

Sevenoaks Area Coeliac Group

TALKABOUT

For all your gluten-free gossip, news and events

**July 2017
Edition 42**

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
Committee Member	Sally Spike sally.spike214@btinternet.com	01689 828883
Refreshments	Joy Oliver roliver912@googlemail.com	01732 460849
Refreshments	Wendy Gibson wendysheilagibson@yahoo.co.uk	01474 853656
New Members Secretary	Susan Potts slpotts53@hotmail.co.uk	01892 613258
Junior Committee Member	Jessica Howe	

Note from the Editor

Dear Reader

Welcome to the summer edition of Talkabout! What a wonderful summer it has been so far, let's hope this weather continues. I have included a piece in this edition on BBQ's and how to get the best out of them and stay safe from contamination.

In May, we held our AGM and for those that couldn't make it, I have included the Minutes from the day to update you.

We are delighted to tell you that we are holding our annual BBQ again in July – so please get the date in your diary and let us know if you are coming along. It's a great event and everything is gluten free. Keep your fingers crossed for a sunny day.

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.

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

Gill – The Editor

Sevenoaks Area Coeliac Group

Minutes of AGM – 13th May 2017

Present:

Committee Members – Fiona Turnbull, Daphne Paterson, Mary Cunnington, Joy Oliver, Sally Spike, Susan Potts, Wendy Gibson, Also present – 21 members of the group

Apologies of Absence – Gill Howe and junior committee member Jess Howe

Group Organiser's Report

Fiona welcomed everyone to the meeting and apologised that the speaker for today had been unable to attend. Minutes of the previous AGM held on 27th February 2016 had been distributed and read and were proposed as a true record of the meeting by Ashley Adams and seconded by Fiona Turnbull. There were no matters arising.

Vacancies on Committee

It was explained that the Coffee Morning Organiser is a role that we would like some help with. There were no nominations from members. Fiona explained that a rota for members to help cover the coffee dates seemed to be working.

The 7 members of the committee present today have a combined total of 149 years' experience since their coeliac diagnoses; proving that we all have very valuable coeliac knowledge to help each other.

Re-Election of Committee

Fiona thanked Susan Potts for stepping in last November as the New Members Secretary taking over after the sad loss of Alison Batchelor. The group were pleased to have secured a write up with a picture of Alison on page 10 of the Spring Edition of Crossed Grain.

Fiona thanked the committee for another very successful year together and their hard work and contribution to the local group. Fiona explained that all posts are up for re-election but no nominations were forthcoming.

All of the current committee were willing to stand for another year:

Group Leader	Fiona Turnbull
Asst Group Leader & Newsletter Editor	Gill Howe
Group Secretary and Web Master	Daphne Paterson
Treasurer	Mary Cunnington
Refreshments	Joy Oliver & Wendy Gibson
New Members Secretary	Susan Potts
Committee Member	Sally Spike
Junior Member	Jessica Howe

It was proposed by Ashley Adams and seconded by Malcolm Potts that they be re-elected 'en bloc'.

This was carried.

Fiona thanked everyone and said she would be very pleased to take the group forward into our 15th year.

Treasurer's Report

Mary Cunnington distributed copies of the Balance Sheet for January-December 2016. The closing balance at 31st December 2016 was £4241.30.

Fiona ran through the events that had been organised over the last 12 months.

Monthly Coffee Mornings

We are still concentrating on coffee mornings rather than big meetings. We feel this is vital for newly diagnosed coeliac's to chat on an informal basis. Coffee is held on the 3rd Saturday of the month at 10am to 11.30am at Sainsbury's Café; alternating between Tonbridge Wells and Sevenoaks.

Talkabout Newsletter

Fiona thanked Gill Howe for another great year as Editor.

Our Sevenoaks newsletter is published 3 times a year - we feel it is an important resource as it can reach those members unable to get to our meetings. Edition Number 41 was printed in March 2017.

Coeliac Awareness Week 9th to 15th May 2016

Once again, we joined forces with our friends at Darent Valley Hospital's Dietetic Dept. with a stand in the main foyer for one day. There was a gastro outpatient clinic in the afternoon so that guaranteed us people interested in coeliac disease. It is always a worthwhile event to help raise awareness.

Summer BBQ Saturday 2nd July

Fiona thanked Daphne Paterson and husband Bob for all their hard work in hosting the BBQ at their home and the rest of the committee for their hard work in catering for the lovely food that was available. We all had an enjoyable afternoon.

Volunteers' Conference Sunday 20th November

Daphne and Fiona attended this conference for Sevenoaks.

Group Meeting and Afternoon Tea 7th November

Attended by Alan Williams from Gluten Free Foods who gave a talk and small cookery Demo, after which members could purchase G/F products. Members also enjoyed Afternoon Tea and homemade Cakes

Coffee Morning Sevenoaks January 21st

Daphne Paterson managed to arrange for Antonia Knifton Senior Associate for Engagement of the South-East Commissioning Support Unit to attend. 19 members attended, a great discussion took place, and very strong views on the withdrawing of G/F prescriptions were put across. Antonia made no attempt to write down any notes. Members were very disappointed by this.

NHS England

Fiona then went on to explain that NHS England had launched a consultation period on G/F Prescriptions, which will end on the 22nd June. Members need to lobby their MP and ask them to sign the Early Day Motion put forward by MP Kevan Jones in Support of G/F prescribing. But the forthcoming General Election on the 8th June might disrupt this so check who your MP will be after that.

Westerham Brewery

We would love to welcome you to our new brewery, come and see the new operation and try some of our gluten free beers.

Our new address: Westerham Brewery Co Ltd, Beggars Lane, Westerham, Kent TN16 1QP.

A Little Bit of History is Made – 1st Brew at new brewery

52 years ago, in March 1965, Bill Wickett mashed in 3 barrels of Special Bitter Ale at the Black Eagle Brewery in Westerham. At the time, it ended over 400 years of brewing in Westerham. On Wednesday last week, we mashed in our first brew at the new brewery using the same greensand aquifer water as Bill did, this time from our very own brewery bore hole, and the same multistrain yeast Bill deposited at the National Collection of Yeast Cultures in 1959.

Fabulous selection of bottled beers – 9 varieties certified gluten free

Our bottled beers are all certified gluten free and taste just as beer should taste! Westerham was awarded a Technology Strategy Board grant to develop a proprietary method of producing gluten free beers and to work closely with Campden BRI, the UK's top brewing research and development centre.

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

All our bottled beers are available from the brewery or by mail order: a gluten free mixed case allows you to try all 9 varieties, including a double stout.

<http://store.westerhambrewery.co.uk/gluten-free-beer>

The Sales Team at Westerham Brewery - Contact Us: **01732 864427**



Sevenoaks Coeliac Support Group

would like to invite you to our 2017 BBQ from
4.30 on Saturday 15th 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!

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!

Forthcoming Events

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

Coffee Morning - Third Saturday of every month

15th July in Sevenoaks, 19th August in Tunbridge Wells, 16th September in Sevenoaks, 21st October in Tunbridge Wells, 18th 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 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).

Summer BBQ

Saturday 15th July 2017 – 4.30pm onwards in West Kingsdown

A date for your diary! We would like to invite our Sevenoaks members to a Summer BBQ to be held on Saturday 15th 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 13th to let us know you are coming along and to get directions.

Children's Party – 27th January 2018

A date for your diary! We'll be giving you more details in our next edition of Talkabout. We'll be back in the OMC Hall in Otford.

Darent Valley Hospital

Awareness Stand 11th May 2017

I spent a lovely day with the Dietetic Department of Darent Valley Hospital during Coeliac Awareness Week in May. This I've done for many years - the Sevenoaks Group have built up a very good working relationship with the Hospital.

The Dieticians were on an hourly rota throughout the day on the stand with me. We had samples of gluten free bread and cakes for people to try, which always attracts people to the stand and is a topic for conversation.

In the afternoon, there was a Gastro Outpatients' Clinic which brings people into the hospital who are interested in Coeliac Disease or going through a diagnosis process. It is good to have the time to talk to people about the little questions that crop up in their minds, which they sometimes consider too silly to ask a Doctor about.



Our stand was very near the main entrance door in the hospital foyer. A lady came through in her wheelchair being pushed by her daughter. I heard the daughter say: "Oh look Mum, coeliac stuff!" They came straight over and the lady in the wheelchair said she had been a coeliac for as long as she could remember and was thrilled to be given a piece of cake. We spoke to them for ages as they were early for their hospital appointment. It is so rewarding to make a small difference to people who are already diagnosed or going through the diagnosis process.

Fiona Turnbull
Group Leader Sevenoaks

NHS England Consultation

The future of gluten free prescribing has just finished its consultation phase on 22 June.

Coeliac UK have completed a comprehensive response to the consultation. They will be trying to persuade the NHS to consider alternatives that will deliver cost savings, while providing support for patients with coeliac disease and particularly the most vulnerable, to support dietary adherence and reduce the risk of long term complications which could cost the NHS more in the long run.

The official consultation sets out three options for the future of gluten free prescribing in England:

- Option 1 - make no changes to the National Health Service.
- Option 2 - end prescribing of gluten free foods in primary care.
- Option 3 - restrict prescribing of gluten free foods: to only allow the prescribing of certain gluten free foods (e.g. bread and flour) in primary care.

Coeliac UK will keep members and supporters updated on the website (www.coeliac.org.uk) and in their email newsletter.

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



Brilliant Gluten-Free Barbeques

As barbecue season is upon us, here are some tips for outdoor eating, and a list of some of your favourite barbecue foods.

Meat, Fish and Poultry

Plain meat, fish and poultry are gluten free so you can safely choose any meat, fish, chicken or ribs to cook on the barbecue. Some marinades have gluten in the ingredients so you should either check marinated meats or you could try making your own marinade using the suggestions below. Leave meat to marinate in the fridge for at least an hour but for best results leave overnight.

Fish

You can cook fish on the barbecue but be careful as it can sometimes break into pieces. Tuna steaks can be marinated in a similar way to meat and grilled for a few minutes each side. Alternatively, you can bake other fish, like salmon or cod, on the barbecue by wrapping loosely in foil and adding chopped chilli, coriander and lime juice.

Marinade and rub ideas

Chinese style marinade – Mix a tablespoon of gluten free soya sauce* with two crushed garlic cloves, a teaspoon of minced ginger and a tablespoon of honey to create a sticky sweet marinade which you can use on chicken drumsticks, pork or beef before cooking.

Cajun style rub – Mix a teaspoon each of paprika, chilli powder, ground coriander and garlic powder and a pinch of salt and black pepper. Mix with a little oil to make a paste and use to spread on beef, pork, chicken or even fish and seafood.

BBQ sauce – Mix together the following; 2 tablespoons gluten free soya sauce*, 1 tablespoon honey, 1 tablespoon tomato puree, 1 tablespoon olive oil and 1 tablespoon Dijon mustard*. This adds a great flavour to ribs or chicken drumsticks.

*Please check your Food and Drink Directory for suitable products

Burgers and sausages

Sausages quite often contain rusk or breadcrumbs made from wheat, but there are many sausages available in the shops which are made without gluten. Burgers often contain more meat than sausages so a lot of these are suitable, but some do contain breadcrumbs, so do check.

Vegetarian foods

Vegetarian burgers and sausages are listed in the Food and Drink Directory or have a look on Coeliac UK's BBQ list. Halloumi is a cheese which does not melt easily so is great for barbecues. You can simply grill it on both sides and serve it with salad for a great vegetarian dish or a light starter.

Vegetable kebabs are quick and easy and add a bit of colour to a barbecue feast. Thread metal skewers with pieces of peppers, mushrooms, cherry tomatoes and courgette and brush with oil. Barbecue on both sides for a few minutes until the vegetables are cooked.

For a quick and easy vegetable dish, wrap corn on the cob in foil with a knob of butter and chopped red chilli. Leave on the side of the barbecue to bake until tender.

Relishes and sauces

Tomato ketchup and mayonnaise usually do not contain gluten but it's best to check these. Salsas and salad dressings should be checked or you can easily make your own.

Salad dressing – a simple dressing can be made by mixing equal parts of olive oil with cider vinegar and adding a little wholegrain mustard to it.

Quick tomato salsa – cut fresh tomatoes into quarters and remove seeds, then finely chop, and mix with finely chopped red onion and fresh coriander. For a hot salsa you can add some chopped fresh chillies for an extra zing.

Salad

All salad vegetables are gluten-free so you can make a colourful summer salad with lettuce and other leaves like spinach and watercress and add vegetable like radishes, grated carrot, cucumber and tomatoes. For a more substantial salad mix together mixed beans, sweetcorn, celery and a little vinaigrette for a quick bean salad.

Potato salad – You can make potato salad quickly and easily by boiling new potatoes, allowing them to cool, and then stirring in mayonnaise* or creme fraiche with some chopped chives, salt and pepper to season.

*Please check your Food and Drink Directory for suitable products

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.



Talkabout

Sevenoaks Area Coeliac Group

<https://www.coeliac.org.uk/local-groups/sevenoaks>

Please send your letters or enquiries to:

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

Email: gillieh@tiscali.co.uk