

## **Sevenoaks Area Coeliac Group**

# **TALKABOUT**

**For all your gluten-free gossip, news and events**

**October 2019  
Edition 49**

**Please come to our meeting on  
2<sup>nd</sup> November to hear and meet  
Hilary Croft,  
The new CEO of Coeliac UK**

**Sevenoaks  
Local Group**



## Branch Committee

Group Organiser	Fiona Turnbull fi.turnbull@talktalk.net	01474 703869
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New Members Secretary	Susan Potts slpotts53@hotmail.co.uk	01892 613258

## **Note from the Editors**

Dear Reader

Welcome to the 49<sup>th</sup> edition of Talkabout.

A big thank you to Bob and Daphne for hosting our annual BBQ and many thanks also to their daughter, Jane, for all her assistance in the kitchen. Bob and Bruce did an excellent job with cooking, despite the difficult windy conditions! Thank you also to everyone for their contributions of food and help on the day. 40 people braved the wind and potential rain and we all had a good time. The winning 'Bonus Ball Game' number was 49. Sorry if this was not you but congratulations to the winner.

Andrew had a rather difficult time recently with getting gf meals at our local hospital and has been 'glutened.' See our letter below which was sent to the QCC and PALS which forwarded it to the Catering Manager and will, hopefully, get some results in a few years' time...

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

Andrew and Rosemarie – The Editors

“Provision of gluten free food and sufficient information for Coeliacs needs improvement.

As a long term inpatient in 2018 and 2019 with Coeliac Disease and continuous diarrhoea, it was imperative a gluten free diet was strictly followed.

The hospital menu cards have diet codes for many choices but lack relevant information for the well-being of Coeliacs. The breakfast menu does not list one GF item. When staff were advised, they were helpful and were able to supply some items but this then raised the question: Is this slice of bread definitely GF as, if not, it will cause further diarrhoea.

The lunch time menu raised other points, as the dietitian advised me to choose the less fibrous meals. The cards listed all vegetables with HC (healthy choice)

etc but none as GF, despite all vegetables being GF in their natural state. On occasions, where I added boiled potatoes, they were not supplied as they were not listed as GF.

The sweet course and the supper menus were the same, no GF listing on most items. I enclose a sample menu card for the three daily meals chosen at random.

This is not meant as a complaint but, as a member of the Coeliac Society, it serves as a constructive suggestion that, when the menu cards are next updated, further consideration should be given to the importance of diet to Coeliacs.”

## **Sevenoaks Area Coeliac Group**

### **Your Help is still needed!**

Do you enjoy Saturday coffee?

Have you benefitted from discussions at Saturday coffee?

Do you attend Saturday coffee when you can?

If the answer is yes, could you think about lending a hand?

There is no need to attend personally every month. We just need someone to make contact with other 'willing helpers' to ensure there is a welcoming face at each coffee morning.

Please get in contact if you can help - [fi.turnbull@talktalk.net](mailto:fi.turnbull@talktalk.net)

## Forthcoming Events

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

**Group Meeting – Saturday 2<sup>nd</sup> November 2019 2.00pm to 4pm at Otford Methodist Church Hall**

Hilary Croft, the new CEO of Coeliac UK, will be our guest speaker which is exciting news.

We shall have the silent table top auction of unwanted gifts/goods again, with bids in multiples' of 50p, because we cannot hold a raffle at Otford Methodist Church as this is classed as gambling.

### **Coffee Morning - Third Saturday of every month**

19 <sup>th</sup> October 2019	Sevenoaks
16 <sup>th</sup> November 2019	Tunbridge Wells
December 2019	<b>No coffee morning</b>
18 <sup>th</sup> January 2020	Sevenoaks
15 <sup>th</sup> February 2020	Tunbridge Wells
21 <sup>st</sup> March 2020	Sevenoaks

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 everybody who is affected by this condition or is interested in finding out more about it.

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
- The White Rock, Underriver (landlord/restauranteur is Coeliac)
- Bucks Head, Godden Green
- The George and Dragon, Chipstead
- The Barley Mow, Tandridge (also does gf snacks like steak sandwiches at lunch time)
- The Ghurkha, Woodcock Inn, 186 London Road, East Grinstead (very good Nepalese meals, most of which are gf)
- The Pizza Express Chain
- Cote Restaurants
- Hattusa, Turkish (Sevenoaks and Tunbridge Wells)
- Prezzo Chain
- Zizzis – they have a reasonable selection of gf food
- Indigo, One Aldwych, London (for a special treat of entirely gf meals)
- Gluten free lager, available at The Oak Tree Pub, Sevenoaks High Street
- Gluten free ales from the Westerham Brewery, all of which are gf and available at Majestic in Sevenoaks. Westerham Brewery do social evenings and cater for Coeliacs with gf pizza and their range of drinks.
- Very tasty bread from the Incredible Bakery company is available at the Organic Health Shop, High Street, Tunbridge Wells and from <https://www.incrediblebakerycompany.co.uk/> The red quinoa loaf has been particularly recommended by one of our members.

'Ranasbakeries' products are stocked by Foodies Delicatessen, 40 Camden Road, Tunbridge Wells

Here are some of a member's favourite restaurants around Sevenoaks:  
<https://en-gb.facebook.com/pages/category/Seafood-Restaurant/St-Johns-Fish-Bar-222163574496422/> St Johns Fish and Chips in Tunbridge Wells – you can eat in if you like

<http://www.thaipadoxtd.co.uk/> Thai Pad Oxted

<http://www.deepbluerestaurants.com/oxted/menu/home-delivery.html>  
Deep Blue Oxted

<https://www.phocafe.co.uk/> numerous locations in London

<http://www.italiancotto.co.uk/> Cotto London

<https://www.pizzahut.co.uk/restaurants/find-a-hut/london/strand/> Pizzahut London – conveniently near Charing Cross station

Borders (High Rocks), Tunbridge Wells  
Excellent meal, attention to detail and lovely location.

Neville Crest and Gun, Eridge Green – They have a separate gf menu-samples of mains below:

<https://www.brunningandprice.co.uk/nevillcrestandgun/menus/gluten-free-menu/#whileyouwait>

## Mains

**7oz fillet steak** with Portobello mushrooms, peppercorn sauce, tomato & chips 27.95

**10oz Rump steak** with Dijon and tarragon butter, portobello mushrooms, tomato and chips 19.95

**Katsu chicken curry** with sticky coconut rice, curry sauce and carrot, chilli & courgette salad with lime dressing 15.25

**Deep-fried cod in beer batter** with chips, mushy peas and tartare sauce 14.25 / 10.95

**Honey roasted ham** (served cold) with free range eggs and chips 12.95 / 9.95

**Crispy beef salad** with sweet chilli sauce and roasted cashew nuts 13.95

**Seeded goats cheese fritters** with roast squash, artichoke and courgette salad 13.25

THANK YOU to everybody for their recommendations, please can we have more.



***Talkabout***

***Sevenoaks Area Coeliac Group***

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

***Please send your letters or enquiries to:***

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