



Wolverhampton Voluntary Support Group
Email - wolverhampton@coeliac.org.uk
Registered no. 3068044 Charity no. 1048167

News Update November 2013

Welcome

Welcome everyone to tonight's meeting. Would you "sign in" please for health and safety, fire regulations and insurance purposes – thank you?

In the event of a fire alarm we leave the building by the nearest marked fire exit, walking to the front entrance onto Albert Road turn right and meet on the car park by the sheltered housing scheme. Where the signing-in register will be marked. Please do not stop to collect belongings – just leave the building. Do not re-enter the building until told to do so. Please do not wander off home before the Fire Officer has accounted for everyone.

Important notice

Due to the Tried and Tested being a busy evening there will be a brief members update before a long refreshment break tonight so please see the newsletter for information, bookings for the Christmas Meal and the sale of cards and raffle tickets which will take place in the break. Be sure to get your raffle tickets early as the draw will take place just before the competition results are announced. In order to speed up the raffle tonight there will only be a few prizes – if you have brought a contribution to the raffle you may find it has been kept back for the Christmas raffle or been put in the next lucky dip for new members.

Tried and Tested

Tonight is another gluten-free "food fest". This is your opportunity to try other members delicious cooking and to win a food hamper containing items from the Udi's GF range, for your own best savoury or best sweet dish. This year we are also in the fortunate position to be offering a gluten-free gift with every entry to our 'Tried & Tested competition.

Welcome to our celebrity judge(s), Kathryn Robinson Head of Nutrition and Dietetic Services at the Royal Wolverhampton NHS Trust and her fellow judge who is Catering Manager at the hospital. Most of you will know Kathryn from your visits to the hospital or from attending one of our New Members evenings, when Kathryn supports the group with her presentations and advice.

We also welcome Sam Hobday – area representative for Glutafin – to tonight's meeting. Sam will be giving a presentation and advice on Glutafin products whilst the judging takes place. Glutafin have also supplied a 'goodie bag' with products samples for each coeliac member to have at the end of this evening's meeting.

After the judging is complete we will all be able to sample the entries made by our members. Some of the entries will be 'gluten and wheat starch free'. Please allow those who have to follow this style of diet to sample these entries first, as the alternatives may be unsuitable for them. Thank you for your co-operation.

7.30pm Welcome and domestics and introductions

7.45pm Guest judge(s) begin judging entries

7.45pm Glutafin Presentation with Sam Hobday

Followed by group updates, booking for Christmas dinner and raffle (during the time judging of entries is taking place)

8.45pm Service of refreshments and tasting of competition entries.

9.10pm Raffle draw
9.20pm Competition results – judges' decision is final
9.25pm Vote of thanks
9.30pm Depart
Any help clearing away would be most welcome.

Christmas Dinner

Please see the information provided by Janet Foster for details of our Christmas Meal. Again this year, to keep the cost of the meal acceptable, we are supporting our local catering college. Bookings will be with Janet during the break. Please note that this is the last chance you will have to book for the meal and all previous bookings must be paid for, if you are to be guaranteed a place.

Skittles evening

The annual skittles 'fund raising' evening will be held on Friday 7th March 2014 at the Swan at Brewood. Please see Colin Babb for booking and details. This is always an entertaining evening and new members are always given a warm welcome. Why not come and try your bowling skills for the 'best bowler trophy' or best team prize. A gluten free supper is provided for the coeliacs and a traditional one for non coeliacs.

New products/new places news

Some of you may remember the excellent visit that we made in 2011 to the Davies' Gluten Free Bakery near Chester that was arranged by Janet Foster.

Davies GF Bakery has now been sold by its previous owners, Roberts Bakery, to U.S. based Boulder Brands. Boulder Brands supply a range of gluten free products in the U.S. and will now making and supplying a range of 50 of its Udi's gluten free products in the U.K.. Simon Hazlett, the previous MD of Davies Bakery, will remain as MD with Boulder Brands UK. Simon was a judge at our 2011 'Tried & Tested' evening.

Some of these products have been included in the hampers, which will be the prizes for the best sweet and the best savoury dishes this evening.

BFree Foods based in Ireland have just launched their bakery product range in the UK. You may have seen them if you went to the recent Allergy and Freefrom show in Liverpool. Their products should be currently available in Asda.

New CUK Website

You may not be aware that Coeliac UK have recently modified the look and feel of their online website. For those of you that have used the previous one you will need to create a new password to get access to the members section but you will find it more user friendly with a number of new features. For those who have not used the CUK website but are members of CUK, then it's worth a visit. The group still has its own web page with news items, coming events, newsletters and other information.

Action 4 Independence Centre – Helpers needed

If you have enjoyed the meetings why not think about how you might help. We currently have a "vacancy" for a Group Organiser from 2015.

We also need people to carry boxes of samples - put out chairs – put out leaflets – help with the PA system - put up the stands at the beginning of the meetings. At the end of the meeting we need people who would put away tables and chairs – wash up – put the rubbish out – take down and pack away the stands. Do **you** yes I mean **you** think you could help out – just one little job on this list when you are at a meeting makes a huge difference – no other commitment needed.

Let Alan know if you are interested. We always try to find a little something by way of a thank you.

Wolverhampton Young Coeliacs

Call Sally Hathaway on 07976 246574 for more details on age specific activities for younger members.

2014 Diary Dates

All dates are Wednesdays for a 7.30pm start at A4I, Albert Road, Wolverhampton WV6 0AF.

February 12th – AGM and presentation

April 30th – Talk - to be arranged

June 25th - New members evening

September 17th - Meet the producers

November 19th - Tried and Tested light-hearted cookery competition

Don't forget to book for:

2013 Annual Christmas Dinner

City of Wolverhampton College Academy Training Restaurant Metro One Campus

Thursday 19th December 2013
6.45pm reception – dinner 7pm

Please book with Janet Foster during the break this evening. She will provide full details of the menu and event.

2014 Skittles evening

Friday 7th March 2014 at the Swan at Brewood.

Please see Colin Babb for booking and details.

Alan Tunstall – Wolverhampton Group Organiser - 19th November 2013