

## Sheffield Group Newsletter – Winter 2015



### Annual General Meeting

This will be held on **Saturday 21<sup>st</sup> March at St. Mary's Church and Conference Centre, Bramall Lane, Sheffield S2 4QZ**. St Mary's is situated at the junction of St Mary's Road, Bramall Lane and Clough Road. There is limited car parking on-site. The alternative is on-street parking nearby or City Centre car parks. The venue has easy access by public transport (*including buses to the Moor Market, with just a short walk through the underpass from Fitzwilliam Gate*). If anyone requires more information, ring Mike on 01246 417336.

The hall will be open from 10.00am. Tea and coffee will be on sale and you will be able to chat to one another and sample some gluten-free products. The dietitians, **Gillian Goddard & Nick Trott**, will also be available for general dietary advice.

We will NOT be having a Members Table due to Health & Safety concerns by St Mary's.

At 11.00a.m, we will hold our AGM (*which is usually very short*) and this will be followed by a presentation from **Peter Mooney** who is a Research Fellow working with Professor David Sanders and **Mitch Burden** who is a medical student doing research with Peter and David.

Colouring and puzzle books and an activity will be available for the younger children during the meeting. As the **Children's Table** is in the hall, please can we ask that an adult stays with the younger ones.

We will be having the usual **Raffle** at the meeting. Tickets will be on sale when you arrive, and the draw will take place during the meeting with the winning numbers being displayed at the raffle table. If anyone would like to donate a prize, please bring it along.

Note we have to vacate the centre by 1pm.



### Sheffield Group Committee

Members are voted onto the Group Committee by the membership at the AGM. They serve on the committee for 12 months and then retire. For quite some time the committee has simply been re-elected for a further 12 months.

Some members of the current committee have specific jobs such as Group Organiser, Treasurer and Secretary. The rest of the committee do not have specific responsibilities. You can see from the list of Committee roles below that there are about another 6 roles which are currently being shared by the Group Organiser and Secretary.

Please have a look at the list of roles and see if you would like to get involved. All roles are available by election.

Committee members with specific responsibilities do not need to be coeliacs, they can be family members who have the necessary skills for the role.

If you would like to join the committee, with or without a specific role, please let me know by Saturday 7<sup>th</sup> March, so that I can organise the election process properly.

**Group Organiser** – Chair committee meetings and the AGM; Co-ordinate the Group; Arrange meetings.

**Group Secretary** – Prepare minutes of committee meetings and the AGM.

**Group Treasurer** – Look after the Group finances; Prepare Group accounts.

**Newsletter Editor** – Prepare and arrange printing of 3 or 4 newsletters per year; Arrange distribution of newsletters.

**Membership Secretary** – Contact all new CUK members in our area and invite them to join our group; Maintain the membership database.

**Social Secretary** – Organise meals out etc.

**Publicity and Web Page Manager** – Maintain the Sheffield Group Web Page on the CUK website; Send reports and photographs of events to CUK; Ensure details of future events are included in Crossed Grain magazine.

**Representative for Doncaster and Representative for Barnsley** – Organise events in these areas.



## Group Membership Renewal

This year we are asking all the members to renew their membership of the Sheffield Group by completing the enclosed Form. It is essential that everyone who wishes to remain a member of the Group returns the completed form to us A.S.A.P. Anyone who does not return the form will be removed from our membership list.

Also, due to lack of support for our Annual Draw, this is being discontinued and we are asking for donations from all members. Please be as generous as possible so that we can continue our work.

We would like to send more of the newsletters by email. Members on our email list get the same newsletter as the printed/posted version and they also receive extra information, which cannot wait until the next newsletter posting. If you would like to receive yours by email, please contact us at [sheffield@coeliac.org.uk](mailto:sheffield@coeliac.org.uk) Thanks to the people who have asked us to send their newsletter by email, but please remember to let Mike know if you change your email or postal address.



## Dates for your Diary

**Coeliac Awareness Week is 11<sup>th</sup> – 17<sup>th</sup> May.**

**Saturday 9<sup>th</sup> May** – York Food Fair at York College, Sim Balk Lane, (*just off the A1036*), York YO23 2BB, 10.30am – 2.30pm; Café serving GF snacks & drinks all day; Admission £2 per adult (*includes a raffle*).

**Tuesday 12<sup>th</sup> May** – Gluten-free dinner at Sheffield City College (formerly Castle).

More details of Awareness Week events and a booking form for the Dinner will be in the next newsletter.

**Saturday 17<sup>th</sup> October** - autumn meeting of the Sheffield Group.



**Eating Out** The following places have been recommended by members (some repeats).

Please remember there are no guarantees! Always check before ordering.

### SHEFFIELD

**Eten, 2-3 York Street, S1 2ER**, 0114 2730658; Café, Bistro and Tearoom; [www.etensheffield.co.uk](http://www.etensheffield.co.uk)

**Brocco on the Park Hotel**, Brocco Bank, Hunters Bar; Brand new hotel, most items on the menu are gluten-free.

**Gigi's Italian Restaurant**, Oakbrook Road, Fulwood; A new place which offers gluten-free pasta & sauces.

**Carluccio's**, Meadowhall and Ecclesall Road; Gluten-free options including pasta, pizzas & sauces.

City Centre – **Piccolino** in Millenium Square, **Aagrah** (Kashmiri restaurant) in Leopold Square.

**The Milestone**, 84 Green Lane (near Kelham Island).

**Temptation**, 181 Middlewood Road, Hillsborough, S6 4HD, 0114 2310977; Many gluten-free options with everything made on the premises & using locally sourced ingredients; Children's menu and Take-outs.

**Lamb's Cupcakes**, in the Chesterfield Market Hall do gluten-free celebration cakes and is now trialling gluten-free cupcakes.

**GF Cake Stall** in Wombwell market on Tuesdays, Penistone Outdoor market on Thursdays and Barnsley Outdoor market (*back of Poundstretcher*) on Saturdays; A good range of cakes including diabetic fruit cake. See her Facebook page [www.facebook.com/GailsCountryKitchen](http://www.facebook.com/GailsCountryKitchen) for full details and to order online.

**Filthy Gorgeous**, 322 Abbeydale Road, Sheffield S7 1FN, 07856 288794 – have a good range of organic fruit, vegetables, wholefoods and wine. These include several gluten-free products e.g. Voakes Pies. They hold regular Tasting Days and will deliver fruit and veg boxes to your door. For more information see [www.facebook.com/FilthyGorgeousSheffield](http://www.facebook.com/FilthyGorgeousSheffield) or Email: [angela@wildstarfood.com](mailto:angela@wildstarfood.com)

One of our members went on a cruise on the Thomson Dream and found that the buffets were clearly labelled with GF, including a selection of bread & rolls and a GF afternoon tea section. The menu in the waiter service restaurant also had GF options marked.

Don't forget to look on the Sheffield page of the Coeliac UK's website, [www.coeliac.org.uk](http://www.coeliac.org.uk), for Eating Out recommendations which have appeared in previous newsletters. We recently had an email from an American coeliac who had visited Sheffield and who had found the list very helpful.