ... it was delicious. Would definitely recommend a visit, just let them know your requirements, nothing is too much trouble."

[www.facebook.com/SpudsAndBerries](http://www.facebook.com/SpudsAndBerries)

### **Bridlington Spa, South Marine Drive, Bridlington**

"Lovely GF food - definitely know their stuff."

### **Lanes Fish and Chip Shop, 3 Ladybalk Lane, Pontefract**

"Just had gorgeous gluten free fish and chips and CURRY SAUCE!!! from Lanes in Pontefract! Can definitely recommend! Keep an eye on their Facebook page for the next gluten free day, fingers crossed it will become a regular thing!"

### **Spring Green Nursery Café, Crofton**

"Three choices of cake. Well worth a visit."

### **Countess of York, National Railway Museum, York**

"Absolutely delighted with the afternoon tea ... my daughter said it was delicious (particularly the scone!) Would recommend phoning beforehand to check they have everything but the whole experience was brilliant (it's on a train carriage which made it even more special)."

[www.nrm.org.uk/planavisit/visityork/countess-york/afternoon-tea](http://www.nrm.org.uk/planavisit/visityork/countess-york/afternoon-tea)

### **Humpit, Corn Exchange, Leeds**

"Amazing! Even says on the wall if you are coeliac please ask for our gf options."

[www.humpit-hummus.com](http://www.humpit-hummus.com)

### **Limeyard, White Rose Shopping Centre**

"Fantastic knowledgeable staff and most dishes can be made to be suitable. Will be back!!"

<https://white-rose.co.uk/food-and-drink/limeyard>

### **Moutreys, 9 Grape Lane, Whitby**

"Lovely meal at Moutreys in Whitby. Very understanding and accommodating re being Coeliac."

### **Passage to India, Windsor Terrace, Whitby**

"Very knowledgeable about the ingredients for each dish. Most curries were gluten-free and starter options as well."

## Manufacturers' news

The Juvela logo is written in a bold, rounded, pink font. The letters are lowercase and have a slight shadow effect.

### Juvela gluten-free foods

If you live in the Wakefield district you will be aware that Wakefield Clinical Commissioning Group (CCG) has withdrawn access to gluten-free food prescriptions for people with coeliac disease.

If you were regularly prescribed Juvela bread and rolls, these are now available to buy via selected Tesco stores in the Free From aisles:

- Fresh 400g sliced gluten-free white loaf
- Fresh 400g sliced gluten-free fibre loaf
- Packs of 4 gluten-free fresh white bread rolls
- Packs of 4 gluten-free fresh fibre bread rolls

Juvela say that if they expand their range within Tesco stores or if their products are stocked at other supermarkets in the future they will let us know via their website and social media pages.

If you're missing the Juvela White/Fibre Mix, it's now available to buy at your local pharmacy and online at [www.chemist.net](http://www.chemist.net), which also stocks the full range of Juvela products.



Don't forget to follow the Wakefield and District Local Group on Facebook at: [www.facebook.com/groups/Wakefield.Coeliac](http://www.facebook.com/groups/Wakefield.Coeliac) or search within Facebook for Wakefield & District Coeliac UK Local Group.

It is a closed group so you will have to request to join. The page will keep you updated about members' restaurant and food recommendations, events and developments.

## Volunteers Conference

David and Elizabeth Gordon from our Committee attended the national Volunteers' Conference in October in Birmingham on your behalf to receive an update on the work of Coeliac UK and learn about the latest research on coeliac disease.



As well as learning and development workshops, the conference was also an opportunity for Coeliac UK to inform the attendees about the changes to the General Data Protection Regulations (GDPR), which will govern the handling, storage and processing of data for all organisations within the UK from next year regardless of Brexit.

Changes to the Regulation will affect how your Wakefield & District local group will hold information about members and contacts and how that information is stored and processed. In a nutshell, all group information will be held centrally by Coeliac UK and only designated committee members within the local groups will have access to it. As a result, the data will be held securely and access carefully restricted to guarantee privacy and confidentiality. There are bound to be teething problems as the systems are implemented but if there are any problems they should be ironed out as we run up to the date of implementation.

The conference also highlighted that Coeliac UK will be 50 in 2018. They have planned many events, activities and parties to celebrate, so look out for more information on this. The anniversary year will culminate in a gala dinner in November 2018.

# Recipe

## Goan vegetable curry

This vegetable curry recipe, with its gentle spices and hint of coconut, is inspired by traditional Goan cuisine.

### Ingredients (serves four)

100g onion  
100g carrot  
100g potato  
100g butternut squash  
50g courgette  
50g fennel  
50g mixed peppers  
Vegetable bouillon cube  
Tin chopped tomatoes  
Half tin coconut milk  
Tbsp vegetable oil  
Salt  
Pepper

### For the curry paste

Half fresh chilli  
Thumb-sized piece of fresh ginger  
1 clove garlic  
Handful fresh coriander  
1 tsp lemon juice  
1 tsp lime juice  
1 tsp ground cumin  
½ tsp turmeric powder

### Method

1. Dice the onions and vegetables and finely chop the fresh chilli, coriander, ginger and garlic.
2. Heat the oil in a pan and add onions, sweating them gently.
3. Meanwhile, make the curry paste by blending all the paste ingredients together.
4. When the onions are translucent, add the paste and cook it until aromatic.
5. Next, add the vegetables and cook until tender.
6. Add the chopped tomatoes, coconut milk and bouillon and simmer for 15 minutes.
7. Season with salt and pepper and serve with rice or Indian flatbreads such as naans or chapattis.



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