

Newsletter Summer 2013

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Goodbye Dorothy – Hello Jo!

Our AGM in March saw Dorothy Hick stepping down from the Group Organiser role, and a host of new volunteers joined the committee, including new Group Organiser Jo Newbould. An enormous thank you to Dorothy, who was our main speaker at the AGM, and has dedicated many years to the Group and helped make it what it is today. Welcome to Jo and the new volunteers who you will be able to meet at our future events.

FORTHCOMING EVENTS



GF Private Tasting Evening, Wednesday 26th June 2013, 7pm-9pm Cook North Leeds, 331 Harrogate Road, Moortown, Leeds LS17 6QD

An exclusive tasting event for the Leeds Group at Cook, Moortown. The company is known for its homemade meals made by chefs, cooked in small batches and frozen, so you can enjoy home cooked food whenever you like. We will be welcomed with drinks and nibbles (wine and non-alcoholic), given a brief introduction to Cook, and then will be able to sample a selection of gluten-free starters, main courses and desserts. The evening is completely FREE of charge with the opportunity to make purchases with a 10% special tasting event discount should you be tempted to buy what you've tried. Further details of Cook's gluten-free meals can be found via the hyperlink - [Cook North Leeds](#).

TO BOOK, please let our Social Event Organiser, Sandra McLean, know by Sunday 23rd June 2013 by emailing sandra.mclean@btinternet.com, or call 07711 768850.

Joint Leeds & Bradford Groups Fish & Chip Supper Wetherby Whaler, White Cross, Guiseley, Leeds LS20 8LZ Tuesday 9th July 2013, 7.00pm

An opportunity for a yummy gluten free supper, and a chance to share tips and socialise with members from another local group. All food ordered for our event will be gluten free, and it's pay-on-the-night for whatever you order. Please contact Sandra McLean, Social Event Organiser, by Tuesday 2nd July if you wish to attend, emailing sandra.mclean@btinternet.com, or call 07711 768850.

Leeds Flower Show, Coeliac Awareness Stand, 3rd & 4th August 2013 The Grammar School at Leeds, Alwoodley Gates, Harrogate Rd, Leeds, LS17 8GS

The Group's awareness stand will be at the Leeds Flower Show once more. Why not come and say hello whilst visiting this popular horticultural event. You could even enter your gluten free cakes into the cake competition. Entrance fee applies. More info at www.leedshs.org.uk

NEWS

- A big **Thank You** to two local families who have recently donated funds to the Group as a result of funeral collections. We really appreciate their kind actions during a difficult time. Did you know legacies can also be set up as part of making a Will. Further information at <http://www.coeliac.org.uk/get-involved/fundraising/more-ways-to-support-us/gift-in-your-will>
- **BBC red button updates** are no longer available. Other ways to access monthly Food and Drink Directory updates are via www.coeliac.org.uk; receiving the electronic newsletter eXG; via a 24-hour recorded message on the Helpline 0845 305 2060, select option 1; via post by contacting CUK to request copies.
- **A donation slip** is in this mailing/email attachment. We rely on your voluntary donations to help pay for postage and event room hire, etc. We would really appreciate it if you could please fill in the form and return to our Treasurer – you will be helping to keep the Group active, thank you.
- **Gluten Free World Day**, Wakefield, 13th July, Cedar Court Hotel, Denby Dale Rd, WF4 3QZ, organised by Glutafin, & DS. Tastings, cookery demos, dieticians; to book see www.glutafin.co.uk or call 0800 988 2470.

REVIEW OF RECENT EVENTS

- Coeliac Awareness Week** – On 19th May, Asda Morley supported our campaigning efforts – committee members manned an information and awareness stand. A successful day sharing tips and information with the shoppers.
- Sheesh Mahal**, 17th May – Another wonderful visit to the excellent Indian restaurant in Kirkstall, with around 40 diners enjoying the gluten free food and beers.

RECOMMENDATIONS

- Yorkshire Crust**, 252 Tinshill Road, Leeds, LS16 7BT, delicatessen offering some gf products, visit facebook.com/yorkshirecrust, or www.yorkshirecrust.com
- Fish and Chips 149**, is an award-winning takeaway found at 149 Marton Road, Bridlington, YO16 7DJ, offering gf food, visit www.fishandchipsat149.co.uk
- Nomad Café**, 10 Eastborough, Scarborough, YO11 1NW see www.facebook.com/pages/Nomad-Cafe/193199400811248, offer gf, vegetarian and vegan meals.
- The Walrus & the Carpenter**, 147 Church St, Whitby, YO22 4BH

COMPANY INFORMATION

- Aunty P's** specialise in gluten free celebration/wedding/birthday cakes based in Drighlington, visit www.auntyps.co.uk, email pauline@auntyps.co.uk or call 07791764224 or facebook.com/AuntyPs. They attended our Food Fair in January with yummy tasters!
- Cornito** is a new brand to the UK offering gf crackers and pastas (nine types!) and their products are suitable for those intolerant of soy, egg or milk. Visit and buy through www.cornito.co.uk
- Asda** is now stocking Fresh Gluten and Wheat Free Pasta, Penne & Tagliatelle varieties, in the chilled ready meals aisle, £1.50 for a 300gm bag.
- M&S** – GF Breaded Ham (check carefully so not choosing wrong pack), 'Posh Dogs' (hot dogs but don't eat the bread which accompanies some of the packs) and yummy new desserts – all items spotted in the food hall by members.
- Leonards Field House** is a Keswick guest house specialising in gf as the owner is a coeliac, so you can stay without the worry of eating safely. Contact 017687 74170 or email stay@leonardsfieldhouse.co.uk
- Villa Farm Shop**, Huddersfield, stocks gf foods including savoury and sweet pies, scones and ready-to-roll shortcrust pastry, see www.villafarmshop.co.uk
- www.glutenfreeroads.com is a site to search over 40,000 shops and restaurants offering gf worldwide!

Next Newsletter will be in Sept 2013. Any info? Email pamelaatack@gmail.com by Friday 23rd Aug 2013.