



## Update on changes to food labelling legislation

On 20 July 2016, food labelling legislation changed, affecting the 'No gluten-containing ingredients' (NGCI) term used by some food providers.

In accordance with the latest information from the Food Standards Agency (FSA), food businesses will no longer be able to put the NGCI label against individual products or dishes, both on packaged foods and on menu choices in restaurants. However it will be acceptable to use NGCI to head up a list of products without gluten-containing ingredients, for example as a title on a menu or a list of products on sale in a supermarket. This allows caterers and retailers to indicate the availability of these products to consumers.

There is likely to be a transition period whilst menus signposting individual dishes as NGCI are changed, so you may still see the NGCI on individual products for a short while.

We will keep you and our food contacts updated with developments online, in these newsletters, and in Crossed Grain magazine. For more information visit our Food Industry section on our website.

### Read more in:

[News](#)

[Events](#)

[GF accreditation](#)

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### We ask Birmingham – Is it coeliac disease?

Birmingham turned the summer on for us when we popped up in July. But the hottest day of the year didn't



stop us from raising awareness of coeliac disease and how to get diagnosed. Staff and volunteers from the Birmingham Local Group distributed thousands of leaflets and spoke to hundreds of people explaining what coeliac disease is and the most commonly reported symptoms. A huge thank you from Coeliac UK to all of the Members who came to lend a hand, particularly to Sophie and her partner for giving up some of their summer holiday, we're really grateful for the support.

Over the course of the week we provided testing for coeliac disease for 87 people using the Simtomax point of care test, with a positive result for around 12% of those who were tested. All those testing positive were referred to their GP for further investigation. Our final pop up event will be taking place from 15 to 19 August in Newcastle, you'll find us on Northumberland Street, south.



### **Passionate about food? Become a Food Campaigner!**

We know that eating out and accessing gluten-free food is of huge importance to you. Our new Food Campaigner volunteering role has been launched to help improve your experience when food shopping or eating out gluten-free. From providing tips to restaurants on gluten-free catering or taking part in our 'Mystery diner' initiative, to contacting your local retailers about expanding their gluten-free range, this role is flexible to fit around your interests and availability.

For more information and to sign up, visit

[www.coeliac.org.uk/foodcampaigner](http://www.coeliac.org.uk/foodcampaigner).



### **Become a Health Campaigner and help us find the half a million undiagnosed**

There are half a million people in the UK living with undiagnosed coeliac disease. As you may know from your own diagnosis story, it can take many years from first discussing symptoms with 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 proper post diagnosis care, support and management is received by all.

Sign up as a Health Campaigner now

[www.coeliac.org.uk/healthcampaigner](http://www.coeliac.org.uk/healthcampaigner).



### **Our catering training travels to Malta**

Our online catering training course will now be available to caterers in Malta. We have partnered with Narrative Structures who are going to manage our course on safely catering gluten-free for restaurants, schools and hospitals in Malta. This means that you will be able to dine out with confidence whilst on holiday at places displaying our certificate. Keep an eye out on our website for updates on venues which have completed the course.

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



### **Research priorities in coeliac disease**

If you were able to choose what research to fund, what would it be?

Do you have unanswered questions about coeliac disease that you believe could be solved by research and would improve the lives of people living with the condition? If so we would like to hear from you.

Our online questionnaire is split into two parts. In part one you can list up to a maximum of five research questions and in part two there are a few questions about you, it would be really helpful to the research if you could answer these too.

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



### **Research chat**

#### **Neurological impairment in coeliac disease and non-coeliac gluten sensitivity**

We have spoken with Professor Marios Hadjivassiliou, Professor of Neurology at Sheffield Teaching Hospital and Coeliac UK funded researcher, about his latest [publication](#) on neurological impairment in coeliac disease and non-coeliac gluten sensitivity (NCGS). Here he provides his insight.

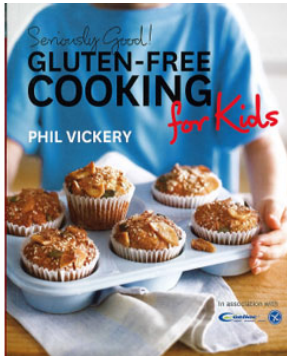
#### **What neurological symptoms are seen in coeliac disease?**

The most common neurological symptoms are loss of balance (lack of coordination, clumsiness, instability when walking, tendency to

fall, slurred speech), sensory symptoms (numbness, tingling usually affecting feet and hands) and headaches that do not respond to the usual medication. Loss of balance is seen in gluten ataxia, the sensory symptoms are usually seen in gluten neuropathy and the often intractable headaches (sometimes associated with abnormal magnetic resonance imaging (MRI) of the brain) are due to gluten encephalopathy. Patients may also experience some cognitive (memory and concentration) difficulties.

[Visit our website to read more.](#)

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### **Summer sale:** Seriously Good! Gluten-Free Cooking for Kids

Phil Vickery, our Food Ambassador and Michelin-starred chef, helps parents with everything they need to know on providing their child with a balanced diet, from guidance on the essential ingredients of a gluten-free store cupboard to instructions for making gluten-free flour mixes for baking.

Great fun for the summer holidays!

Take advantage of our summer sale price of just £10 (normally £15). [Buy online](#) or call our Membership Helpline on 0333 332 2033.



### **Summer is finally here**

The sun has arrived! There's nothing better than a barbecue in the sun followed by a gluten-free ice cream treat for afters.

Take a look at our [ice cream](#) and [barbecue foods](#) lists and see what you can enjoy this summer.



### **Gluten-free on holiday**

We have produced guides to a number of different countries to help you prepare for your visit and to make life easier during your stay.

Download the one you need for your holiday from our [website](#).



### **Media update - July 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](#).

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### Last chance to book your space on the GUTs weekend away!

If you are aged 18 to 30, make sure you sign up to the Coeliac UK GUTs (Gluten-free Under Thirties) weekend away to Birmingham. This exciting and unique opportunity is taking place from **Friday 30 September to Sunday 2 October 2016**.

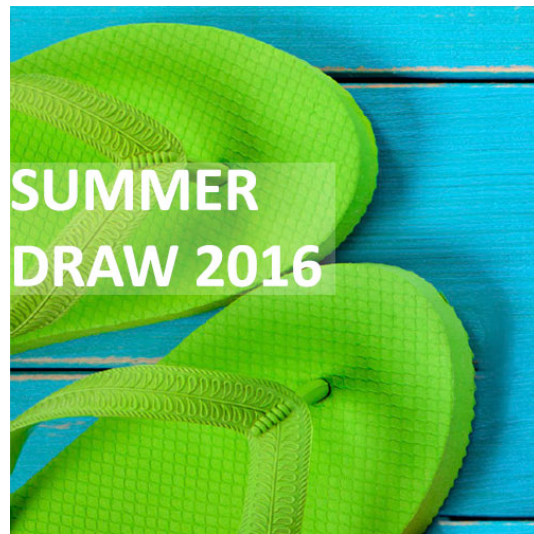
The cost of the trip is £83, which includes accommodation at Hatter's Hostel for two nights, all meals over the weekend, activities and entertainment!

### [Book your space.](#)

There are a limited number of spaces, so book now to avoid disappointment!



**The Allergy & Free From Show North 2016**  
**Attend for FREE, with Coeliac UK**  
Bringing you more Free From features than ever before, this year's Allergy & Free From Show North, sponsored by Schar, is being held on 5-6 November at the Liverpool



### Your chance to win £10,000 in the Summer Raffle

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.](#)



**Take part in our family Treasure Hunt**  
Join us for our family friendly treasure hunt event. Taking place on Saturday 26 November, the event will see teams taking on a short or long route, discovering clues and ultimately finding treasure!

Exhibition Centre.

[Sign up your team now!](#)

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.

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 at [www.allergyshow.co.uk/go/eXg](http://www.allergyshow.co.uk/go/eXg)



#### **Mum's Kitchen**

Mum's Kitchen, Kingston-upon-Thames, pride themselves on creating all their products from scratch, using natural ingredients. The recipes are derived from the long lasting traditions of Armenian and Russian cultures. They aim to satisfy customers with dietary requirements with their dairy, sugar and gluten-free options. Mum's Kitchen Kiosk is at the Eden Walk Shopping Centre, outside Marks & Spencer and Boots.

[www.mumskitchen.london](http://www.mumskitchen.london)



#### **Thomas Franks**

Thomas Franks is the only contract caterer to have been awarded Coeliac UK GF accreditation and has now added four more schools and restaurants to their portfolio of 18 accredited venues, which are now providing customers and pupils with safe gluten-free meals and snacks:

- St Hilary's School in Godalming, Surrey
- The Marist Schools in Ascot, Berkshire
- Denman College, Abingdon
- Northwood College for Girls in Northwood

If you would like to know more about what Thomas Franks could do for you, visit [www.thomasfranks.co.uk](http://www.thomasfranks.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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