



## December 2017 Newsletter

Welcome to any new members to the Croydon Group of Coeliac UK.

A huge thank you to the 20 or so members who attended our last meeting in November helping us to put together a Patient Coeliac Charter. This has now been drafted and currently been sent to Coeliac UK and Dr Gupta Consultant Gastroenterologist for their in-pu and review. We will keep you posted but hope to present this to you at our AGM next year.

**Christmas** ..... it is beginning to look a lot like Christmas everywhere, and whilst I am having an "ongoing battle" with Tesco Purley for their very poor show (i.e. empty shelves etc). Here is the link to the Coeliac UK Christmas list

<https://www.coeliac.org.uk/about-us/news/christmas-list-available-now/>



### **East Sussex National Hotel & Golf Resort - A review by Hannah**

Whether you're a keen golfer or someone who likes to relax in the spa, I can highly recommend the East Sussex National Hotel & Golf Resort in Little Horsted.

Having advised the hotel of my gluten free diet before our stay, I was impressed that when we went for dinner the waitress, Nicoletta, approached and asked who the gluten free diner was. She then brought me gluten free bread and explained which of the meals on the menu I could have. Although it was a limited set menu as we were on a mid-week package break, I had a choice for each course. I chose ham hock terrine served with gluten free toast then roasted cod on a bed of chick peas & chorizo. For dessert my options were a bit more limited, the usual fruit, ice cream & sorbet, but I was impressed at the presentation of the fruit plate. It wasn't just a bowl of fruit salad! I have to say that all the food was delicious! Before we left the restaurant, Nicoletta briefly went through what I could eat from the hot buffet at breakfast, but said to ask anyone if I had any questions.

When we went into the restaurant for breakfast, I was pleasantly surprised to find a completely separate 'gluten free' table. It had individual packs of sliced gf bread, rolls & cereal. It also had its own toaster which I'd never seen anywhere before! It was lovely to be somewhere where they took eating gluten free seriously, & I didn't feel like an awkward customer! Address: East Sussex National Little Horsted Uckfield TN22 5ES (see pictures on next page).



## Afternoon Tea by Francesca

So far I've been able to have gluten free afternoon tea in 2 places in London: the Kingsway Hall hotel and Manna Dew.



The Kingsway Hall Hotel is between Holborn and Covent Garden, its Harlequin Restaurant offers different types of afternoon tea in a very nice environment. Being a 5 star Hotel it offers the typical atmosphere of a high level afternoon tea. First you can choose among different types of green and black teas or herbal infusion, with free top up of hot water.

The food provided is the very classic for afternoon tea: sandwiches, scones and dessert. On the first level of the tray there are 4 different types of sandwiches: one with meat, one with salmon, one with eggs and one with cheese. On the second level there are the classic scones with resins, served with the butter cream and jam.

On the third level of the tray there are different types of mini desserts and change depending on availability I suppose as I've never found the same options. If that is not enough, you can ask for a couple more scones. This selection can be normal or gluten free. The food is really enjoyable and nice.

## Izzy's Blog (aged 11)

I have now settled into Secondary school and everything is going well. Instead of school dinners I usually have a packed lunch because I can only eat the gluten free pizza and pasta. Both of which are nice, but you don't want pizza/pasta everyday! I have made lots of new friends, most of which keep offering me a biscuit and I have to turn them down. The teachers are quite nice, and I have had plenty of homework.

Christmas is coming, and we have already stocked up on delicious mince pies from Tesco and Aldi. Salted toffee biscuits from Morrisson and Cinnamon chocolate tortilla swirls from Marks and Spencer.

I really like the Tempur chicken mini fillets from Aldi which I dip in sweet chilli sauce and have with a vegetable stir fry. Schars rye bread is so soft, really tasty and I love it filled with ham, salad and manchego cheese, but we can't get them that easily!

Hope you all have a great Christmas.

## Food labels – Jacqui

I am conscious that there are lots of foods out there that are NOT labelled as GF but actually when you read the labels are! This is one good example:



The above is a classic example of something you would naturally walk passed! But when you read the ingredients on the back you will see it says the stuffing is made with GF breadcrumbs and potato flour.

These are both available in Marks and Spencer's and mentioned in Izzy's blog. Whilst one is marked gluten free the other isn't, but if you look closely at the ingredients they are suitable for a GF diet



Don't forget to check the Coeliac UK webpage for the list of Christmas Food and for ideas on Advent calendars. See the link on page 1.

With this in mind..... Would people like a session on reading food labels? If you are newly diagnosed this can be daunting. If you feel you would benefit from such a session, please let me know and I will organise this for the new year.

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**ON behalf of the Croydon Group of Coeliac UK I would like to wish you all a very happy Christmas and a healthy New Year. We look forward to seeing you in 2018.**

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