

# WESSEX VOLUNTARY SUPPORT GROUP

## NEWSLETTER December 2016



### Dates for your Diary

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

#### 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

### Gluten Free Tea Party with Carols

We are all looking forward to our final event of 2016, Afternoon Tea and Carols on Tuesday 20<sup>th</sup> December at Sunrise Bassett. If you are intending to come along please ensure you have booked your place by contacting Pauline Kidd either by telephone 01329 832453 or email [randpkidd@btinternet.com](mailto:randpkidd@btinternet.com)

### Our first event in 2017

Our last newsletter advised Eastleigh College had kindly agreed to put on a three course dinner for us on Friday 10<sup>th</sup> February 2017. The cost is £18.00 per head. Please find menu and booking form below.

This is a very popular event and places are limited so to avoid disappointment please ensure you let Judy Allen have your cheque as soon as possible. Cheques will not be presented until January 2017.

### **Food Fair**

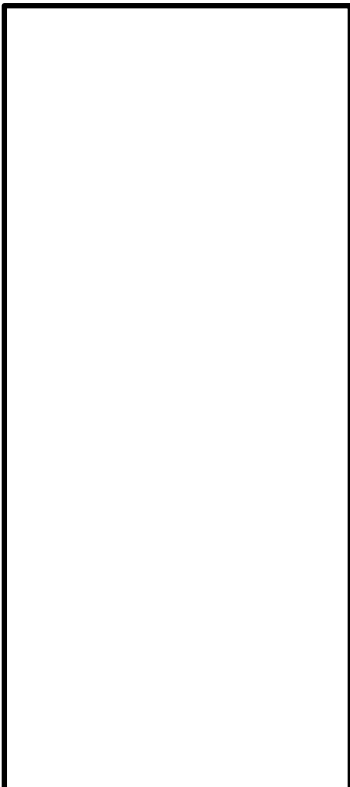
Early in the New Year, we will be sending out invitations to suppliers for our Gluten Free Food Fair, if you are aware of any businesses who might be interested in attending the event please direct them to our web page by clicking [here](#) or contact Pauline by email [wessex@coeliac.org.uk](mailto:wessex@coeliac.org.uk) for more information.

Your Committee would like to take this opportunity of wishing all our members a very Happy Christmas and look forward to seeing you at our future events.

### **Facebook**

We are now on Facebook (<https://www.facebook.com/groups/852666138200695/>) 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

---

### Cookery Demonstration

On Saturday 26th November nearly 80 members descended on Winchester to attend a cookery demonstration by Juvela. We were all enthralled with the ease and expertise of Rosemary and Joanna from Juvela who demonstrated several recipes from their latest cookery book. We all then had the opportunity to sample the results. Needless to say there was no evidence of their hard work when we finished.

The Group greatly appreciated Juvela's support and a very special thank you to Rosemary and Joanna for their encouragement and dedication.



---

## Dining out

---

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

*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.*

---

## Promoted Supplies & Venues

---



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

**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.**



Don't forget we are now on Facebook [click here](#) to join the group and keep informed of our events and local venues as recommended by you, join in the interaction and show us your pictures of gluten free goodies over Christmas.

*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.*

We would like to thank [Sunrise Senior Living](#) who have kindly agreed to print our newsletters for our postal members, Sunrise are represented in Winchester and Southampton and you can visit their website

<http://www.sunrise-care.co.uk/>

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](#)

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

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