

Awareness Week 2016

**IS IT
COELIAC
DISEASE?**
AWARENESS WEEK / 9-15 MAY

Awareness Week is just around the corner and we'll once again be encouraging people to ask themselves 'Is it coeliac disease?' We need your help to achieve our aim of reaching the estimated 500,000 undiagnosed people in the UK and it's not too late to get involved.

Reaching half a million people on social media

It just takes five minutes to help us spread the word online – signing up to our Thunderclap campaign couldn't be easier. After you've pledged your support, a social media status featuring our key 'Is it coeliac disease?' message is sent out from your account at the same time as everyone else who has pledged. When we all speak together, we can make a bigger impact, so [sign up now](#) to pledge your support. We are so close to reaching 500,000 people – your pledge could make all the difference.



Is it coeliac disease?

#anaemia? #fatigue? 500,000 UK people with undiagnosed coeliac disease
#isitcoeliacdisease
isitcoeliacdisease.org.uk



Help us reach as many people as possible, sign up to our Thunderclap

Or if you're feeling creative, then why not take a selfie describing your symptoms? They say a picture paints a thousand words, so [order a selfie frame now](#) and get snapping!



After you've uploaded your picture to social media with #isitcoeliacdisease, we'll share our favourites on Twitter and Facebook.



National Coeliac UK Leafleting Day

On Saturday 14 May, our brilliant Coordinators and Leafleteers will be taking to high streets up and down the country to spread the word about coeliac disease. With support from Marks & Spencer offering up its stores throughout the UK as leafleting locations, there's probably something going on near you – keep an eye out!



Pop up event

Throughout Awareness Week we'll be holding a pop up event in central Manchester, where we'll be talking about the symptoms of coeliac disease, handing out leaflets and offering on the spot testing to those at risk.

You can find us at [Piccadilly Gardens Area A - Wellington Statue](#)

Have any questions? Then don't hesitate to get in touch at awarenessweek@coeliac.org.uk or on 01494 796129.

Read more in:

[News](#)

[Events](#)

[GF accreditation](#)



Win a pair of tickets for the BBC Summer in the City Show

The show is a great day out with a special Free From area and offers you the opportunity to see your favourite celebrity chefs cooking live on stage, find out more about eating well, visit the Coeliac UK stand to chat with one of our dietitians and team about any questions you have about your diet and health, and browse, sample and shop from hundreds of exhibitors.

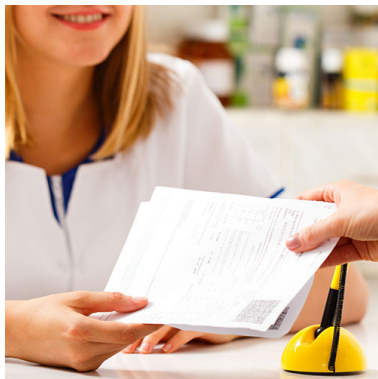
We have four pairs of tickets to give away to our Members. Tickets are valid for Friday 20 May OR Sunday 22 May 2016 at Excel London.

[Enter our prize draw](#) to win a pair of free tickets to the show, simply provide us with your name, address and Membership number* and your number one tip for cooking and baking gluten-free** by 5pm on Thursday 12 May. Four lucky winners will be drawn at random on Friday 13 May at 12.00 noon.

*Please note to enter you need to be a current Member of Coeliac UK.

**Cooking and baking tips will be shared on website, social media and marketing material.

Enter the prize draw!



Update on gluten-free prescribing

Coeliac UK believes cutting prescriptions for those who have been diagnosed with coeliac disease will leave vulnerable patients without support, and affect their ability to stick to the gluten-free diet. We are keeping up the fight for gluten-free prescribing but we are seeing some more consultations and decisions coming through. In all cases Coeliac UK formally responds to the consultations in support of continuing to provide gluten-free food on prescription. We highlight the need for a level of support for people with coeliac disease due to the higher cost of gluten-free staple foods and the limited availability in rural areas and smaller convenience stores and we focus on research which shows that gluten-free staple foods are not readily available to purchase in budget supermarkets and corner shops and that gluten-free staple foods are 3-4 times more expensive than gluten containing equivalents.

This month we have updates regarding:

- [Cambridgeshire and Peterborough CCG consultation until 24 May](#)
- [Worcestershire consultation until 30 May](#)
- [Nottingham North and East CCG, Nottingham West CCG and Rushcliffe CCG](#)
- [Mansfield and Ashfield CCG and Newark and Sherwood CCG.](#)

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

Stay up to date with allergy alerts

The Food Standards Agency is improving its free service which communicates allergy alerts, via email or texts, letting you know when a food product is recalled if it is considered an allergy risk.

You can personalise the service, by choosing which of the



top 14 allergens that you would like to receive alerts about.

Foods are usually recalled or withdrawn from sale because something has happened in the manufacturing process and they should not be sold, either because the food is unsafe or because the labelling is incorrect.

You can sign up for the free service, or amend your preferences on the [Food Standards Agency](#) website.

We also highlight food alerts relating to gluten and those specific to gluten-free products in our [food alerts](#) service on our website and on our app. Food alerts are also sent out as push notifications on our mobile app Gluten-free on the Move. Visit www.coeliac.org.uk/app for more information on how to download it.



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.

The Group will be hosting a stall and talks at the festival, and will be holding a party for all GUTs Members on the Saturday afternoon.

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!

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



8-10 July 2016 + Olympia, London

Sponsored by



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

This year's show is even bigger and better than before. This three day Free From extravaganza is taking place from Friday 8 - 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 a range of talks on a variety of subjects including coeliac disease and the gluten-free diet and meet members of the Coeliac UK team at stand A447.

The show is a great day out for the whole family and we are offering free tickets. To claim your free tickets, visit www.allergyshow.co.uk/go/cuk-ldn-eXG.

Please come along to one of Coeliac UK's presentations to find out more about coeliac disease and the gluten-free diet:



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

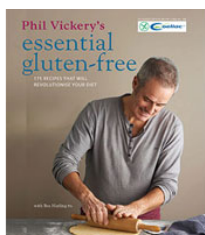
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Gluten Attack. Is gluten waging war on our health?

Professor David Sanders is Professor of Gastroenterology at the Royal Hallamshire Hospital and University of Sheffield and brings us the latest evidence and research findings from his very personal journey into gluten.

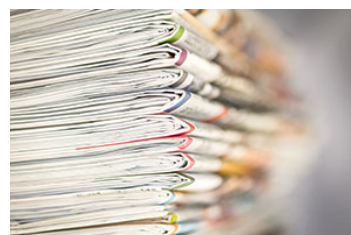
Gluten Attack costs £13 and can be purchased [online](#) or by calling our Membership Helpline on 0333 332 2033.



Phil Vickery's essential gluten-free

Phil Vickery has published the latest instalment in his gluten-free cookbook range. With recipes ranging from Multiseed bread rolls and leek and gruyere quiche to chocolate mousse tart and maple and pecan cookie creams, it has a recipe for every occasion.

The book is available from us for £19; it can be purchased [online](#) or by calling our Membership Helpline on 0333 332 2033.



Media update for April 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](#).





British 10k London

London's roads are closed for this entry level running event. Why not take on the Capital in support of Coeliac UK and join 25,000 other runners along cheerer lined streets?

Every runner gets a Coeliac UK running vest, fundraising and training support, and we'll be there on the day to cheer you on.

[Find out more.](#)



Join us at Nightrider

Get in gear for a 60 or 100km night cycle at one of these iconic cities:

- London
- Bristol
- Liverpool

These challenging cycling events are a great opportunity to cycle on relatively quiet roads and see the sun come up as you cross the finish line in support of Coeliac UK.

[Find out more.](#)



Our Annual Conference and AGM

On Saturday 2 July we'll be at Bath Racecourse for our Annual Conference and AGM 2016. This is our annual event where you get to hear updates from the Charity, connect with other Members and take part in all things gluten-free.

The venue offers great facilities including ample parking and is well placed for those wishing to make the short trip into the beautiful city of Bath too.

Our popular dietetics clinics will be a feature of the day and we have several speakers lined up. Huge thanks to our Local Groups, led by Ian Severn, Berkshire Local Voluntary Group Organiser, for organising a gluten-free food fair which will run throughout the day. See our website for a [list of exhibitors](#).

Annual General Meeting

There will be lots going on at the AGM with the election and re-election of some of our Governors who play a key role in shaping the work of the Charity. Your AGM notice is included in Crossed Grain and has more information and biographies.



International Coeliac Day - 16 May 2016

With Awareness Week on the horizon, May is a hugely important month for coeliac disease awareness in the UK and the same is true for the rest of the world. In Europe, as in the UK, the average time between the first appearance of symptoms and diagnosis is over ten years. Plus, in Europe, only it's estimated that only 12-15% of people affected by coeliac disease actually receive a diagnosis.

This is direct contradiction to the World Health Organisation's (WHO) statement that every person has 'the right to the highest attainable standard of health', which for people with coeliac disease means a diagnosis as soon as possible. Therefore, on 16 May the Association of European Coeliac Societies (AOECS) and their Member Societies celebrate International Coeliac Day to raise awareness of missing diagnoses. Anyone experiencing symptoms can take our online assessment at www.isitcoeliacdisease.org.uk to get advice about being tested. For more information about AOECS, please visit www.aoecs.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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