



**December 2016
NEWSLETTER**



The countdown to Christmas is on!

Our Christmas list is now available to help you prepare for a great Christmas, listing lots of suitable products to enjoy this festive season.

[Download a copy now!](#) Check out our [website](#) for more useful tips for a gluten-free Christmas and some tried and tested festive recipes.



And to make things even easier...

We've added some Christmas themed readymade lists to our Gluten Free Food Checker app:

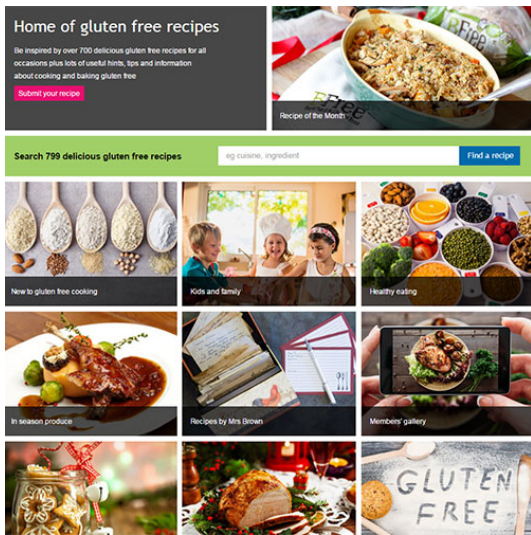
- Advent Calendars
- Christmas cakes
- Christmas pudding and mince pies
- Stuffing

[Download Gluten Free Food Checker and find out more](#)

We can't wait any longer. We want to tell you now!

Over the last few months we've been working hard to improve our recipe service and Venue Guide to make cooking, baking and eating out gluten-free easier for you.

As the experts on the gluten-free diet we

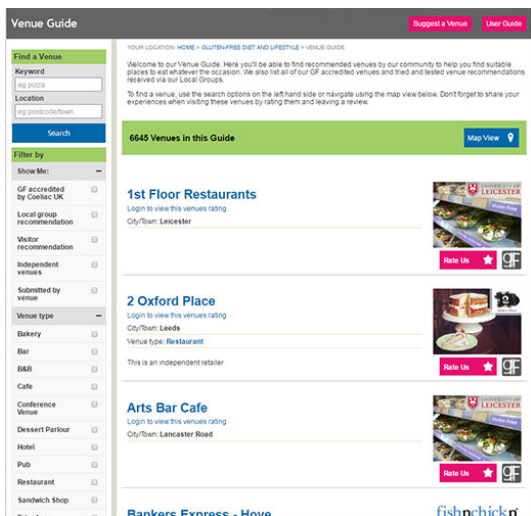


have pulled together and refreshed all of our information and hints & tips for cooking and baking gluten-free in to one place. Our [Home of gluten-free recipes](#) has everything you need to know, whether you're new to the gluten-free diet, a more adventurous cook or preparing meals for your family and friends.

Every month we'll bring you new, inspiring information and recipes to try with our [seasonal](#) and ['In the kitchen'](#) features and as a Member you'll also have access to hundreds more recipes through the Members' login.

Coming soon - you'll be able upload your recipe images to our Members gallery and share additional cooking and baking hints and tips with our community.

We also want to say a special thank you to the Brown family who have generously donated some recipes in memory of Judith Brown. These [recipes](#) are currently available to everyone so please do try them.



Our Venue Guide lists over 6,000 places to eat which offer gluten-free options. We've improved the Guide so it's easier for you to search and refine your requirements and make an informed choice on where you would like to eat out.

Our listings include visitor recommendations following a good experience, Coeliac UK GF accredited venues and venues recommended through our networks of Local Voluntary Support Groups.

You can search for specific features at a venue and we'll be creating some 'best for' lists to help you choose suitable places to eat whether you're taking a few days away around the UK, looking for a venue to host a special occasion or wanting to grab a bite to eat while on the go.

What's more, Coeliac UK Members can rate the venues they visit and leave a review which further helps our community find the right venues for their needs. We're always looking to add more venues so if you have visited a venue that is not featured on the Guide please share it at www.coeliac.org.uk/suggestavenue

Read more in:

[News](#) | [Events](#) | [GF accreditation](#)



Open our Advent Calendar for your chance to win prizes every day!

We have a fantastic selection of prizes in this year's Advent Calendar including hampers, meal vouchers and lots of gluten-free goodies from brands including Côte Restaurants, Morrisons, Genius, Rule of Crumb, Mr Lee's Noodles and Wellaby's.

[Visit our Calendar now](#) and check back every day until Christmas Eve to see what's on offer.



Last chance to order your Christmas cards

A huge thank you to everyone who has already supported Coeliac UK through buying our Christmas cards. Cards are still available to buy, but only until 9 December so don't miss your chance to get a pack or two!

You can purchase them directly from our [online shop](#) or by calling 01227 811640. Alternatively, if you would prefer to order by post, you can return the order form included with your autumn Crossed Grain Magazine.

Orders will be accepted up to Friday 9 December, or Friday 2 December for personalised cards.

Thank you for your continued support.



Minister commits to review of prescription postcode lottery

As part of our prescriptions campaign, on 1 November, Kevan Jones MP opened a Westminster Hall debate on gluten-free prescribing by questioning the evidence presented by commissioners to support changes to local NHS policies. Mr Jones MP, who has coeliac disease himself, also raised the significant impact the withdrawal of gluten-free prescribing can have on the most vulnerable, he said:

“It is people on fixed incomes or on benefits who receive free prescriptions and those whose households rely on deliveries from community pharmacies who will suffer most if prescriptions are withdrawn.”

Several of the MPs attending highlighted concerns raised by



constituents, including those on pensions and young families with several children with coeliac disease. MPs also questioned the validity of growing variation in prescribing policies across England. In response, the Parliamentary Under-Secretary of State for Health, David Mowat MP, conceded that there needed to be consistent support across the country, stating:

“Finally, there is the issue of the postcode lottery. It is true that we give CCGs a lot of power in our system, in terms of making clinical decisions. The idea behind that is that they look at local considerations and balance the various options that they have. However, I will see to it that a review is done hopefully within the next six months, of prescribing policies, and we will endeavour to come together with something that is more consistent, in a way that means we can actually make progress on this.”

Thank you to all our Members and supporters who contacted their MP and asked them to attend the Westminster Hall debate. You can read the full [transcript online](#).

There are no Food and Drink Directory updates for December. Click for previous month's to make sure you're up to date.



Awareness Week 2017

Next year's Awareness Week is 8-14 May and we're shifting the focus to eating out. Plans for the week are already coming together here at Coeliac UK and we're really excited to show you what we've been working on and get you involved!



Recycle your stamps

The time for giving is almost upon us, if you can give us your used stamps we can recycle these to generate funds for our work.

[Find out more.](#)



Media update - November 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](#).



Treasure Hunt Challenge

Thank you to everyone who joined us for our second Treasure Hunt Challenge, which took place last weekend. The event saw dozens of fundraisers seeking out clues throughout London, while raising awareness and funds for Coeliac UK.

The event was a great opportunity for families to meet, and for Members and supporters to help one another around the four or eight mile routes. We also received fantastic support from La Polenteria who provided a delicious warm gluten-free meal for everyone.

[Find out more.](#)



Christmas raffle – win a Peugeot 108 or £10,000

Play our Christmas Raffle for the chance to win one of the amazing prizes on offer. You could be one of our lucky winners when the draw takes place on 16 January.

[Play online now!](#)



Caffe Caldesi bar and restaurant in Marylebone serves traditional and modern Italian food. We are pleased to announce it has gained GF accreditation and has a new gluten-free menu. Since Giancarlo Caldesi discovered his intolerance to gluten, he has developed some exciting gluten-free menu options and is committed to safely serve people with coeliac disease. Pop in for just a coffee and gluten-free cake or enjoy a three course meal.

caldesi.com/caffe-caldesi/



The Creperie is a totally gluten-free restaurant in Brighton. It is fully committed to providing its customers a completely gluten-free environment. Offer delicious Galettes, Crepes, Wraps and Waffles, the most popular dishes are the 'Posh Cheese and Onion' which has fresh spinach leaves, caramelised onions and goats cheese and the 'Nutty Ella' which has lashings of Nutella.

thecreperiebrighton.com



In last month's newsletter we announced that Wadworth & Co has gained GF accreditation for its 45 **managed** pubs across the UK. For clarity, the accreditation does not cover the 195 tenanted pubs, so please check our up to date [Wadworth & Co list](#) for your local GF accredited site.



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](#)

