

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

TALKABOUT

For all your gluten-free gossip, news and events

**February 2024
Edition 62**

Fancy Gluten Free Afternoon Tea?

SEE PAGE 5

**Sevenoaks and
Tunbridge Wells
Local Group**


**coeliac
uk**

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Local G/F Eating Venues Recommendations	Sue Hart asthehart@hotmail.com	01892 545209 07746 469833

Note from the Editors

Dear Reader

Welcome to the 62nd edition of Talkabout.

We are happy to now be able to invite you to a special Afternoon Tea on 16 March 2024 offered 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. It promises to be a wonderful tasting experience. As numbers are limited, booking early is recommended; please go to pages 4/5 for further details.

We would love to include a 'Member's Page' in Talkabout and invite you to write in with 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 consider sharing your experiences with other members. It can be a real inspiration.

Please email: fi.turnbull@talktalk.net

We hope you 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?

- I dropped out of communism class because of lousy Marx.
- I got a job at a bakery because I kneaded dough.

Forthcoming Events

Please come along to one or more of our events:

Coffee Mornings - Third Saturday of every month

20 January 2024 – Coblands, Sevenoaks 11.00am

17 February 2024 – Notcutts, Pembury 10.30am

16 March 2024 – Special Afternoon Tea at Bidborough

12.00 noon-2.30pm ~ Please see page 5 for more information

20 April 2024 – Coblands, Sevenoaks 11.00am

18 May 2024 – Notcutts, Pembury 10.30am

15 June 2024 - Zoom 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.

Meetings resumed on 20 January 2024 and will continue to 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.

- 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.

YOU ARE INVITED TO AFTERNOON TEA



Instead of our usual coffee morning for March, Annie's Treats will be hosting a special "Afternoon Tea" at Bidborough Village Hall (the small hall) on Saturday **16th March at 12 noon**, and you are invited to join them for a Gluten Free Afternoon Tea showcase.

The event will continue until 2.30 pm so plenty of time to have a chat while trying the treats on offer.

BUT, places are limited, so book early to avoid disappointment and to enjoy a wonderful range of savoury and sweet treats - all safely prepared by Tracey and Andy, our hosts and owners of Annie's Treats. **Booking is essential.**

To cover costs, each place will cost £5.00 and booking could not be simpler. Just use the QR code (or follow the link below) which will take you to the Annie's Treats "Sum Up" order page, enter the price (£5 for one place, £10 for two etc) and go through the normal checkout process. Please then send a short email to Tracey at Annies Treats confirming the names for the booking at: anniescupcaketreats@gmail.com

The price will include a selection of their products and a drink. (Any additional products can be purchased while you are there – and to quote members who have already sampled Annie's Treats, "we wish we had bought more!").



Alternatively follow this link to "Sum-up":

https://pay.sumup.com/b2c/QS5V9EHF?utm_campaign=pdf&utm_medium=print&utm_source=qr

For further Details about Annie's Treats see: <https://www.annies-treats.co.uk>

So do please take a look, make a booking, and join us for Afternoon Tea!

The Essential Stuff:

Bidborough Village Hall,
Bidborough Ridge,
Tunbridge Wells
Kent TN3 0XD

Directions

From Penshurst – Hall on left as you enter village. Before shop. From A26 – Join Bidborough Ridge Junction sign posted to Bidborough, Penshurst. Hall on right after Kentish Hare and Garage.

We do hope lots of you will be able to attend and look forward to seeing you.

Cost of living report from Coeliac UK

We thought you might be interested in reading part of the following report in which Mike has been involved.

Cost of Living Report

At the September Volunteers' Lounge, we had an update from Fiona from our Evidence and Policy Team on the Cost of Living Project, including the access and availability survey so many of you took part in. Fiona was able to share some very interesting information ahead of a piece in the next edition of Live Well Gluten Free. Coeliac UK is currently analysing the data from the surveys you and the community completed; the second cost of living report, with dated cost comparisons and survey results, will be published in 2024. In the meantime, we can give you an update on the preliminary results so far. We have collected lots of useful information – with over 1,000 surveys completed. On average, the cheapest product cost more than the prices we found online so the cost of shopping basket in our previous report [Coeliac UK Cost of Living Report](#) could be an underestimation of what our community pay!

Click here to access the [Cost of Living Report Here](#)

Editors' Observations:

We also thought you may benefit from what our family does to keep the costs down but still eat well on a g/f diet. As all meat, fish, vegetables and fruit are naturally g/f, we try to prepare our own g/f food, rather than rely on ready-made meals. No doubt, where mass producers have to manufacture things like bread, pies etc, they have a problem of cross contamination. If you have ever seen one of the Greg Wallace factory visits, you will have seen mass-produced foods in their 1000s every day. In order to avoid cross contamination, many

manufacturers will prepare g/f food in a closed environment, e.g. Warburtons. They set up a separate plant and this adds to their costs. All we can do is to shop around to find the best deal at the time. At the moment, Morrisons are offering their own g/f cheese and tomato pizza for £1.70 for 250g. They also have a special offer for a Schär Margherita pizza for £2.75, down from £3.20.

We buy Schär g/f pizza bases and add our own topping on. We have also noticed that, at present, all supermarkets seem to have their offers on. Sainsbury's offer their own brand of g/f 500g pasta at exactly the same price as non-g/f pasta for 75p. Obviously, branded products will be a lot dearer.

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 the 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 Edgcumbe – 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.

Eat 'n' Mess – 07593 441294

Unit 4, Turvins Farm Dairy, Sundridge Road, Sevenoaks TN14 6HB
Fully g/f bakery, recommended by a local member.

Pooh Corner Tea Shop – 01892 771155

High Street, Hartfield, TN7 4AE They offer some cakes and scones etc with cream teas if you wish as well as light lunches. Do check re g/f availability. Recommended by a member. On a sunny day, this would make a delightful trip out as they have a museum dedicated to A A Milne, the author of Winnie The Pooh. There are directions to nearby walks and the author's inspiration where he gathered ideas for Pooh and his friends to play Pooh sticks etc.

A taste of dreams – 01273 858656

The Parlour, Warren Farm, Thornwell Road, Wilmington, East Sussex BN26 6RL
Recommended by members. Wheat, dairy and egg free cakes, g/f also.

Hot Blueberry and Apple Soufflé

Serves: 6

I buy a pack of 12 egg whites in the supermarket and use the remaining egg whites to make meringues using ground almonds.

Running a table knife around the inside edge of the soufflé dishes before baking helps the soufflés to rise evenly without sticking to the rim of the dish.

Ingredients

350g/ 12oz/ 3 cups blueberries

1 large cooking apple, peeled and finely diced

3 egg whites

150g/ 5oz / 3/4 cup caster sugar (superfine), plus extra caster or icing (confectioners) sugar for dusting

Method

- Preheat the oven to 200°C/400°F/gas mark 6. Put a baking sheet in the oven to heat. Cook the blueberries and apple in a pan for 10 minutes, or until the juice runs from the blueberries and the apple has pulped down well. Stir in 50g /2oz / ¼ cup caster sugar. Set aside to cool.
- Put a spoonful of the fruit purée into each of size 150ml / ¼ pint/ 2/3 cup greased and sugared individual soufflé dishes and smooth the surface. Set the dishes aside.
- Whisk the egg whites into a large bowl until they form stiff peaks. Gradually whisk in the remaining caster sugar. Fold in the remaining fruit purée and spoon the flavoured meringue into the prepared dishes. Level the tops with a palette knife (metal spatula) and run a table knife around the edge of each dish.
- Place the dishes on the hot baking sheet and bake for 10 – 15 minutes until the soufflés have risen well and are lightly browned. Dust the tops with a little sugar and serve immediately.

Enjoy! Andrew's recipe.



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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