



Press Release

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COELIAC UK TO HOST THE BIGGEST GLUTEN FREE FOOD SHOW IN WALES

Coeliac UK, the charity for people who need to live gluten free, is marking its 50th anniversary with another crowd pleasing Wales Gluten Free Food Show in Cardiff on 8 September, the biggest event of its kind in Wales.

Tristan Humphreys, Coeliac UK Lead in Wales said: “Building on the enormous turnout at the event last year, we’re delighted to bring the show back to Cardiff bigger and better than before. We are proud to be showcasing some of the best gluten free products currently available alongside presentations and discussions from experts in gluten free and all in our birthday year!”

“We are committed to making it easier for people to live gluten free and this event, which is free to attend, allows people in Wales to try out the latest gluten free products, get cooking and health advice on living gluten free and find out what is happening in research – there’s something for everyone!,” Mr Humphreys said.

Coeliac UK’s Wales Gluten Free Food Show takes place from 10am-4pm on the second Saturday in September and attendees can register for tickets at www.coeliac.org.uk/gffoodshowtickets. Visitors will have the chance to sample and buy a whole range of gluten free delights from more than 20 local and national companies including bakeries, breweries, high street retailers and caterers as well as the event sponsors, Genius and Paninis Limited.

In addition to the stands, visitors will be able to enjoy a range of expert talks and cookery demonstrations and the chance to ask questions about sticking to the gluten free diet, the latest research on coeliac disease or just how to make a tasty gluten free meal.

Dr Dai Lloyd AM, Chair of the Welsh Assembly Cross Party Group on Coeliac Disease said: “The people of Wales have a longstanding love of food and I’m delighted to welcome the Wales Gluten Free Food Show back to Cardiff. I’m looking forward to attending myself; in the words of the great Welsh hymn, Cwm Rhondda, ‘feed me till I want no more’.”

It is anticipated that the event will attract around 1,500 guests of all ages attending from across Wales and the South West so be sure to [REGISTER NOW](#) for your ticket.

To find out more about the day's events and for up to date exhibitor listings go to:

www.coeliac.org.uk/walesgfffoodshow.

Coeliac UK is the national charity for people who need to live without gluten, whether due to coeliac disease or another medical condition. The charity provides support and resources for living gluten free while also campaigning for improvements to the gluten free sector and funding vital research into coeliac disease and gluten related conditions. Coeliac disease is a serious autoimmune condition caused by a reaction to gluten, a protein found in wheat, barley and rye. People diagnosed with coeliac disease must maintain a strict gluten free diet for the rest of their life if they are to avoid very serious complications such as osteoporosis, infertility, neurological conditions and although rare, small bowel cancer.

One in hundred people in the UK has coeliac disease but around half a million people in the UK are currently undiagnosed. It still takes an astonishing 13 years on average for a person to be diagnosed. Although many people present with a range of [symptoms](#) including those that are gut related, other symptoms include mouth ulcers, anaemia, repeated miscarriages and neurological problems. The charity urges anyone that has ongoing symptoms to visit their GP and request a blood test for coeliac disease. It is essential not to remove gluten from their diet prior to testing as this could lead to a false negative result.

Coeliac UK was formed in 1968 and this year is celebrating its 50th Anniversary.

Ends

Notes to editor

- Coeliac UK is the national charity for people who need to live without gluten, whether due to coeliac disease or another medical condition requiring a gluten free diet.
- The charity was launched in 1968 and is celebrating its 50th Anniversary this year
- Coeliac disease is a serious illness where the body's immune system reacts to gluten found in food, making the body attack itself.
- Symptoms include diarrhoea, vomiting, stomach cramps, mouth ulcers, fatigue and anaemia.
- In undiagnosed, untreated coeliac disease there is a greater risk of complications including anaemia, osteoporosis, neurological conditions such as gluten ataxia and neuropathy, and although rare there's an increased risk of small bowel cancer and intestinal lymphoma.
- 1 in 100 people in the UK has coeliac disease
- Average time to diagnosis is 13 years.
- 1 in 4 people diagnosed with coeliac disease had previously been diagnosed with IBS.
- Gluten is a protein found in wheat (including spelt), rye and barley. Some people are also sensitive to oats. Obvious sources of gluten include breads, pastas, flours, cereals, cakes and biscuits. It is often used as an ingredient in many favourite foods such as fish fingers, sausages, gravies, sauces and soy sauce.
- Coeliac UK has a Helpline on 0333 332 2033 and further information can be found at www.coeliac.org.uk