



Group enquiries: coeliacsurrey@btinternet.com

Welcome to Newsletter for the Croydon Group of Coeliac UK..

Next meeting:

“Life after Gluten Free Prescriptions ”

Wednesday 26th April 2017

Time: 7.30 pm

Venue: Purley United Reformed Church
906 Brighton Road, Purley CR8 2LN

The first part of our evening will be our AGM and then we will move to the main part of our meeting. We will have a panel; Dr Sanjay Gupta Consultant Gastroenterologist from Croydon University Hospital, Pharmacist from Croydon CCG and a dietician from CUH.

Each panelist will give a short presentation “Life without GF prescriptions” and then we will move to a Question and Answer session. (please note that this will not be a session about your own health issues and the panel will not be able to answer these type of questions).

Nearest train station: Purley, 5-minute walk. **Buses:** 60, 127, 166, 289, 405, 407, 412, 434, 455, 466

By car: There is a car park next door to the church and the old Sainsbury’s car park opposite (free after 6pm). There is limited street parking in the High Street, Whytecliffe Road South and Pampisford Road all within a 5-minute walk

Please RSVP so that we ensure we cater for all attending. There will also be a RAFFLE during the evening to help us raise funds for the continuing work of the Group.

AGM: The Committee are all up for re-election;

Jacqui - Group Organiser

Lydia - Group Treasurer

Ann – Committee member

Hanah – Committee member

Jean – Co-opted Committee member.

Gluten Free Prescription Consultation meetings in Croydon

A massive thank you to everyone who supported the campaign and attended one of the Consultation meetings. **For more information** ; <https://www.coeliac.org.uk/about-us/news/removal-of-gluten-free-food-on-prescription-by-nhs-croydon-ccg/>

Meeting with Chris Philp Croydon South MP

Jacqui met with Chris Philp on Friday 24th February 2017. Whilst we agreed it was inevitable that GF prescriptions would be removed, he has agreed to help me fight for prescriptions for the vulnerable etc and also agreed work needs to be done to ensure that we ALL receive an annual review as per the NICE guidelines. You should all by now have received a letter from your GP Surgery informing you that prescriptions would not be issued after 28th February 2017. If you are having problems and feel you fit into the vulnerable or at risk group PLEASE get in touch with Jacqui and she will see how/if she can help you. Sadly there have been no guidelines sent to GPs as to how help those who are vulnerable, at risk or our child members.



Easter is nearly upon us and Coeliac UK have been really busy putting together a list of delicious treats for you to enjoy including chocolate eggs, bunnies, hot cross buns and much more. Download our Easter list now!

You can also go to the readymade lists section on our Gluten free food checker app.

<https://www.coeliac.org.uk/gluten-free-diet-and-lifestyle/food-shopping/easter-treats>

Coeliac UK Awareness Week 8th – 14th May 2017 "all about food!"

Coeliac UK will be working with restaurants and venues to promote Catering training module and gluten free accreditation. Check out Coeliac UK website and Crossed Grain for more information.

Izzy's Blogg (aged 11)

In the last couple of weeks I have tried cooking & baking all by myself without any help from my Mum. Well only to help with putting and taking things out of the oven. I have made a chocolate cake with chocolate buttercream and a chocolate cream topping (slightly bitter so not everything is sweet) with strawberries. I just swapped the flour with **Doves flour**.

For the cake

- 225g (8oz) butter/margarine
- 225g (8oz) caster sugar
- 4 medium eggs
- 175g (6oz) self-raising flour (Doves gluten free)
- 50g (2oz) cocoa powder

For the butter-icing filling

- 75g (3oz) butter
- 175g (6oz) icing sugar, plus extra to dust
- 45g (3tbsp) cocoa powder
- About 10ml milk/water

It was really nice and my family really enjoyed it. I am going to make one for my Grandad's birthday on St. Patrick's Day. Here are my butterfly cupcakes – decorated in my favourite colour – purple. My Mum said they looked unique!



I also made a Bolognese sauce and used a **beef Kallo stock** cube. It was quite tricky cutting up the carrots, celery and onions especially! My eyes really watered cutting up the onions and my nose ran!! My Mum said there were lots of old wife's tales about how to stop them watering – one was to put a spoon in your mouth when cutting the onions! I didn't take a picture unfortunately, but even my friend enjoyed it.

Meeting Venues:

At our recent committee meeting we discussed the choice of meeting venues (Shirley Oaks Hospital Restaurant V Purley United Reform Church Purley) and whilst PURC has slightly better access to public transport, we appreciate that this will not be suitable for all our members so we will try to alternate between the two venues to make it fair on all our members. However, if you know of a venue that would be suitable at a very reasonable cost please do not hesitate to let Jacqui know and we will make enquiries.

Monthly Electronic Newsletters:

If you have an email address and are not receiving these, you are missing out! Please provide Coeliac UK with an email address and stay in touch.

Every effort has been made to ensure the accuracy of information contained in this newsletter. Furthermore, any articles, contributions or opinions contained herein are printed in good faith. However Coeliac UK and the Croydon Group can accept no responsibility for any errors or items this newsletter contains.

Coeliac UK – A registered Charity and Company Limited by Guarantee and Registered in England.
Registered Charity Number: 1048167 Company Number: 3068044



March 2017
NEWSLETTER



Reply Slip:

AGM & Meeting on April 2017 I will be attending

I will not be attending

Name(please print)

Number attending:

I am not able to attend the AGM but I have a question for the panel based on "life after Gluten Free Prescriptions". Please let us have your questions and we will ask it on your behalf and put the answers in the next Newsletter.

I would be interested in future social events

I would not be interested in future social events

If you are interested in Social events what would you like to see us put on?

I would be interested in joining to Committee of the Croydon Group of Coeliac UK

Please return to: Jacqui Smith 24 Hamond Close South Croydon CR2 6BZ

Coeliacsurrey@btinternet.com