

Sevenoaks Area Coeliac Group

TALKABOUT

For all your gluten-free gossip, news and events

**June 2015
Edition 36**

Sevenoaks Coeliac Group
 **Voluntary**
support groups

Branch Committee

Group Organiser	Fiona Turnbull fi.turnbull@talktalk.net	01474 703869
Secretary	Daphne Paterson dpater2@btinternet.com	01322 863171
Treasurer	Mary Cunnington mary@june-cottage.com	01732 862925
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Committee Member	Sally Spike sally.spike214@btinternet.com	01689 828883
Refreshments Organiser	Joy Oliver roliver912@googlemail.com	01732 460849
Refreshments Organiser	Wendy Gibson wendysheilagibson@yahoo.co.uk	01474 853656
Junior Committee Member	Jessica Howe	

Note from the Editor

Dear Reader

We are well on our way into the summer season now and I hope that you are all enjoying the sunshine.

In this edition we've included the AGM Minutes which also gives you an update on what we got up to over the last year as a group. We also had a fantastic cookery demonstration from Glebe Farm which you can find out more about on page 13.

Some of our committee members were out and about during Coeliac Awareness Week and did a great job of raising the profile amongst the general public and those who could be living with the disease without knowing it!

We are looking forward to the Summer BBQ in July – please do get in touch to let us know you are coming along so that we have an idea on numbers.

To find out about what we've got coming up in the next few months please visit our Forthcoming Events page.

Please do send us your recommendations of places to eat locally as they are always really helpful to other members.

I hope you enjoy this edition of Talkabout and we look forward to seeing you at the BBQ.

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.

Sponge.co.uk

I had a gorgeous individual 'Apple Crumble' (Baby Sponge) when we visited Eagle Heights the other day. I have never seen them anywhere else but this is the link to their website: <https://www.sponge.co.uk>

Newburn Bakehouse

We are delighted to announce that Newburn Bakehouse by Warburtons are launching two new Gluten Free and Dairy Free Artisan Loaves, a delicious White Sourdough Cob and a Classic White Loaf, which will be exclusively available in the free from aisle at Sainsbury's from Sunday 12th April.

Coeliac Starter Pack

At ilumi, we understand that being new to a gluten free diet might be a daunting experience – but we believe it can be a positive journey too. We try to make it easy for you during your first few weeks with our new **Gluten Free Starter Pack** – a whole weeks' worth of food just to prove gluten-free doesn't have to mean flavour-free!

Get yours HALF PRICE with our exclusive Coeliac UK Member offer – use code CUKSTART50 at checkout to pick yours up for just £25. Go to the website: <http://www.ilumiworld.com/products/view/coeliac-starter-pack>

Forthcoming Events

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

Coffee Morning - Third Saturday of every month

20th June in Tunbridge Wells, 18th July in Sevenoaks, 15th August in Tunbridge Wells, 19th September in Sevenoaks, 17th October in Tunbridge Wells, 21st November 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).

Gluten Free Summer BBQ

Saturday 18 July – 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 £7.50 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 13 July to let us know you are coming along and to get directions.

Scrumptious!

Delicious Gluten free cakes and bakes!

Handmade gluten free & wheat free
cakes & bakes delivered to your door

Victoria Sandwich – Coffee and Walnut - Banana - Carrot
Traditional Sticky Gingerbread - Chocolate with Goopy Fudge icing
Crunchy-topped Lemon & Poppy Seed Drizzle
Almond Frangipane - Traditional Fruit Cake - Chocolate Refrigerator Cake...
...and many more... why not request your favourite!

All cakes are freshly made to order: family 7" to party 10" sizes available.
Prices from £14.95 + delivery

Perfect to share with family and friends
(but only if you *have* to - ssshhh!)

!! No-one will know they are gluten free !!

A variety of deep-filled, family & party-size savoury flans also available:
Quiche Lorraine, French Onion, Broccoli & Stilton etc.

Can you taste the difference?

Cate Pruce was diagnosed with Coeliac Disease in 2012 and established
Scrumptious! to provide delicious, gluten free food
(made with the best, locally-sourced ingredients) for all the family!

Contact: Cate Pruce: 01732 764092/07944 978846
email cate@scrumptious-gf.co.uk
www.scrumptious-gf.co.uk

Currently supplying Café 1809, Tonbridge Road, Hildenborough, TN11 9HW

Coeliac Awareness Week Darent Valley Hospital Visit by Fiona Turnbull

Once again I spent the day at Darent Valley Hospital during Coeliac Awareness Week this year to help raise the profile of coeliac disease. We coincided the day with the Gastro Clinic so more people with gastro disorders are in the building and may drop by. I also had a rota of dieticians and students throughout the day which is great for sharing information with them. Alison Batchelor from the Sevenoaks committee also helped out which is great for the hospital to have the support.

It was a very worthwhile day speaking to the public but there is always that one person you remember!

A lady spoke to me who said she wasn't a coeliac but was told she was allergic to gluten. I spent time talking to her and she told me that she wakes up at night almost in tears with burning and terrible itching on her back. She has to wake her husband up to scratch her back! He will often refuse because her back is so sore and blistered! I thought I might know what the problem was and gave her the CUK leaflet on Dermatitis Herpetiformis, which is a skin condition that affects some people with Coeliac Disease. She stood reading it and then bust into tears saying I'm the first person that has taken the time to listen and believe in her, so I brought the dietician into the conversation who agreed that she needed a biopsy of the blisters. I am hopeful that she will get the problem sorted soon. As you can see, if only one person benefits from the day it is a success.



Minutes of AGM 18 April 2015 - 2.30 – 5pm

Fiona welcomed the 2 guests: Rebecca Rayner and Mark from Glebe Farm who would be giving a cookery demo after the AGM along with G/F Goods for sale.

Apologies for absence

Gill Howe, Jessica Howe and Mary Cunnington

Approved Minutes and Accounts from AGM 1st March 2014

We shared a copy of the financial report that is sent to CUK twice yearly up to Dec 2014. Fiona also read out an up-to-date finance report from Mary. There were no matters arising from the minutes or Accounts of 2014 AGM.

Standing Down from the Committee

Fiona thanked Rita Laban for her help over many years. Also David Apps.

Vacancies on Committee

Minutes Secretary – this post is available and is not too time consuming – we require someone to take minutes at meetings and the AGM.

Coffee Morning Organiser - this does not require attendance at every session, but to ensure that someone will be there to represent the group. The sessions really run themselves as you will know if you have been to any. Daphne would like to step back from this now that she has taken on the duties of Secretary.

Fiona asked if there were any nominations from the floor for these positions. None came forward.

Please contact Fiona directly if you feel you could help with either of these jobs.

Fiona thanked the committee for a very successful year together and explained that at the AGM all posts are up for re-election.

The Committee as follows were willing to stand for another year,

Group leader	Fiona Turnbull
Asst Group Leader & Newsletter Editor	Gill Howe
Secretary	Daphne Paterson
Treasurer	Mary Cunnington
Refreshments Co-ordinators	Joy Oliver & Wendy Gibson
Web Master	Alison Batchelor
Committee Member	Sally Spike
Junior Member	Jessica Howe
Coffee Morning Organiser	Vacant
Minutes Secretary	Vacant

It was proposed to re-elect the committee on mass.

Proposed by *Elaine Bowdrey*

Seconded by *Blanche Murray*

Fiona thanked everyone and said she would be very pleased to take the group forward into our 12th year.

Secretary's Report by Daphne Paterson

Coeliac UK have their new website up and running. Some aspects are now easier to use. They are especially pleased with the 'My Scrapbook' area where you can store your personal favourites and links e.g. foreign travel information, to make them more easily accessible; and the electronic Food & Drink Directory is good.

There is a completely new database section which was constructed to make life easier, however, Daphne has sorted the member list personally over the last few years and the new system has caused some problems; not least is that her database is actually more up to date than theirs! If you have changed contact info since joining, please update it with CUK so that you will continue to receive your newsletters.

PLEASE ALSO LET DAPHNE KNOW IF YOU ARE RECEIVING 2 COPIES

All our Talkabouts from June 2012 onwards are accessible online by going to the Sevenoaks local group area and clicking on 'Talkabout Newsletters' on the left side.

Website update by Alison Batchelor

Alison has recently taken over the role of Webmaster for the Sevenoaks page of the Coeliac UK main website. This means that she will be adding information; recipes and the newsletter etc to our Sevenoaks page so please take a look and let us know if there is anything you'd like to see on there.

Fiona thanked Gill Howe for a wonderful job as editor of the group news letter Talkabout; Gill has just published Edition 35, WOW!

Fiona explained the Group are concentrating on coffee mornings rather than big meetings, feeling that this is vital for newly diagnosed coeliacs to chat on an informal basis. Coffee mornings are held the 3rd Saturday of the month 10-11.30am at Sainsbury's café, alternating between Tonbridge Wells and Sevenoaks.

Fiona gave a quick run through of the events from last year.

Saturday 26th April 2014 Children's G/F Party

Gluten Free Pizza Making, Party Games and Bouncy Castle

Party totally funded by Sevenoaks for Coeliac members up to the age of 11 and their siblings. What a great afternoon. Parents had to stay on the premises but were invited to enjoy afternoon tea and cake while the children enjoy the party.

Coeliac Awareness Week 12th -18th May 2014

Once again we joined forces with our friends at Darent Valley Hospital's Dietetic Dept. We had a stand in the main foyer for one day only, and had our literature on display. Fiona spent the whole day there. Lots of staff came up to talk recognising Fiona from previous years. There was a gastro out patient clinic in the afternoon so that guaranteed us people interested in coeliac disease.

Summer BBQ Saturday 19th July

Fiona thanked Daphne Paterson and husband Bob for all the hard work, and for hosting the BBQ. Thanks to James Whitehorn for arranging parking and the BBQ cooks Bruce Turnbull, Roy Cunnington, Jeff and Bob.

Website workshop at Head Office

Daphne Paterson and Alison Batchelor attended this. Alison will now be keeping our group web pages up to date on Coeliac UK website. Daphne has done a grand job with the Database.

Several great photos in Cross Grain Magazine

All great for keeping Sevenoaks firmly on the map.

Saturday 24th January 2015 Children's G/F Party

Pizza Making, Decorating Fairy Cakes, Party Games and Bouncy Castle

Party totally funded by Sevenoaks for Coeliac members up to the age of 11 and their siblings. The party took place earlier this year and we added the extra bonus of decorating gluten free fairy cakes as well as topping the pizzas. It was another successful afternoon.

Future Events (some of these have now happened)

Coeliac Awareness Week 11th-17th May 2015

'Is it Coeliac Disease?'

Fiona has already been in contact with Darent Valley Hospital in Dartford and will spend a day in the main Foyer with the Dieticians.

13th May Fiona to take part in Teleconference with Coeliac UK

Summer 18th July 2015 – BBQ at High Wood

Volunteer's Conference Saturday 19th September

This will be in London this year so easier for Sevenoaks to attend. At present Fiona and Daphne will attend.

The meeting closed reluctantly at 5pm, as people were still chatting. Another great afternoon for Sevenoaks.

Sevenoaks Coeliac Support Group

would like to invite you to our 2015 BBQ from 4.30 on Saturday 18th 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 £7.50 for adults and FREE for children under 10.

Bring your own cold drinks, glasses provided.

Please contact Daphne Paterson by 13th July at 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!

Saturday 18th April

Cookery Demo Glebe Farm

Fiona Turnbull

Sevenoaks were very pleased to welcome Rebecca Rayner and Mark from Glebe Farm to our AGM meeting. We were treated to an excellent cookery Demo by Rebecca assisted by Mark who was in charge of the all important oven gloves.

During her demonstration Rebecca mentioned that Buckwheat flour is gluten free and gives colour to baking but it is a bit sour so you can add ingredients to improve this. The Glebe Farm Scone and Carrot Cake mix are gluten, wheat, corn, dairy, soya and egg free. Therefore, you can add ingredients to suit your own restricted diet i.e. egg or dairy free. The scone mix was also sugar free.

During the afternoon Rebecca made the following items:

1. Carrot Cake

This was a packet mix by Glebe Farm with fresh grated carrots, margarine and egg added. Rebecca melted the margarine in the microwave as this made it easier to cream into the ingredients.

2. Pizza

Rebecca made the dough, shaped this into rounds, cooked off the base at 180c for 10/15 minutes then she added tomato and cheese topping and returned to the oven for a further 10 minutes.

3. Scones

This was a packet mix by Glebe farm and Rebecca added margarine and natural yogurt.

4. Pastry/Jam Tarts or Mince Meat Tarts

Rebecca made this look so easy, using half fat to flour and a beaten egg. The dough was kneaded for several minutes and then rolled out on grease proof paper as this makes it easier to cut out shapes and lift onto baking trays. I was very surprised that Rebecca didn't grease her tins but she said it wasn't necessary. After baking them, Rebecca proved to us all that the tarts didn't stick.

All goodies were handed round for us all to sample, and packets were available for us to buy. A lovely afternoon spent eating all the goodies with tea, coffee, or fruit ciders for tasting and available to buy.

A very big thank you goes to Rebecca and Mark from Glebe Farm.

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



The Allergy & Free From Show 2015 3-5 July 2015, London Olympia

The Allergy & Free From Show 2015 sponsored by Udis Gluten Free, Europe's greatest 'free from' family day out, will take place in the Grand Hall, Olympia in London on Friday 3 July to Sunday 5 July and Coeliac UK Members can attend for free.

Come to this gluten-free paradise and find a hall packed with a vast range of gluten-free products to try and buy, coeliac specific talks, free from cooking demonstrations and a chance to meet and chat to the Coeliac UK team, and obtain advice from the UK's top dieticians.

Free tickets, courtesy of Coeliac UK can be requested via the link:
www.allergyshow.co.uk/go/coeliacgroup.

Coeliac UK - Volunteering in Fundraising

Whether you come and help us in our High Wycombe office or join us to cheer on our event participants at events all around the country, we need your help to raise the funds that enable us to continue our work.

We provide all of our cheerers with:

- a Coeliac UK t-shirt
- banners
- hand clappers (on a loan basis).

With no government funding we rely on the kind support of people like you to enable us to continue to fund research into the causes and cures of coeliac disease, and campaign to raise awareness of coeliac disease and dermatitis herpetiformis (DH).

If you have some time to donate to Coeliac UK, either helping our Fundraising Team in High Wycombe, or taking part in one of our cheering teams nationwide, please contact 01494 796132 or email fundraising@coeliac.org.uk.



Talkabout

Sevenoaks Area Coeliac Group

Please send your letters or enquiries to:

**Gill Howe at Bramcott, 54a Sunningvale Avenue
Biggin Hill, Kent TN16 3BX**

Tel: 07971 481150 Email: gillieh@tiscali.co.uk