

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

News Update April 2013

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. Please walk 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 and ensure you don't re-enter until told to do so. Please do not leave the assembly area until 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 sustain the group. The committee therefore took the decision to charge £1 per person admission. Refreshments are included in the £1.

Important notice

Due to the timings of tonight's presentations there will be no members update please see the newsletter for information. Bookings for the Annual Dinner with Janet Foster and the lucky dip for new coeliacs will take place in the break as will the sale of cards and raffle tickets. Be sure to get your raffle tickets early as the draw will take place just after the refreshment break.

This Evening - Helping Younger Coeliacs cope with their condition

7.30pm Welcome and domestics

7.40pm Dr. Ruth Howard – presentation and DVD

8.50pm Louise – Slice of Heaven Gluten Free Cakery (www.sliceofheaven gluten free cakery.co.uk)

9.00pm Refreshments

9.20pm Raffle draw

9.25pm Vote of thanks

9.30pm Depart

Any help clearing away would be most welcome.

During questions and answers we will be using the roving microphone so everyone has a chance to hear the question. Please no hogging the microphone – let's give everyone a chance to ask their question.

Lucky Dip (See Marion)

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.

Sausages for sale at meetings (IMPORTANT)

I am sad to report that Pat Griffiths will no longer be able to offer a supply of Gill's 'gluten free' sausages at our meetings. Pat has now left Gill's and we wish her all the very best for the future and our thanks for the many years that she has given this invaluable service to the group. We will consider the options for finding a similar service for the future.

Action 4 Independence Centre – Helpers needed

If you have enjoyed the meetings why not think about how you might help. We currently have "vacancies" for people to carry boxes of samples, put out chairs, put out leaflets, help with the PA and 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
Alan Tunstall, Group Organiser – 20th April 2013

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 me now when during the evening. We always try to find a little something by way of a thank you.

OR can you assist Ian Jenkins in distributing leaflets to doctors and pharmacies during NCAW (see Ian)

Annual Dinner - National Coeliac Awareness Week (13th May)

This year to mark National Coeliac Awareness Week and the group's Annual Dinner we will be trying something with a difference! It's a way of showing our support for an enterprise that has learned to accommodate Gluten-Free in their menus. We will be holding an evening meal at Pizza Hut at Bentley Bridge Wednesfield on Monday 13th May, commencing at 7.00pm. For details and booking please see Janet Foster.

New Members evening – (June 26th)

The meeting will take place on the 26th June. Once again we are pleased to tell you Kathryn Robinson, Head of Nutrition and Dietetics at the Royal Wolverhampton NHS Trust, will be joining us on that evening. She will give those members new to coping with Coeliac Disease the opportunity of understanding what coeliac disease is and the changes to diet that are needed. Time for questions and answers is part of the evening.

Annual Skittles Night

Thank you to Colin and Jeanette Babb for organising the annual fundraising event at the Swan at Brewood. As usual a very lively evening of competition for the much sought after "trophy"; a nice supper and funds for the group. This year the event raised £202 for group funds

Wolverhampton Young Coeliac Group

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

Gluten-free Fish and Chips – Chip Stop, Springhill Lane, Wolverhampton Tel 01902 33 53 33

The owner, his wife, son and sister-in-law all have coeliac disease and they themselves follow a gluten-free diet. Gluten-free nights are **Tuesday** and **Saturday** 4pm – 11pm. Menu includes: fish, roe, scallops, mushrooms and chicken kebab meat. Well worth a chip trip!

Food Allergy & Intolerance App

Those of you with Android / Apple mobiles may be interested in a new App recently released by FoodWiz which can assist with selecting suitable items during supermarket shopping. It is approved by the NHS Commissioning Board. For details and download visit www.foodwiz.co

CUK Food Directory (Ceefax update)

Because of space restrictions on the BBC new digital 'red button service' this update service ceased at the end of March. You will need to visit CUK web site at www.coeliac.org.uk or phone 0845 305 2060 to access food directory changes in future.

Juvela –Gluten Free Roadshow

Juvela will be holding a gluten free roadshow on Sat. 18 May at the Cedar Tree Hotel in Rugeley. If you have not receive an invite (via their mailing list) but wish to attend, you will need to telephone 0151 432 5311 or email Anna Marsden at Juvela (amarsden@juvela.co.uk) to be included as a delegate.

Starbucks

As from January Starbucks are stocking a gluten and dairy free 'Tuna Nicoise' roll on a Genius bread roll.

2013 Dates - programme

Wednesday 26th June – New Members Evening

Wednesday 18th September – Cookery/Food demonstration (Glutafin)

Wednesday 20th November – Tried and Tested light hearted Cookery competition with celebrity judge