



October 2023 Newsletter

Welcome to the latest update from the Swindon Local Group

Email: swindon@coeliac.org.uk

Web: www.coeliac.org.uk/local-groups/swindon

This month we're talking about...

Local group membership survey – the results are in

Coffee afternoon – [Marks and Spencer's](#) upstairs café Wednesday 11th October at 2pm. The last one at M&S

Coffee afternoon – the [Dandelion Gifts and Coffee Shop](#) – Royal Wootton Bassett Wednesday 18th October 2pm

Tenpin bowling – ***Cancelled***

Events for young people

Christmas meal – Thursday 7th December

Getting ready for Christmas

Venue recommendations

Read on for more details...

Local Group Membership Survey

Thank you to the 116 people who completed our survey. This was a great response as it gives us a clear indication of what you, our members, want from us.

Here is a brief overview of the results:

- 80% of respondents receive our newsletter and a further 20 people asked to be added to the distribution list.
- 90% of those who receive it, read our newsletter and 98% of those people find it informative.
- Only 18% of you have attended one of our events as 53% of people said the dates didn't suit. However, 16% said they were nervous about attending and 31% said they probably wouldn't attend an in-person event.
- The event most people said they would attend is coffee and cake, a meal out was the next most popular option. Other suggestions were: drinks at a local pub, a Christmas get together, a bbq or picnic, bowling, and a children's event.
- There was a real mixture of the times you would prefer (weekday evening 32%, weekday daytime 29%, weekend daytime 25%, and weekend evening 14%)

If anyone has any more specific feedback they would like us to hear, please feel free to email us on Swindon@coeliac.org.uk

We currently have 475 people on our mailing list and over 500 members of our Facebook group so it's important to us that we provide support for everyone. We're not just here for those who have been diagnosed with Coeliac disease. We also support those people who need a gluten free diet but don't have a formal diagnosis. If you know someone who is thinking about being tested, or maybe just has symptoms and isn't sure, let them know they are welcome to come along to one of our events and talk to us. We also welcome family and friends of anyone who needs to eat gluten free and can provide advice and support to them, too.

Please read on for the events that we do have planned. All our events for two months ahead are shown here <https://www.coeliac.org.uk/local-groups/swindon/events/>. If you are a first timer or nervous about attending any event please send us an email and we will arrange for one of our happy, smiling volunteers to meet you outside prior to the event starting.

Coffee Afternoons



As the store is closing later this month, **this coming Wednesday 11th**, will be our last Coffee Afternoon upstairs in the M&S Café within the town centre. However, we will continue and from November we shall, for a trial period of three months, meet at Tesco Extra Café' in Ocotal Way. Next month we shall meet there on **Wednesday November 8th** from 2pm - 3:30pm. This will take place before the newsletter is sent out so please make a note in your diary of the date.

Our next coffee afternoon in Royal Wootton Bassett is on **Wednesday 18th October** upstairs in the, always delightful, Dandelion Gifts and Coffee Shop, 49 High Street. All our coffee afternoons in Swindon or Bassett run from 2pm – 3:30pm and you can drop in at any point during that time.

Tenpin Bowling - *Cancelled*****



Sadly, we have had to cancel the bowling match against Swindon Bats that was planned for this coming Thursday (12th October).

Events for Young People

Online Gluten Free Cooking Workshop

Ages 11-17 years:

Sunday 22nd October, 2:00pm – 3:15pm

Get your frying pans ready and your aprons on! This October the Old School Kitchen are delighted to be hosting their first ever online Gluten Free Cooking Workshop in collaboration with Bucks Youth Coeliacs. The workshop is open to everyone and the cost is £10.00 per family. £2.00 from each booking will be donated by The Old School Kitchen to Coeliac UK.

It's the perfect opportunity for food loving Teens and Tweens to gain more confidence in the kitchen, whilst potentially learning some new techniques and maybe trying some new ingredients too!

The relaxed, chilled out session will see everyone cooking along together to make some super delicious beef kofta kebabs with gluten free flatbreads and a gorgeous Greek style tzatziki dip to serve alongside.

The event will take place online via Zoom, and the unique link, plus a list of all the ingredients and equipment required to take part, will be sent by email prior to the event, once your booking has been confirmed. As some members of the Swindon group know a couple of members of the Bucks group they have very kindly opened up the opportunity to us

To reserve your place please visit

<https://theoldschoolkitchen.co.uk/workshops-and-events/ola/services/gluten-free-online-cooking-workshop-private-event-for-bucks-youth-coeliacs>.

Future event for 12-15 year-olds

Coeliac UK are considering a virtual meet for those with Coeliac disease between the ages of 12 and 15. If you have a family member within this age range who would be interested in attending this online meet-up please e-mail us and our Group Organiser, Martin will contact you to explain more.

Christmas Meal - 7th December



After the success of last year's Christmas evening meal, plans are being finalised for another event this year. Please keep Thursday 7th December free, further details will soon be shared.

Getting Ready for Christmas



As we're talking about Christmas (sorry if it's too early but the committee do like to be prepared), now is a good time to think about stocking up with some Christmas cards. Coeliac UK offer a wide range of cards, e-cards, wrappings and gifts, with funds going back into the charity to further their aims. Please check out the designs here <https://www.charitycardshop.com/coeliacuk>.

Venue Recommendations



Anne was blown away by the beer battered fish and chips at the Prince of Wales, Shrivenham, this month. It was the lightest, crispiest batter she'd ever had. Look out for her if you visit as she's definitely going back again.

<https://www.princeofwalesshrivenham.co.uk/>.

There were several recommendations for **afternoon tea** for a special occasion day out. The Bath Pump Rooms, <https://thepumproombath.co.uk/>, weren't cheap but were fantastic, according to Graeme. The Chiseldon House Hotel is good value for money and will box up anything you don't eat to take home: <https://www.chiseldonhouse.com/>, while Hannah recommended the Whatley Manor at Easton Grey, near Malmesbury: <https://www.whatleymanor.com/>.

Tracey recommended the Greek Olive on Faringdon Road: <https://thegreekolive.co.uk/>. Absolutely brilliant and super clued up on Coeliac which is great to hear.

Don't forget, if you're looking for a venue to eat at within Swindon and/or surrounding villages, then download our **Food Venue List** from one of the following links:

<https://www.facebook.com/groups/swindoncoeliac/files/files>

<https://www.coeliac.org.uk/local-groups/swindon/eating-out-gluten-free/>

https://drive.google.com/file/d/1Cb4WaLf9_fc6rzL18eOKnF72MDmGECGI/view

If you see a venue missing, or believe one should be removed or updated, then drop us an email at Swindon@coeliac.org.uk, or contact us via Facebook.

Keep your recommendations coming, folks, the venue list gets updated monthly using your feedback. And, as always, please check the venue's suitability before ordering.

And finally.....

We hope you enjoy receiving our e-mail updates and the new format. We really enjoy hearing from you, too. If you have any tips, recipes, or recommendations, please do send them to us or drop them onto one of our social media channels.

That's it for this month

Claire, Gareth, Lisa, Martin and Zoe

The Committee

Special thanks go out to our local volunteers: **Chris, Kristyna & Marian**

Our next issue of this monthly newsletter will be published on:

Monday 13th November 2023

We very much welcome contributions from local members, they are required by the last day of the preceding month.

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