

# Sevenoaks and Tunbridge Wells Area Coeliac Group

## TALKABOUT

For all your gluten-free gossip, news and events

June 2021  
Edition 54

Sevenoaks and  
Tunbridge Wells  
Local Group



Fancy an Informal Chat with a Dietician?  
See page 5

## Branch Committee

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## Note from the Editors

Dear Reader

Welcome to the 54<sup>th</sup> edition of Talkabout.

We hope that you have all managed to stay well during this difficult time. We have added some new places to eat out which were discussed at our last Zoom meeting and have retained/added details of take away/delivery services which you may well find useful.

For those who like to cook or bake themselves, we are again listing another delicious recipe in this edition.

We have introduced a '**Member's Page**' to Talkabout and invite you to write in and share your stories: whether that's of health journeys, frustrations, recovery, recipes, something else, or a question that needs answering. We are not allowed to give medical advice or discuss individual cases but we will endeavour to find answers and solutions to your problems. Please email: [fi.turnbull@talktalk.net](mailto:fi.turnbull@talktalk.net)

We hope you can benefit from this edition of Talkabout and hope to 'see' you at our next Zoom meeting.

Andrew and Rosemarie – The Editors

## **Sevenoaks and Tunbridge Wells Area Coeliac Group**

**Your help is still needed once we are able to meet up again!**

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, 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](mailto:fi.turnbull@talktalk.net)

### **Forthcoming Virtual Events**

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

As you know, our AGM due last year had to be postponed and never materialised. However, we still hope, in due course, to enjoy a cookery demonstration to be given by Paul from The Red Lion near Faversham. Once we have a date for our AGM this year, please can we invite you, in advance, to let us have any questions you may have for Paul.

### **Virtual Coffee Mornings (until further notice) - Third Saturday of every month**

19<sup>th</sup> June 2021, 17<sup>th</sup> July 2021, 21<sup>st</sup> August 2021, 18<sup>th</sup> September 2021

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 everybody who is affected by this condition or is interested in finding out more about it.

We meet on Zoom from 11.00 am until 'we can meet again' at alternate locations each month. One month at Sainsbury's Café in Sevenoaks (Oxford 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).

## **Fancy an Informal Chat with a Dietician?**

Our virtual coffee morning on 19 June includes a guest dietician. Ivana Picco, a hospital-based dietician, (and Mike's niece!), who has kindly agreed to attend our virtual coffee to give us her views on nutrition and how Coeliacs can ensure they eat well and stay healthy.

Ivana trained in South Africa and worked in a state hospital there, before moving to the UK, managing to arrive just before COVID. Since coming here she has worked in several NHS Hospitals and spent time right on the front line in a COVID ward, ensuring that seriously ill patients got the nutrients they needed. She now works full time in a Hospital in North London, treating and supporting a wide range of conditions.

She has no links to Coeliac UK but has kindly agreed to give us some time to chat with her and, of course, ask her any questions about diet and being a Coeliac. In order to help us manage time during the morning it would really help Ivana if you could send Mike any specific questions you might want to ask a dietician now you have the chance (email is best via [mikewilcock@greenbee.net](mailto:mikewilcock@greenbee.net)). Of course Ivana cannot give any specific treatment advice or comment on any advice you have been given by your own GP or dietician so please try to ask questions of a more general nature if you can.

Thank you and we look forward to welcoming Ivana to the group on the 19th.

Please call Daphne on 07717 471909 or email [dbpp68@gmail.com](mailto:dbpp68@gmail.com) if you need the zoom link for the meeting

## A Tip for Us All from our Visit to Darent Valley Hospital

### Do You Get Your Annual Follow-up?

In conversation with one of the Gastroenterology Consultants who supported the Awareness Week Stand, I mentioned that since my discharge many years ago from DVH to the care of my GP I had not had a single coeliac related appointment or blood test. He was kind enough to access and forward to me this extract from the British Society of Gastroenterology 'Coeliac Follow-up Guidelines.'

*“Once the disease is stable and the patients manage their diet without any problems, annual follow-ups should be initiated. The physician should check on intact small intestinal absorption (full blood count, ferritin, serum folate, vitamin B12, calcium, alkaline phosphatase), associated autoimmune conditions (thyroid-stimulating hormone and thyroid hormone(s), and serum glucose), liver disease (aspartate aminotransferase/alanine aminotransferase) and dietary adherence (anti-TG2 or EMA/DGP), although the sensitivity and specificity of the latter cannot substitute for structured dietary interview.”*

I have now requested for this to be done by my GP. I was delighted to find she took my request seriously and went through the long list, ticking off each item as she added it to the blood test form.

My daughter is in a similar position and has already had issues with her thyroid levels, causing tiredness similar to anaemia. This was eventually discovered but could have been avoided with regular check-ups.

The full guidelines from the British Society of Gastroenterology' can be found at:

file:///C:/Users/dpate/Documents/Coeliac/BSG%20guidelines%20on%20the%20diagnosis%20and%20management%20of%20adult%20coeliac%20disease.pdf document 'Diagnosis and management of adult coeliac disease':

The relevant passage is the first full paragraph in the right column of p7.

Interestingly, the previous paragraph ends:

**Patients should be encouraged to join disease-specific patient support groups if applicable.**

**Dexa Scans:** In the same document p9 right column 'Medical management during follow-up'. The third paragraph indicates repeat DEXA scans every 2 years after being diagnosed as being at risk low bone density.

Here is the link to the CUK page on Osteoporosis:

<https://www.coeliac.org.uk/information-and-support/coeliac-disease/conditions-linked-to-coeliac-disease/osteoporosis/>

Thank you to Daphne for the above advice.

### **Member's Page (by Andrew Pilcher)**

I had a recent stay in TW hospital at Pembury and had the worst ever experience in respect of meals provided. Due to my health conditions at that time, there was very little choice of suitable meals. On returning home, I decided to put in a complaint stating that they had failed in their duty of care. Basically, there were not enough g/f meals provided and not many were marked as gf, even though they were naturally gluten free (see sample menu on the following page).

At breakfast, nothing is listed as g/f. If you asked staff for confirmation that the item in question was g/f, they were not able to confirm but only to state they thought it was.

I eventually received a reply quoting that, over the two-week menu, 62% of the main meals at lunchtime were g/f and 76% of the main courses at supertime were g/f. I will dispute these percentages. They did mention that the concerns raised will be discussed with the dietitians at the next meeting to consider whether any changes need to be made.

When it is a planned stay in hospital, I take my own cornflakes and bread as well as some biscuits to keep me going.

### **A few more words of advice:**

Please be careful when buying seasonings. We have found some of the Schwartz seasonings to contain barley wheat, e.g. in the chicken seasoning with paprika and onion and the chilli & garlic one.

Maidstone and Tunbridge Wells



NHS Trust

Name ANDREW PILEHEN

Ward .....

Room No. C10

**Saturday  
Lunch 13**

Please tick preferred portion size

Small  Medium  Large

Please Choose One Item From Each Section

← **MARK YOUR CHOICES LIKE THIS**

- |                                     |                                       |          |
|-------------------------------------|---------------------------------------|----------|
| <input checked="" type="checkbox"/> | 1. Ham and Leek Crumble               | ED       |
| <input type="checkbox"/>            | 2. Fish in Cheese Sauce               | EC GF HC |
| <input checked="" type="checkbox"/> | 3. Egg Salad                          | V GF     |
| <input type="checkbox"/>            | 4. Pasta in Tomato and Basil Sauce    | V HC     |
| <input type="checkbox"/>            | 5. Purée Meal (meat)                  | 4        |
| <input type="checkbox"/>            | 6. Vegetarian Purée Meal              | 4        |
| <input type="checkbox"/>            | 7. Minced and moist meal (meat)       | 5        |
| <input type="checkbox"/>            | 8. Minced and moist meal (Vegetarian) | 5        |
| <input checked="" type="checkbox"/> | 9. Creamed Potatoes <i>GF</i>         | HC LR 6  |
| <input type="checkbox"/>            | 10. Boiled Potatoes                   | HC LR    |
| <input type="checkbox"/>            | 11. Green Beans                       | HC       |
| <input type="checkbox"/>            | 12. Mashed Root Veg                   | HC LR EC |
| <input type="checkbox"/>            | 13. Plum and Cherry Pie & Custard     | ED       |
| <input type="checkbox"/>            | 14. Banana Mousse                     | 4 LR     |
| <input checked="" type="checkbox"/> | 15. Pineapple <i>GF</i>               | HC LR    |
| <input type="checkbox"/>            | 16. Yoghurt                           | 4 HC LR  |
| <input type="checkbox"/>            | 17. Ice Cream                         | LR       |
| <input type="checkbox"/>            | 18. Cheese & Biscuits                 | LR       |

SPECIAL DIET REQUESTS:

*GLUTEN FREE*

**ALL ITEMS SUBJECT TO AVAILABILITY**



## **TAKE-AWAY/DELIVERY SERVICES, TEA ROOMS, HOTELS etc.**

### **Bartellas - A word from Ian Eldridge, Proprietor**

Our takeaway / collection menu is available on Thursday to Sunday. Hot food (pizzas, fish and chips) and pre-prepared, chilled Bartellas dishes that are ready to cook at home. Order online or give us a call - 01474 812154

When collecting, please enter through the front door, pick up your order in the waiting area and exit through the back. We'll also be happy to bring your food to your car in the car park. [meopham@bartellas.com](mailto:meopham@bartellas.com)

### **Costa Coffee**

To support NHS staff and key workers we've re-opened some of our stores for Drive-Thru and Delivery only.

### **Cote at Home**

<https://coteathome.co.uk/> Looks good, please refer to website.

'Cook' Foods have an excellent web site with easy to find gluten free options and does click and collect. They also have limited delivery slots.

### **Nancy's Tea Room – 01732 300 401**

Lamberts Yard, Tonbridge TN9 1ER

Just off Tonbridge High Street and near the river, a handy stop off point.

This place has been recommended for a nice cup of tea/coffee and GF cake!

### **Middle House – 01435 872 146**

High Street, Mayfield TN20 6AB

This hotel has an extensive menu and was recommended by several members at the last Zoom meeting. Their menu does not show the simple GF sign next to the meal but they have a full list of allergens in a chart which, I hope, you don't have to prod through when dining! I hope to try this place in the future.

### **The White Hart – 01732 452 022**

Tonbridge Road, Sevenoaks TB13 1SG

This Restaurant has an interesting menu and even has a separate GF menu; I am most impressed. If it were not for COVID, I would be booking today! Companies which make every effort to offer GF food should be supported.

### **The Beefeater Group**

They were recommended at our Zoom meeting. However, I am not impressed with the online menu and feel the small independents give a better GF choice.

### **Voakes Gluten Free – 01423 395 511**

Whixley, York YO26 8AY [www.voakesfreefrom.co.uk](http://www.voakesfreefrom.co.uk)

Pies available to order online; they are supplied in special containers. I'm told their pork or chicken pies are delicious. I will try these sometime soon, despite the small carriage charge!

### **M & S Gluten Free**

This company are now offering on line ordering or normal in store service. At present, I have not found any items on line which I have bought in store. Their scones have been recommended, along with their creamy chicken pie.

### **Neville Crest & Gun - 01892 864209**

Eridge Road, Eridge, Tunbridge Wells TN3 9JR [www.nevillcrestandgun.co.uk](http://www.nevillcrestandgun.co.uk)

Good gf menu, lovely sweets, nice setting with good walks nearby.

### **Borders Restaurant – 01892 515532**

High Rocks, High Rocks Lane, Tunbridge Wells TN3 9JJ

Good gf menu, good service but not on Mother's Day, as it was extremely busy.

### **No. One Fish Shop – 01892 544020**

1 Quarry Road, Tunbridge Wells TN1 2EY

Recommended for gf fish & chips with excellent reviews. Check which days gf is available.

### **Royal Fish Bar – 01732 672358**

62 High Street, Borough Green, Sevenoaks TN15 8BJ

Gf fish & chips on Wednesdays. Phone to check. This shop has been recommended by members.

### **How about a chuckle?**

- I tried to catch some fog, but I mist.
- They told me I had type-A blood, but it was a Typo.
- I changed my iPod's name to Titanic. It's syncing now.

## RECIPES

Mike got this recipe from “Shipton Mill” and it is really nice but a bit fiddly....

### Ingredients:

- 300g Buckwheat Flour
- 300-400 ml Lukewarm water (enough to make dough soft and sticky)
- 20g Psyllium husk
- 3.5g dry yeast
- 2 Tbsps. Olive oil
- 1 tsp salt

### Method:

Mix dry ingredients then add oil, salt and enough water to make a soft and sticky dough

Divide dough into  $\frac{3}{4}$  pieces and with bit of olive oil on your hands shape into rounds (of about 10-15cm diameter) and place on baking tray covered in non-stick baking paper. Poke holes in the top with your fingers.

Leave to rest in a warm place (40C) for around 45 mins

Brush the surface with a little olive oil and water mixed together

Poke the dough with your fingers again and put rosemary and sea salt over the surface if you want.

Bake at 190C for 10-15 minutes then reduce temperature to 180C for another 15 minutes or until the top is golden brown and slightly crispy.

Cool a little then eat before anyone else finds out!

Thank you to Mike for this recipe.



***Talkabout***

***Sevenoaks and Tunbridge Wells Area Coeliac Group***

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

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

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***Email: [arpem321@hotmail.com](mailto:arpem321@hotmail.com)***