



WESSEX VOLUNTARY SUPPORT GROUP AUTUMN OCTOBER 2016 NEWSLETTER

Dates for your diary

Cookery Demonstration By Juvela,

Sat 26 November 2016, at doors at 9:45
Badger Farm
Community Center, SO22 4QB [Event Link](#) - [MapLink](#)

Gluten Free Tea Party with Carols

Tuesday 20th December at 2pm
Sunrise of Bassett, 111 Burgess Road, Bassett, Southampton, SO16 7AG
[Event Link](#) - [MapLink](#)

2017

Annual Dinner,

Friday 10 February 2017
Eastleigh College

AGM - 6 May 2017

St James Road Methodist Church Hall, Shirley, Southampton [Event Link](#) - [MapLink](#)

Gluten-Free Food Fair

7 Oct 2017
Winchester - [Link](#)

For more information visit our webpage: by [clicking here](#) and for information on other local group food fairs around the country [click here](#)

Dear <<First Name>>

Welcome to our Autumn newsletter, if you prefer to download as a pdf - [Click here](#)

Our next event will be a **Gluten-free Cookery Demonstration by Juvela** and **Juvela Newly Diagnosed Coeliac Event** on Saturday 26th November 2016 in the Badger Farm Community Centre, Badger Farm Road, Winchester SO22 4QB (alongside **Sainsbury's** Supermarket) where there is plenty of parking available. Doors will open at 9.45am for refreshments followed by a talk for newly diagnosed coeliacs at 10.00am. The cookery demonstration will begin at 10.45am. There will be an opportunity to taste the food cooked by Juvela and a copy of all the recipes will be available to members and their guests. Please see the invitation at the end of this newsletter.

Gluten Free Tea Party with Carols

Sunrise of Bassett, 111 Burgess Road, Bassett, Southampton, SO16 7AG are inviting the Wessex Support group members to a Gluten Free Tea Party with Carols on Tuesday 20th December at 2pm.

This is a FREE event but you must place a reservation. Please book by Friday 2nd December 2016.

Space is limited, so please do not delay book now by contacting Pauline Kidd at wessex@coeliac.org.uk.

Or send a letter to Pauline Kidd, 3 Hearne Gardens, Shirrell Heath Southampton, SO32 2NR.

Our first event in 2017

A date for our diary: Following the success of the 2016 dinner we are very pleased that Eastleigh College have agreed to put on a Dinner again for us on Friday 10th February 2017, 6.45pm for a 7.15pm meal, in their East Avenue Restaurant. There is plenty of car parking available at the college. The cost of the three course dinner with tea or coffee will remain the same at £18.00 per person. Space will be allocated on a first-come-first-served basis.

A menu will be finalized in December.

Facebook - we are now on Facebook [click here](#) to join the group and keep informed of our events and local venues as recommended by you!

Please note that if you are no longer a member of Coeliac UK and do not wish to subscribe to this newsletter we would ask you to update your preferences by clicking on the links below, otherwise you will continue to receive information on events and suppliers.

Recent Activities

Recent Activities

Fish and Chips



Our last event was a Fish and Chip/Quiz Evening on Saturday 17th September. What a fantastic evening. Sam as usual provided superb fish and chips and Alan and Kevin did a wonderful job of Quiz Master and Scorer. The winning team went home with a bottle of wine each. If you have never been to our Fish and Chip Quiz Nights you must join us next year for a really light hearted evening of brain teasers and banter. The fish and chips were mouth watering.



Eating OUT - Gluten Free

Let us know of your experiences – send your reviews and recommendations to wessex@coeliac.org.uk

Promoted Suppliers and Venues

The following supplier has been recommended by a Coeliac UK Wessex Support Group member. The business listed has donated a fee to the group to promote their FreeFrom services to you. If you know of any local businesses who supply to the gluten free community and would like to promote via this newsletter please contact Pauline via email wessex@coeliac.org.uk who will discuss the options available. or download a form by [clicking here](#)

The Little Fryer

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 [Click here to view their Facebook page](#)





We have been sent information on **Schär Glutenfree Holidays** which 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. www.holidays.schaer.com/

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

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

Sunrise Senior Living is represented in Winchester and Southampton and they have kindly agreed to print our new sletters for our postal members. A big thank you to Sunrise for this support.

We look forward to hearing from you soon.
Kind regards

*The Coeliac UK
Wessex Group Committee*

wessex@coeliac.org.uk

Copyright © 2016 Wessex Coeliac UK, Voluntary Support Group, All rights reserved.

[Subscribe to this list](#)

[unsubscribe from this list](#) [update subscription preferences](#)



Twitter



Website



Email



Facebook