

Sevenoaks Area Coeliac Group

TALKABOUT

For all your gluten-free gossip, news and events

September 2018
Edition 46

NEXT MEETING
Saturday 13th October 2018
See p5

Sevenoaks
Local Group



Branch Committee

Group Organiser	Fiona Turnbull fi.turnbull@talktalk.net	01474 703869
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Note from the Editors

Dear Reader

Welcome to the 46th edition of Talkabout. First of all, a massive thanks to Daphne and Bob for hosting the group BBQ again and to everybody for their efforts and generosity in making time to provide such excellent food and working so hard all afternoon. The event was well attended, we had a super time and we could not have wished for better weather.

Please visit the forthcoming events section to find out what else is happening over the coming months.

As usual, if any of you have any recommendations of places to eat locally, please do email them to us at arpem321@hotmail.com.

We hope you enjoy this edition of Talkabout and we hope to see you at one of the forthcoming events.

Andrew and Rosemarie– The Editors

Sevenoaks Area Coeliac Group

We have received a nice letter from Coeliac UK thanking us for the cheque for £96.55 towards the Coeliac UK 50th birthday collection for research into coeliac disease.

This included monies collected at the AGM amounting to £62.55 and £34 collected from the Bonus Ball tickets at the group BBQ.

Good news, Fiona has managed to fill the coffee morning rota for the rest of the year. Thank you for your help with that this year.

BUT

Your Help is Still Needed!

Coffee Morning Organiser

A key part of the committee's role is being there for newly diagnosed coeliacs and new members are always grateful to attend one of our coffee mornings to meet other coeliacs and get some useful advice on how to manage their new diet.

We need someone who can co-ordinate the monthly meetings. It is not meant to be an 'every month' commitment but just to ensure that someone can 'host' conversation at each meeting and give support but not necessarily advice. Please get in contact with Fiona if you can help - fi.turnbull@talktalk.net

Forthcoming Events

Please come along to one of our events. We look forward to seeing you soon.

Group Meeting – Saturday 13th October 2018 2.00pm to 4pm at Otford Methodist Church Hall ~ TN14 5PH (Behind the library)

There will be a talk by Mike Wilcock (one of our Sevenoaks members) on the most recent G/F prescribing consultation document and how we should be, and are, fighting to have prescriptions reinstated in line with the national recommendations. Mike has monitored this situation for us since West Kent CCG stopped prescribing gluten free items on prescription.

We shall again have a **silent table top auction**, with bids in multiples' of 50p.

Please bring along your contributions of any items including unwanted gifts/goods ~ they could be just what someone else wants!

Please be prepared to take home any unsold items

Coffee Mornings – On the Third Saturday of every month

20th October Sevenoaks

17th November Tunbridge Wells

December – no coffee morning

19th January 2019 Sevenoaks

16th February 2019 Tunbridge Wells

If you are newly diagnosed and want to find out more, this is a very relaxed way to meet with other coeliacs to share ideas and have a chat. We welcome all members.

We meet between 10.00am - 11.30am at alternate locations each month. One month at Sainsbury's Café in Sevenoaks (Otford Road, TN14 5EG) and the next month in Sainsbury's Café in Tunbridge Wells (on Linden Park Road, TN2 5QL, just off the A26 Eridge Road).

We look forward to seeing you soon - look out for the Crossed Grain magazine on the table.

Recommendations from Members of Places for Eating Out

- **Bricklayers Arms, Chipstead**
 - very popular, need to book early
- **Weatherspoons, Crowborough**
- **Goudhurst Inn, Goudhurst** – lovely roast
- **Teal Café, Hildenborough**
- **Salters Fish and Chips, High Street, Tonbridge**
 - gluten free offered on Monday nights

Please can we have some more recommendations.
Thank you.

Thank you to Catherine Furnish for this yummy recipe:

Chocolate & Almond Cake

Ingredients

Serves: 12

Metric

- 5 eggs
- 200 grams butter
- 200 grams sugar
- 200 grams plain chocolate
- 200 grams ground almonds

Imperial

- 5 eggs
- 7 ounces butter
- 7 ounces sugar
- 7 ounces plain chocolate
- 7 ounces ground almonds

Method

- Melt the chocolate and butter together, then mix in the almonds. Set aside to cool a little.
- Separate 4 of the eggs. Mix 1 whole egg and 4 yolks with the sugar. Blend this with the chocolatey mixture.
- Beat the 4 remaining egg whites until they are stiff. Using a metal spoon, carefully fold the egg whites into the chocolatey mixture.
- Pour into a non-stick spring-form baking tin and bake at 175°C-180°C for 45 mins.



Talkabout

Sevenoaks Area Coeliac Group

<https://www.coeliac.org.uk/local-groups/sevenoaks>

Please send your letters or enquiries to:

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