



GUTs is the network for Coeliac UK members aged 18-30. We are here to bring you information and updates relevant to your life as a young person living gluten free via [our website](#), [social media](#) and a variety of events.

In this newsletter:

[Our first event](#) | [Venice restaurant recommendations](#) | [Coeliac UK Venue Guide](#)

GUTs at the Camden Gluten Free Street Food Festival

On 1 July we went along to the Gluten Free Street Food Festival held in Camden, London, which was a great opportunity to meet some of you! We explored the stands together before GUTs committee members Jess and Sarah Kate (wearing the fetching newly branded orange t shirts) gave a talk about GUTs and the support we can offer young people with coeliac disease.



Highlights of the day included Columbian, Japanese, Caribbean dishes as well as cupcakes, ice cream and crepes, and of course the bar, which was brimming with gluten free lagers and ales! The biggest queue was for fried chicken - gluten free heaven on a plate!

A big thank you to everyone who attended, it was really great to meet you. If you have any feedback or ideas for future events, get in touch with us at guts@coeliac.org.uk

Venezia Senza Glutine!

We all know it can be hard travelling with coeliac disease, but sometimes we end up hitting the jackpot!

Sarah from the GUTs committee returned from her trip to Venice, Italy,



with a huge smile on her face, and we think the gluten free pizza, pasta, gelato (and more!) she discovered there might have something to do with it...

Read Sarah's article in the [travel section](#) of our website – but be warned, you might be tempted to book a holiday!

The go-to place for eating out Do you use the Coeliac UK Venue Guide?

Whether you are new to an area, travelling around the UK or are just looking for local recommendations, it is an amazing source of information. We have recently discovered that the website has over 6,500 recommended gluten free venues to help you find suitable places whatever the occasion!

Visit the [Venue Guide](#) now to find a venue near you. Don't forget to share your experiences and add your favourite venue so together we can make this the go-to place for eating out.

It is really simple to add your favourites - just go to the [Venue Guide](#), sign in and search for the place you have in mind. If it's already there, you can add your rating and comments, and if it's not, you'll get the option to add that venue. This only takes a couple of minutes, so grab yourself a cup of tea and get recommending!

Coeliac Youth of Europe Summer Camp

Two very lucky GUTs members are jetting off to Alicante at the end of July for a gluten free summer camp! Jess and Sarah Kate will be representing the UK at this week long retreat packed with food, sight seeing, sports, beach days, and, yes, more food. With around

GUTs in print! Crossed Grain magazine

We're being featured in the next Crossed Grain magazine, which goes out to all members! We want to share some of your experiences of coeliac disease through photographs. Whether you have a #coelihack top tip or have had a #weeklywin of a tasty meal out

60 attending, they will be meeting people with coeliac disease from all over the world, including Italy, Spain, Ukraine, the US and even Australia!

Though we're a little jealous, we hope they have an amazing time, and can't wait to hear all about it when they get back! Head to the [Coeliac Youth of Europe website](#) to find out more about the CYE camp.

or even if you have experienced a #bakingfail, we want to know! Give us a glimpse into your gluten free life!

To get involved, upload your photo to the [GUTs Coeliac UK Facebook](#) and tag the 'GUTs officer', or tag [@coeliacukguts](#) on Instagram and use our hash tag #ittakesguts.

Join the conversation

To hear about all the latest news, competitions (we've got freebies!), articles and events, make sure you're following the [Gluten free Under Thirties Facebook page](#), as well as joining the [GUTs Facebook group](#) to chat to other young people with coeliac disease. And for lots of gluten free updates, information and food-spiration, follow our brand new GUTs Instagram page [@coeliacukguts](#).

If you want to get in touch with us with any questions or suggestions, we'd love to hear from you! Email us at guts@coeliac.org.uk.

Until next time,

Your GUTs committee
Emma, Fiona, Jessica, Josie, Nicole, Sarah and Sarah Kate

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