

Sevenoaks and Tunbridge Wells Area Coeliac Group

TALKABOUT

For all your gluten-free gossip, news and events

**October 2023
Edition 61**

**Sevenoaks and
Tunbridge Wells
Local Group**



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Note from the Editors

Dear Reader

Welcome to the 61st edition of Talkabout.

We are happy to report that our group has been contacted by Tracey and Andy from Annies Treats who bake and sell a wide range of G/F cakes, cupcakes and many other sweet and savoury treats. They would like to hold an Open/Trial Day to promote their goodies. Please look out for details in the New Year.

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

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

In the meantime,

How about a chuckle?

- When you get a bladder infection, urine trouble.
- Broken pencils are pointless.
- What do you call a dinosaur with an extensive vocabulary? A thesaurus.

Forthcoming Events

Please come along to one or more of our events:

25 November 2023 – Annual pre-Christmas meeting from 2-4pm at the Methodist Church Hall, High Street, Otford TN14 5PH. Please keep the date free; further details will be sent by email and on Facebook in due course.

Coffee Mornings - Third Saturday of every month

21 October 2023 – Coblands, Sevenoaks 11.00am

18 November 2023 – Notcutts, Pembury 10.30am

16 December 2023 – Christmas Zoom meeting

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.

Meetings will resume on 20 January 2024 and will take place in rotation on the third Saturday of every month between Coblands, Notcutts or on Zoom. Details for 2024 will appear on the local Coeliac UK group page

www.coeliac.org.uk/local-groups/sevenoaks or catch up with us on Facebook.

The next issue of Talkabout will have full details.

- Coblands Garden Centre, Dry Hill Lane, Sundridge, Sevenoaks TN14 6AA
- Notcutts Garden Centre, Tonbridge Road, Pembury TN2 4NR

Please note that both venues usually have G/F cakes and some other G/F offerings.

Look out for a **special meeting** in the first few months of 2024 when Tracey and Andy from Annies Treats will be holding a taster session in the area. This will replace one of our regular coffee mornings. There will be a small charge to cover costs – details to follow.

We look forward to seeing you soon.

Annie's Treats – Mobile GF Treats Based in Tunbridge Wells

We are Tracey and Andy and we started Annie's Treats in 2021 after being made redundant from BT.

We started dating 3 years ago (and got engaged this Valentines day in Venice!).



Tracey (a loyal follower of Sevenoaks and TW group) has been following a GF diet for almost 10 years after suffering with classic gluten intolerance symptoms. Andy had not been aware of gluten free before this, but he could not believe the lack of gluten free options in cafes, restaurants, local markets and food vendors.

We are both keen bakers so thought why not get creative and give fellow gluten free people some more choices. We started with a stall run from a gazebo selling just cupcakes. We now have an ever-growing list of treats such as: Large cakes, Fruit and Cheese Scones, Viennese Whirls, Bread Pudding, Sweet and Savoury Pastries, Rocky Road, Tiffin, Flapjacks... the list gets bigger every week.

Our plan to have a mobile business serving hot drinks and barista coffees, along-side a full range of our GF treats, has now been achieved thanks to the

purchase of a specially equipped vintage Citroen van. We attend local farmers and artisan markets, but are hoping to expand the business to cater for parties, weddings and other events – all GF of course!

Our regular markets are: Headcorn on the 1st Sunday of the month, Rochester on the 3rd Sunday, and Tonbridge Castle on the 4th Sunday.

More details can be found on our website: www.annies-treats.co.uk

We have some Christmas dates pending and these dates will be on our Facebook, Instagram and Website once confirmed.

STOP PRESS – STOP PRESS – STOP PRESS

We always need to test our products out with the experts, so we are planning an Open Day, hopefully for early in 2024, with an afternoon tea theme which will be completely GF, especially for readers of “Talkabout” and members of Sevenoaks and Tunbridge Wells Coeliac UK. There will be a small charge to cover our costs, and more details will be available soon! We do hope lots of you will be able to attend.

Editors’ note:

We, Andy and Rosemarie, visited Tonbridge Castle Gardens recently where we purchased some of Tracey’s and Andy’s goodies. Unfortunately, we were not able to buy too many items as we were going to be out for some time on the day. However, at home, we thoroughly enjoyed the sweet and the savoury items!

We will endeavour to get some more shortly.

Why Not Get Ahead with Your Christmas Shopping?

The new Coeliac UK Shop is now live at: <https://www.coeliac.org.uk/shop/>

The shop has a delightful range of Christmas cards, wrapping paper, gifts, books, branded items and more!

Don’t forget, when you shop with us you are supporting our mission to improve the lives of people who need to live gluten free.

RECIPE

Strawberry and White Chocolate Cheesecake

Serves: 6-8

A delightful dessert that can be ready in a matter of minutes or made in advance and chilled for an individual pudding. For individual cheesecakes, divide the mixture between 6 individual ramekins. If you want to freeze the recipe, omit strawberries from the mixture; once defrosted, serve topped with fresh strawberries.

Ingredients

- 1 pack G/F digestives, crushed into crumbs
- 75 g (3 oz) butter
- 200 g (8 oz) white chocolate
- 300 g (12 oz) full fat cream cheese
- 200 g (8 oz) fromage frais
- 200 g (8 oz) strawberries, roughly chopped

You will need a 20 cm (8 oz) loose bottomed cake tin.

Method

- To make the base, melt the butter in a pan and stir in the crushed biscuits.
- Press into the base of the tin and leave to chill in the fridge whilst making the filling.
- For the filling, melt the chocolate in a microwave, stirring occasionally and allow to cool slightly.
- Whisk together the cream cheese and fromage frais until smooth.
- Add the melted chocolate and strawberries and mix well. Pour mixture over base and chill for 2 hours until set.

Recipe provided by Wendy Gibson and we understand is based on an original recipe by Juvela. It was much enjoyed at our recent BBQ. Thank you, Wendy.

DID 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 Hart or Andy & Rosemarie Pilcher (P2) with your new recommendations.

Please note

- 1) The following venues and many on the website have been tried and recommended by local members and may not appear on the map but did offer G/F food at the time.
- 2) We suggest you check the range of G/F food on offer before making a special journey as things change over time (as we all know!).
- 3) PLEASE REPORT TO US IF THERE ARE ANY PROBLEMS WITH ANY OF THE VENUES. e.g., being glutened!

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

Côte Brasserie -

There are a number of Côte restaurants. They cater well for gluten free diets.

<https://coteathome.co.uk/> - Enjoy restaurant quality menus at home. Our collection of luxury boxes has been curated by Steve, our Executive Chef, to help you host without the hassle, from one chef to another.

Cook Foods - <https://www.cookfood.net/>

Have an excellent web site with easy to find gluten free options They do click and collect and also have 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.

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 0NX

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!

Unfortunately, this pub is up for sale so we cannot be sure that it will remain G/F – please double check before you go.

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 2nd 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.

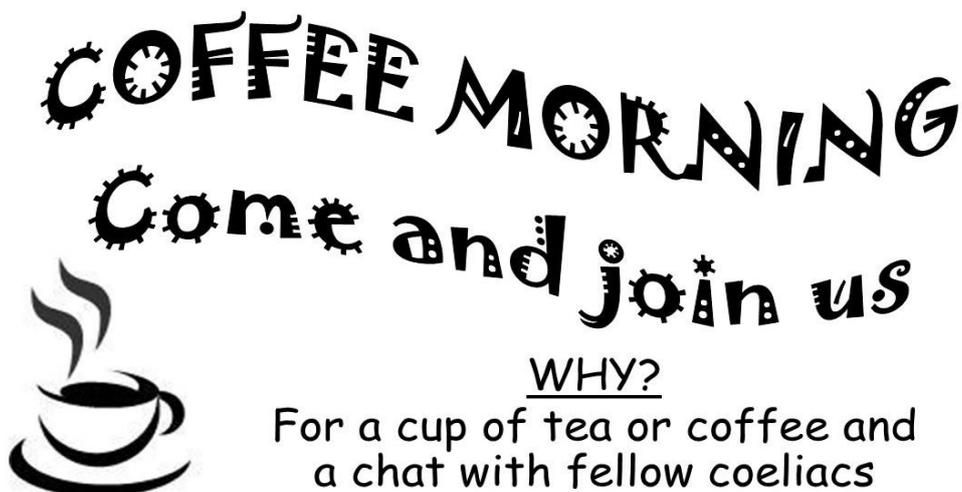
New Inclusions:

Bill's Tunbridge Wells Restaurant – 01892 548699

Lime Hill Road, Tunbridge Wells TN1 1LJ bills-website.co.uk, opentable.co.uk
Recommended by one of our members. Their food is a good mix of burgers, meat, vegetarian and vegan meals. Separate G/F menu.

The Mount Edgumbe – 01892 618854

The Common, Tunbridge Wells TN4 8BX hello@themountedgcumbe.com
Also recommended by one of our members. Varied menu and plenty of G/F options.



WHY?

For a cup of tea or coffee and
a chat with fellow coeliacs

WHERE?

21 October 2023 ~ Coblands, Sevenoaks 11am
18 November 2023 ~ Notcutts, Pembury 10.30
16 December 2023 - Christmas Zoom meeting
20 January 2024 - Coblands (To be Confirmed)



Talkabout

Sevenoaks and Tunbridge Wells Area Coeliac Group

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

Facebook

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

Please send your letters or enquiries to:

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