



Glasgow
Local Group

Hi All and welcome to your newsletter containing details of the events we plan to run during the 2022/3 session. As you will see there is a booking form at the end of the newsletter – please use it to book for the events you want to attend!

Since the last newsletter, we held our AGM in June which was successful although attendance was less than it might have been due to the traffic disruption caused by various marches in Glasgow that day! Those that attended enjoyed the food provided afterwards and a chance to catch up with friends old and new.

After the AGM, the committee met to plan a programme for the next 12 months, taking account of the comments and suggestions we received.

We decided we would start off by revisiting one of our previous haunts with a Chinese meal at the Amber Regent, in West Regent Street on Saturday 29th October at 2 pm. This will be a 2 course meal which will cost £16.50 including service but NOT including drinks. Any drinks, tea, coffee etc should be paid direct to the restaurant on the day. If you would like to come please return the booking form by post or email with a £5 deposit as soon as possible. Numbers are limited so if you want to come please book soon.

On 3rd December we will have our usual kids Christmas party and invitations for that will go out via the local hospitals in October. If you have children under 12 and haven't received an invitation by the end of October, please let us know.

We will continue the "Eating" theme in January with a Burns Supper on the 28th at 2PM. This year this will take place in Cambuslang Parish Church in Arnott Way,

Cambuslang. As usual this will be very informal, with no speeches but will include gluten free haggis, neeps and tatties followed by cheese and oatcakes. We have maintained the cost at £5 a definite bargain!!! Finding a suitable City Centre venue for this event has proved impossible, but we hope many of you will enjoy a trip to the "country". There are plenty of buses and trains from the city centre – we can advise on travel options to those who are interested. We have used Cambuslang Parish Church for the kids Christmas Party for several years and it has always proved a good venue. If you wish to come to the Burns Supper, please get the booking form back to us by the 30th November together with your payment of £5.

The Allergy and Free From Show returns to the SEC on 4th and 5th March 2023 an opportunity to see many of the gluten free manufacturers and taste and buy their wares. As usual Coeliac UK will be there and the Glasgow group will be supporting them. Tickets are free, so come along and have a chat with the Coeliac UK team.

As many of you will know, our previous city centre venue at the Guide Hall has been sold and is no longer available. We held the AGM in the Quaker Meeting House in Elmbank Crescent, a venue we used a number of years ago. We have decided to return there for 2 meetings in 2023.

First of all, on 1st April, we will hold an Ask the Expert session. We hope to have a doctor, a dietician plus a representative of Coeliac UK that you can talk to and find the answers to any questions you may have about coeliac disease. In the past these have been very popular events with lots of good discussion.

Finally on 20th May 2023, we will have our AGM. We are hoping to combine this with a "foody" event. Full details of these last 2 events will be circulated nearer the time but meantime put them in your diaries!

Hope to see you at some of our events over the year.

SYLLABUS 2022-23

COMMITTEE MEMBERS

Group Organiser: No Group Organiser. Committee is sharing the work

Treasurer: Roberta Kelly, 9 Carradale Gardens, Bishopbriggs, G64 1EJ

Secretary: Colin Brunton, 16 Ashly Grove, Bellshill, ML4 3PL

Committee: Linda Wunsch, Rena Wright, Elinor Cooper, Richard Maguire, Gordon McIntosh, Jim Kelly, Nigel Wunsch

Group E-mail **glasgow@coeliac.org.uk**

Meetings and Events 2022/23 (See current newsletter for further info re each event)

When	Event	Where	Time + Cost if any
Saturday 29/10/2022	Chinese Meal	Amber Regent, 50 West Regent Street, Glasgow, G2 2RA.	2pm £16.50 for 2 courses. Must be pre-booked
Saturday 03/12/2022	Children's Christmas Party	Cambuslang Parish Church Hall 1-2 Arnott Way Cambuslang. G72 7JQ	2pm until 4.30pm Letters will be sent out nearer Christmas.
Saturday 28/01/2023	Burns Event	Cambuslang Parish Church Hall 1-2 Arnott Way Cambuslang. G72 7JQ	2pm until 4pm. £5 Book by 30 th November.
Saturday 4 th and Sunday 5 th March 2023	Allergy and Free from Show	SEC, Exhibition Way, Glasgow G3 8YW	Free Tickets available from organisers via website*
Saturday 01/04/2023	Ask the Expert	Quaker Meeting House, 38 Elmbank Crescent, Glasgow G2 4PS	2pm until 4pm Free
Saturday 20/05/2023	AGM	Quaker Meeting House, 38 Elmbank Crescent, Glasgow G2 4PS	2pm until 4pm Free

* website link for Allergy and Free From Show tickets

<https://eventdata.uk/Forms/Form.aspx?FormRef=AFF32Visitor&TrackingCode=navigation>

Please complete and return this slip to Nigel Wunsch at 58, Buchanan Drive, Cambuslang, G72 8BA or by email to glasgow@coeliac.org.uk as soon as possible

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I wish to book places for the Chinese Meal at the Amber Regent on Saturday 29th October 2022. I enclose deposit of £5 per person (Remaining £11.50 payable on the day). Cash or Cheque payable to Glasgow Coeliac Group

Name

Address

Post Code

Tel No.

e-mail address

For those of you with Internet banking, payment for either event may be made by bank transfer. If you wish to do this, please email the booking form to glasgow@coeliac.org.uk and we will then send you the bank details.

For those of you who receive the newsletter by email, but don't have a printer please send the details above on a piece of paper or an email.

Please complete and return this slip to Nigel Wunsch at 58, Buchanan Drive, Cambuslang, G72 8BA or by email to glasgow@coeliac.org.uk as soon as possible

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I wish to book place(s) for the Burns "Lunch" at Cambuslang Parish Church on Saturday 28th January 2023. I enclose payment of £5 per person Cash or cheque payable to Glasgow Coeliac Group.

Name

Address

Post Code

Tel No.

e-mail address