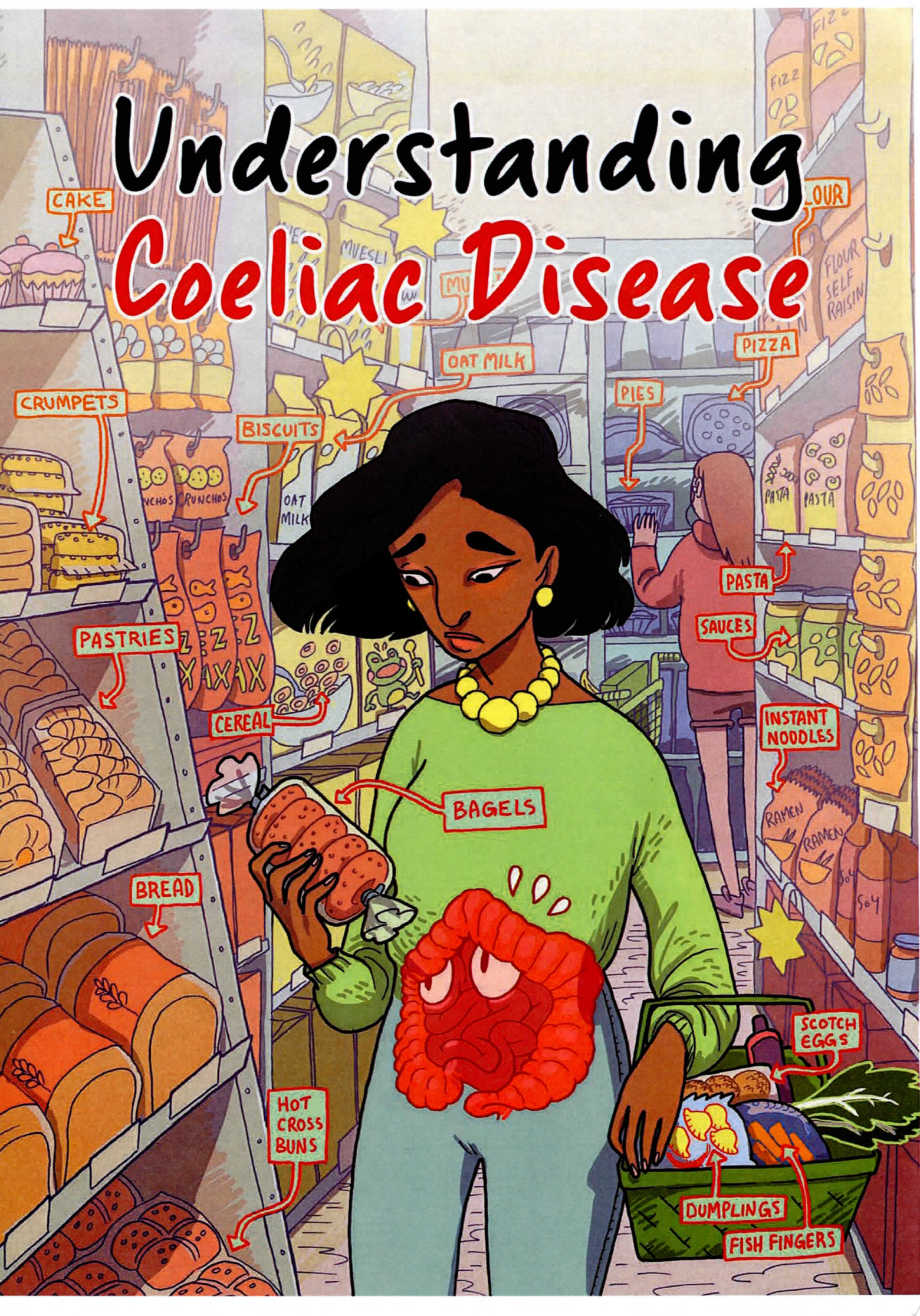


Understanding Coeliac Disease



CAKE

OUR

CRUMPETS

BISCUITS

OAT MILK

PIZZA

PASTRIES

CEREAL

PIES

PASTA

SAUCES

INSTANT NOODLES

BAGELS

BREAD

★

HOT CROSS BUNS

SCOTCH EGGS

DUMPLINGS

FISH FINGERS

PANCAKE DAY!



I COULDN'T HELP MAKE, OR EAT THE PANCAKES, BECAUSE THERE WASN'T ANY GLUTEN-FREE FLOUR..

IT'S NOT FAIR THAT NIAMH HAS BEEN EXCLUDED. IT WOULD HAVE BEEN EASY FOR US TO GIVE YOU GLUTEN FREE ALTERNATIVES.

IF YOU'RE DOING SOMETHING LIKE THIS AGAIN, PLEASE LET US KNOW IN ADVANCE. WE CAN HELP WITH PROVIDING GLUTEN FREE FLOUR OR WHATEVER FOOD YOU NEED.

WE CAN GIVE YOU A GUIDE ON HOW TO MANAGE COELIAC DISEASE IN SCHOOL WHICH COELIAC UK HAS PRODUCED.

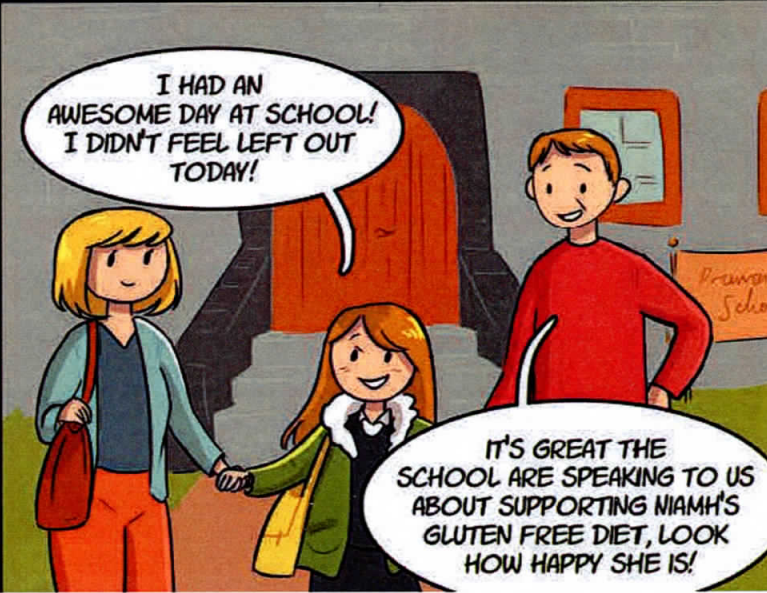
THANK YOU. GETTING FEEDBACK FROM PARENTS IS REALLY IMPORTANT AND WE NEVER WANT TO EXCLUDE A CHILD. THE GUIDE WOULD BE SO USEFUL.

WE'RE PLANNING A SCHOOL BBQ, AND THE BURGERS AND ROLLS WILL CONTAIN GLUTEN.

PLEASE CAN YOU COOK THE GLUTEN FREE BURGERS ON THE CLEAN BBQ GRILL FIRST BEFORE ANY OF THE GLUTEN BURGERS? AND KEEP THE GLUTEN FREE ROLLS ON A SEPARATE PLATE? AND USE SEPERATE UTENSILS TOO...

OKAY! WE'LL PROVIDE SOME BURGERS AND ROLLS THAT ARE GLUTEN FREE.

THIS WILL HELP AVOID CROSS-CONTAMINATION.



IT'S GREAT THE SCHOOL ARE SPEAKING TO US ABOUT SUPPORTING NIAMH'S GLUTEN FREE DIET, LOOK HOW HAPPY SHE IS!

15



LEWIS

13



HARRIS

10



AILISH

I WAS DIAGNOSED WITH COELIAC DISEASE WHEN I WAS NINE.

BECAUSE DAD AND LEWIS WERE ALREADY COELIAC, I WAS DIAGNOSED WHEN I WAS FIVE.

I DON'T HAVE COELIAC DISEASE BUT I DO HAVE A WHEAT ALLERGY, SO I CUT OUT GLUTEN TOO.

BEFORE I WAS DIAGNOSED, I'D GET TUMMY ACHES EVERY MORNING. MUM THOUGHT IT WAS BECAUSE I DIDN'T WANT TO GO TO SCHOOL.



IT TURNED OUT THAT I WAS HAVING A REACTION TO MY BREAKFAST, WHICH WAS FULL OF GLUTEN!

NOW, I TAKE PACKED LUNCHES TO MY SECONDARY SCHOOL BECAUSE IT'S DIFFICULT TO FIND GLUTEN FREE FOOD THERE. I CAN'T GO TO THE BAKERY OR FOOD VANS WITH MY FRIENDS.



WE ALWAYS REMEMBER TO CHECK THE INGREDIENTS ON PACKAGING, EVEN IF IT'S A BRAND WE THINK IS SAFE.



GLUTEN IS FOUND IN WHEAT, BARLEY, RYE AND IN OATS, SO THESE ARE WHAT WE LOOK OUT FOR AND AVOID!



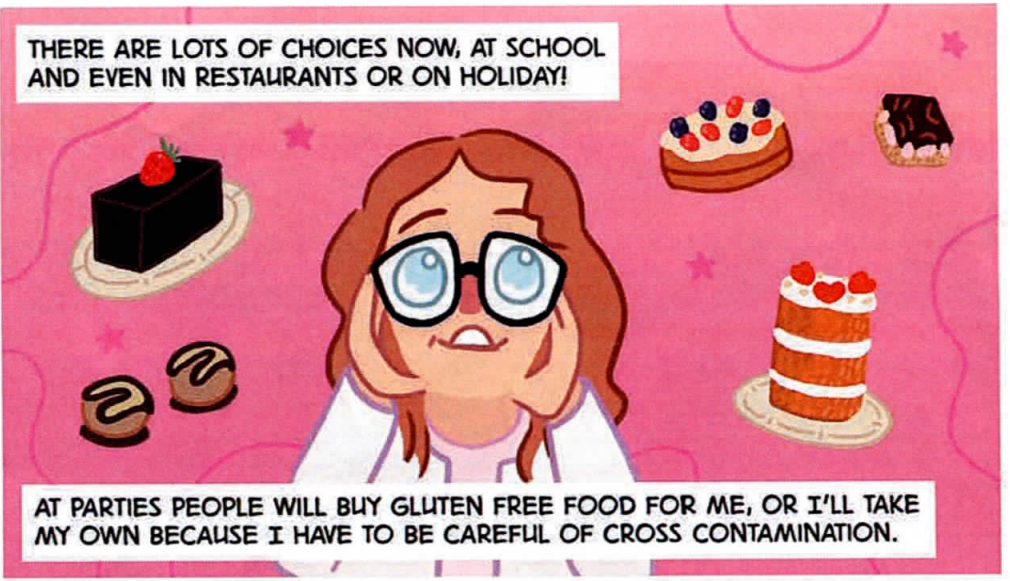
WE ALSO LOOK FOR THE **CROSSED GRAIN** SYMBOL OR A GLUTEN FREE STATEMENT.



I ENJOY BEING COELIAC. IT MAKES ME FEEL SPECIAL AND LOTS OF PEOPLE KNOW ME. THE DINNERLADIES AT MY PRIMARY SCHOOL MAKE SURE I HAVE GLUTEN FREE OPTIONS.



THERE ARE LOTS OF CHOICES NOW, AT SCHOOL AND EVEN IN RESTAURANTS OR ON HOLIDAY!



AT PARTIES PEOPLE WILL BUY GLUTEN FREE FOOD FOR ME, OR I'LL TAKE MY OWN BECAUSE I HAVE TO BE CAREFUL OF CROSS CONTAMINATION.

AT BOYS' BRIGADE THEY PLAN FOOD AROUND OUR NEEDS!



I'M NOT ALLOWED MOST BISCUITS AND CAKES, AND THE THINGS I CAN HAVE ARE USUALLY MORE EXPENSIVE.

I DON'T FEEL BAD THOUGH, I JUST GET ON WITH IT.



I WISH MORE PEOPLE KNEW HOW SERIOUS IT IS IF WE EAT GLUTEN.



DAD ALWAYS KNOWS WHERE TO GET INFO ABOUT GLUTEN FREE FOODS.

AND MUM IS A BIT OF A HERO. SHE DOESN'T HAVE COELIAC DISEASE BUT COOKS GLUTEN FREE.

WE ALL SUPPORT EACH OTHER!

