



## Do you eat out free of doubt?

Getting hold of food or drink that is suitable for your diet shouldn't be a challenge just because you've stepped out of your house. But we still hear regularly that eating out continues to be an issue for those on a gluten-free diet. We want this to change.

Our next big campaign will be challenging restaurants, pubs, retailers and cafés across the UK to provide for those who need to exclude gluten from their diet. We'll also be looking at other places where finding something to eat can be difficult, such as airports and sporting or entertainment venues.

The campaign is now in the research and development phase, with a launch planned for 2017, and we need your help to design a campaign that is sharply focused on delivering the change that you want to see.

If you would like to be part of our campaign from the outset, please share your thoughts and experiences by giving 5-10 minutes of your time to complete our short questionnaire.

There are different versions depending on your circumstances. Please click through and complete the one(s) most appropriate for you or your family:

[Questionnaire 1 - I am on a gluten-free diet \(aged 16 years and over\)](#)

[Questionnaire 2 - I am a parent of a child on a gluten-free diet](#)

\* If the links for the questionnaires do not work please type the web address into your browser or copy and paste the links:

Questionnaire 1 - <https://www.smartsurvey.co.uk/s/Eating1>

Questionnaire 2 - <https://www.smartsurvey.co.uk/s/Eating2>



## Awareness Week 2016

Thank you so much to all of you who got involved with this year's Awareness Week. Whether you supported National Leafleting Day, spoke to people about your symptoms or supported the Thunderclap, you helped us make a real difference.

We kicked off the week with our first ever Is it coeliac disease? Thunderclap which smashed our target and reached over a million people – twice the number of people living with undiagnosed coeliac disease. Not only that, we made so much noise using our hashtags #isitcoeliacdisease #anaemia #fatigue #CoeliacAwarenessWeek that on Monday 9 May all four of these were trending! This is a real coup and the first time the Charity has ever achieved this.

Our online presence was maintained through the week as our Members and supporters were taking part in our selfie competition to further push the campaign and show some of their symptoms so we could reach more people with the diagnosis message.

We issued press releases to the media and had really good take up and on 9 May our Patron, Caroline Quentin, was interviewed on [ITV This Morning](#) to kick off Awareness Week and also did a live cooking slot with our Food Ambassador Phil Vickery. You can read more on Awareness Week media coverage on our [website](#).

During the week, we were in Manchester at our pop up event, giving out information and talking to people about coeliac disease. We were also offering testing for those who completed our online assessment and were recommended to be tested.

The week drew to a close with our National Leafleting Day and huge thanks to everyone who got involved and supported the initiative – you can see more on our [online gallery](#). With 1 in 100 people with coeliac disease, we're bound to have given leaflets to people needing that all important diagnosis.

---

### Our Annual Conference and AGM

With just one month to go until our Annual Conference and AGM, we hope you're free on 2 July to join us for a



day at Bath Racecourse for our Annual Conference, AGM and food fair.

We'll be hosting dietitian clinics and talks and you'll get a chance to hear from Professor David Sanders and others from the Charity to keep you updated.

The food fair has been kindly organised by our Local Groups, led by Ian Severn, Berkshire Local Voluntary Group Organiser and it is shaping up to be a great event. See our website for a [full list of exhibitors](#).

And we will of course be holding the Annual General Meeting for the election and re-election of some of our Board of Governors. See your AMG notice included with Crossed Grain for more information.



#### Join in with our live social media chats

On Tuesday 14 June we'll have our expert dietitians taking over our social media pages and answering your questions on the gluten-free diet.

We can help you choose safe foods and support you as you learn about the gluten-free diet, so get some questions ready and we'll be happy to answer your queries when the chat begins at 12.30pm.

[Visit us on Facebook](#) and [follow us on Twitter](#) to join in! [Find out more information](#) on the chat.



8-10 July 2016 + Olympia, London

Sponsored by



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

With just over a month to go, final preparations are underway for this year's Allergy & Free From Show. We hope to see you there!

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

The show is a great day out for the whole family and we're offering free tickets. To claim yours, visit [www.allergyshow.co.uk/go/cuk-ldn-eXG](http://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



**Bury CCG reviewing its prescribing policy**

Bury Clinical Commissioning Group (CCG) currently restrict the prescribing of gluten-free staple foods to 8 units of bread, pasta or flour mix each month. The CCG is now in the process of reviewing its policy and is proposing to withdraw prescribing gluten-free food for adults. As part of the review, in October last year Bury CCG held a patient consultation and we wrote to all Members in the area to make sure that they had the chance to respond.

Coeliac UK has put forward the case for continuation of gluten-free food on prescription during a teleconference with the Chair of Bury CCG and the prescribing lead and has also sent several letters to the CCG in support of gluten-free food on prescription as part of the consultation process. We have also met with local dietitians.

The proposal to withdraw gluten-free food on prescription for adults was discussed at the last two CCG board meetings. At both meetings the decision has been deferred due to concerns that further assurance around patient education and information is required and to ensure that their patient care was in line with National Institute for Health and Care Excellence. We will continue to provide updates as the situation in Bury progresses through Crossed Grain magazine, our electronic newsletter and on our website.

**GUTs hit Camden Market's Gluten-free Festival**

On 14 and 15 May, our Gluten-free Under Thirties (GUTs) Group held a stall at the Camden Market Gluten-free



Festival in London. Fearon Cassidy, Group Organiser led two talks about her personal experiences titled: 'Surviving uni with coeliac disease' and 'Backpacking with coeliac disease'. The Group had a really successful weekend engaging new Members and raising awareness about coeliac disease and the Charity.

GUTs' next big event is their weekend away in Birmingham from 30 September to 2 October, which is set to be the highlight of the year. Members will be able to meet new people, share experiences and see the city... all completely gluten-free! If you are interested in attending, email the Committee at [guts@coeliac.org.uk](mailto:guts@coeliac.org.uk). All Members aged 18 to 30 are welcome.



### Recruiting for research

We currently have a [number of projects](#) that are recruiting for research:

- [Are you diagnosed with coeliac disease, chosen not to have follow up appointments and willing to share your views?](#)
- [Living in or around London and interested in being part of a study testing bread made from treated wheat?](#)
- [Living in Hackney or neighbouring boroughs, with a child aged 11-15 years and a family member diagnosed with coeliac disease?](#)
- [Living in or around Gateshead and interested in tasting gluten-free and milk free foods?](#)

Participation in any study is voluntary and we neither promote participation or non participation, it is an individual's decision.

We also have a webpage with information on any [clinical trials](#).

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

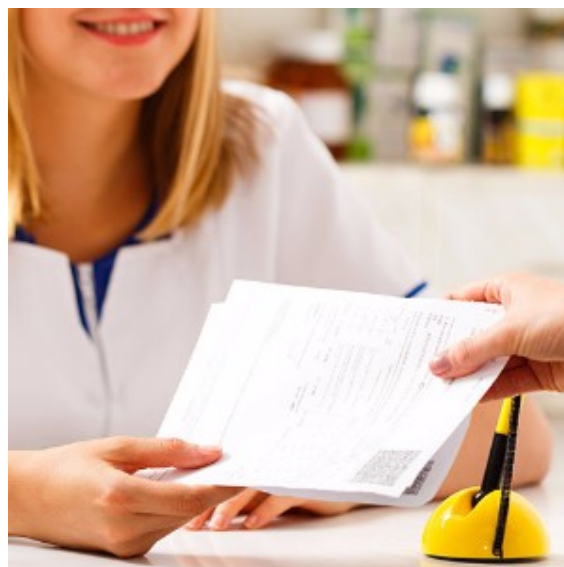
---



### **Diet and Nutrition survey**

Thanks to those who signed up to support our Diet and Nutrition survey for people with coeliac disease, we had an overwhelming response.

We are currently developing the food diaries and will test them with a small group of Members before starting the full project which we hope to begin in the autumn.

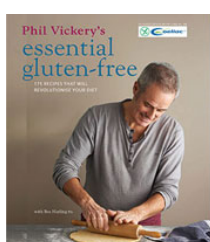


### **Prescriptions survey**

In May we asked you to share your views on gluten-free prescribing, whether or not you'd ever accessed the service. We had a fantastic response with over 11,000 completed questionnaires – thank you.

We have started to look at the results and read through all your comments to help us with our policy position on gluten-free prescribing. We will provide you with an update in further issues of our newsletter, Crossed Grain and our website.

For anyone who did not complete the survey but would like to, there will be another opportunity in the autumn.



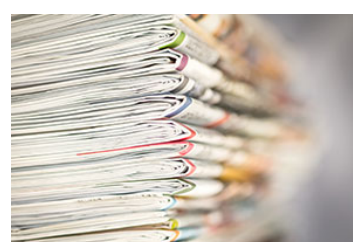
### **Phil Vickery's essential gluten-free**

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.



### **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.



### **Media update May 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

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

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

of our [key media coverage](#).



### British 10k London - 10 July

Whether you are a running enthusiast or prefer a gentle jog, the British 10K London run is a challenge, taking place through the closed roads of London with thousands of people cheering you on.

Find out more at:  
[www.coeliac.org.uk/london10k](http://www.coeliac.org.uk/london10k)



### Treasure Hunt - 12 November

Join us for the Treasure Hunt Challenge! This family friendly event will see teams, guided by a map and clues, exploring the festive streets of London and ultimately finding treasure in support of Coeliac UK.

Find out more at:  
[www.coeliac.org.uk/treasure](http://www.coeliac.org.uk/treasure)



## 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](#)  
[Food industry professionals](#) | [Healthcare professionals](#)  
[News](#) | [Blog](#)

---

