

NORTH SURREY LOCAL GROUP NEWSLETTER



North Surrey
Local Group

Edition 4: May 2020

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WELCOME FROM THE CHAIR

It is truly a strange and worrying time that we find ourselves currently living.

Face to face contact seems like a nicety of bygone days and the age of social media through technology has had to be embraced by us all! Webinars replace seminars; Zoom becoming the new classroom for sports and leisure activities; seeing our loved one via FaceTime instead of physically being together; and navigation of the online supermarket shopping, to name but a few new experiences that we are aware many of our members are embracing at the moment.

Sadly, there have not been any events hosted by us over the past month and unfortunately, we cannot plan any for the future until the Government can forecast when social gathering will once again be permitted. Something that we all took for granted is now the very thing we can only hope for in our future. As soon as it is safe to do so, we will make up for lost time and look forward to a good catch up over food and drink.

It has been lovely (and very much appreciated) to receive emails from members with recommendations, information and recipes which form the main part of this edition (and possibly the next) as we have very little else that we can report on. Thank you for getting in touch and contributing to the group – it is what it's all about!

On behalf of the whole committee I wish you and your families good health and best wishes.

Awareness and Fundraising

The week commencing Monday 11th May is Coeliac Awareness Week which unfortunately due to the current Covid-19 crisis, we have had to cancel the 4 events we had planned as part of North Surrey's participation to raise both awareness and funds for Coeliac UK and coeliac disease.

Coeliac UK have said:

We hope you can understand that we are unable to continue with our traditional Awareness Week activity now that we are on lock down. We have made the difficult decision to postpone our planned children's campaign until a more appropriate time.

In the current challenging environment, coming together as a community, even virtually, is important. We still intend to run Awareness Week from 11-17 May as usual but refocus digitally and promote a Gluten Free Community Week to bring us together at a time when we need each other most.

We know that many of us aren't online and this is a real challenge in the environment we're living in right now. Please do share ideas with us on how we can continue to support the most isolated in our community, as we know so many of you are being amazing and doing this already.

(taken from <https://www.coeliac.org.uk/get-involved/campaign-with-us/awareness-week-2020/> on 19/04/20)

Recent Events

Just the one event to report on so far this year which was the Fish and Chip Lunch at the Seine Rigger in Nork on Tuesday 3rd March 2020. The event was our first of its type for a fish and chip lunch, and as such as well attended. It was great to see both familiar faces and to welcome some new faces to the group. It was a lovely casual meal with good chat (as always)!

<http://seinerigger.co.uk/> sadly due to the current pandemic, the restaurant and take away have decided to close for the safety of both staff and customers. However, we look forward to holding another event there in the future, as and when we can do so.

Established and run by the same family for more than half a century, The Seine Rigger in Banstead is the crispy, juicy, fluffy pot of fish and chip gold at the end of every coeliac rainbow.

Between Monday and Wednesday, the owners offer coeliac-friendly versions of all the standard chippy favourites, just asking for a quick call at least 30 minutes before you arrive, so they can prepare their gluten free batter and let it rest while they fire up the fryers.

The unusual name comes from a specialist type of fishing vessel, designed to avoid damage to the seabed. The Seine Rigger aims to use only sustainable seafood, and fries its meals in groundnut oil, which is low in saturated fat.

Gluten free meals are available to eat in or take away and the owners have thought of everything, right down to the gluten free vinegar and home-made tartar sauce.

The restaurant is closed for now, but if you're making a wish list of post-viral outings, check out The Seine Rigger's menus online and start thinking about those chips . . .

*The Seine Rigger, 11 Nork Way, Banstead, Surrey, SM7 1PB
Telephone: 01737 351168
www.seinerigger.co.uk*

(report by Suzanne Moore)



Upcoming 2020 Events

Please ignore the proposed 2020 events calendar that was sent out to you all in December 2019/January 2020. Due to current circumstances and restrictions on social gathering we cannot proceed with any of the proposed events until such time that the Government says it is safe to once again go out and socialise in groups. We are sure that everyone is very much looking forward to such a time, but we hope that you all appreciate that it is impossible to predict when the lock down will be lifted.

If the lock down has given you some spare time, please do send us an email with feedback and ideas on what you would like to see as future events for the group. Do you fancy picnics and events with no costs to pay up front, or maybe you would like social events such as quiz nights, race nights, a social dance, party night or bingo? Are weekdays, school holidays, weekends, lunch times or evenings best for you? Would you be willing to work with us to coordinate an event for our members at a location near you?

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

In this edition I would like to focus on the postcode lottery that appears to be happening with Gluten Free provision on prescription.

At a national level, the provision of Gluten Free staples on prescription came under review:

2017 - Following consultations by The Department of Health and Social Care it was announced a decision had been made to retain access to gluten free breads and flour mixes on prescription in England.

November 2018 - the Gluten Free Prescribing Regulations became law

December 2018, the revised Drug Tariff (the list of products which GPs can prescribe from) in England was introduced. This document lists gluten free bread and flour mixes as available for GPs to prescribe on prescription but other gluten free foods such as pasta are no longer available on prescription in England.

However, the Drug Tariff is a list of what GPs can prescribe according to the Government but this list can be restricted even more as individual clinical commissioning groups (CCGs) can decide their own local prescribing policies to restrict further than the national guidelines. When looking at efficiencies in health budgets, cutting back on the Gluten Free food on prescription appears to be the favoured route for many CCGs.

This situation has never been more apparent than recently during the Covid-19 pandemic when panic buying suddenly saw the Free From aisles at supermarkets being ransacked by people wanting to hoard food for the long term and deciding that gluten free food is not so bad after all! If you can get your bread or flour on prescription it will be one less thing to worry about on the trip to the supermarket and if you can use a delivery service such as Echo (Lloyds pharmacy delivery service) it can even be delivered right to your door with contactless delivery.

If you are not sure if you can get gluten free bread/rolls/flour on prescription, then please see the links below to find out which is the CCG for your area. Please note that on 1st April 2020 some CCGs merged and the new arrangements for postcodes which are in the North Surrey Local Group of Coeliac UK catchment area are reflected in the list below. I have contacted the two CCGs directly on behalf of North Surrey Local Group of Coeliac UK to find out what is now available since the mergers have occurred. I have been directed to the current list for Surrey Heartland, CCG (below), while SW London CCG have acknowledged receipt of my enquiry, saying they will get back to me. We shall, of course, advise you when we hear from them.

<http://www.swlondonccg.nhs.uk/> works across all six South West London boroughs – Croydon, Kingston, Merton, Richmond, Sutton and Wandsworth

<https://www.surreyheartlands.uk/> NHS Surrey Heartlands CCG (formerly NHS East Surrey CCG, NHS Guildford and Waverley CCG, NHS North West Surrey CCG and NHS Surrey Downs CCG). The current list of Gluten Free products available on prescription can be viewed at <https://surreyccg.res-systems.net/PAD/Guidelines/Detail/4396>, where you can download the 2020 list and other documents.

For more information about the mergers or other area CCGs please visit <https://www.england.nhs.uk/ccg-details/>

One of our members wrote to say:

I tried to find out from the CCG what their policy is regarding the annual review and testing which NICE recommends and they appear never to have thought about it (NICE recommended that they commission annual testing!).

While Coeliac UK are working hard to lead a campaign on this, they do rely on help and people voice. If you are not able to get gluten free on prescription and you would like to find out how Coeliac UK are leading the campaign to change this situation, then visit <https://www.coeliac.org.uk/get-involved/campaign-with-us/fight-for-prescriptions/>.

Look out for more top tips in the next Newsletter (if lock down continues we intend on adding an extra edition in July, with another to then follow late September), in which we intend on looking at top tips for the BBQ season.

Restaurant Recommendations

For this edition we have focused on Gluten Free Takeaway.

El Rincon, Tattenham Corner, Epsom Downs – delicious traditional Spanish tapas, paella and al a carte dishes are all being offered as takeaway on Tuesday to Friday lunchtimes: 12:00 -2:30pm (order by 1pm) and Tuesday – Saturday evenings: 6:30pm - 10pm. For full details visit <http://www.elrincon-restaurant.co.uk/menus.html> collection only.

Côte at Home - if you love Côtes Brasserie then this might just be the perfect solution for you! Côte at Home delivers high quality produce from their kitchen, cellar and butchery, right to your door. You can either stock up with chilled bistro meals created by their chefs, ready for your oven or freezer; or choose from their range of premium meats cut from their very own butchery to create your own menu. Visit <https://coteathome.co.uk/> to see the full range on offer. All dishes which are gluten free are clearly labelled GF in the Meals section and they state that strict Covid-19 precautions are being taken during preparation and social distancing regulations are being followed for delivery.

Pizza Hut – <https://www.pizzahut.co.uk/> All deliveries are now contact-free across the UK to help keep everyone healthy. All orders will need to be paid online by debit/credit card. There is no collection service available. The website states that the menu options have been simplified to reduce pressure on their hard-working team members and we must also highlight that despite offering gluten free pizzas, their allergen menu <https://www.pizzahut.co.uk/allergens/> does flag up risks of cross contamination in various stages of ingredient, manufacture and preparation so be sure to ask the relevant questions and if in doubt that the gluten free pizza could be at risk of cross contamination, I personally would recommend that you do not place an order.

Creams – some stores are offering delivery of their ice cream treats <https://www.creamscafe.com/>

If you have any takeaway, 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

We also received a restaurant recommendation and review from one of our members:

Ping Pong

Chinese chain Ping Pong's clear and varied menu offers a real treat for coeliac. With a separate gluten free menu, dietary alerts easy to find on the main menu, plus a comprehensive guide to potential allergens in every dish, Ping Pong really does have all the bases covered.

The staff could not be more helpful and are happy to provide advice, as well as gluten free soy sauce to accompany the wide range of delicious food.

Ping Pong's focus is on all-day "dim sum" - which translates from Cantonese as "touch the heart". Served up in bamboo baskets, the little steamed or fried dumplings are traditional breakfast and lunch food in Hong Kong and the south of China and come in batches of three or four - perfect for sharing.

Roughly a third of Ping Pong's dim sum dishes are gluten free, including "har gau" ("most iconic Cantonese dumpling with prawn and bamboo shoots in translucent pastry"), spicy chicken dumplings and soy chicken skewers.

Ping Pong is currently "working behind the baskets to figure out when we will be back up steaming again". Once they are, you can find branches in Soho, Covent Garden, the Southbank, St Katherine's Docks, the City, Marylebone and Shepherd's Bush.

www.pingpongdimsum.com

(review by Suzanne Moore)

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.

As my wife and I are both well over 70, we are self-isolating as advised. But our daughter lives very close so that she has been very helpful in obtaining groceries for us on her online Tesco order or click and collect. And we found a local (to New Malden) firm Grocmania who use online ordering and deliver the same day from a restricted list of groceries. The one difficulty has been to identify the gluten-free options from online listings. Tesco has a separate Free From section on its website, but that doesn't tell you which sorts of soups or whatever are gluten-free. However, if you click on individual items on their website and then scroll down, you get to a detailed list of ingredients from which it is possible to work out which items are GF and which are not. I haven't had any difficulty getting GF bread on a Tesco order yet, however there are substitutions, and the Tesco own brand GF white bread is amongst the worst I have tasted! A friend has told me that since most of the restaurants, hotels etc are now closed, the big food suppliers are now looking for other means of distribution to keep their businesses going. So, for example a lot of the Covent Garden fruit and vegetable suppliers are now doing veg boxes or fruit boxes. Many of them will deliver in the North Surrey area.

(Tony Cartwright)

Mental Health and Wellbeing Resources

As we all go through this troubling time, it would be remiss of us to focus purely on gluten free and coeliac disease when in fact it could be isolation, loneliness and sheer boredom that can be taking the biggest toll on people.

We are not the experts in this field but for your reference we would like to share some links to relevant websites and resources that have been created by the experts in the field of mental health and social wellbeing, should you feel that you may benefit from what they have to offer.

World Health Organisation (WHO)

<https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf>

<https://www.who.int/news-room/campaigns/connecting-the-world-to-combat-coronavirus/healthyathome/healthyathome---mental-health>

Mental Health Foundation

<https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>

Coeliac UK

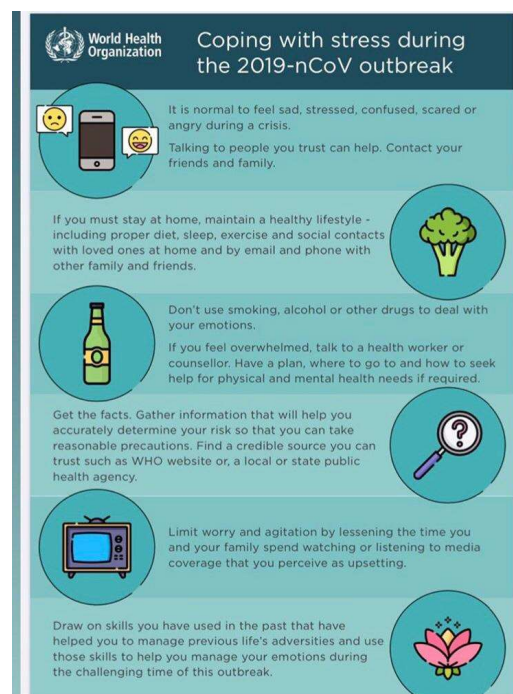
<https://www.coeliac.org.uk/information-and-support/coronavirus-information-hub/practical-support/>

MIND – for better mental health

<https://www.mind.org.uk/information-support/coronavirus/>

National Health Service (NHS)

https://www.nhs.uk/oneyou/every-mind-matters/?WT.tsrc=Search&WT.mc_id=MentalHealthGeneric&qclid=Cj0KCQjws_r0BRCwARIsAMxfDRhGGhUq5GPv-sTXIVQb47PO0up92TM7zPOvJZY1DGM-uTWY6sYJd3QaAuBFEALw_wcB



From some gluten free suppliers

Mr Lees Noodles

'We have offered a sitewide 20% off and also free P&P on www.mrleesnoodles.com/uk/shop

Also, for each box of noodles purchased online we are donating 1 cup to NHS and foodbanks during the whole month of April'.

Note: the local group has not been advised whether this is continuing now lock down has been extended, so keep an eye on the Mr Lees website to find out more.



Bake to Taste (G Free Ltd)

'We are a family run company based in Devon manufacturing gluten and wheat free product with over 17 years of experience.

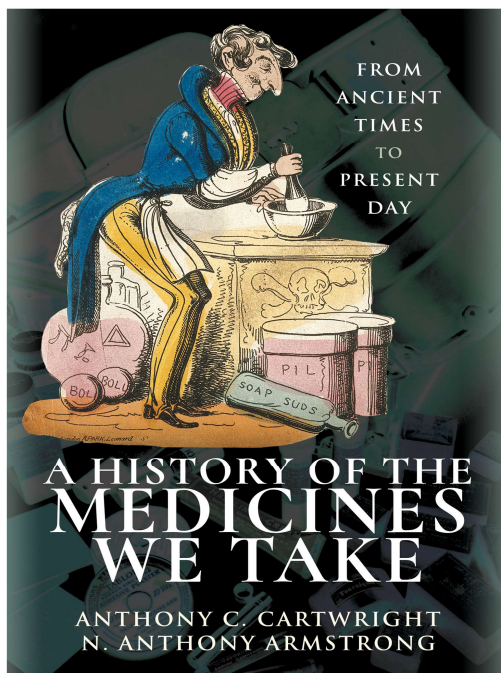
In these unprecedented times it is important for us to continue trading for as long as we can, and after hearing stories of free-from shortages in the supermarkets we would like to stress that we are still open for business and ready to reach out to customers through our internet site www.bakedtotaste.co.uk We offer a wide range of products including bread rolls, cakes, meat, vegetarian and vegan pasties pies and quiches.'

Gluten Free Foods Ltd

'During these unprecedented times we are contacting you regarding our online store www.glutenfree-foods.co.uk, offering a range of Gluten Free products. We are working hard to ensure deliveries as quickly as possible during these difficult times; unfortunately, there may be a few days delay as not all the team are available at the same time.'

Other information

One of our members is a published author and his latest book is now available if you fancy reading during lock down.



A History of the Medicines We Take gives a lively account of the development of medicines from traces of herbs found with the remains of Neanderthal man, to prescriptions written on clay tablets from Mesopotamia in the third millennium BC, to pure drugs extracted from plants in the nineteenth century to the latest biotechnology antibody products.

The first ten chapters of the book in part one give an account of the development of the active drugs from herbs used in early medicine to the synthetic chemical drugs and modern biotechnology products. The remaining eight chapters in part two tell the story of the developments in the preparations that patients take and their inventors, such as Christopher Wren, who gave the first intravenous injection in 1656, and William Brockedon who invented the tablet in 1843. The book traces the changes in patterns of prescribing from simple dosage forms, such as liquid mixtures, pills, ointments, poultices, eye drops and enemas, to the complex tablets, injections and inhalers in current use.

PUBLISHED 30 APRIL 2020

ISBN: 9781526724038 RRP: £12.99 PAPERBACK

WWW.PEN-AND-SWORD.CO.UK 01226 734222

Recipes *(Please check individual links for nutrition information)*

In this edition we have three lovely recipes received from three of our members, and we have more from Val and Suzanne ready for the next edition. So please do keep sending in those tried and tested recipes for future editions of the newsletter.

Gluten Free Oatmeal Bread Rolls (recipe supplied by Margret Appleby)

This is the quickest and easiest solution in the world when you run low on regular gluten-free bread. The recipe will make 8 to 10 very healthy rolls.

Ingredients:

250g gluten-free oats

250g full fat cottage cheese

2 eggs

1.5 teaspoons baking powder

A pinch of salt

Optional: Sesame/poppy or other seeds to sprinkle on top.

Mix all the ingredients by hand in a bowl. Form into rolls.

Place on baking paper on a baking sheet.

Add the seeds on top if you wish.

Bake for 20 minutes at 200° (180° in a fan oven).

Enjoy.

Margret also recommend the monthly magazine 'Gluten-Free Heaven' for delicious recipes, including Raspberry and Ricotta Pie which Margret thoroughly recommends! Visit <https://www.freefromheaven.com/> to find out more about the magazine and view more recipes.

Wells Cathedral Gluten-Free Loaf Cake (recipe supplied by Tony Cartwright)

This basic recipe makes a very moist loaf cake which can be used with a large variety of different additions – tablespoonful of cocoa, mashed banana, raisins and/or sultanas, dates, walnuts, dried cranberries etc. My favourite is with caraway seeds to make a seed cake.

Preparation Time: 15 minutes

Cooking Time: About 1.5 hours

Ingredients:

250 g soft margarine

250 g caster sugar

4 eggs separated

250 g ground almonds

50 g rice flour

Preheat the oven to 180°C, gas mark 4, and line a 900g loaf tin with baking parchment

Cream margarine and sugar until light and fluffy and then add egg yolks.

Beat well and fold in ground almonds, flour and whatever additions you fancy.

Whisk egg whites until they peak and fold them into the cake mixture.

Spoon into the loaf tin.

Bake for about 1.5 hours until cake springs back when pressed.

Turn out onto wire rack and cool.

The cake can be decorated if this is wanted, when it has cooled.

National Trust Hanbury Garden Gluten Free Quiche

This is a link to a gluten free Quiche, recommended by Val who says she has made it and tweaked it to her taste, adding it keeps and reheats well.

<https://www.nationaltrust.org.uk/hanbury-hall-and-gardens/recipes/hanbury-garden-quiche>