



West Sussex
Local Group

PRESS RELEASE

West Sussex Food Fair for all things gluten free to be joined by MasterChef winner

Jane Devonshire, the winner of 2016 MasterChef will be the special guest at the West Sussex Gluten Free Food Fair being held at the Village Hall in Boxgrove on Saturday 6th October, following the launch of her first cook book, 'Hassle Free, Gluten Free'.

The Food Fair will be a great opportunity for people throughout the county who are following a gluten free diet to sample and buy a range of gluten free delights from local and national companies. On offer will be cakes, biscuits and waffles, sausages, pies and puddings, plus Caribbean dishes, health food, and more.

And in addition to the food stalls, Jane will be sharing details of her book which was published on 20th September in association with Coeliac UK. She says: "My youngest child Ben was diagnosed with coeliac disease when he was two years old, so most of the food we eat at home is gluten free and no one really notices. It has become a way of life and integral to how I cook."

Coeliac UK is the national charity for people who need to live gluten free, whether due to coeliac disease or another medical condition. 1 in 100 people in the UK has coeliac disease but around half a million people in the UK are currently undiagnosed. It is a serious illness where the body's immune system reacts to gluten found in food, making the body attack itself. Once diagnosed, the only treatment to avoid serious health problems, is to follow a strict gluten free diet.

The volunteer run Coeliac UK West Sussex Local Group are holding the Gluten Free Food Fair at Boxgrove Village Hall, Boxgrove, Chichester, PO18 0EE, between 10 am and 2 pm. Entry is just £2, with under 16's free and on-site free parking. Hot drinks and gluten free lunches will also be available. For more information please contact westsussex@coeliac.org.uk

Ends

Notes to editor

Coeliac UK 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 (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.

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.

It still takes an astonishing 13 years on average for a person to be diagnosed.

1 in 4 people diagnosed with coeliac disease had previously been diagnosed with IBS.

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.

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.

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

For more information contact:

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