

Sevenoaks Area Coeliac Group

TALKABOUT

For all your gluten-free gossip, news and events

**February 2019
Edition 47**

AGM 2019

**Our guest speaker will be Mandy Carey
New Volunteers' Manager from CUK**

Sevenoaks
Local Group



Branch Committee

Group Organiser	Fiona Turnbull	01474 703869 fi.turnbull@talktalk.net
Secretary	Daphne Paterson	07717 471909 dpater2@btinternet.com
Treasurer	Mary Cunnington	01732 862925 mary@june-cottage.com
Newsletter Editors	Andrew Pilcher	07802 423455
	Rosemarie Pilcher	07928 280791 arpem321@hotmail.com
Refreshments	Joy Oliver	01732 460849 roliver912@googlemail.com
	Sally Spike	01689 828883 sally.spike214@btinternet.com
New Members Secretary	Susan Potts	01892 613258 slpotts53@hotmail.co.uk



Fiona and Daphne representing Sevenoaks at the CUK 50th Gala Dinner

Note from the Editors

Dear Reader

Welcome to the 47th edition of Talkabout.

First of all, we wanted to tell you all about a wonderful holiday we had last year on Lake Garda. We stayed at Hotel Eden, Brenzone, where they speak good English and everybody was very friendly. They offered fantastic worry free gf meals and were extremely well organised so as not to cause any cross contamination. The night before you would order the items you wished to eat at breakfast and then the following morning you would choose the items you wished to enjoy for the evening meal. There were five courses to choose from with a wide selection within the courses. Decisions, decisions... The hotel also offers parking, a swimming pool, own beach on the lake, fitness area, bike rental etc... See www.hoteleden.info. To get around, we were using public transport and, as the hotel is situated halfway between Brenzone and Porto, we enjoyed a 10 – 15 minute walk along the shore of the lake to get a bus.

From this region, trips are run to places, such as Verona, Venice, the Dolomites etc. You can also explore the lake on a boat, visit numerous markets, historic villages, go hiking on the hills around the lake or enjoy a ride on the cable car from Malcesine up to Monte Baldo.

As we had booked the holiday late, we had to stay at their sister hotel, the Belfiore Park Hotel, for the last two nights. We were given a triple upgrade to a suite. However, as they did not offer evening meals, we continued to eat at the Hotel Eden.

The best time to go to Lake Garda is probably out of season, i.e. spring, early summer or autumn, as it gets rather busy and hot in the summer.

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

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

Andrew and Rosemarie – The Editors

Sevenoaks Area Coeliac Group

We wish to thank Mike Wilcock for his informative meeting last October and for his continued efforts in getting Greg Clark to attend one of our coffee meetings and to support our members' quest with the CCG to have free gf staples on prescription in our area.

In November, Fiona and Daphne were invited to the 50th Anniversary Gala Dinner in aid of CUK Research Fund. The event raised over £20,000 towards the CUK research programme which is pretty fantastic.

Sadly, we then learnt that Sarah Sleet (CEO of CUK) is to leave at the end of February. She wanted to tell us herself and to thank Sevenoaks for all the hard work we have contributed in helping people with coeliac disease. We are sure that she will be a great help as CEO at Crohn's and Colitis UK, as these are very debilitating condition and we wish her all the best.

We also have a new Volunteers' Manager at CUK to replace Miranda Brooks and Gary Richardson. Her name is Mandy Carey. We welcomed her to CUK and warmly invited her to attend our AGM in April. She has kindly agreed to come along as our AGM guest speaker which is excellent news.

Your Help is still needed!

Do you enjoy Saturday coffee?

Have you benefitted from discussions at Saturday coffee?

Do you attend Saturday coffee when you can?

If the answer is yes, to any of these, could you think about lending a hand? There is no need to attend personally every month. We just need someone to make contact with other 'willing helpers' to ensure there is a welcoming face at each coffee morning.

Please get in contact if you can help - fi.turnbull@talktalk.net

FORTHCOMING EVENTS

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

AGM 2019

The next AGM will take place on Saturday, 27 April 2019, 2.00 – 4.00pm. It will be held at the Otford Methodist Church Hall, High Street, Otford TN14 5PH.

Our guest speaker will be Mandy Carey (Volunteers' Manager) from CUK.

Coffee Morning - Third Saturday of every month

19th January 2019 Sevenoaks

16th February 2019 Tunbridge Wells (Greg Clark has been invited again!)

16th March 2019 Sevenoaks

April – no coffee morning

18th May 2019 Tunbridge Wells

15th June 2019 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 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).

We look forward to seeing you soon - look out for the Crossed Grain magazine on the table.

COFFEE MORNING

Come and join us

WHERE?

Sainsbury's Café ~ Tunbridge Wells or
Sevenoaks (look under Forthcoming Events)

WHEN?

Between 10.00 and 11.30
On the third Saturday of every month

WHY?

For a cup of tea or coffee and a chat
with fellow coeliacs



RECOMMENDATIONS

**From members of places for eating out
THANK YOU ~ Please can we have more?**

- Bricklayers Arms, Chipstead – very popular, need to book early
- Weatherspoons, Crowborough
- Goudhurst Inn, Goudhurst – lovely roast
- Teal Café, Hildenborough
- Salters Fish and Chips, High Street, Tonbridge – gluten free offered on Monday nights
- The White Rock, Underriver (landlord/restauranteur is Coeliac)
- Bucks Head, Godden Green
- The George and Dragon, Chipstead
- The Barley Mow, Tandridge (also does gf snacks like steak sandwiches at lunch time)
- The Ghurkha, Woodcock Inn, 186 London Road, East Grinstead (very good Nepalese meals, most of which are gf)
- The Pizza Express Chain
- Cote Restaurants
- Hattusa, Turkish (Sevenoaks and Tunbridge Wells)
- Prezzo Chain
- Zizzis – they have a reasonable selection of gf food
- Indigo, One Aldwych, London (for a special treat of entirely gf meals)
- Gluten free lager, available at The Oak Tree Pub, Sevenoaks High Street
- Gluten free ales from the Westerham Brewery, all of which are gf and available at Majestic in Sevenoaks. Westerham Brewery do social evenings and cater for Coeliacs with gf pizza and their range of drinks.
- Very tasty bread from the Incredible Bakery company is available at the Organic Health Shop, High Street, Tunbridge Wells and from <https://www.incrediblebakerycompany.co.uk/> The red quinoa loaf has been particularly recommended by one of our members.
- 'Ranasbakeries' products are stocked by Foodies Delicatessen, 40 Camden Road, Tunbridge Wells.

Carole's no-flour Orange Cake

Ingredients

Serves: 6-8

2 medium oranges

- 3 medium eggs
- 250g caster sugar
- butter, for greasing
- Finely grated zest of 1 large lemon
- 200g ground almonds
- 50g chestnut or gf flour *
- 1 level teaspoon gf baking powder
- 1 level teaspoon xanthan gum
- Natural yogurt, crème fraîche or whipped cream, to serve

Method

- Preheat the oven to 180°C/350°F/gas mark 4. Lightly grease a 20cm round loose-bottomed, non-stick cake tin.
- Make several slits in the oranges, place in a heatproof bowl, cover with clingfilm, pierce and microwave on high power for 5-10 minutes until very soft and cooked. Once cooked, you should be able to push a knife through without any resistance whatsoever.
- Cool the oranges and then chop finely, or pulse in a food processor: take care because you don't want a purée.
- Place the eggs and sugar in a bowl and whisk on a high speed for about 10 minutes or until really thick and foamy.
- Gently fold the cooked oranges into the egg mixture followed by the lemon zest, almonds, chestnut flour, baking powder and xanthan gum; don't go mad with the stirring.
- Pour into the greased cake tin and cook for 45 minutes, or until well coloured and slightly risen.
- Once cooked, cool in the tin and then turn out. Slice and serve with a little natural yogurt, crème fraîche or whipped cream.

Recipe from Phil Vickery's book: Seriously good gluten free cooking.

Talkabout

Sevenoaks Area Coeliac Group

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

Please send your letters or enquiries to:

***Andrew and Rosemarie Pilcher
29 The Paddock, Pembury,
Tunbridge Wells, Kent TN2 4NR***

Email: arpem321@hotmail.com