



NEWSLETTER



Morrisons signs up to the Gluten-free Guarantee

We're delighted to announce that Morrisons has signed up to our Gluten-free Guarantee, promising to stock core gluten-free items across its stores.

Our Gluten-free Guarantee campaign asks supermarkets to commit to having a basket of eight core items of gluten-free staple food across all stores, making it easier for people with coeliac disease to manage their diet. The eight gluten-free products in the Guarantee are:

- white bread
- pasta
- cereal
- flour
- cereal bars
- rolls
- crackers
- one other bread (brown or seeded).

All 494 of Morrisons stores across the UK, have signed up to the Gluten-free Guarantee and will stock one of each of these eight items from 1 March 2016.

You can read more about the announcement in our [press release](#).

Read more:

[News](#)

[Events](#)

[GF accreditation](#)



Support our National Leafleting Day during Awareness Week

We need your help and support to make our first ever National Leafleting Day a success – we can't do it without you.

On Saturday 14 May we'll be taking to our local high streets up and down the country to raise awareness of coeliac disease and the need for improved diagnosis of the condition. We want you to join us from 10am-2pm for a short sharp hit of awareness raising in your local area.

Coming soon...bear with us....we'll shortly have a big announcement as to the locations for the event, but there should be one on a high street near you.

For now we're recruiting participants in a two stage process so we can get ready to make a big impact together.



What's involved?

Recruiting National Leafleting Day (NLD) Coordinators

Our first step is to sign up people to take the lead in their local area on 14 May. NLD Coordinators are asked to be a local point of contact who we can send the leaflets and t-shirts to, then share these on the day with other recruits taking part. It won't be a lot of work, it just means we can keep our postage costs and give the store locations one point of contact on the day. [Register your interest now.](#)

Recruiting NLD Leafleteers

All you have to do is be happy to spend an hour or two handing out leaflets on 14 May any time between 10am and 2pm. [Complete our form](#) to register your interest.

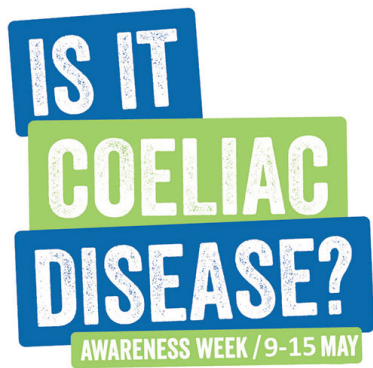
Everyone who gets involved will receive a free t shirt and we want as many of you as possible to get involved. Give us a little of your time and we'll achieve a lot.

Get in touch at awarenessweek@coeliac.org.uk if you have any queries.

Awareness Week activities to choose from

Awareness Week runs from 9-15 May and means that we're stepping up our activity to find the half a million people living with undiagnosed coeliac disease.

With lots of us, a little activity can mean a lot, so do lend us



your support if you can.

Social media noise

If you've only a little time to do your bit for Awareness Week and you're on social media, then join our Thunderclap. Simply sign up and let the programme do the rest in publishing your social media status we're all saying the same thing.

It's selfie time!

We all love a selfie and you're at the heart of our campaigning, so let's get you in the picture this Awareness Week. Order one of our selfie frames and take photos of yourself and your friends and send them to us and upload on social media.

Order leaflets, posters and selfie frames

We've put together packs with everything you need for Awareness Week. We'll send them out nearer Awareness Week but you can [order one now](#).



the **allergy**
+
free from
show **scotland**

19 - 20 March 2016 | SECC, Glasgow
Sponsored by



The Allergy & Free From Show Scotland 2016 sponsored by Genius Gluten-free

Members of Coeliac UK can attend the Allergy Show at the SECC, Glasgow on Saturday 19 March and Sunday 20 March. At the event you can:

- try and buy an amazing variety of gluten-free food and drink.
- see live gluten-free cooking classes at the Sainsbury's Kitchen
- seek advice and tips from top UK consultants and dietitians on coeliac disease
- take part in Allergy Adventures - a special feature, just for kids to teach them that having a condition like coeliac disease should never stop them living safe, happy and healthy lives, filled with fun and adventure.

And much, much more. Check out the website for more show updates.

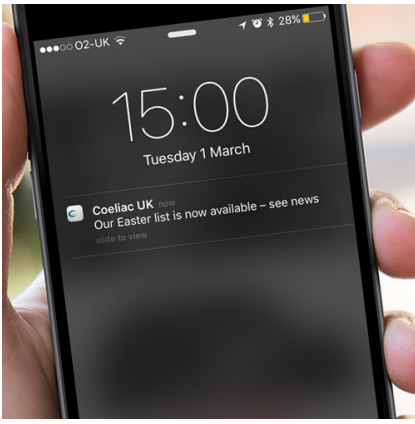
[Download unlimited FREE tickets](#) for you, your friends and family.

Keep up to date with our mobile app

Notifications from the app, known as push notifications, will be used to give you important updates, such as food alerts, so it's really useful for you to have these enabled.

What is a push notification?

When you have an app installed on a phone or tablet, a push notification is a simple message that alerts the



user and displays on the home or lock screen, similar to how a text message will make a sound and pop up on your screen. Push notifications are widely used and we're using them to make sure we can give you fast updates on food alerts so you have the latest information on any food alerts that might affect you.

You can find out more about these notifications and how to switch them on in the app [FAQs](#).



Shopping habits survey

Take part in our gluten-free consumer shopping habits survey to help us campaign with the food industry so we can give manufactures and retailers a better understanding of your needs.

You'll be entered into a prize draw for your chance to win a £100 meal voucher from newly GF accredited restaurant group Côte Brasserie. Please complete the survey at

www.surveymonkey.co.uk/r/shoppinghabits2016



Easter list

There's a huge variety of Easter eggs and Easter chocolates to choose from and lots are suitable for a gluten-free diet. [Download our Easter list](#) to see which yummy chocolate treats you can have. We will be updating this as we receive information about more products which are suitable, so make sure you keep checking. Visit our [Easter treats](#) page for more advice on choosing your Easter eggs and chocolates and recipes for hot cross buns and an indulgent Sacher Torte!

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



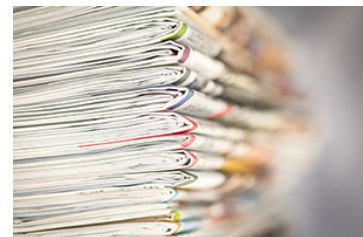
Clinical trials

We are hearing about a number of clinical trials in coeliac disease. If you are interested in clinical trials we have further information



Parents in South Wales

With the brilliant support of the Swansea Local Voluntary Support Group, volunteer Shelly Evans has recently set up a fantastic



Media update for February 2016

Our media work is a big part of what we do to raise awareness of coeliac

on our [website](#).

Where there are trials that are currently recruiting, and we have received the required information, these will be listed on our [website](#).

parent child afternoon at a play centre in Port Talbot for local parents of children with coeliac disease.

[Read more.](#)

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](#).



Working with GPs towards a cost effective gluten-free food prescribing for England

We met with representatives from the British Medical Association (BMA) clinical and prescribing subcommittee in early February to discuss initiatives that will help us to find a cost effective and workable solution to secure gluten-free prescribing services in England.

[Read more.](#)



Interested in campaigning locally?

If you want to be kept up to date with our campaigns and be involved in making a positive impact in your local community, join the Coeliac UK Campaign Network.

Our Campaign Network is our Group of Members and supporters who are passionate about campaigning to improve the lives of those with coeliac disease. Since it was relaunched last year, we have over 150 Members signed up who have been involved in some excellent campaigning across the UK.

Be part of this community and [sign up now!](#) The only requirement is an email address and a willingness to add your voice to our campaigns.





Awareness Week Walks early bird offer – don't miss out

Register before 29 February for your chance to win a free weekend away for two at an HF Holiday's venues

Following the fantastic success of last year's event, this year's Awareness Week Walks will feature nine walks across five locations, including the brand new Jurassic Coast Challenge walk. This walk will be held over two days and will include accommodation on the stunning Jurassic Coast.

To register and find out more visit www.coeliac.org.uk/aww2016 or call our Fundraising Team on 01494 796132.



Get into gear for a night time cycle

Take on a night ride and sign up for an event in London, Bristol, Liverpool or Edinburgh.

Whether you fancy yourself as the next Bradley Wiggins or simply enjoy cycling, Coeliac UK has the challenge for you. Sign up today for your chance to experience one of the UK's best cycle events and raise vital funds to support people affected coeliac disease.

Event dates

4-5 June - [Nightrider London](#)

18-19 June - [Edinburgh Night Ride](#)

25-26 June - [Nightrider Bristol](#)

16-17 July - [Nightrider Liverpool](#)



GUTs weekend away to Birmingham

18 to 30? Join Coeliac UK Gluten-free Under Thirties (GUTs) for their annual weekend



Seasonal pages

Visit our website for tasty seasonal recipes and tips for these upcoming special events:

away.

This year, visit Birmingham for a gluten-free city break from 15 - 17 April 2016. To register your interest, email guts@coeliac.org.uk.



Have you ordered your free Gluten-free dinner challenge pack yet?

Order your pack full of fantastic recipes to help you and your friends, family or work colleagues have fun going gluten-free for a night. To request your free pack contact our Fundraising Team:

fundraising@coeliac.org.uk / 01494 796724

[1 March - St David's Day](#)

[6 March - Mother's Day](#)

[17 March - St Patrick's Day](#)

[27 March – Easter](#)



2016 CCA Conference in Newfoundland and Labrador, Canada

The Canadian Celiac Association cordially invites you to its [2016 national conference](#), being held 24-26 June 2016 at the **Holiday Inn in St. John's, Newfoundland and Labrador**, on Canada's eastern tip.

The guest fee is lower than usual at just \$225 CDN (£110) for the two day conference, including breakfast both days and lunch on Saturday, and complimentary access to the vendor fair, with lots of free samples and giveaways. All are welcome! Register today at www.ccaconference.ca.

Register before the 31 March early bird deadline for a chance to win one of five great prizes. Visit the [website](#) for details.



Recently accredited by Coeliac UK

Côte Brasserie, serving freshly prepared French food and relaxed all day dining, now offer an extensive gluten-free menu in their restaurants across the UK. The menu features a range of French classics taken from Côte's main menu, such as moules marinières, half chargrilled chicken with frites and their signature crème caramel. Côte are committed to making people with coeliac disease feel safe and comfortable dining with them: www.cote-restaurants.co.uk

Labyrinth Holistic Cafe is a not for profit cafe and community hub, their 100% gluten-free, allergen aware menu is available for everyone to enjoy: www.labyrinthholisticcafe.org



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](#).

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