



LOCAL MICHELIN STAR CHEF TEAMS UP WITH NATIONAL TRUST FOR SCOTLAND AND COELIAC UK

Michelin star chef, Charlie Lockley from Boath House in Nairn joined Shona Ferguson, Property Manager of Brodie Castle for a gluten-free tea to promote Coeliac UK's forthcoming Awareness Week.

During Coeliac UK's Awareness Week, which runs 16 to 22 May 2011, 19 of the National Trust for Scotland tea shops, cafes and restaurants¹ across the country will be supporting the Gluten-free Challenge by providing a wide range of gluten-free options on their menus and information about the condition. The Challenge aims to raise awareness of the daily frustrations encountered by the 1 in 100 people in the UK who have coeliac disease.

Coeliac disease is an autoimmune disease caused by intolerance to gluten. There is no cure and no medication and the only treatment is a strict gluten-free diet for life. Left untreated it can lead to infertility, osteoporosis and bowel cancer. The average diagnosis is 13 years with many people being initially misdiagnosed with IBS.

Gluten is a protein found in wheat, barley and rye and is found in bread, pasta, pizza, cakes and beer etc. However, it is also often used in a wide range of products including mayonnaise, soy sauce, sauces, sausages and many processed goods.

Shona Ferguson, Property Manager for Brodie Castle, says: "We are delighted to be supporting Coeliac UK's Awareness Week again. The food we serve at Brodie Castle is something we are very proud of. It is very important to us that everyone who visits is made to feel welcome and is able to eat while here. By taking on the Gluten-free Challenge we are able to help dispel the ignorance and misunderstanding surrounding coeliac disease and show how easy it is to provide gluten-free options."

Charlie Lockley, of Boath House, says: "I seem to be catering more and more for special dietary requirements these days so, as chefs, we need to be aware of and cater for our customers needs.

He continues: "Coeliac disease is something I'm becoming increasingly aware of. People with the condition have to eat gluten-free for life so it's not a matter of choice or a faddy diet for them, it is essential. Simple changes to dishes are all it takes to cater for people with coeliac disease. I have been aware of the disease for sometime as we get a lot of people staying and dining at Boath House who have the condition and therefore I do a six course daily changing menu for them. Also, we have a regular lady who stays for about four days at a time so we bake gluten-free breads and cakes etc for her."

Charlie ends: "It's great that the National Trust for Scotland are supporting Coeliac UK's Awareness Week by providing gluten-free options for their customers. I encourage everyone to visit one of the properties taking part and to take up Gluten-free Challenge themselves."

Further information about the Gluten-free Challenge can be found on Coeliac UK's website <http://www.coeliac.org.uk/glutenfreechallenge>.

Ends

For more information, interviews or to discuss the challenge please contact
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References

¹ Properties taking part are:

Aberdeen & Grampian

Crathes Castle, Banchory
Drum Castle, Garden & Estate, Drumoak
Fyvie Castle, Turriff
Haddo House, Methlick
Pitmeddan Garden, Ellon

Ayrshire & Arran

Brodick Castle, Garden & Country Park, Brodick
Culzean Castle, Maybole

Dumfries & Galloway

Threave, Castle Douglas

Edinburgh & Lothians

Newhailles, Musselburgh

Fife

Culross, Fife

Fife cont

Kellie Castle & Garden, Pittenweem

Greater Glasgow & Clyde Valley

David Livingston Centre, Blantyre
Greenbank Garden, Glasgow
Hill House, Helensburgh
Pollok House, Glasgow

Inverness, Nairn, Moray & The Black Isle

Brodie Castle, Forres
Culloden Battlefield Visitor Centre, Inverness

Lochaber

Glenfinnan Monument, Glenfinnan

Ross-shire

Inverewe Garden, Poolewe