

# Sevenoaks Area Coeliac Group

# TALKABOUT

For all your gluten-free gossip, news and events

June 2020  
Edition 51

Sevenoaks  
Local Group



## Branch Committee

Group Organiser	Fiona Turnbull fi.turnbull@talktalk.net	07599 833092
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## **Note from the Editors**

Dear Reader

Welcome to the 51<sup>st</sup> edition of Talkabout.

We hope that you have all managed to stay well during this difficult time. As we are living in a restricted situation at present, our list of places to eat out has been replaced with details of a take away/delivery service which you may well find useful.

For those who like to cook or bake themselves, Mike Wilcox recommends the following book: "Healthy Gluten-free Eating" by Darina Allen and Rosemary Kearney which is available from Amazon:

<https://www.amazon.co.uk/dp/1856265420?tag=sa-symuk-21&linkCode=osi&th=1&psc=1>

We hope you can benefit from this edition of Talkabout and hope to 'see' you at one of the forthcoming Zoom meetings.

Andrew and Rosemarie – The Editors

### **Sevenoaks Area Coeliac Group**

#### **Your Help is still needed once we are able to meet up again!**

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

## **Forthcoming Events**

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

As you know, our AGM which was due to be held on Saturday 25<sup>th</sup> April 2020 had to be postponed. However, we still hope, in due course, to enjoy a cookery demonstration to be given by Paul from The Red Lion near Faversham. Once we have a new date for our AGM, please can we invite you, in advance, to let us have any questions you may have for Paul.

**Virtual Coffee Mornings (until further notice) - Third Saturday of every month**

\*We may be able to meet from July.

**When we can start** our Coffee Mornings again the first one will be at **Sevenoaks** as the cancelled March meeting should have been there

20<sup>th</sup> June 2020 ~ **Please phone or email Daphne to join us on Zoom**

\*18<sup>th</sup> July 2020 ~ Sevenoaks or Zoom?

\*15<sup>th</sup> August 2020 ~ Tunbridge Wells?

\*19<sup>th</sup> September 2020 ~ Sevenoaks?

**Please look at the web site for current information**

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 on Zoom from 10.30am until 'we can meet again' at alternate locations each month. One month at Sainsbury's Café in Sevenoaks (Oxford 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.

## A message from Daphne:

- We are pleased to introduce a 'Member's Page' to Talkabout and invite you to write in and share your stories: whether that's of health journeys, frustrations, recovery, recipes, something else, or a question that needs answering.

We are not allowed to give medical advice or discuss individual cases but we will endeavour to find answers and solutions to your problems.

Please email: [fi.turnbull@talktalk.net](mailto:fi.turnbull@talktalk.net)

- We are aware that in the present lockdown many people are doing more home baking. This has led to some shortages of flour in shops and, unfortunately for Coeliacs, people have been buying up any flour they can find, including Gluten Free brands. This has led to a shortage of GF flour and/or a rise in price, especially on line. We are aware that some on-line GF flour has been selling for anything up to £25 per kg, and a price of around £8/kg is not uncommon. Coeliac UK has raised this problem nationally and some of the media are also raising it as an issue so that people who don't NEED GF flour don't buy up stocks that we obviously have to buy.

For the full Huffpost article about this go to:

<https://apple.news/ALT7w3OTzSqqHcQM9WkBqGg>

Have you found any sources of GF flour at reasonable prices? ~~ Let Fiona know by emailing to: [fi.turnbull@talktalk.net](mailto:fi.turnbull@talktalk.net)

Mike Wilcock found both Plain and SR GF flours in Marks and Spencer at £1.80/kg – Hooray!

Andy & Rosemarie have managed to buy a 1kg of s/r Dove g/f flour for £2.15 from Albion Fine Foods in Tonbridge. You need to put together an order of min. value £40 in order for them deliver to you. They sell food and some cleaning materials. Usually, they would supply restaurants etc.

## Take-Away and Delivery Services

### **Bartellas**

A WORD FROM IAN

Our takeaway / collection menu is available on Thursday to Sunday. Hot food (pizzas, fish and chips) and pre-prepared, chilled Bartellas dishes that are ready to cook at home.

Order online or give us a call - 01474 812154

When collecting, please enter through the front door, pick up your order in the waiting area and exit through the back. We'll also be happy to bring your food to your car in the car park.

Ian Eldridge, Proprietor  
[meopham@bartellas.com](mailto:meopham@bartellas.com)

1 May 2020

### **Costa Coffee**

To support NHS staff and key workers we've re-opened some of our stores for Drive-Thru and Delivery only.

### **Cote**



This information is current on their web sites.

**'Cook'** Foods have an excellent web site with easy to find gluten free options and does click and collect. They also have limited delivery slots.

Daphne

## **A message from Fiona:**

I hope you are all well and keeping busy in these difficult times and managing to get your Gluten Free groceries? The one item that's been a problem has been Gluten Free flour for a lot of people.

The AGM has been postponed and Awareness Week activities have all been cancelled.

CUK ran a 'Community Week'. You may have seen this on the website:  
<https://www.coeliac.org.uk/about-us/media-centre/news/thank-you-for-taking-part-in-our-first-gluten-free-community/>

The main thing is we all stay safe. We have been able to hold virtual April and May coffee mornings. A big thank you to Daphne our Secretary for arranging Zoom video meetings allowing us to see each other and chat.

Thank you to Andrew and Rosemarie Pilcher for producing Talkabout, allowing us to reach out to you all and stay in touch. Please let us know if there are any queries, we might be able to help you with.

I would like to thank the committee for another very successful year together.

We have a new committee member Tony Rowe who joined us last November.

All the committee members have said they are willing to stand for another year.

We would like to hold the AGM later in the year with our planned cookery demo. We will be in touch regarding dates for the diary when safe to do so. Until then all officers and committee members will remain.

Fiona



***Talkabout***

***Sevenoaks Area Coeliac Group***

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

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

***Andrew and Rosemarie Pilcher  
29 The Paddock, Pembury,  
Tunbridge Wells, Kent TN2 4NR***

***Email: [arpem321@hotmail.com](mailto:arpem321@hotmail.com)***