

Sevenoaks and Tunbridge Wells Area Coeliac Group

TALKABOUT

For all your gluten-free gossip, news and events

**October 2022
Edition 58**

**Sevenoaks and
Tunbridge Wells
Local Group**



Branch Committee

Group Organiser	Fiona Turnbull fi.turnbull@talktalk.net	07599 833092
Secretary	Daphne Paterson dbpp68@gmail.com	07717 471909
Treasurer	Mary Cunnington mary@june-cottage.com	01732 862925
Committee Support Worker	Mike Wilcock mikewilcock@greenbee.net	07756 162887
Newsletter Editors	Andrew Pilcher Rosemarie Pilcher arpem321@hotmail.com	07802 423455 07928 280791
Refreshments	Joy Oliver roliver912@googlemail.com Sally Spike sally.spike214@btinternet.com	01732 460849 01689 828883
New Members Secretary	Susan Potts slpotts53@hotmail.co.uk	01892 613258

Note from the Editors

Dear Reader

Welcome to the 58th edition of Talkabout

We would like to thank Bob and Daphne who enabled us enjoy another BBQ at their lovely home and wonderful gardens. A big thank you also goes to all who helped to make it a success; we all had a great time and even the weather could not have been better!

For those who like to cook or bake themselves, we will list another two delicious recipes in our next edition.

We would like to include your contributions in a **'Member's Page'** and invite you to write in and share your stories: whether that's of health journeys, frustrations, recovery, recipes, g/f friendly holidays, 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

At present, our newsletter is published three times a year. We feel it is an important resource as it enables us to reach those members unable to get to our meetings. We post out about 100 copies of Talkabout every 4 months.

If you were able to receive this newsletter by email, please do let us know as postage is a major expense for our group.

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

Andrew and Rosemarie – The Editors

Forthcoming Actual or Virtual Events

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

Saturday 5 November 2022, 2.00 – 4.00 pm
Otford Methodist Church, TN14 5PH (behind the library)
Cookery Demonstration by Paul Burton
Paul is the Head Chef at the Red Lion, near Faversham
The Red Lion has a 100% Gluten Free Kitchen

Agenda

14.00 – Paul and the Red Lion

14.10 - Pastry and the use of Xanthan gum.

- Demo on making and handling short pastry.

14.30 - Choux pastry demo.

15.00 – Coffee/Tea break and tasting

- Choux buns, Cups cakes, savoury scones, sausage rolls and mincemeat and almond tart

15.15 – Recipe hand out and recipe review.

15.30 – Indian filled buns Demo and tasting.

15.50 – Question and answer session.

16.00 – Close

Do come along and bring your non-Coeliac spouse or partner.
It promises to be an excellent session.

Coffee Mornings - Third Saturday of Every Month

19th November 2022 – Notcutts, Pembury, Tunbridge Wells 10.30am

17th December 2022 – on Zoom, 11.00am

21st January 2023 – Coblands, Sevenoaks. 11.00

18th February 2023 – Notcutts, Pembury, Tunbridge Wells 10.30am

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 at alternate locations each month (or on Zoom). In November we meet at Notcutts Garden Centre, Tonbridge Road, Pembury TN2 4QN and in January at Coblands Garden Centre, Dry Hill Lane, Sundridge, Sevenoaks TN14 6AA. We look forward to seeing you soon.

In the meantime,

How about a chuckle?

- I did a theatrical performance about puns. It was a play on words.
- I didn't like my beard at first. Then it grew on me.
- How about the cross-eyed teacher who was dismissed as she couldn't control her pupils?

Your Help is still needed!

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 with - fi.turnbull@talktalk.net if you can help

Sevenoaks and Tunbridge Wells Area Coeliac

Salient points of AGM 30 July 2022

Group Organiser's Report

Fiona welcomed everyone to the meeting and was pleased to greet so many of you at the meeting after three years of restrictions due to Covid.

Minutes of the previous AGM held on 27 April 2019 were approved.

Vacancies on Committee

We have vacancies on the committee. There are 9 of us at present. We do appreciate that this is a voluntary post and we all have a life outside volunteering; but to us the time you can give to the Sevenoaks and Tunbridge Wells group is priceless.

We really need a Minutes Secretary; just to take minutes at Group meetings.

We would also like someone to help keep an eye on and organise coffee mornings. We need to ensure that there is cover - with a phone call to remind members that they are down to cover a certain date.

We've managed brilliantly for the last three years holding our coffee mornings on Zoom. Towards the end of 2021, we started face to face meetings again, alternating between Sevenoaks, Tunbridge Wells and Zoom.

Then it was announced that Sainsbury's in both Sevenoaks and Tunbridge Wells were to close their coffee shops!!!

We are grateful to the Committee members for finding us alternative locations, i.e. at

- Coblands Garden Centre Sevenoaks and
- Notcutts Garden Centre at Pembury, near Tunbridge Wells.

We are all experts in Coeliac disease and can help each other with that knowledge.

In the past we've had 10 Committee members, which is a great back up for meetings like this. We have eight here today and are happy to welcome Mike Wilcock as Committee Support Worker. A special mention of Mike's help and contributions later on in this newsletter. Here a big thank you goes to Daphne (Group Secretary), Mary (Treasurer), Joy and Sally (Refreshments), Susan (New Members Secretary), Andy and Rosemarie (Newsletter Editors) including many of our committee members' husbands.

You can do as much or as little as you want to contribute, we would welcome you onto the committee.

Re-Election of Committee

Fiona thanked the Committee for a very successful last three years together and their hard work and contribution to the local group.

Fiona explained that all posts are up for re-election but no nominations came forward.

The current committee:

Group leader	Fiona Turnbull
Group Secretary and Web Master	Daphne Paterson
Treasurer	Mary Cunnington
Refreshments	Joy Oliver & Sally Spike
New Members Secretary	Susan Potts
News Letter Editors	Andrew and Rosemarie Pilcher

The committee were all willing to stand for another year.

Fiona thanked everyone and said she would be very pleased to take the group forward into our 19th year for Sevenoaks and into the 17th year as Group Leader for her.

Treasurer's Report

The last annual return submitted to CUK in December 2021 showed a very healthy bank balance. There has been very little financial movement. The only outgoings were for postage and printing of Talkabout but a most welcome receipt was for a donation of £500 from the Stonewall Trust.

Gluten Free Food in Hospitals

As many Coeliacs in our area have had some difficulty with their diet while in hospital, Mike Wilcock has been swift in his action to improve this. He has contacted each Trust in our area for information on what provision they have made for the dietary needs of Coeliacs. Mike also made these Trusts aware of the death in hospital of a Coeliac, as stated in the following text:

“Some of you may have read the sad story in the papers and Coeliac UK’s monthly update about a Coeliac who died in a hospital in North Wales recently. I wanted to say a few words about the case to both reassure people, but also to raise a few really important issues that we all need to be alert to when going into hospital. Up front I should emphasise that the death was **not** from Coeliac disease, although the headlines might have misled people to believe that. In particular:

1. The 80-year-old lady had **not** been admitted to hospital because of her Coeliac condition, she had fluid on her lungs and was obviously finding it difficult to breath.
2. She had told the hospital that she was a Coeliac and it was noted in her records
3. Despite this she was given Weetabix for breakfast and ate them – we can only assume she trusted the hospital would not give her gluten
4. She vomited shortly afterwards and then died as a result of inhaling vomit.

The case was reported in the papers at the end of last year but the BBC and ITV have reported it more recently as a result of the coroner’s criticism of the hospital and, in particular, their lack of proper investigation and poor response. In fact, the coroner called the response by the hospital “amateurish” and gave the hospital board just 14 days to respond properly and create a proper action plan to prevent recurrence.

Coeliac UK has responded to this sad incident and recently re-emphasised its guidance for us all. In particular reminded us to ask to talk to a dietician and, if your admission to hospital is planned, to check they have a Gluten Free menu or know which options on the menu are GF.

It is mandatory for all hospitals in England to have a written policy to provide GF meals; ensure all staff are properly trained about the policy and importance of a

GF diet; and to provide all patients with a written summary to help them choose GF food safely.

One thing that really annoyed me about the case is that a geriatric consultant giving evidence at the inquest was quoted as saying that they could not be certain that being a Coeliac and being fed gluten would be a cause of the vomiting. I don't know about you, but vomiting is one thing that I have experienced as a result of eating gluten and I can only assume the consultant was not a specialist in Coeliac disease. Coeliac UK are taking action to re-emphasise that vomiting is a known symptom of Coeliac disease in adults.

This sad case emphasises the need for all of us, when we are going into hospital, to remind staff that we **must** have a gluten free diet. I know that many of us have had problems with hospital food, even when we have been given a red bracelet to warn staff we have a problem, and the fact that we are a Coeliac is in the notes. CUK are producing a letter for us all to download and use to alert hospitals to our needs. BUT, we all know that standards can vary and training can be forgotten. We all need to be alert when we go into hospital, especially if the admission is unplanned. **Please don't be afraid to make a fuss** about the need for a GF diet and to reject things you are not sure about, and to take GF snacks into hospital with you if necessary

It is far better to go hungry than to inhale vomit after eating something we shouldn't.

The CUK web site has more information on hospital admissions –
see: [Accessing gluten free food in hospital - Coeliac UK](#)

Further details and responses will be in our next newsletter.

We wish to thank Mike for his excellent campaign on behalf of the members in our area.

TAKE-AWAY/DELIVERY SERVICES, TEA ROOMS, HOTELS etc.

Juliets – 54 High Street, Tunbridge Wells Daytime café with vintage china and mismatched furniture. Delicious food and fab cakes, including gluten-free.

Bartellas - A word from Ian Eldridge, Proprietor

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. meopham@bartellas.com

<https://coteathome.co.uk/> Looks good, please refer to website.

'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.

Nancy's Tea Room – 01732 300 401

Lamberts Yard, Tonbridge TN9 1ER

Just off Tonbridge High Street and near the river, a handy stop off point.

This place has been recommended for a nice cup of tea/coffee and GF cake!

Middle House – 01435 872 146

High Street, Mayfield TN20 6AB

This hotel has an extensive menu and was recommended by several members at the last Zoom meeting. Their menu does not show the simple GF sign next to the meal but they have a full list of allergens in a chart which, I hope, you don't have to prod through when dining! I hope to try this place in the future.

The White Hart – 01732 452 022

Tonbridge Road, Sevenoaks TB13 1SG

This Restaurant has an interesting menu and even has a separate GF menu; I am most impressed. If it were not for COVID, I would be booking today! Companies which make every effort to offer GF food should be supported.

Voakes Gluten Free – 01423 395 511 (deliveries)

Whixley, York YO26 8AY www.voakesfreefrom.co.uk

Pies available to order online; they are supplied in special containers. I'm told their pork or chicken pies are delicious. I will try these sometime soon, despite the small carriage charge!

M & S Gluten Free

This company are now offering on line ordering or normal in store service. At present, I have not found any items on line which I have bought in store. Their scones have been recommended, along with their creamy chicken pie.

Neville Crest & Gun - 01892 864209

Eridge Road, Eridge, Tunbridge Wells TN3 9JR www.nevillcrestandgun.co.uk

Good gf menu, lovely sweets, nice setting with good walks nearby.

Borders Restaurant – 01892 515532

High Rocks, High Rocks Lane, Tunbridge Wells TN3 9JJ

Good gf menu, good service but not on Mother's Day, as it was extremely busy.

No. One Fish Shop – 01892 544020

1 Quarry Road, Tunbridge Wells TN1 2EY

Recommended for gf fish & chips with excellent reviews. Check which days gf is available.

Royal Fish Bar – 01732 672358

62 High Street, Borough Green, Sevenoaks TN15 8BJ

Gf fish & chips on Wednesdays. Phone to check. This shop has been recommended by members.

The Red Lion – 01233 740309

Ashford Road, Bedlesmere, near Faversham ME13 ONX

Fully g/f meals. Mike commented on line that he thoroughly enjoyed his lunch. I am pleased to report that when we dined there, we had a similar experience and everybody loved the food (even non-Coeliacs), especially the sweet!

The Crown Inn, Groombridge Hill, Groombridge TN3 9QH – 01892 864742

The limited g/f range has unusual Eastern European influences but has been recommended to us.



Talkabout

Sevenoaks and Tunbridge Wells Area Coeliac Group

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

Please send your letters or enquiries to:

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