

# WESSEX VOLUNTARY SUPPORT GROUP

## NEWSLETTER AUTUMN 2016



### Dates for your Diary

<https://www.coeliac.org.uk/local-groups/wessex/events/>

#### Fish & Chip / Quiz Evening

Sat 17 September 2016,  
North Baddesley Village Hall

#### Cookery Demonstration By Juvela

Sat 26 November 2016,  
Badger Farm, Winchester.

#### 2017

##### Annual Dinner,

Friday 10 February 2017  
Eastleigh College

##### AGM - 6 May 2017

St James Road Methodist  
Church Hall, Shirley,  
Southampton

##### Gluten-Free Food Fair

7 Oct 2017  
Guildhall, Winchester

Our next meeting to be held on Saturday 17 September 2016 will be a Fish and Chips / Quiz Evening in the North Baddesley Village Hall, Botley Road, North Baddesley, SO52 9DT. There is ample parking on site which the hall shares with the Yellow Dot Nursery. Doors will open at 6.00pm and the quiz will start at 6.30pm. The price of this event is £11.00 per head, which covers the Fish and Chip Supper and entry to the quiz. Teams will be allocated on arrival. There will be prizes for the winning team and as usual there will be a raffle.

Fish and Chips is the only food option on offer but if members or guests want an alternative, e.g. sausages, they may bring their own food which Sam Spelling will also cook. This food must be in keeping with the theme of the evening and be able to be deep fried and **must be gluten-free and clearly labelled gluten-free** even for guests, as all food will be cooked in the same fryers. The price remains at £11.00 per person even if you are supplying some of your own food. Please bring your drinks and glasses with you.

If you would like to attend the Fish and Chip Supper and Quiz please return the enclosed sheet together with your cheque. If you have an email address, your tickets will be sent electronically. If not, please send a stamped, self-addressed envelope for your tickets.

**Please respond by 5 September 2016. If you have not received your tickets by post or email by 12 September, please let me know by email if possible via [wessex@coeliac.org.uk](mailto:wessex@coeliac.org.uk) or by telephone on 01794 512093.**

**Suppliers from our AGM,  
Hand Made Chocolates,**  
FionaAnnChocolates@hotmail.co.uk

**Cann Do Cakes**  
jcann@cann-do.co.uk

**Trudy'd Gluten Free**  
trudy@trudysglutenfree.co.uk

**Helen Lang , Home Bakes**  
abasingbakes@gmail.com

**Burley Fudge**  
Christabb2@googlemail.com

**Wiltshire Farm Foods**  
Marketing-  
wff@btconnect.com

**Mo Bloomfield, Preserves**  
momobloomfield@gmail.com

We are very pleased that Newburn Bakehouse by Warburtons will be providing the sliced bread to eat with the fish and chips. Newburn Bakehouse have recently launched their new and improved sandwich thins and a new pack design. They also have new additions to their pharmacy range:

400g Seeded Loaf PIP code 401 – 8867 – case size: 4 loaves 1 loaf = 1 unit  
4 Seeded Thin Rolls PIP code 402 – 3511 – case size: 4 packs 1 pack = half unit

Newburn Bakehouse have launched a new product – see the poster at the end.

#### AGM

**Our last meeting was our AGM** on 23 April, which was an overwhelming success, with 114 in attendance. Our speaker was Shirley James, who is well known for her gastrointestinal work in our area and we also had seven small gluten-free businesses selling their produce, please see their contact information on the left

A copy of the AGM minutes available on the link <http://tinyurl.com/cwessexdoc> together with a Summary of the Presentation by Shirley James.

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## Dining out

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Lets us know of your experiences – send your reviews and recommendations to [wessex@coeliac.org.uk](mailto:wessex@coeliac.org.uk)

### Recommendations for gluten-free eating

A member recently told us about the **Bridge Inn, Shawford, SO21 2BP**, which has a separate gluten-free menu which includes crumbles and fish and chips, which she found particularly delicious. For more information please telephone 01962 713171.

<http://www.chefandbrewer.com/pub/bridge-winchester/s5776/>



*If you choose to eat at any of the eating establishments recommended by our members, it is the responsibility of the reader to ensure their safety and bear in mind that chefs and owners change. The venues are not all Coeliac UK accredited and we take no responsibility for any ill effects suffered as a result of any meal or food consumed from any featured venue.*

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## Promoted Supplies & Venues

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The Little Fryer – Bitterne offers gluten



Free Fish & Chips every day of the week. Call ahead and book your gluten free options.

Tel 02380 436184 – 17

West End Rd, Southampton SO18 6TE

## Recent Activities

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**Our Awareness Week activities** covered three weeks, (perhaps it should be Awareness Month). We started with a 'trolley dash' at Winchester Hospital. This was great fun, with the Coeliac Sister and dietitians we dashed from ward to ward with a large carrot cake and chocolate gateau for the staff to taste. The auxiliary and medical staff participated in a quiz to test their knowledge about coeliac disease and to ask us questions.

For the first time we helped man a stand at Lymington Hospital. This had been well advertised, including the local newspaper and proved extremely beneficial.

The Local Group had numerous invitations from Waitrose stores to participate in their Give and Gain Day. Unfortunately we had to disappoint some but attended the stores at Romsey, Chandlers Ford, Locks Heath and Winchester, from 10 – 4 on different days of the week. Waitrose provided gluten-free 'samples' together with excellent hospitality for us volunteers. Overall this proved a valuable exercise with the stores expressing an interest to hold future events.

Coeliac UK have put local groups in touch with [Sunrise Senior Living](#) in their area with a view to seeing if Sunrise are able to offer support for local groups. Following an initial meeting Sunrise kindly agreed to print our newsletters (for our postal members) free of charge.

Sunrise Senior Living is represented in Winchester and Southampton and the Committee is in the process of negotiating a Gluten Free Afternoon Tea with the possibility of this becoming a regular event. Further details to follow.

Sunrise also puts on events which are open to the public and we have agreed to mention these in our newsletters in the future.

A big thank you to Sunrise for their sponsorship.

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## Promoted Supplies & Venues

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GF Flours are offering special prices on some short-dated Gluten Free flour mix products.

These are:-

[Finax GF Flour](#) Mix 900g pack (Best before date 26.10.2016)

[Finax GF Coarse Flour Mix](#) 900g pack (Best before date 09.09.2016)

[Finax Naturally Gluten](#) Free Flour Mix 900g pack. (BBD 01.10.2016)

The company have told us that a Best Before Date is not the same as use by date and these flours should be perfectly good for some time after their Best Before Dates. All are on offer at just £1.25p a pack plus delivery.

Due to card handler charges imposed on GF Flours for low value orders, orders below £4.50 will have an additional charge of £1.00. Full details of the products are on the website:

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

### The new travel portal - safety all-inclusive!

**Schär Glutenfree Holidays** is the new travel portal from Schär.

If you're looking for a great holiday, where you can relax safe in the knowledge you will be able to eat **completely gluten-free**, then look no further.

<http://www.holidays.schaer.com/>

**Trusted partner for a carefree gluten-free lifestyle.**



**National Osteoporosis Society** - <http://www.nos.org.uk> - 01761 471 771

**Meet on Wed 19th Oct – 7.00pm** - How the Helpline advise people who telephone the Charity Speaker: Suzanne Chedburn Helpline Nurse, National Osteoporosis Society

**All Welcome** - St Peter's Pastoral Centre, Jewry Street, Winchester SO23 8RY. £2 donation - Raffle and refreshments at each meeting.

*This is for your awareness and information - we currently have no experience of the above company but would be interested to hear members' views and feedback.*

Thank you for taking the time to read through the newsletter. We hope the information given is of interest. Please let us know what you would like to see in our newsletters, and don't forget to forward any useful eating out reviews, hints, tips and recipes which other members can benefit from.

We look forward to seeing you soon.

Kind regards

*The Coeliac UK  
Wessex Group Committee*

 [@CoeliacUKWessex](https://twitter.com/CoeliacUKWessex)

[www.twitter.com/coeliacukwessex](http://www.twitter.com/coeliacukwessex)

 Email: [wessex@coeliac.org.uk](mailto:wessex@coeliac.org.uk)

**NEWBURN**  
BAKEHOUSE  
GLUTEN FREE, WHEAT FREE, MILK FREE

**NEW**  
gluten free

BY Warburton's

**THE JOY OF CRUMPETS...  
NOW AVAILABLE GLUTEN FREE**



RRP £1.99

**Launch date - Saturday 6th August**

We all know that Warburton's are famous for Crumpets, so it's no surprise that they are one of the most frequently requested gluten free products!

We believe that everyone should experience the joy of crumpets... regardless of the dietary restrictions they have.

Our new 4 pack Crumpets will be launching in Tesco on Saturday 6th August and Sainsbury's on Sunday 7th August, with Morrisons and Waitrose to follow.

## RECIPE

Make your own Crumpets with this simple Recipe from Doves Farm:

[www.dovesfarm.co.uk/recipes/gluten-free-crumpets/](http://www.dovesfarm.co.uk/recipes/gluten-free-crumpets/)

### Ingredients

200 g Gluten Free White Bread Flour  
¼ tsp Salt  
¼ tsp Sugar  
¼ tsp Xanthan Gum  
¼ tsp Bicarbonate of Soda  
1 tsp Quick Yeast  
500 ml Milk  
1 tbsp Oil

### Method

1. Mix together the flour, salt, sugar, xanthan gum, bicarbonate of soda & yeast.
2. Add the milk and stir to make a thick batter.
3. Leave to rise for a couple of hours, preferably overnight.
4. Oil the crumpet rings and a frying pan.
5. Put the pan onto medium heat,
6. Put a large spoon of the mixture into each crumpet ring.
7. Cook on medium heat for about 10 minutes while air holes open up.
8. Remove the metal ring from the crumpet.
9. Turn the crumpet over and cook for a further minute.

# Booking Form

## Quiz Night with Fish and Chip Supper

### Saturday 17<sup>th</sup> September

Please reserve for me \_\_\_\_\_ places for the Fish and Chip Supper and Quiz on Saturday 17 September 2016.

I enclose a cheque payable to **Coeliac UK – Wessex Group** for the sum of £ \_\_\_\_\_ (£11.00 per person) and a stamped addressed envelope for the tickets, if no email address.

Name	
Address	
Telephone	
Email	
Notes:	Special requirements

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

**NB** If you have not received your tickets by post or email by 12 September, please let me know by email if possible via [wessex@coeliac.org.uk](mailto:wessex@coeliac.org.uk) or by telephone on 01794 512093.

Please scan and email your booking form to [wessex@coeliac.org.uk](mailto:wessex@coeliac.org.uk) or post to

Judy Allen  
Secretary  
Clover Hill  
The Crescent  
Romsey  
SO51 7NG