

Sevenoaks Area Coeliac Group

TALKABOUT

For all your gluten-free gossip, news and events

**March 2016
Edition 38**

Sevenoaks Coeliac Group
 **Voluntary**
support groups

Branch Committee

Group Organiser	Fiona Turnbull fi.turnbull@talktalk.net	01474 703869
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Refreshments Organiser	Joy Oliver roliver912@googlemail.com	01732 460849
Refreshments Organiser	Wendy Gibson wendysheilagibson@yahoo.co.uk	01474 853656
Junior Committee Member	Jessica Howe	

Note from the Editor

Dear Reader

Welcome to our spring edition of Talkabout. We hope you all had a great Christmas and are looking forward to the warmer weather.

Our AGM went well last month - we were delighted to welcome Sarah Sleet, Chief Executive from Coeliac UK as our guest speaker. We had a great meeting with lots of members coming along and Sarah presented to us about what Coeliac UK has been up to over the past year and the challenges it faces and day to day activities. Fiona took us through the formal AGM process and you can read more about this in this edition of Talkabout.

We have a tasty recipe of Sundried Cranberry & Seed Flapjack for you to try out this month.

Don't forget to check the Forthcoming Events page and get the Children's Party and the Summer BBQ in your diary. The party will be held in Christ Church Hall in Sevenoaks as the Otford Church is still in the process of having building work done.

Please do send us your recommendations of places to eat locally as they are always really helpful to other members.

We hope you enjoy this edition of Talkabout and we hope to see you at one of the forthcoming events.

Gill – The Editor

Places to Eat and Useful Information

Have you got a local restaurant that looks after you when you eat there and understands your needs? They don't need to advertise as gluten-free on the menu but are they prepared to put themselves out a little to look after you? If each and every member contacted us and let us know about their favourite restaurant, then imagine the wonderful selection of restaurants we could all try!

If you have some useful information to share with other members then please get in contact - you'll find my contact details on the back page of the newsletter. We look forward to hearing from you soon.

**Bill's Restaurant – Five Ways, Lime Hill Road, Tunbridge Wells TN1 1LJ
Tel: 01892 548699**

This restaurant has a gluten free menu which has been adapted from their main menu – wow! Why can't more restaurants do this? With just a few small changes and the purchasing of some gluten free bread and flour most restaurants could achieve this (with a lesson in cross contamination of course)! Bill's has a great breakfast menu with all the classics on it from Eggs Benedict served on gluten free toast to a Full English or Scrambled Eggs on gluten free toast.

There are a choice of Starters and Main Courses which look great and it's pleasing to see a dessert menu with a bit of imagination – warm chocolate brownie served with warm chocolate sauce, vanilla ice cream and a chocolate flake or blackberry and caramel apple Eton mess. Ice cream and sorbets are available as an option or a cheese plate served with toasted gf bread. The prices are reasonable so I think it's probably worth a try! I've also been told that a new restaurant will be opening in Sevenoaks soon.

Marmite

We have been informed by a member that Marmite now contains yeast extract (which contains barley). For many years it has been fine for coeliacs so please be aware that it may upset you! We checked with Coeliac UK and it seems that Marmite and Bovril are both not allowed. We were told that Sainsbury's, Morrison's and Tesco do yeast extract spreads which are gluten free.

Forthcoming Events

**Please come along to one of our events
We look forward to seeing you soon.**

Coffee Morning - Third Saturday of every month

19th March in Tunbridge Wells, 16th April in Sevenoaks, 21st May in Tunbridge Wells, 18th June in Sevenoaks, 16th July in Tunbridge Wells.

If you are newly diagnosed and want to find out more this is a very relaxed way to meet with other coeliacs to share ideas and have a chat. We welcome all members.

We meet between 10.00am - 11.30am. We look forward to seeing you soon - look out for the Crossed Grain magazine on the table. We meet at alternate locations each month. One month at Sainsbury's Café in Sevenoaks (Otford Road, TN14 5EG) and the next month in Sainsbury's Café in Tunbridge Wells (on Linden Park Road, TN2 5QL, just off the A26 Eridge Road).

Children's Party

Sunday 22nd May – 2–4pm

Christ Church URC Hall, Littlecourt Road, Sevenoaks TN13 2JG

We would like to invite all children (up to the age of 12) to come along to our party. We will have Micky the Magician entertaining the children followed by a gluten free party tea along with some fairy cakes to decorate.

Parents must stay on the premises but please come and enjoy a cup of tea and a chat with other parents. Please contact Gill at gillieh@tiscali.co.uk ASAP to let us know if you'll be coming along so that we know how many to cater for.

Summer BBQ

Saturday 2nd July - 4.30pm onwards in West Kingsdown

A date for your diary! We would like to invite our Sevenoaks members to a Summer BBQ to be held on Saturday 2nd July in West Kingsdown. We will be cooking up some lovely gluten-free food for you to enjoy on the Barbeque. Bring all the family - the children will love it too!

- Minimum £7.50 donation for adults and free for children under 10.
- Please contact Daphne Paterson at dpater2@btinternet.com or phone / text her on 07717 471909 by Monday 27th June to let us know you are coming along and to get directions.

AGM Minutes

Sevenoaks Area Coeliac Group

Minutes of AGM - 27th February 2016

Present:

Committee Members – Fiona Turnbull, Daphne Paterson, Gill Howe, Mary Cunnington, Alison Batchelor, Joy Oliver, Sally Spike, Junior member Jess Howe

Also present – 36 members of the group and Sarah Sleet from Coeliac UK

Apologies of Absence - received from Wendy Gibson

Group Organiser's Report

Fiona welcomed everyone to the meeting, in particular our special guest, Sarah Sleet CEO of Coeliac UK.

Minutes of the previous AGM held on 18th April 2015 had been distributed and read and were Proposed as a true record of the meeting by Peter Barnett and Seconded by Alison Batchelor. There were no matters arising.

Vacancies on Committee

It was explained that the Coffee Morning Organiser is a role that we would like some help with. There were no nominations from members.

Re-Election of Committee

Fiona thanked the committee for a very successful year together and their hard work and contribution to the local group. Fiona explained that all posts are up for re-election but no nominations came forward. The current committee (below) were willing to stand for another year – to re-elect the current committee en-masse: this was proposed by Madeleine Lestrangle and Seconded by Carol Barnett.

Group leader

Asst Group Leader and Newsletter Editor

Secretary and Coffee morning Organiser

Treasurer

Refreshments

Webmaster

Committee Member

Junior Member

Fiona Turnbull

Gill Howe

Daphne Paterson

Mary Cunnington

Joy Oliver/Wendy Gibson

Alison Batchelor

Sally Spike

Jessica Howe

Fiona thanked everyone and said she would be very pleased to take the group forward into our 14th year.

Treasurer's Report

Mary Cunnington distributed copies of the Balance Sheet for January-December 2015. The closing balance at 31st December 2015 was £4883.91. This had stayed fairly stable across the year.

Fiona ran through the events that were organised over the last 12 months.

Monthly Coffee Mornings

We are still concentrating on coffee mornings rather than big meetings. We feel this is vital for newly diagnosed coeliacs to chat on an informal basis. Coffee is held on the 3rd Saturday of the month at 10am to 11.30am at Sainsbury's Café; alternating between Tonbridge Wells and Sevenoaks.

Talkabout Newsletter

Our Sevenoaks newsletter is published 3 times a year - we feel it is an important resource as it is able to reach those members unable to get to our meetings. Edition Number 38 is about to be printed.

Coeliac Awareness Week 11th -17th May 2015

Once again we joined forces with our friends at Darent Valley Hospital's Dietetic Dept. with a stand in the main foyer for one day. There was a gastro outpatient clinic in the afternoon so that guaranteed us people interested in coeliac disease. It is always a worthwhile event to help raise awareness.

Summer BBQ Saturday 18th July

Fiona thanked Daphne Paterson and husband Bob for all the hard work in hosting the BBQ at their home and the rest of the committee for their hard work in catering for the lovely food that was available. Over 60 guests came and had an enjoyable afternoon.

Volunteers' Conference Saturday 19th September

Daphne and Fiona attended this conference for Sevenoaks.

Nutrition Talk and Afternoon Tea 7th November

Members were invited to join us for an Afternoon Tea and Cakes pre-Christmas - we all enjoyed it and sampled the many homemade cakes on offer.

Fiona then handed over to Sarah Sleet of Coeliac UK who gave a very interesting talk about what the organisation has been involved in over the last year and the challenges it faces. She also presented Sarah with a cheque for £250 from the Sevenoaks Coeliac Group. The afternoon finished with tea and homemade cakes.

Sarah Sleet Presenting at the AGM



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Taking into account the fact that 20% of us are lactose intolerant and 15% of households are gluten avoiders, we worked tirelessly on making the rest of our range **gluten, wheat and dairy free** with the same **perfect taste, bite, texture and aroma**, and we cracked it! **All of our premium sausages are now gluten, wheat and dairy free!**



We were thrilled when Food Matters gave our improved recipe Perfect Pork and Perfect Cumberland the thumbs up! Perfect Cumberland was described as **"making for a lovely, rounded peppery bite**". The mace and nutmeg bring a depth to the pepper too, removing any 'pepper overwhelm'!" Perfect Pork was described as **"a really good 'normal' free from sausage** - certainly 'non-free frommers' would not notice any **difference with this sausage.**"



We're focused on the needs of our customers, which is why we have given competition winners consultations with **Stephanie Lashford** from the Sanford Clinic, who has helped over 4,000 patients back to health through her simple, natural nutrition and lifestyle advice, and worked with Natural Chef **Ceri Jones** to create some unusual and delicious **free from recipes**. Find out more and discover our recipes at www.debbieandandrews.co.uk.

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Gluten Free Sundried Cranberry and Seed Flapjack

This flapjack recipe is a twist on the classic with the addition of seeds and cranberries. Perfect for an afternoon snack. These are also suitable for freezing, so why not make a reasonably good batch, and get your sugar fix!

Ingredients

200g Unsalted butter
200g Demerara sugar
100g Honey
100g Golden syrup
400g Gluten-free porridge oats
50g Sundried cranberries, pumpkin seeds, sunflower seeds, linseeds

Method

- You will need a 20cm x 30cm (8in x 12in) cake tin, greased and lined.
- Put the butter, sugar, golden syrup and honey in a saucepan and heat, stirring occasionally, until the butter has melted and the sugar has dissolved.
- Add the oats, fruit and seeds if using, and mix well.
- Transfer the mixture to the prepared cake tin and spread to about 2cm ($\frac{3}{4}$ in) thick. Smooth the surface with the back of a spoon.
- Bake in a preheated oven at 180C/350F/Gas 4 for 15-20 minutes, until lightly golden around the edges, but still slightly soft in the middle.
- Let cool in the tin, then turn out and cut into squares.

Coeliac UK News and Updates

Morrisons sign up to the Gluten-free Guarantee

We're delighted to announce and Morrisons has signed up to our Gluten-free Guarantee, promising to stock core gluten-free items across its stores. The campaign asks supermarkets to commit to having a basket of eight core items of gluten-free staple foods 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.

Coeliac Awareness Week – 9-15 May 2016

This year Coeliac UK are stepping up the activity to find the half a million people living with undiagnosed coeliac disease. With lots of people involved, a little activity can mean a lot, so do lend your support if you can.

Social Media Noise – If you've only a little time to do your bit and you're on social media, then join the Thunderclap. Simply sign up and let the programme do the rest in publishing your social media status. This will be available soon via Coeliac UK website.

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.

National Coeliac UK Leafleting Day

It's all about spreading the word, which is why, with the help of our volunteers, we'll be taking part in our national Coeliac UK Leafleting Day on Saturday 14 May. Join us as we hit the streets of cities up and down the UK with many other Members who are passionate about making a big impact across the country. It's simply a case of giving out leaflets and talking to people - what could be easier? If you can't get into your city centre, you can still make a difference by handing out leaflets at your pharmacy, supermarket and school - anywhere with a large volume of people. Visit Coeliac UK's website to find out how to sign up.

The launch of Gluten-free Under Thirties (GUTs)

Saturday 23 January saw the first official event of the new Coeliac UK GUTs – Gluten-free Under Thirties Group at the University of Leicester. The day brought together 20 Members aged 18 to 30 from across the UK to network, hear about research and campaigns, and elect the new GUTs Committee.

The aim of this group is to provide a supportive network to young adult members, where they can all give each other some helpful advice on living with coeliac disease. This can be anything from tips on gluten free restaurants or beers, moving out of home, starting in a new workplace, or explaining coeliac disease to new university friends. As well as support, they will organise local and national events so please keep an eye on the social media accounts for up to date information.

To get in touch please email guts@coeliac.org.uk or visit them at: www.coeliac.org.uk/local-groups/guts.

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.

2016 Food and Drink Directory

The 2016 Directory is bigger and better than ever before with over 18,000 products listed. It will be sent to all Members whose Membership is up to date. To check the status of your Membership call 0333 332 2033.

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 app data to your phone if you haven't already. Simply log in to the app on your smartphone while you're connected to Wi-Fi, 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.

COFFEE MORNING

Come and join us

WHERE?

Sainbury's Café

Tunbridge Wells or Sevenoaks /Otford

Look under 'Forthcoming Events'



WHEN?

On the third Saturday of most months between 10.00 and 11.30

WHY?

For a cup of tea or coffee and a chat with fellow coeliacs





Talkabout

Sevenoaks Area Coeliac Group

Please send your letters or enquiries to:

**Gill Howe at Rochdale, 335 Main Road,
Westerham Hill, Kent TN16 2HP**

Tel: 07971 481150 Email: gillieh@tiscali.co.uk