

Sevenoaks Area Coeliac Group

TALKABOUT

For all your gluten-free gossip, news and events

**July 2016
Edition 39**

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
Newsletter Editor	Gill Howe gillieh@tiscali.co.uk	07971 481150
Website Manager	Alison Batchelor alisonbatchelor21@hotmail.co.uk	01732 360019
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

Welcome to our summer edition of Talkabout. We hope you are enjoying the sunny weather.

Our BBQ was well attended and apart from an early downpour as guests were arriving, the sun did come out and everyone enjoyed the delicious gluten free food. A big thank you goes to Black Farmer who kindly donated their gluten free sausages for our BBQ and also to our fabulous committee members who prepared and provided the salads and desserts.

Our children's party went extremely well and everyone enjoyed fun, games and magic with Micky the entertainer. You can read more about it in this edition.

We have a tasty salmon, chive and lemon fishcake recipe for you to try out this month.

Don't forget to check the Forthcoming Events page and get the pre-Christmas meeting in your diary for a catch up with fellow coeliacs and some tea and cakes. The meeting will be held in Christ Church Hall in Sevenoaks once again.

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

We hope you enjoy this edition of Talkabout and we hope to see you at one of the forthcoming events.

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.

Barkat Mac 'n' Cheese

We are pleased to introduce our new **Mac 'n' Cheese** ready meal available from Barkat. The product is available online at an introductory price at £2.99. This is an ambient product with a 12 month shelf life. Add ingredients to 600ml of boiling water and simmer for 12/14 minutes. Visit our website for new products, special offers, gift packs and recipes.

www.glutenfree-foods.co.uk

Sunshine Pies Co

We are a family run Free From business - at present we provide a selection of Gluten, Dairy free old style meat Pies, Scotch Eggs, Savoury Rolls and Quiches. We have also Vegetarian and Vegans range also.

Our products are all homemade and, where possible, we source our products locally and have a farm in Derbyshire where we get all our farmed meats from.

We run our business in our own Gluten Free kitchen and are registered with our local Environmental Health service and have a level 5. We are also working towards the Coeliac accreditation programme to rubber stamp our products with the GF sign. <https://freefrom-sunshinepies.co.uk/>

Honest Eats

Honest Eats will offer everything from pasta to puddings and bread to brownies, including many exciting free-from products from Europe that are relatively unheard of in the UK. For more information, please visit www.honesteats.co.uk.

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 August Sevenoaks, 17th September in Tunbridge Wells, 15th October in Sevenoaks, 19th November in Tunbridge Wells, there will be no December meeting.

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).

Pre-Christmas Gathering

Saturday 26th November – 3–5pm

Christ Church URC Hall, Littlecourt Road, Sevenoaks TN13 2JG

We'd like to invite you all to come along to enjoy some pre-Christmas tea and cakes with us and a chance to chat to some fellow coeliacs. We may have a guest speaker but will know nearer the time.

Children's Party

On Sunday 22nd May we invited our Coeliac child members to come along to enjoy a party with entertainer Micky the Magician. He started the party off with lots of fun games to get the children interacting with each other.

We then had a break for party food which was all gluten free and included pizza, crisps, carrot and cucumber sticks, grapes, jam tarts, brownies, biscuits and cakes. As usual it was lovely to see all the children enjoying the food and able to eat everything at a party!

Micky then continued with his show by wowing us all with some tricks and magic and fully involved all the children in his act. The grand finale saw the arrival of a real live rabbit! He then did some balloon animals and even taught some of the children a trick or two to take away with them and impress their friends!

All in all it was a very enjoyable afternoon.





Micky the Magician Performing Magic



The Rabbit Appeared Out of a Hat!

My Diagnosis – Nicola Ward

After an emergency appendectomy in November 2008, (possibly unnecessary as we were later told that the appendix had not been inflamed), and numerous subsequent trips to A&E with extreme stomach pain, during which it was suggested that it was psychosomatic, I was referred to hospital to try to establish the cause of my pains, weight loss and anaemia.

I missed my AS Level exams due to being in hospital resulting in me having to retake the year and leading to me becoming quite depressed. However, after one stay in hospital, my mum began to suspect that my problem was food related as she realised that I had eaten nothing, nor been given any medication bar a drip, yet was noticeably better. Unfortunately, the doctors didn't agree but said we could continue experimenting as "it wouldn't do any harm".

We tried different food exclusions but none brought a sustained and permanent improvement, possibly due to not trying them for long enough. After a range of tests, operations and procedures, I was found to have Endometriosis and IBS. This was managed through medication and the introduction of the FODMAP diet when I was symptomatic.

It was believed that my IBS was stress-related so having graduated from university in 2015, I was hoping for a marked improvement in my symptoms. However, this never came. I started working within a Gastroenterology department at a London Hospital so spoke to one of the consultants for some advice. He immediately referred me to the dieticians to re-introduce FODMAPs hoping that would help. Unfortunately this did not make much difference, so I was sent for blood tests.

On Christmas Eve, to my surprise, my IGA blood test came back positive, suggestive of coeliac disease with a Folate deficiency. On New Year's Eve I had an Endoscopy which showed signs of Coeliac. Later in January my biopsies came back confirming the diagnosis of coeliac disease. Since then I have been totally gluten free, have had my DEXA scan and my folate levels are back to normal.

Holidays and Travel

Following a gluten-free diet should not prevent you from travelling in the UK or overseas. With a little preparation you can follow a gluten-free diet wherever you are in the world.

Plenty of thought and advanced planning will definitely pay off when arranging overseas holidays, business trips or longer periods of travelling. It's advisable to do your research well in advance, so that you allow plenty of time to receive any information you may have requested.

Planning your trip

- Contact the tour/cruise operator to let them know that you will require gluten-free meals at the time of booking. Some tour operators have a specific department that you need to contact about the provision of gluten-free meals in your chosen hotel so do check this with them when making your booking.
- Visit Coeliac UK's Venue Guide to search for hotels and bed and breakfasts that can cater for the gluten-free diet. The Guide is made up of Member recommended venues and those that have our GF accreditation.
- If visiting more remote regions or camping, ensure your diet can be accommodated.
- When travelling independently, research the local food and whether it is suitable for a gluten-free diet. Identify what foods you can rely on in an emergency.
- Pack some emergency gluten-free snacks in your suitcase – you never know when you may need them.

Country guides

- Coeliac UK have information leaflets for over 35 countries, with translations of useful phrases that you may need while you're out and about.
- Each one also has information about the local cuisine, applicable labelling laws and contact details for local coeliac societies.
- The local organisation in the country can sometimes provide lists of hotels/restaurants and shops which supply gluten-free foods, as well as their gluten-free food list.

Travel insurance

- Arrange travel insurance and inform the company that you have coeliac disease. Many insurers do not charge extra for covering someone with coeliac disease.
- Shop around if you are unhappy with the quote.
- As insurance policy cover can vary from company to company, you should always check the full details of your travel insurance policy carefully.
- In EU countries, take the EU Health Insurance card as well as arranging normal travel cover.

Transport

- Ask for gluten-free meals at the time of booking for airlines or first class Eurostar travel.
- Double check these arrangements before you leave and make yourself known to staff when you arrive.
- Gluten-free choices can be limited at some airports, train stations, motorway service stations and on ferries, so plan ahead and prepare food or snacks for the journey.
- Always make sure you have emergency snacks to fall back on in case of delays or cancellations.

Taking food abroad

- Check with your airline or tour operator whether sealed packs of gluten-free products may be brought into the country you are visiting. They sometimes also give you additional baggage allowance if you request it.
- If you require further reassurance, your GP can provide you with a letter explaining coeliac disease and why you need these products.

Self-catering

- Take some supplies to keep you going while you get to know what is available locally.
- Don't forget to take your Food and Drink Directory when staying in the UK, but remember that the information doesn't apply overseas.
- Gluten-free products are increasingly available in Europe and other Western countries, but can be difficult to source elsewhere.

- Bread and pasta are frequently found in large branches of supermarkets and health food shops, as well as some pharmacies, often located under the Diet section.
- Sometimes it is possible to order online in advance and have the goods delivered to your hotel or villa.

Hotels and restaurants

- Book your accommodation and restaurants in advance, requesting gluten-free meals at the same time.
- Speak to the chef or front of house staff when you arrive to confirm that gluten-free meals have been arranged.
- Follow your instincts if you are unsure whether a dish is safe and speak to the chef again.
- Although Western style buffets are increasingly found all over the world, ensure that the gluten-free options are safe and not contaminated (for example, separate serving spoons).
- Use the translations in our country guides to ensure that you have been fully understood.
- If using recommendations from the local coeliac organisation, check that the information is still current and the chef has not moved on.

Food labelling abroad

- All packaged foods in the EU are covered by the same food labelling legislation as in the UK. Manufacturers must list all deliberate ingredients in the ingredients list, regardless of the amount used. Manufacturers must emphasise the particular grain, for example, wheat, rye, barley or oats.
- Specific information for each country is given where possible on the individual country guides.

A little bit of forward planning and research will help make your trip enjoyable.



The eight Feel Free for Gluten Free products now available in Morrisons are:

Ring donuts - available in 79 stores

Sticky toffee pudding - available in 280 stores

Lemon meringue pies - available in 329 stores

Raspberry & almond tarts - available in 128 stores

Cheese & potato pasties - available in 130 stores

Curried vegetable pasties - available in 130 stores

Breaded fish nuggets (also free from dairy, egg & soya) - available in 130 stores

Breaded cod (also free from dairy, egg & soya) - available in 130 stores

Morrisons are showing a real commitment to extending their free from offering, giving shoppers on a restricted diet much more choice.

Look out for these fab five in Morrisons' free from aisle

Remember, you can also pick up some of our ambient products in selected Morrisons stores.



Our vegetable suet mix will be sold in 472 Morrisons stores - free from gluten, wheat and dairy and approved by The Vegetarian Society. Find our alphabet pasta in 387 stores - free from gluten, wheat, dairy, egg and soya.

Our gluten & wheat free chocolate cake mix and our vanilla sponge mix are on the shelves in 387 Morrisons stores, and our chocolate brownie mix is in 169 stores.

Salmon, Chive and Lemon Fish Cakes served with Tartare Sauce



Cooking time: **10 mins**

Preparation time: **30 mins**

Servings **4 people**

Ingredients

- 500g peeled potatoes, diced
- 450g salmon fillet, skin left on
- 570ml milk
- 1 bay leaf
- 1 small onion sliced
- Freshly ground black pepper
- 30g butter
- 1 egg beaten
- ½ tablespoon of finely chopped chives
- Zest of 1 lemon
- 140g Genius Gluten Free Bread, whizzed into breadcrumbs
- 4tbs of sunflower oil

For the Tartare Sauce:

- 4tbs mayonnaise
- 1tbs capers rinsed, drained and finely chop
- 1tbs gherkins, rinsed, drained and finely chopped
- 1 small onion, finely chopped
- 1tbs curly parsley, rinsed, dried and finely chopped
- A squeeze of lemon
- Salt and freshly ground black pepper

Method

- First simmer the potatoes in gently boiling water for 20 minutes or until tender.
- Place the salmon skin side down in a frying pan. Pour the milk over the fillets. If the fillets are exposed, add some more milk or water to cover. Add the bay leaf, sliced onion and 4 turns of freshly ground black pepper. Bring the milk slowly to a simmer and gently poach the fish for 10 minutes or until the fish is just cooked through. Reserve the poaching milk
- To make the Tartare Sauce, mix all the ingredients together and season with salt and pepper. Spoon into a serving bowl.
- Mash the potatoes with 1-2 tbsp of the poaching milk and butter
- Separate the flakes of salmon from the skin and mix with the mashed potatoes, chives, lemon zest and egg. The consistency should be firm enough to hold its shape. Add one or two more tablespoons of poaching milk if the mixture is too stiff. Taste and add more seasoning as necessary
- Wet your hands to prevent the mixture sticking and shape the mixture into 8 round flat cakes no more than 2.5cm/1inch thick
- Coat the fish cakes with Genius breadcrumbs then brush off any loose crumbs
- Heat the oil in the frying pan over a moderate heat. When the oil is hot, place 4 fish cakes at a time into the pan and fry until golden brown on both sides. Remove from the pan and keep warm in a low oven while the remaining cakes are fried
- Serve immediately with lemon wedges and Tartare sauce.

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





Talkabout

Sevenoaks Area Coeliac Group

Please send your letters or enquiries to:

**Gill Howe at Rochdale, 335 Main Road,
Westerham Hill, Kent TN16 2HP**

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