

Spring 2017

coeliacuk

live well **gluten free**

Harrogate & District Group

GLUTEN FREE FAMILY TEA PARTY?



As we have quite a number of children on our local area coeliac database, we are wondering whether we might arrange a Saturday afternoon tea party for parents and children – and anyone else who wanted to come! We could include some activities, cartoons and games, as well as food and drink.

If you would be interested in such a possibility (probably some time towards the end of June) please ring Marilyn Larner on 01423 509768 and let her have your views. We are conscious that, apart from the meals at Pizza Express, the social events we arrange are not suitable for children, and are anxious to remedy that if possible.

Looking forward to hearing from you!!

Have you heard that the NHS Clinical Commissioners are planning to remove gluten-free prescribing across England?

Simon Stevens, Chief Executive of NHS England announced this week that a review would be conducted in April of a number of prescribed items, including the prescribing of gluten-free foods. You can read an item from the BBC website [here](#).

This is a [link](#) to a Channel 4 News item you may have missed this week, with Sarah Sleet.

Letter from Brian Hulme, local group organiser

Hello Everyone!

As I write this for the Spring Newsletter the sun is shining, and Harrogate is at its best with the daffodils out on the Stray - we are so fortunate to live in such a beautiful town.

We lost our fight to keep our gluten-free prescriptions last Autumn, and as we thought, many more CCGs up and down the country have followed suit. We would be interested to hear from you of any difficulties you have encountered since the withdrawing of our prescriptions. I have noticed the supermarkets have increased their range in the past few months – but at a price!!!.



We have tried to keep a range of social activities to suit everyone, and thanks to all who have joined us. We had a lovely Christmas Meal at the Shoulder of Mutton - thanks to Kate once again for putting on a very enjoyable evening. Our future events include an evening meal at Jinnah's and our annual Summer Barbeque, coffee at Slingsby's café, and lunch at the Ugly Duckling Knaresborough. We would like meet more 18 to 30 year olds! I hope you saw the article Guts - gluten free for the under thirties – in the Spring Crossed grain (page 10).

I would like to say a big thank you to our committee for their hard work and support. We are very short of committee members at the moment, so if you feel you could join us, come along to our AGM on Sat April 8th.

Very best wishes

Brian Hulme, Group Organiser, Harrogate & District Group

Come to our AGM on Saturday 8th April, 2- 4pm

at the Roberts Centre, 1-3 Robert Street, Harrogate HG1 1HP

We have invited the **Gluten-Freeez** to come and tell us about their delicious baked goods, and they have promised to bring some samples!



Trisha of Gluten-Freeez says 'My husband Mark was diagnosed as a coeliac some years ago and I decided to produce my own home baked delights for him, using locally sourced ingredients. Rest assured you can eat and enjoy gluten free produce from us as these are all made and handcrafted in **my totally gluten free kitchen!**'

We are also keen to recruit some new committee members, so please let us know if you could join us!

Jess's Story

A university student from Harrogate with Coeliac Disease has branded the NHS as 'not being there' for her, after cuts have meant basic gluten free foods are no longer available on prescription.

Until August last year, Jess Foley, and other diagnosed coeliac sufferers were eligible for subsidised gluten free staple products through their local GP in the district. But after a decision to cut the service by the funding body for health services in the area, Jess said she has been left frustrated at the unfair cuts.



She said: "It's very frustrating, I get they have to make savings in the NHS but I feel like this was a really important service and also we were paying for it, I wasn't getting it all for free. You don't ask to have coeliac disease, you're just born with it. The NHS isn't providing the treatment we need, it's not helping us to stay healthy. It's meant to be there for you at the point when you need it and we need something and it's not there for us."

The Harrogate and Rural District Clinical Commissioning Group (HaRD CCG) is the NHS organisation which buys health services for the area. In August the HaRD CCG's governing body decided to cut the prescriptions back to only the most vulnerable people living with coeliac disease. The auto-immune condition can cause sufferers a number of health problems, from sickness and diarrhoea to cancer and unexplained infertility issues, if a gluten-free diet is not followed.

Jess was diagnosed with coeliac disease in October 2015 and was eligible for the subsidised food for just six months before the cut. Now, Jess says she is forced to buy 'reduced' products just to be able to afford to eat gluten-free food.

She said: "In the first six months I got prescriptions for bread, pasta and pizza bases and a little bit of flour every month and I paid every month for my prescription. Then they took the decision to stop the prescriptions altogether, we weren't allowed anything unless it was exceptional circumstances. It's a lot more expensive. Gluten free bread is about £3 and about half the size of a normal loaf of bread. I have to buy things when I see them reduced because otherwise it's just not affordable. It was basic food to help you on your way, now we have to pick up the cost which doesn't seem fair."

Explaining that the products available in the supermarket rarely have the same nutrients that the food available through the NHS did, Jess is also forced to take supplements to get the vitamins she needs.

She said: "It just affects your whole life. When I go out for a meal I have to really think about it, now we're not getting the prescriptions anymore, I have to really think about my finances and whether I can afford to go out. You can't just go out for the day or go to work and just grab something for your lunch when you're out, you have to plan your meals every day."

Reprinted with permission from The Harrogate Advertiser (published on Tuesday 28th February 2017)

Restaurant recommendation

Betty's Café Tearooms

1 Parliament Street
Harrogate
HG1 2QU
Tel: 01423 814070



I received some Betty's vouchers recently, and was delighted to enjoy a lovely lunch in the restaurant. They had a special gluten-free menu, though I noticed that it had some very similar items to the usual menu, but the GF versions were more expensive! The waitress assured me they were very different dishes....

They were very careful to state that the dishes 'contained no gluten-containing ingredients' but with the usual disclaimer – and a note that the chips would be cooked in the same fat as bread-coated items. So beware!

I was very disappointed that while they could do a gluten-free afternoon tea, with GF sandwiches and cake, they were not able to provide a gluten-free scone, unless I went to the extra special afternoon tea with a pianist!!

So while the service was brilliant (even though it was very busy, as usual) I felt that my special requirements were just about met, and I thought that they could do a lot better for the prices they charge. I had a delicious Bacon and Gruyère Rosti, and a wonderful chocolate torte!

And this is one restaurant that does not take bookings (except for the expensive afternoon tea with the pianist!)

Café M



Some of us enjoyed a coffee at Café M, Victoria Shopping Centre in Harrogate a few months ago, and here is [a link](#) to their Facebook page, which features a lovely new gluten-free menu.

As always, don't forget to check out with the waiter that they are aware of your need for **no contamination!**

Harrogate & District Group News

We hope you are enjoying our new monthly social events! It is lovely to see so many of you on a fairly regular basis, and I hope you feel more part of a gluten-free community.

We have put together a calendar of events for the rest of the year, and hope you enjoy exploring some new venues. Always ring in advance to book your place, and find out what your gluten-free choices will be on the day.

Please let me know of any restaurants or cafés you can recommend we visit!

Now that we can no longer order our bread on prescription, why not try making your own bread? Brian Hoare from the Bridge Café in Knaresborough recommends this recipe...

EVERYDAY WHITE BREAD (for breadmaker)

Recipe from the book 'Amazing Gluten Free Bread and Cakes for your Breadmaker' by Carolyn Humphries published by Foulsham. A good, all-purpose loaf that's great for everything from toast to sandwiches. Makes one medium loaf.



1 egg
350 ml/12 fl oz/1½ cups water
60 ml/4 tbsp sunflower oil
5 ml/1 tsp lemon juice
7.5 ml/1½ tsp salt
20ml/1½ tbsp. caster sugar (superfine)
400 g/14 oz/3½ cups white GF flour mix
15 ml/1 tbsp xanthum gum
15 ml/1 tbsp active dried yeast

- Beat together the egg and water, then pour into the breadmaker pan
- Add all other ingredients in the order listed
- Set the machine to basic. 700g/1½ lb/medium, dark crust
- When cooked, switch off the machine and leave bread to cool in the breadmaker for 10 minutes
- Turn the bread out of the pan on to a wire rack. When cool to handle, remove the paddle if necessary
- When cold store in a bread bin for up to 4 days or slice and freeze

GLUTEN FREE RECIPES USED IN 'THE BRIDGE' ON VALENTINE'S DAY 2017



Valentine Cookies

Ingredients:
100g/4oz butter/margarine
100g/4oz soft brown sugar
1 medium egg whisked
200g/8oz GF flour mix
1 tsp vanilla essence
1 tsp baking powder

Cream together butter, sugar and vanilla essence. Beat in egg with flour mix to form a dough. Knead lightly on flour dusted surface. Cut into 15-20 shapes and place well apart on a greased baking tray. Bake for 15-20 minutes at 10-15 mins at 190C/375F/Gas Mark 5. Allow to cool slightly before removing and decorating if desired.

Toffee Muffins

Ingredients:

200g/8oz JGF flour mix
1 tsp baking powder
100g/4oz soft margarine
100g/4oz soft brown sugar
4 medium eggs whisked
6 tbsp toffee sauce



Simple all-in-one method: beat all ingredients together. Divide between 12 muffin cases and bake for approx. 10-15 mins at 190C/375F/Gas Mark 5.



Shortcake biscuits

Ingredients:

6oz plain GF flour
3oz caster sugar
5oz margarine
2oz ground almonds

Rub ingredients together and then roll out and cut into shapes. Bake at 160C for 15 minutes.

Victoria sponge cake

Ingredients:

6oz butter
6oz caster sugar
6oz GF self-raising flour
3 large eggs
2½ fluid oz milk
Few drops vanilla extract

Filling:

¼ pint whipping cream lightly whipped. Jam.

2 x 8inch round sandwich tins, buttered and lined.

Pre-heat oven to 190C.

Mix all ingredients together and beat until smooth. Bake at 190C for 20-25 minutes. When baked leave to cool in tins for 10 mins and transfer to wire racks to cool completely. Fill and dredge top with caster sugar.



Mocha Squares

50g/2oz GF flour mix

1 x 5ml teaspoon GF baking powder

125g/4oz soft margarine

125g/4oz caster sugar

2 medium eggs, whisked

50g/2oz GF chocolate, grated

50g/2oz desiccated coconut

50g/2oz ground almonds

Topping:

25g/1oz butter, melted mixed with

1 x 5ml tablespoon boiling water

2 x 5ml teaspoon instant coffee granules

150g/5oz icing sugar, sieved

25g/1oz cocoa powder, sieved



Cooking time: 25-30 minutes

Oven temperature: 180C / 160C Fan / 350F / Gas Mark 4

Method:

- Make the sponge. Cream the margarine and sugar together using an electric whisk until pale, soft and fluffy. Gradually whisk in the eggs.
- Add the remaining ingredients and mix thoroughly.
- Pour the mixture into a lined 20 x 28cm / 8 x 11" shallow baking tray. Bake until well risen and the sponge springs back when touched lightly.
- Stand for 5 minutes before turning out onto a cooling tray.
- Make the topping. Place the dry ingredients into a mixing bowl and stir in the melted butter and dissolved coffee and mix well to make a thick smooth icing.
- Spread onto cooled sponge and allow to set before cutting into squares.



Fruit and nut clusters

50g/2oz butter

1 tbsp honey or golden syrup

50g/2oz glace cherries

75g/3oz GF flour mix

100g/4oz chocolate

25g/1oz demerara sugar

50g/2oz chopped nuts

25g/1oz mixed peel

Pinch baking powder

Melt butter with sugar and honey/syrup gently until sugar melts. Add nuts, fruit, flour and baking powder. Put 15-18 spoonfuls of mixture about 4cm apart on well-greased baking sheet and flatten slightly.

Bake for 15 minutes at 160C/325F/Gas Mark 3.

When cool, cover base with melted chocolate.

YORK GLUTEN FREE FOOD FAYRE CANCELLED

Sadly the popular Food Fayre planned in York for Saturday 13 May has been cancelled, because of lack of interest from the exhibitors and manufacturers who make it a viable event.

Harrogate & District Group events 2017

(Please ring the venue in advance to book, reminding them you want GF.)

Sat 8th April: AGM at St Robert's Centre, 2 - 4pm

7-13th May: Coeliac UK Awareness Week

Tues 9th May: Coffee at the Bridge Café, Knaresborough 10 -12pm (no need to ring in advance)

Wed 14^h June: Dinner at [Jinnah's](#), Cheltenham Parade, from 6pm ([01423 563333](tel:01423563333))

Sun 16th July: Summer BBQ, [The Shoulder of Mutton](#), Kirkby Overblow, 4 for 4.30pm (£12.50 per person, [01423 871205](tel:01423871205) to book)

Thurs 17th Aug: Coffee at [Slingsby's](#), Tower Street 10 -12pm ([01423 531111](tel:01423531111))

Fri 15th Sept: Lunch at the Ugly Duckling, Knaresborough 12.30pm (01423 868090)

Mon 23rd Oct: Dinner at [Pizza Express](#) 5.30pm ([01423 531041](tel:01423531041))

Weds 22nd Nov: Coffee at [Palm Court](#), 29 Montpellier Hill 10 -12pm ([01423 566220](tel:01423566220))

Christmas Dinner: an evening in December, tbc.

Changes of contact details

Please let us know if your details change, so we can keep our membership data up-to-date. We would welcome an annual donation of £3 to help towards the costs of running the group.

Harrogate and District Group Committee

Group Leader:	Brian Hulme	01423 530112
Secretary:	Anne Russell	01423 421460
Treasurer:	Mick Ward	01423 540711
Newsletter/Membership:	Marilyn Larner	01423 509768
Group Email:	haywra@gmail.com	

Thanks for reading!!