

Newsletter



Thames
South East
Local Group

Coeliac UK Local Voluntary Support Group newsletter – Issue 1- Winter/Spring 2018

Welcome to the first newsletter of our Local Group and 2018 !

First of all, welcome to any new members and their families. It can be daunting when you first get diagnosed with Coeliac Disease but the good news is there are lots of local people happy to help you. We have arranged a number of informal coffee mornings in the local area each month. These are open to all members and their families but we obviously love to see newly diagnosed or anyone wanting to learn more.

For simplicity for now we will be running a coffee morning each month alternating between Sainsbury's in Crayford and the Tesco Extra in Orpington. These will run from **10am till Midday** on a **Saturday morning** and just look for the copy of Crossed Grain on the table.

Crayford Sainsbury's is at Stadium Way, Dartford, DA1 4HW

Orpington Tesco Extra is at 9 Augustus Lane, Orpington, BR6 0NH

- **17th Feb 2018 Crayford Sainsbury's**
- **17th Mar 2018 Orpington Tesco Extra**
- **14th Apr 2018 Crayford Sainsbury's**
- **19th May 2018 Orpington Tesco Extra**
- **16th June 2018 Crayford Sainsbury's**
- **14th July 2018 Orpington Tesco Extra**
- **18th August 2018 Crayford Sainsbury's**
- **15th Sept 2018 Orpington Tesco Extra**

If anyone has any other suggestions for a venue please let me know by email on:

thamesse@coeliac.org.uk

Group Re-launch

Last year we ran a group re-launch event in Sidcup. Thanks to everyone who took the time to attend and we loved meeting lots of you. Miranda from Coeliac UK ran a special presentation to update local members on the charities activities and a few medical updates (including research on treatments which included Hookworms!)



Prescription Update

As many of you maybe aware Bexley CCG announced last year they were stopping gluten free prescriptions. We would love to hear member experiences in their local area on this. As the group covers a large area we will see variations.

Coeliac UK wrote to NHS Bexley CCG to emphasis the health inequalities and the disproportionate impact on the most vulnerable.

More details can be found on the Charities web site

<https://www.coeliac.org.uk/about-us/news/decision-by-bexley-ccg-to-stop-prescribing-gluten-free-food/>

Fund Raising Quiz Night



To help raise funds for the local group to run more events we are planning a fun quiz night on **Thursday 8th March 2018** at the Glentworth Club in Dartford. The full venue address is 154 Lowfield Street, Dartford DA1 1JB.

We plan to start at 7.30pm.

Maximum of 8 people in a team, £5 per person.

It will be a fun evening and I promise not too hard.

If you can get a team together it could really help the group.

Booking would be preferred by emailing me: Paul Blundell via

thamesse@coeliac.org.uk

or call us on **03300563055**

This way I can ensure we have enough question packs and the right number of tables.

Local Venue information

The best source of information on great places to eat and enjoy Gluten Free food are the local members. If you find somewhere good, please let us know and if you can take a picture of the food or the menu is even better. Again, email us or post on the facebook page if you have access.

Social Media



For anyone with access to facebook we have sent up our own local group page. This will be great way of sharing news, events and venues. Give us a like and follow the page !

We can be found at

www.facebook.com/Coeliac-UK-SE-Thames-Group-105801453450848

Or search for the group

Volunteers and Committee Members

We would love to hear from anybody who can help the group either formally or informally. With a large area to cover anyone who could help at the coffee mornings for instance would be greatly appreciated.

Future Events

We are very open to hear any suggestions for other types of events. Coffee mornings are great but we would love to do something for junior members and if there is enough interest a GF BBQ in the summer, or a picnic with games for the young and old

Happy New Year from Paul Blundell and the rest of the team. Please reach out to us on email (thamesse@coeliac.org.uk) or I can be reached on **03300563055** (this is a local number, not a premium line !