



Sheffield Group Newsletter – Spring 2015

★ York Food Fair – Saturday 9th May 2015

This event will be held at York College, Sim Balk Lane, (*just off A1036*), York YO23 2BB.

The venue is next to the Park and Ride bus terminus within easy reach of the train and bus stations and on the Park & Ride bus route.

The Food Fair opens at 10.30am and closes at 2.30pm. Admission is £2.00 for adults, which includes a raffle, and is free for children under 16. There will be a café selling GF snacks and drinks.

The event is now in its 12th year and attracted over 800 people last year. Over 25 manufacturers including the major producers of gluten-free food plus many local companies have booked to participate in 2015.

This is a great opportunity for members, especially the newly diagnosed, to sample the different products and we highly recommend that you visit this event.

★ Group Membership Renewal

In our last newsletter, we asked people to renew their membership of the Sheffield Group and to send a donation to raise funds for the Group, (instead of holding the 'Annual Draw'). Many thanks to all the people who have returned their Renewal Form and to those of you who have sent a donation. Thanks also to the people who supplied their email address to save on postage. It is essential that everyone who wishes to remain a member of the Group returns the completed form to us by **30th April** or contacts Mike if the form has been lost. The membership list will be pruned at the beginning of May and if you have not indicated by this date, that you wish to remain on the list, **YOU WILL BE DELETED**.

★ Coeliac Awareness Week – Monday 11th – Sunday 17th May 2015

The focus this year is on reducing diagnosis time and tackling the miss diagnosis of other conditions, such as IBS. For more details see Crossed Grain Magazine.

There will be a gluten-free meal at Sparks Restaurant, Sheffield City College (*formerly Castle*), Granville Road, Sheffield S2 2RL on **Tuesday 12th May**. The cost is £18.50 per person for the 4 course meal. A Menu and Booking Form is included with this newsletter.

Sainsbury's are holding a Gluten-free Sampling evening in the Café at their Crystal Peaks store on **Thursday 14th May**, starting at 7pm. The store address is Sainsbury's, Crystal Peaks Shopping Centre, Mosborough, Sheffield S20 7PQ. These events are being put on by Sainsbury's to highlight the large range of gluten-free products they now have on their shelves. All you need to do is turn up on the night (no ticket required) but we would appreciate it if you could phone or email Mike, to let him know that you will be there and if you will be attending with others, so that he can let Sainsbury's know how many to expect.

Sainsbury's at Edenthorpe, Doncaster have invited the Sheffield Group to have a display stand and hold a bucket collection in the entrance to their store during Awareness Week. This is a great chance for us to raise funds for Coeliac UK and for our members in the Doncaster area to get involved. We have suggested we could man a stand from 10.00am to 4.00pm daily, if we get enough volunteers. The success of this will depend on how many volunteers we get. If you can help, please email or phone Mike to tell him which days you can do and what hours.

Anthea Rawlence is fund-raising again during Awareness Week by doing a 12 mile walk near Whitby on Saturday 16th May. You can sponsor her at <https://www.justgiving.com/AntheaRawlence2015> or phone her on 01629 650480 to arrange payment by cheque or find out more information. Sponsorship forms will also be available at the Dinner on Tuesday 12th May.



Group Meeting and AGM

Members and guests started to arrive at St. Mary's Church and Conference Centre at 10.00am to take refreshments and to chat to one another in the main hall. We were supported by the Dietitians, Nick Trott and Gillian Goddard and by Delicious Alchemy. There was the usual raffle and children's corner.

At 11.00am we moved across the corridor to hold our AGM in the conference room. After the AGM, Mitch Burden and Dr Peter Mooney gave an excellent presentation updating us about the research they are conducting along with Professor David Sanders at the Royal Hallamshire Hospital.

Thank you to all the members (and their partners) who helped on the day and to everybody who donated raffle prizes. It was very nice to see so many new members. We hope you enjoyed the meeting and were able to talk to people and feel you are not alone!

The **Committee** was elected as: -

Group Organiser - Mike Davidson; Treasurer – Marjorie Hardey; Secretary – John Hardey;

Newsletter Editor - Heather Davidson; Membership Secretary – Matthew Lemm;

Committee members – Carol Millard, Malcolm Smith & Camilla Sherwin.

Mick Reilly who has kept the Group going for many years has retired from the committee and was thanked for all his past work and presented with a small gift.

Group Organiser's Report – March 2015

Our aim is to raise awareness of coeliac disease and to support our membership with a network of local contacts and a program of events. We continue to contact all new members of Coeliac UK living in our area and invite them to join our group.

For many years we have raised funds by running an annual raffle. We have found that this is now not so well supported so this year we have simply asked for donations and at the same time we are pruning our membership. It is 12 years since we last asked members if they wished to continue their membership so the exercise is well overdue. We will not know the success of these changes until later this year.

Our meetings at St. Mary's are still very popular and well attended. Unfortunately the management at St. Mary's have stopped stall holders from selling products so the venue for future meetings is under review unless a compromise can be made.

During the last 12 months we have supported the Rotherham Nutrition and Dietetic Service at 2 gluten-free events, one of which was for the children of Rotherham to learn how to cook gluten-free successfully. We have helped at the York Food Fair and we have had a display at the Juvela Road Show. We have had meals out at Sheffield City College and at St. Mary's and our group are being invited to a number of Sampling Evenings at Sainsbury's stores.

To all our local contacts, committee members, helpers and supporters I would like to say a big thank you for all the work you do.

Accounts Summary for 2014

Opening Balance - £3412.33

Income - £4680.21

[Fund Raising Events £1748.20; Donations £847.50; Group Events £1934.00; Other £150.51]

Expenditure - £4844.43

[Fundraising Costs £300.00; Postage £1200.00; Group Events £2307.50; Printing & Stationery £430.83
Other £106.10; Donation to CUK £500.00]

Closing Balance - £3248.11

Note – Group Events include bookings for external events, e.g. Dinners, which are paid out to the venue.

Dates for your Diary

Saturday 20th June - Coeliac UK AGM and Food Fair at Wetherby Racecourse

The next meeting of the Sheffield Group of Coeliac UK will be on **Saturday 17th October 2015**. Full details will be in the next newsletter.