



## **June 2017 Newsletter**

Welcome to any new members to the Croydon Group of Coeliac UK.

### **Apologies.....**

### **AGM and Life Without Prescriptions.**

A massive thank you to the few that attended this meeting. And again, I sincerely apologise that the CCG pulled out 24 hours prior to the meeting and also the dietitian did not feel they could even respond to my invitation. I think we also owe Dr Gupta a huge "thank you" for giving up his evening and for all the support he gives the group.

But I am pleased to say that the Committee stands as :

**Jacqui – Group Organiser**

**Lydia – Group Treasurer**

**Ann & Hannah Committee members and Jean -co-opted.**

We look forward to working for you and with you over the next year.

Thank you to those who responded to the questions at the end of the last newsletter. The Committee have looked at these (albeit very few!). And would like to point out the following:

### **Croydon Group of Coeliac UK is unique in that:**

- We are here to help those trying to get diagnosed or new to following a Gluten Free Diet and then continue to support our membership via group meetings, 1:1 social media etc..
- We work closely with health professionals at Croydon University Hospital to ensure continued care both as outpatients and inpatient.
- Keep up to date with information/research from Coeliac UK
- We work closely with Gluten Free companies but we are not big enough to put on cookery demonstrations as we cannot guarantee sufficient numbers at event.
- We are not a social group, who go out to restaurants although we will recommend and supply restaurant reviews.

I apologise to those that attended the "taste testing" evening during Awareness week. This was not something that I personally organised.



70 branches of M&S had tasting sessions, some better than others..... sadly Croydon kept changing the brief almost on a daily basis. They have promised however, to make it up to us so watch this space. But on the plus side it was lovely to see some familiar faces and some new ones. Sorry I did not hang around but had been there since 3.30pm.

If you are an avid M&S purchaser and like me tend to only stick to the "Made Without" section, here is a list of products in the Food Hall that are all GF.

[nutrition@marksandspencer.com](mailto:nutrition@marksandspencer.com) or download your own copy from [www.marksandspencer.com/health](http://www.marksandspencer.com/health)



Doves flour is no longer available in Sainsbury!  
They have now started to produce their own!

## Coeliac Annual Health Review

At our last meeting, there seemed to be some confusion about annual health reviews and who should undertake this. In Croydon once you have been diagnosed and the Consultant Gastroenterologist deems you are well enough, you will be discharged back to your GP, who should then undertake an annual health review which should include the following blood tests (ideally done prior to the review):

Full blood count, B12, Folate, Thyroid function, Liver function, Vitamin D, Calcium  
Height, weight and blood pressure.

At the time of your review, your bloods should be checked with you and your GP, any symptoms you might have related to Coeliac Disease, and if they are considered "red flags" e.g. continual diarrhoea despite being on a GF diet refer you back to Secondary Care.

If you have never had a DEXA scan ( a scan of your hips and lower back which measures bone density - as Coeliac's are at risk of Osteoporosis, refer you for one. This is not necessarily the case for Children as their diet should contain plenty of Calcium).

It was also recommended that Coeliac patients have "Pneumovax" vaccination and for those at risk an annual flu vaccination. More information on both these you could ask your GP or practice nurse to check in the "public health Green Book of Vaccinations".

**I really believe** it will be important that over the next year the health of Coeliac patients is monitored. How? Well by attending an annual review. We want to know if

Coeliac patient's health will deteriorate because of Gluten Free prescriptions being removed.

Dr Gupta strongly encourages, that should you meet with opposition from your GP that you let us know giving us as much information as possible, including the name of the GP Practice, as without written evidence we cannot do much about it! We have evidence from a couple of years ago but we need current evidence. So PLEASE let us know.

Please let Jacqui know if you have any problems with annual reviews:

[Coeliacssurrey@btinternet.com](mailto:Coeliacssurrey@btinternet.com).

**WHEAT FREE BAKERY DIRECT**

It all started with a search for an unsliced gluten free loaf for a Baptist Church communion service. For years, we had used various loaves, most recently Genius. But when Genius stopped selling unsliced bread we swapped to Udi bloomer. But then Tesco stopped selling Udi bread (Udi stopped selling in the UK)

A google search threw up Wheat Free Bakery Direct at Broxburn in Scotland. A look at their website, <https://www.wheat-freebakerydirect.co.uk/>, showed they did indeed supply a range of bread, some of which could be supplied sliced or unsliced. They also supply a range of gluten free goodies from Choux Buns to Red Onion & Chilli Flatbread, together with their own mixes.

The bread, the White Dusted Loaf, has been a great success. Together with successful personal trials of a Harvest seeded loaf, a crusty bloomer, a tiger bloomer, jam doughnuts, iced doughnut rings and ginger cake. This is a small part of their range, 67 items at last count. Many of these can be frozen, they tell you very clearly if they don't recommend freezing.

The delivery schedule is simple, with email confirmation of day of delivery and advice on the day by Interlink Express of a 1 hour delivery slot. Both these have options to redirect the delivery or authorise delivery to a safe place.



Our latest order, you get two doughnut rings but Hannah was so keen to try them!



From their website:



Custard Doughnuts



Chocolate Eclairs



Multi Seeded Sub Rolls



Fruit Scones (Plain also available)



I have been shopping at Morrison's for a while now and over time I've noticed that their gluten free range has expanded considerably! They have a chilled section stocking items including pizzas (I can recommend the Whole Creations Chicken & Pesto pizza!), Kirsty's ready meals, various falafel, Heck sausages & even black pudding!

There is also a double freezer with Schar products, Rule of Crumb profiteroles, Amy's meals, Genius sausage rolls & several of their own brand products including a Toad in the Hole which was delicious! I also really enjoyed the Schar chicken kiev.

For me the gluten free aisle is the most exciting part of the store. They have 6 sections of bread, cakes, biscuits, cereals, crackers, cake & sauce mixes & so much more including some brands I haven't heard of before.

I would recommend a visit & I'm sure you'll find something you want to try, I always do!

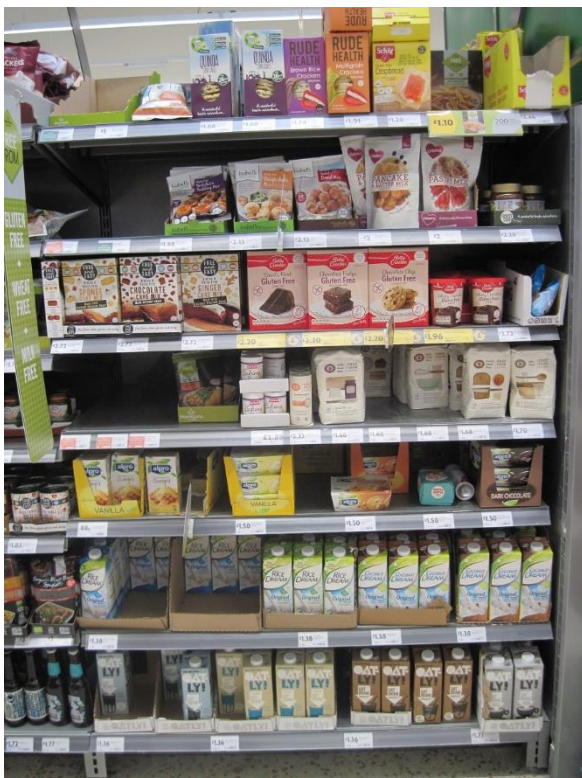




Two freezers



Six sets of shelves...



...including flour and mixes



Chiller section – easily missed at end of aisle



### **Dates for your diary:**

**Free From Festival** Monday 29<sup>th</sup> May 10.30-19.30 Old Spitalfield Market 105 Commercial Street E1

**Coeliac UK AGM** Saturday 24 June Salford – see latest Crossed Grain for details

**Allergy + Free From Show** 7-9<sup>th</sup> July Olympia London – see latest Crossed for details.

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