



Your views matter – convenience shopping and the Gluten-free Guarantee

We want gluten-free staple foods to be available everywhere, so that maintaining a gluten-free diet can be easier for people with coeliac disease.

To help us realise our ambition, we launched our [Gluten-free Guarantee \(GfG\)](#) campaign in 2014, which challenged retailers to stock a basket of eight gluten-free staple products. The GfG has had success with large supermarket retailers, with Morrisons being the latest store to come on board, but has proved a challenging proposition for smaller convenience sized stores.

Of course, challenging retailers to respond to demands for gluten-free food is what we're here to do, but we also need to recognise issues presented to us by retailers, such as food waste. Our campaign needs to evolve with changing consumer habits too. Over the last few years, online and convenience shopping has grown while the traditional 'once a week' trip to the supermarket has declined, and our approach needs to take account of these developments.

To help us to review the GfG basket for convenience stores, we would like to hear from you. We have developed a very short questionnaire to find out more about how you use and access convenience stores, and the gluten-free staple products you think ought to be available to you when you visit.

Our questionnaire will take less than ten minutes to complete, please give us your views at: www.surveymonkey.co.uk/r/GFG_MemberSurvey

Your response will help to ensure that our campaign is focused on your needs and achieving our shared goal of making shopping for a gluten-free diet much easier. Thank you.

Read more in:

[News](#)

[Events](#)

[GF accreditation](#)

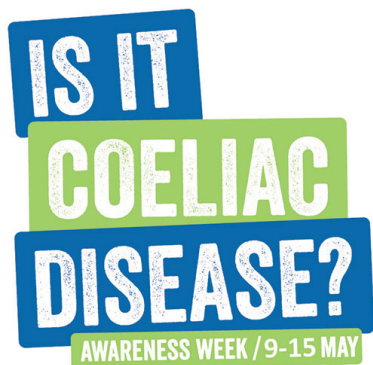


Update on gluten-free prescribing

Gluten-free prescribing continues to be a key campaigning priority for Coeliac UK. This month we have updates on the current situation and our work in the following areas:

- [Southend, Castle Point and Rochford CCGs](#)
- [Bedfordshire CCG](#)
- [Heywood, Middleton and Rochdale CCG](#)
- [Vale of York CCG](#)
- [Dorset CCG](#)
- [Newcastle CCG](#)
- [Bury CCG](#)
- [Enfield CCG](#)
- [Great Yarmouth and Waveney CCG](#)

Please [keep us updated](#) on any changes you experience locally.



Our Awareness Week needs you

Awareness Week 2016 is fast approaching and we need your help to make it a success so that more people hear about coeliac disease.

Whether you have a couple of hours to give, or just ten minutes, you can help us make a difference and get more people to ask, "Is it coeliac disease?"

In ten minutes you can support our [Thunderclap](#) which will tell all of your social media contacts about our campaign. [Sign up now](#) and on 9 May at 12.30pm we'll all say the same thing at the same time.

In 15 minutes, you could take a selfie using one of our selfie frames and post to social media, tagging us using [@Coeliac_UK](#) on Twitter and [@Coeliac UK](#) on Facebook. [Order yours now.](#)

If you have a little more time, take part in our National Leafleting Day on 14 May as either a [coordinator](#) or [leafleteer](#). We'll all be on high streets up and down the country telling people about coeliac disease and raising awareness and you can help us make a big impact.

Get involved and give us a boost with a little of your time. All of us together can make a big impact.





Shopping habits survey

Thank you to everyone who participated in this year's gluten-free consumer shopping habits survey, we will be analysing the results and using this to inform our discussions with manufacturers and retailers to get more of the products you want available on shelves.

Congratulations to Kate Ellis from Hertfordshire who won our participation prize - a £100 voucher from recently GF accredited restaurant group Côte Brasserie.



8-10 July 2016 + Olympia, London

Sponsored by



The Allergy & Free From Show London 2016, sponsored by Udi's Gluten Free

Now in its seventh year, The Allergy & Free From Show is even bigger and better than before. This three day show is taking place from on Friday 8 to Sunday 10 July at London Olympia's Grand Hall.

We are thrilled to be part of the show once again and hope you are able to join us. The show offers you the chance to try and buy a wide range of gluten-free foods, chat to gluten-free manufacturers, attend talks on a variety of subjects, including coeliac disease and the gluten-free diet, and to meet Members of the Coeliac UK team on our stand, A447.

The show is a great day out for the whole family and with free tickets for you, your family and friends. To claim your free tickets, visit www.allergyshow.co.uk/go/cuk-April-news.

You are welcome to come along to one of our presentations:

Friday 8 July

New developments in coeliac disease and the gluten-free diet, Ruth Passmore, Health Policy Officer

Saturday 9 July

Is it coeliac disease?, Maria Tzanetou, Dietitian

Sunday 10 July

Myth busting the gluten-free diet, Nicola Crawford-Taylor, Dietitian

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



Read our latest blog

Ask Italian

We are sorry to announce that restaurant group ASK Italian have decided not to renew their NGCI accreditation with us and will no longer be part of our scheme. To see a list of restaurants that are a part of our accreditation scheme, [visit our website](#).

Take a look at our latest [blog](#) to see what we're talking about this month.

Media update for March 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](#).



Rise to the challenge of a 10k jog

The British 10k London (6.2 miles) is along closed roads, lined with enthusiastic crowds, giving it a marathon atmosphere but over a much shorter distance. Be one of 25,000 runners all following in the footsteps of Olympians and raise funds to support those affected by coeliac disease. With participants of all abilities taking on the challenge of the British 10k, this event is perfect for first time and experienced runners alike.



Get into gear for Nightrider

Cycling at night on quiet city roads and seeing the dawn over a sleeping city as you glide through it is about as exhilarating as cycling gets. These cycling events pose challenges that beginner, intermediate and advanced cyclists will all enjoy.

Taking place in London, Bristol, Liverpool and Edinburgh, there is a night time cycling event for everyone. Find out more, including how to

sign up at www.coeliac.org.uk/nightrider

Register today for just £25 and pledge to raise a minimum of £200 in fundraising.

Find out more by visiting:
www.coeliac.org.uk/London10k



[Annual General Meeting](#) - Saturday 2 July
Remember to book it in your diary!

This year we're heading to Bath Racecourse for our AGM. Once again we'll have our popular dietetic clinics and several speakers lined up throughout the day for you to enjoy. Alongside the more formal event we'll be running a gluten-free food fair with the support of our Local Groups. Look out for more details in the summer edition of Crossed Grain.



Your last chance to sign up for our 2016 Awareness Week Walks

With summer fast approaching it is nearly time for Coeliac UK's Awareness Week Walks. Based at five locations around the UK with routes and distances to suit all walking abilities, it's a great chance to meet other supporters of the Charity while raising funds to support our work.

Register today for just £10 (individual) or £25 for a team of four and pledge to raise £50 per person. Find out more at www.coeliac.org.uk/AWW2016



Call for volunteers aged 18 to 30

Gluten-free Under Thirties (GUTs) has teamed up with Camden Market Gluten Free Festival on 14-15 May to run an extra special Awareness Week event. Not only will the Group be hosting a stall and talks at the festival, they will also be holding a party for all GUTs Members.

GUTs is looking for volunteers to help out on the stall at the festival for one or two 3 hour slots. It is a great opportunity to meet other Members, raise awareness about coeliac disease, develop your skills and have fun!

Please email Fearon at guts@coeliac.org.uk to sign up as a volunteer, and keep an eye on their [Facebook page](#) for more

information about the party.



Recently accredited by Coeliac UK

Papa's Fish and Chips in Hull, is the World's Largest Fish and Chip restaurant, providing delicious gluten-free fish and chips 'all day - everyday' in both the takeaway and restaurant - www.PapasFishandChips.com.

Award winning fish and chip chain **The Chesterford Group** have accredited ten more stores across the UK, including Fish 'n' Chick'n, Bankers Express and Churchill's. They now have a gluten-free menu served weekly in 15 stores.

For your nearest store, visit www.tcg-ltd.co.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](#).

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You're receiving this email because you are a Coeliac UK contact.

Our mailing address is:

Coeliac UK
Coeliac UK, 3rd Floor, Apollo Centre
Desborough Road
High Wycombe, Bucks HP11 2QW
United Kingdom

[Add us to your address book](#)