

# **Sevenoaks Area Coeliac Group**

# **TALKABOUT**

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

**June 2013  
Edition 30**



## Branch Committee

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## **Note from the Editor**

Dear Reader

Welcome to the latest edition of Talkabout. We hope you enjoy reading it.

It was good to see some of you at the AGM in March where we shared information and updated our members on the latest news. We then had a nice chat over afternoon tea with lots of gluten free goodies and cakes.

We are delighted to share with you, in this edition, lots of new places to eat out and experience gluten free food. It really is exciting to find big chains like Pizza Express now offering gluten free pizzas. The marketing has been great too and this will hopefully encourage other restaurants to follow suit.

During Awareness Week in May, Fiona and Alison spent some time at Darent Valley Hospital meeting patients and raising awareness of Coeliac Disease. You can read about it on pages 8 & 9.

We have some exciting news to share with you in terms of fundraising for the Sevenoaks Group and you can read all about it on pages 12 & 13.

We are organising a summer BBQ again this year and we hope to see lots of you coming along to join us. Please see page 7 for more information. We hope to see you soon.

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.

### **Pizza Express – Gluten Free Menu**

Hooray – the time has come and Pizza Express is now offering gluten free pizzas. My daughter Jessica tried one on our last visit and was suitably impressed. They also have a gluten free risotto and a brownie and a Pilsner lager – how fantastic is that!

*Gill Howe*

### **Strada Restaurants**

Not sure if you are aware but the restaurant Strada in Sevenoaks now sells gluten free pasta! I had a great spaghetti bolognese on Saturday and couldn't believe it when the waiter said all pasta can be served gluten free!

*Janet Hewitt*

### **More Gluten Free Options**

Reading through the last newsletter, I noticed a mention of gluten free pizza at Bella Italia. From my experience of the branch in Brighton, if you ask, they also have a printed gluten free list showing which other items on the menu are available. More locally there is a “new” Italian Bistro in Dartford Town Centre called Le Tre Sorelle in Hythe Street, which has gluten free options and dishes available which are clearly marked on its menu.

*Tony Collins*

### **Rafferty's Coffee Shop, Sevenoaks**

Just to let you know that Raffertys Coffee Shop/Tea Room in Hollybush Lane, Sevenoaks is now serving a wonderful selection of GF cakes including chocolate brownies, lemon drizzle cake, apple cake, carrot cake to name but a few. Delicious and all homemade by one of their team.

*Cate Pruce*

### **Pub stocks gluten-free beer**

The landlord of The Three Daws riverside inn at Gravesend is now stocking a choice of five different gluten-free beers. These are Greens – Premium Pils, Golden Ale, Dark Ale, Brown Ale and Trail Blazer. In addition to the beers, he is also looking into the possibility of serving gluten-free food.

*Ken Hope*

### **Black Horse Pub, Pembury**

I went with my family for a Sunday lunch recently at the Black Horse pub in the High Street Pembury. I was greatly surprised to find the owner knew everything about the gluten free diet. In fact, I thoroughly enjoyed a wonderful carvery meal with only one item I couldn't eat. Even nice puds that were suitable. I will go to the Black Horse again.

*Blanche Murray*

### **Ightham Mote**

Ightham Mote are currently offering the most wonderful gluten free scones! I would thoroughly recommend a visit and a tea afterwards.

*Margaret Croucher*

### **Dietary Specials GF Quiche Lorraine!**

A gluten free first, the shortcrust pastry quiches are filled with smoky bacon and Cheddar cheese and come packed in two single person portions. Perfect for a picnic lunch or light supper. These are available into Tesco stores nationwide.

### **Georgia's Choice**

We have added 3 new products to our range of gluten free family favourites. Fishcakes, Mexican Bean Bake and Beef Lasagne join their successful Chicken Bites and Chicken Grills. Consumer feedback has given an enthusiastic endorsement to the new lines.

Georgia's Choice Chicken Bites and Grills can be found nationally in larger Tesco and Asda stores priced at around £3 a pack. The new Georgia's Choice Fish Cake (£2.50 for 2) Mexican Bean Bake (£2) and Beef Lasagne (£3.50) can be found nationally in Asda from May 13<sup>th</sup> 2013.

For More information please visit [www.georgiaschoice.co.uk](http://www.georgiaschoice.co.uk)

## **BBQ Tips to Avoid Cross Contamination**

Cross contamination can occur if you are cooking foods without gluten and foods with, on the same BBQ. The main problem when cooking on a BBQ is that a gluten-free sausage or burger can look very similar to one which contains wheat flour. To try and minimise the risk, follow our BBQing tips:

- Make sure the person cooking knows which foods are gluten-free and that they will need to keep them separate to the other foods
- Use a clean BBQ grill
- If you are using more than one disposable BBQ, keep one gluten-free
- If you are using a large BBQ cook gluten-free sausages and burgers in one area of the grill and make sure the meat is not mixed up. Alternatively cook the gluten-free foods first or cook gluten-free sausages and burgers for everyone
- Breadcrumbs can be a problem so make sure burger buns are kept separate from the gluten-free ones and that they don't get mixed up
- Also, make sure that if people have gluten-containing burger buns they don't toast them on the BBQ next to the gluten-free foods you are cooking
- Use separate tongs for meat, and separate serving spoons for any salads or accompaniments

## Sevenoaks Coeliac Support Group

would like to invite you to our 2013 BBQ from 4.30 on Saturday 20<sup>th</sup> July in West Kingsdown.

We will be cooking up some lovely gluten-free food for you to enjoy without worrying about all the usual contamination issues.

Please come along with your family and friends and support your local group.

The children will love it too!

All monies raised will go towards producing future editions of Talkabout.

The cost is a minimum donation of £5 for adults and FREE for children under 10.

Bring your own cold drinks, glasses provided.

Please contact Daphne Paterson by 15th July at [dpater2@btinternet.com](mailto:dpater2@btinternet.com) or telephone her on 01322 863171 to let us know how many of you are coming along and for directions.

Please also let us know of any other allergies

We are hoping to see lots of you soon!

## Coeliac Awareness Week 2013 Darent Valley Hospital 16<sup>th</sup> May

I spent a very enjoyable day at Darent Valley Hospital on Thursday 16<sup>th</sup> May as part of Coeliac Awareness Week. I was there from 9am until 4pm and I was delighted that my fellow committee member Alison Batchelor could come along and help me during the afternoon.

I'm very proud of the relationship that the Sevenoaks group has built up over the years.

The Dietetics Department work closely with us and we are grateful that they allowed us to run this event once again. There were lots of Gluten Free samples for people to try. The Almond deserts proving to be the most popular. The dieticians were with us on an hourly rota throughout the day between their ward rounds and clinics.



There was a gastro clinic in Outpatients which guaranteed us coeliac patients, throughout the day. I spoke to a few newly diagnosed and I was able to reassure them life as a Coeliac will be fine, but the need not to cross contaminate gluten-free food is so important e.g. not to use the same toaster, care if using wheat flour at home as the dust from the flour will coat all kitchen surfaces and stay air born for up to 2 hours. I always advise to do the gluten-free baking or cooking first.

I met 2 people that day that had never heard of gluten free food or Coeliac Disease. One lady said “so how does this help you lose weight?” One man said he had seen the FreeFrom products in supermarkets but didn’t realise it was for a special diet.

Once again we were surprised by some responses but it confirms that it is so important and worthwhile that we reach the general public and raise awareness.

Fiona Turnbull



## **Forthcoming Events**

Recently we have found numbers diminishing at events and we have decided to concentrate on events that we feel are very valuable to our members. We have recognised that our newly diagnosed members benefit greatly from the monthly coffee mornings and our regulars also enjoy coming along for a coffee and a chat.

Therefore, for the next few months we will be concentrating on Coffee Mornings every month at Sainsbury's (see below) and will run events in the future if we feel there is a demand for them. All suggestions are welcome.

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

**(20 July will not run due to summer BBQ, 17 August in Sevenoaks, 21 September in Tunbridge Wells, 19 October 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).

### **Summer BBQ**

#### **Saturday 20 July 2013 – 4.30pm in West Kingsdown**

We would like to invite our Sevenoaks members to a Summer BBQ to be held on Saturday 20 July in West Kingsdown. We will be cooking up some lovely gluten-free food for you to enjoy on the Barbeque. Bring all the family - the children will love it too!

- Cost is £5 for adults and free for children under 10.
- Bring your own cold drinks, glasses provided.
- Please contact Daphne Paterson at [dpater2@btinternet.com](mailto:dpater2@btinternet.com) or telephone her on 01322 863171 by Monday 15 July to let us know you are coming along and to get directions.

## **Coeliac AGM**

### **Why I am a Volunteer by Fiona Turnbull**

I had a great deal of support from the Bromley Coeliac group when I was first diagnosed in 1998. I remembered feeling very reassured after my very first group meeting. Sadly that group folded shortly after that. I was delighted to find the Sevenoaks Group and thanks to the committee who give their time, we are able to offer our help to the Sevenoaks and surrounding area.

I like our members to feel reassured if they have problems or need support and that we care. I'm at the end of the phone or email contact and I will get back to answer your query or just give support.

I know our coffee mornings are of great benefit to the newly diagnosed. We meet once a month (see the Forthcoming Events section for details on dates) - Daphne Paterson runs the Sevenoaks Coffee morning and Carol and Peter Barnett run the Tunbridge Wells Coffee. I'd like to say a big thank you to all of them.

Saturday is a working day for me so I don't get to the coffee mornings very often. However, I was able to attend the Sevenoaks coffee mornings in February and April and once again I am pleased to see that this opportunity to talk one-to-one is so important to people. They can get advice on how to manage their diet and also hints on where to eat out and certain products that are available that they may not have known about. Diagnosis for some is very stressful and it is great to know that others understand and can offer help and advice.

In terms of our committee, we are a friendly bunch and you don't need a particular role to be involved. If you have an idea or would like to help out at a particular event then we would love to hear from you.

At our AGM meeting on 16<sup>th</sup> March our guest was Anne Payne from Broke Hill Golf Club. Anne chose our Sevenoaks Voluntary Support Group as her chosen Charity for her year in office as Lady Captain of Broke Hill Golf Club. Over the year Anne raised £4671 for the Sevenoaks group which is absolutely fantastic and she came along to the AGM to present the cheque to us in person. This money will keep the Sevenoaks Group firmly on the map for years to come.

Following this wonderful donation, the Sevenoaks Group have made our own donation of £500 to Coeliac UK to go towards the Research of Coeliac Disease. A huge thank you goes to Anne Payne for her wonderful fundraising efforts this year and the very generous donation.

I was also thrilled to welcome 3 new committee members including our first Junior Committee member Jessica Howe. Jessica is only 10 and I wanted to be sure that she could be a committee member - this has now been cleared by Coeliac UK. She will be involved in events and maybe come up with some ideas for our child members.

We served afternoon tea and gluten-free cakes after the formal meeting which everyone thoroughly enjoyed.

A list was circulated asking if anyone was interested in a London Theatre Trip and on the 6<sup>th</sup> May 8 people went to the Piccadilly Theatre to see Viva Forever. We met at Nandos for dinner first and all had a very enjoyable evening.

I hope to carry on with my volunteering role within the Sevenoaks group as I find this very worthwhile. The Talkabout newsletter is the only point of contact with a lot of our members so I hope you are happy to continue receiving this? Please let us know as we are always happy to hear from you.

*Fiona Turnbull Group Leader*

### **Anne Payne – Lady Captain of Broke Hill Golf Club**

I became lady captain of Broke Hill Golf Club on the 21 March last year. It is customary to raise funds for a local charity during your year in Office and I chose you (the local Sevenoaks Coeliac Group)!

I chose the charity because my husband Nick was diagnosed with Coeliac Disease 5 years ago after many trips to the Doctor prior to diagnosis. Although Coeliac UK do a great job in educating people about the disease and funding further research into the disease, the work you do at a local level is definitely as important. He is not one for coffee mornings but he does enjoy reading through and appreciates the newsletters you publish.

I have thoroughly enjoyed thinking up different fund-raising initiatives which have included: an auction at my Lady Captain's Day; Find the Buried Treasure; Spot the Ball; Name the Teddy; various raffles; selling photos and Nearest the Pin. One of our ladies also secured a donation of £1000 from her company. Two junior chefs also did a skydive and split the money they raised between their charities.

I was very grateful to local businesses including Polhill Garden Centre and Chapter One for their generous donations of prizes for raffles etc.

I am delighted to be able to present a cheque today and I hope this will go some way in helping you carry on the excellent work you do.



Anne Payne presenting the cheque to Fiona Turnbull

# 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

### **Living Gluten-Free for Dummies**

This book contains everything you need to know about living gluten-free, from information on reading labels, tips for eating out, practical tips for children starting school and lots of recipe ideas. Not only will you be buying a great book but Coeliac UK will also receive 10 pence for every copy sold.

It costs £15.00 and can be purchased at the online shop at [www.coeliac.org.uk](http://www.coeliac.org.uk) or by telephoning 0845 305 2060.

### **New Travel Leaflet**

We have added Turkey to the travel section of our website. Our Travel and Translation leaflets contain useful phrases you can use when out and about to communicate your need for a gluten-free diet as well as facts on local cuisines and labelling. See our website for more details including travel information for over 35 countries.

### **Awareness Week Walks**

Saturday 18 May marked the third Coeliac UK Awareness Week Walk to raise awareness and fundraise. HF Holidays once again teamed up with us at four locations across England in Whitby, Dovedale, Bourton-on-the-Water and Abingworth. A big “thank you” goes out to all 230 walkers who took part in this year's Awareness Week Sponsored Walks. During most of the walks the weather was kind, but some of our walkers had to endure the delights of the British weather. Following the walks all the participants were rewarded with a well earned gluten-free afternoon tea.

### **Website and App – Later Launch this Summer**

We're working on the new website and app and we're getting really close to having new and exciting developments as part of your Membership. We want to get it right and so we've taken the difficult decision to launch a little later in the summer. This will help us with the user journey and make sure that the design and flow works for those seeking information when they need it most. It will also enable us to do even more rigorous testing and ensure the site can deliver an improved experience. We know how excited you are about these new developments and hope you will bear with us a little longer – we'll let you know in future editions of eXG the new launch date. It will be worth the wait.



**Talkabout**

**Sevenoaks Area Coeliac Group**

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