



## March 2021 Newsletter

Welcome to the March 2021 issue of the Croydon Group of Coeliac UK's newsletter

It is with sadness that due to the continued Pandemic we obviously are not able to meet face to face. With this in mind we have had a few changes amongst the Committee (details below). Due to current guidelines with the Charity Commission, we are not allowed to hold our AGM.

We have discussed amongst the Committee that for the time being we will attempt to provide a E-Newsletter every month (but please bear with us as many of us have family commitments etc which come first). We will also be attempting do more Social Media activity so please watch this space as we set up an Instagram account and a Twitter feed alongside our Facebook group page.

We understand that Social Media is not for everyone, and with this in mind we will attempt to put on some sessions via Zoom which have already proven to be greatly beneficial to some members. This is still in the planning stage so watch out in the next Newsletter for more details. We hope this might include talks from some of the staff at Coeliac UK. With Zoom you do not need to have your camera on, but we would love to know who we are talking to, and if you are not familiar with Zoom we would be happy to talk you through this. Its surprisingly easy!

We will also introduce a "New Members" Zoom call so if this is something that would interest you having been diagnosed in the last year etc please do get in touch.

I would like to personally take this opportunity to thank those Committee Members who have stood down in the past couple of months, Lydia for undertaking Group Treasurer and online banking. Hannah for sorting out Raffle Prizes, Sarah and Francesca as Committee members, A Massive THANK YOU for all you have done for the Croydon Group.

So please let me introduce the "new" committee.....

## Group Organiser/Group Treasurer – Jacqui Smith



I have been the Group Organiser since the conception of the Croydon Group (9 years ago) when we broke away from the North Surrey Group (which I also set up and led). I have a passion for helping people both get diagnosed and then maintain a healthy gluten free diet. I have also served on the Board of Governors for Coeliac UK.

I was diagnosed nearly 30 years ago after a long period of misdiagnosis so have seen many changes in the Gluten Free Food world.

I spent my career working in the NHS as a Practice Manager/Medical Secretary and have recently retired. My outside interests include playing netball and running along with baking.

## Group Secretary - Julia Callan

My name is Julia Callan I have 3 grown up daughters and work in the education sector.

I was diagnosed with coeliac disease over a decade ago after being anaemic and having an under active thyroid. I am the only member of my family with coeliac disease.

I am really looking forward to being able to meet you all in person when it is safe to do so.



## Digital Volunteer – Julie Kemp



I was diagnosed with Coeliac disease in May 2019, after years of not feeling 'right'. I had no idea about Coeliac disease, or where to turn to really, but thankfully I soon found Coeliac UK and the lovely Croydon local group. I was keen to find someone to talk to and asked if anyone wanted to meet up, from this our Saturday coffee & cake mornings in the park were born (I really hope we can kick start those again soon!!).

For my day job, I am a Marketing Manager for an eCommerce agency, so I was happy to volunteer to support the great work of Coeliac UK and Jacqui in the Croydon Group Committee.

## Committee Member – Beverley Johnson

Hi, my name is Beverley, I am married to Rickie and we have two sons – Luis and Jaime. I am an Assistant Principal at a local primary school with responsibility for Special Educational Needs and Safeguarding.

Whilst I do not have Coeliac Disease myself, Luis who is 9 years old was diagnosed aged 3. Concerns for Luis' health began when he was around 6 months old as he stopped gaining weight and growing as he should. He was very irritable and was in obvious discomfort. After numerous discussions with the Health Visitor and our GP, Luis was finally referred to a Paediatrician when he was 2 years old.

After positive blood tests and an endoscopy, Luis' coeliac diagnosis was immediate, and he started his gluten free journey.

Now Luis stands in front of his class every year during Coeliac Awareness week and explains what coeliac disease is, what gluten does to his body and what his diet looks like. I began attending the Croydon Coeliac Group meetings shortly after Luis was diagnosed and became a committee member in 2019. The Croydon Group was a great support to us after Luis was first diagnosed as there was little out there in terms of information for children with coeliac disease



## Suggestions for Mothers Day – Sunday 14<sup>th</sup> March

Please remember that these are for either collection or delivery only at the moment due to Covid.

- **Botley Hill Farm**  
<http://www.botleyhill-farmhouse.co.uk/>
- **Niche Gluten Free Dining** [www.nichefoodanddrink.com/athome](http://www.nichefoodanddrink.com/athome)

Now taking pre-orders for our new home delivery service.

Have a craving for Fish & Chips? Our Fish Supper box has everything you need for a indulgent 3-course meal for 2.

All our lovingly pre-cooked dishes are gluten-free, nut-free and sesame free, frozen and delivered in an insulated cool box to your front door. No preparation - just defrost and pop in the oven!

Vegan options also available.

Pre-order now with 10% off your first order at



- **Dotty's Teahouse Carshalton** [www.dottysteahouse.co.uk](http://www.dottysteahouse.co.uk)



- **Gorgeous Gluten Free Goodness**

[www.gorgeousglutenfreegoodness.co.uk](http://www.gorgeousglutenfreegoodness.co.uk)



- **Priscilla's Tea Room Sanderstead**

<https://forms.gle/yKhoepbDHqFTdUVF7>



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