

# Sevenoaks and Tunbridge Wells Area Coeliac Group

## TALKABOUT

For all your gluten-free gossip, news and events

June 2023  
Edition 60

**BBQ INVITATION ON P5**

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 mikewilcock064@gmail.com	07756 162887
Newsletter Editors	Andrew Pilcher Rosemarie Pilcher arpem321@hotmail.com	07802 423455 07928 280791
Refreshments	Sally Spike sally.spike214@btinternet.com	01689 828883
New Members Secretary	Susan Potts slpotts53@hotmail.co.uk	01892 613258
Minutes Secretary	Sharon Batty kissyfacehh@yahoo.co.uk	07788 889702
G/F Venue Recommendations	Sue Hart asthehart@hotmail.com	01892 545209 07746 469833

## Note from the Editors

Dear Reader

Welcome to the 60<sup>th</sup> edition of Talkabout.

We are happy to report that our group has been going for 20 years now and are pleased to welcome a new Committee member, Sue Hart, who will be updating our G/F Venue Recommendations in due course.



**Kevin Newnham**

We are sorry to report that one of our loyal supporters and longest standing members, Kevin Newnham, died recently. This picture was taken in 2013, 10 years ago. Kevin enjoyed all of our activities and was a cheerful guest at our coffee mornings, always happy to support our newly diagnosed members and share advice and information.

Kevin had been struggling with ill health for a long time. He caught Covid and developed pneumonia. He died peacefully on the 13<sup>th</sup> of April in hospital.

We have introduced 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, 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](mailto:fi.turnbull@talktalk.net)

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.

### **Coffee Mornings - Third Saturday of every month**

15 July 2023 – Coblands, Sevenoaks 11.00am

19 August 2023 – Notcutts, Pembury, Tunbridge Wells 10.30am

16 September 2023 – on Zoom 11.00am

21 October 2023 – Coblands, Sevenoaks 11.00am

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 July we meet at Coblands Garden Centre, Dry Hill Lane, Sundridge, Sevenoaks TN14 6AA where there are gluten free cakes. In August we will meet at Notcutts Garden Centre, Tonbridge Road, Pembury TN2 4QN. Please note that Notcutts have G/F carrot cake and jacket potatoes with G/F fillings on offer. The next month, September, we will meet on Zoom. We look forward to seeing you soon.

Please see below the invitation to this year's BBQ kindly held at Daphne and Bob's place on 5 August 2023. Please contact Daphne by 29 July so that she knows how many are coming.

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?



# Sevenoaks Coeliac Support Group

would like to invite you to our 2023 BBQ from 4.00 on Saturday 5<sup>th</sup> August in West Kingsdown.

We will be cooking up some lovely gluten-free food for you to enjoy without worrying about all the usual contamination issues.

Please come along with your family and friends and support your local group.  
The children will love it too!

The cost this year is a minimum donation of £5.00 as we have been sponsored this year by a kind donation from Stonewall Park Charitable Trust and FREE for children under 10.

Bring your own cold drinks, glasses provided.

Please contact Daphne Paterson by 29<sup>th</sup> July at [dbpp68@gmail.com](mailto:dbpp68@gmail.com) or by text or telephone on 07717 471909 to let us know how many of you are coming along and for directions.

Please also let us know of any other allergies

We are hoping to see lots of you soon!



## Coeliac Awareness Week – 19 May 2023



This was held at Sainsbury's in Tunbridge Wells where Fiona, Mike, Mary and Sue manned the stand. It was a most successful day as many people spoke to the members in attendance.

It was an opportunity to promote the Coeliac UK self assessment app for 'Is it Coeliac Disease?' <https://isitcoeliacdisease.org.uk/>



## Sevenoaks Area Coeliac Group AGM – 3 June 2023

Our AGM proved to be very successful and the minutes are as follows:

**Group Organiser, Fiona Turnbull**, thanked everyone for coming, ran through health and safety issues, toilets and checked everyone had signed in. Also a reminder to turn off mobile phones.

**Afternoon tea**, coffee gluten free cakes and biscuits were available after the AGM. The venue does not allow raffles so a silent auction was held as the meetings have to be funded by the group.

The group are celebrating their 20th anniversary and Fiona gave us a resume of how the group had come into being.

We were looking forward Miriam Blazey, volunteer co-ordinator from Coeliac UK to attend the meeting, but in light of the rail strike today, she has had to cancel.

There was a total of 17 members present which included 8 committee members.

**Apologies** were received from Rosemarie and Andy Pilcher, Elaine Bowdery and Ann and Nick Payne.

Best wishes were sent to Andy Pilcher following his recent illness and thanks to him and Rosemarie for their work on the Talkabout newsletter.

Approval of last year's minutes was proposed by Bob Reeves and seconded by Joan Masters. There were no matters arising from the minutes.

Fiona thanked the committee for their work over the last year. All AGM posts are up for re-election and nominations were asked for, from the floor.

Fiona nominated Sue Hart, to be responsible for the website and eating out venues. This was seconded by Mike Wilcock.

Diana Jepson proposed the committee be re-elected en masse and this was seconded by Joy Oliver.

Joy Oliver is standing down from the committee so was thanked for her work with a gift and a round of applause from the meeting.

The group coffee mornings are working well. Rotating every 3 months via Zoom, Coblands in Sevenoaks and Notcutts in Tunbridge Wells.

The group had a stand in Tunbridge Wells Sainsburys for the Coeliac Awareness Week. This was felt to be very successful as a lot of people spoke to the members and various leaflets and information was given out. It was suggested that, if we do it again, a record of how many people spoken to would be helpful.

**Mary Cunnington, Treasurer**, gave her report. The accounts will go to Coeliac UK. The Stonewall Park Charitable Trust has made another donation.

The BBQ will be on Saturday 5<sup>th</sup> August in West Kingsdown, invitations will be sent out.

Member Kevin Newnham has passed away.

**Mike Wilcock** presented work he has been doing, comparing costs between gluten free food and gluten containing foods as well as the percentage increase.

He then went on to present the findings from his survey of 22 local hospitals and their provision of gluten free food.

Fiona thanked him for his work.

The meeting ended at 15.20 and we retired for tea and gluten free cakes.



**DO YOU KNOW?**  
**LOCAL VENUES FOR EATING GLUTEN FREE**

On the Coeliac UK website, go to: Get Involved/ (Join our community) Our regional groups/ South East/ Sevenoaks & Tunbridge Wells

This will take you to the group's home page.

Scroll down to the bottom and you will find the map.

We are delighted that Sue Hart has agreed to update this resource for us so, shortly, there will be a much wider choice.

Please contact Sue (P2) with your recommendations.

**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](http://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](http://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.

**The Camden Arms, Pembury – 01892 822012**

1 High Street, Pembury TN2 4PH

Best to book. They have an extensive G/F menu and they are always busy.

**Recommendation of G/F holiday:**

We've recently returned from a holiday to Tenerife where we stay in the Hotel Marylanza in Playa de Las Americas, on an all-inclusive package. It's the 2<sup>nd</sup> time we've stayed there & definitely would recommend it for Coeliacs. It's Buffet meals but every dish is well labelled with all allergens, there's always a Gluten Free Gateau available for dessert as well as other Gluten free options. There is a separate Gluten free section for Breakfast. A big plus point for Nick is they have Gluten free beer which is also included!

Thank you to Anne & Nick.



***Talkabout***

***Sevenoaks and Tunbridge Wells Area Coeliac Group***

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

***<https://www.facebook.com/groups/2682796845274412>***

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

***Andrew and Rosemarie Pilcher  
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Tunbridge Wells, Kent TN2 4NR***

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