

Leeds Coeliac Group Newsletter Summer 2014

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FORTHCOMING EVENTS

Friday 27th June 2014 at 7.00 pm

Social Meal at Del Verde Restaurant, Park Lane, Roundhay, Leeds LS8 2EJ

Our next social event on Friday 27th June 2014 is at the Del Verde, a family-owned Mediterranean restaurant which offers choices of meat, fish and vegetarian food. Family and friends are as always very welcome to join us. This is a fixed price gluten-free menu of 2 courses for £13.95 or 3 courses for £15.95 (including tea or coffee). **TO BOOK, please contact our Social Event Organiser, Sandra McLean, via email sandra.mclean@btinternet.com or call 07711 768850 no later than Sunday 22nd June 2014.**

Sunday 20th July at 4.00 pm

Gluten-Free Grill at the Shoulder of Mutton Inn, Main Street, Kirkby Overblow, Harrogate HG3 1HD

The Shoulder of Mutton, Kirkby Overblow are again having a gluten-free grill on Sunday 20th July 2014. For further details or TO BOOK, please contact Kate Deacon - katedeacon@btconnect.com or 01423 871205.

Saturday 2nd August and Sunday 3rd August 2014

Coeliac Awareness Stand at the Leeds Flower, Vegetable and Craft Show 2014
The Grammar School at Leeds, Alwoodley Gates, Harrogate Road, Leeds LS17 8GS

We will have a stand at the Leeds Flower, Vegetable and Craft Show on both Saturday 2nd August 2014 (12.00 noon - 5.00 pm) and Sunday 3rd August 2014 (10.00 am - 5.00 pm). Apart from raising awareness of Coeliac Disease we will be giving away recipe booklets and some food samples. There is also a gluten-free cake competition (scones and sponge cakes). The schedule of classes and entry forms are on their website - www.leedshs.org.uk/competitive-classes - or by contacting Mrs Val Dutton on 0113 268 7065. Entry forms need to be completed and returned by Wednesday 30th July 2014.

Friday 26th September 2014 at 7.00 pm

Gluten-Free Tasting Evening at COOK North Leeds,
COOK North Leeds, 331 Harrogate Road, Moortown, Leeds LS17 6QD

Cook North Leeds will be hosting a gluten-free tasting evening on Friday 26th September 2014 from 7.00 pm and will offer 10% discount on purchases made on the evening. TO BOOK, please contact our Social Event Organiser, Sandra McLean, via email sandra.mclean@btinternet.com or call 07711 768850.

MORE DIARY DATES

(Further details to follow nearer the time)

- Friday 10th October 2014 at 7.00 pm. Gluten-free fish and chips at the Skyliner Fish and Chip restaurant, 15 Austhorpe View, Leeds LS15 8NN. Tel. 0113 264 6853.
- End of November 2014. Date and venue to be finalised for our annual Christmas dinner.

COMMITTEE CHANGES

At the AGM in March, we acquired some new volunteers for the committee. We now have Kevin Stone, Group Organiser; Steve Scott, Treasurer; Pamela Atack, Secretary; Rachael Bateman, Website Co-ordinator; Vicki Gilbert, Social Media Coordinator and Children's Coordinator; Sandra McLean, Social Events Coordinator; Sarah Panks, Campaign Coordinator; Gareth Gadd, Newsletter Editor; Plus other committee members, Leila Conway, Sue Johnson, Wyn Tillotson, Anne Shaw

Fancy joining us on Committee? Then please contact Kevin Stone our Group Organiser on 0113 277 6401. We're a friendly bunch and welcome any additional help and support that you could offer. Our next Committee Meeting is on Tuesday evening 17th June 2014. Why not come along?

NEWS

- **Glutafin** renamed several products recently so at some GP's Glutafin products are appearing as "withdrawn". Glutafin say they have NOT withdrawn any products; they are simply appearing under a new name. For further help and advice go to www.glutafin.co.uk or phone them on 0800 988 2470.
- **French scientists** have shown that Elafin, a human protein, plays a key role in the inflammatory reaction typical of coeliac disease and gluten intolerance (details online in the American Journal of Gastroenterology on 8 April 2014) current research is on mice so is some way from a potential cure yet.
- **The Guardian** published a list of the 10 best GF products - supermarkets are expanding their 'free-from' ranges... http://www.theguardian.com/lifeandstyle/2014/may/14/growth-gluten-free-10-best-products?CMP=tw_t_gu
- Anni Reid of **Focaccia per Tutti** won best Free From food for 2014 for their Focaccia Mediterranea -
- **Travelling abroad?** Have a look at <http://www.celiactravel.com/cards/> who have Coeliac information cards in many different languages. Great blog too.
- **Tesco** in conjunction with Genius have started selling pre-packed GF sandwiches <http://geniusglutenfree.com/gluten-free-living/blog/new-tesco-gluten-free-sandwiches/> Only at Tesco Seacroft at the moment. Not to be outdone, **Costa Coffee** now offer a fresh GF and dairy free Chicken and Basil Salad Wrap (£3.75) and **Starbucks** offer a Veggie Good Houmous Wrap (price not known). Both supplied by Newburn Bakehouse.
- **Gluten Free Radio Show** - Have you tuned in yet to The GF Radio Show? Visit www.gfreeradio.com to download weekly podcasts about gluten free living. Up to date information and interesting features.

REVIEW OF RECENT EVENTS

- The Gluten Free Food Fair at Pudsey on 8th March was a great success supported by more than 20 GF suppliers and manufacturers. The event was extremely well attended and will be repeated next year.
- At the recent AGM we had an excellent presentation on nutrition by Helen Davies. A new committee was elected (listed above). Many thanks to all for supporting this AGM and for committee volunteers.
- Coeliac Awareness Week was amazing! So many restaurants participated across Leeds and we also had a stand at Asda House, 2 Oxford Place and Victoria Quarter to help to raise awareness further

DINING OUT RECOMMENDATIONS

As always, check with the venue before ordering your GF food.

- 2 Oxford Place, 2 Oxford Place, Leeds, LS1 3AX – The ONLY totally GF restaurant in Leeds!!! www.2oxfordplace.com t: 0113 234 1294
- Unicorn Pub, Main Street, Carlton, Wakefield WF3 3RW. t. 0113 440 5463.
- Crust and Crumb Bakery, www.crustandcrumbbakery.co.uk, 110B Harrogate Rd, Leeds, West Yorkshire LS7 4NY, t. 0113 268 0098, offer sweet and savoury GF options
- 1066 Deli & Café 1 Hastings Court, Collingham, LS22 5AW
- Filmore & Union - Victoria Quarter, Leeds, LS1 6AZ, t. 0113 244 1518 and Moortown Delicatessen/Café cater for a wide range of food allergies not just coeliac.
- Marlow's Fish and Chips, 391 Street Lane, Moortown, Leeds LS17 6HQ t. 0113 269 4981
- Ocean Fish Restaurant 46 Austhorpe Rd, Leeds LS15 8DX t. 0113 260 6671

COMPANY INFORMATION

- www.wheat-freebakery.co.uk Delicious products especially the donuts and bread. Reasonable prices.
- <http://www.ilumiworld.com/> Excellent pre-prepared food by mail order.

Next newsletter will be in September 2014. Any info? Email gareth.gadd@gmail.com by Friday 29th August 2014.

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Please also help us raise awareness of the Leeds Coeliac Group by asking your local medical practice or pharmacy to display a copy of this Newsletter