

# **Sevenoaks Area Coeliac Group**

# **TALKABOUT**

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

**March 2017  
Edition 41**



## Branch Committee

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## **Note from the Editor**

Dear Reader

Welcome to our Spring Edition of Talkabout! I am delighted to say that the first signs of spring can be seen in the garden now and I am very much looking forward to some warmer weather.

In May, we are holding our annual AGM and will also have a guest speaker come along on the day so please come along and join us.

As usual, we will be hosting our monthly coffee mornings which are invaluable for newly diagnosed coeliacs but also a nice opportunity for members to come along for a chat with other coeliacs. Check the forthcoming events page for dates and locations.

As usual, if any of you have any recommendations of places to eat locally please do email them to me at [gillieh@tiscali.co.uk](mailto:gillieh@tiscali.co.uk).

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

Gill – The Editor

## **Hospital Food Standards**

If you have coeliac disease and need to go into hospital for whatever reason, it is important that you communicate your need for a gluten-free diet with hospital staff. Hospital catering is variable – some are excellent whilst others may find it more difficult to cater for you.

The good news is that new standards mean that from 2015 there are mandatory standards covering hospital food in England and Scotland, and there are standards in place in Wales and Northern Ireland too.

It recommends that all hospitals have a policy covering gluten-free provision and ensures that gluten-free food is available in hospitals and that preparation and labelling of food is consistent with the law and guidance from the Food Standards Agency.

### **Unplanned Stays in Hospital**

Knowledge of the diet may vary amongst staff and unless they are a gastroenterologist or dietitian, they may not have a very good understanding of coeliac disease.

When choosing from the menu in hospital, check with the ward housekeeper who should be able to show you which options can be included in your gluten-free diet.

Some hospitals highlight on the menu which meals are gluten-free, and some even have a separate gluten-free menu. Ask to see a dietitian when you are first admitted to hospital, as it is often the dietitian who will order a meal for you.

Be aware that well-meaning staff may get it wrong as they may not fully understand the gluten-free diet. For example, they may add croutons which contain gluten to soup that would otherwise be ok for you to eat.

If you are unsure if your meal is ok for you to eat, check again with the ward housekeeper or a member of nursing staff.

## **Planned stays in hospital**

If your stay in hospital is planned, speak to the ward sister or hospital dietitian beforehand so they know that you need a gluten-free diet.

Don't worry that this is 'making a fuss', the staff will be glad of the warning so they can be prepared. This should also give the catering team time to order in specialist gluten-free foods like bread and crackers if they don't keep them all the time.

To make sure that your stay goes smoothly, here are a few questions to ask beforehand:

- do I need to see the hospital dietitian to make sure I can get meals and snacks that I can eat?
- does the hospital have a gluten-free menu?
- are gluten-free snacks available?

Take your Food and Drink Directory with you – it may come in handy if you or the hospital staff need to check certain foods.

Take your Coeliac UK Membership card with you – it has our Helpline number on it so if you or staff are unsure about a food, you can call us.

## **If something goes wrong**

If you're not happy with the food that is provided during your hospital stay, we would recommend speaking to the ward staff about this while you are there. You can also ask to speak to the hospital dietitian who may be able to talk to the catering staff on your behalf.

If you feel more comfortable speaking to someone after your stay, you can contact the Patient Advice and Liaison Service (PALS) at the hospital. Each hospital has a PALS team and they are there to listen to patients, their relatives, carers and friends about any positive or negative experiences they have had during their hospital stay. They will try to answer any questions and resolve any concerns as quickly as possible.

You could also contact the Nutrition and Dietetic team at the hospital directly and let them know your concerns. They can then pass your feedback on to the catering department on your behalf.

## 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.

### **Niche – Gluten-Free Dining**

**197-199 Rosebery Avenue, London EC1R 4TJ**

**Telephone: 020 7837 5048**

**[www.nichefoodanddrink.com](http://www.nichefoodanddrink.com)**

Niche is an independently owned casual dining restaurant near Sadler's Wells Theatre and Angel Tube Station in Islington, serving good honest British comfort food with a modern twist. Our 'niche' is that everything on our menu is 100% gluten-free, but you wouldn't know it!

### **La Polenteria**

**64 Old Compton Street, London W1D 4UQ**

**Telephone: 020 74343617**

**[www.lapolenteria.co.uk](http://www.lapolenteria.co.uk)**

**Gluten-Free**, Homemade, **Healthy** and Love are the key-words describing a whole new Food concept in London. La Polenteria is the first and only Italian **100% gluten-free restaurant** in the country certified by Coeliac UK Association. **Vegan** and vegetarian-friendly here it is where everybody is welcome to try scrumptious **Italian** recipes twisted in cosmopolitan dishes. **Allergy friendly**, our menu displays all the allergens for each dish making sure everybody can feel safe whilst eating out. Based in Soho, La Polenteria has been gaining its popularity for bringing healthy and tasty food rewriting the history of the "**Free-from**" London food scene.

## **Forthcoming Events**

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

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

18<sup>th</sup> March in Sevenoaks, 15<sup>th</sup> April in Tunbridge Wells, 20<sup>th</sup> May in Sevenoaks, 17<sup>th</sup> June in Tunbridge Wells, 15<sup>th</sup> July in Sevenoaks, 19<sup>th</sup> August in Tunbridge Wells.

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 and the committee representative will be wearing their blue coeliac t-shirt. 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).

**AGM and Guest Speaker – Saturday 13<sup>th</sup> May 2017 – 2 - 4pm**  
Christ Church URC Hall, Littlecourt Road, Sevenoaks TN13 2JG

We will be updating you on our events over the past year and re-electing our committee members. We will also be welcoming along a guest speaker so please keep the day free and come along and join us.

# West Kent Clinical Commissioning Group

## Consultation on Gluten Free Prescriptions

### 1. Introduction

- 1.1 For the past 30 years, the NHS has been prescribing gluten-free products to patients who have been diagnosed with coeliac disease. NHS West Kent CCG spends over £130,000 a year on these prescriptions. Prescriptions started when gluten-free foods were not as readily available as they are today and food and diets were not so widely understood and documented.
- 1.2. Even with much greater availability of gluten-free products in shops and online, NHS West Kent CCG has so far continued giving prescriptions for a limited number of standard gluten-free items per month for patients with coeliac disease. These standard products include: fresh and long-life bread, flour mix, plain savoury crackers, pasta and pure oats breakfast cereal. Depending on age, a patient can receive up to 18 items per month, with extra items allowed for breastfeeding women and women in the third trimester of pregnancy.
- 1.3. The NHS faces a very challenging financial situation. With a limited budget and an increasing demand for services, NHS West Kent CCG is evaluating every service it pays for and making decisions about the best value for all its patients. In that context, it has proposed stopping prescriptions of gluten-free products. The CCG undertook a consultation to understand if West Kent residents agree with the proposals, if there are any groups who would be particularly impacted by the change and, if so, how that impact could be reduced.



## **2. Consultation**

- 2.1. The CCG Governing Body launched consultation at its meeting of 29 November. A two-month consultation was undertaken from 29 November 2016 to 29 January 2017. The consultation comprised a survey, a public meeting, attendance at two local Coeliac UK coffee mornings and stands at five public roadshows in shopping centres across the west Kent area. It was broadly promoted through a press release, which led to coverage on BBC Radio Kent, and emails to West Kent Health Network members, Healthwatch Kent, children's centres, care homes, children's clubs, community centres, councillors, education contacts, faith groups, churches, Gypsy and Traveller sites, leisure centres, libraries, MPs, opticians, parish councils, community pharmacies and patient participant group (PPG) chairs. A poster promoting the consultation was sent to local government gateways, GP practices and hospital waiting rooms.
- 2.2. During the consultation process, NHS West Kent CCG received 505 responses through the online or paper survey. Another 41 people were engaged with at a public meeting and local Coeliac UK coffee mornings. Three letters and emails were received from the public and three from organisations.

The consultation document outlined the proposed changes and the rationale for the change. It asked a series of questions about the level of support for the proposal and if any exemptions should be made if the proposal is accepted by West Kent CCG. It also explored whether those respondents with coeliac disease or caring for those with coeliac disease would have problems affording and accessing gluten-free products if prescriptions were to cease.

- 2.3. Of the 505 people who responded to the survey, 43 per cent had coeliac disease, eight per cent were the parent or carer for a child with coeliac disease, two per cent the parent or carer for an adult with coeliac disease and six per cent were responding on behalf of someone with coeliac disease. Forty-one per cent neither had coeliac disease nor were carers for someone with the condition. Overall, the survey was answered by more people with/caring for someone with coeliac disease than people without.

2.4. Overall, 55 per cent agreed at least in part with the CCG's proposal to stop the routine provision of gluten-free products on prescription: 29 per cent of respondents agreed routine prescriptions should be stopped completely; 26 per cent thought there should be some exemptions if the proposal is accepted by the CCG. Just under half of respondents (46 per cent) did not agree with the proposal.

### **3. Next Steps**

3.1. The CCG has now received a detailed report on the feedback from consultation. The CCG is now seeking the views of the Health Overview and Scrutiny Committee. The CCG will then form recommendations that take all views and consultation feedback into account and it is expected that a decision on next steps will be made at the Governing Body meeting in March.

*From the Editor:*

*We will try and keep you updated with what is going on regarding this consultation process in the next Talkabout.*

# 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

## **Coeliac Awareness Week 8-14 May 2017**

This year's Awareness Week will be all about food! Coeliac UK will be working with restaurants and venues to promote the catering training module and gluten free accreditation scheme as they raise awareness and enhance the eating out experience for those on a gluten free diet.

They will be working with supermarkets to further the Gluten Free Guarantee which marks a commitment from supermarkets on the availability of products. They will also be addressing food on the move, looking at improvements in availability, choice and affordability when travelling by plane or train, visiting sports and entertainment venues and in schools, hospitals and care homes.

## **Member2Member Programme**

The Member2Member programme is a peer to peer support service available to all members. Whether someone is newly diagnosed or a long-term member requiring some additional help they can access personalised support by phone or email.

The volunteers are members of the charity, just like you, who have first-hand knowledge of living gluten free. Matches are based on the member's situation and need so that they get the right support for them (either a quick phone call or more long term guidance).

If you'd like to get involved, just visit the Coeliac UK website to find out more about how to become a supporter.

## **Become a Young Champion Aimed at those aged 5 – 11**

We know that managing a gluten free diet at a young age isn't always easy – especially outside of the home at school and extracurricular activities. We are very excited to be launching a pack to help children with coeliac disease become Young Champions giving them the

confidence to talk about their condition in their school or community group. Our Champions will help others gain a better understanding of coeliac disease and become more aware of what life is like on a gluten free diet.

The pack includes lots of information, materials and activities for children to do with their class, school, friends, family or community group. As this is aimed at children aged 5 to 11, we have tried to include a mix of activities so there is something for all ages! To order your Young Champions pack please visit [www.coeliac.org.uk/youngchampions](http://www.coeliac.org.uk/youngchampions).

## **Be A Mystery Diner**

Do you eat out regularly? Help Coeliac UK to improve its services by providing feedback on your dining experiences.

Whether eating out with your local group or with family and friends, by giving feedback on your experience you can help Coeliac UK improve their GF catering accreditation scheme. They are looking for feedback from people dining out at any of the following venues:

- Carluccio's
- Cote
- Domino's
- Ed's Easy Diner
- Filmore and Union
- Frankie & Benny's
- Handmade Burger Co
- Hard Rock Café
- Harrods
- Pizza Express
- Pizza Hut
- Prezzo
- Wadworth & Co Ltd Pubs

All you need to do is complete a short survey following your visit. For more information or to take part please visit: [www.coeliac.org.uk/mysterydiner](http://www.coeliac.org.uk/mysterydiner).

# *Leonard's Field House*

## **Guest House**

**(Specialising in Gluten Free - Coeliac Owner)**



**3 Leonard St, KESWICK, Cumbria CA12 4EJ**

**I don't know about you, but I always feel happier staying at Bed and Breakfasts where one of the owners is themselves, a Coeliac. We understand the very real dangers of gluten cross-contamination and as such we have been welcoming Coeliacs and those following a wheat and gluten free diet to Leonard's Field House since 2001. In fact, we successfully accommodated more than 50 Coeliacs and their families last year alone! The guests in turn were able to enjoy a stress-free holiday secure in the knowledge that their dietary needs were being taken care of. As standard, we offer the following:**

- **Gluten free Bread**
- **Gluten free Breakfasts**
- **Gluten free locally handmade Sausages & black pudding**
- **Gluten free sauces and jams**
- **Gluten free Packed Lunches**
- **Gluten free biscuits in rooms**

**Also, we have composed a folder showing all the cafes and restaurants in Keswick who cater for Gluten Free diets (some with discount vouchers) so you can enjoy your evening out worry free.**

**Email: [stay@leonardsfieldhouse.co.uk](mailto:stay@leonardsfieldhouse.co.uk)**

*Telephone Direct: 017687 74170*

*Mobile: 0780 267 2536*

*£5.00 Discount on stays of 3 nights or more to all Coeliac Members when quoting this flyer and booking direct*

**[www.leonardsfieldhouse.com](http://www.leonardsfieldhouse.com)**

# Recipe

## Juvela Hot Cross Buns

- 500g packet of Juvela Gluten free white or fibre mix
- 2 tsp mixed spice
- 50g (2oz) butter
- 1 x sachet easy blend yeast (supplied with mix)
- 50g (2oz) caster sugar
- 100g (4oz) mixed dried fruit
- 1 medium egg
- 125ml warm milk
- 125ml warm water

## Method

- Pre-heat the oven to 200°C/400°F/Gas Mark 6 and lightly grease a baking tray.
- Mix together the mix and mixed spice.
- Rub in the butter to resemble breadcrumbs.
- Stir in the yeast, sugar and mixed fruit.
- Beat together the egg, milk and water.
- Gradually add to the dry ingredients to form a soft but not sticky dough.
- Knead the dough until smooth on a surface lightly dusted with Mix.
- Divide the dough into 8-10 pieces and shape into buns.
- Place on a baking tray, cut a shallow cross on the top of each bun and cover with greased cling film.
- Put in a warm place until well risen (this should take about 45 minutes).
- To make the paste, mix together 50g (2oz) of Juvela GF Mix which sufficient water to make a paste.
- Use the paste to pipe a cross on top of each bun.
- Bake in a pre-heated oven for 20-25 minutes.
- Sugar glaze: 75g (3oz) sugar mixed with 100ml (4floz) warm water.



**Talkabout**

**Sevenoaks Area Coeliac Group**

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

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

**Email: [gillieh@tiscali.co.uk](mailto:gillieh@tiscali.co.uk)**