

NORTH SURREY LOCAL GROUP NEWSLETTER



North Surrey
Local Group

Edition 3: January 2020

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WELCOME

I am pleased to announce that after a successful AGM held back in October 2019, our committee has more than doubled in size, with an amazing 10 people now sitting on the committee. We have therefore had a move around of roles and created some new roles so each committee member has a key focus in order that we can provide a wide range of events, activities and perspectives for our members.

So, introducing your 2020 committee we have:

Jonathan Cranefield – Group Organiser

Kirsty Cranefield – Group Secretary and Event Coordinator

Susan Clark – Meetings Secretary

Michelle Sporle – Group Treasurer

Erica Dore – Hospital Liaison

Jackie Weightman – Coffee Mornings

Stan Holwill – Coffee Mornings

Jenny Salisbury – Children's/Youth Coordinator

Katy McGrath – Children's/Youth Coordinator

Marian Sporle – Committee Member

Our group membership now stands at over 150 but we know that there are more people out there that we have not yet reached. So at our events we will be handing out our group business cards (ideal size to carry in a wallet or purse) for you to pass onto other coeliac who live/work in the KT or SM postcode areas, to encourage them to either join Coeliac UK or opt in for group contact with us.

Awareness and Fundraising

Autumn Fair at Diamond Centre for Disabled Riders

On Sunday 29th September 2019, Jon, Kirsty and their two children (Libby and Toby) adorned their orange Coeliac UK T-shirts to represent the group with an awareness stand. Some new members signed up (one who later joined our committee) and they spoke to many people about awareness of symptoms. Plus, a photo with the Mayor is always great for publicity!! So, a success for our group and one we hope to repeat again in 2020.



Tattenham Corner Community Christmas

On Saturday 30th November 2019, Jon, Erica and Jackie braved the cold to represent the group and raise awareness of coeliac disease. Once again, a few people opted-in for group contact while other people came to collect some White Rabbit Pizza vouchers and sample some GF products kindly donated by Honeybuns, Schar, Nairns, Barkat and Juvela. 'Pick a Lolly' was a firm favourite with the kiddies, which raised a few pennies for the group funds and enabled the adults to ask questions and browse the literature.

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



Recent Events

Annual General Meeting



On Saturday 12th October 2019, we held the first AGM. Jon and Kirsty have been working hard on the relaunch for about 18 months after a number of requests. We thank them for their perseverance and hard work for us.

Jon had asked some gluten free manufacturers to send us some products: Nairns, Juvela, Barkat, Schar, Honeybuns, Delicious Alchemy were all very generous, meaning that every member left with a goody bag of GF foods and information, and we were able to offer refreshments as well as some foods to sample – including some delicious ice cream from Yorical! That is free from all 14 allergens.

We started the meeting with a brief history of the restarting of the group and discussed the difficulties occurred with GDPR. We have to wait until people contact us and we are not able to receive lists of past members. Anyone can 'opt in' for group contact by emailing the group directly or can join Coeliac UK and select to have local group contact when completing their registration. So, we ask all our members to promote the group when out and about or meet fellow coeliac. My experience is that coeliac sufferers benefit by coming together with a group to discuss any issues and share recommendations of places or products.

Kirsty then asked for ideas for events and activities as some events during the year had to be cancelled due to lack of bookings, so we want to know what people want/need from the group. Proposed events were received well by those in attendance and will be trialled out during 2020.

Kristina the dietician from Epsom General Hospital kindly came and gave us a talk on coeliac disease. She explained the mechanics of coeliac disease and the importance of constant vigilance to remain healthy. It takes 5 years for the colon villi to return to normal after first commencing a gluten free diet. Every time that gluten is eaten there will be a recovery phase. She reminded us of the importance of yearly blood tests and dietician consultations. Keep your gluten free utensils and products separate and use a GF dedicated toaster. If on holiday use toaster bags. It's important to keep vigilant with any contamination and carefully check ingredients on products. Some products with the same name may be gluten free in this country may not be in another country. Remember to throw away old issues of the food & drink directory as products change. Dietary cards are available on the internet, available in 18 languages. Remember that both the chef and waiter/ress need to be aware and understand our needs. Most countries have a local coeliac warning to be downloaded before your journey. We were informed to make instructions clear and don't be afraid to turn away a meal that you believe to be glutened. The afternoon went extremely well.

(Erica Dore)

Prince of Wales Pub meal (Chef and Brewer, Esher)

13 people attended the very pleasant meal held on 15th November 2019. You may recall this venue was one recommended by a couple of members of the group and was able to cater well for our gluten free needs, with a good GF selection on the menu and a secure understanding of the care needed during preparation. As always there was good chatter as we moved chairs between courses to enable everyone to mingle. Recommendations and cautionary tales were shared, as well as talk about possible events for 2020 – several of which now appear on the 2020 calendar of proposed events. Thank you to those that attended and made it such an enjoyable evening!

(Kirsty Cranefield)

Thank you very much for arranging last night's Dinner. It was very nice to meet with the group and catch up with your news on events that the group will be running.

(Kay and Stephen Rouse)

Upcoming 2020 Events

You should have already received a calendar sheet of proposed 2020 events which outlines our events for the whole of the year. All the details about our planned events, including booking forms, are/will be on our group website. We may add more events as the year progresses and we would love to hear ideas from you.

Saturday 1st February, Brunch at Bill's (Epsom). Bookings have now closed for this event and we look forward to seeing the dozen people in attendance at 10am at the venue.

Tuesday 3rd March, 12 noon, Fish and Chip Lunch, Seine Rigger at Nork. Have you missed the good old British dish of fish and chips? Using fresh catch of the day, proper chips and gluten free batter, there is no need for you to miss out any longer. Join Kirsty for a fish and chip lunch specially prepared to order for us and cooked in a separate GF fryer. (booking essential – menu and booking form to follow soon)

Saturday 21st March, 12:30pm Pub Lunch at The White Hart, Chipstead. Join Kirsty and Jon for a pub lunch at this venue recommended by members of our group. You will have a choice of 1, 2 or 3 courses to suit both your appetite and budget. (booking essential – menu and order form to follow soon)

Wednesday 1st April, 10am, Coffee Morning at Ashted Park Garden Centre, KT21 1HU. Fancy a coffee and chat with fellow coeliac? No booking required, just turn up and look for Stan and Kirsty who will display a Coeliac UK logo sign on their table.

Saturday 25th April 2-4pm, Spring Meeting, United Church of St. Mark Hall, Tattenham Corner, Epsom Downs. With the theme of a spring fair, there will be: tearoom offering GF cakes as well as hot and cold drinks, lucky dips, Tin Can Alley, Quoits, Play Your Cards Right, Pick a Lolly, Puzzle challenge, GF goodies to sample and give away, Raffle and lots more fun, before we settle down for a quick meeting about any group business. We hope as many of you can pop along as possible to join the fun (especially those with children), raise some funds for the group and catch up with your fellow coeliac. Entry £2 (children free).

Wednesday 6th May, 10am, Coffee Morning at Pattison's Coffee Shop, Tattenham Corner, KT18 5QJ. Fancy a coffee and chat with fellow coeliac? No booking required, just turn up and look for Kirsty who will display a Coeliac UK logo sign on her table.

Tuesday 12th May, 3pm, Gluten Free Afternoon Tea – Woodcote Green Garden Centre, Wallington. After such positive feedback from the afternoon tea we hosted here last year we have decided to return to see if this time we can do the delicious array of gluten free cakes, wraps and sandwiches justice. Part of our Coeliac Awareness Week activities, we hope you can join us! (Booking essential order form will be sent out e/o March)

Saturday 16th May, 7pm, Naturally Chinese, Surbiton. As part of our Coeliac Awareness Week activities, this two-course set meal offers a variety of the favourite Chinese dishes all cooked and prepared in a Coeliac UK accredited kitchen. Approximate price will be £32 per head (tbc) (booking essential from e/o March)

Wednesday 3rd June, 10am, Coffee Morning at Tasha's Tearoom in Cheam Village, SM3 8RW
Fancy a coffee and chat with fellow coeliac? No booking required, just turn up and look for Stan who will display a Coeliac UK logo sign on his table.

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

In this edition I would like to focus on tips for providing for Coeliac children when not in the home. I am proud to say that my daughter is a popular girl with lots of friends and with that comes lots of parties and invitations for dinner. For her it is great – for me as her mother, it started out as very stressful after her diagnosis.

My rule of thumb now is to provide my daughter with food to take with her in a lunch box. Most parents are very understanding and even relieved when I offer to do this – it takes the pressure and responsibility off them. So, I ask what food is being served to the other children and make something as similar as possible that is GF.

If there is going to be crudities and fruit platters put out, I also provide that in her lunch box, as cross contamination of gluten runs rife on a buffet and kids are the worst for diving in with sticky glutenous fingers!!

I sit my daughter at the end of a table whenever possible so there is the least chance of gluten crumbs being passed over her plate by others.

Some squashes are 'Fruit and Barley' and these are not suitable for Coeliac, so I always check what drinks are going to be offered and provide an alternative if necessary. I prefer she drinks from a carton at parties as the drink is then enclosed and protected from glutenous crumbs from the children around her.

If your child is school age, the school is required to provide for special dietary requirements but that does not mean to say they have the facilities to avoid cross-contamination. My daughter does not have school dinners because of this. There are booklets available to download off Coeliac UK website which can give parents and schools advice.

<https://www.coeliac.org.uk/document-library/4356-school-pack-information-for-schools-in-england/?return=/gluten-free-diet-and-lifestyle/school-meals/>

<https://www.coeliac.org.uk/document-library/4358-school-pack-information-for-parents-in-england/?return=/gluten-free-diet-and-lifestyle/school-meals/>

<https://www.coeliac.org.uk/gluten-free-diet-and-lifestyle/school-meals/>

An Individual Health Care Plan is recommended to be written by the school in consultation with parents. One can be downloaded as a template from C UK website. <https://www.coeliac.org.uk/document-library/1616-individual-healthcare-plan/?return=/gluten-free-diet-and-lifestyle/school-meals/>

At schools there are always birthdays, reward activities and end of term parties that involve the pupils being given food other than their lunch. I provide some pre-wrapped GF goodies for the class teacher to stash away and give to our daughter as and when the occasion arises.

Cooking is another activity that occurs in schools, especially in Reception and Key Stage 1, and once again clear communication is needed with the school, so the necessary GF ingredients and conditions are provided. My daughter is always in the first cooking group of the day before the kitchen/cooking table gets contaminated and I am provided with the recipe and ingredients list so I can check what GF alternatives need to be provided. I am lucky to say that her current teacher is amazing and will insist on providing everything once I have told her what Libby can use as alternatives – she will not have Libby treated or provided for any less than the other pupils, which helps keep Libby's education inclusive and she feels like all her peers. Of course, this is not necessarily the case with all schools and teachers - you may find that you are asked to provide necessary alternatives.

Resources are another surprise in schools – Play-Doh, Dried pasta or cereal for art and counting in maths, food added to the sensory table or water tray for affect.... I had to sit down with the class teacher and highlight the need for precautions not just to do with eating.

My husband and I make sure that while we must keep Libby safe, it is essential that her condition should never hinder her opportunities for social interaction or the choices that she makes in life. If we can help other parents do the same for their children, the future for the next generation of coeliac looks a little bit brighter!

Look out for more top tips in the next Newsletter.

Restaurant Recommendations

For this edition we are pleased to share lots of recommendations sent in by our members. Please do keep them coming for future editions and so we can build up a directory of recommended locations for GF provision.

Brunning and Price is a group of pub restaurants located countrywide. Searching on the Coeliac UK website, in a radius of 25 miles of Epsom, lists seventeen Brunning and Price pub restaurants, each one has been accredited by Coeliac UK. Each one can be found on the Internet where you can see the daily gluten free menu, which have an amazing choice of meals. They all have a similar menu.

The nearest Brunning and Price pub restaurants to us are The White Hart at Chipstead, The Mute Swan at Hampton Court and The Pheasant at Betchworth.

I frequently visit "The Tally Ho" in Eversley, Hampshire, about three miles from where my daughter lives. I have had some excellent meals such as various roasts, steak & kidney pudding, fish & chips, chicken, ham hock & leek pie.

On the menus some of the meals show two prices i.e. 13.95/9.95 the lower price is a smaller meal which I sometimes have and on occasions find it too much, having had a starter as well. (Stan Holwill)

Crepe Affair - Wimbledon by Centre Court has gluten free buckwheat galette available with a range of toppings - good awareness of allergens and super tasty. Can eat in or takeaway. It's a relatively small space if eating in. Sweet and savoury varieties available. (Marian Sporle)

Fisherman's Chippy, Sutton Common Road. Takeaway only – fish and chips gluten free available on Tuesdays. Limited to this choice BUT the best I have tasted, and the staff are so good and knowledgeable. (Marian Sporle)

Chopsticks in Sutton High Street. Only the sweet and sour chicken with boiled rice is gluten friendly but its Chinese and handy if out in Sutton and looking for a reasonably priced hot lunch. Bench seating available inside. (Marian Sporle)

The Cock Inn, Headley. This is a dream for a gluten-free gourmand or grazer!

If you haven't tried the Cock Inn yet, I can only encourage you to take a trip. It is a beautifully situated country pub, with Headley Heath just along the way. Great to combine a visit with a walk, or a dog walk on the Heath. This pub welcomes dogs both inside and outside.

The selection of gluten-free options is as broad and delicious for us, as it is for those using the regular menu. I have tried the battered prawns, the fish and chips and a delicious vegetable curry. The meals are excellent, and are served on special green plates, so there can be no mix up during service between your meal and any others. The staff are very friendly and knowledgeable. If you have any queries or concerns, they will go out of their way to help you.

This really is a fantastic pub, where you and your dietary needs are welcome, (your dog too, if you have one)! Just don't be surprised if you bump into me there!

<https://cockinnheadley.co.uk/ourfoodanddrink/>

(Margret Appleby)



Rye Café, Barnett Wood Lane, Ashted. Robbie is an exceptional chef (sister is coeliac) and creates delicious GF options, the fresh biscuits are amazing too! (Katie Alexander)

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

Points of view

A new addition we would like to have in each edition of the newsletter is an article or contribution from members regarding an experience, a review of a new GF product or perhaps some research that they have read about.

We are delighted to have heard from one of our newest members and the message they have to give is a hugely important one– educating others about coeliac disease and not being afraid to speak out is vital if we are ever to improve the lifestyle of coeliac in the UK.

I am not a coeliac, but my Son in Law is. He was diagnosed about 3 years ago and my 7-year-old Granddaughter was diagnosed a year later. My husband and I went on a steep learning curve finding out what was safe to give them to eat and what wasn't. We found it hard to have family meals out to celebrate special occasions. So, we decided every time we went out for a meal ourselves, we would ask questions about the menu and cross contamination in their kitchens etc. Recently my husband and I went for a weekend break to Bournemouth and stayed at a well-known Hotel of a famous chain of hotels. How pleased we were to see when at breakfast, three bowls of gluten free cereals. However, we were shocked to see them uncovered, placed right in front of a row of containers with cereals in with the winder type delivery, which anybody that has used them know the contents spill out all over the place and indeed into the gluten free bowls. We asked to speak to the Manager who unfortunately was not available, but the head waitress was sent to our table. We explained the situation and how dangerous it was for a coeliac to have the slightest bit of gluten. She appeared concerned and admitted she did not realise what coeliac was. She thought it was people who did not want to eat gluten like vegetarians did not want to eat meat! She said she would make sure the gluten free cereals would be moved. The following day we were pleased to see they had been moved BUT obviously the seriousness of the matter had not been taken as there they were still in uncovered bowls at the end of the hot food counter right next to the sausages and fried bread. We thanked the staff for moving them but suggested they took it more seriously before a guest was taken very ill and to learn more about allergies. She promised us that she would take it further with the Manager and make sure it would be safe in the future. We intend to revisit the hotel later in the year and will be interested to see what, if any, changes have been made. We have both now joined Coeliac UK to: help raise money for research; help us gain a better understanding and keep us up to date with the research and new products. The welcoming pack we received was very informative and helpful.

(Julia Banks)

Osteoporosis and coeliac disease

Osteoporosis is when the bones become porous and break easily. The skeleton regenerates itself constantly. However, some medical conditions slow down this process, for a variety of reasons. One of the secondary risk factors that can cause osteoporosis is malabsorption of vitamins or minerals. This can be as a result of conditions, such as Coeliac or Crohn's disease.

We need to be aware that our bone density is especially at risk with low Vit D levels, in the wintertime. We can help to keep our skeleton strong by taking adequate calcium in our diet. This can be done by drinking milk or dairy free alternatives (1 glass milk 190ml provides approx.230mg calcium). Other foods that also provide a source provide calcium are:

1 carton of yoghurt(140g) Cheddar cheese(28g), ½ tin of sardines, Broccoli (336g/12oz), Dried apricots(280g/10oz) can contain 230mg calcium.

There are guidelines on the Royal Society of Osteoporosis website recommending the total daily amount. However, coeliac sufferers should consume more. It is recommended that you ask a doctor before taking any Calcium and Vit D supplements. Remember that suitable weight bearing exercise helps to move the calcium into your bones.

The Royal Osteoporosis Society has further information on their website: <https://theros.org.uk/>

(Erica Dore – previously lead in bone densitometry at St. Peters Hospital and Ashted Hospital)

Useful Links

<https://glutenfreecupatea.co.uk/> Becky Excell shares some excellent recipes, tips and advice

<https://coeliacman.com/> David is a Gluten Free blogger who reviews new products and updates when the festive occasion foods hit the supermarkets. You can follow him on Facebook and Instagram.