

Gluten Free Food Checker app

We've had great feedback about our new app so far. If you haven't downloaded it yet please have a look as we think you'll love it.

With the [Gluten Free Food Checker](#) you can search thousands of food products suitable for your gluten-free diet. If you also have other dietary requirements, you can update your food preferences profile by choosing from 14 allergen options, and filtering products that don't contain those ingredients.

The app also has a barcode scanner, lists ingredients and nutritional information for products, and includes readymade product lists as well as our [new labelling video](#) to help you make choices in the mainstream supermarket aisles.

The Gluten Free Food Checker app works differently to Gluten-free on the Move as it focuses solely on food, however both apps will run alongside each other so we can find out what works best for our Members.

Gluten Free Food Checker is only available to Coeliac UK Members and is already included within your current Membership fee. The app works on iPhone 4 and above and Android smartphones that can download apps from the Google Play store. You will need your existing Coeliac UK email address and password to login to the app and WiFi, 3G or 4G connectivity.

Download it today!

[Download for iOS](#)

[Download for Android](#)

Special thanks go to our Member user group who helped test the app and provided valuable feedback, and of course to FoodMaestro for the opportunity to develop a new service to support our Members.

Check out our [FAQs](#) for any queries you have about the new app.



Our *Is it coeliac disease* road shows end in Newcastle

Our 2015/16 summer events to highlight the symptoms of coeliac disease and how to get diagnosed ended with a trip to the North East. In August we popped up for the seventh and last time in Newcastle where we talked to hundreds of people who had not heard of coeliac disease before.

A lot of people spoke to us about their ongoing symptoms and were surprised to hear that coeliac disease could be the cause of their health issues and we were slightly taken aback by the number of people that told us they had IBS, but had not been screened for coeliac disease by their GP.

Most encouragingly we spoke to significant numbers of people who had been diagnosed recently and started their journey by completing our online assessment at isitcoeliacdisease.org.uk. The number of assessments completed on our website tipped 60,000 in August, boosted by our TV advertising which ran earlier in June and online ads launched during Awareness Week 2016. The second run of digital advertising for 2016 also began in August, which has now reached over 7 million online impressions in total since May.

We couldn't have completed our campaign roadshow without fantastic support, so we would like to take this opportunity to thank all of the volunteers who helped us, particularly our Group Organisers, by donating their time and expertise. A huge thank you also goes to Tillotts Pharma Ltd., who provided the Simtomax point of care test for coeliac disease, and in particular, Will and Chris who carried out the testing and provided training. And thank you to the food businesses that generously donated gluten-free food samples for the events in 2016: Honeyrose Bakery, Dr Schar, Peace of Cake, Walkers Shortbread, Doves Farm, Eat Real and Nature's Path.

Finally, we'd like to thank Marks & Spencer for their ongoing support for our campaigns.

Read more in:

[News](#)

[Events](#)

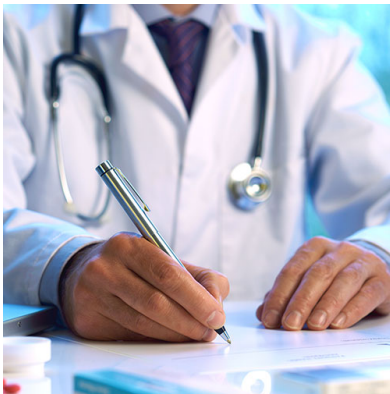
[GF accreditation](#)



Become a Health Campaigner

As you may know from your own diagnosis story, it can take many years from first presenting symptoms to your GP to finally getting a diagnosis. We are looking for Health Campaigners to network, raise awareness and campaign locally. By talking with GPs, pharmacists and dietitians we can find the half a million people in the UK without a diagnosis and ensure that proper post diagnosis care, support and management is received by all. Sign up as a Health Campaigner now

www.coeliac.org.uk/healthcampaigner.



Gluten-free food on prescription in England – open consultations

There are currently open consultations regarding the future of gluten-free food prescribing in some Clinical Commissioning Group (CCG) areas in England. These are:

- [NHS Basildon and Brentwood](#) - open until 12 September
- [NHS Bradford Districts and Bradford City](#) - open until 30 September
- [NHS St. Helens](#) - open until 5 October.



Could you be our next Governor?

Your Charity is led and guided by a team of Governors who provide their expertise and insight to help drive the Charity forward.

We have a number of [vacancies for new Governors](#) and are looking for people able to understand our complex agenda in a fast changing environment. We are particularly looking for individuals with food industry knowledge, fundraising experience or able to talk from a Scottish or local volunteering perspective. Even if you don't have experience in any of these areas but you think you have something to bring to the Charity, please [do think about applying](#).

Our next business plan is looking very exciting and if you become one of our Governors, you will help shape how it is implemented successfully. What's more the current strategic plan will need replacing by 2020 and so any Governor taken on in the next few years will have a

chance to develop the new strategy for the charity for beyond 2020.

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



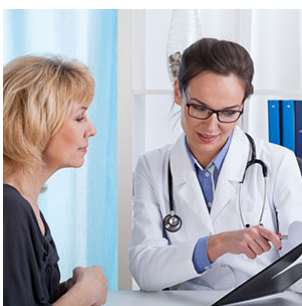
Bone health and new guidance on vitamin D

New recommendations have been published about the amount of vitamin D we need to keep healthy bones. [Public Health England](#) and the [Scottish Government](#) have updated their advice on vitamin D intakes, based on the new recommendations from the Scientific Advisory Committee on Nutrition. [Read more on our website.](#)



Pilot study shows early recognition of coeliac disease in community pharmacies

We're thrilled to announce the publication of an innovative new approach using community pharmacies to assist in finding people with undiagnosed coeliac disease. The pilot study indicates that community pharmacies could be used to speed up recognition and boost low diagnosis rates if the approach was adopted by the NHS. By targeting those suffering with the most common symptoms of coeliac disease for testing, the scheme could have the potential to reach people earlier and also reduce the number, and therefore, the cost of repeat GP appointments. The findings of our investigation have been published in the [International Journal of Clinical Pharmacy](#). You can read more about the study on our [website](#).



Coeliac Disease Patient Pathway

Coeliac UK is currently playing a full part in a new Scottish Government/NHS Scotland Working Group on developing a national patient pathway for coeliac disease. Read more on our [website](#).



Recycle to raise funds

Free up space in time for Christmas and help raise funds for Coeliac UK – recycle today. Find out how you can recycle used ink cartridges, old electronics including mobile phones, jewellery, stamps, watches and even cars. Find out more at:

www.coeliac.org.uk/recycle



Christmas cards

We are delighted to offer our Members a large range of Christmas cards this year, together with a small selection of merchandise including an Advent calendar, gift bags for your Christmas gifts and Pass the Parcel Sprout game.

[Read more on our website.](#)



Media update - August 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](#).



The Allergy & Free From Show North 2016 Attend for FREE, with Coeliac UK

Join us at this year's Allergy & Free From Show North, sponsored by Schar, on 5-6 November at the Liverpool Exhibition Centre.

The show is a great day out for the whole family and offers you the chance to try and buy a wide range of gluten-free foods, chat to gluten-free manufacturers and attend a range of talks on a variety of subjects. Our staff will also be at the show to answer any questions you may have about your Membership, coeliac disease, and the gluten-free diet.



Treasure Hunt Saturday 26 November

Sign up your team for this year's Treasure Hunt Challenge, a four or eight mile walk following clues around London. This family friendly event promises to take you on an adventure through our historic Capital.

[Find out more on our website.](#)

Coeliac UK has teamed up with the Allergy & Free From Show to give you unlimited free tickets to this year's event. [Download your free tickets now.](#)



Marathon applications open

We are now accepting applications for our Virgin Money London Marathon places. For your chance to take on the London, Brighton or Edinburgh Marathon, get in touch with our Fundraising Team – fundraising@coeliac.org.uk / 01494 796724. Spaces are limited so don't miss out!



Last chance to win £10,000 in the Summer Raffle - closing date 8 September

By playing our raffle you'll be in with a chance of winning prizes worth up to £10,000! Your entry can support research into coeliac disease, our campaigns including our *Is it coeliac disease?* diagnosis campaign, and the help provided by our Helpline to those with coeliac disease.

[Play online now.](#)



Fraser's Fish & Chips

Celebrating Fish & Chips is the motto of Fraser's Fish & Chips. Located right on the prom in Penzance, Cornwall, this award winning fish and chip shop is more than just a chippie. Gluten-free fish and chips are available daily to be enjoyed in their restaurant or from the takeaway. With only sustainable fish on the menu and Cornish fish specials daily coupled with award winning chips - well worth a visit. www.frasersfishandchips.co.uk

Eating out with confidence

Accreditation update



The gluten-free accreditation scheme is continuing to grow and we now have around 3,000 accredited venues. We have also seen an increase in small businesses, schools and care homes contacting us to find out more about the GF accreditation scheme. We hope that even more venues from the public and education sector will join the scheme to make gluten-free food more widely available.

Independent audits are an integral part of the accreditation process which we use to make sure that restaurants have the right processes in place and, more importantly, that they are being followed. Using the experience we have gained over the past four years, we have made some minor changes to the audit to ensure standards are continually improved. We are also monitoring trends to improve our advice and guidance for caterers preparing gluten-free meals.

See the full list of organisations that have gained our accreditation on [our website](#).

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