



Email - wolverhampton@coeliac.org.uk
Registered no. 3068044 Charity no. 1048167

News Update September 2012

Welcome

Welcome to 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. After many years of offering free admission and asking for a donation for refreshments it became obvious that we couldn't continue with the arrangements. The committee therefore took the decision to charge £1 per person admission. Refreshments are included in the £1.

Tonight's meeting - important notice

We were due to have a cookery demonstration tonight but it is getting more and more difficult to find manufacturers prepared to support such events SO tonight we have something a little bit different but still involves food:-

Meet the Brewer, the Baker and the Pudding Maker

Tonight is "mini food fayre" this is your opportunity to meet the people behind **local** gluten-free food and drink suppliers. You will hear from three different gluten-free food producers and they will tell you about themselves, their passion and what drives them to produce gluten-free foods and the ideas they have for future products and promotion. A bit like Dragons Den without the Dragons!

7.30pm Welcome and domestics

7.45pm Baker Debbie and Amelia from Shuga Budz award winning cake makers and decorators

8.05pm Pudding Maker - Lucy from Pudology gluten and dairy – free scrummy puddings

8.25pm Brewer – Chris from the Hamstead Brewing Centre Birmingham –gluten-free beer kits

8.45pm News update tastings and refreshments

9.15pm Vote of thanks and raffle draw

9.30pm Depart

Any help clearing away would be most welcome.

Lucky Dip

We have a **lucky** dip – if we are **lucky enough** to have some free samples to give away – then you will get to take a gluten-free sample to take away with you. So if you attending your first or second meeting tonight please, why not try something new and have a go on the lucky dip. If you have over- ordered on prescription then, rather than waste the items please bring it along for the lucky dip – provided it is still "in date". However please try to ensure that your next g-f repeat prescription is in order. Thanks to Glutafin and EnerG for tonight's gifts.

Christmas Dinner

Please see the information on the back page for details of our Christmas Meal. This year, particularly as people will be thinking very carefully before spending hard earned cash, we thought we would support our local catering college who can offer a delicious meal at exceptional value at the same time as training future chefs in gluten-free cooking. Bookings - strictly with payment, at the November meeting.

New Cross Hospital – volunteers

Kathryn Robinson Head of Dietetics and Nutrition was looking for volunteers to help with

- Supporting the teaching sessions for coeliac awareness week.
- Feedback on our revised gluten-free diet information

Thank you to those group members who spent time at these sessions.

Sausages for sale at meetings

Pat Griffiths brings along a supply of Gill's sausages made from non-gluten containing ingredients to the April, September and November meetings – so don't forget to pick up a Christmas pack or two at the November meeting.

Tryathlon

A while ago I undertook a sponsored swim of over 3 miles to raise funds for the group. So in this Olympic year I thought I would get fit again by attempting my own Tryathlon i.e. TRY to Cycle 1 mile, Row 1 mile, and Swim 1 mile and I was going to do this on the last day of the Olympics at Wolverhampton Swimming and Fitness Centre. As it was, I didn't manage to TRY anything on that Sunday as I was one of the lucky ones to have tickets for the Olympic Closing Ceremony. So I managed to do me Tryathlon on Friday 31st August in less than one and a half hours. I surprised myself and the gym instructor that I managed it and the next morning I had no aches or pains!. To date sponsorship has raised £105 for group funds. Thank you - to all those who kindly sponsored my efforts.

Ludlow – gluten-free

Aragons licensed café restaurant, 5 Church Street has Florentines and chocolate pudding on the menu. Swifts – bakers have “gluten-free” loaves I picked up a cheese loaf at the Ludlow Food Festival.

Wolverhampton Young Coeliac Group

The Young Coeliac group has a new organiser - so welcome to Sally Hathaway who says she has had tremendous support for her and her boys since they were diagnosed as having coeliac disease. If you know of a child or young person who may benefit from age-specific activities why not contact Sally at sally.hathaway1@btopenworld.com or on her Mobile number 07976 246 574

CineWorld refreshments

The products that definitely gluten free are:

Our dispensed soft drinks (Pepsi, Diet Pepsi, Pepsi Max, 7up, Tango)

Ben & Jerry's Ice Cream - Vanilla, Chunky Monkey, Caramel Chew Chew, Phish Food, Mint Choc Chunk and the chocolate/caramel sauce toppings

Ketchup, Mustard and BBQ sauce

The following products do not contain Gluten in their ingredients but we cannot guarantee if there has been cross-contamination at the manufacturing site:

Nachos with Cheese, Salsa or Jalepeno Peppers. The Frankfurter sausage hotdogs. Sweet/Salted popcorn and Butterbiz pre-bagged popcorn.

Solihull Food Fair Saturday 6th October 2012 - 11.30 - 2.30

Please support the Solihull Goup at the Land Rover Social Club, Bilsmore Green, Solihull, B92 9LN

2012 Dates - programme

Wednesday 21st November – Tried and Tested light hearted cookery competition with celebrity judge.

If you don't want to enter the competition please bring something g-f (shop bought is OK) for the buffet table.

2013 Dates – programme

Dates will be available at the November meeting



Christmas Dinner
City of Wolverhampton College Academy Training Restaurant Metro One Campus

Thursday 13th December 2012
6.30pm reception – dinner 7pm

Programme

6.30pm Members arrive

6.45pm Guests arrive

7pm Service of Dinner

8.50pm Vote of Thanks and Depart

Menu

Spicy Parsnip Soup
roll and butter

Roast Turkey
with
Traditional trimmings

Or
Vegetarian Option
Nut Roast

both served with
seasonal vegetables and potatoes

Baileys Crème Brulee

Tea or coffee

Cash bar

Raffle

Fully accessible lift available

Blue badge parking Old Hall Street

Other parking on – street or Pipers Row surface

Cost £12.50 per person strictly payment and menu choice with booking at November meeting