

Gradually getting back to normal



A note from your Newsletter editor:

Hello, how are you all doing? It's a long haul back to some sort of normality for all of us, but I hope you are finding more and more positives. Being able to hug family and friends is the best thing of all. Our Group Organiser, Linda, has written a heartfelt account of her experience of lockdown on page 2. I'm sure it will resonate with many of you.

We have decided to take the plunge and book a Christmas lunch at Ashfields restaurant. Details and booking forms are on pages 7 and 9. We totally understand if you feel it is too soon for a get-together, but we shall see how many people are interested and will go ahead if we get the minimum of 10.

Please send suggestions, comments or any items for inclusion in future newsletters to york@coeliac.org.uk

Best wishes, Sue

Committee Members

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York Coeliac Group
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The Covid Pandemic: My Perspective

None of us will forget the horror of the Covid 19 pandemic. It was very scary and for me, the effect of it would, thankfully, be not serious but significant. I started off quite bewildered with all the news and daytime coverage. The first lockdown spurred me into action and I became a volunteer responder calling up isolated, mainly elderly people in my local area to chat through their worries and offer reassurances. I predicted to many that there would be a vaccine and our scientists would fix this. Helping others helped me but as the months dragged on, I found myself trying to support my daughter through the nightmare of homeschooling whilst her one year old twins were learning to walk, run and get into everything. I also was supporting my other daughter, with a two year old and a baby, to cope without baby groups and friends' visits. On top of this, other family members needed my support via phone calls and Facetime calls to help them through.

I found myself needing to get outside, to walk and garden. Without a garden, I don't know what I would have done. I took great pleasure in growing flowers and I found the effects of weeding very calming! I also experienced guilt that I was gardening to help myself, but not doing enough to help others. The net result was I lost focus and motivation to really keep the local coeliac group going. I formed the opinion that there was little I could do, but I suspect that other groups had a better time of it as their organisers were perhaps more diligent. This led to me feeling even more guilty. After many months, I stopped volunteering for the NHS responders, as I was feeling more and more down and, by now, Christmas without family was on the cards.

The third lockdown in January was, for my daughters, by far the worst to cope with. The cold weather meant that looking after little ones, with no indoor play areas open, was very tedious. We had by now formed a baby bubble and a childcare bubble, but each visit was a worry, as none of us had been vaccinated. The day of my first jab in February was, for me, a fantastic day! I had to queue in the freezing cold for an hour and a half, but I didn't care. I heaped praise on the volunteers who braved the cold to usher us in and wished I had been strong enough to be one of them.

Now, as the restrictions are lifted and all of my loved ones have been double jabbed, I feel more optimistic and I am trying to get back to as normal as possible. I am aware that I have been very lucky to have not lost someone to Covid and I feel so sorry and sad for those of you who have. As we move forward, I hope that we can all gain so much from being able to mix and socialise again and I look forward to seeing you all in the near future.

Linda Deadman
York and District Group Organiser

News items from Coeliac UK

Dietitian Workshops

New dates are now available for our diet and health workshops throughout the autumn.

See <https://www.eventbrite.co.uk/o/coeliac-uk-13400711913> to book

Coeliac UK provides many tools and resources for helping you choose the right foods for your dietary needs and this includes a series of workshops developed and hosted by our dietitians.

The workshops available include:

- Newly diagnosed
- Supporting your child's journey
- Meeting your nutritional needs: calcium and iron

Places are limited, so book online today to secure a place and don't forget that Coeliac UK members receive a 20% discount (non member workshop price is £15).

"The workshop was very informative. The presenters covered a range of topics, including specific dietary requirements (vegetarian, vegan etc). I would definitely recommend it to people who have been recently diagnosed or for those looking for a refresher course."
Sarah, York

Research funding boost

We are delighted that Beyond Celiac, the US-based patient advocacy and research driven organisation has granted a two year strategic research award to the University of Sheffield. The \$209,000 research award will support research in to the neurological and neuropsychological manifestations of coeliac disease and gluten related disorders.

Understanding more about the neurological forms of coeliac disease is a research priority for Coeliac UK. Research funded by Coeliac UK has identified an antibody, tTG6, which seems to be particularly associated with gluten related neurological conditions. This development may allow more people to be accurately diagnosed and treated.

Coeliac UK has invested over £3m in research into coeliac disease in the last 15 years. Our first Research Impact Report, highlighting the real benefit of the research donations we receive and the future impact of this support, will be available for download shortly.

Coeliac UK joins forces with the Co-op

Coeliac UK is working in partnership with the Co-op for its 2021 and 2022 challenge events. This partnership will support the charity to help deliver our fantastic programme of challenge events until the end of 2022, enabling runners to continue raising vital funds for research projects, campaigning and ongoing support of supporters.

"After such a difficult 18 months, now is an ideal time to collaborate on this programme to help improve the lives of those living gluten free and to increase awareness of Co-op's extensive range of tasty free-from food." Michelle Rowley, Head of Product Development at Co-op.

To find out more and sign up to join Team Coeliac UK, please email our friendly Fundraising team at fundraising@coeliac.org.uk

BBC Saturday Kitchen programme

Some of you may have seen the recent Saturday Kitchen programme on BBC TV in which a coeliac participant was given food containing gluten. Coeliac UK was inundated with complaints and sent the following letter to the programme producers:



24th September 2021

Dear BBC Complaints Department

On last weekend's Saturday Kitchen (18th September 2021) a presenter served a guest, who had stated she has coeliac disease, a food product containing gluten. This was irresponsible and careless, and sent a dangerous and inaccurate message to those suffering from this serious autoimmune condition.

A strict gluten free diet for life is the only treatment for coeliac disease and there is no luxury for the opportunity for a 'cheat day'. When catering for those with the condition, all foods containing gluten (a protein found in wheat, barley and rye) must be avoided. Not only that, but to avoid cross contamination, any food must be prepared separately from gluten containing foods. Even just a crumb could cause unpleasant symptoms, and even if a food has only been briefly touched by a gluten containing product it will have collected the gluten protein.

Coeliac disease affects 1 in 100 people in the UK, it's one of the most common autoimmune diseases – over 1.5 times more prevalent than Type 1 diabetes. But sadly awareness is still low and the effects of it are often misunderstood by the general population.

We have been contacted by countless people with coeliac disease, who found the programme upsetting and unhelpful and felt the condition was not taken seriously. The attitude of 'a little won't hurt' is not only incorrect but also affects the quality of life of many people with coeliac disease. They feel they cannot trust restaurants or even eat safely at the home of family and friends when this message is being communicated – not helped by hearing it on national TV and a respected food programme.

We ask to see an apology on the show itself, or direct from the BBC, to people with coeliac disease and want the BBC to review its policy on how gluten free is discussed in future programmes. It is a medical necessity not a dietary choice for people with coeliac disease and therefore the nation's leading broadcaster should present the facts clearly and with respect.

Further information on coeliac disease can be found on our website: www.coeliac.org.uk
Yours sincerely,

Coeliac UK

Shortly before this Newsletter was sent out to members, Coeliac UK released the following additional information. This issue has received a lot of comment on their Facebook page.

The BBC issued this statement in response to Coeliac UK's letter:

Thank you for contacting us about Saturday Kitchen Live on 18 September.

We're aware of concerns raised about this edition of the show in relation to coeliac disease, which we have discussed with the programme production team. In line with the BBC Complaints process and to ensure we use our licence fee resources as efficiently as possible, we're sending this response to everyone who contacted us about this matter. We're sorry that for this reason we are unable to address all the specific areas of questioning but we hope this will help to clarify some of the points being raised.

We understand that coeliac disease is a serious condition and would like to assure you that Saturday Kitchen Live guests are always briefed on the dishes in advance and then again when they arrive on the day. We are aware that aspects of this episode have been misrepresented online. Nonetheless, although the guest was sharing the dish with her husband who doesn't have coeliac disease, we acknowledge that the bread shouldn't have been served on the same plate once she stated she had coeliac live on air.

Some viewers also feel that this episode could have been used as an opportunity to discuss coeliac disease more broadly. Saturday Kitchen Live is primarily a food entertainment show, which combines cooking with a range of chefs and celebrity guests; it isn't appropriate for the presenter to press the guests on private medical matters.

We hope this goes some way in addressing your concerns, and thanks again for taking the time to contact us.

Kind regards,

BBC Complaints Team
www.bbc.co.uk/complaints

Here is Coeliac UK's comment:

The BBC has responded to the many complaints about their portrayal of coeliac disease on a recent episode of Saturday Kitchen - you might have already seen the response (above). Coeliac UK has not received a direct reply to the letter we submitted and we're extremely disappointed that the BBC has not issued the full apology we asked for. Rest assured that we will be back in contact with them. We're always monitoring media coverage of coeliac disease and the gluten free diet and will continue advocating for our community

Birmingham Allergy and Free From Show 7 November

The Allergy & Free From Show will be visiting the NEC, Birmingham, Saturday 6 and Sunday 7 November.

The Show's famous live kitchen is the centrepiece - you can lose hours getting inspired by these cooking demos!

- Taste and take home the latest in free-from and plant-based food and drink. Meet the producers and find out exactly what is (and isn't) in the products.
- Free-entry seminars from the UK's leading experts in allergies, coeliac disease, eczema, IBS and more. An opportunity to hear from and talk to the people who know the most about your condition.
- Skincare partners, La Roche Posay, will be presenting their product range that's been 100% allergy-tested, plus they have specific solutions for eczema and allergy-prone skin.

See full details at <https://www.allergyshow.co.uk/birmingham/2021/event/about-the-event/> and claim your free tickets there too.

Recommendations

A recommendation from member Mavis Young:

I would like to mention/remind people about **Doylys Tea Room in Bolton Percy** which offers gluten free options on their menu. They have evening meals too. See their Facebook page for opening times and menu: <https://www.facebook.com/doylys/> Lovely place with delicious food. Address: North House, Bolton Percy, York YO23 7AN. Tel 01904 744041. Open Weds, Thurs, Fri and Sat 10am – 3pm

Sue Cumberpatch visited Cornwall recently and said the gluten free scone she had in this tearoom was the best she had ever tasted:

Teacup Tearoom in Mevagissey – at least four gluten-free cakes are available daily, not to mention the delicious scones. Pity it's not nearer (I did try to persuade them to move!).

<https://www.facebook.com/teacuptearoommevagissey/>

Please send your recommendations for venues or products to york@coeliac.org.uk

Natasha's Law now in force

The UK Food Information Amendment, also known as 'Natasha's Law' came into effect from 1 October across the UK. The new law will change the way food businesses provide allergen labelling on food which is packaged on the premises, such as a prepacked sandwich sold in a coffee shop. From 1 October, it will be mandatory for these types of foods (known as prepacked for direct sale, or PPDS) to include the name of the food, a full ingredients list and the allergens contained emphasised on the list. This includes gluten containing grains wheat, barley and rye and brings PPDS allergen information in line with other prepacked food.

York College
Ashfields restaurant
(Sim Balk Lane, Bishopthorpe, York YO23 2BB)

Christmas 2021 gluten-free lunch menu
£18 per person (£14 for two courses)

Appetisers

Creamy Cauliflower Cheese Soup, Toasted Almonds (v)

Spiced Parsnip & Cashew Parcels, Cranberry Sauce, Lambs Lettuce (v)

Dill Cured Salmon Gravdax, Beetroot, Pomegranate, Cucumber

Main Course

Roast Turkey, Pigs in Blankets, Bread Sauce, Sage & Onion Stuffing, Red Wine Gravy

Parmesan & Tomato Crusted Hake Loin, Caper Salsa Verde, Sweet Garlic Pak Choi

Butternut Squash & Wild Mushroom Open Lasagne, White Wine Cream Sauce (v)

Honey Roast Gammon, Apple Stuffing, Celeriac Puree

All Main Courses are served with Roasted Carrot & Swede, Braised Red Cabbage, Sprouts and Roast Potatoes

Dessert

Christmas Pudding, Brandy Sauce, Redcurrants

Clementine & Pistachio Frangipane Tart, Mulled Berries, Cinnamon Mascarpone

Selection of Cheeses, Homemade Spiced Apple Chutney, Biscuits, Grapes & Celery

Tea, Coffee and Mince Pies

See booking form and conditions on the last page of this newsletter.

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**BOOKING FORM FOR
CHRISTMAS LUNCH at ASHFIELDS RESTAURANT, YORK COLLEGE
(Sim Balk Lane, Bishopthorpe, York YO23 2BB)**

MONDAY 6th DECEMBER 2021

Arrival time: from 12.00 pm, lunch served at 12.15 pm.

£18.00 per person, for three courses including coffee and mince pies
(**or £14** for two courses)

My/our menu choices are (PLEASE SEE MENU ON PAGE 7):-

Name	Starter	Main Course	Dessert	Total Cost

Contact Tel. No.....

ADD FURTHER NAMES OVERLEAF OR ON A SEPARATE SHEET IF NECESSARY

- I would like to bookplaces
- I enclose my payment of.....

OR

- I have paid £..... by BACS transfer

Please return completed forms to Lynda Moody, 13 Sandstock Road, Heworth, York YO31 1HB, by 12th November

Payment may be made in either of the following ways:

1. Online via BACS or by going into your Branch and giving them the following BACS details:

Bank Account: Coeliac UK-York

Sort Code 30-94-28

Account No 63201060

quoting **Ashfields Xmas 2021** as reference

2. Send a cheque made payable to: Coeliac UK – York to:

Lynda Moody, 13 Sandstock Road, Heworth, York YO31 1HB **by 12th November**

We care about your privacy, so we will keep your data secure. You can see our full Privacy Policy at <https://www.coeliac.org.uk/privacy-policy/>. You can update your personal details and preferences by logging into the Coeliac UK website, by contacting the local group or by phoning the Coeliac UK Helpline