

MAY - AUGUST 2024

From online diet and health workshops to food events and local meet ups, there's something for everyone.

Find out what's on near you, scan the QR code to view the full list of 2024 events.





# Join a Coeliac UK Cheer Squad!

Various dates

Every year amazing supporters run hundreds of miles for #TeamCoeliacUK, raising vital funds to support those who need to live aluten free.

But we need your help. When the going gets tough, and the final mile seems a long way off, our Cheer Squads give our incredible fundraisers that much needed extra boost to get them across the finish line.

If you'd like to join a Cheer Squad near you, please get in touch with Amy at

amy.baddams@coeliac.org.uk

Find out more about taking on a challenge here coeliac.org.uk/challenge-events



# The Allergy & Free From Show

London 22-23 June 2024

We are delighted to be in partnership with the upcoming Allergy & Free From Show for its exciting return to Olympia, London.

The show will be packed full of gluten free brands, interactive features and inspiring speakers and cooks – plenty to satisfy and entertain the whole family. And don't forget to come and say hello to us at stand K20.

To get your free tickets today scan the QR code and enter COELIACUK at the checkout

coeliac.org.uk/AFFS2024



# allergy free from show london



## Diet and Health Workshops

May-July 2024

Join one of our upcoming 60 minute workshops, hosted by one of our expert dietitians.

Newly diagnosed 13 May, 1pm 1 July, 1pm

Calcium and Iron 21 May, 1pm 15 July, 1pm Eating out and travel 4 June, 1pm

Supporting your child 17 June, 1pm





Scan the QR code to book your place. Members get 20% discount coeliac.org.uk/workshops

# Coeliac UK Annual General Meeting (AGM)

Saturday 15 June 2024

Our 2024 AGM will be held virtually on Saturday 15 June 2024, providing the opportunity to connect with our member community, reflect on the successes and impact we have made together through 2023 and update you on our ambitious plans as we look forward.

To view your digital notice and to find out more information including how to vote ahead of the meeting, or appointing a proxy, please visit www.coeliac.org.uk/2024AGM

For those without online access, a paper AGM Notice has been included with our Live Well Gluten Free Magazine. You will need to register your proxy by Thursday 13 June 2024.





## **Special Events**

Our local volunteers deliver special one-off events nationwide to allow our



community to find support and friendship and to connect with others living gluten free.

Everyone is welcome, just make sure to check the listing to see if any booking or pre-payment is required.

#### **County Antrim**

## **Belfast, Quiz & supper**

Test your wits, and enjoy great gluten free fish and chips, with the Belfast Group at their annual fish and chip supper and quiz night.

This event is combined with the Group's Annual General Meeting so you can show your support for the committee and have a say in future events while enjoying a great night out!

- 15 May, 6.30pm
- Errigle Inn, 312-320 Ormeau Rd, Belfast, BT7 2GE
- · Contact belfast@coeliac.org.uk

#### **Derbyshire**

### **Derby, Local Meet Up**

Join your host and others for a chat – please note you'll need to purchase your own refreshments.

- · 14 May, 10.30am
- Derby Museum & Art Gallery, The Strand, Derby, DE1 1BS
- Contact volunteering@coeliac.org.uk

#### **Dumfries and Galloway**

## Twynholm, Local Meet Up

Join your host and others for a chat – please note you'll need to purchase your own refreshments.

- · 22 June, 10.20am
- The Cocobean Company, Ashland, Twynholm, Kirkcudbright, DG6 4NP
- · Contact volunteering@coeliac.org.uk

#### **Edinburgh & Lothians**

## Edinburgh, Gluten free summer dinner

Join the Edinburgh & Lothians Community Team as they host a special gluten free summer dinner, taking place at our Gluten Free accredited partner venue, Browns.

- · 24 July, 6pm
- Browns, 131-133 George St, Edinburgh, EH2 4JS
- · Contact edinburgh@coeliac.org.uk

#### Kent

## Tunbridge Wells, Awareness Month event

Pop along and meet volunteers from the Sevenoaks and Tunbridge Wells Local Group as they raise awareness of coeliac disease and Coeliac UK.

- 11 May, 10am-4pm
- Sainsbury's, Linden Park Rd, Tunbridge Wells, TN2 5QL
- · Contact sevenoaks@coeliac.org.uk

## Sevenoaks, Annual General Meeting

- 1 June, 2pm
- Otford Methodist Church Hall, High St, Otford, TN14 5PH
- Contact sevenoaks@coeliac.org.uk

#### **West Midlands**

# Stourbridge, Annual General Meeting

Join Stourbridge Local Group for our Annual General Meeting. Further information will be made available via the Coeliac UK website.

- 11 May, 2pm
- The United Church, High St, Lye, Stourbridge, DY9 8LX
- · Contact stourbridge@coeliac.org.uk

# Wolverhampton, Nature walk & Café Meet Up

Get out and about with the Young Wolverhampton and Wolverhampton Local Groups for a café visit and a walk along the beautiful Smestow valley. Families, friends and dogs are all welcome!

- 18 May, 1.30pm
- Cupcake Lane, Smestow Nature Reserve, Wolverhampton, WV6 8NX
- Contact youngwolverhampton@coeliac.org.uk

## **Regular Events**

If you're looking for a chance to connect with others living gluten free, why not join us at one of our regular events? Hosted across the UK by our friendly volunteers, whichever event you choose you are sure to receive a warm welcome.

#### **Aberdeenshire**

#### **Ellon, Local Meet Up**

- 8 May, 10am
- · 12 June, 10am
- · 10 July, 10am
- 14 August, 10am
- The Coffee Apothecary, 21 The Square, Ellon, AB41 9JB
- · Contact volunteering@coeliac.org.uk

#### **Buckinghamshire**

#### High Wycombe, Coffee and chat

- · 7 May, 10.30am
- · 4 June, 10.30am
- · 2 July, 10.30am
- 6 August. 10.30am
- John Lewis Place to Eat, Holmers Farm Way, High Wycombe, HP12 4NW
- Contact bucks@coeliac.org.uk

#### Devon

#### **Honiton, Coffee morning**

- 7 May, 10.30am
- · 4 June, 10.30am
- · Honiton, various locations
- Contact exmouth@coeliac.org.uk for location details

#### **Exmouth, Coffee morning**

- · 15 May, 10.30am
- · 19 June, 10.30am
- · Franklins, Strand, Exmouth, EX8 1BR
- · Contact exmouth@coeliac.org.uk

#### **Dorset**

#### **Christchurch, Local Meet Up**

- · 1 & 15 May, 10.30am
- 5 & 19 June, 10.30am
- · 3 & 17 July, 10.30am
- 7 & 21 August, 10.30am
- Arcado Lounge Café Bar, 71 High St, Christchurch, BH23 1AS
- Contact volunteering@coeliac.org.uk

#### **Essex**

#### **Colchester, Local Meet Up**

- · 6 May, 6pm
- · 3 June, 6pm
- · 1 July, 6pm
- · 5 August, 6pm
- Romano Lounge, Foundation House, Colchester, CO1 1LF
- · Contact volunteering@coeliac.org.uk

#### Romford, Local Meet Up

- · 18 May, 10am
- · 29 June, 10am
- · 27 July, 10am
- Costa Coffee, 311–313 Collier Row Ln, Romford, RM5 3ND
- · Contact volunteering@coeliac.org.uk

#### **South Gloucestershire**

#### Yate, Local Meet Up

- 16 May, 10am
- · 20 June, 10am
- · 18 July, 10am
- 15 August, 10am
- Iron Acton Garden Centre, Wotton Rd, Iron Acton, Yate, BS37 9XA
- · Contact volunteering@coeliac.org.uk

#### Hampshire

#### **Andover, Local Meet Up**

- · 20 May, 10am
- · 17 June, 10am
- 15 July, 10am
- 19 August, 10am
- · The Lights, West St, Andover, SP10 1AH
- · Contact volunteering@coeliac.org.uk

#### **Andover, Local Meet Up**

- · 20 May, 5.30pm
- · 17 June, 5.30pm
- · 15 July, 5.30pm
- 19 August, 5.30pm
- The Royal Oak, Longstock Rd, Andover, SP11 7QY
- · Contact volunteering@coeliac.org.uk

#### Basingstoke, Coffee morning

- 22 May, 10.30am
- Waitrose Café, Basing View, Basingstoke, RG21 4YY
- · Contact northhants@coeliac.org.uk

#### Lee-on-Solent, Local Meet Up

- · 25 May, 3.30pm
- · 27 July, 3.30pm
- Laneway Coffee, 77 High St, Lee-on-Solent, P013 9BU
- Contact volunteering@coeliac.org.uk

#### Kent

#### **West Malling, Local Meet Up**

- · 13 May, 2pm
- · 22 July, 2pm
- The Spitfire, 1 Liberty Sq, Kings Hill, West Malling, ME19 4AU
- Contact volunteering@coeliac.org.uk

#### **Tunbridge Wells, Coffee morning**

- · 18 May, 10.30am
- · 17 August, 10.30am
- Notcutts Garden Centre,
   Tonbridge Rd, Tunbridge Wells,
   TN2 4QN
- · Contact sevenoaks@coeliac.org.uk

## Sevenoaks & Tunbridge Wells, Online social event

- · 15 June, 11am
- This event takes place via Zoom, contact for invite details. Open to all
- · Contact sevenoaks@coeliac.org.uk

#### **West Malling, Local Meet Up**

- · 17 June, 2pm
- 12 August, 2pm
- Spadework, Teston Rd, Offham, West Malling, ME19 5NA
- · Contact volunteering@coeliac.org.uk

#### **Dartford, Coffee morning**

- · 29 June, 10am
- 24 August, 10am
- Sainsbury's Café, Stadium Way, Dartford, DA1 4HW
- · Contact thamesse@coeliac.org.uk

#### Sevenoaks, Coffee morning

- 20 July, 11am
- Coblands Garden Centre, Dryhill Ln, Sevenoaks, TN14 6AA
- · Contact sevenoaks@coeliac.org.uk

#### Leicestershire

#### Leicester, Local Meet Up

- · 26 May, 3pm
- · 23 June, 3pm
- · 28 July, 3pm
- Prana Café, 10 Horsefair St, Leicester, LE1 5BN
- · Contact volunteering@coeliac.org.uk

#### London

#### **Putney, Local Meet Up**

- 9 May, 7.30pm
- The Bricklayer's Arms, 32 Waterman St, Putney, SW15 1DD
- Contact volunteering@coeliac.org.uk

#### Finsbury Park, Local Meet Up

- 10 May, 10am
- Blighty Café, 35–37 Blackstock Rd, London, N4 2JF
- · Contact volunteering@coeliac.org.uk

#### **Orpington, Coffee morning**

- · 25 May, 10am
- · 20 July, 10am
- Costa Coffee, Tesco Extra,
   9 Augustus Ln, Orpington, BR6 0NH
- Contact thamesse@coeliac.org.uk

#### Norfolk

#### Norfolk, Local Meet Up

- 25 May, 9am
- · 26 July, 9am
- The Swan, Brandon Rd, Hilborough, Swaffham, Norfolk, IP26 5BW
- · Contact volunteering@coeliac.org.uk

#### Northamptonshire

#### Hannington, Local Meet Up

- 15 May, 10am
- Woodmeadow Garden Centre and Tea Room, Kettering Rd, Hannington, Northampton, NN6 9TD
- · Contact volunteering@coeliac.org.uk

#### **Earls Barton, Local Meet Up**

- 19 June, 10am
- Jeyes Café, 27 The Square, Earls Barton, Northampton, NN6 0NA
- · Contact volunteering@coeliac.org.uk

#### Wadenhoe, Local Meet Up

- 17 July, 10am
- The Old Barn at Wadenhoe, Kings Head, Church St, Wadenhoe, Peterborough, PE8 5ST
- · Contact volunteering@coeliac.org.uk

#### **Corby, Local Meet Up**

- 14 August, 10am
- Paletto Lounge, Corporation St, Corby, NN17 1NH
- · Contact volunteering@coeliac.org.uk

#### **South Glamorgan**

#### **Cardiff, Coffee morning**

- · 11 May, 10.30am
- 1 June, 10.30am
- 6 July, 10.30am
   Morrisons Café, International Dr, Cardiff Bay, Cardiff, CF11 0JP
- · Contact cardiff@coeliac.org.uk



#### **Stirlingshire**

#### **Larbert, Local Meet Up**

- · 31 May, 11am
- · 30 June, 11am
- Blossoms Bistro, Torwood Garden Centre, Bellsdyke Rd, Larbert, FK5 4EG
- Contact volunteering@coeliac.org.uk

#### Surrey

#### Croydon, Coffee & chat

- · 25 May, 10.30am
- Corner House, 350 Limpsfield Rd, Warlingham, Croydon, CR2 9BX
- · Contact croydon@coeliac.org.uk

#### **Tyne & Wear**

#### **Newcastle, Local Meet Up**

- · 18 May, 10am
- Morrisons Café, 200 Two Ball Lonnen, Newcastle upon Tyne, NE4 9SZ
- Contact volunteering@coeliac.org.uk

#### **Newcastle, Local Meet Up**

- 22 June, 10am
- Morrisons Café, The Killingworth Centre, Newcastle upon Tyne, NE12 6YB
- · Contact volunteering@coeliac.org.uk

#### Wiltshire

#### Swindon, Coffee afternoon

- 8 May, 2pm
- · 12 June, 2pm
- 10 July, 2pm
- 14 August, 2pm
- Tesco Extra Café, Ocotal Way, Swindon, SN1 2EH
- · Contact swindon@coeliac.org.uk

#### Swindon, Coffee afternoon

- · 15 May, 2pm
- 19 June, 2pm
- 17 July, 2pm
- · 21 August, 2pm
- Dandelion Gifts & Coffee Shop, High St, Swindon, SN4 7AQ
- · Contact swindon@coeliac.org.uk

#### **Yorkshire**

#### York, Coffee morning

- · 2 & 18 May, 10am
- · 6 & 15 June, 10am
- 4 & 20 July, 10am
- · 1 & 17 August, 10am
- The Bar Convent Heritage Centre, 17 Blossom St, York, YO24 1AQ
- · Contact volunteering@coeliac.org.uk

#### Harrogate, Local Meet Up

- · 8 May, 10.30am
- · 12 June, 10.30am
- · 10 July, 10.30am
- 14 August, 10.30am
- Starling Coffee House, 47 Oxford St, Harrogate, HG1 1PW
- · Contact volunteering@coeliac.org.uk

#### Leeds, Local Meet Up

- 9 May, 9.30am
- · 6 June, 9.30am
- · 4 July, 9.30am
- Cucina, 106A Queen St, Morley, Leeds, LS27 9EB
- Contact volunteering@coeliac.org.uk

## Want to help?

If you're interested in hosting an event in your local community then let us know at volunteering@coeliac.org.uk







## **Get in touch**

We always love to hear from you. If you have any questions about an event contact us on: 0333 332 2033 or email us at generalenquiries@coeliac.org.uk



0333 332 2033



generalenquiries@coeliac.org.uk



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