

# Newsletter Winter 2013

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**Group Organiser:** Jo Newbould tel: 0776 3913485

**Treasurer:** Anne Shaw tel: 07711 049187

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## FORTHCOMING EVENTS

**Social Meal at G-Wu Chinese Restaurant,  
Friday 20<sup>th</sup> September 2013, 7.00pm  
G-Wu, Stainburn Parade, 300 Harrogate Rd, Leeds LS17 6LY**

Our next social event is on **Friday 20th September 2013** from **7.00 pm** at the **G-Wu Chinese Restaurant**, [www.g-wu.co.uk](http://www.g-wu.co.uk). The restaurant has been recommended by one of our members who recently enjoyed an excellent selection of gluten-free menu options. Pay on the night for whatever you order. Family and friends are as always very welcome to join us. **TO BOOK**, please contact our Social Event Organiser, Sandra McLean, via email [sandra.mclean@btinternet.com](mailto:sandra.mclean@btinternet.com), or call 07711 768850.

**Social Meal at The Yorkshire Crust, Friday 18<sup>th</sup> October 2013, 7.30pm  
252 Tinshill Road, Leeds, LS16 7BT**

Join us for a lovely 3-course meal at The Yorkshire Crust, near Horsforth train station, which prides itself on using local produce within its delicatessen and restaurant. We have negotiated a fixed price of £19.00 for 3-courses payable on the night, and gluten-free lager will be available. **TO BOOK**, please contact our Social Event Organiser, Sandra McLean, by Sunday 13<sup>th</sup> October 2013 via email [sandra.mclean@btinternet.com](mailto:sandra.mclean@btinternet.com). *For those who receive our Newsletter by post, please request further details by contacting Sandra McLean on 07711 768850.*

**NHS Hospital Food Tasting Event, Friday 1<sup>st</sup> November 2013, 7.00pm  
Bexley Wing, St James's University Hospital, Beckett Street, Leeds LS9 7TF**

Your chance to sample the latest hospital gluten-free menu, (no gluten containing ingredients). You'll be pleasantly surprised at the range and quality of the menu. There is definitely more on offer than baked potatoes!! See the example menu in this mailing. Further details will be emailed nearer the time. *For those who receive our Newsletter by post, please request further details by contacting Sandra McLean on 07711 768850.*

**Christmas Meal at The Food Academy@Printworks  
Thursday 28<sup>th</sup> November 2013, 7.00pm for 7.15pm  
Leeds City College, Printworks Campus, 123 Hunslet Rd, Leeds, LS10 1JY**

Please note this meal is on **THURSDAY 28<sup>TH</sup>** and not Friday as printed in the Crossed Grain magazine. Join us for our popular seasonal Christmas celebration at the new Leeds City College restaurant on Hunslet Road. The college students deliver terrific silver-service and quality gf food as part of their studies. The 3-course meal will be £21.50 including tea and coffee, and full payment in advance will be required. The menu and booking details will be emailed to those on our database nearer the time. *For those who receive our Newsletter by post, please request the further details and menu by contacting Sandra McLean on 07711 768850.*

**Diary Date... The Leeds Food Fair 2014 will be on Saturday 8th March at Pudsey Civic Hall.** More details in the next newsletter. We hope the change of month from January to March will improve our chances of better weather!

## NEWS

- **Well done** to local Ruth Webb, who won a number of baking categories at the Leeds Flower Show in both gluten-free competitions and also non-gluten-free categories.
- **Christmas cards** are available from Coeliac UK's online shop from mid-September [www.coeliac.org.uk](http://www.coeliac.org.uk). or you can order via the form to be printed in Autumn's Crossed Grain magazine. Support your charity whilst sending warm wishes to friends and family.
- **New email address?** Please can you let us know if you have changed your email address or home address so we can keep our database up-to-date, and keep postal costs down.
- **Doctors surgeries** – once you have read this newsletter why not ask if your local GP practice will display it on their noticeboard to help us raise awareness and support newly-diagnosed coeliacs.
- [www.dialachemist.com](http://www.dialachemist.com) - did you know you can now have a pharmacy order delivered direct to your home or office? They stock the full ranges of Glutafin and Warburtons. See website for details or call 0800 008 6366.

## REVIEW OF RECENT EVENTS

**COOK! North Leeds** – On 26<sup>th</sup> June we had a very successful trip to COOK! at Moortown Corner. The team presented information about their range of frozen gf ready meals which are all made by hand and provide tasty homemade meals straight from the freezer. The Leeds members enjoyed the samples and drinks and many purchased the quality products.

**Wetherby Whaler** – On 9<sup>th</sup> July members from the Leeds and Bradford Groups enjoyed a fish and chip supper at the Wetherby Whaler. The evening proved a success, with all enjoying the entirely gluten-free menu.

## RECOMMENDATIONS

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

**Thirsk venues.... (a) The King's Arms**, Sandhutton, Thirsk, North Yorkshire, YO7 4RW, tel: 01845 587887, [www.thekingshead.co.uk](http://www.thekingshead.co.uk), gf menu including fish & chips, and chef can accommodate other menu options. **(b) The Nags Head**, Pickhill, near Thirsk, North Yorkshire, YO7 4JG, tel: 01845 567391 [www.nagsheadpickhill.co.uk](http://www.nagsheadpickhill.co.uk), gf menu and chef can adapt menu items. **(c) The Black Lion**, 8 Market Place, Thirsk [www.theblacklion.co.uk](http://www.theblacklion.co.uk) 01845 574302, and **(d) Oswalds of Sowerby**, Church Farm, Front Street, Sowerby, Thirsk, [www.oswaldsrestaurantrooms.co.uk](http://www.oswaldsrestaurantrooms.co.uk) 01845 523655 – both have menu items which happen to be gf but check beforehand with staff.

**Jervaulx Abbey Tearoom**, Park House, Jervaulx, Ripon, HG4 4PH, [www.jervaulxabbey.com](http://www.jervaulxabbey.com)

**Brymor** – home to the Real Dairy Ice Cream - Brymor, High Jervaulx Farm, Masham, HG4 4PG [www.abmoore.co.uk](http://www.abmoore.co.uk), many of their 35 ice cream flavours are gf!

**The Gluten Free Kitchen**, Unit 4D, Leyburn Business Park, Harmby Rd, Leyburn, Nth Yorks, DL8 5QA, [www.theglutenfreekitchen.co.uk](http://www.theglutenfreekitchen.co.uk) great selection of gf goodies from their shop at the front of the site.

## COMPANY INFORMATION

**Warburtons Newburn Bakehouse** has launched new Seeded Wraps (£2.99 in Tesco and Morrisons) and Seeded Baguettes (£2.29 in Tesco).

**Costco** stock a number of products clearly marked as gluten free, e.g. Mr Freed's Small Fish Balls, Fruit Bowl Yoghurt Fruit Flakes, Tyrells Hand Cooked English Crisps and Knorr Chicken Stock Cubes.

**Next Newsletter** will be in Jan 2014. Any info? Email [pamelaataack@gmail.com](mailto:pamelaataack@gmail.com) by Friday 13<sup>th</sup> Dec 2013.