

## FV Food Fair Success

We were delighted with the success of our first Mini Food Fair, held in Bathgate on the 14<sup>th</sup> of November. There were over a hundred and forty people there and hopefully everyone enjoyed the choice of stalls and the refreshments on offer to attendees afterwards.

Our thanks are due to the members of St John's Parish Church for all their help, as well as the stallholders and, of course, to all those who came along on the day. We have not planned a Food Fair for this year but will bear in mind all the useful comments you made for the future.



## All Readers Please Note!



You're no doubt aware that the price of postage has increased quite significantly over the last couple of years. This is now quite a sizable expense which we wish to keep as low as possible.

Over the past few years more and more of our members have been receiving this Newsletter by e-mail at next to no cost to ourselves. If you currently get the newsletter e-mailed then you can relax as you'll continue to receive these as long as your e-mail address is active.

If you currently get your newsletter posted to you but would like to move to e-mail then please e-mail our Membership Secretary Marion Smith on [roymars1@live.co.uk](mailto:roymars1@live.co.uk) and we'll add you to that list.

If you do not have access to e-mail and would like to keep receiving this newsletter by post then please call Marion on 01324 823011 to let her know.

If you don't take one of these actions then we'll be in touch to ask how you'd like to receive the newsletter.

However it would help us if you can contact us before this by one of the methods listed above.

## 2016 FV AGM

This year's AGM will be held on Saturday 5<sup>th</sup> March at Greenpark Community Centre in Polmont.

Doors will be open from 11.00am with the AGM starting at 11.30am. All members of our current committee are intending to stand for re-election, but we would be delighted if there was anyone else who would like to volunteer to be on the committee.

After the official business Joe from Nae Wheat and Elaine from Maisie's Cakehouse will be offering you a chance to stock up on their lovely goodies.

Finally 'Orders for lunches from Land & Sea Fish and Chip shop will be taken before the AGM starts.

## Dates for your Diary

**Fri 29<sup>th</sup> Jan 11am – Cuppa & Chat**, Blossoms Coffee Shop, Torwood Garden Centre, Larbert FK5 4EG. Join us for an informal chat in relaxed surroundings.

**Sun 21<sup>st</sup> Feb 2-4pm – Childrens' Party**, Broompark Community Hall, Davies Row, Denny FK6 6NP. Loony Toons & GF Buffet – Booking essential.

**Sun 28<sup>th</sup> Feb 11am – Cuppa & Chat** – See full details above

**Sat 5<sup>th</sup> Mar 11am – AGM**, Greenpark Community Centre, Greenpark Drive, Polmont FK2 0PZ. AGM, Nae Wheat, Masie's Cakehouse, Fish & Chips.

**Fri 18<sup>th</sup> Mar 11am – Cuppa & Chat** – See full details above

**Sun 24<sup>th</sup> Apr 11am – Cuppa & Chat** – See full details above

## “Cuppa and Chat” Picture

Here’s a picture from the August event of our popular “Cuppa and Chat” meetings at Blossoms Cafe in Torwood Garden Centre.

Andy Jeffrey, from Malcolm Allan, family butcher, had come along to trial their new gluten free Lorne Sausage. Blossoms Cafe were as helpful as ever, sorting out cooking them in a separate fryer. There was a terrific turn out that day and everyone seemed to enjoy it.

The next get together is on Friday 29<sup>th</sup> Jan when Joe from NaeWheat will talk about setting up his business and offering us the chance to try some of his fantastic baking.



## All Change at Land & Sea



The Land and Sea Fish and Chip shop in Polmont has been a feature of the local GF scene since it started it’s

GF Saturdays over 10 years ago. Well the bad news is that Saturday 6<sup>th</sup> February will be the last ever GF Saturday.

However the good news is that although the Saturdays are stopping, Land and Sea are extending it’s range of GF food available at any time. So just walk up any day between 4.30pm and 10pm for a selection of GF goodies, 7 days a week.

The only small restrictions to this new offer are Mushrooms and Scampi, for which they will now require prior notice.



## FV Eating Out Guide

CUK suggested that each group put together a list of food venues recommended by members. We’ve made a start and will bring the info we have collected so far to meetings. Please ask if you would like to see it or perhaps you have some names that you would like to add to it.

## It’s your Newsletter!

I’m always on the look out for news to put in here, but contributions from other FV Group members are always welcome. If you have any GF information, either locally or from your travels, contact your Newsletter editor Murray Thomson on 01786 813344 or preferably e-mail muzzat@lineone.net Thanks.

## Party Time!

Our first event in 2016 will be our annual Children’s Party. This will be held on Sunday 21<sup>st</sup> February in Broompark Community Hall, Davies Row, Denny FK6 6NP from 2.00 to 4.00pm.

Billy Stevenson from Loony Toons will again be providing entertainment for the children as he did such a fantastic job last year.

Gluten free refreshments will be available to all the children and parents. Booking is essential so please contact Annette on 01324 872324 by Friday 12<sup>th</sup> February.

## Cuppa & Chat

If you fancy an informal chat with some fellow Coeliacs, then why not come along to one of our Cuppa & Chat sessions?

These are held at Blossoms Café, Torwood Garden Centre, Larbert and will be continuing throughout 2016 every month, except for July and December.

We alternate dates between Fridays and Sundays with the first on Friday 29<sup>th</sup> January and then Sunday 28<sup>th</sup> February. We are always delighted to see new faces, so if you fancy a wee blether along with a cuppa and delightful gluten free baking, please come along.

## Costa & M&S News

I know the festive season is behind us, but Costa deserve a mention for stocking GF Turkey, Bacon and Cranberry Wraps in the run up to Christmas. I can assure you they were very tasty.



And on the subject of food on the go Marks & Spencer have added a BLT sandwich to their Made without Wheat range. I would say it’s their best sandwich yet and really filling.