

# NORTH SURREY LOCAL GROUP NEWSLETTER



North Surrey  
Local Group

Edition 1: May 2019



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)



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Our North Surrey Group App

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## WELCOME

Welcome to the first edition of the new North Surrey Local Group newsletter.

I will start by introducing myself and your committee for this launch year. My name is Jon Cranefield, and I am your Group Organiser.

My wife Kirsty is the Group Treasurer (until someone steps forward to replace her) and Event Coordinator for the group. We both recently served on the South Surrey Local Group committee (1-2 years), but having been taken under their wing to learn the ropes of Coeliac UK, we decided to focus on supporting coeliac in the SM and KT postcode areas who in recent years have been unrepresented by a local group unless they travelled to one of the surrounding areas. Jackie Weightman is the Group Secretary and actively supported and attended events of the previous North Surrey Local Group.

Erica is a retired specialist radiographer and bone density lead bringing a wealth of experience and connections with local hospital dieticians to help raise awareness of Coeliac UK and the North Surrey Local Group for newly diagnosed coeliac. She too served on the committee for South Surrey Local Group 2018/2019.

We are a small but mighty team with lots of ideas and ambition to make North Surrey an active and supportive group for coeliac. We would love to; hear your thoughts and recommendations, receive feedback to help us grow and adapt to the needs of the majority, or have you join us on the committee to help share the responsibilities of building a successful and long-lasting local group for the SM and KT area.

## Starting the Group

We are pleased to say that despite a slow start to getting the new group formed, we now have more than 80 people on our database and we have already hosted our first two events. It has been a long and slow haul which started last summer when we worked with head office to establish if there was a need for coeliac provision in North Surrey. Much discussion was had as to whether South Surrey could reach out to cover North Surrey Coeliac UK members as well, or if it was better and easier to start up a new local group. Knowing there had been a previous North Surrey Local group, it was assumed that an infrastructure and contact database would already be in place.

How wrong we were!! Due to GDPR, when the previous group closed, the database for the local group was wiped clean. So although there are more than 400 members of Coeliac UK in North Surrey (SM and KT postcodes), we could not contact them because they were not 'opted in' to the local group contact for the newly formed group. Mandy and Sian at Head Office kindly sent out several emails to announce the forming of the new group and advising people to email to request contact if they wanted to hear about our events and receive the newsletters. Moreover, slowly, very slowly, we are hearing from people, including those from neighbouring postcodes who want to hear about our events.

So, apologies if it has seemed a slow start, but it by no means reflects how we wish to go on. Now we have a growing database we can look geographically at where our members are from, where to host events and the demographics of our members.

## 2019 Events

Back in February, there was a joint venture between North and South Surrey Local groups to host a pub lunch at the Jolly Cooper Pub in Epsom. There were more than 25 people in attendance, including several families with children. The food was delicious and accompanied by a buzz of chatter. Positive feedback was received, and so we will look at another event there in the future.



For Coeliac Awareness Week, a small number of us attended a delightful (and filling) Afternoon Tea at Woodcote Green Garden Centre in Wallington.

*"Most enjoyable and informative it was too! Kirsty had previously visited the Terrace Coffee Shop and had been invited to tour the kitchen to pass on her advice regarding cross-contamination etc. so we knew we could be sure of having a safely gluten-free tea! The tea was excellent, consisting of a selection of sandwiches, scones and cakes and as many cups of tea or coffee as we wanted. None of us managed to finish our share of the goodies on offer, so we each took a box of cakes home with us. We also took home a variety of leaflets Kirsty had brought, each designed to encourage Coeliac awareness to a different group - schools, care homes etc.. We also took a number of business cards with contact details of the national group and our local group to be given out in doctors' surgeries to newly diagnosed coeliac."*

*As a recently diagnosed coeliac myself, I found the occasion interesting and informative, and I really enjoyed it. Meeting up with friendly people for a chat was a good chance to hear other people's stories and pick up tips from their experience in a relaxed setting. And having a delicious tea was a definite bonus!"*

Sandra Newman

We intend on booking another Afternoon Tea there later in the year, so 'watch this space' as they say.

Do you miss having Chinese food? Sadly, due to low numbers, we had to cancel the Chinese meal for planned for 19<sup>th</sup> May, which was open to all ages, allowing families with coeliac children to attend. However, final bookings are now being taken for a two course, Gluten Free Chinese set meal at the Coeliac UK Accredited 'Naturally Chinese', in Surbiton, on Saturday 22<sup>nd</sup> June, 7 pm. This is an adult only event.

On Saturday 17<sup>th</sup> August, there is an all ages welcome pub lunch at the Barley Mow in Tandridge. We have previously held an event there on behalf of South Surrey Local Group and the feedback from those who attended (a nice mix of families, couples and solo diners) was very positive. For this event, you can choose 1, 2 or 3 courses to suit your appetite and budget. Pre-ordering from the arranged set menu is essential. Weather permitting, we will be holding the event outside with garden games for big and little kids alike!

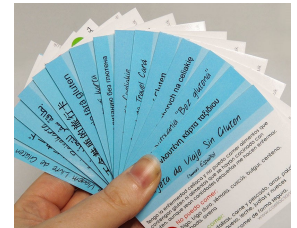
For October we are researching a possible event for our young coeliac, but are waiting to see if the membership of the group increases and what age groups we most need to cater for.

All the details about our planned events, including booking forms, are on our [group website](#), but we would love to hear from our members with ideas for meals or activities.

## Top Tips for our newly diagnosed members (By Kirsty Cranefield)

We are a four-person house-hold with two coeliac (my husband and our 6-year-old daughter). We have just over two years of experience adapting, and these are our 'top tips' which may help newly diagnosed Coeliacs 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 sad grey 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 [dietarycard.com](http://dietarycard.com). Our other language ones came from Coeliac Sanctuary ([coeliacsanctuary.co.uk](http://coeliacsanctuary.co.uk)).
- For our daughter, 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!). At present all Marks and Spencer Sausages (excluding ready to eat cocktail sausages) in their range are GF too – Yum!
- 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.

## Restaurant Recommendations

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

[barleymowtandridge.com](http://barleymowtandridge.com)

**El Rincon** Tapas and Spanish Restaurant, Tattenham Corner, Epsom Downs, Surrey. A friendly family run restaurant who are eager to learn more about GF and coeliac disease to ensure they can best cater to 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.

[elrincon-restaurant.co.uk](http://elrincon-restaurant.co.uk)

**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 are 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.

[jollycoopers.co.uk](http://jollycoopers.co.uk)

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

## Recommended Recipe

Sandra Newman recommended this recipe from Jamie Oliver.

### Gluten-free carrot cake WITH ZESTY CREAM-CHEESE ICING

[jamieoliver.com/gluten-free-carrot-cake](http://jamieoliver.com/gluten-free-carrot-cake)

"Deliciously spiced gluten-free carrot cake – perfect with a nice cup of tea "

**SERVES** 12  
**COOKS IN** 1 HOUR PLUS COOLING  
**DIFFICULTY** SUPER EASY

#### Ingredients

unsalted butter, for greasing  
225g gluten-free self-raising flour, plus extra for dusting  
2 lrg free-range eggs  
125g soft brown sugar  
125ml sunflower oil  
1½tsp ground ginger  
1 tsp ground cinnamon  
1 eating apple  
200g carrots  
1 orange, zest and juice  
1 handful of sultanas  
50g walnuts, (optional)

#### FOR THE ICING

75g unsalted butter softened  
100g icing sugar  
1 orange, zest only  
75g cream cheese  
50g walnuts

#### Method

1. Preheat the oven to 190°C/375°F/gas 5. Grease a springform cake tin (roughly 20cm) with butter, line the base with greaseproof paper, then dust the sides with gluten-free flour.
2. Lightly beat the eggs in a large bowl, add the sugar and oil, then mix to combine. Sieve in the flour and spices, then fold through. Peel and grate the apple (core and all) and carrots, then stir into the mixture along with the orange zest and juice and sultanas. Roughly chop and add the walnuts, if using.
3. Pour the mixture into the prepared cake tin, then place on the middle shelf of the oven for 30 to 35 minutes, or until golden and an inserted skewer comes out clean. Leave the cake to cool in the tin for around 5 minutes, before turning it out onto a wire cooling rack to cool completely.
4. Meanwhile, make the icing. Beat the butter, icing sugar and most of the orange zest until pale and smooth, then stir in the cream cheese until just combined.
5. Once cooled, decorate the cake with the icing. Lightly crush the walnuts in a pestle and mortar and sprinkle on top. Finish with a grating of orange zest, then serve.

