

WESSEX VOLUNTARY SUPPORT GROUP NEWSLETTER October 2017



Wessex
Local Group

Forthcoming Events

Dates for your Diary

<https://www.coeliac.org.uk/local-groups/wessex/event/s/>

Cookery Demonstration

Saturday 25th
November

Hedge End 2000
Centre,
St Johns Road,
Hedge End,
Southampton,
S030 4AF

Eastleigh College Dinner

Thursday
8th February

Our next meeting

Will be a Cookery Demonstration on Saturday 25 November. As Winchester University are not now able to do the demonstration, we are delighted that, at very short notice, Jane Devonshire has agreed to do the demonstration for us. As you can see from our article about the Food Fair later in this newsletter, Jane is a very inspiring speaker so it should be a very enlightening and enjoyable morning.

The meeting will be held in the Hedge End 2000 Centre, St Johns Road, Hedge End, Southampton, S030 4AF where parking is available.

Doors will open at 10.00 am for refreshments followed by the cookery demonstration at 10.30 am.

Tickets will not be required as there is no charge for the event. We will be holding a raffle.



Event for 2018

Following the success of the 2017 dinner, we are very pleased that Eastleigh College will be putting on a dinner for us on Thursday 8 February 2018, 6.45 pm for a 7.15 pm meal, in their East Avenue Restaurant. Car parking is available at the college and at the nearby Desborough car park. The menu for the dinner is below. The cost of the three-course dinner, tea and coffee is £18.00 per person. Space will be allocated on a first-come-first-served basis.

Although your cheque will not be paid into the group's bank account until January, please send it to Janet Day, 24, Foyle Road, Chandlers Ford, SO53 4QP as soon as possible to secure your places, together with your menu choices on the booking form at the end of this newsletter. If you have an email address, your tickets will be sent electronically. If not, please send a stamped addressed envelope for your tickets. For those of you with other dietary requirements, we can obtain a full list of ingredients used. Please ask for more details when you send your cheque.

We are now on Facebook (<https://www.facebook.com/groups/852666138200695>) to join the group and keep informed of our events and local venues as recommended by you!

Recent Activities

Gluten Free Food Fair

Our last event was our Gluten-free Food Fair in the Guildhall Winchester on Saturday 7 October 2017.

The committee was delighted to see so many of you there and hope you enjoyed your experience. Many visitors told us they found Jane Devonshire's talk illuminating and well worth listening to. Jane also toured the fair throughout the day so those who were unable to attend the talk had the opportunity to meet her face to face. We are extremely grateful to Jane for giving up her time to attend the event.

A few more exhibitors booked for the fair this year than previously and many of them said they were impressed with the number of visitors and the ambience of the Guildhall.

Feedback on your experience would be greatly appreciated to help the committee plan for the future.





Other Events

The Committee has had a presence at the

- Southampton and Winchester Hospital Clinics,
- Office of National Statistics Health Day
- M&S Hedge End Gluten-free evening.

Two members went to Birmingham for the Volunteers Conference.

Links with our local hospitals

As reported in the June 2017 newsletter, your committee continues to support Winchester Hospital by providing light refreshments at their quarterly evening Coeliac clinics.

These refreshments give everyone an opportunity to relax and have a chat over a cup of tea and a piece of cake.

Depending on patient numbers we now also provide light refreshments at Royal South Hants Hospital monthly clinics.

Dining out

We are grateful to Penny Westlake who has recommended The Queen Inn, St Cross Winchester which offers "a lot of gluten free options across the whole menu and who have set up their kitchen to avoid cross-contamination. It is a very friendly pub with a nice garden at the back, and the food is excellent."

Please do let us know of your experiences – send your reviews and recommendations to wessex@coeliac.org.uk

If you choose to eat at any of the eating establishments recommended by our members, it is the responsibility of the reader to ensure their safety and bear in mind that chefs and owners change. The venues are not all Coeliac UK accredited and we take no responsibility for any ill effects suffered as a result of any meal or food consumed from any featured venue

Members Special Offer

Holiday Villas Algarve, both sleep 6 and have pools

CORINA, reference number 1025 Vale Do Lobo

MIRANDA, reference number 3794 Dunas Douradas

Full details of the individual villas can be found at www.sun-hat-villas.com. Prices for bookings between mid-October 2017 and 30th April 2018 are Euros 500 per week inclusive of water and electricity (except for heating the pool) Eating out and buying gluten free food is very well catered for in the area.

For more information and to book at these prices, please contact admin@john-hammond.com and Ana will get back to you.

Remember to quote Coeliac Wessex to receive this fantastic offer.

Don't forget we are now on [Facebook](#) click here to join the group and keep informed of our events and local venues as recommended by you.

This is for your awareness and information - we currently have no experience of the above company(s) but would be interested to hear members' views and feedback.

Promoted Supplies & Venues



The Little Fryer – Bitterne offers gluten Free Fish & Chips every day of the week. Call ahead and book your gluten free options.

Tel 02380 436184 – 17 West End Rd,
Southampton SO18 6TE

Schär Glutenfree Holidays is the new travel portal from Schär. If you're looking for a great holiday, where you can relax safe in the knowledge you will be able to eat completely gluten-free, then look no further. <http://www.holidays.schaer.com/>





We would like to thank [Sunrise Senior Living](http://www.sunrise-care.co.uk/) who have kindly agreed to print our newsletters for our postal members, Sunrise are represented in Winchester and Southampton and you can visit their website <http://www.sunrise-care.co.uk/>

Sunrise provide Assisted Living services that are all about treating each and every resident as an individual. By understanding our residents' needs, preserving dignity and respecting independence, we help to create a real sense of home. to find out more [click here](#).

Don't forget we are now on Facebook to join the group and keep informed of our events and local venues as recommended by you.

Thank you for taking the time to read through the newsletter. We hope the information given is of interest. Please let us know what you would like to see in our newsletters, and don't forget to forward any useful eating out reviews, hints, tips and recipes which other members can benefit from.

Your Committee would like to take this opportunity of wishing all our members a very Happy Christmas and look forward to seeing you at our future events

We look forward to seeing you soon.

Kind regards

*The Coeliac UK
Wessex Group Committee*

 [@CoeliacUKWessex](https://twitter.com/CoeliacUKWessex)

www.twitter.com/coeliacukwessex

 Email: wessex@coeliac.org.uk



**WESSEX COELIAC UK LOCAL SUPPORT GROUP
DINNER THURSDAY 8 FEBRUARY 2018**

STARTERS

Warm confit duck, oriental rice noodle salad

Tomato and basil consommé

Pink petal gin cured chalk stream trout, celeriac roulade,
charred cucumber and lemon dressing

MAIN COURSE

Poached Darne of salmon, parsley new potatoes with fine herb dressing

Pork tender loin, braised leeks, colcannon, cider jus

Braised chicken breast, chasseur sauce, baby carrots and pomme puree

Vegetable moussaka, tomato, red onion, olive and toasted almond salad
(Almond milk white sauce)

DESSERTS

Passion fruit Panna cotta, oat and coconut crumb and mango coulis

Almond and pear sponge, raspberry jam, finished with a fresh crème anglaise

Chocolate and macadamia brownie, caramelised banana and strawberry

TEA or Filter COFFEE



Dear Janet

Please reserve for me...places at the dinner on Thursday 8 February 2018. I enclose full payment of (£18.00 per person), (cheques made payable to Coeliac UK - Wessex Group) and a stamped addressed envelope for the tickets (if no email address).

Name of diner(s)

Starter

Main course

Dessert

Name of diner(s)

Starter

Main course

Dessert

Name

Address

.....

Telephone

Email