

WELCOME to our Autumn Newsletter

WE hope you have had a wonderful summer and were able to enjoy some great gluten free picnics and barbecues.

It has been fantastic to go into most local supermarkets and find that many of their barbecue items are now gluten free.

It is another sign that retailers are increasing their awareness of the gluten free market. Admittedly, their actions are encouraged by the number of people choosing a gluten free lifestyle.

The positive side of this is the obvious increase in the ranges of gf products available. The down side is the way in which some cafes and restaurants aren't always as careful as coeliacs need them to be.

We have had several examples of establishments asking members 'how sensitive' they are; gf foods placed on counters very close to non-gf ones and a lack of awareness that using the same utensils is a problem.

The lesson for us all has to be that even if somewhere offers gf options do check that they understand cross contamination and are careful with food handling as well as production.

If you find a café or restaurant who are trying to provide gf options but are not fully understanding what is required, please let us know. We have a helpful letter ready for such places as well as leaflets of guidance that we can give them.

In this newsletter are brief reviews of several local establishments provided by members. Please give us your suggestions or post them on our Facebook page.

We also welcome suggestions for activities you would like us to provide. Again, please let us know about them. We are here to help you, but we need to know what you want from us, so do not be afraid to offer ideas.

David Dorrell



DATES FOR YOUR DIARY

Saturday 13th January 2018

The Bearcross Pub 2, Magna Road,
Bournemouth BH11 9LU
Details to follow by email

Friday 16th March 2018

Fun Quiz Night with Fish Chip
Supper + AGM: 7.30pm Corfe
Mullen Village Hall BH21 3AU

Saturday 12th May 2018

Being A Coeliac in 2018 – A joint
event with Poole Hospital – The
Education Centre at Poole Hospital
9.00am – 12.00pm

Committee Contacts:

Group Organiser

David Dorrell: 01202 386274
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Secretary:

Dave Busler:
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Treasurer:

Sue Perks: 01202 744751
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New Members Secretary:

Post Vacant



Don't forget you can now find us on Facebook. For the latest news, lists of places to eat, local deals and to catch up with other members! Just join us at Bournemouth & Poole Coeliac Group.

New Members – An Apology

If you have joined Coeliac UK in the last 6 months you probably have not received an introductory letter from us. Please accept our apologies for this.

Normally, we contact new members who live locally soon after they join Coeliac UK. We believe it is important to let newly diagnosed coeliacs that there is support locally and to provide points of contact that can offer help and guidance.

Unfortunately, our Membership Secretary moved out of the area earlier in the year and we have not yet been able to replace her.

If you have joined recently, please do not hesitate to contact our Organiser or Secretary and we will do our best to help in any way we can.

If you would be interested in taking on the role of Membership Secretary, please let us know.

Food Fair 2017

This year's Food Fair was the biggest, and we think, the best yet. Over 400 people came to see nearly 30 suppliers as well as talk with local dieticians and representatives from Coeliac UK.



Most suppliers were delighted with the day. Some were almost out of stock by the end of the first hour!

Huge thanks to everyone who supported this event. As a result of the profits made, our group will be able to send a donation of £750 to Coeliac UK.

Next year we have decided to change the date of our Food Fair. After consulting with suppliers we are planning to stage it a few weeks before Christmas.

This will, we hope, have several benefits: 1) there are fewer food fairs at that time of year so it is likely that more suppliers will be free to attend 2) It will give suppliers a chance to share their Christmas ranges and encourage us to

buy them 3) It will enable us to stock up for Christmas and perhaps buy gifts for coeliac friends and relatives.

As soon as full details are finalised we will let you know!

Poole Coeliac Clinic Event

January 2018 will be the 25th anniversary of the establishment of Poole Coeliac Clinic. Doctor Johnathan Snook, who set it up, has been responsible for diagnosing many of us who live in Poole. Over the last quarter of a century he has gathered a lot of anonymous data about coeliac disease and will be producing a report on this early next year.

We have been working closely with him, and the clinic, for some time and have arranged a joint event to coincide with Awareness Week. It will be held at The Education Centre, Poole Hospital on Saturday 12th May 2018.

This will involve a presentation by Doctor Snook's team, input from dieticians, cookery demonstrations and a small selection of local suppliers. Hopefully, we will have someone from Coeliac UK present as well as a few gluten free food producers.

Full details will be sent out to members and posted on Facebook when they have been finalised, so keep an eye out for them. This promises to be a great event for anyone who wants to learn more about our condition, what the future holds and how we can improve our everyday life.

Biscuit Anyone?

"Amazing. My daughter and I really enjoyed our first visit to your lovely cafe today, it's wonderful for my Celiac daughter to be able to eat anything from the menu. The food was delicious and it was lovely to meet you two ladies, you will be seeing us again soon."

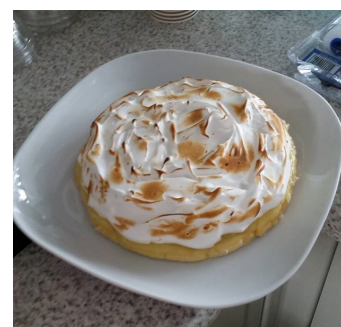


This new café in Poole (453, Poole Road Branksome, BH12 1DH – opposite John Lewis), is completely gluten free – and has a taste of France. Just to repeat that – everything in the café is gluten free!

Toasted sandwiches, cheesecakes, lemon meringue pies, madeleines, chocolate chip cookies, quiches and much more . . . and all home-made!

Every review we have heard so far is 100% positive.

"Fantastic!! So nice to have somewhere completely gluten free! The cakes and coffee are lovely! Can't wait to go for lunch next time!!"



Bournemouth & Poole Group ~ Autumn 2017

"Nice people, nice food. What else? 😊:-) A place anyone in the area should have a go to! Thanks Stéphanie for this delicious lunch."

Places to Eat – Your Suggestions

We asked you to tell us about places where you have enjoyed safe gluten free eating. Here is a small selection we hope you will be able to add to your own 'places to eat; list. If you discover a good venue that provides quality gluten free food please let us know. Share it on our Facebook page or email it and we will try to include it in our next newsletter.



"My favourite restaurant chain Cote Brasserie now have one in Bournemouth and I had to check it out. Brilliant proper French style food accredited by CUK so all your food comes with a little Gf flag. Separate gf menu or staff will check everything if you want the cheap (excellent value) lunch / early evening menu. Never been disappointed and have eaten in at least 6 in different parts of the country. Staff always knowledgeable. So now I can choose Dorchester or Bournemouth locally." - **Pam**

"I can make the following recommendations:

1. The Compass Inn near Cadnam, just off Jct. 1 of the M27 The full address is Winsor Road, Winsor, Hants. SO40 2HE. Tel No. 02380 812237

Web site is <http://www.compassinn.co.uk/menu.php>

The menu is fully GF. The quality of food is excellent and very good value for money. The price for most main courses includes dessert.



2. Browns Fish and chip shop/restaurant, Somerford (also in Poole)
Cooked to order fish, chips, pea fritters, etc and available every day. Not the cheapest but certainly quality food.

Others that have been very helpful include the Limewood House Hotel near Lyndhurst. Not a lot of default GF food on the menu but state your

requirements when ordering or pre booking and the chefs are very accommodating, one whom is a GF intolerant cook herself." - **Graham**

"The menu from Cranleigh Hungry Horse. Has disclaimer at bottom but husband who is Coeliac has not had any reactions.

Cranleigh Hungry Horse, 1 Clingan Road, Bournemouth, BH6 5PY



Thomas Tripp Lymington were really understanding and seemed fully aware of importance for Coeliac's. Just a few snaps of their extensive menu with gf marked against the items.

Thomas Tripp, Standford Road, Lymington, Hants, SO41 9GF

Delighted to have also found these places to eat out:

The Bear Cross, Bournemouth, BH11 9LU

Tomlins Fish and chip restaurant/takeaway, 186 Seabourne Road, Southbourne, BH5 2JB" - **Janet**

"On Wednesday evening I had a lovely GF meal (Lasagne and Garlic Bread) at the Royal Oak in Bere Regis



I was informed that the owner is herself a coeliac and a great proportion of the menu is GF. The barman was very helpful and if he was not 100% sure if it was safe, he checked with the chef.

The menu is "Pub Grub" but very tasty. I believe that they also do a carvery on Sunday but no service on Monday." - **Gill**

"Sturminster Marshall Golf Club – not an obvious place to eat but with two members of staff being coeliacs they always have 'Baked to Taste' snacks on the bar; gluten free beer and many items on the menu can be cooked gluten free." - **Dave**

New Year Meal 2018

Our annual New Year Meal, held last year at the Bearcross, has always been a well-attended event.

Last January we introduced a new concept where everyone chose a main course but was then able to sample up to 6 different starters and 6 different desserts. This proved to be hugely popular!

We are delighted to say that we are keeping this format for January 2018 and the price will be the same!

Options for all three courses will include vegetarian and vegan choices.

Full details will be sent out via email, and notification in our Facebook group, next month. Please make sure you sign up as soon as possible as places will be limited.

A separate invitation for our Quiz in March will also be sent out in November.

Supporting Young People

We were recently contacted by a children's dietitian at Poole Hospital. She has been approached by several teenage coeliacs wondering what support is available to them.

This is probably an age group for whom we have not previously provided appropriate targeted support.

As a result we are working together on staging an event specifically aimed at coeliacs in the 12 -18 age group. If this is you, or someone in your family, please keep a look out for details of our event in the near future.

We would welcome any ideas you have of ways that we can support this age group so feel free to let us know if you have any suggestions.

Stop Press

- The most common query we receive at the moment concerns prescriptions. We have no new information. Coeliac UK continues to lobby on our behalf and we have had no reports of local health groups intending to stop gluten free prescriptions. Obviously, we will let you know if we receive any further news.
- **WANTED: Sadly, our Treasurer will be resigning shortly and we cannot continue without one. If you are interested in volunteering please contact Dave Dorrell (details on page 1)**