



Group enquiries: coeliacsurrey@btinternet.com

December 2015

Welcome to what we hope will be a monthly newsletter for the Croydon Group of Coeliac UK.

Firstly for those of you that don't know us I'd like to introduce you to the Committee that works hard behind the scenes for you, we are all volunteers and some also have full time jobs!

Jacqui Smith – Group Organiser

Diagnosed in 1995 with CD and Colitis & still learning! Love helping others, according to the Committee I am a "Coeliac guru" if I don't know I probably know where to go for the answer! I have been a Governor for Coeliac UK, and work in the NHS and also for a Consultant Gastroenterologist as a Medical Secretary. I work very closely with the Consultant Gastroenterologists and Dietetic Department at Croydon University Hospital to improve the healthcare for members of the group.

Lydia Ward – Group Treasurer

9 year old daughter Isobel diagnosed with CD 3 years ago, joined the Committee after her first Group Meeting in March 2015! Isobel also joins in as she wants to be able to share her experiences and help younger children diagnosed with Coeliac Disease.

Gillian Clement – Group Secretary

Diagnosed in 1986, so with nearly 30 years practice GF baking and catering have become the norm. Chocolate profiteroles are my speciality and the family think they are better than the "normal" ones. Plenty of good food experiences to enjoy as a Coeliac.

Sali Ransom – Group web page editor and newsletter

Mother of Helen, very interested in cooking, developed recipes to make them GF. Now interested in Paleo recipes. Bakes GF cupcakes for local bakeries and GF wedding cakes, Christmas puddings and cakes for friends.

Hannah Gibbs – Committee member

Been a Coeliac for 6 years, loves learning about living with CD, loves food and enjoys discovering new GF products or restaurants. Loves cooking and trying out new GF recipes or adapting others.

Ann Nicholson – Committee member

Enjoys meeting other members to share experiences and problems with eating out. Ann also likes to travel widely. Also can be found in the Friends of CUH on Tuesdays.

Helen Ransom – Committee member

Has been a Coeliac for nearly 20 years and is also lactose intolerant. Helen is often found in or near a swimming pool teaching children to swim.

We are all up for re-election at the AGM in March 2016, if you feel you would like to join us in putting together an interesting programme of events etc please do get in touch.

Prescriptions:

Following our last meeting with Dr Sanjay Gupta Consultant Gastroenterologist at Croydon University Hospital, we would be interested to hear from you if you are experiencing restrictions from your GP with regard to GF items on prescriptions.

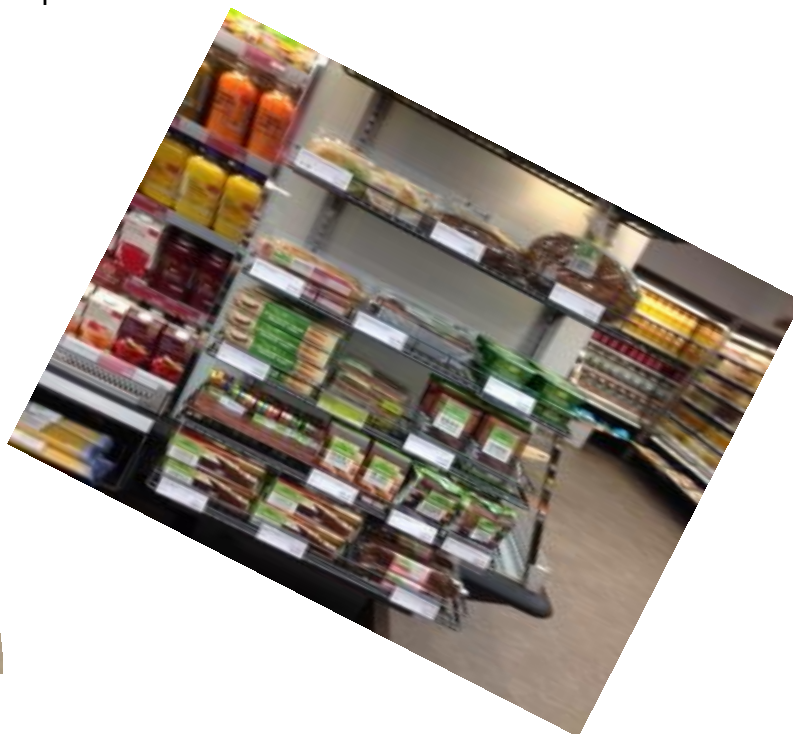
Many areas in the UK are being told to cut prescriptions for GF items but we will work with Dr Gupta and Coeliac UK should this happen to members in the Croydon area.

New members

We appreciate how difficult it can be for newly diagnosed Coeliac members and are looking to hold an informal session in the new year so that we can introduce ourselves and hopefully reassure you that you are "not alone", how to access gluten free prescriptions etc. If you would be interested in attending one of these session please get in contact with Jacqui at: Coeliacsurrey@btinternet.com

Croydon University Hospital:

M&S has arrived in the foyer of the hospital and has a dedicated section of "without wheat"



M&S has an extensive range of Gluten Free food available to pre-order for Christmas. Simply pick up one of the their brochures in store.

Please also note that it is possible to get Gluten Free rolls and wraps from the Restaurant on the first floor (above the Hospital Foyer). Available every day of the week, please ask if you cannot find them.

Christmas

Is just around the corner! If you want to know what Gluten Free goodies are available check out the web link: www.coeliac.org.uk/Christmas

Want to help the group raise some extra funds for Group use? Then for those of you who order through Amazon, Marks and Spencer's and lots more please use this link:

<https://www.easyfundraising.org.uk/causes/croydoncoeliacs>

Tesco's: has everyone seen the Advert? Advertising a range of Gluten Free foods for Christmas items.

Café Blue Brighton Road Purley has a selection of Gluten Free homemade cakes daily.



Coeliac UK Awareness Week:

2nd May 2016 - we are hoping to put on an event on Wednesday 4th May 2016, so please pencil in your diary (more details to follow).

Issy's Blog:

When I was diagnosed I didn't understand what Coeliac Disease was. At first I thought it would only affect me for a while, like a "cold". Then I realised that I would have it for the rest of my life, it is quiet annoying when you miss out on things, but usually you can find or make reasonable alternatives. I really miss donuts but luckily we have managed to find the "mini" ring donuts (Free From for Gluten Free Foods) in the freezer Free From Section in Tesco's..... which are tasty beyond compare especially with chocolate sauce! (Aged 9)

Other local news:

Coeliac UK London South local group – Christmas mini-food fair

Saturday 5 December – 2-5.30pm at St Barnabas Church Hall, 146 Lavenham Road, London SW18 5EP (nearest tube station: Southfields; nearest rail station: Earlsfield; 156 bus or parking on the road outside).

Entry £2 for adults and free for under 16s.

Tips and Suggestions:

Check out "the Works" in the Whitgift Centre Croydon for reduced priced GF cookery books.

Facebook: Croydon Group or Coeliacs - lots of daily information, recipes and advice.
<https://www.facebook.com/groups/229887293776630/>

Wishing all our members a very happy Christmas and a healthy New Year