

September 2023 update from the Swindon Local Group

Hi and welcome to the September update from the Swindon group of Coeliac UK.

In Brief

This month we're talking about:

Coffee afternoon – [Marks and Spencer's](#) upstairs café Wednesday 13th September at 2pm
Coffee afternoon – the [Dandelion Gifts and Coffee Shop](#) – Royal Wootton Bassett Wed 20th Sept 2pm
[Tenpin Bowling](#)
[Local group membership survey](#)
[Venue recommendations](#)
[Members' recipes](#)
[Cost and availability of food research](#)

Read on for more details on each of these.

Coffee Afternoons

We were most disappointed to hear that Marks & Spencer in Swindon town centre will be closing in the future. They have always made us very welcome in the café so we shall continue to meet there until they close the store, when we will move to another local venue.

Our next coffee afternoon is this Wednesday 13th September from 2pm at Marks & Spencer (upstairs café), Regent Street, Swindon SN1 1JY. Our Royal Wootton Bassett meet-up will be on Wednesday 20th September from 2pm, upstairs in the Dandelion Gifts and Coffee Shop, 49 High Street.

Tenpin Bowling – Thursday 12th October

Some early responses to the membership survey asked for more evening events – well, your wish has been granted. Next month we have another tenpin bowling game with Swindon Bats Sports & Social Club for the Visually Impaired, at Tenpin Swindon, Shaw Ridge Leisure Park. Meeting from 6:45pm with the game starting at 7pm. It is sure to be another fun evening - we lost the first event, drew the second so we are looking to win this one to draw the series. We need eight players from our local coeliac group and their family or friends for our team. No tenpin bowling experience is necessary. The cost is only £7.00 per person which is great value for two games, a reduced fee for charity. Booking is essential, please drop an email to swindon@coeliac.org.uk with subject Tenpin Bowling and we shall send you further details. We welcome new faces and old friends, please book your place, you're absolutely guaranteed a very warm welcome and a fun evening.

All our future events are listed on our website: <https://www.coeliac.org.uk/local-groups/swindon/events/>.

Local Group Membership Survey

Thank you to everybody who has already completed our [local group membership survey](#). There is still time to do this if you would like to have a say in what events we organise and how we communicate. It should only take a couple of minutes to complete and will remain open until 22nd September.

Venue Recommendations

Well our summer is trying to hang on, so if you're keeping your BBQ's out why not visit T.H. Burrows Butchers in Stratton? Anne highlighted that they make gluten free sausages and burgers, and even their faggots are safe! <https://www.thburrroughs.co.uk/>

Zoe recommended the Spice Merchant in Malmesbury:

<http://www.spicemerchantrestaurant.co.uk/> where the majority of the menu is gluten free, even their poppadoms, which are cooked in separate oil.

Finally, Summer visited the Jubilee Lake café near Royal Wootton Bassett:

<https://www.facebook.com/Teaatthepark/> and found they offer gluten free bread, brownies and caramel shortbread. Mmm caramel shortbread.

Don't forget, if you're looking for a venue to eat at within Swindon and/or surrounding villages, then download our food venue list from one of the following links:

<https://www.facebook.com/groups/swindoncoeliac/files/files>

<https://www.coeliac.org.uk/local-groups/swindon/eating-out-gluten-free/>

https://drive.google.com/file/d/1Cb4WalF9_fc6rzL18eOKnF72MDmGECGI/view

If you see a venue missing, or believe one should be removed or updated, then drop us an email at Swindon@coeliac.org.uk, or contact us via Facebook.

Keep your recommendations coming, folks, the venue list gets updated monthly using your feedback. And, as always, please check the venue's suitability before ordering.

Your Recipes

Following our mention of air fryers last month, Zoe shared a recipe for the gluten free apple cakes that she made in hers. Del showed us how to make cheese squares in breadcrumbs which are baked in the oven. Both recipes look delicious and you can find them on our Facebook group:

<https://www.facebook.com/groups/swindoncoeliac/>. If you don't have access to Facebook, send us an e-mail at this address and we'll forward the recipes to you.

Coeliac UK's Access and Availability Research

Thank you to everybody who took part in Coeliac UK's survey into the cost and availability of gluten free food. The survey has now closed and Coeliac UK are starting to pull together their findings into a report. Several of our members have told us that they are facing the twin challenges of the difficulties in getting hold of good quality gluten free bread on prescription and the cost of supermarket bread increasing.

To help illustrate their research, Coeliac UK would love to hear your story about how gluten free living is having an impact on your household finances. Their aim is to gather information from our community to support their case to help make a change for those who need it.

To share your story, please complete the case study form on the website

<https://www.coeliac.org.uk/forms/online-case-study-form/> and they will be in touch if they'd like to discuss it in more detail.

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We hope you enjoy receiving our e-mail updates. We really enjoy hearing from you, too. If you have any tips, recipes, or recommendations, please do send them to us or drop them onto one of our social media channels:

Facebook page: <https://www.facebook.com/CoeliacUKSwindon>

Facebook group: <https://www.facebook.com/groups/swindoncoeliac/>

Twitter: @CoeliacSwindon

Instagram: coeliacukswindon

W: www.coeliac.org.uk/swindon

Or e-mail swindon@coeliac.org.uk

From the Committee of the Swindon group:

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