

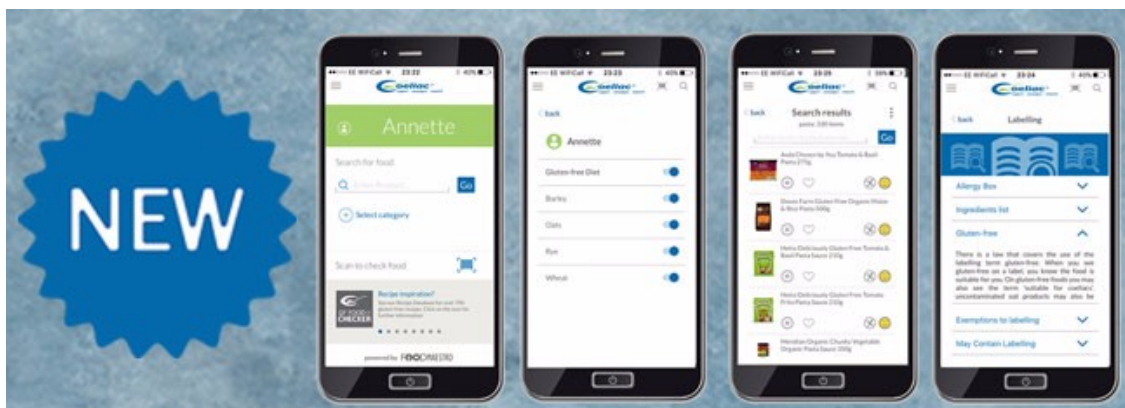


50,000 people complete our online coeliac disease assessment

With around half a million people in the UK still to be diagnosed with coeliac disease, our online assessment, the first in the UK, has been completed by over 50,000 people searching for an explanation to their symptoms.

The online assessment at isitcoeliacdisease.org.uk is a key initiative of our *Is it coeliac disease?* campaign which is driving improvements in diagnosis of coeliac disease. Currently the average period from onset of symptoms to diagnosis is a staggering 13 years, and the campaign aims to reduce the years of unnecessary suffering and endless visits to the GP.

[Read our press release](#) for more information.



Gluten free food checker app

Thank you for all the great feedback so far on our new app. If you've not yet had a chance to download it, is only available to Coeliac UK Members and is already included within your current Membership fee. This app will work on iPhone 4 and above and Android smartphones that can download apps from the Google Play store and needs

WiFi, 3G or 4G connectivity. You will need to use the same email address and password you use to login in to our website. Download it today!

[Download for iOS](#)

[Download for Android](#)

Gluten free food checker enables you to search thousands of food products suitable for your gluten-free diet and build your profile so we can show you foods that suit your other dietary needs too. If other foods are a problem, you can enhance your food preferences profile by choosing from 14 allergen options so our app will find suitable products for your diet, no matter what you're avoiding.

The app also has a barcode scanner, ingredients and nutritional information for products, readymade product lists as well as our new labelling video to help you choose food from the mainstream supermarket aisles.

New readymade lists for October:

- bagels, wraps and sandwich thins
- yeast extracts.

Read more in:

[News](#)

[Events](#)

[GF accreditation](#)

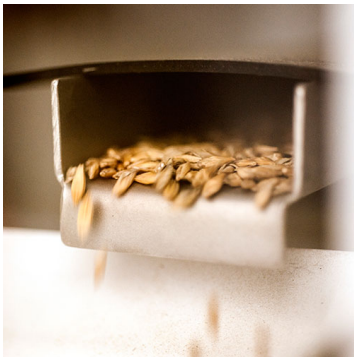


Campaign with us to improve gluten-free food

Do you want more gluten-free menu options in restaurants or are you frustrated when there is no gluten-free bread available at your supermarket? Our new Food Campaigner role gives you the tools to improve gluten-free food choice and availability locally. We need your help to raise awareness and educate others so we can ensure it becomes easier than ever to go food shopping and to eat out with confidence. [Sign up as a Food Campaigner.](#)

Gluten-free barley research

We have been contacted by researchers from Australia's Commonwealth Scientific and Industrial Research Organisation who would like to understand people's opinions



on a novel gluten-free barley they have developed using conventional breeding. They are inviting adults with coeliac disease, gluten intolerance, or carers of people with either of these conditions, to read an online information sheet and then complete a short, five to ten minute survey. If you are interested in taking part you can access the survey at www.coeliac.org.uk/gfbarley-survey.

Read more about the [development of the gluten-free barley](#).



Supporting Members in your local area

The Coeliac UK Local Groups provide a fantastic support network to Members locally. From organising cookery demonstrations, hosting coffee mornings, meals out and new Member meet and greet events to one to one support over phone and email the Local Groups deliver a valuable service for those with coeliac disease and their families. Our Local Groups are run by dedicated and passionate Committee Members, united by their desire to share their experiences to help others.

Find out more about our [current Local Group volunteering opportunities](#) or learn more about your [nearest Local Group](#) and how to get involved.

Make sure you keep your Food and Drink Directory up to date. Click for this month's updates.



Volunteers' Conferences

Coeliac UK has recently met with Local Group Committee Members in York and Edinburgh to hear about what they have been doing to support Members in the local area and to give thanks for the fantastic role they play. It has been fantastic to hear so many positive stories of new friendships being made, popular events being hosted and one to one support being given to new Members locally. The Conferences have also provided us with the opportunity to give additional guidance and training to Committee Members as well as providing an update on some of the work we have been doing in the office.

Over the coming two months we will be meeting with volunteers in Birmingham, Shrewsbury and Reading. Thank you to all those who have been able to participate – they've been a pleasure to host!

Christmas cards on sale

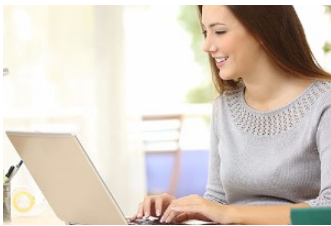


Our Christmas cards are now available for you to buy directly from our [online shop](#). We have 13 designs available and a selection of Christmas merchandise.

Impress Publishing will be responsible for processing all orders and delivering your cards straight to your door. Each pack sold will generate at least 10% to Coeliac UK and all donations made will come back to the Charity in full.

Order forms are included with the autumn Crossed Grain magazine if you would prefer to order by post.

Thank you very much for supporting Coeliac UK.



Want to volunteer at our Scottish office?

Coeliac UK in Scotland is currently on the lookout for two office volunteers to work in our Edinburgh office from January 2017.

[Read more about these opportunities on our website.](#)



Have you read our latest blog?

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



Media update - September 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.

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

GUTs Birmingham city break

We are excited to have kicked off this month with our Gluten-free Under Thirties (GUTs) weekend away trip to Birmingham. 17 of our Members aged 18 to 30 spent this weekend staying in the city, meeting each other, tasting local gluten-free food and drink, exploring Birmingham by canal and participating in activities. Well done to the GUTs Committee for organising a fun filled weekend, we hope everyone had a brilliant time!

If you are 18 to 30 and interested in getting involved with GUTs, [join their Facebook page](#).



Enter a marathon – London, Brighton, or Edinburgh

Whether it's something on your bucket list, or something you've done before, running a marathon is undoubtedly a challenge and with us, it can be a rewarding one.

Coeliac UK has places in the London, Brighton and Edinburgh marathons next year and we are recruiting!

- [Brighton Marathon, 9 April 2017](#)
- [Virgin Money London Marathon, 23 April 2017](#)
- [Edinburgh Marathon, 28 May 2017](#)



Our Summer Raffle raises over £100,000

We would like to thank everyone who took part in our Summer Raffle this year. The Raffle raised over £100,000 for Coeliac UK, helping us to fund our work.

All of our winners have now been contacted and all information about our winners can be found on our website:

www.coeliac.org.uk/raffle

Find out more on our website or call our Fundraising Team on 01494 796724 to register your interest or signup.



Rockfish

Rockfish are seafood restaurants and takeaways that appeal to everyone, fish lovers, families, young and old, a beacon for the great seafood in the South West region and a place to celebrate and enjoy it. Their entire menu is available totally gluten-free! So now anyone can enjoy the nation's favourite food, in Dartmouth, Plymouth, Brixham and Torquay.

www.therockfish.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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