

Your November edition of eXG

Fresh look. Better service. Just the start.....



Your next edition of eXG will have some fantastic changes to make it a bigger and better service.

You'll receive a much improved newsletter into your inbox each month, and this will still click through to your favourite news and lifestyle information, your Food and Drink Directory Updates, and much more

While we make sure there is a smooth move over to the new format, **eXG will be sent out a little late November - on Monday 9 November.** We are sorry that there will be a longer gap between newsletters, but we hope you think the new look website will be worth the wait!

The new website will go live at the beginning of November too, and we're excited about the new features it offers for you. We have easier navigation and clearer content and this is just the beginning. The website is an investment and we have more improvements in the pipeline at the moment.

This is an investment, as we are always striving to improve our services for you, our Members.

There is more detail in your autumn edition of Crossed Grain magazine which will arrive with you shortly.

Be part of research into the psycho-social factors in coeliac disease



The University of Birmingham is conducting research, funded by Coeliac UK, about people's experiences of living with coeliac disease. You can help by completing the questionnaire and telling them your story.

What is the project about?

This project is funded by Coeliac UK and looks at psychological and social factors in coeliac disease; so we are

interested in people's experiences of living with coeliac disease, what they find easy or difficult about it, what they understand about the condition and how they feel about it.

Why is it important?

Research carried out in other countries suggests that some people find living with coeliac disease more difficult than others. It also suggests that levels of anxiety and depression might be higher in some people with coeliac disease than in those who do not have the condition. To date, there has been very little research in the UK looking at this, so we feel it is important to understand more about the experiences of people with coeliac disease living in the UK.

Who is conducting it?

This project is being carried out by a team of researchers at the University of Birmingham. The team is led by Dr Ruth Howard who is a Clinical Psychologist.

Who can take part?

We are interested in hearing from four different groups of people:

1. Adults with a confirmed diagnosis of coeliac disease
2. Young people (over the age of 11 years) with a confirmed diagnosis of coeliac disease
3. Parents of children or young people with a confirmed diagnosis of coeliac disease
4. Partners / spouses of adults with a confirmed diagnosis of coeliac disease.

What will I have to do?

The study is entirely questionnaire based. If you decide to take part, you will be asked to fill in a number of questionnaires either online or

a paper copy. We estimate that it will take between 20 and 30 minutes to complete the full questionnaire pack.

Do I have to use the internet to take part?

Two of the surveys are available to complete online (for adults with coeliac disease and their partner/spouse) but all four of the surveys are also available as paper copies which we can send you through the post. It is entirely up to you which option you choose; the questions are exactly that same in both formats.

What if I want more information before deciding?

If you have further questions about the research project please contact the team on 0121 414 4935 or email coeliac.study@gmail.com and we will be happy to answer them.

Adults and Partner/Spouses

Questionnaires for adults with coeliac disease and for partners and spouses of adults with coeliac disease are available online by clicking on the relevant link below.

Questionnaires are also available as paper copies if you would prefer. Please contact Dr Jane Petty on 0121 414 4935 or coeliac.study@gmail.com if you would like to request a pack be sent to you in the post.

Young People & Parents

Questionnaires for young people with coeliac disease or for parents of a young person with coeliac disease are only available as paper copies as we do not have permission to use some of the questionnaires on the internet. If you would like to take part, please contact Dr Jane Petty on 0121 414 4935 or coeliac.study@gmail.com and we will send you the pack through the post.

To complete the adult surveys choose one of the following links.

[Adult survey](#)

[Spouse/partner survey](#)

If you would like to complete the young people or parents survey, you will need to request a hard copy as above.

Go to the [main website](#) for more information.



Join us and take home a free goody bag from Gastro 2009



Gastro 2009 is the first of its kind, with experts in gastroenterology from around the world meeting in London for this landmark event.

You are invited to the free public day on Sunday 22 November where you can hear from Dr David S Sanders, an expert on your condition, and attend a reception hosted by us. We'll have free goody bags to give away to all who attend the seminar and look forward to seeing you on the day.



Dr David S Sanders is an NHS Consultant Gastroenterologist (at the Royal Hallamshire Hospital) but also an active clinical researcher. He has successfully obtained research funding of over £1.5million and published over 160 peer-reviewed manuscripts. Dr Sanders has been conducting research into coeliac disease for over 11 years. He has one of the largest patient groups in the UK. This has resulted in many clinical studies being published from the Department in Sheffield. As a result he has been awarded an Honorary Readership with the University of Sheffield.

He is committed to trying to improve both the recognition of people who have not been diagnosed with coeliac disease yet but also their management thereafter. David said: "None of the work we do could ever have been possible without the continued support of the Local Voluntary Support Group at Coeliac UK. For this reason I feel a strong sense of responsibility and commitment towards any projects that involve Coeliac UK."

It is free to attend Gastro 2009, but you need to register, so call 01444 484888.

For more information, please go to <http://www.coeliac.org.uk/news/1402.asp> and also www.gastro2009.org

Gluten-free Chef of the Year Competition



Entries are now rolling in, but you can help us make this the most successful ever recipe competition. We hope that by driving up the number of entries we can extend the reach of the gluten-free message and in doing so, increase awareness of coeliac disease in your local area.



How can you help?

Contact us and we'll send you some posters and flyers that you can hand to the chefs or students you think could really shine - or simply drop them into your local restaurants or catering colleges.

Why should people enter?

Raymond Blanc OBE will be judging this year's competition and we have some incredible prizes on offer for the lucky winners. The winners will be promoted to the press and media, providing great exposure for their restaurant or catering college.

Who can enter?

Gluten-free Chef of the Year - if you know of any professional chefs or restaurants that give special consideration to the gluten-free diet, why not get them involved?

Up and Coming Gluten-free Chef of the Year - any talented chefs in the making are encouraged to enter and experiment with gluten-free cooking to get themselves noticed.

We need your support to get the gluten-free message across. Please visit www.coeliac.org.uk/glutenfreechefoftheyear for more information.

The closing date for entries is 6 November 2009.

Or, download the materials:

[Recipe comp 2009 poster](#)

[Recipe comp 2009 leaflet](#)

Coeliac UK in Europe



Coeliac UK's CEO, Sarah Sleet, was elected to the Board of the Association of the European Coeliac Societies at its recent General Assembly in Malta.

The Association represents coeliac patient organisations at the European Union level and the international standards setting body for gluten levels, Codex Alimentarius. Increasingly, the Association is involved in Europe-wide research projects.

"This represents a real opportunity to influence activities at a European level," says Sarah.

"I'm particularly interested in developing a coalition to push for the recognition of coeliac disease by the European Union as an important public health issue which I hope will unlock funding for large-scale research projects and influence the multinational food companies to deliver more for people with coeliac disease."

Media Update



We had coverage in the October issue of *Prima* magazine which encouraged people to visit their GP if they had symptoms. The October issue of *Red* magazine, which has a very high readership, ran an article featuring one of our Members highlighting how much better she feels now that she is diagnosed.

Coverage in other national publications includes *Sweet Magazine* which has an interview

with actress and singer Sarah Calitieri. Sarah has diabetes and has been recently diagnosed with coeliac disease. There was also an article on the growth of 'free from' foods in *Delicious Magazine's* October issue.

Sarah Sleet, Chief Executive of Coeliac UK, was recently interviewed by [Food Navigator website](#). They are also hoping to record a podcast interview with Sarah in due course.

Dawn McAllister from our Diet & Health Team wrote an article for [About Food website](#).



BBC Ireland TV ran an interview about coeliac disease on September 21 in their 6.30pm news programme which included a local person with coeliac disease.

Ruma Kinkead-Weekes, the winner of the Coeliac UK 2009 Healthcare Professional award, has been asked to write a feature for the October edition of *NHD* magazine entitled 'The Day in the Life of...' which includes her work with the Local Voluntary Support Group.

Coming up...

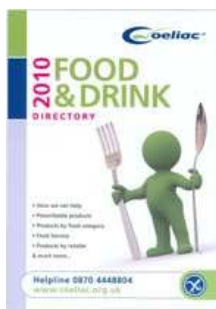
Look out for an interview with a case study in a supplement in the *Guardian* which is currently planned for 3 October, however, as ever with the media, publications dates could change. *Natural Lifestyle Magazine* is running a piece about coeliac

disease and *Woman and Home* October issue features coeliac disease in a piece about the five most misdiagnosed conditions. *The Mail on Sunday* should also be shortly featuring an interview with Michael Obiora which includes details of his diagnosis.

If you have satellite TV look out for UK TV Food Channel's Simon Rimmer's Dinners which will include an hour long program about a Coeliac UK Member and how to cook and eat out gluten-free. That's Life magazine will be featuring coeliac disease in their issue 43 which comes out on 22 October and Menopause Matters will also be including an article on coeliac disease and gluten-free cooking in their next issue.

The editor of *Menopause Matters* is interested in featuring a case study of someone who was diagnosed with coeliac disease either shortly before or shortly after the menopause. If you would like to be considered for this feature, or any other articles, and you haven't yet filled in a case study form please go to [our case study page](#) for more information.

Coeliac UK Food and Drink Directory 2010 briefing event



The Charity welcomed over forty manufacturers and producers to the Coeliac UK briefing at the Royal Institute of British Architects, London on 9 September.

The new law on gluten-free foods means some differences in the next edition of the Food and Drink Directory, so we presented our position on the Food and Drink Directory 2010 and the new law on gluten-free foods.

The Food Standards Agency (FSA) and the British Retail Consortium (BRC) also made valuable contributions to the event with their perspectives on the changes to the Codex standard.

Volunteer conferences

October sees the start of the 2009 Volunteers' Conferences. Instead of holding one national event in London, this year sees the conferences going regional.

Over the next two months staff and governors from Coeliac UK will be travelling across the UK to meet Group committee members, learn about developments in the local area and brief on what's going on within the Charity.

The first conference will be held in Belfast on October 3. This will be followed by events in York, Edinburgh, Bristol, London, Plymouth, Bury St Edmunds, Liverpool and Birmingham.



Feedback from the Groups has been incredibly positive and a record number have put their names down to attend. There are still a few spaces left at some of the events. To book your space please email Miranda Brooks, Volunteer Manager, at volunteering@coeliac.org.uk

We are very grateful to Juvela and Glutafin, Dietary Specials and Trufree who have agreed to sponsor the conferences. We look forward to seeing them at the events.

New links with healthcare professionals at the National Nutrition & Health Conference



The Charity will be exhibiting at the [National Nutrition & Health Conference](#), a popular event on the impact of nutr healthcare professionals.

The event, from the 12 - 13 November at Olympia Conference Centre, London is an ideal opportunity for the Cha gather resources in the professional sphere.

British Dietetic Association (BDA) annual conference

Coeliac disease featured at the BDA annual conference, held at University of Manchester from 15 - 17 September, as the Charity spoke new Codex standard.

Emily Kirk, dietitian formerly at Coeliac UK spoke about new evidence based guidelines being developed for the dietetic management of These talks were part of a Gastroenterological Specialist Group seminar which also introduced the development of consensus guideline: in gastroenterology and featured guidelines on Crohn's Disease and Irritable Bowel Syndrome, and reported on National Service Standa for Inflammatory Bowel Disease.

Coeliac UK presents at Clinical Nutrition course in Leeds

The Leeds Clinical Nutrition Course provided an opportunity for the Charity to present to an audience of healthcare professionals includi and pharmacists.

The course held at the University of Leeds on 8 - 11 September, provided delegates with up to date information on the effect of nutrition conditions. There were over 25 different speakers and over 70 healthcare professionals.

The Charity presented on current dietetic support in coeliac disease and the event gave us the opportunity to meet other healthcare prof the NICE guideline on the recognition and diagnosis of coeliac disease, as well as the latest information on food labelling.

We are very grateful to the organisers of the Leeds Clinical Nutrition Course for inviting us to present.

More people like you and me



Actor, Michael Obiora and singer, Mari Wilson are now featured on our website in and Me section.

This is an important section of the website, particularly for those newly diagnosed always helps to read about the experiences of others.

To see Michael and Mari's story, go to the [People Like You and Me section](#).

Clwyd food fair



The Clwyd Group held their first ever food fair on Saturday 19 September at the Springfield H Flintshire.

There were over 20 stalls including some newly established companies as well as two local c the event. Approximately 600 people attended on the day, and everyone commented on wh was.

The Hotel served gluten-free lunches and snacks throughout the event, and is now including on their menu, a great result for spreading the gluten-free message.

The day was a huge success and the Committee would particularly like to acknowledge the help of the local Air Cadets who ensured the able to find a parking space.

The picture shows the Committee, reading from the left, Mary (Treasurer) Gwen (Secretary) Peter (Events Coordinator) and Carol (Group Organiser) with Gwen's daughter Bethan in the front.

Home Counties food fair



The Beds & Mid Herts Coeliac Group Committee held their first food fair on Saturday 26 September in Biggleswade, Bedfordshire.

The event was a resounding success with over 700 people attending from far and wide. A range of manufacturers were present, providing samples of foods to try and a gluten-free fish and chip van provided fantastic fish and chips, which went down very well!

Kathryn Miller, Anna Godfrey and Jacqui Smith from Coeliac UK manned a stand at the event and answered lots of queries about diagnosis and the gluten-free diet and sold a number of new cookbooks.

The day, organised by Martin Ephgrave and the Beds and Mid Herts Group Committee, was a fantastic and smoothly run event and we hope that this is the first of many for the Group.

Group events during October 2009

This is just a taster of the events being held by our Groups around the country. For a more detailed list, please go to the What's On section of the website.

5 October 2009 Harrogate and District Group

A talk from Dr GR Davies, Consultant Physician & Gastroenterologist and Senior Dietitian, Jill Gale, will give a talk on coping with coeliac disease. Please telephone 01423 880596 to reserve a place. Strayside Education Centre, Harrogate District Hospital, Lancaster Park Road, Harrogate, 7pm.

8 October 2009 East Kent Group

Coffee morning at Wyevale Garden Centre, Hereson Road, Dumpton Park (on the A255 near Dumpton Park railway station), 10.30am.

10 October 2009 Glasgow Group

Cooking demonstration. The Meeting Place, 38 Elmbank Crescent, Glasgow, 2pm.

10 October 2009 Belfast Group

Glutafin cookery demonstration and Pat McDowell from Osteoporosis NI will give a talk on coeliac disease and osteoporosis. Wellington Park Hotel, 21 Malone Road, Belfast, BT9 6RU, 2pm.

16 October 2009 Gloucestershire Group

Fish and chip supper and quiz night at The Apple Tree, Woodmancote, Cheltenham, prompt start at 7.30pm. Contact the Group for booking availability.

17 October 2009 Fenland and District Group

Third annual Peterborough food fair. Deafblind UK Centre, Hampton .

22 October 2009 Nottinghamshire Group

Autumn meeting including a talk and Q & A session from a local dietitian, talk on gluten-free sausage making followed by sampling, tombola and light refreshments. The Rose and Crown, Derby Road, Lenton, Nottingham NG7 2GW, 7.30pm.

To keep up to date with Juvela's whereabouts [click here](#).



[^ back to top](#)



Good luck



Over 20 runners will be donning the Coeliac UK blue running vest to complete the ever-popular Royal Parks Half Marathon and the Great South Run.

We wish everyone running the best of luck and good weather!

You can support the efforts of the runners by sponsoring them online at justgiving.com/coeliacuk.

Coeliac merchandise

Raise the profile of Coeliac UK with our new range of merchandise - perfect for Christmas stocking fillers.



Teddy bear - 7" Scraggy bear in a t-shirt with the wording 'I'm gluten-free' printed below the Coeliac UK logo.



Cotton polo shirts - Available in small, medium, large and extra large, with the Coeliac UK logo embroidered on the top hand corner.



Non-woven foldable fabric bag - Handy bag that can be neatly folded into its own small pouch and has the Coeliac UK logo, website and Helpline number printed on the front.



Iron stamped key ring with the Coeliac UK logo on the front side and the Helpline number and website on the reverse.

Visit our [online shop](#) to order now.

Christmas Cards 2009



New Christmas cards for 2009 are now on sale in our online shop.

This is a great chance to prepare for Christmas while supporting your favourite Charity.

Each pack contains ten cards and envelopes with prices ranging from £3.00 - £3.50.

Jumping for Coeliac UK

On Saturday 5 September, two members of Coeliac UK staff and a Mam jumped out of a plane to raise money for the Charity.

It was a beautiful day, perfect for falling through the air at 140 miles per hour. All three thoroughly enjoyed the day and would like to thank everyone who sponsored them.

If you would like to sponsor their efforts, there is still time. Use the following links:

[Lisa Trivett](#)

[Jo Archer and Marilyn Archer](#)

From left to right: Marilyn Archer, Jo Archer, Lisa Trivett



Food and Drink Directory updates

Here are your Food and Drink Directory updates for October. Please choose from one of the following links:

[Word](#)

[PDF](#)

[Web](#)

Deletions and additions to the Directory are also updated monthly on the online Food and Drink Directory on the Coeliac UK website. Simply click 'Online Food and Drink Directory' on the left-hand side navigational panel. If you haven't done so already, you will need to log in to see this.

Glutafin Recipe



NEW **Glutafin Multipurpose White Mix**- Large Bread Machine Loaf Recipe

An exclusive look at **Glutafin's** new Bread Machine recipe for **Glutafin Select Multipurpose White Mix!** We have slightly altered our Bread Machine recipe and have created a softer, bigger, tastier loaf! This recipe is not available on packs and is exclusive to eXG readers. So give it a go, we're sure you won't be disappointed!

Bread Machine Loaf Panasonic Machine Setting: Basic Programme, Bake Rapid Option Programme

Time : 1 hour 55 minutes

Ingredients

350ml / 12 fl oz Hand hot water (1/3 just boiled, 2/3 cold = hand hot)
1 x 15ml tbspc Vegetable oil

500g/ 1 whole box **Glutafin Select Multipurpose White Mix**
 2 x 5ml tsp Yeast enclosed with Mix
 ½ x 5ml tsp Caster sugar
 ½ x 5ml tsp Salt
 1 x 15ml tbsps Dried skimmed milk powder

Method

1. Place ingredients into the bread pan in the order listed.
2. Press the Select Button for the Basic Programme
3. Press the Option button once for the Basic Bake Rapid programme. This will give a 1 hour, 55 minute cycle.
4. Press the Start Button.
5. After 5 minutes open the lid and scrape around the edge of the pan to incorporate any of the loose Mix.
6. Remove bread from the pan as soon as the programme finishes. Allow to cool before storing in a suitable container. Eat within 4 days.

Please note: This recipe is for Panasonic bread machines only. This recipe is developed specifically for **Glutafin Select Multipurpose White Mix** and is not suitable for the Gluten-Free Wheat Free Multipurpose White Mix.



Juvela

Same great all-purpose Mixes ...just no added salt

At Juvela, we appreciate the importance of reducing our salt intake, but we also appreciate the importance of consistent, good quality, great tasting food!

You can rest assured you'll get the same great results when making all of your favourite recipes- whether it be bread, cakes, puddings, biscuits, scones, quiches, tarts, flans, sauces, Yorkshire puddings..... the list goes on and on! All we've done is remove the salt to give you the choice of how much you wish to add, if any at all!

The new 'no salt' Mixes will start appearing over the next few weeks and will be easy to spot in this fabulous new packaging!

The PIP codes for your Pharmacist remain the same:

Juvela Gluten-Free White Mix: 035-2161

Juvela Gluten-Free Fibre Mix: 023-6042

We're really excited to introduce the new look packaging which will be rolling out across the entire Juvela Range over the coming months, and we'd love to know what you think!

info@juvela.co.uk www.juvela.co.uk 0800 783 1992



Asda



Asda is proud to introduce Dietary Specials' delicious new gluten and wheat-free FRESH bread, available from Monday 5th October.

These loaves are at the special introductory price of just £1.50 until

30th October.

The farmhouse-style loaves (400g) are lovingly baked by a traditional bakery.



Choose from the soft white loaf - perfect for sandwiches - or multi-seeded loaf, with a wholesome blend of linseed, sunflower and pumpkin seeds.

The loaves will stay fresh for up to eight days and, unlike traditional gluten-free breads, don't need toasting or 'refreshing'.

Subject to availability.

Boston Sausage



Purveyors of finest hand-made Lincolnshire sausages, chipolatas, haslets, sausage meat and pork burgers.

Full of natural flavour, containing a minimum of 80% meat, no preservatives or flavour enhancers with natural casings.

All of our ingredients are locally sourced. All of our gluten-free products are available directly online at www.bostonsausage.co.uk, or at London's famous Borough Market.

Also available at Christmas; chipolatas wrapped in streaky bacon, pork, apple and cranberry stuffing, and pork, chestnut and onion stuffing.

Goodness Direct



Goodness Direct offers you a complete gluten-free home delivery service.

The new catalogue is out now & includes the very latest foods for people with coeliac disease from all the major brands - [send me a new catalogue](#).

PGR Healthfoods



STOP PRESS

Rizopia - The best gluten free pasta, is now available on prescription. Made from just brown rice and water, it is the healthiest available. Ask your Doctor for;

Rizopia Spaghetti PIP-Code 340-0090 Rizopia Fusilli PIP-Code 340-0074 Rizopia Penne PIP-Code 340-0082 Rizopia Lasagne PIP Code 340-0108

Our Lasagne does not need pre cooking and gives wonderful results.

www.pgrhealthfoods.co.uk

Gluten-free Masterclass

The Gluten-free Masterclass was a one-day event held at Westminster Kingsway College for over forty professional chefs.

The event explained the gluten-free market and Delicious Alchemy's Managing Director, Emma Killilea, addressed ways to make the most of the revenue opportunities in the gluten-free market.

The Masterclass included a morning session on preparing gluten-free dishes and an afternoon session on preparing a delicious gluten-free afternoon tea. The Charity attended to give out catering training toolkits and promote the annual Gluten-free Chef of the Year competition. The attendees were impressed with the demonstrations of innovative ideas on adapting recipes for people with coeliac disease. They all left enthused and ready to cater gluten-free!

Polish your gluten-free cookery skills



Do you need to learn some gluten-free cooking tips? Why not take one of these cooking courses taught by Adriana Rabinovich, author of the recently published *The Gluten Free Cookbook for Kids*, and hone your skills in your gluten-free kitchen.

10 November 2009, 10.30am - 2.30pm, £120.00

Gluten-free Cooking - a half-day course at Leith's School of Food and Wine, London

This workshop is designed to show how you can achieve fantastic dishes using ingredients readily available in the supermarket, including muffins, cakes, pizza, cookies and soups, to name but a few.

18 November 2009, 10.30am - 3.00pm, £135.00

A Gluten-free Christmas, half-day course at The Bertinet Kitchen, Bath

In this hands-on class, inspiration is taken from around the globe to show how an elegant and delicious gluten-free Christmas meal can be enjoyed by the entire family.

12 December 2009, 10.30am - 3.00pm, £135.00

A South American Christmas, half-day course at The Bertinet Kitchen, Bath

This course will introduce you to the traditional and bold flavours of South American cuisine, from unusual dishes to the more everyday.

Please note: this course is predominately gluten-free and is suitable for people with coeliac disease as long as prior notice is given upon registering for the course.

For booking information, please contact:

Leith's School of Food and Wine www.leiths.com or phone 0208 749 6400.

The Bertinet Kitchen 12 St Andrew's Terrace, Bath www.thebertinetkitchen.com or phone 01225 445 531.

New products and services

Asda

In response to customer requests during Listening Groups, Asda are trialling a brand of new range of chilled fresh products, now available in Asda Farnborough. The range includes pies, pizzas, ready meals, garlic bread, sausage rolls, scotch eggs and quiches from brands like Dietary Specials, Clive's Pies and Brumby's. If it is successful Asda will stock the range in more stores. Sampling is planned on 2nd, 24th and 30th October.

Munchy Seeds

Munchy Seeds are fantastic healthy alternative snacks. Available in six delicious flavours including: Original Mix, Vanilla Pumpkin, Pumpkin Mix, Chilli and Omega Mix & Munchy Granola. They are rich in Omega 6 & 9, high in iron, zinc and vitamin E and also cholesterol, dairy and gluten-free. Free from artificial colours, flavours and preservatives.

There is also a special Roasted Sunflower and Pumpkin Seed Oil, ideal for salad dressings and dipping sauces, available in a 250ml glass bottle. Munchy Seeds are available in all good Independent health food shops, Farm Shops, Delicatessens, Lakeland Limited, Waitrose and selected Tesco stores across the UK.

Visit www.munchyseeds.co.uk to find out more.

Shine - International Life Coaching

Adapt to change and move forward in every area of your life with the help of an expert. Shine helps clients to realise their dreams and optimise their potential. Take the first step and find out how Shine Coaching can help.

Visit www.shinelc.com to find out more.

Mrs Crimbles

Mrs Crimbles has recently launched a gluten-free fresh white bread after years of development work. The tasty 400g Mrs Crimble's fresh white loaf is uncut, so consumers can decide exactly how to enjoy their fresh loaf.

The Mrs Crimble's range continues to grow and includes; cakes, biscuits, corn and rice cakes, bread and cake mixes and baked snacks. These include the Award winning Cheese Bites, fruit pies and savoury crackers. Available from Sainsbury's, Tesco, Ocado, Asda and all good delicatessens, farm shops and health food outlets.

Visit www.mrscribbles.com to find out more.

Winter Garden - At The Landmark London

Gluten-free Afternoon Tea, has been introduced at The Winter Garden at the luxurious five-star deluxe Landmark London from September 2009. Afternoon Tea is a sumptuous affair and is served under The Winter Garden's soaring palm trees within the spectacular eight-storey, glass-roofed central atrium. Served daily between 3pm and 6pm and accompanied by a live pianist or harpist, Afternoon Tea is enjoyed by visitors from around the world.

The Landmark London, 222 Marylebone Road, London NW1 6JQ
To make a reservation, call +44 20 7631 8000 or visit www.landmarklondon.co.uk



Foods that make you different: the stigma experienced by adolescents with coeliac disease

For all people diagnosed with coeliac disease, the treatment is a life long gluten-free diet. Removing gluten from the diet will relieve symptoms and should reduce the risk of further complications such as osteoporosis. Studies suggest strict adherence to the gluten-free diet varies; in particular, non-compliance is highest in adults with coeliac disease who were diagnosed in their childhood. A recent research paper examines the stigma, shame and guilt experienced by adolescents with coeliac disease.

How was this study carried out?

Participants were selected to gather a wide range of data on experiences of coeliac disease and the gluten-free diet from the perspective of a teenager. A total of 47 adolescents were recruited, aged between 15 and 18 years old, who had followed a gluten-free diet for at least one year. The teenagers were split in to smaller groups and attended a focus group where they were asked to discuss the following:

Topic	Issues
Being a coeliac	Thoughts about having coeliac disease / thoughts about how I feel in comparison with my friends

Relationships	Reactions of other people related to my condition and special dietary needs / what other people think about me
Eating a gluten-free diet	Availability and the taste and appearance of gluten-free food / being on a gluten-free diet in different contexts and situations / times when I do not stick to the gluten-free diet

The group discussions were guided with someone taking notes and all interviews were recorded.

Analysis of the results

The recorded interviews were written out and any comments relating to feeling stigmatised were coded. These data were then entered in to a computer program for analysis.

What did they find out?

The study found that following a gluten-free diet can result in being stigmatised in everyday life.

Eating out

Eating a gluten-free diet at home was considered to be easier than eating out in public where having to eat a gluten-free diet made the adolescents visible to others, often resulting in unwanted attention and making them aware of being different.

The appearance of gluten-free food and the lack of availability of gluten-free options increased the number of comments and questions about the diet in public and the study participants felt this to be negative. They felt restaurant staff were not very knowledgeable about the gluten-free diet and often took their own food to school and social events to ensure they had something to eat.

Being the centre of attention

Adolescents reported being the centre of attention which was associated as a negative experience. They discussed down playing the importance of their condition when people neglected their dietary needs or challenged why they were following a gluten-free diet.

They reported feeling guilty when others had to make an extra effort because of their dietary needs and felt they were "being a bother". They also felt obliged to show thanks when offered a gluten-free alternative. To avoid embarrassment some described hiding their condition especially when meeting new people as they did not want people to feel sorry for them.

Positive experiences were also described when talking about revealing their condition to others; however, answers given were not detailed and were mostly from those adolescents who managed their gluten-free diet in a flexible way. The majority did feel that when people asked questions about coeliac disease they were genuine and had good intentions.

The ideal situation?

Ideally, adolescents wanted greater awareness of coeliac disease and the gluten-free diet and wanted people to react and act in a supportive way. Eating out would be made easier if gluten-free alternatives were widely available.

Talking about the diet with other teenagers with coeliac disease was comforting and visiting friends with coeliac disease was much easier as they knew the food would be safe to eat.

Conclusions

Difficulties experienced when out in public have been reported in previous studies of both children and adults with coeliac disease. This study based on adolescents shows that following a gluten-free diet can result in stigma at a particularly sensitive time of life.

The fact that adolescents found it helpful to talk and share their experiences of having coeliac disease suggests this could be a useful way in the future for adolescences to cope with living with coeliac disease and the gluten-free diet.

Olsson C, Lyon P, Hornell A, Ivarsson A, Mattsson Sydner Y. (2009). Foods that make you different: the stigma experienced by adolescents with coeliac disease. *Qualitative Health Research* 19: 976 - 984

Useful links

Coeliac Youth of Europe (CYE) - the youth group of the Association of European Coeliac Societies (AOECS).

The CYE works within the AOECS which is spread across Europe. The CYE representatives meet on a yearly basis. CYE is an international forum for raising awareness, exchanging knowledge and working together for a better future.

[www.http://cye.freehostia.com/](http://cye.freehostia.com/)

14 December 2009

www2.coeliac.org.uk/members_exg/october_09_exg/1458.asp

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