



## 2016 Food and Drink Directory

Your 2016 Directory is bigger and better than ever before with over 18,000 products listed.

### Receiving the Directory by post

The Food and Drink Directory will be sent to all Members whose Membership is up to date. To check the status of your Membership visit your [Scrapbook](#) or call 0333 332 2033.

### Electronic access

The new Directory is also available on the [app](#) and online. The [online version](#) is updated in real time, but you'll need to download the new app data to your phone if you haven't already.

### How to download the 2016 Directory

Simply log in to the app on your smartphone while you're connected to WiFi, visit the Directory section and tap "download." Once it's done, you're ready to go.

If you're not already using the app, you're missing out on accessing up to the minute information to support your gluten-free diet and it's all free as part of your Membership. Find out more about the app on our [website](#).

You can download the app from the the [Apple App Store](#) or the [Google Play Store](#).

**Make sure you keep your Food and Drink Directory up to date. Click to check for updates now.**

# IS IT COELIAC DISEASE?

## AWARENESS WEEK / 9-15 MAY



### Awareness Week 2016 - Is it coeliac disease?

Awareness Week takes place from 9 to 15 May and we're keeping the momentum of our *Is it coeliac disease?* campaign going for 2016.

We'll be focusing our efforts on highlighting the most commonly reported symptoms of the condition and prompting people experiencing symptoms to ask themselves, Is it coeliac disease?

### What we'll be doing - and how you can help

We're doing lots to make noise throughout the week so there's something for everyone to get involved in and help us spread the word:

- [pop up events](#) - we'll be in Manchester talking about the symptoms of coeliac disease and handing out leaflets
- [Coeliac UK Leafleting Day](#) - we'll be taking part in our national Leafleting Day on Saturday 14 May
- [help us flood social media](#) - support Awareness Week from the comfort of your own sofa by taking a selfie or taking part in our Thunderclap campaign.

[Find out more](#) about these activities and how you can get involved.



### Crossed Grain redesign

We've revamped Crossed Grain to improve the layout, refresh the look and give you more of the content you want. In 2015 many of you completed our magazine survey and provided us with valuable feedback to work to so that we could make these changes, so we hope you're happy with the new look.

Your new look Crossed Grain will be landing on your doormat mid February. If you have any feedback, let us know at [crossedgrain@coeliac.org.uk](mailto:crossedgrain@coeliac.org.uk)

### Social media chats



“After two years of suffering with IBS like symptoms, I was finally diagnosed with coeliac disease in 2006. It was after losing a significant amount of weight coupled with not feeling myself psychologically that triggered me to go back to my GP and request further investigation. I remember having an endoscopy (with just the throat spray!), which was quite traumatic at the time, and being in tears when the diagnosis was confirmed.

“On the one hand I felt a sense of relief finally knowing what the problem was, but on the other it was overwhelming as the realisation of what I could not eat again hit me. It did take a while to get into the swing of things with the gluten-free diet and I will admit I ‘fell off the wagon’ as I liked to say, a few times. However, the availability of and labelling of foods has improved incredibly since I was diagnosed, but there’s still some way to go.

Manpreet and her team have now started recruitment for the ‘Patients’ and healthcare professionals’ perspectives on follow up in coeliac disease’ study. For more information or to participate please visit the [Coeliac UK website](#).



### **Mid Essex CCG stops gluten-free prescribing**

Mid Essex Clinical Commissioning Group (CCG) has made the decision to stop the prescribing of gluten-free foods with immediate effect.

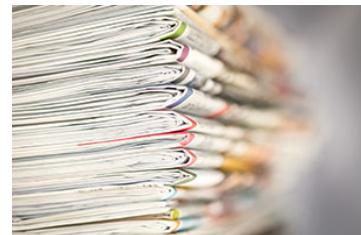
[More on this decision.](#)



### **Vale of York CCG pilot alternative gluten-free food scheme**

The Vale of York Clinical Commissioning Group (CCG) is recruiting local volunteers to [trial a new scheme](#) which provides gluten-free food vouchers to support people diagnosed with coeliac disease.

[Read more on the scheme.](#)



### **Media update for January 2016**

Our media work is a big part of what we do to raise awareness of coeliac disease and the gluten-free diet. We're always working hard to secure pieces in the press, see the latest monthly round up of some of our [key media coverage](#).

# Events



## Jurassic Coast Challenge

This brand new event is a two day walk with a first class stay included at GF accredited HF Holidays' Lulworth Lodge, along with full board. This 30km challenge, spread over two days, is ideal for individuals or groups with a reasonable level of fitness.

[Find out more and sign up.](#)



## Skydive



## Allergy & Free From Show heads to Scotland. Get free tickets today!

2016 sees the launch of the Allergy & Free From Show Scotland sponsored by Genius Gluten Free (19 - 20 March, SECC, Glasgow).

[Claim unlimited free tickets.](#)



## Gluten-free Dinner Challenge

Host a gluten-free dinner party to raise funds and awareness for Coeliac UK. With your

“The skydive was awesome and I am so glad I did it. People never thought that, of all people, I would do it!”  
*Alexandra, skydiver*

Experience the ultimate high by taking on the challenge of a lifetime for Coeliac UK. All you need is a sense of adventure and the drive to raise a minimum sponsorship of £395.

[www.coeliac.org.uk/skydive](http://www.coeliac.org.uk/skydive)

help we're hoping to raise £10,000 to support the vital work of Coeliac UK, which includes our campaign to improve diagnosis rates across the UK.

Contact us for your pack at [fundraising@coeliac.org.uk](mailto:fundraising@coeliac.org.uk)



### Eating out with confidence

When you see the Coeliac UK GF logo you know that the restaurant is adhering to our Gluten-free standard. The standard covers all aspects of gluten-free preparation as well as ensuring training is in place so you can eat out with confidence knowing that we've worked with the venue.

See the full list of organisations that have gained our accreditation on [our website](#).

[About us](#) | [Coeliac disease](#) | [Gluten-free diet and lifestyle](#) | [Get involved](#) | [Campaigns and research](#)  
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