

Sevenoaks Area Coeliac Group

TALKABOUT

For all your gluten-free gossip, news and events

**June 2014
Edition 33**

Sevenoaks Coeliac Group
 **Voluntary**
support groups

Branch Committee

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Note from the Editor

Dear Reader

Welcome to the summer edition of Talkabout. We've had a busy couple of months in the Sevenoaks Voluntary Group.

In April we held a gluten free pizza making party for coeliac members which was a great success – you can read all about it on pages 4 and 5.

This year's Coeliac Awareness Week featured the strap line 'Gluten Free Guarantee' which is encouraging all big supermarkets to stock staple gluten free goods in all stores so coeliacs don't have to visit several shops each week for different products. Fiona and Daphne visited Darent Valley Hospital during Awareness Week and supported the Dietetics Department for a very successful day and David Apps spent 2 days in Tunbridge Wells raising awareness – you can find out more in this edition of Talkabout.

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.

We also have some events coming up in the near future which we hope you'll join us for. Our summer BBQ is scheduled for July so make sure you get it in the diary and let us know you'll be coming along. Also, our pre-Christmas meeting is already booked too with a guest speaker coming along so don't miss out!

Have a Great Summer and hope to see you all soon.

Gill – The Editor

Children's Gluten Free Pizza Making Party Saturday 26th April 2014

It is with great delight and a smile that I write this report.

The Sevenoaks Group hosted a gluten free pizza making party for all our child members up to the age of 11 and their siblings at Otford Methodist Church Hall.

The children decorated their own gluten free pizza base with their favourite toppings. They had lots of fun adding sweetcorn, ham, pineapple, mushrooms, peppers and lots of cheese! Some were really piled high with toppings which was fantastic to see! We made sure the pizzas were labelled whilst we cooked them and then delivered them back to the children. These were served with cherry tomatoes, carrot and cucumber sticks and soft drinks.

With a bouncy castle and party games for added fun, there was never a dull moment, and the hall was full of laughter all afternoon.



We served large bowls of popcorn, chocolate biscuits, crisps and homemade cupcakes afterwards which was definitely a hit with our young coeliacs. The fact they could eat absolutely everything that afternoon was such a joy to see.

The children had great fun and were so sad when the afternoon came to an end with the arrival of the company to fold up our Bouncy Castle.

This type of event is of great value to the parents of young Coeliacs too as they are able to chat together, swap ideas and share stories of diagnosis that every family goes through when their child is so ill.

It was a great pleasure for the Sevenoaks Group to totally fund the afternoon and the feedback from parents and the children was excellent.



Even the helpers had fun making pizzas!!!
The Sevenoaks Group Committee

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.

Starbucks Offer Gluten Free Wrap

The famous coffee house will offer customers a delicious 'Veggie Good Houmous Wrap' which consists of Newburn Bakehouse Gluten-Free Seeded Wrap packed with Chargrilled Vegetables, Moroccan Spiced Chutney with a delicious Lemon and Coriander Houmous. The wrap will retail at £2.99 if you choose to dine in or £3.59 to take away.

Cote Brasserie

71-73 Mount Pleasant Road, Tunbridge Wells, TN1 1PX

Tel: 01892 540215

The inspiration for the food and design of Cote is a modern interpretation of the many famous bistros of Paris. Inspired by new trends, they are dedicated to serving authentic classic brasserie dishes with a modern twist. 40% of their menu is gluten free so worth a try!

HunnyBeez Café

1 Manor Row, 100 High Street, Tenterden TN30 6HP

Family run café offering good choice of gluten free sandwiches, cakes and scones.

Black Farmer Sausages

Black Farmer is delighted to introduce some new sausage flavours. Gluten Free Pork, Bramley Apple & Cider flavour in packs of 6 sausages which will be hitting the shelves of selected Morrisons, Tesco and Co-Op stores and also gluten free Pork, Sage & Onion – available in Asda stores in the summer. And wait for it ...ready for your summer BBQ's, Pork, Mango & Chilli gluten free sausages can be found in Co-Op stores.

Sevenoaks Coeliac Support Group

would like to invite you to our 2014 BBQ from 4.30 on Saturday 19th 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 14th July at dpat2@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 2014
Darent Valley Hospital
Fiona Turnbull

Daphne Paterson and I spent a very rewarding day in the main foyer of Darent Valley Hospital with our friends in the Dietetics Department on Tuesday 13 May as part of raising awareness for Coeliac Awareness Week.

I'm very proud of the working relationship the Sevenoaks group have built up with the hospital over the years.

We had a stand from 9.30am until 4pm with lots of gluten free goodies for people to taste. We also had information leaflets detailing symptoms of coeliac disease which are often overlooked and can lead to misdiagnosis.

This year the campaign is the 'GLUTEN FREE GUARANTEE' – which is encouraging supermarkets to supply staple gluten free products in every store. Often coeliacs have to visit several supermarkets each week in order to get the various products they can eat. We had a number of different products on display from local shops.

A gastro outpatient's clinic was being run that afternoon in the hospital so it guaranteed there would be coeliac patients in the building or those undergoing tests. The G/F goodie bags given away were very much appreciated.

Some people are very keen to talk and will tell you all their problems, however we are often surprised by some people – one patient when asked if they had ever told their doctor about their problems replied, "Oh I wouldn't want to trouble him with that, he's much too busy"!

A Paediatric Doctor spent ages talking with me, keen to hear my journey to Coeliac diagnosis and what symptoms eventually took me to the Doctor that lead to positive results. He was shocked to hear I could trace symptoms back 15 years. He said he would never forgive himself if he misdiagnosed a child that was actually a coeliac when a simple blood test can rule it out these days. If only there were more doctor's willing to rule out coeliac disease, fewer mistakes would be made.

One lady stood in front of the stand in amazement and read the basic symptoms of Coeliac Disease and said “this is me - why haven’t they thought of this!” We could only advise her to go to her doctor and ask for a coeliac screen blood test and to continue eating gluten until all tests were completed.

This is an excellent way of reaching the general public. I feel if we helped this one lady get a diagnosis of Coeliac Disease it is a job well done. I’m very pleased to continue my voluntary work for the Sevenoaks Group.



Coeliac Awareness Week – Tunbridge Wells

On Tuesday 13th May David Apps set up his stand in The Royal Victoria Shopping Centre in Tunbridge Wells to raise awareness of Coeliac Disease as part of Coeliac Awareness Week. He was there from 10am until 5pm – the majority of the people he spoke to were coeliacs or knew someone who was a coeliac so they had an amount of knowledge about the disease.

They were happy to discuss their problems and enjoyed sampling the gluten free products he took along. David felt that although they didn't attract many non-coeliacs or people who might need help with diagnosis it was still worthwhile.

On Thursday 15th May, David had the display stand at the entrance to Sainsbury's store in Tunbridge Wells. This was a great position as everyone coming in and out of the store had to pass by. He was busy most of the day and noted some interesting facts:

1. He felt that approximately 90% of people he spoke to had never heard of Coeliac Disease.
2. There were a number of people who had classic coeliac symptoms and were still suffering but had not visited their doctor, or hadn't followed up when a blood test was inconclusive or did not want an endoscopy.
3. There were some people who had been diagnosed but as they didn't develop symptoms externally they carried on eating gluten unaware of the harm they were doing to themselves.

Educating the above groups of people was very worthwhile, particularly those they spoke to from group 2. There is still work to be done with raising awareness but another successful week – well done David.



Forthcoming Events

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

Coffee Morning - Third Saturday of every month

(21 June in Sevenoaks, 19 July in Tunbridge Wells, 16 August in Sevenoaks, 20 September in Tunbridge Wells, 18 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 and 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 (Oxford 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).

Gluten Free Summer BBQ

Saturday 19 July 2014 – 4.30pm in West Kingsdown

We would like to invite our Sevenoaks members to a Summer BBQ to be held on Saturday 19 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!

- Minimum £5 donation for adults and free for children under 10.
- Please contact Daphne Paterson at dpater2@btinternet.com or telephone her on 01322 863171 by Monday 14 July to let us know you are coming along and to get directions.

Dietetic Talk and Afternoon Tea and Cakes

Saturday 8th November – 2 - 4pm

Oxford Methodist Church Hall, Oxford TN14 5PH

We have invited Catharine Channing from Dr Schaer to come along to our pre Christmas meeting where she will give a talk and also share some of the company baked goods and maybe even some goody bags for members. Get the date in your diaries now so you don't miss out. We'll also be serving tea and cakes so there'll be time for a catch up with other coeliacs too.



WESTERHAM BREWERY MAKES GLUTEN FREE BEER

Same Beer – Gluten Free

Westerham Brewery has succeeded in reducing the gluten content of a number of their bottled beers to a level which means they can now be certified “gluten free”. The beers have less than 20ppm gluten, the threshold for labelling a product “gluten free”.

Westerham applied for a Technology Strategy Board grant to develop the proprietary method of producing the beers. Working closely with Campden BRI, the UK’s top brewing research and development centre, Westerham proved the beers they were producing in bottle were already gluten free according to the WHO (World Health Organization) Codex Alimentarius. However, the proprietary method developed with Campden BRI, produced beers that both tasted the same but would provide retailers with the confidence that the products were certified gluten free.

The recommended method of analysis, approved by the Codex Committee on Methods of Analysis and Sampling (CCMAS), is the R5-sandwich ELISA (Mendez method).

The control and trial beers were put through Campden BRI’s sensory analysis panel to test whether the method used to reduce the gluten had any flavour impact on the beers. Within the usual batch to batch variations that we would normally expect, the trial and control beers exhibited very similar flavour profiles.

Westerham is employing good manufacturing practice at all stages of production to ensure no cross-contamination. Final products are also sent to a laboratory for gluten testing using the Competitive R5 ELISA test. Test certificates for each batch of beer are available for inspection on the website.

A gluten free mixed case is available for mail-order. It contains Freedom Ale, the first beer to be tested as a gluten free beer, British Bulldog, Scotney Pale Ale, Scotney Best Bitter and Viceroy India Pale Ale.

Westerham has licensed the “crossed grain” symbol from Coeliac UK and is labelling the Freedom Ale with this symbol. Other certified gluten free beers are marked with the crossed grain symbol on the website. Coeliac consumers now have the freedom to enjoy real beer with the confidence of knowing it is gluten free.



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



Important Information about Glutafin Product Names

Glutafin have recently changed some of the names of their products. Some customers are experiencing difficulties when placing their repeat prescription with the doctor.

At some doctor's surgeries, Glutafin products are appearing as "withdrawn". **Please rest assured, Glutafin have NOT withdrawn any products, this is a system error.**

We recommend informing your surgery that the products have not been withdrawn, they are simply appearing under a new name. All Glutafin products now start:

Glutafin Gluten Free (for Gluten Free/Wheat Free products)

Glutafin Gluten Free Select (for products which contain gluten free wheat starch)

The full list of Glutafin products that have been affected can be viewed on our website at www.glutafin.co.uk. Please do not hesitate to contact us by email or phone on **0800 988 2470**.

Why have Glutafin made this change?

New regulations state that Glutafin is unable to include "wheat free" in our names or labelled on our packaging. So whilst the products themselves haven't changed, we have had to make changes to our names and packaging.



Talkabout

Sevenoaks Area Coeliac Group

Please send your letters or enquiries to:

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