

### *Spring is just around the corner!*

A note from your Newsletter editor:

Well, at last we seem to be approaching the end of Covid restrictions and, hopefully, also the end of the rise in cases. We must stay vigilant of course. This newsletter includes two articles from members who have been affected by Covid in different ways.



We are cautiously returning to our normal programme of events for Group members, following the successful Christmas meal at Ashfields. **See details of a Chinese meal and some coffee mornings in this newsletter.**

Please send suggestions, comments or any items for inclusion in future newsletters to [york@coeliac.org.uk](mailto:york@coeliac.org.uk)

Best wishes and stay well, Sue

#### Committee Members

<b>Group Organiser</b>	Linda Deadman Tel 01904 750396
<b>Secretary and Events Coordinator</b>	Jean Gray Tel 01904 655950
<b>Treasurer</b>	Lynda Moody Tel 01904 341866
<b>New Members' Secretary</b>	Linda Deadman Tel 01904 750396
<b>Newsletter and Webpage Editor</b>	Sue Cumberpatch Tel 01904 633533
<b>Minutes Secretary</b>	Eileen Hallam Tel 01904 416497
<b>Members' Secretary</b>	Linda Deadman Tel 01904 750396
<b>Committee Member</b>	Chris Elliott Tel 01904 784517

#### **Local area contacts:-**

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#### **Contacts for parents of coeliac children:-**

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York Coeliac Group  
**E-mail address**

[york@coeliac.org.uk](mailto:york@coeliac.org.uk)

York Coeliac Group  
**BACS details**

Name: Coeliac UK-York  
Sort Code: 30-94-28  
Account No: 63201060

## **A Covid-aware Trip to Portugal**

In September last year my husband, sister-in-law and I decided on a trip to Portugal for a holiday, as well as to visit my nephew who lives there. Portugal had been dancing on and off the green list, but we had decided to go for it. Unfortunately, just before we were due to go, it became necessary to take a supervised lateral flow test the day before we flew and a PCR test on day two after our return. I ordered the lateral flow tests, which cost £23 each and booked video consultations for us to be supervised taking the test. The PCR tests were more, £45 each, and we were shocked because Boris had made it sound like the free NHS ones would suffice! Somebody is making a fortune!

The stress levels were very high the day of the lateral flow tests because we had travelled to Eastbourne, where my sister-in-law lives and, if one of us tested positive we wouldn't be able to go. The mood changed considerably when we all passed with flying colours!

Portugal was sunny, warm and very relaxing. We had to wear masks in shops, but not outside and not once seated in restaurants. We had a brilliant time. One day, sitting around the pool, we got chatting to some people who told us that you had to complete a passenger locator form to return to the UK and on it, you needed to state the serial number of the PCR test you have ordered. Ours were back in Eastbourne so that was stressful, until my husband found the email from the company, which stated the serial numbers. Phew!

At Faro airport the check in was unbelievably slow, with too few staff checking too many Covid passes and passenger locator forms! Gatwick on the way out was so slick, but this caused us to have to run for the gate, even though we were there in plenty of time.

After a brilliant holiday, we arrived back to Gatwick just before midnight and then, just when we thought we were home and dry, our car decided to pack in, on the cold, dark foggy night just outside Newhaven! There we sat until 3.30am, as the AA have insufficient drivers. Brexit, Covid etc! We got into bed at 4.15 am so all the relaxed feeling the holiday had provided, was gone! The next day, we had to do our PCR tests, but these too came back negative. Was it worth it? Yes, I think on balance it was. It hasn't put us off booking to go again in August!

Linda Deadman, Group Co-ordinator

## **Our Coffee Mornings are Back!**

We have booked our first three post-lockdown coffee mornings, as follows:

- Monday April 25<sup>th</sup> - Bar Convent, Blossom Street, York from 10 am
- Tuesday May 24<sup>th</sup> - Mollies Tearooms at York Antiques Centre, 41 Stonegate, York from 10 am
- Wednesday June 22<sup>nd</sup> - Baileys Café and Tearooms, 7 Museum Street, York from 10 am

We look forward to seeing you there!

## **Chinese Meal at Ashfields Tuesday 22<sup>nd</sup> March**

At the end of this newsletter you will see a menu and booking form for a Chinese meal at Ashfields on the evening of Tuesday 22<sup>nd</sup> March. This has always been a popular event with our members.

### **Covid – A teacher's tale**

I wonder how many of you have had Covid? My experience of it is fairly typical by all accounts. In mid-October last year, I started with what I thought was a cold. I was doing lateral flow tests twice a week because I'm a teacher. They were negative. A couple of days later I developed a headache that painkillers just couldn't shift. That day I couldn't taste my lunch. A lateral flow test came back positive. I took to my bed to avoid the rest of the family and also, by now, I felt exhausted.

I was in bed for 10 days, sleeping most of the days and with a persistent headache. Gradually I did a little more each day. I didn't develop a cough or have any difficulty breathing. I started to feel slightly better, but with sore joints and still a lingering headache. By far the worst symptom was the fatigue I felt. It was three weeks before I could get through the day without falling asleep.

Leaving the house initially felt a bit of an ordeal, but I went for walks every day and gradually my strength returned. Thankfully I don't have any long-term health issues as a result of the virus, as many people do. I'm hoping now, as a result of having had Covid, plus three vaccinations, I am less likely to catch it again. My resistance is certainly being tested at work now. The class I have been teaching in primary school this week ended the week with 14 children out of 28 absent with positive tests!

I was concerned and worried when the pandemic struck that being a coeliac and potentially having an impaired immune response would leave me especially vulnerable. However, I don't think my illness was much different to that of other people of a similar age to me. I hope you avoid it if you haven't had it. It is certainly unpleasant and unpredictable, if my experience is anything to go by, but also no worse for coeliacs than anyone else....

Jean Gray

### **No subscription payments required for 2022!**

At our meeting in November 2021, the York Coeliac Group committee agreed that we will not request subscription payments for 2022 because of the circumstances surrounding Covid, which have limited our activities.

### **Ena Barrett**

It is with great sadness that we tell you of the passing of Ena Barrett in February 2020. Those of you who attended events will remember her well. She and her husband were strong supporters of the Group, always joining us at events, unless prevented by ill health. I found her an inspiration, as she faced many difficulties with stoicism. She was always smiling and never gave in. She will be missed.

Elizabeth Trueblood

## **News items from Coeliac UK**

### **Don't miss your chance to improve life for those on a gluten free diet**

The Food Standards Agency (FSA) have created an online reaction reporting tool to gather information about where and how people have a food reaction. By reporting your reactions and near misses, that you have had now or in the past, you can help to represent people who need to live gluten free. The information gathered will help to inform future policy development and target further research – how fantastic is that? When we all work together as a community, we really can effect change.

<https://www.food.gov.uk/report-a-food-allergy-intolerance-reaction>

### **Coeliac Awareness Week**

May 9, 2022 - May 15, 2022

After missing a couple of years, we shall run Coeliac Awareness Week again this year. Look out for news of events, talks and exhibitors in our magazine and online pages.

### **New research identifies who should be offered testing for coeliac disease**

Targeted testing of individuals with a range of signs and symptoms could improve diagnosis of coeliac disease, a new National Institute for Health Research (NIHR) funded study led by the University of Bristol has found.

The researchers, based at the NIHR Applied Research Collaboration (ARC) West, the University of Bristol, University of Southampton, the Royal Hospital for Sick Children, University College London and York Teaching Hospital NHS Foundation Trust, undertook an analysis of the results from 191 studies, reporting on 26 signs, symptoms and risk factors to inform their findings. The study (carried out in 2021) aimed to identify which symptoms indicate a higher risk of coeliac disease, and therefore who would benefit from further testing.

It found strong evidence that people with family history of coeliac disease, dermatitis herpetiformis (a skin condition caused by a reaction to gluten ingestion), anaemia, type 1 diabetes, migraines, HLA DQ2/8 risk genotype, osteoporosis, or chronic liver disease are more than twice as likely to have coeliac disease than the general population. Additionally, close relatives of people with coeliac disease are three times as likely to have it themselves. These signs and symptoms could therefore help identify patients who would benefit from testing.

'The accuracy of diagnostic indicators for coeliac disease: a systematic review and meta-analysis' by Martha M C Elwenspoek et al in PLOS ONE journal.

<https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0258501>

## Recommendations

### **New gluten-free restaurant in York!**

Recommended by Jean Gray:

There is a new restaurant with a wheat-free kitchen which I think may be well worth a try. **Bosun's** is down at the boatyard in Bishopthorpe. I am told by lifelong Yorkies, that many years ago there was a Chinese restaurant on the site. The current building has been 'under construction' for about 15 years and it's great to see it finished and open. It's a very stylish place. They serve a brunch menu until 2pm, then a selection of substantial meals, including excellent fish and chips (with a delicious curry sauce in a little jug, if that's your taste!). All the desserts were GF which was a true novelty. I intend to try them all eventually! The Boatyard, Ferry Lane, Bishopthorpe, York, YO23 2SB 01904 704442

<https://bosunsrestaurant.co.uk/> Open Wed – Sat.

### **Chef Akila gluten-free Indian ready-meals**

Recommended by Sue Cumberpatch:

Described as "Slow-Cooked, Award-Winning Gourmet Curries." *I discovered this range in a farm shop while on holiday in Teesdale, and would highly recommend them. The Grandma's Lamb curry was particularly good and had plenty of chunks of lamb.* I've searched around to find the nearest stockist to York, and the nearest I could find is the Community Shop in Bishop Wilton. You can also order the meals direct from Chef Akila for home delivery: <https://www.chefakila.com/>

### **Remedy Kitchen, Manchester**

Recommended by Sue Cumberpatch:

"Manchester's first and only "free-from" café." Remedy Kitchen is open every day, serving all-day breakfast, brunch and lunch, and desserts. The whole menu is completely free from gluten, dairy, wheat and refined sugar. Dishes are made using all-natural ingredients and every component is made from scratch in the on-site kitchen, limiting the use of inflammatory and refined ingredients, including sugar and artificial sweeteners. *My husband and I had a delicious lunch here. He had the pancakes and I had poached eggs, dairy free hollandaise and smoked salmon.*

19, Royal Exchange Arcade, Manchester, M2 7EA Tel 0161 669 4557

<https://www.theremedykitchen.co.uk>

Please send your recommendations for venues or products to [york@coeliac.org.uk](mailto:york@coeliac.org.uk)

## **Coeliacs in Yorkshire Facebook Group**

If you like using Facebook, you may wish to take a look at the group called **Coeliacs in Yorkshire** which has lots of ideas for eating out in Yorkshire. You need to first of all submit a request to join the group, then you will receive confirmation.

<https://www.facebook.com/groups/1441217336006983>

Thanks to committee member Chris Elliott for this suggestion.

**Review of Christmas lunch at Ashfields restaurant (York College)  
6 December 2021**

This was our first York Coeliac Group "outing" since lockdown in April 2020 and was attended by 24 people, including Coeliac Group members and their companions. There was a "buzz" about the place, everyone enjoying the chance to catch up with each other and do something "normal" after so long.

The food was, as ever at Ashfields, totally gluten-free and was of a generally high standard. The vegetarian main course got a thumbs down (which Sue reported to the manager, for future reference) and a couple of people said their roasties were too hard. On the other hand, positive comments were received about the home-made mince pies, the fish main course and the cheese board (which was also good for dairy-free participants).

There were several favourable comments about the presentation of the food and the prompt and efficient service. One member said it was her first experience of a Coeliac Group event and she was thrilled with it, vowing to come back for more (both at Ashfields and at other Coeliac Group events).

**Ashfields Restaurant York College  
(Sim Balk Lane, Bishopthorpe, York YO23 2BB)**

**Chinese gluten-free meal  
Tuesday 22 March 2022  
Arrival from 6pm, guests to dine at 6.30/7pm**

**£15 per person**

**MENU**

- Prawn Crackers
- Salt and Pepper Pork Ribs
- Sweet and Sour Vegetables
- Lemon Chicken
- Beef in Black Pepper and Oyster Sauce
- Egg Fried Rice
- Vegetable Vermicelli Stir Fry
- Coconut Cake with a Miso Custard

*Please see booking form and conditions on the last page of this newsletter.*

**BOOKING FORM FOR  
CHINESE MEAL at ASHFIELDS RESTAURANT, YORK COLLEGE  
(Sim Balk Lane, Bishopthorpe, York YO23 2BB)**

**Tuesday 22 March 2022  
Arrival from 6pm, guests to dine at 6.30/7pm**

**£15.00 per person**

**YOUR NAME:** .....

**Contact Tel. No.**.....

I would like to book .....places

I enclose my payment of.....

**OR**

I have paid £..... by BACS transfer

**Please return completed forms to Lynda Moody, 13 Sandstock Road, Heworth, York YO31 1HB, by Friday 12<sup>th</sup> March**

**Payment may be made in either of the following ways:**

1. Online via BACS or by going into your Branch and giving them the following BACS details:

Bank Account: Coeliac UK-York

Sort Code 30-94-28

Account No 63201060

quoting **Ashfields Chinese 2022** as reference

2. Send a cheque made payable to: **Coeliac UK – York** to:

Lynda Moody, 13 Sandstock Road, Heworth, York YO31 1HB **by Friday 12<sup>th</sup> March**