

Sevenoaks and Tunbridge Wells Area Coeliac Group

TALKABOUT

For all your gluten-free gossip, news and events

June 2022
Edition 57

Sevenoaks and
Tunbridge Wells
Local Group



DATES FOR YOUR DIARY

See page 3

30th June ~~ AGM

6th August ~~ BBQ

Branch Committee

Group Organiser	Fiona Turnbull fi.turnbull@talktalk.net	07599 833092
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Note from the Editors

Dear Reader

Welcome to the 57th edition of Talkabout.

We hope that you are enjoying the 'new freedom' – we are still being careful but at least we can meet up with friends more easily.

We have some good news to report as we have received a most generous donation of £500 from Elizabeth Fleming of the Stonewall Park Charitable Trust. We are very grateful as this gift will help us enormously due to the fact that fund raising has been very difficult during the past two years.

For those who like to cook or bake themselves, we are again listing not one but two delicious recipes 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, g/f friendly holidays, 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

We hope you can benefit from this edition of Talkabout and hope to see you at one of the forthcoming meetings.

Andrew and Rosemarie – The Editors

AGM ~ 30th June from 2pm ~ see 'Member's Page' p6 for more information

**HOORAY We are hoping to hold our GLUTEN FREE BBQ on 6th August this year
Minimum donation £10 ~ Under 10's free. Please book your place by 30th July.
To book your place and get directions please contact Daphne. Contact details on p2**

FACEBOOK

**Please join 'Coeliac UK Sevenoaks & Tunbridge Wells Local Group'
on Facebook @: <https://www.facebook.com/groups/2682796845274412>
For more updates**

Sevenoaks and Tunbridge Wells Area Coeliac Group

Your Help is still needed when we 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

COFFEE MORNING

Come and join us

WHERE?

This month we are meeting on Zoom. Visit our
Sevenoaks & TW Local Group Facebook page
for the link.

WHEN?

From 11am on the third Saturday of every month

WHY?

For a chat with fellow coeliacs



Forthcoming actual or virtual Events

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

As you know, our AGM due last year had to be postponed and never materialised. We are arranging to hold our AGM on 30 July 2022 (see Fiona's message further on). It has been decided to postpone the cookery demonstration to be given by Paul from The Red Lion near Faversham until we are more confident to meet up.

Coffee Mornings - Third Saturday of every month

18 June 2022 – on Zoom 11.00 am

16 July 2022 – Sevenoaks 11.00am

20 August 2022 – Pembury 10.30am

17 Sept 2022 – Zoom 11.00am

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 at alternate locations each month (or on Zoom). This month on Zoom and then at Coblands Garden Centre, Dry Hill Lane, Sundridge, Sevenoaks TN14 6AA and the next month at Notcutts Garden Centre, Tonbridge Road, Pembury TN2 4QN. We look forward to seeing you soon.

In the meantime,

How about a chuckle?

- This girl said she knew me from the vegetarian club, but I'd never met herbivore.
- When chemists die, they barium.
- I'm reading a book about anti-gravity. I just can't put it down.

Member's Page

I'm very pleased that both of the new venues chosen for the monthly coffee mornings were a success. It has been so nice to see some of our members face to face.

The group has been asked by Coeliac UK to hold an AGM by the end of July. So the Group's AGM will be held on Saturday 30th July from 2pm. This will be the first group meeting for 3 years. I'm very happy we still have our committee willing to stand again for another year. We will be holding a silent auction. If you have any plants, unwanted gifts or any item in good condition you are willing to donate, that would be really helpful.

It will be nice to see you all after such a long time.

After the formal AGM we will have afternoon tea coffee and gluten free cakes.

Fiona Turnbull Group Leader

Hot Topics

We thought it would be helpful to share the information we give when someone asks us 'how much gluten do I need to have in my diet in order to be tested for coeliac disease?'

Antibodies are produced by the body in response to eating gluten in someone with coeliac disease. It is therefore essential that food containing gluten is eaten in more than one meal every day for at least six weeks before testing.

If someone has already reduced or eliminated gluten from their diet, they will need to reintroduce it to make sure that they get the most accurate test results.

While it may be difficult and uncomfortable, it's essential for long term health.

If symptoms worsen while reintroducing gluten into the diet, speaking with your GP or pharmacist about the specific symptoms you are experiencing may help to see if there is anything they can recommend to ease the symptoms while going through the process.

There is limited research on the amounts required for a gluten challenge, which makes it difficult to give specific recommendations on amounts.

However, there are two guidelines that provide some further information:

National Institute for Health and Care Excellence (2015) guideline for the 'Recognition, assessment and management of coeliac disease' recommends to eat some gluten in more than one meal every day for at least 6 weeks before testing.

The Joint BSPGHAN and Coeliac UK guidelines (2013) for the diagnosis and management of coeliac disease in children, give more specific amounts. They advise for most children to aim for 10 – 15g of gluten a day. General advice would be to provide at least two (preferably three) gluten containing meals per day, containing at least 5g gluten per meal.

Typically, the following contains 2-3g of gluten:

one medium bread slice
one Weetabix or Shredded Wheat
two digestives
four tablespoons of cooked pasta.

It may be impossible to achieve intakes of 10g gluten daily in young children, so advice is to provide two gluten containing meals per day, where gluten containing bread, pasta or breakfast cereal form the carbohydrate component of the meal. For example, half a Weetabix for breakfast and one slice of bread for lunch should be sufficient.

If you receive any enquiries from your local communities about diagnosis, please ask them to contact our Helpline on 0333 332 2033 and direct them to our website for further information.

Thank you to Fiona and Daphne for their contributions.

If any of you fancy an excellent g/f friendly hotel on Lake Garda, we can recommend the following having stayed there ourselves:

Hotel Eden (now in advertising in our Coeliac magazine)
info@hoteleden.info www.hoteleden.info

If you wish to speak to us about this hotel, we are happy to tell you more about the stay and local facilities.

Andrew and Rosemarie

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

Juliets – 54 High Street, Tunbridge Wells Daytime café with vintage china and mismatched furniture. Delicious food and fab cakes, including gluten-free.

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

<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

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

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.

The Red Lion – 01233 740309

Ashford Road, Bedlesmere, near Faversham ME13 0NX

Fully g/f meals. Mike commented on line that he thoroughly enjoyed his lunch. I am pleased to report that when we dined there, we had a similar experience and everybody loved the food, especially the sweet!

Thank you to Mike for the following recipe:

CARIBBEAN BANANAS

Ingredients

30ml / 2 tbsp low-fat spread
6 or 8 ripe bananas
Juice of 1 lime
75g / 3oz / ½ cup soft dark brown sugar
5ml / 1tsp ground allspice
2.5ml / ½ tsp ground ginger
Seeds from 6 cardamoms, crushed
30ml/2 tbsp rum
Pared lime rind, to decorate
Crème fraîche, to serve (optional)

Serves 4

1. Preheat the oven to 200°C / 400°F / Gas 6. Use a little of the spread to grease a shallow baking dish large enough to hold the bananas snugly in a single layer.
2. Peel the bananas and cut them in half lengthways. Arrange the bananas in the dish and pour over the lime juice.
3. Mix the sugar, allspice, ginger and crushed cardamom seeds in a bowl. Scatter the mixture over the bananas. Dot with the remaining low-fat spread. Bake, basting once, for 15 minutes, or until the bananas are soft.
4. Remove the dish from the oven. Warm the rum in a small pan or metal soup ladle, pour it over the bananas and set it alight.
5. As soon as the die down, decorate the dessert with the pared lime rind. Serve while still hot and add a dollop of crème fraîche to each portion if you like.

Variation

For a version that will appeal to children, use orange juice instead of lime and leave out the rum.

Thank you to Sharon for the following recipe:

SCONES

200g GF plain flour
2 Tsp baking powder
Pinch salt
Couple grinds of black pepper
½ tsp mustard powder (not sure about this being GF. I like a tsp of Ottolenghi Aleppo chilli flakes)
50g butter
100ml milk
100g grated cheddar (I usually put 150G in)

Preheat oven to 200C
Lightly grease baking tray
Tip flour, baking powder, salt pepper and mustard powder into bowl
Add butter, rub into flour until resembles fine breadcrumbs
Add grated cheese and stir into mixture
Pour in milk and using butter knife, mix into a stiff dough
With floured hands pick up ping pong ball sized pieces of dough and mould into rough scone shapes
Milk wash top of scones
Bake 10 minutes until golden brown (mine always end up larger and so take longer to cool)



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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