



Welcome to the latest update from the Swindon Local Group

Email: swindon@coeliac.org.uk

Web: www.coeliac.org.uk/local-groups/swindon

This month we're talking about...

Swindon Coffee afternoon – [Tesco café](#), Ocotal Way, this coming Wednesday, 14th February at 2pm.

RWB Coffee afternoon – the [Dandelion Gifts and Coffee Shop](#) – Royal Wootton Bassett, Wednesday 21st February at 2pm.

Ten pin bowling on Monday 26th February

Venue recommendations

Recipes of the month - we're talking pancakes

Schools - can you help one of our members choose a school for his Coeliac daughter?

Children's cookery classes

Read on for more details...

Coffee afternoons



Our next coffee afternoon in Swindon is on this coming Wednesday, **14th February**, where we shall enjoy gluten free cakes, tea and our friendly and jovial chatting from **2:00-3:30pm** in the café at the large [Tesco Extra](#) store, Ocotal Way, Swindon SN1 2EH. New faces, family and friends are always very welcome. No booking is required.

This event is led by Chris who is sure to give you a warm welcome. These are always on the second Wednesday of the month at 2pm. Check our [website](#) for any updates to the venue.

Our next coffee afternoon in Royal Wootton Bassett is on **Wednesday 21st February**, upstairs in the, always delightful, [Dandelion Gifts and Coffee Shop](#), 49 High Street from 2pm – 3:30pm. Feel free to drop in at any point during that time.

For more information about all future events, please do visit our events page: <https://www.coeliac.org.uk/local-groups/swindon/events/>.

Ten pin bowling on Monday evening

We have our next game of ten pin bowling on Monday 26th February from 6:45pm. It's only £8 for two games, as our local group take on the

Swindon BATS.

If you'd like to see who we are up against, check out this [YouTube](#) video of the Swindon BATS in action.

Everyone is welcome to come along and be part of our team, we have eight places available. They are always great evenings and are thoroughly enjoyable, and whatever your level of experience - from zero to lane hero - we'd love to have you along and can guarantee you a memorable evening. For further details go to this link which includes how to book your place - <https://www.coeliac.org.uk/local-groups/swindon/events/9867-...>

Venue recommendations



Tonia had an amazing meal at the Sun Inn Lydiard, she highly recommends going. www.thesunatlydiard.co.uk

Zoe visited Jacks in Cirencester and found some lovely gluten free cakes. www.jackscirencester.co.uk Mmm cake.

Rachel visited the Rose and Crown and enjoyed some battered halloumi and sticky toffee pudding. www.roseandcrownatashbury.co.uk/home

We can now get take away gluten free fish and chips on a Friday! Luchia highlighted Farr's mobile van have separate friers, and they can be found at Chiseldon Memorial Hall carpark on Fridays.

www.facebook.com/farrsfishandchips

Fancy a tippie? Broadtown Brewery has you covered. A local, award-winning brewery where all its produce is made gluten free. Visit them in person or order a delivery. They're also Vegan too.

<https://www.facebook.com/broadtownbrewery>

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/1tKu9biGnPu33yIVqxUXoE8Xlcgfn7mDd/view?usp=drive_link

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.

Recipe of the month

This month it's all about pancakes, after all, it is Pancake Day tomorrow. Here are a selection of our favourites, what are yours?

For something a bit different how about **Avocado Pancakes** from Oddbox:

Claire uses this recipe for [avocado and blueberry pancakes](#). Just use gluten free flour instead of plain flour and add a pinch of xanthan gum (which you can buy in powdered form from the big supermarkets).

If you fancy a little tippie with your pancake, how about this **G&T** one from Kristyna:

250g of plain GF flour

250ml can of gin and tonic

2 tbsp caster sugar

1 large egg

1 tsp of baking powder

Little coconut oil for frying

Mix your ingredients together and fry in coconut oil until golden brown on both sides.

Serve with your favourite toppings, but lemon curd is highly recommended!

For more pancake ideas, head on over to our [Facebook group](#).

Schools

Do you have a school age coeliac child? We are looking for your views about schools in Swindon to help a parent who is currently choosing schools for his daughter. Is your child's school supportive? Would you recommend it to other parents? Please tell us the pros and cons of the school your child(ren) attend regarding coeliac disease. You can join the discussion on our [Facebook](#) group or e-mail us at Swindon@coeliac.org.uk.

Cookery classes

Online Coeliac Cookery Class

Sign up for our Online Coeliac Cookery Class. Get your children inspired to cook with some delicious recipes. Ages 5-17 years.

📍 Online via Zoom

🕒 16:30-18:15

📅 25th Feb, 17th March & 28th April



Sunday 25th Feb

Chicken Korma, Naan bread & Mango mousse

Sunday 17th March

Toad in the hole with gravy & Chocolate Chip Cookies

Sunday 28th April

Spanish Omelette, Meatballs and Ham Croquettes

To find out more or to book your place

10% of profits are being donated to Coeliac UK



0845 269 2665



www.smartrasperry.com



info@smartrasperry.com

To find out more or to book your place: www.smartrasperry.com.

And finally.....

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.

Wishing you a very good health in the New Year,

Claire, Gareth, Lisa, Martin and Zoe

The Committee

Special thanks go out to our local volunteers: **Chris, Kristyna & Marian**

Our next issue of this monthly newsletter will be published on:

Monday 11th March 2024

We very much welcome contributions from local members. If you have anything to share, drop it onto our Facebook group or e-mail to us at

Swindon@Coeliac.org.uk

Follow us on social



You received this e-mail because you previously subscribed to Coeliac UK or the Coeliac UK Swindon Group. If you do not wish to receive these emails in future, you can unsubscribe at any time using the link below:

[Unsubscribe](#)

