

# SOUTH SURREY LOCAL GROUP NEWSLETTER



South Surrey  
Local Group

Summer/Autumn 2018



The Food Standards Agency advice to businesses providing prepacked or non-prepacked food or drink states that:

In order for food to be gluten-free it must not contain more than 20mg/kg of gluten.

If making or selling any food that is gluten-free you must have processes in place to prevent cross-contamination.

Taken from:

[www.food.gov.uk/business-guidance/allergen-guidance-for-industry](http://www.food.gov.uk/business-guidance/allergen-guidance-for-industry)

the gluten  
= freevolution

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**Helpline:** 0333 332 2033

## GROUP ORGANISER'S REPORT

Hello to all our members and a special welcome to those who have recently joined us. At the AGM I met three new members who were very pleased to come and meet us and said what a friendly group we are.

British weather!! Very cold Winter, very wet Spring and a very hot Summer up to the time of writing. I hope you have all enjoyed the Summer weather and all the watering of plants!

At the April AGM in Rudgwick, we said a sad farewell to Mark and Janet Sinkins who were standing down from the committee after seven years. We thanked them for all their hard work and Mark for keeping us in order! They are still going to help in any way they can. We appealed for new committee members and luckily Erica Dore and Kirsty Cranefield were co-opted onto the committee, and I thank them very much. The remaining committee all agreed to stand again for the election and were voted en mass to serve again.

At the AGM meeting 30 of us enjoyed sausages in a bap kindly supplied by M&S followed by a roulade. We all thoroughly enjoyed the 97% pork sausages. All M&S sausages are Gluten free.

After the formal business Jon Reddie store manager from M&S gave us an excellent talk.

Liz Tofts dietitian from RSCH asked us to find out if members were happy to have group meetings each year rather than individual. The consensus was yes providing the person agreed. Liz also said that newly diagnosed coeliac would benefit with help going around supermarkets. So, the committee are investigating having 'Supermarket Buddies'.

*Helen Searle*

## Your Coeliac UK Membership

The South Surrey Group is a local support group for Members of Coeliac UK; your membership needs to be renewed annually. The cost is £24.00 per year (£12 annual concessionary rate is available to select for those on a reduced income. For example, those registered unemployed, students and those reliant on state pensions or benefits). Without a current membership you will miss out on the Crossed Grain magazine and the Food Directory and smartphone

app, which is a great help to identifying companies and products which are gluten-free. Unfortunately, due to the cost of hard copies of the newsletter and postage, we will only send newsletters by post to those who have current membership of Coeliac UK and no access to email.

Our preferred method of contact is by email. If you do not have email, we would encourage you to provide the email of a family member or friend or neighbour. We often receive very short notice of events and do not have the manpower to send out letters in time. We wouldn't want anyone missing out!

We also try to arrange social get-togethers such as group meals at restaurants (see below for the Calendar of Events 2018). **Remember all this is included with Coeliac UK membership!**

Please ensure all your details on the Coeliac UK website are up to date. You can check them on line at [www.coeliac.org.uk](http://www.coeliac.org.uk) or telephone Coeliac UK on **0333 332 2033**. If you no longer wish to receive communications from us, please amend your details on the Coeliac UK website.

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***Do we have your correct email address? If you are receiving this newsletter as a printed copy and you have access to an email address, please let us know. We can save costs by sending future newsletters to you by email. Don't delay update your details now at [southsurrey@coeliac.org.uk](mailto:southsurrey@coeliac.org.uk)***

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## Recent Events

### **AGM 21<sup>st</sup> April 2018**

We were fortunate that Jon Reddie the temporary store manager in Guildford M&S was able to visit us at our AGM. He provided the sausages for our lunch so made a good impression immediately. All the sausages in M&S are gluten free now. He gave an interesting and amusing talk on his personal connection with coeliac disease. He was aware of the problems we faced and reassured us the GF food in M&S is produced under strict guidelines and conditions. We were able to ask questions and explain the issues we have with the food layout and products. GF food is more expensive in the shops due to the rigorous and time-consuming methods used. However, he will investigate the inclusion of GF in 3 for the price of 2 offers. Scotch eggs are returning soon, and he was asked to consider Cornish pasties. Using your Sparks card at your local store will activate a reorder.

M&S food outlet at motorway service stations are popular and plainer sandwich fillings were requested. The preference is for GF food to be grouped together in stores for ease and keep the colour code green to our product only to avoid confusion. A better choice of biscuits and desserts were discussed also he was informed that there are many coeliac sufferers who can't tolerate oats. The issue of high sugar and salt content in GF food was noted for action.

He impressed on us that GF food was an important part of the business plan in his company. He promised he would take all the information he had collected straight to the head of M&S foods. The meeting was very successful and enjoyable. It was a great opportunity to tailor the products to our specific needs, made possible within a local coeliac society group. Perhaps other supermarkets will notice and reconsider their GF products, following the guidance we gave at this meeting.

*Erica Dore*

### **Afternoon Tea, Harbour Hotel 15<sup>th</sup> May 2018**

We met for afternoon tea at the Harbour hotel, Guildford on Tuesday in the restaurant of the hotel and were served with a delightful selection of gluten free cakes, sandwiches, scones with jam and cream, tea or coffee.

Helen organised the event and 13 members attended on a beautiful sunny afternoon. As a "new boy" to the group, I was pleased to meet and hear about other members GF tips and experiences.

*Roy Thomas*

### **Marks & Spencer 15<sup>th</sup> May 2018**

On May 15<sup>th</sup> ten members of the South Surrey Group met at Marks and Spencer in Guildford at the invitation of Jon, the store manager. Members will remember him from the talk he gave at our AGM in April and his interest and understanding about coeliac disease.

The invitation stemmed from Marks and Spencer's support for Coeliac Awareness Week and had been advertised in store in the "Made Without" aisle, so our group was joined by other members of the gluten-free community.

We were welcomed to the store's café where a selection of gluten-free products was displayed. It was a good opportunity to try unfamiliar foods - I particularly liked the savoury snacks, but others enjoyed the breads, cakes and scones. The scones were good, but not up to the standard of Helen's recipe!

It was a positive experience and we appreciated the interest shown by such a large company in offering good quality gluten-free products. It is probably an indication of the increasing interest in the gluten-free diet by the general public as well as those diagnosed with coeliac disease - a commercial opportunity not to be ignored.

*Penny Hull*

### **Awareness Week 14<sup>th</sup> – 20<sup>th</sup> May 2018**

During that week Maureen B and Helen manned a stand at the RSCH. Liz Toft's two students set up the stand and while they were giving a presentation else where we chatted to persons going by. About two dozen people showed an interest. It did not help that our stand was next to a table selling cakes for the hospital! Overall, we felt it worthwhile. Thank you, Maureen.

Whilst I was at the hospital I went to the restaurant to see what G/F food they had, I could see nothing, so I asked a member of the catering team and he said there was none. I mentioned this to Liz Tofts and she said the hospital had just gone over to a new company called 'Steamplicity' and I should wait to see what happens. I have contacted Chris Hollis the Catering Manager three times and yet had no reply. I then contacted Liz Tofts dietitian who has given me an update.

RSCH have moved over to 'Steamplicity'. This means all meals are cooked fresh as required for each patient. There is one large menu which has G/F labelled and there is a separate allergy menu which has a G/F section for more choice. The meals are cooked at ward level, so the kitchen is having a major overhaul. Once done in 3 months there will be a dedicated diet kitchen with diet chef managing multi allergies. This must be far better than what we have had before.

*Helen Searle*

### **Guildford College Dinner 21<sup>st</sup> June 2018**

Towards the end of November last year an approach was made to The Park Room Restaurant, Guildford College, to ascertain if they could accommodate us, for a dinner in June 2018 with a menu suitable for coeliac. A dinner had been held there some years ago, so we were hopeful that they could still help us. On visiting the College, we were fortunate to meet the Head Chef, who had a son who was coeliac together with other problems, so he was aware of our requirements. He was able to suggest various options to provide us with an attractive three course meal, with vegetarian options, together with coffee and petits fours, at a reasonable all in price.

The 21<sup>st</sup> June was one of two dates available which tied in as a suitable date. Based on having the whole room to ourselves we felt that we could expect around 40 members to attend. Unfortunately, despite it being advertised several times, we ended up with only 20 members booking.

Those who did book enjoyed a very pleasant meal, prepared and served up by 2<sup>nd</sup> year students. The evening went well with seating arranged at round tables enabling everyone to join in the conversations. A small raffle took place at the end and staff were invited to join us to be thanked for providing us with such good service and to receive a gratuity which had been added to the meal price.

*Alastair Buchan*

### Reading Food Festival 23<sup>rd</sup> June 2018

The Reading food festival was a good chance to try some new products from all the companies that had attended and to chat with the Coeliac UK team. There were a few options available for lunch, so we chose to enjoy the fish and chips available (We checked but the company for that was from South Wales, so not likely to be able to join any of our events for catering).

*Jon Cranefield*

### Bowling at Guildford Spectrum 24<sup>th</sup> June 2018

On 24th June, the Surrey group held a free bowling event for local coeliac children at the Guildford Spectrum. The children had a great game of bowling whilst the adults managed to have a chat about their experiences and food recommendations. A great and informative time was had by all and the children thoroughly enjoyed themselves. Keep a look out for future events or if you have any ideas for events please let us know. [southsurrey@coeliac.org.uk](mailto:southsurrey@coeliac.org.uk)

*Vicky Varley*

If you have any ideas or would like to plan an event please email us [\*\*southsurrey@coeliac.org.uk\*\*](mailto:southsurrey@coeliac.org.uk)

## Our planned events for 2018

Date & Time	Event	Location
8 <sup>th</sup> September 2018, 12:00	Casual Pub Lunch	The Barley Mow, Tandridge Lane, Nr Oxted, SURREY RH8 9NJ
13 <sup>th</sup> October 2018, 14:00	Autumn Members Meeting	Rudgwick Village Hall, West Sussex RH12 3JJ
1 <sup>st</sup> December 2018, 12:00	Christmas Lunch <i>Food served at 12:30</i>	Clandon Regis Golf Club, Guildford GU4 7TT



Please use the booking forms if you are interested in attending any of the events.

### Casual Pub Lunch at The Barley Mow 8<sup>th</sup> September 2018

Weather permitting, those that have booked will be meeting in the beer garden at the rear of the pub where we can sit and chat whilst enjoying the summer sun and a drink. The Barley Mow will have a range of garden games out for children and us big kids to use free of charge! If the weather is less kind, then we have a secluded part of the bar to meet in and there will be alternative table top games and activities to entertain

and amuse us inside. Everyone was welcome to join us as we celebrate the 50th Anniversary of Coeliac UK and try to raise awareness of coeliac disease in this lovely, friendly country pub which has a secure understanding of the dietary needs of a coeliac. **Sadly, by the time you read this newsletter booking will have closed for this event.**

### Autumn Meeting 13<sup>th</sup> October 2018

There will be our Autumn Members meeting held at Rudgwick Village Hall. We are hoping to have a guest speaker and we can all enjoy a cup of tea and some cakes.

### Christmas Lunch 1<sup>st</sup> December 2018

The menu and booking form for our Christmas Lunch at Clandon Regis Golf Club has been freshly prepared by Mike Harrison. The cost is £26.00 per head (including gratuity). Please return booking forms by **Saturday 10<sup>th</sup> November** to secure your place at this popular meal.



South Surrey  
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**Christmas Lunch Menu  
Clandon Regis Golf Club  
Saturday 1st December 2018**

**Starter**

Homemade Butternut Squash, Tomato & Coriander Soup

Smooth Chicken, Chilli & Lemongrass Pate  
with toast & Red Onion Marmalade

Prawn, Celery & Cucumber Salad topped with Chipotle Mayonnaise

English Goats Cheese, Beetroot & Walnut Salad  
with Horseradish Crème Fresh

**Main Course**

Traditional Roasted Turkey, pigs in blankets & stuffing

Baked Salmon with Parmesan, Lemon, Cream Cheese & Parsley Crust

Braised Pork Steak with Paprika, Sweet Pepper & Tomato Sauce

Stuffed Aubergine with Mushroom, Brie, Rocket & Redcurrant  
served with a White Wine & Redcurrant Jus

All main courses served with roast potatoes, parsnips, Brussel sprouts & carrots

**Dessert**

Rich Christmas Pudding served with Brandy Sauce

Tangy Lemon Cheesecake served with Raspberry Coulis

Meringue Nest filled with Homemade Irish Liqueur Ice cream

Mixed Cheese Plate served with celery, grapes & crackers

**Followed by Coffee & Mints**

## Spread the Word

As part of the 50th Anniversary of Coeliac UK, the emphasis is as much about raising awareness as it is about raising money.

For my family – eating at home is safe. It was our social life that got affected most of all when Jon first got diagnosed. We became hermits, we cocooned ourselves in – too scared to get a takeaway and daunted by the task of finding somewhere 'coeliac safe' to eat out. We stopped going to friends' houses, we stopped getting takeaways and we stopped eating out with friends and family in restaurants.

We have since found our local coeliac accredited chains of restaurants and a few others not accredited but trying to become more GF aware with their menus. However, it is the lack of awareness and understanding of what it means to have coeliac disease that is of huge concern to me. How many times do I have to correct someone when they say, "oh he gets a bit of wind does he?" How many times do we have to point out that GF chips cooked in a fryer where non-GF nuggets or onion rings have been cooked are no longer GF? Even fully trained chefs in schools and restaurants think it's just a wheat intolerance rather than an auto-immune condition. This lack of knowledge is what results in cross contamination and coeliac constantly being provided for at a level way below that of their peers. It is what makes eating out and socialising that much more difficult.

We need to raise awareness, we need to SPREAD THE WORD to shops, schools, restaurants, café's, stockist of vending machines, hospitals, airports, theme parks, work colleagues, friends and neighbours. We must not be seen to give out medical advice or training, but we can direct people and businesses to where they can get advice and training. Why not host a small coffee morning for friends, colleagues and neighbours at your home or work place with GF cakes and biscuits? Let them see that GF can still be yummy! Or you might want to work with your local favourite restaurant to help get them more coeliac friendly or even accredited (see below for details that you can pass on to them to get accredited support and training).

Myself, I hope to approach our local theme park to cater more for the needs of coeliac and to support with developing merchandising that gets the word coeliac more recognised with the public. So, my closing message and indeed plead to you, is what can you do this year to SPREAD THE WORD and help raise awareness of coeliac disease?

<https://www.coeliac.org.uk/get-involved/the-gluten-freeevolution-campaign/>

*Kirsty Cranefield*

## Top Tips for our newly diagnosed members

We are a 4 person house-hold with 2 coeliac (my husband and our 5 year old daughter). We have just over 17 months of experience adapting, and these are our 'top tips' which may help newly diagnosed coeliac with the transition to a gluten free lifestyle:

- Download the free 'GF Food Checker' app from Coeliac UK onto your iPhone or android phone if you have one and use this to scan thousands of food product bar codes to check if they are GF. An orange smiley indicates a product is safe and a grey sad face provides extra info on why a product is not suitable.
- A GF Dietary Card makes life a little easier when eating out. They are available in different languages so whether your favourite restaurant is Italian, Chinese, or Spanish (like ours) you can hand in the card to be shown to the Chef and it will list the ingredients that you cannot eat. These cards are available from various places but our English one came from [www.dietarycard.com](http://www.dietarycard.com). Our other language ones came from Coeliac Sanctuary ([www.coeliacsanctuary.co.uk](http://www.coeliacsanctuary.co.uk))



- For our 5 year old, we purchased a rubber wrist band (also from Coeliac Sanctuary) that states that she has coeliac disease and !!!NO GLUTEN!!! This she wears to school and parties etc.... and it gives herself and others a visual reminder to be wary of what she eats and drinks. My husband also wears one (they are available in various sizes), so if he has an accident or is taken ill the paramedics/hospital would know his condition.

- GF food can be expensive so don't be fooled into thinking that you can only buy products from the 'Free From' section. Check the ingredients list on packaging (and scan with the food checker app if you get it) and you will see that many everyday brands are safe (Uncle Ben's Sweet and Sour Sauce, Sharwood's Tikka Masala Sauce and some Dolmio Stir-in sauces /Bolognese were all okay much to our relief!).
- Purchasing some brightly coloured cooking utensils and chopping boards has made my life a lot easier in the kitchen as I can easily see at a glance what is GF (brightly coloured) and what is not (black/grey utensils) to avoid cross contamination. My family don't all eat GF for everything (it's too expensive) so my rule of thumb is to prep/serve the GF food first and then any non GF afterwards.

Look out for more top tips in the next Newsletter.

*Kirsty Cranefield*

## Helen's Almond Biscuit Recipe

### ALMOND BISCUITS



Makes about 25 biscuits

4oz/100g Sugar

4oz/100g Gluten-free flour

4oz/100g Ground almonds

4oz/100g Butter or margarine

1 egg

*Add a few drops of almond essence if required  
Almonds or glace cherries to decorate*

1. Heat oven to gas mark 4 or 180°C
2. Put all ingredients into a bowl and beat altogether
3. Using a teaspoon drop mixture onto a greased baking tray or parchment using a knife
4. Using a wet fork flatten to make biscuit shape
5. Add almond or cherry
6. Place in oven and bake for 8-10 minutes until golden brown
7. Allow to cool and store in airtight tin.

Deliciously light and crumbly!!!

*Helen Searle*

## Restaurant Recommendations

The **Cherry Tree Inn** is good pub near Horsham on the A264 Crawley Road. It is absolutely spot on for gluten free food. The majority of the items on the menu are gluten free or can be offered gluten free. Today I have had fish and chips which is one of the meals I miss and is not often available gluten free. Definitely recommend this to other members.

<https://thecherrytreeinnfaygate.com/>

*Jenny Baker*

**The Barley Mow**, Tandridge, Surrey. Quaint country pub with garden. Has a variety of GF food on the menu and a secure understanding of coeliac in order to avoid cross contamination.

<http://barleymowtandridge.com/>

**El Rincon** Tapas and Spanish Restaurant, Tattenham Corner, Epsom Downs, Surrey. Friendly family run restaurant who are eager to learn more about GF and coeliac disease to ensure they can best cater for their customers. Make sure you explain and remind them when ordering your GF food. They are happy to adapt meals to suit if they can.

<http://www.elrincon-restaurant.co.uk/index.html>

**Jolly Cooper**, Epsom, Surrey. The Jolly Coopers is one of Epsom's oldest pubs – a hidden gem nestled in a residential road. The chef has made a move to using GF ingredients where possible and uses processes suitable when preparing food, therefore offering a full and varied menu for coeliac. Of particular interest is the small platters which most are GF and can be ordered as starters or as a sort of tapas to share as a group. Amazing GF fish and chips and desserts! The menu is available to see on their website <http://jollycoopers.co.uk>. Although children are not encouraged, they do accept well behaved children. There is a nicely presented beer garden and the restaurant part of the pub is contemporary chic.

<http://jollycoopers.co.uk/home-1/>

*Kirsty Cranefield*

**Frankie and Benny's** and **The Queen's Head** at East Clandon. Both have a separate gluten free menu.

<https://www.queensheadeastclandon.co.uk/>

*Chris Sansom*

**Miller and Carter Steakhouses** have a large gluten free menu for all courses.

**The Plucky Pheasant** café at Newlands Corner (near Guildford). The chef has several gluten free items available on the menu, together with gluten free bread and is happy to adapt customer requests.

<https://theluckypheasant.com/>

*Mike Harrison*

**King Fish** in Bramley High Street serve gluten free fish and chips daily with no need to pre-order. All the food is cooked in a separate fryer.

**9 High Street, Bramley, Guildford GU5 0HF**

*Vicky Varley*

If you have any restaurant recommendations please email us [southsurrey@coeliac.org.uk](mailto:southsurrey@coeliac.org.uk)

## Other Group Projects

Helen is currently investigating the Marks and Spencer gluten free provision at their cafes, as they have stopped offering a gluten free cake due to lack of demand.

After a dreadful experience at Butlins, Kirsty is now working with them to give feedback on our experience and suggest simple ways they could better provide for coeliac at their Bognor Regis site. This is at the request of one member of their staff who we complained to whilst there. They are being sent the Coeliac UK leaflets about restaurants and the catering industry to encourage them to look into the Coeliac UK online guidance and maybe even look at getting a restaurant on site accredited.

Kirsty and Jon have been working with Woodcote Garden Centre to raise concerns of their gluten free provision and raise awareness of coeliac disease. They have at our suggestion, downloaded the Coeliac UK guidance and handbook for catering, and off their own backs had menus reprinted with options clearly labelled. We had a tour of their kitchen and then sat with them to discuss about cross contamination and talked about simple things that we do at home to avoid this. **I must point out that at no point have we given medical advice or made a claim that we are experts, we have just spoken from personal experience to raise awareness.**

## Request from Chris Sansom

If any members attending the Autumn meeting or the Christmas lunch would like to donate a prize for the raffle or have any books that I can sell, I would be very pleased to receive them, thank you!

### South Surrey Event Booking Instructions

#### Booking and Payment

**For Bank Transfer** *(One event at a time giving the reference number for each event)*

Account Name: **Coeliac UK – South Surrey**

Account Number: **63221068**

Sort Code: **30-94-28**

Reference: **Please put in the number of people the payment is for, your surname and the event reference which can be found on the booking form**

#### Cheques

Please make your cheque payable to **Coeliac UK- South Surrey**

#### Reply Slips

Please return completed booking reply slips and payment to the contact named for each event

#### Transport

If you need help with transport to any of our events, please contact [southsurrey@coeliac.org.uk](mailto:southsurrey@coeliac.org.uk)

#### Hygiene Ratings

All our events are at venues with food hygiene ratings of 3 or higher

#### Gratuities

All prices are correct at point of publishing and include a 10% gratuity where appropriate

Please use the attached forms or other contact details to arrange bookings for any of the listed events.