

# **Sevenoaks Area Coeliac Group**

# **TALKABOUT**

**For all your gluten-free gossip, news and events**

**February 2014  
Edition 32**



## Branch Committee

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## **Note from the Editor**

Dear Reader

Welcome to the latest edition of Talkabout. We are delighted to say a huge 'thank you' to Barkat for sponsoring the latest edition of Talkabout. We are very grateful for their support in covering the costs of our newsletter for one edition.

You can find some new restaurants in our Places to Eat section. Please keep sending in your useful information and venues that you've found so that we can share them with other members.

The pre Christmas meeting was a great success and we saw a fantastic turnout of 43 members who all enjoyed the afternoon tea and gluten free cakes. You can read more about it later on in this edition.

We have our AGM on Saturday 1st March which we hope you'll come along to. We intend to keep the official part of the meeting to a minimum and would like to invite you to enjoy gluten free cakes once again with the opportunity to chat with fellow coeliacs. We hope to see you there.

We are also delighted to tell you that we will be having a children's gluten free party in April. Please check page 5 for all the information and don't forget to book your slot!

Happy reading!

Gill – The Editor

## **Places to Eat and Useful Information**

Have you got a local restaurant that looks after you when you eat there and understands your needs? They don't need to advertise as gluten-free on the menu but are they prepared to put themselves out a little to look after you? If each and every member contacted us and let us know about their favourite restaurant, then imagine the wonderful selection of restaurants we could all try!

If you have some useful information to share with other members then please get in contact - you'll find my contact details on the back page of the newsletter. We look forward to hearing from you soon.

### **B & B at Centery Farm - Bittadon, Barnstaple, North Devon EX31 4HN**

Telephone: 01271 879603

This is run by Beverly & Stephen Green and it is AA 4 Star. When we arrived we had a Devon Cream tea with my scone GF, every thing at breakfast was GF for me, and GF biscuits every day in my room. Lovely farm house, near Ilfracombe.

### **The Cobb Arms - Marine Parade, Lyme Regis, Dorset DT7 3JF**

Telephone: 01297 443242

Had lots of GF meals on offer, I had Fish and Chips which was very good.

### **Tate Britain**

In July I went to Tate Britain, they had pre packed GF sandwiches, as well as some GF hot meals. Also, a B&B.

### **Bartellas – Hook Green, Wrotham Road, Meopham, Kent DA13 OJE**

Telephone: 01474 812154

This has a large gluten free menu which is a real treat to have so much to choose from.

### **The Trewellard Arms – Pendeen nr Penzance Telephone: 01736 788634**

Whilst on holiday in Cornwall we found a very nice hotel/pub which caters for coeliacs with an excellent menus and very large portions! A warm welcome awaits.

# **Children's Pizza Making Party**



**Come and join the fun and top your own gluten free pizza**

**We will cook it and you can eat it!**

**Saturday 26 April  
3.00pm – 5.00pm**

**Children up to age 11 are welcome  
Book your place with Gill on 07971 481150 or email her at  
gillich@tiscali.co.uk**

**We will also have a Bouncy Castle  
And lots more gluten free goodies for the children to enjoy**

**Tea and cake for the adults**

**Oxford Methodist Church Hall  
High Street  
Oxford  
TN14 5PH**

# **The Sevenoaks Group - 11 Years On**

**By Fiona Turnbull**

The first ever meeting of the New Sevenoaks Voluntary Support Group for Coeliac UK was held on Tuesday 1<sup>st</sup> April 2003 at the Sevenoaks Community Centre by the Bat and Ball railway station.

I offered my support when a request was made for volunteers to form a committee; I got the title of Fundraiser.

The committee was given £250 start up funds by Coeliac UK. Therefore, I had to start fundraising for the group to stay afloat.

Two Years later in 2005, just before the upcoming AGM our Group Leader Viv Isotta announced that she wanted to stand down. Not wanting the group to fold I agreed to take over. I spoke at the AGM and asked if anyone would be willing to join our small committee. I welcomed onto the committee that day Gill Howe, Daphne Paterson and Rita Laban, all still with us today.

Edition 1 of Talkabout was published in May 2005 which was Gill's idea of getting local news to our members on a regular basis. Gill has just published Edition 32. Thank you for the great work and commitment Gill.

That same month, saw the start of the very popular monthly coffee mornings at Sainsbury Café. These help newly diagnosed and long standing coeliacs to get together and share ideas and just talk. Thank you to Daphne who hosts these mornings.

We desperately needed funds for the local group so in August that year we had the first of 2 very successful Charity Abseils off Farningham Village Church Tower. A fantastic £1,395 was raised on the first Abseil towards our funds thanks to our organisers Tim Howe and 'Outer Limits'.

In January 2006 we paid the £250 start up fund back to Coeliac UK, a very proud day for me as we were now self sufficient. We were able to host the first of many Children's Gluten Free Parties and a Barn Dance for the adults.

In November the same year, Daphne, Rita and myself paid our first of many visits to Darent Valley Hospital where we have now been involved in a complete overhaul of hospital food – from rewriting the core menu, to the change of the catering company, and staff retraining. To this day we have a very good working relationship with the Dietetics Department and Catering Manager. We've helped run a stand in the main foyer for Coeliac Awareness week annually ever since.

My highlights over the next few years that spring to mind are as follows.

2007 - In October that year, Daphne, Rita and I attended our first Volunteers Conference run by Coeliac UK. We were thrilled to have our group's ongoing work with Darent Valley Hospital commended by Coeliac UK's Chief Executive, Sarah Sleet in her speech to the whole Conference.

That autumn we made our first of 3 annual visits to promote a Local Support Group at Kings College Hospital's Coeliac Open Day which was held in the Children's Outpatients Department. We were welcomed by Head of Dietetics Rick Wilson and were able to talk to newly diagnosed adults and children and offer help and advice to allay fears. Sadly after Rick left, the hospital no longer had their annual coeliac open day.

2008 – In September I was nominated for a Coeliac Award for Community Champion but sadly at final judging, I was voted Runner-Up but I still think it was a great honour to be 2<sup>nd</sup> in the UK. In October I sat on the 'Ask the Expert Panel' at the Volunteers Conference in London with 2 other Group Leaders and Chief Executive Sarah Sleet. All this was great recognition for the Sevenoaks Group.

2009 - Daphne and I took part in the Expert Patient Programme Course run by the Health Network which ran for 6 weeks. Everyone went away with a much greater understanding of Coeliac Disease.

2010 – In May we started printing Talkabout 'in-house' thereby saving quite a lot on printing costs. Thank you to Daphne for taking this on. In August the first Gluten Free summer BBQ was held, now an Annual event hosted by Daphne and husband Bob. It is a great success and always well attended by our members.

2011 - In the spring we were approached by Anne Payne as she was trying to choose a Charity for her year in office as The Lady Captain of Broke Hill Golf Club for 2012/13.

2012 - We were delighted that Anne did choose the Sevenoaks Coeliac Group as her chosen charity for her year in office as Lady Captain of Broke Hill Golf Club. Her husband had been diagnosed with Coeliac Disease 4 years beforehand and she was very keen to raise awareness.

2013 – In March, Anne Payne presented the Sevenoaks Group with a cheque for £4,671 raised by the Broke Hill Golf Club. This will go down as one of our greatest moments. £500 of this we donated to Coeliac UK towards research.

2014 – In January David Apps received a Cheque for £340 from Barkat to sponsor an Edition of Talkabout. Thank you for your help David.

The Sevenoaks Voluntary Support Group is now stronger than ever and will continue to help those with Coeliac Disease. We are firmly on the map for many more years to come.

Would you like to become a Volunteer for Sevenoaks? Then please let us know.

Fiona Turnbull

*Note from Editor*

*Well done Fiona! What a fantastic achievement to work on a voluntary basis for over 10 years in support of a charity. Fiona's enthusiasm is tireless and she is always there to help a newly diagnosed person or when someone needs some advice with coeliac disease. Huge congratulations to Fiona and many thanks for her continued support over the last 10 years!*

*Gill Howe*



## Forthcoming Events

**Please come along to one of our events – we look forward to seeing you soon.**

### **Coffee Morning - Third Saturday of every month**

(15 February in Sevenoaks, 15 March in Tunbridge Wells, 19 April in Sevenoaks, 17 May in Tunbridge Wells, 21 June in Sevenoaks)

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 all members.

We meet between 10.00am - 11.30am. We look forward to seeing you soon - look out for the Crossed Grain magazine on the table. We meet at alternate locations each month. One month at Sainsbury's Café in Sevenoaks (Otford Road, TN14 5EG) and the next month in Sainsbury's Café in Tunbridge Wells (on Linden Park Road, TN2 5QL, just off the A26 Eridge Road).

### **Afternoon Tea and Cakes and AGM – Saturday 1 March, 1.30-3.30pm**

Otford Methodist Church Hall, Otford TN14 5PH

Please come along to our AGM – following the official piece, we will be serving tea and a selection of home made gluten free cakes – don't miss out! We will also have a silent table top auction so if you have good quality unwanted Christmas presents or would like to donate something please bring along on the day.

### **Children's Party – Saturday 26<sup>th</sup> April – 2.30 – 4.30pm**

Otford Methodist Church Hall, Otford TN14 5PH

We are organising a children's gluten free party with a pizza making theme. We will have gluten free pizza bases and lots of toppings to choose from.

There will be a bouncy castle too so don't miss out on the fun! The pizzas will be cooked on site and the children can enjoy eating their creations along with some sweeter gluten free goodies for afterwards. Parents must stay on the premises but please come and enjoy a cup of tea and a chat with other parents. Please contact Gill at [gillieh@tiscali.co.uk](mailto:gillieh@tiscali.co.uk) to book a place by 31<sup>st</sup> March so that we know how many to cater for.

# Research Participants Needed

(This research study is for young people (16-19 years) with coeliac disease)

Researchers at the University of Birmingham want to learn what it felt like to move from services for young people with coeliac disease to services for adults.

## Who can take part?

The researchers would like to meet with some young people with coeliac disease who have made this move recently.

If you would like to take part in the study you must be:

- Age 16-19 years;
- Have received a confirmed diagnosis of coeliac disease before your 14<sup>th</sup> birthday;
- Have been under the care of child services for the treatment of your coeliac disease for a minimum of two years
- Have been discharged from child services for at least six-months.

In addition, the researchers would also like to interview one parent of each participant where possible.

## What would it involve?

All participants will be interviewed individually. This is anticipated to take approximately one-hour. All participants will be entered into a prize draw for a £50 high street voucher as a thank you for their participation.

It is hoped that this study will help to gain a better understanding of how young people and their parents can be best supported by professionals and services to ensure that this move is successful.

## How to take part:

If you are interested in taking part in the study, or would like more information, please contact the research Ms Natalie Craddock at [NXC243@bham.ac.uk](mailto:NXC243@bham.ac.uk).

This is a Doctorate in Clinical Psychology research study at the University of Birmingham, and has been approved by the Science, Technology, Engineering and Mathematics Ethical Review Committee, at the University of Birmingham.

## **Sevenoaks Group Pre Christmas get together Saturday 16<sup>th</sup> November**

We decided to make this meeting a social event. We've found that by serving food at events, it seems to encourage people to come along.

There were lots of different savoury snacks and cakes to choose from, each displaying the ingredients' used and the recipe. This gives people the confidence to try different things when they know exactly what products have been used.

We had donations of gluten free muffins from Udi's and a snack box from Saviour Snacks.

We were delighted with the great turnout – 43 people came along. It was so good to talk and mingle with lots of different people throughout the afternoon. We also had lots of positive feedback from members which makes it all worthwhile. I'm sure we'll be doing another event like this in the coming months.

Fiona Turnbull – Group Leader



## **The GFree Radio Show**

I wonder whether you have heard of **The GFree Radio Show**?  
The UK's first and only weekly show about everything GFree?

I am writing as a fellow coeliac (and member of the North Surrey group) and as a broadcaster of 20 years. I decided to put those two experiences together to produce a magazine programme full of news, interviews, new products and latest research on living as a coeliac.

The podcasts are free and really easy to hear:

- on your computer - go to [www.GFreeRadio.com](http://www.GFreeRadio.com) and click on the 'Listen Now' picture on the top right hand corner
- on your mobile phone - go to <http://www.bit.ly/hearitnow> which is compatible with iPhone and Android
- on iTunes - search for 'GFree Radio'
- on YouTube - search for 'GFree Radio'

You can listen there-and-then, or download any episode to listen to later; perhaps while commuting or doing the ironing. With bluetooth or a cheap connection lead you can even hear the Show through your car radio on the way to work, or through your kitchen radio as you do the washing up!

**The GFree Radio Show** has been running since June last year and since then the episodes have been heard 6,000 times - so I'd hate for you and your members to be missing out!

Thanks for your time and we hope to have you as a new, regular listener to **GFree Radio** very soon!

Peter Stewart  
Presenter

# COFFEE MORNING

## Come and join us

### WHERE?

**Sainbury's Café**

Tunbridge Wells or Sevenoaks /Otford

Look under 'Forthcoming Events'



### WHEN?

On the third Saturday of most months between 10.00 and 11.30

### WHY?

For a cup of tea or coffee and a chat with fellow coeliacs



## Coeliac UK News

### Your New Website has Landed

We're so excited that the new website is live and here ready for you to explore.

As well as having an improved design with better layout, the site has improved search functionality to help you find what you want. We have new sections including one for young people and our community as well as campaigning and research.

We have also improved our services to you so that you have:

- a new and improved Venue Guide which uses Google Maps to take you there
- a better Food and Drink Directory which is easier to navigate and search for your favourites
- a brand new Scrapbook area for you to personalise the website and the information you want to see
- a revamped Recipe Database with over 500 delicious gluten-free recipes to try
- and much more!

### La Tasca gains GF Accreditation

This year, three of the top 10 restaurants in the World's 50 Best Restaurants list compiled by Restaurant magazine were Spanish, and La Tasca aims to bring a true taste of Spain to the UK by offering the biggest and best selection of authentic tapas dishes.

La Tasca has recently gained Coeliac UK's GF accreditation. The restaurant's latest menu, which was launched on 17 September 2013, now includes 34 gluten-free dishes. The delicious selection of new dishes includes five gluten-free desserts and La Tasca's first gluten-free bread to accompany tapas.

The new menu aims to make the restaurant more accessible to the 1 in 100 people in the UK who have coeliac disease. As well as a gluten-free offering, the menu also has a number of vegetarian dishes, including paella de verduras and tortilla Española. [www.latasca.com](http://www.latasca.com)

## Recipe Corner

### Apricot and Almond Bread & Butter Pudding

Serves 4

#### Ingredients

- 8 slices of gluten-free sliced white bread, crusts left on
- 75g (3oz) salted butter, softened
- 200ml (7fl oz) whole milk
- 100ml (3.5fl oz) double cream
- 3 eggs
- 4 tbsp Demerara sugar
- 1 tbsp flaked almonds

#### Method

1. Preheat the oven to gas mark 4, 180C, fan 160c and grease an 18cm (7in) by 23cm (9in) baking dish
2. Generously butter the bread on both sides, then form into sandwiches and cut into triangle quarters. Arrange these quarters neatly in the dish so that they are overlapping each other.
3. Whisk the milk, cream, eggs and apricot jam together thoroughly. Pour the mixture over the buttered bread and scatter with the Demerara sugar.
4. Place in the oven for 30 minutes. Remove from the oven and scatter over the flaked almonds before baking the pudding for a further 5 to 10 minutes, or until the topping is golden brown.



**Talkabout**

**Sevenoaks Area Coeliac Group**

**Please send your letters or enquiries to:**

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Biggin Hill, Kent TN16 3BX**

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