

LOOKING FOR SOMEBODY TO TALK TO?

When you're first diagnosed, the transition to a gluten free life isn't always easy. So Coeliac UK offers a peer to peer mentoring programme to connect people in need of support with more experienced members who can help


coeliacuk
live well **gluten free**



MEMBER2MEMBER SUPPORT

Talking to someone who understands can help

Coeliac UK's Member2Member peer support service taps into the knowledge of members who have experience of living gluten free. Many of us can remember what it felt like to get diagnosed at the beginning of that gluten free life and how difficult it seemed. And if you're feeling like this, you're not alone. Our Member2Member volunteers are here to help you.

We link people by experiences rather than geography, through conversations over the phone or email, so they can share their stories, learn from each other, pick up tips and recommendations and potentially make a new friend. Whether you're newly diagnosed, struggling with the gluten free diet, or supporting your child through their diagnosis and adjustment to living gluten free, we can help.

If you are a member of Coeliac UK, it's quick and easy to apply. From the comfort of your own home, you can be connected with our established and experienced members who offer a listening ear, kind word and support for as little or as long as you need it.

"I found this programme to be so helpful. I would certainly recommend or help others who are just starting out."

Member2Member provides:

Personal contact with a **specially selected** volunteer

A chance to **exchange experiences** by phone, email, messenger apps or video chat

A chance to **build your confidence** living gluten free when food shopping and eating out

An opportunity to use the service **as much or as little** as you like

How to apply

To apply please complete our online form at coeliac.org.uk/member2membersupport or email a completed application form to member2member@coeliac.org.uk. Or give us a call on 0333 332 2033 to request a hard copy.

“I feel we really benefitted from being in contact as we were able to talk very specifically about the challenges around having coeliac children.”

COELIAC UK IS THE CHARITY FOR EVERYONE WHO NEEDS TO LIVE WITHOUT GLUTEN.

We provide independent, trustworthy advice and support, strive for better gluten free food in more places and vital research so that people can live well, gluten free.



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