

Sevenoaks Area Coeliac Group

TALKABOUT

For all your gluten-free gossip, news and events

March 2018
Edition 44

**** STOP PRESS ****

Research Presentation by

SARAH SLEET
(CUK Chief Executive)

AT OUR AGM on 28th April '18

~ See page 5 ~

Branch Committee

Group Organiser	Fiona Turnbull fi.turnbull@talktalk.net	01474 703869
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Treasurer	Mary Cunnington mary@june-cottage.com	01732 862925
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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 44th edition of Talkabout and sadly, my last as Editor! I have enjoyed writing the newsletter for the last 13 years and being part of a wonderful group of volunteers who devote some of their busy lives to helping others but it's time to move on!

It would be nice if Talkabout could continue in it's current format but any help that you can give to preparing a short newsletter 3 times a year would be greatly appreciated. Please see page 4 for contact details if you can help.

We organised a party in January for our coeliac children under 12 which was great fun! You can read more about it on page 6.

Please visit the forthcoming events section to find out what else is happening over the coming months.

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

Your Help is Needed!

We are writing to ask for help from our members as the Sevenoaks Committee needs some more support. The group is run by volunteers and might be unable to continue if we cannot find some more support from our members. Please take time to read the following and see if you can help us at all.

Newsletter Editor

We are looking for someone who would be prepared to take over the preparation of our newsletter, Talkabout. We publish 3 editions every year and help is on hand from the rest of the committee with write-ups from events and ideas for the content. Please get in contact if you might be interested in helping out and I can talk you through what's involved – gillieh@tiscali.co.uk.

Coffee Morning Organiser

A key part of the committee's role is being there for newly diagnosed coeliacs and new members are always grateful to attend one of our coffee mornings, to meet other coeliacs and get some useful advice on how to manage their new diet. We need someone who can co-ordinate the monthly meetings and ensure someone is present to host each meeting.

Please get in contact with Fiona if you think you could help: fi.turnbull@talktalk.net.

Forthcoming Events

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

Coffee Morning - Third Saturday of every month

17th March in Tunbridge Wells, 21st April in Sevenoaks, 19th May in Tunbridge Wells, 16th June in Sevenoaks, 21st July 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 Coeliac UK Guest Speaker ~~ Sarah Sleet

Saturday 28 April 2018 – 2 - 4pm

Otford Methodist Church Hall, TN14 5PH

We will be updating you on our events over the past year, re-electing our committee members and maybe welcoming some new ones onto the committee.

We are delighted to tell you that we will also have Sarah Sleet from Coeliac UK joining us on the day to make a Research Presentation so make sure you come along to get all the latest news from CUK.

Children's Gluten Free Party Saturday 27th January 2018

The Sevenoaks Group hosted and funded a gluten free party for all our child members up to the age of 12 and their siblings at Otford Methodist Church Hall.

We invited all the children to top and design their own pizza base with their favourite topping. This was cooked for them and served with cherry tomatoes, cucumber sticks, carrot sticks, and black and white seedless grapes.

The lovely cupcakes which the children could ice and decorate themselves were a hit with our young coeliacs as well as the large bowls of popcorn served later in the afternoon.

Thank you to our Sevenoaks member Ruth Kitchener who offered to help organise the afternoon with us. Ruth took over all the party games and came up with some great ideas to keep the children amused.

It's such a pleasure for the Sevenoaks group to host this party once again. Particularly, when you see the delight on the children's faces that everything is gluten free! Just wonderful!



Thank You Gill Howe and Family

I first met Gill and her husband Tim when I took over as group leader way back in March 2005. I asked at the end of the AGM meeting that year if anyone wished to form a committee with me and Gill volunteered.

Thank you so much for all your help over the years. Gill has produced 44 Editions of the Sevenoaks newsletter Talkabout. At that time, we had no funds to our name. Gill managed to secure sponsorship for the first few copies of Talkabout which covered printing the newsletter and postage to send it to our Sevenoaks members.

Tim organised 2 abseil events from Farningham Church Tower for our group members and friends and family. This raised lots of money and gave us the backing we needed to go forward e.g. to pay hall rents for meetings, cover the postage costs for the newsletter and run other events for our members.

Their daughter Jessica became our first Junior Committee member. We have greatly appreciated her input too, for the many Children's parties she has helped to arrange.

Fiona Turnbull

Coeliac UK welcomes Government's continued support of key Gluten Free staples on Prescription

On the 1st February, CUK received notice on the Government's decision to retain access to gluten free breads and flour mixes on prescription in England. This decision applies to everybody medically diagnosed with coeliac disease and recognises the need for people to have ongoing support in sticking to a lifelong gluten free diet. The proposal that there should be no access to gluten free products in primary care is therefore rejected by the government.

Although it does not necessarily follow that those CCG's who have stopped prescribing gluten free bread and flour mixes will now start doing so, it does put pressure on them to reassess the situation. We are awaiting the decision from West Kent CCG.



Talkabout

Sevenoaks Area Coeliac Group

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

Please send your letters or enquiries to:

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Email: gillieh@tiscali.co.uk