

NORTH SURREY LOCAL GROUP NEWSLETTER



North Surrey
Local Group

Edition 2: September 2019

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WELCOME

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

At present the committee remains as just 4:

Jonathan Cranefield – Group Organiser

Kirsty Cranefield – Group Treasurer and Event Coordinator

Jackie Weightman – Group Secretary

Erica Dore – Committee Member

.....But what busy bees we have been.

Our group membership now stands at over 100, of which a large amount appears to have come from the dispensing of our business cards through medical centres and hospital dieticians.

We organised 3 meals, but sadly only 1 went ahead due to lack of bookings – so we would like to hear from you about what YOU want from the group.

We have begun 'raising awareness' and encouraging the public to ask the question 'Is it Coeliac Disease?' by representing the group at several community functions. More details in the 'Events' section.

Awareness and Fundraising

As well as sharing information and organising social events for our members, there are two other very crucial key roles of local groups:

- To raise awareness of coeliac disease and Coeliac UK – the campaign for 2019 aiming at getting more people to ask 'Is it Coeliac Disease?'
- To raise funds to support Coeliac UK in their research and support of people living with coeliac disease.



On Monday 29th July Erica's art group reception evening had a small table with GF foods provided by Erica and some of the other art group committee members. There were lots of questions about coeliac and visitors took some of our local group business cards away for people they knew. Two of the members are going to discuss their problems with their GP as they identified with the symptoms.



Jon and Kirsty's 6-year-old daughter Libby is coeliac and is continually trying to educate others about coeliac disease, desperately hoping that one day scientists will find a cure. At present, her ambition is to become a doctor herself and work to find a cure. On 13th August Libby had 29cm of her beautiful long brown hair cut off to be sent to the Little Princess Trust to be made into a wig for a child who had lost his/her hair due to cancer treatment. In addition, she asked people to sponsor her kind act to raise money for Coeliac UK, through her Just Giving page. Within a week she had raised £135, at present her total stands at £200 but is still going... If you wish to support Libby, please visit: <https://www.justgiving.com/fundraising/libbyshair>

Let us know if you plan on doing any awareness or fundraising for Coeliac UK!

Recent Events

Chinese meal at 'Naturally Chinese' in Surbiton

This Chinese restaurant offers a full Gluten Free Menu, and the restaurant is Coeliac UK accredited for its understanding of cross-contamination avoidance, preparing the food from the GF menu in separate kitchen facilities. The food is always delicious but don't take our word for it.....

On 22nd June we went along to our first event with North Surrey support group. We couldn't remember the last time we had eaten Chinese food, so we were looking forward to trying the food and meeting everyone. We weren't disappointed. We were made so welcome, and we were soon chatting away, tucking into spring rolls, shredded chicken and spare ribs whilst trying to re-gain our long lost chopstick skills. The starter was a meal in itself, but we were all still hungry enough to dive into the main course and enjoyed the sweet and sour chicken, beef in black bean sauce, egg fried rice, noodles and vegetables. It was great not to have any worries about the food as everything was gluten-free. The conversation didn't stop all night and we picked up lots of tips for recipes, where to eat locally as well as chatting about what we had all been doing. There are also some great plans for future events. See you there! (by Chris and Phil Cox)



We really enjoyed both the meal and the company at the Chinese meal and found the chat interesting and informative. It is always good to exchange ideas, tips and advice and a good meal helps create the atmosphere for a relaxing chat. (By Janet and Roger Jeal)

Sadly the 'all ages welcome' pub lunch at the Barley Mow in Tandridge, which was due to be held on Saturday 17th August, had to be cancelled as disappointingly we received no bookings. In order to adapt to the needs of the group members, we would appreciate constructive feedback as to why some of the meals have been poorly supported. Is it timing, location, cost or just that you do not require the social aspect but simply would like information on products, recommendations, recipes, prescription updates and current medical findings?

Representing North Surrey Local Group in the community

On Saturday 13th July the North Surrey Local Group of Coeliac UK was represented by Kirsty and Jon at the Tattenham Corner Community Summer fair. The stand provided information leaflets, free samples of gluten-



free food donated by many manufacturers: Barkat, Schar, Honeybuns, gluten-free goody bags to win, wooden crafts donated by another member to sell for our cause, pick a lolly and a prize draw for a super Schar Hamper!! It was glorious sunshine, the fair provided much entertainment with choirs and dance performances and we had 7 new people sign up to be on our mailing list. As Kirsty is one of the organisers of the summer fair (and Jon was running the PA system) the stall pitch was provided for us at no cost so we were able to raise awareness of Coeliac UK, gain new members to our local group and raise a little money all in one go. The committee hopes to attend other such community events in the future.

Upcoming Events

w/c 23rd September – Afternoon tea at Woodcote Green Garden Centre, Wallington. The date is still to be confirmed, but it will be a Monday-Friday at 3 pm. Advance booking will be required.

Sunday 29th September, The Diamond Centre for Disabled Riders Autumn Fair. North Surrey Local Group of Coeliac UK will be having an information stall at the fair to promote the group and raise awareness of both coeliac disease and Coeliac UK. Location: Woodmansterne Road, Carshalton Surrey. SM5 4DT.

Saturday 12th October, 2-4pm is the first AGM of the newly formed North Surrey Local Group, being held at United Church of St Marks, Epsom Downs. These meetings are an opportunity for you to meet the committee, discuss ideas for the coming year, give feedback on events and newsletters, stand for election to the committee, pick up some free samples and hear informative talks (such as Kristina Zaremba – Dietician at Epsom Hospital). Light refreshments will be provided. Cost is £3 pp (children are free but please include them on the booking form so we know to cater for them with activities and refreshments).

November, a meal in Esher, at the Prince of Wales Pub which is a Chef and Brewer. We are proposing a Friday or Saturday evening from 7 pm but ask for your feedback as to which day is preferred.

Saturday 30th November, 4-6:30pm North Surrey Local Group of Coeliac UK will be having an information stand at Tattenham Corner Community Christmas with the lighting of the Christmas Tree and a mini festive market. There will also hopefully be some GF goodies to give away!

All the details about our planned events, including booking forms, are/will be 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 4 person household with 2 coeliac (my husband and our 6 year daughter). We have just over 3 years of experience adapting to a gluten-free lifestyle and these are our 'top tips':

- Watch for allergen changes in your everyday products and don't assume that just because you checked the ingredients or scanned it on your Coeliac Food checker once, that it will remain GF. We have found since my husband's diagnosis that some of our everyday products have jumped on and off the GF food lists e.g. Bisto Best Gravy Granules. Some members of our group check all jars, packets and tins each week as they go around the supermarket. In our house, we try to do spot checks on our grocery cupboard and fridge just to check nothing has changed!! It's not all bad – sometimes you will find that something that once was not GF is now – YUM!
- Remember that it's not just the ingredients but the manufacturing process that needs to be considered. Eating Stir fry veg in our house is a fortnightly thing and we have happily been purchasing the prepared stir fry veg from our local supermarket for years. After my husband's diagnosis, we did not even consider that a bag of chopped fresh veg would contain gluten. However, one day I happened to glimpse a phrase on the back of the packet just under the ingredients list which highlighted – may contain gluten, wheat, eggs, soya, mustard.... (the list went on) due to manufacturing conditions. Needless to say, I now spend what seems an eternity chopping thin slices of carrot, peppers, courgette, onions etc....when we want our Chinese treat! As well as some supermarket own brands, watch out for Walkers Crisps and some Cadbury chocolate which although do not contain gluten in the ingredients, are not safe for coeliac due to the manufacturing process.
- When my husband was first diagnosed, we did not eat out for over a month and then we began by using Coeliac Accredited restaurants which near us are chains such as Prezzo, Pizza Express and Cotes Brasserie. These are all well and good but sometimes we (and more significantly our friends and family) got bored with the limited repetition. So, once we were more confident with the things to watch out for and the questions to ask (are the chips cooked in a separate fryer.... Are the burger buns toasted on the meat griller.....are the baked beans GF?) we began trying other chains and some small independent restaurants that are not accredited but do have GF options on their menu and staff who can understand when dietary requirements are explained. Why not check out the Recommended Restaurants section which comes out in each newsletter, to find a new place to try in Surrey or beyond?

Restaurant Recommendations

For this edition we would like to focus on recommendations of GF gems that have found during the holiday season, leading to a stress-free, gluten-free summer.

On the Isle of Wight.....

The Old World Tearoom in Godshill served gluten-free sandwiches, cakes and cream teas with warm gluten-free scones - delicious! It had a delightful garden with plenty of seating. Ideal for a well-earned mid-afternoon refreshment. Godshill itself boasts thatched cottages, a model village, the iconic church on the hill and small gift shops of souvenirs. Location: High St, Godshill, Ventnor. PO38 3HZ



Isle of Wight Pearl tearoom offered gluten-free cakes and sandwiches plus some options on their main meals. They even had GF crisps to accompany the sandwiches and knew they needed to use a separate butter and preparation area. So, after a browse around the showroom and shop, perhaps picking your own oyster and pearl from the tank, why not stop in the tearoom for a light bite? Location: Military Road, Brighstone PO30 4DD.

The White Mouse Inn in Chale (less than 5 minutes from Blackgang Chine) had a separate and Gluten-Free menu with a vast choice of starters, mains, desserts and snacks. Although they did not have a gluten-free Children's menu, you could work from the adult menu to create a gf child meal. The manager was fully aware of preparation procedures. With a large car park, children's playground and a games room open in the summer it was perfect for the whole family! Note they also have rooms for bed and breakfast which would be ideal for coeliac wanting a short break and stress-free GF eating! Location: Church Place, Chale. PO38 2HA



The Steamer Inn on Shanklin Esplanade is just along from the amusements, fairground rides, the lower entrance to Shanklin chine, right opposite the beachfront and within a few minutes from a large car park - perfect for a family wanting typical British seaside fun! They have gluten-free options clearly marked on their menu and although not as many options there is still quite a few to choose from for both adults and children. The pub is part of a chain of 4 Inns on the island at Ventnor, Arreton and Shanklin. Location: Shanklin Esplanade, Isle of Wight, PO37 6BS



Toppings Ice Cream Parlour, Shanklin Esplanade provides a cool afternoon treat, offering Gluten-Free Waffles, Gluten-Free Cones and well-trained staff who will get the scoops of ice cream for coeliac from fresh containers stored out back so there is no risk of cross-contamination with gluten-containing flavours. So, having chosen from a huge range of clearly labelled ice cream flavours to top your waffle or cone, you can just cross over the road to sit on the beach and enjoy your seaside ice cream - how marvellous is that?! Location: Shanklin Esplanade, Shanklin, Isle of Wight, PO37 6BG





The Culver Haven Inn at Culver Down, right next to the Yarbridge monument that looks north towards Bembridge and South towards Sandown and Shanklin. There are some lovely footpaths to explore and an old gunning battery from the war. We called in on the off chance to this little pub (up a small track leading to the battery) and took the last table as all others were reserved - it is that popular. Battered gluten-free fish and chips were the order of the day for our coeliac, but there were lots on offer for GF eaters. Booking recommended for this one! Location: Culver Down Road, PO36 8QT

The Horse and Groom, Ningwood (same chain as the Griffin in Godshill, which has a maze and bouncy castle in summer months). The Horse and Groom have a large garden area with bouncy castle, crazy golf, football goals and playground. The menu for this chain does not offer as large a range as some other pubs on the island, but the gluten-free options are clearly marked, and if the kids are happy in the garden while you can sip at a chilled glass of wine, it makes for a lovely relaxing evening. Location: Main road, Ningwood, PO30 4NW



In Sussex.....



The Millstream Hotel in the small but picturesque village of Bosham. This hotel offers a quaint, old-fashioned charm with a thatch roof, a brook running through the large garden, and piano in the cosy bar. Its main clientele appeared to be retired couples, but it was our second stay as a family. They aim for a classic, refined atmosphere, offering complimentary drinks on arrival, as well as complimentary mineral water, tea and pod coffee facilities and homemade shortbread biscuits (NOT GF) in the rooms, so prices reflect this. The hotel has a brasserie and main hotel restaurant where everything is cooked fresh to order, so there is a lot of choice on the dinner menu. Although they do serve afternoon teas, they were sadly unable to provide GF -but better

luck might be had if pre-ordered. They can provide GF cereal, toast and some elements of the cooked breakfasts. Bosham itself has some lovely coastal footpaths to explore and is extremely scenic both when the tide is in and out - please be aware of high tide times as it is easy to get caught out. An old tree on the green behind the church holds 2 rope swings ideal for kids both big and small - Yes even I tried them out!!!! Location: Bosham Lane, Bosham, Chichester, West Sussex PO18 8HL

Belinda's Tearoom in the old town of Arundel. We phoned and spoke to them in advance about their GF provision and they were geared up for GF and vegan very well. They mixed a special prawn cocktail sauce with tomato sauce and vegan Mayo (leaving out the Worcester sauce they normally add) and served it in GF bread. My daughter had a thick cut 'off the bone' ham sandwich in GF bread followed by GF choc 'n' nut brownie. Hubby also enjoyed a GF scone with jam and clotted cream. Once again this is a small, old, quaint tearoom so can get very busy. Booking on weekends and summer months is recommended. Arundel has an abundance of antique shops, lovely river walks, a cathedral and a castle so lots to do there - not just eating! Location: 13 Tarrant Street, Arundel West Sussex. BN18 9DG





The Lion in Pagham (between Bognor Regis and Chichester). The previous owners were coeliac and so their kitchen, chef and most dishes are currently geared up to be GF. Fingers crossed it stays this way as the food is amazing, not over-priced, good sized portions and the choice of starters, mains and desserts are quite vast with the main menu and daily specials. We return here whenever we are nearby and sometimes find an excuse just to be in the area for lunch or dinner, even all the way from North Surrey it is worth it.

Location: Nyetimber Ln, Bognor Regis PO21 3JX

The Inn on the Beach, Hayling Island. Has its own small free car park or you can park in one of 3 public car parks along the beach. Unfortunately, there is not a great GF choice on the menu for kids, but there were lots of GF options for adult including salt and pepper squid, chunky chips and gluten-free haddock and chips. The Inn boasts stunning seaside views, a large outdoor seating area but the main bar is not huge. Booking is definitely recommended in the holiday season as this place is popular - understandably so!

Just 5 minutes' walk along the vast beach from the inn there is a funfair, amusements, crazy golf, and a miniature railway. Great place for family seaside fun. Location: 97 Sea Front, Hayling Island, PO11 OAS



In Surrey.....



Bills, in Epsom. Part of a chain of restaurant/bars. Not the cheapest breakfasts but a very good gluten-free cooked breakfast can be had or GF beans on toast for the kiddies. Sadly, their pancakes are not GF. Great shabby chic place to celebrate or meet up with friends for brunch. On their website, you can select a menu for the day and time that you plan on visiting and then filter the menu by clicking on 'avoiding gluten'. There is still quite a choice.

Location: 6 South Street, Epsom, KT18 7PF

The Prince of Wales, Esher. This one has been recommended to us by several Surrey Coeliac. It is part of the Chef and Brewer chain, but unlike some other branches, the Esher venue appears to be very coeliac friendly with a good variety of safely prepared gluten-free options. We hope to hold a North Surrey Coeliac meal there very soon, so watch this space (as they say).

Location: 48 West End Lane, Esher, Surrey KT10 8LA



Smith and Western, is a chain of wild west themed restaurants that serve food such as burger, ribs, sizzling platters etc... Not all their food is gluten-free sadly, so we have to still give the onions rings and chips a miss, but they have Gluten Free Menus for both adults and children with a good variety to offer. We have regularly used the branch at Boxhill (KT20 7LB), and Tilgate Park (RH10 5PQ) and the staff have been very well trained about the needs of coeliac and GF food.

For a full list of locations visit: www.smith-western.co.uk/locations

Cheam Park Café, in Cheam Park near the children's playground, outdoor gym equipment, tennis courts, football pitches and croquet lawns accessed from the car park at the end of Tudor Close, SM3 8QS. Although not geared up for GF sandwiches, they often have a GF cake on offer, but cross-contamination could be an issue. However, they are very well prepared for those needing gluten-free ice-creams. They had Swedish Glace ice cream cones in the freezer for both gluten-free and lactose-free eaters, plus a gluten-free cone on the main counter. Once I explained that we were purchasing for a coeliac she changed her gloves, ensured the scoop was washed in the kitchen and then opened a new container of Bubblegum ice cream to use for us. AMAZING!



Abroad.....



Riu Palace in Costa Adeje, Tenerife. This hotel is immaculately kept, the service is top-notch, the grounds are stunning and the location is peaceful yet close to bustling shops and nightlife for those who want to venture out. GF provision for breakfast and dinner cannot be faulted. Although a buffet (so the issue of cross-contamination can be a concern) they are more than happy to serve you something directly from the kitchen, cooking pasta, pizza and chips to order for my daughter. There are quite a lot of GF options on the buffet for a more sophisticated palette but desserts were pretty much a 'no' except the fruit and ice cream (which we had to ask to come directly from the kitchen due to cross-contamination on the buffet) – fault of other guests rather than the hotel. For lunch by the poolside our coeliac could have GF Ham and cheese toasted sandwiches and chips, but most days after a big breakfast and knowing dinner also had good choice - lunch was not always needed. Plus, the local mini supermarkets which were just a few minutes' walk away in every direction had Gf crisps and snack food to top up during the afternoon if desired.

If you have any restaurant/pub/café/tearoom or hotel recommendations, we would love to include them in future newsletters, so please email them to us at: northsurrey@coeliac.org.uk