



An appetite for life

Glutafin look forward to meeting you all at the Cumbria AGM on Saturday 16th March and would like to offer the group an exciting opportunity to try lots of delicious gluten free samples.

**FEB
2013**

Welcome to a new and exciting year of your **Gluten Free diet!** For the newly diagnosed, we have this friendly and helpful message for you: **DON'T PANIC!** In these newsletters we provide a mix of handy GF hints and tips, we let you know about events and entertainment with a GF theme and signpost you to the people who can help you get to grips with the Coeliac lifestyle. These days you don't even have to read this newsletter, you can follow our Twitter feed and find us on Facebook. We hope to hear some feedback from you about your experiences as a Coeliac and look forward to seeing you at the events we've got planned for this year.

TTFN - The **North, East & West Cumbria Voluntary Support Group**

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SEE The Faeroes!

Friday 22nd March 7.30pm

Theatre Royal, Workington

The Faeroes and Friends are bringing their eclectic mix of blues, rock and pop music to the Theatre Royal in Workington .

We have very kindly been given a limited number of tickets to see the show at an exclusive reduced price of £6 (normally £9).

Contact Jean on 01900 810440 or at wccoeliac@sky.com (see back page for full contact details) to secure your ticket today!

Coeliac UK awareness week

Awareness Week 2013 is *Gut Feeling Week* which will focus on diagnosis of coeliac disease. Coeliac disease is still not as widely recognised as it should be, often meaning that accurate medical diagnosis can take up to an average

13 years. 1 in 100 people have coeliac disease however only 1 in 8 of those with the condition are diagnosed. By making your voice heard and taking simple steps, you will help us create national activity to help improve awareness of coeliac disease and drive up diagnosis.

To get involved and help raise awareness of the importance of diagnosis you could ask people to listen to what their gut is telling them and see if they have symptoms, hand out cards with symptoms listed to people who might have the condition, hold a meeting or even take our poster to your GP surgery and ask them to display it.

Make sure you order your Gut Feeling Campaign Toolkit by emailing gutfeeling@coeliac.org.uk for information and ideas on what you can do. These will be available from Coeliac UK from February 2013.



November's 10th Cumbrian Gluten Free Food Fayre 2013 will see a new venue, more parking and an event BIGGER than EVER!

The 10th Annual North, East and West Cumbria Group of Coeliac UK Food Fayre will be bigger and better than ever.

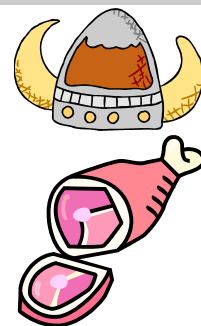
Parking has been a real challenge in recent years as our food fayre has got bigger and bigger with over 1,100 people attending in 2012. This year we are changing venue to **Carlisle Racecourse** where we will welcome the usual exciting mix of food and beverages with some special guest appearances to celebrate our 10th year including Helen and Lisa from Sweet Mandarin Sauces (from Dragon's Den). More announcements will be made in the coming months.

Recipe Books (again) !

We're entirely fed up of promoting our Gluten Free recipe books. For pity's sake buy one, will you?!! £3.50 blah blah...available at forthcoming events..yadda yadda etc.

York Food Fayre

By Odin's beard! It's the next York Food Fayre which will be held on the 11th May at the Bar Convent 17-19 Blossom Street, York, YO24 1AQ. If you've got a cold, don't forget to take YORVIK Sinex with you.



Meet the Committee Jean Foster (Organiser)

Olivia Blackburn
Rachel Brinicombe
Peter Foster
Andrea Martin
Anne Sowerby
Anna Whitehead
Newsletter senior vice president in charge of paperclips:
Ben Brinicombe

Things we are thinking about organising in the coming year:

A Mr & Mrs evening featuring entertainment in the style of the popular game show.

A Bingo Night - A quiz night etc. Taste Testing anything.

Let us know what you think.. Send your views to:

wccoeliac@sky.com

We would especially like to hear from members in the Carlisle, Penrith and Eden areas as we are still getting to know you.

The Great North Gluten Free Food Fayre

This is an independently organised event and will be taking place on the 27th April 2013 10am—4pm at The Castlegate, Melbourne Street, Newcastle Upon Tyne, NE1 2JU. This is a new event and NOT organised by Coeliac UK or any of our Groups therefore we cannot give any guarantees as to its Gluten Freeness!! We don't know if Kevin Keegan, the likely lads or Ant & Dec will be attending.



Candy Land Can!

Who can take a sunrise, sprinkle it with dew, cover it with chocolate and a miracle or two? Well, not the Candy Land Sweet Shop in Senhouse St, Maryport. But they can point you in the direction of GF sweets. They will shortly have a list of all GF sweets in the shop available. Yum Yum!

Butternut squash and lime soup with poached egg

egg *Many thanks to the BBC Website and celebrity chef James Martin for this recipe. See: www.bbc.co.uk/food/recipes.*

Ingredients

75g/2½oz butter
1 onion, finely chopped
600g/1lb 5oz butternut squash, peeled and cut into small cubes
2 garlic cloves, finely chopped
500ml/18fl oz fresh chicken or vegetable stock
2 limes, juice only
150ml/5fl oz double cream
salt and freshly ground black pepper
1 tbsp white wine vinegar
4 free-range eggs
300g/10½oz baby spinach leaves
2 tbsp extra virgin olive oil
2 tbsp mixed cress



This is one of those recipes that takes a normal soup and ramps it up to the next level...with an egg on top!

Method: Heat a sauté pan or a large saucepan until hot. Add half of the butter and the onion and fry for 1-2 minutes.

Add the squash and cook for another two minutes. Add the garlic and cook for a further minute.

Add the stock and bring to the boil, reduce the heat to a simmer and cook for five minutes, or until the squash is tender.

Add the lime juice and double cream, cool slightly, then transfer to a food processor and blend to a purée. Season to taste with salt and freshly ground black pepper.

Return the purée to the pan and heat through.

Meanwhile, bring a saucepan of water to a simmer and fill a bowl with iced water.

Add the vinegar to the pan, then swirl the water and crack in two eggs at a time. Poach for 1½ minutes, or until just cooked. Remove the eggs using a slotted spoon and transfer to the bowl of iced water. Poach the remaining eggs in the same way.

Heat a frying pan until medium-hot, add the remaining butter and heat until foaming, then add the spinach and fry gently until just wilted. Season to taste with salt and black pepper, then drain on kitchen paper.

When ready to serve, drop the eggs back into gently simmering water to reheat (approximately 30 seconds to a minute, depending on how long the eggs were sat in cold water). Lift out, drain onto kitchen paper and season with a little salt and black pepper.

Place a mound of spinach into each serving bowl, pour over the soup, top with a little more spinach and a poached egg. Finish with a drizzle of extra virgin olive oil and a few cress.

HEROES!

Well Done to ASDA & Co-op who have a good selection of own brand and other crisps that happen to be Gluten Free! (always check the label)



VILLAINS!

Curse Gary Lineker and his salty snacks! They used to be Gluten Free but now they're not. Shame on you, Walkers crisps!



Apart from our own web page on the Coeliac UK site we try and use Facebook and Twitter on a regular basis so if you are that way minded it is worth following us for general info.

There is also another really good website especially if you are travelling in a new area, it is www.liveglutenfree.co.uk which is well worth a look. It has places to eat out, places to stay, recipes and much more. They are also on Facebook and Twitter.

For those of you that do not have a computer or mobile device you can always pop along to your local library and use theirs if you feel so inclined.

Many thanks to Mark Hansford who kindly submitted the article below:

<http://www.coeliacmap.com/Map>

CoeliacMap is a very useful application you can use when you want to find somewhere to eat. It is available on your PC at the website above, and also as an “App” to download and use on your smart phone.

It shows all the available places in the area you choose. Clicking on the markers allows you to find details such as the address and phone number, and also reviews by other people. You can also add your own review.

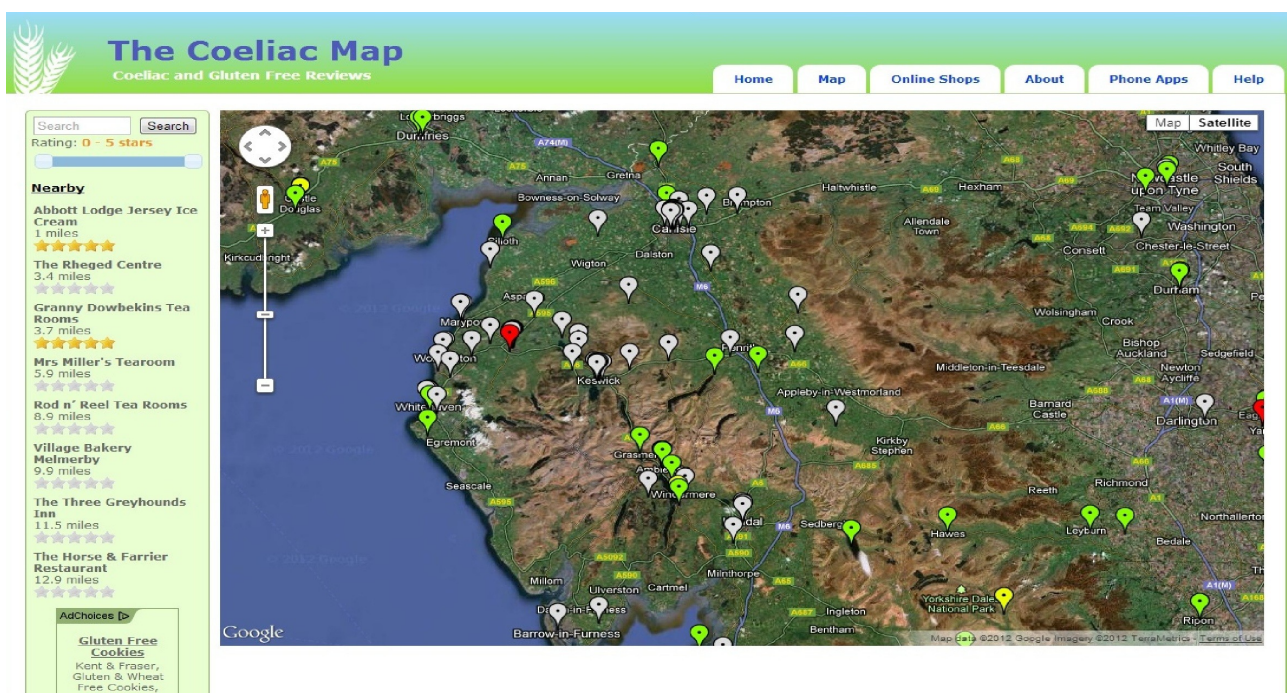
Many of our known Cumbrian venues have been added. If you have experience of them it would be helpful if you could add a review. Additionally if you know of other venues that could be added you can do this too.

I think this is a very useful tool for eating out, and frequently use it to find somewhere to eat when I am travelling. I think visitors to our area will also find it helpful, so anything you can add will be greatly appreciated.

Venues can be added to any place in the world, Norway is particularly well covered!

I encourage you to give it a try!

Mark Hansford



The screenshot displays the 'The Coeliac Map' website interface. At the top, there is a navigation menu with links for Home, Map, Online Shops, About, Phone Apps, and Help. Below the navigation is a search bar and a rating filter set to '0 - 5 stars'. The main content area features a map of Cumbria, England, with numerous green and red location markers indicating gluten-free venues. A sidebar on the left lists nearby venues with their names, distances, and star ratings. The venues listed are:

- Abbott Lodge Jersey Ice Cream (1 miles, 5 stars)
- The Rheged Centre (3.4 miles, 5 stars)
- Granny Dowbekins Tea Rooms (3.7 miles, 5 stars)
- Mrs Miller's Tearoom (5.9 miles, 5 stars)
- Rod n' Reel Tea Rooms (8.9 miles, 5 stars)
- Village Bakery Melmerby (9.9 miles, 5 stars)
- The Three Greyhounds Inn (11.5 miles, 5 stars)
- The Horse & Farrier Restaurant (12.9 miles, 5 stars)

At the bottom of the sidebar, there is an 'AdChoices' section with a 'Gluten Free Cookies' icon and text: 'Kent & Fraser, Gluten & Wheat Free Cookies, Biscuits &...

Reply Slip

Name

Address

.....

Email Address

Telephone Number.....

Please let us know if you are attending the following events:

	Yes	No
College Dinner (Lakes College) 8th March I will be bringing _____ people to college dinner I enclose a deposit of £ _____ for the college dinner	<input type="checkbox"/>	<input type="checkbox"/>

AGM 16th March in Kells, Whitehaven	<input type="checkbox"/>	<input type="checkbox"/>
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Trip to Newburn (Warburtons) bakery 19th April I will be bringing _____ people to the Trip I enclose a deposit of £ _____ for the Trip	<input type="checkbox"/>	<input type="checkbox"/>
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Please return to Jean Foster 14 North Street Maryport CA15 6HR. Thanks to those who sent stamps last time round. It means that we can continue to send out newsletters!

If more convenient please email to Peter at: ca156hr@sky.com

Everyone is welcome to attend meetings even if you are not a coeliac and are not a member of Coeliac UK. The group offers support to all in Cumbria.

Thought for the day: If a man offers an opinion in a forest and his wife isn't there to hear him, is he still wrong?

Please fill in the reply slip as it helps us to set up venues and get the right amount of buffet / samples / chairs before our events. ALL REPLY SLIPS WILL BE ENTERED INTO A FREE PRIZE DRAW!!!!



Gluten Free dates for your Gluten Free diary

Please check on the website and on your newsletters regularly as events will be added throughout the year, also updates on Twitter and Facebook.

23rd February, (Sat) 11am-1pm **Coffee Morning**, Morton Community Centre, Wigton Road, **Carlisle** CA2 6JP - Come along for Gluten Free information and general chit chat!

8th March, (Friday) 6pm - **College Dinner** La Rue Restaurant, Lakes College, Lillyhall, **Workington** CA14 4JN (£5 deposit required by mid February)

16th March, (Sat) 10.30am - **AGM & General meeting** St Mary's Church Hall, Kells, **Whitehaven**, CA28 9PG Buffet and Guest Speaker from Glutafin who is bringing "lots of Gluten Free samples"

6th April, (Sat) 10am – 12noon - **Coffee Morning** Theatre Royal, Washington St, Workington CA14 3AW Pop in for a chat and a cuppa. Home made gluten free cake stall will be there

19th April, Friday – Coach Trip to look round Warburtons Newburn Bakehouse near Newcastle
An outing to the Newburn Bakehouse, Newcastle Upon Tyne. Initial pick up points are Cockermouth, Keswick, Penrith and Carlisle. **Please let us know as soon as possible if you are interested in going.** Coach tickets will be £10 each. Possibility of more pick up points if needed.

Coeliac Awareness Week

15th May, (Wed) 10am – 2pm - **Information Table**, Sainsbury's, **Carlisle**

16th May, (Thurs) – 12noon **College Lunch**, La Rue Restaurant, Lakes College, Lillyhall, **Workington** CA14 4JN

18th May, (Sat) – 10am – 12noon **Coffee Morning & Showing of DVD titled "Gut Feelings"** which was made by Coeliac children for Coeliac children & teenagers in Theatre Royal, Washington St, Workington CA14 3AW. Home made gluten free cake stall will be there

15th June (Sat) 11am - 1pm **Coffee Morning** Rugby Club Penrith

14th September, (Sat) 11am – **General Meeting** More details soon Braithwaite Village Hall near **Keswick**. CA12 5RY.

28th September, (Sat) 10am – 12 noon - **Coffee Morning** Theatre Royal, Washington St, Workington CA14 3AW. Home made gluten free cake stall will be there.

17th October, (Thursday) 6pm **College Meal, Carlisle College (More details to follow)**

16th November, (Saturday) 10.30am – 2.30pm Our **10th Annual Food Fayre**. This year we have a **NEW VENUE** - The **Bell Hall/Patterson Suite** at **Carlisle Racecourse**, Durdar Road Carlisle CA2 4TS. Bigger and better than ever with car parking for over 2000 cars.

Please remember to let Jean/Peter know if you are attending as we need to know numbers in advance, especially where food is involved.

Phone numbers: 01900 810440 or 07944 977779 or 07590 322300 or email: ca156hr@sky.com