

WESSEX VOLUNTARY SUPPORT GROUP



NEWSLETTER



SUMMER 2014

Our Last Event

Was our Speakers Meeting on 5th April 2014 at the St James Road Methodist Church Hall, St James Road, Shirley, Southampton, which included our AGM.

Around 70 people attended of whom more than 40 of us were coeliacs. The talk by Cirian Beddoes was very interesting and informative. Cirian is the dietitian with Juvela and many members told us it had been one of the best talks they had heard for a long time.

Juvela had provided many of the ingredients for a lunch prepared by the committee which we all enjoyed very much, also Juvela provided three choices of cakes as well as goodie bags for all the coeliacs who attended the meeting.

**Our Next Meeting is a
Summer Lunch
on Saturday 5 July 2014,
12.00 for 12.30pm at the Botley
Centre, High Street Botley, SO30
2ES**

where there is plenty of parking available. At our last two meetings many members have shown an interest in attending a lunch in the summer in place of our Annual Dinners which until recently were held in the winter at Eastleigh College.

Many of the ingredients for the lunch have been provided by Mars and the food will be prepared by a professional cook and a member of the committee. You and your guests are invited to the lunch where there will be a choice of Sweet and Sour Chicken and rice or Chicken Korma and rice and a choice of desert plus tea or coffee at a cost of £8.00 per person. If you would like to attend this event please return the enclosed form together with your payment, by 20th June. If you have an email address, your tickets will be sent electronically. If not, please send a stamped, self-addressed envelope for your tickets.

If you have any other dietary requirements please let me know.

FUTURE EVENTS

Two more events have been arranged for 2014:

**Fish and Chip / Quiz evening, Saturday 20 September 2014,
North Baddesley Village Hall,**

**Cookery Demonstration, Saturday morning, 22 November 2014,
Badger Farm Community Centre.**

Our next newsletter will contain more details of both these events.

A very important date in 2015 for your diary is our next
**FOOD FAIR, GUILDHALL WINCHESTER,
SATURDAY 3 OCTOBER 2015**

TAKE-AWAYS & EATING OUT

More local Fish and chip shops offer gluten-free fish and chips.

At our last meeting a member brought along leaflets from **The Moby Dick Fish and Chips, 1 Church Street, Shirley, Southampton, 023 8078 8188** which serves gluten-free food every Wednesday between 12 – 2pm and 4.30 – 6pm.

Another member has emailed us with details of **Seafare Fish and Chips, 83 Stoney Lane, Weeke, Winchester, S022 6EW, 01962 865573** which does gluten-free food every Thursday night.

Gluten-free Menu at The Brewery Bar, Botley

A member has recommended **The Brewery Bar, 10 Winchester St, Botley, SO30 2AA, 01489 782324** which has a separate Gluten-free Menu.

Dear Judy

Please reserve for me _____ ticket(s) for the Summer Lunch on Saturday, 5 July 2014.

I enclose a cheque payable to **Coeliac UK – Wessex Group** for the sum of £ _____ (£8.00 per person)

As I do not have an email address I also enclose a stamped addressed envelope for the ticket(s).

Name(s)

Address.....

.....

.....

Telephone

Email

Please return this slip to me and cheque via the PO Box:

Judy Allen, Secretary
Wessex Coeliac UK
Voluntary Support Group
PO Box 389
Eastleigh
SO50 8XZ

I look forward to seeing you in July.

Judy