



# AUTUMN NEWSLETTER

November 2018

## Christmas and New Year events

We have two special events coming up soon and hope to see you at either or both. Our annual Christmas Dinner has always proved to be an enjoyable occasion and this year we have moved it to a Saturday evening and added the enticements of some live Christmas music and a quiz—plus the usual raffle. By contrast, last January was the first time we had run a New Year Family Party and it turned out to be a winning formula with some forty adults and children attending. See page two for details of the next one in January 2019.

## CHRISTMAS DINNER



**SHOULDER OF MUTTON,  
KIRKBY OVERBLOW**

**Saturday 8 December 2018  
7.00 for 7.30pm**

**3-course meal £21.95**

- \* **Live Christmas music**
- \* **Quiz time**
- \* **Raffle**

Book online at [www.shoulderofmuttonharrogate.co.uk](http://www.shoulderofmuttonharrogate.co.uk) using the 'What's on' tab to pay in advance or ring 01423 871205 to reserve your place and pay on the night.

*"After I was diagnosed with coeliac disease, I said yes to food, with great enthusiasm. . . I vowed to taste everything I could eat, rather than focusing on what I could not."*

Shauna James Ahern  
Writer, photographer and  
creator of  
'Gluten free Girl'

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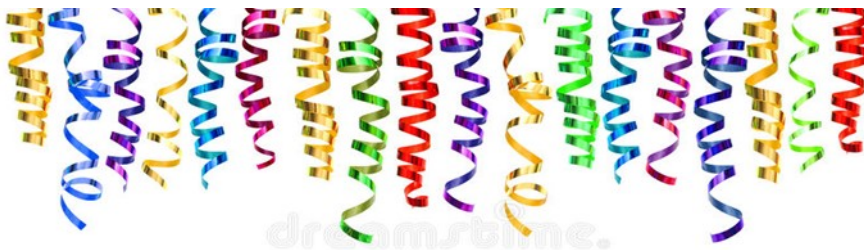


Fun at the 2018 New Year family party

# NEW YEAR FAMILY PARTY 2019

Saturday 12 January 2019  
2.00-4.00pm

Methodist Centre on Gracious Street,  
Knaresborough



- Bouncy castle
- Face painting
- Fun and games
- Space for adults to chat while kids play
- Food and drink free (donations welcomed)

Please ring Brian & Joyce Hoare on 01423 860750 (or email [brianhoare@sky.com](mailto:brianhoare@sky.com)) if you plan to come.

*Everyone welcome!*

## Family friendly coeliac activities

Coeliac disease affects 1 in 100 children in the UK and can be very difficult for families to cope with. There is lots of helpful advice on the Coeliac UK website (see [www.coeliac.org.uk](http://www.coeliac.org.uk)).

In an attempt to offer more local help for families we are running two family friendly events each year—a New Year party and a late summer barbecue.. Why not bring the family along in January? If there are non-coeliac children in your family they would be most welcome too.



Face painting enjoyed by both adults and children!



## Events for 2019 planned so far...

### Harrogate and District Coeliac Group

organises a social event every month to which all are warmly invited. We try to vary the days and times to suit as many people as possible. Look through the list and decide which you'd like to come to, and then ring the restaurant or café indicated to let them know you'll be coming. We look forward to seeing you!

#### **Saturday 12 January**

Family New Year Party at Methodist Centre on Gracious Street, Knaresborough (2.00-4.00pm)

#### **Thursday 14 February**

Coffee at Café M, Harrogate (10.30-12noon)

#### **Wednesday 13 March**

Fish and chip supper at Oliver's, Cold Bath Road (6.30pm)

#### **Saturday 6 April**

Coeliac Group AGM and afternoon tea at the St Robert's Centre, Robert Street, Harrogate (2.00-4.00pm)

#### **Tuesday 14 May**

Coffee for Coeliac Awareness Week at The Bridge Café, Knaresborough (10.00-12noon)

#### **Friday 14 June**

Lunch at The Ugly Duckling, High Bridge, Knaresborough (12-2.00pm)

#### **Sunday 14 July**

Summer Barbecue at the Shoulder of Mutton, Kirkby Overblow (4.00pm)



*Put these dates in  
your diary now!*

# Don't miss our 2019 AGM!

Apart from reviewing the work and activities of our Group for the year past we will be serving a delicious gluten-free **AFTERNOON TEA**. There will also be the opportunity to meet Kevin, the Bakery Manager from **Sainsbury's** who will be talking about what they have to offer to Coeliacs—and will hopefully be bringing some samples to try.



## Contact Us

### Group Leader

Brian Hulme (530112)

### Secretary

Gerry McKenna (545988)

### Treasurer

Mick Ward (540711)

### Membership Secretary

Marilyn Larner (509768)

### Group email

harrogate@coeliac.org.uk

*(All phone numbers are local with prefix 01423)*

## Eating out gluten free

*These places have been recommended by our members for when you're out and about*

### RIPON

#### Café Tempo

Unit 2, The Arcade, Ripon

#### The Wakeman's House

33 Market Place South

### FILEY

#### Amparian

(licensed Spanish tapas)  
25 Mitford Street

#### San Marco

13 Murray Street

Seen in the butcher's at  
**J E Audsley,**  
47 St. Winifred's Avenue  
West, Harrogate HG2 8LS

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