

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

## **TALKABOUT**

**For all your gluten-free gossip, news and events**

**February 2023  
Edition 59**

**Sevenoaks and  
Tunbridge Wells  
Local Group**



## Branch Committee

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## **Note from the Editors**

Dear Reader

Welcome to the 59<sup>th</sup> edition of Talkabout.

We would like to thank Mike Wilcock for his excellent summary of the provision of g/f hospital foods in hospitals in our area. We would recommend taking your own g/f snacks as a backup whenever you can organise it. Many thanks also to Anne and Nick for their recommendation of a g/f holiday in Tenerife.

For those who like to bake, we are including another three delicious recipes.

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](mailto: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

### **Forthcoming actual or virtual Events**

Please come along to one of our actual or virtual events.

#### **Coffee Mornings - Third Saturday of every month**

18 February 2023 – Notcutts, Pembury Tunbridge Wells **10.30am**

18 March 2023 – Zoom 11.00 am

15 April 2023 – Coblands, Sevenoaks 11.00am

20 May 2023 – Notcutts, Pembury, Tunbridge Wells 10.30am

17 June 2023 – on 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). In February we meet at Notcutts Garden Centre, Tonbridge Road, Pembury TN2 4QN. Please note that Notcutts have g/f carrot cake and jacket potatoes with g/f fillings on offer. The next month we meet on Zoom and in April at Coblands Garden Centre, Dry Hill Lane, Sundridge, Sevenoaks TN14 6AA. We look forward to seeing you soon.

In the meantime,

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

- Broken pencils are pointless.
- What do you call a dinosaur with an extensive vocabulary? A thesaurus.
- I dropped out of communism class because of lousy Marx.

### **Your Help is still needed now that we can 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)

## **THE PROVISION OF GLUTEN FREE FOOD IN HOSPITALS IN THE AREA COVERED BY SEVENOAKS AND TUNBRIDGES WELLS COELIAC UK VOLUNTEER GROUP.**

### **Summary**

At the AGM of the Group in summer 2022 the sad death of an elderly Coeliac patient in hospital in 2021 was raised and discussed. The patient had been fed cereal containing gluten for breakfast and died as a result of inhaling vomit.

Members at the meeting welcomed the fact that Coeliac UK had mounted a campaign to raise this issue, but also noted that most members who had a recent experience of hospital had not been able to easily access suitable gluten free food and in a number of cases they (or relatives) had been given food containing gluten when they had specifically said they were a Coeliac on admission. Most members had no clear idea how to alert hospitals to their needs prior to admission, or who to contact in the hospital. Very few knew that hospitals are required to have a written policy covering the provision of gluten free food or that all staff handling food are now required to have food allergy training.

It was agreed that all hospitals that members of the Group were likely to attend would be contacted to seek reassurance and details of who and how to contact relevant staff to assure members that they could access gluten free food.

Mike agreed to undertake the work and his full report is now available for members if they want a copy. Coeliac UK has agreed to circulate the report to other volunteer groups and within the NHS. Hospitals who participated in the research have also received a copy of the report and at least one has shared it around Catering Managers in NHS hospitals nationally

Mike contacted 22 hospitals around the area covered by the group and included both NHS and private hospitals. Not all hospitals responded, but a number of important conclusions could be drawn from the details he received:

1. Evidence gathered from hospitals in the South East of England does not provide complete reassurance that a similar fatality that gave rise to the original discussion could not occur again.
2. Overall catering staff appear to be well trained and alert to the importance of food allergies and Coeliacs in particular. The same cannot be said of ward staff, who understandably have other priorities, but whose training may or may not include food allergies.

3. Despite most hospitals having clear policies, evidence from members strongly suggest that there is a difference between the intentions of the various policies and procedures and practices on the ground.
4. There is a willingness amongst Facilities and Catering managers in the NHS to learn more and Coeliac UK have the option to follow this up via the “NHS collaboration hub” and promote existing guidance
5. Accreditation via Coeliac UK offers hospitals a route to both improve their awareness and practices and a means to check (via inspections/audits) that policies match practices on the ground
6. There is no one guaranteed method to alert hospitals to a Coeliac’s needs and Coeliacs should use any and all means available to alert hospitals prior to admission. This may include the use of Coeliac UK’s standard letter as well as ensuring that the original referral letter (from the GP or other medically qualified staff) specifically mentions the need for a GF diet – although providing this may be impossible, for example in the case of emergency admission or family circumstances. It also assumes a GP would be willing to do this.
7. Unfortunately, it proved impossible to provide members with a comprehensive list of contact names for all hospitals in the Region.
8. Coeliacs and their relatives should specifically tell nursing staff, dieticians and catering staff about their needs on arrival to check that the hospital is aware and ask to speak to the senior dietician or catering manager if any concerns arise.
9. Coeliacs should go to hospital with a few GF snacks – just in case!

Members can find the template letter to use at:

[Template letter on arrival at hospital - Coeliac UK](#)

## **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.

**Côte Brasserie – Restaurants** – <https://www.cote.co.uk>

**Côte at Home – Delivery and Collection** – <https://coteathome.co.uk/>

**Both of these** look good. They cope well with g/f. Please refer to the websites.

**'Cook'** – 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.

### **Voakes Gluten Free – 01423 395 511 (deliveries)**

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.

### **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 (even non-Coeliacs), especially the sweet!

### **The Crown Inn, Groombridge Hill, Groombridge TN3 9QH – 01892 864742**

The limited g/f range has unusual Eastern European influences but has been recommended to us.

### **The Camden Arms, Pembury – 01892 822012**

1 High Street, Pembury TN2 4PH  
Best to book. They have an extensive g/f menu and they are always busy.



## **Recommendation of g/f holiday:**

We've recently returned from a holiday to Tenerife where we stay in the Hotel Marylanza in Playa de Las Americas, on an all-inclusive package. It's the 2<sup>nd</sup> time we've stayed there & definitely would recommend it for Coeliacs. It's Buffet meals but every dish is well labelled with all allergens, there's always a Gluten Free Gateau available for dessert as well as other Gluten free options. There is a separate Gluten free section for Breakfast. A big plus point for Nick is they have Gluten Free beer which is also included!

Thank you to Anne & Nick.

## **RECIPES**

### **BANANA MUFFINS**

**(Recipe provided by Sharon – thank you)**

#### **Ingredients**

40g cherries (I use glace)

75g sultanas (I use more and more cherries)

110g butter (or Flora)

2 large eggs

110g caster sugar (I use ½ small mug full of Splenda to make it sugar free)

3 large ripe bananas (I use 4 or 5)

175g rice flour (or ground almonds)

50g corn flour

2tsp baking powder

½ tsp salt

#### **Method**

Heat oven to 180C

Wash and dry cherries, cut into quarters and mix with sultanas, set aside

Cream butter and sugar or Splenda until pale, light and soft

Add eggs, one by one and beat well after each addition

Mash bananas and add to creamed mixture. Sift flours, baking powder & salt.

Fold carefully into mixture

Gently stir in fruit so evenly distributed in mixture

Cook in loaf tin 1 ¼ - 1 ½ hours

**OR** muffin cases for approx 25 mins until golden

## **WHITE CHOCOLATE AND RASBERRY MUFFINS**

**(Recipe provided by Sharon – thank you)**

### **Ingredients**

140g Unsalted butter

2 eggs

140g caster sugar (I've used Splenda)

140g white chocolate (I accidently used M & S "blonde" white chocolate the first time, it has caramel and liked it)

170 GF SR flour

100g fresh raspberries

100ml hot water

### **Method**

Melt butter and chocolate, (I use the microwave.)

Stir in sugar and hot water

Sift flour and fold into mixture

Beat eggs in one at a time

Recipe doesn't mention adding raspberries, just says fill muffin case half way, then put a raspberry in and fill muffin case with mixture. I mix the raspberries in.

Cook 170C for approx 20mins

## **GF WHITE SODA BREAD**

**(Recipe provided by Mike – thank you)**

### **Ingredients**

275g Rice Flour (use 50/50 brown and white rice flour if you want more fibre)

110g Tapioca Flour (This helps bind the bread and stops it going to crumb too soon)

50g Dried Milk Powder

1 tsp Sodium Bicarbonate

1 tsp GF Baking Powder

1 tsp salt (or less if you prefer)

1 tsp Psyllium Husk powder (You can get this from health food shops or online) or substitute with Xanthan gum

2-3 tsp Sugar

1 Egg

300-350 ml Buttermilk

## Method

1. Heat the oven to 230C or 200C fan/mark 8
2. Mix dry ingredients well in a large bowl. Add air by sieving or letting it fall through your fingers.
3. Whisk Egg and Buttermilk together and add this all at once to the dry mix
4. Make a “claw” with your fingers and gradually stir the mix from the centre to the outside of the bowl until fully mixed. The “dough” should be smooth and not too wet.
5. The trick is NOT to overwork the dough, mix just enough to combine
6. Carefully shape the dough into a round approx. 5 cm thick and place on a baking tray that you have dusted with rice flour
7. With a sharp knife make a deep cross cut in the dough (this helps rising)
8. Bake for 6 minutes at high temperature then reduce oven to 180C or 170C fan/mark 4-5 and bake until well risen (around 25-30 minutes) and light brown. Check it is cooked by turning it over and tapping the bottom – it should sound “hollow”.
9. Cool on wire rack

\*The bread is best eaten on the day but makes good toast later or you can freeze it or make crumbs for stuffing etc

\*\*This recipe is really easy and makes great soda bread. It is adapted from an original by Darina Allen and Rosemary Kearney, first published in their book “Healthy Gluten Free Eating” that was produced with Coeliac UK. The book is now difficult to find but is well worth buying if you can get it second hand!

\*\*\*You can make the bread sweeter and add dried fruit and a bit more sugar or add some fresh herbs and some hard goat’s cheese for a savoury treat.



***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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