

Newsletter

Spring 2017



Welcome to our latest newsletter!
It's bursting with the latest news, events
and ideas for following a gluten-free diet

Dates for your diary

Spring event incorporating our AGM

Our spring event, which will include a short Annual General Meeting, will be held on Saturday 18 March 2017 at Outwood Memorial Hall, Victoria Street, Outwood, Wakefield, WF1 2NE, from 2pm to 4pm.

At the start of the event, Group Organiser, David Gordon, will give a short talk about the Committee and the activities over the last year. There will be an opportunity for you to propose individuals or volunteer yourself to be on the Committee. We are always grateful for any assistance, so if you feel you would like to be part of our Committee or offer to help at our meetings please ring David on 01924 250120 or email wakefield@coeliac.org.uk by 17 March.

Following these short formalities, we will introduce Jill Beaumont from The National Osteoporosis Society. Osteoporosis means 'porous bones' and is often referred to as the fragile bone disease. The risk of osteoporosis is increased in people with coeliac disease late in

life, and Jill will be giving a presentation about the importance of sticking to a gluten-free diet to promote healing of the gut lining, enhance the absorption of calcium from the diet, and to improve bone mineral density. The presentation will be followed by a question and answer session.

Sarah Short from Sunshine Pies will be displaying her pies and other goodies and there will be an opportunity for you to taste and buy the products. Wiltshire Farm Foods will also be present.

Refreshments will be available and we will hold our usual raffle – any contributions would be very welcome! The event will be informative and enjoyable and we hope you will be able to join us.

Info evenings for newly diagnosed

Members who are newly diagnosed and anxious to speak to other coeliacs for support and information, etc., are welcome to drop-in to our new members' evenings at Sainsbury's café, Trinity Walk, Wakefield, for a coffee and a chat.

The next three meetings are:

6 March, 24 April, 5 June – all start at 6.30pm.

Yummy Tummies

A group to help coeliac children meet and play with other coeliac children whilst parents/carers swap tips and advice is still regularly taking place. The group is run by Claire Simpson-Griffiths and is open to any families with coeliac children (non-coeliac siblings are also welcome.)

For more information and to check the venue, dates and times of meetings, please email: wakefieldyummytummies@gmail.com or join the Yummy Tummies Facebook group at

www.facebook.com/groups/124745521321918/.

Future events

Leeds Food Fair

The Leeds Support Group will be holding their Food Fair on Saturday 25 March from 1.30pm to 4pm at Pudsey Civic Hall, Dawsons Corner, Pudsey, LS28 5TA. Go along for gluten-free goodies, tasting and tips.

Coeliac Awareness Week



This year Coeliac Awareness Week takes place from 8-14 May 2017 and focuses on eating out.

Coeliac UK is calling for restaurants/cafés to do more for people with coeliac disease and make sure your needs are met. Eating out should be a pleasurable experience without the hassle and disappointment that can often come with getting food that's right for you. This campaign will launch during Awareness Week and continue throughout the year.

To do your bit for Awareness Week, why not sign up to do an Awareness Week Walk on 13 May, to raise funds so that Coeliac UK can continue to provide advice and support, fund research and work with healthcare professionals to improve diagnosis.

The locations are at Dovedale and Lulworth, distance 8km, 11km or 18.5km. The registration fee is £10 per person / £25 per team of 4, minimum fundraising pledge per person: £50.

To find out more or to register, please contact the Fundraising Team:
fundraising@coeliac.org.uk / 01494 796724.

York Food Fair

To coincide with Coeliac Awareness Week, the York Food Fair is on Saturday 13 May from 10.30am to 2.30pm, at York College, Sim Balk Lane, York, YO23 2BB.

There is free parking next to the Park and Ride, Tadcaster Road terminus, with easy access via the Park and Ride from the railway and bus stations. Admission £2, children free. A café selling gluten-free meals and snacks will be available.

Other news



Don't forget that you can keep up-to-date with events and developments on our Facebook page: www.facebook.com/groups/Wakefield.Coeliac or search within Facebook for Wakefield & District Coeliac UK Local Voluntary Support Group. It is a closed group so you will need to request to join.

Share tips, recipes, ideas, recommendations and post your photos!

Recommended by you!

The New York Cheesecake Co., 9 Burlington Arcade, Barnsley. Our member said: "Although chiefly containing gluten, there was one delicious (generous portion) gluten free cheesecake and a selection of various flavoured meringues - check which are gluten-free." Contact details: newyorkcheesecakeco@yahoo.com, telephone 07903 837668. Open Monday 10.30am to 5pm, Tuesday to Saturday 9am to 5pm.

The White Horse Inn at Sharlston now has plenty of gluten-free dishes. "The food is excellent."

Rice n' Spice, Kirkgate, Wakefield. "The co-owner has worked at other restaurants I have visited in the past as a coeliac. He is very knowledgeable on specific items which are suitable on the menu as he created it and is always willing to assist in any way possible."

The Plough Inn at Burton Salmon has developed a gluten-free range, e.g. pie, fish and chips, Yorkshire pudding. They serve high quality pub food and have a very accommodating chef.

Queens Arms, Denby Dale Road, Wakefield has a new menu. The chef has done an allergen course and is aware of cross contamination. She's happy to chat about the menu and see what can be adapted to be gluten-free.

Rinaldi Ristorante, Asdale Road, Wakefield is always very understanding and knowledgeable about which dishes are suitable or can be adapted.

Annie's Fish and Chips, Leeds Road, Outwood
"do fabulous gluten-free fish and chips. They are gorgeous!"

Cannon Hall, Barnsley
"We ate in the new restaurant, The White Bull, near the farm. They don't have a separate menu as nearly everything on their full menu is suitable, they adapt as much as they can. If you ask they really do go that extra mile, even going across to the butchers to source items for you. They couldn't do enough for us – the chef even came out for a chat to assure us there would be no cross contamination."

Bizzie Lizzies, Skipton has lots of choices for a gluten-free meal. They also cater for dairy free and vegetarian.

Cromwells Tea Rooms, Mauds Yard, Pontefract now have a gluten free menu.

El Piano, York do vegetarian, vegan and gluten-free food.

Salute at the White Swan, Church Street, Rothwell (Italian) – staff have good knowledge and understanding of coeliac disease.

Quayside, Whitby – do gluten-free fish and chips, including bread, vinegar and ale. Their slogan is "gluten-free is an option not an afterthought."

New York Italian Kitchen, 43 Northgate, Wakefield – has gluten-free options marked on the menu and offers bread, pasta, lasagne and pizza.

Maggie's Chippie Shop, South Elmsall do gluten free fish and chips. The owner's sister is a coeliac so she's clear on the disease. Just phone 15 minutes beforehand to order - 01977 609537.

La Anchor, Bar and Pizzeria, Hensall, Goole – the chef now has gluten-free Italian pizza bases as well as pasta, including lasagne. Large portions so go with an appetite!

G-Wu, Chapel Allerton, Leeds has a full gluten-free menu.

Scotts of Hemsley is Coeliac UK accredited. They serve fish and chips, mushy peas, bread and butter, onion rings, chocolate cake, ice cream and much more!

Valentino's, Leeds Road, Wakefield serve "excellent gluten-free pasta and incredible pizza."

Oulton Hall, Rothwell Lane, Oulton, Wakefield has a separate gluten-free menu in their Calverley Grill Restaurant.

Jacobs Well, Honley, Huddersfield – "Nothing much that couldn't be changed to gf! I had the steak burger with actual 'battered' onion rings! Food was delicious!"

Joe's Kitchen, Coney Street, York - has interesting gluten-free options and a varied menu.

Staff of Life Inn, Burnley Road, Todmorden is a pub with bed and breakfast and serve gluten-free food in the bar.

Thank you for your recommendations - they're very helpful to other readers, so keep them coming in! Many of them have been received via our Facebook page.

Send your notes to wakefield@coeliac.org.uk or post on our Facebook page!

Remember that these recommendations are correct at the time our members visited. As staff and management policies can change, please check the venues before you visit.

We would be very grateful if you could let us know of any outlets no longer serving GF food so that we can pass this on to members; please contact wakefield@coeliac.org.uk.

Meal at Gaskell's Restaurant

The recent visit to Gaskell's Restaurant at Wakefield College was a fun evening and enjoyed by all attending.



As usual, the catering staff looked after us very well and it was good to have confidence in their ability to deliver a fully gluten-free meal with style and panache. Every table had a buzz of good-natured conversation and the evening passed, as good times do, in a flash!

If you've any suggestions for places to eat in the future, please let us know. Perhaps an Italian flavour to an evening out would go down well - please let us have your feedback!

Update on gluten-free prescribing

As mentioned in our autumn/winter 2016 newsletter some Clinical Commissioning Groups (CCGs) are now restricting or withdrawing access to gluten-free essentials for patients with coeliac disease due to financial pressures.

Group Organiser, David Gordon, took part in a three-way telephone conference late last year with Wakefield CCG and Coeliac UK. David gave the local perspective and made a strong case for the CCG continuing with gluten-free prescriptions, backing up the research and national data supplied by Coeliac UK.

Wakefield CCG is now considering the representations made to them on a wide range of items including gluten-free prescribing and we are expecting a decision in the next couple of months. Watch this space!

Thank you...

...for your continued help with donations which go towards the costs of running the Wakefield and District Group. If you would like to make a donation we would be grateful if you could send a book of stamps or a cheque made payable to: '**For Coeliac UK Wakefield and District**' and forward to:

Mrs Pat Waring, 110 Carleton Road, Pontefract, WF8 3NQ.

Have an email address?

If you are happy to receive your newsletter by email, please contact us at wakefield@coeliac.org.uk or via Facebook: www.facebook.com/groups/Wakefield.Coeliac