

# WESSEX VOLUNTARY SUPPORT GROUP NEWSLETTER June 2017



Wessex  
Local Group

## Dates for your Diary

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

### Fish and Chip Quiz Night

6pm- Saturday 8<sup>th</sup> July  
North Baddesley Village  
Hall

### Gluten-Free Food Fair

7 Oct 2017  
11-3pm  
Guildhall, Winchester

### Cookery Demonstration

Saturday 25<sup>th</sup> November  
Hedge End 2000 Centre

## Forthcoming Events

Our next meeting to be held on Saturday 8th July 2017, will be the Fish and Chip 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 6.00 pm and the quiz will start at 6.30 pm. 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 will be cooked.

This food must be in keeping with the theme of the evening and **MUST BE GLUTEN FREE AND CLEARLY LABELLED GLUTEN FREE** even for guests.

The price remains at £11.00 per person even if you are supplying some of your own food.

**PLEASE BRING YOUR OWN DRINKS AND GLASSES WITH YOU AS WILL NOT HAVE ANY AVAILABLE ON THE EVENING.**

If you would like to attend the Fish and Chip Supper and Quiz please return the enclosed booking form together with your cheque or online payment.

If you have an email address, your tickets will be sent electronically. If not, please send a stamped, self-addressed envelope for return of your tickets.

Please respond by 30th June 2017. If you have not received your tickets by post or email by 5th July, please let Pauline know by email if possible via [wessex@coeliac.org.uk](mailto:wessex@coeliac.org.uk) or by telephone on 01329 832453

Entry will remain at £2.00, children free.

The Fair is open to everyone, but only gluten free food will be available to taste and to buy.

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!

## Winchester - Food Fair

Saturday 7th October 2017 Guildhall  
Winchester 11.00 – 15.00

We are now able to confirm our Speaker for the Food Fair is The 2016 Master Chef winner, Jane Devonshire. Do not miss out; make sure you have the date in your diary.



## [Cookery Demonstration](#)

Hedge End 2000 Centre has been booked for a Cookery Demonstration on Saturday 25th November.

**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

### AGM

Our last event was our AGM on Saturday 6th May at St James Road Methodist Church Hall, Shirley. Attendance was a little disappointing, however our six gluten free businesses were very grateful to have the opportunity to promote and sell their produce.

We had expected a representative of the Communications Team from Coeliac UK to give a short presentation on the benefits of social media and the new website. Unfortunately we merely received a Power Point Presentation with no accompanying notes a few days prior to the meeting. We are indebted to Caroline who very kindly spent the evening before redoing the Power Point Presentation and John for agreeing to do the presentation, only having seen it a few hours before. On behalf of everyone a big thank you to you both. A copy of the AGM minutes will be available with the next newsletter.

### Awareness Week

#### Southampton General Hospital Thursday 4th May 10.00 – 16.00

Anne Sanderson, GI Clinical Nurse Specialist at Southampton General organised a stand in the foyer. Anne was supported by members of her dietetic team and two committee members represented the Wessex Group.

We provided plenty of gluten free snacks to ensure all who passed by stopped to ask questions and, of course, to have a taste.

All agreed it was a very enjoyable and worthwhile exercise



#### Winchester Hospital Ward Trolley Dash Monday 8th and Thursday 11th May 14.00 – 16.00

The Dietetic Team at Winchester Hospital decided to repeat the Trolley Dash around



the wards again this year. Wow, what a difference regarding the staff's understanding of patients' needs with Coeliac Disease. Last year we did not find many staff who understood the dietary needs of coeliac patients, just advising us they had different menu choices. This year we experienced a good 75% of the staff we spoke to not only understood but also were alert that patients' visitors could inadvertently bring in food which was not suitable. Obviously, a lot of work has been undertaken at Winchester and they are to be congratulated.

### **Marks and Spencer Hedge End, Wednesday 10th May 18.00 – 20.00 Gluten Free Tasting Evening.**

Marks and Spencer Hedge End invited us to support their first ever Gluten Free Tasting Evening.

It is thought around 200 people attended and enjoyed the variety of gluten free food on offer. It felt as if everyone wanted to talk to us. We had a fantastic but



extremely exhausting evening. Marks and Spencer Manager, Laura presented our two representatives with flowers as a thank you for supporting their evening.

### **Lymington Hospital Tuesday 16th May 10.00 – 12.00**

Shirley James, Gastrointestinal Nurse Specialist at Lymington Hospital arranged for a stand in the reception area and we had a wonderful selection of gluten free food to tempt everyone. Shirley had arranged for an article regarding the event to be published in the Lymington Advertiser and Times. We had a steady number of visitors and it was a really good opportunity for the Wessex Group to be represented.

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## Updates

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In the near future Coeliac UK will be contacting members with a request to complete a questionnaire relating to local groups. Please take a few minutes complete the survey as this will help your committee with planning future events.

As mentioned in the April newsletter your Committee are supporting Winchester Hospital by providing light refreshments at their quarterly evening Coeliac Clinic. This is proving extremely popular and gives everyone the opportunity to relax and have a chat over a cup of tea and piece of cake.

We hope to support Southampton Hospital in a similar capacity in the near future. We will keep you advised.

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## Future Venue Locations

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Since our last newsletter your Committee has been working hard in organising a varied program of forthcoming events.

Please do your best to support as many functions as you can.

John, your newsletter coordinator has been doing some number crunching and it would appear we have been neglecting in holding events in the Totton/Lymington part of our area. If anyone knows of a suitable venue where we could hold an event please let us know so we can remedy the situation.

### **Sunrise Senior Living Bassett**

Sunrise is keen to support the Group and have suggested quarterly/monthly events, in the form of Coffee mornings/afternoon tea. These can be alternated between Southampton Bassett and Winchester (Stockbridge Road opposite Waitrose). Please provide feedback if you feel you would support this initiative

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## Dining out

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We are grateful to Pauline Liddiard who has very kindly provided the following information.

**Robin Hood at Durley** – really understands about gluten free – just choose what you would like from the menu and they adapt it, – it was brilliant and would thoroughly recommend.

**Indian Restaurant** called Jalfrezi at Totton – so much choice

**The White Horse at Romsey** has excellent selection of gluten free and amazing desserts

**The Oxford Brasserie** in Oxford Street Southampton is excellent

**The Cove at Shamrock Quay**

**The Mill at Gordleton** Excellent separate gluten free menu, especially on a Sunday. Pauline favorite – as a special place to eat

Please do let us know of your experiences – send your reviews and recommendations to [towessex@coeliac.org.uk](mailto:towessex@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.*

Awareness Week theme is Eating Out so please do let us know of your experiences – send your reviews and recommendations to [wessex@coeliac.org.uk](mailto:wessex@coeliac.org.uk).

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## Members Special Offer

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### **Holiday Villas Algarve, both sleep 6 and have pools**

CORINA, reference number 1025 Vale Do Lobo

MIRANDA, reference number 3794 Dunas Douradas

Full details of the individual villas can be found at [www.sun-hat-villas.com](http://www.sun-hat-villas.com). Prices for bookings between mid-October 2017 and 30th April 2018 are Euros 500 per week inclusive of water and electricity (except for heating the pool) Eating out and buying gluten free food is very well catered for in the area.

For more information and to book at these prices, please contact [admin@john-hammond.com](mailto:admin@john-hammond.com) and Ana will get back to you.

Remember to quote Coeliac Wessex to receive this fantastic offer.

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.



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

## 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/>



We would like to thank [Sunrise Senior Living](http://www.sunrise-care.co.uk/) 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/>

Sunrise provide Assisted Living services that are all about treating each and every resident as an individual. By understanding our residents' needs, preserving dignity and respecting independence, we help to create a real sense of home. to find out more [click here](#).

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*



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