



Message from the Editor

I just wanted to say a brief 'Goodbye' to all our Local Groups and volunteers – I have had the most amazing year at Coeliac UK as Head of Volunteering covering Miranda's maternity leave, finishing on 28 April.

I have been really impressed with the dedication and enthusiasm of our volunteers right across the UK. Our Volunteering Team at High Wycombe is committed to helping you run your Local Groups so please keep asking when you need something and sending them your feedback and ideas so that they can continue to support you as best they can.

Have a great 2016!

Many thanks, Sue

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Events food fairs

Upcoming food fairs

- 16 April 2016 - East Lancs/Preston food fair
- 23 April 2016 - Bournemouth and Poole food fair
- 14 May 2016 - York food fair
- 21 May 2016 - Liverpool food fair
- 18 June 2016 - Lincolnshire food fair
- 2 July 2016 – Coeliac UK Annual Conference and food fair
- 8 October 2016 - Penrith food fair
- 15 October 2016 - Hereford food fair
- 22 October 2016 - West Sussex food fair
- 19 November 2016 - Bath and West Wilts food fair
- 26 November 2016 - Calderdale and Huddersfield food fair

Please visit our website for timings and addresses for 2016 [food fairs](#).



News, updates and reminders

Volunteers' Update – the stats!

February 2016 Volunteers' Update:

- sent to 521 Committee Members
- 263 people opened the update (50.5%)
- 67 people clicked on links (12.9%)

- the top links clicked were the bank account update page and the new Volunteers' Update webpage.

This is a decrease in the number of people who opened the update compared to the October 2015 Volunteers' Update but we don't know if this is because of the changes we made to the February Volunteers' Update.

As usual we would welcome your feedback, so please let us know how this works for you or if you would prefer us to revert to the previous version of the Volunteers' Update.

AGMs

It's AGM season again so this is a timely reminder to please provide your updated Committee Member details by completing the [contact information form](#) and returning it to either Barbara or Coralie by the end of May. This form is necessary so that you can specify the web access required (if any is required) and whether a Committee Member is also a signatory.

Bank accounts

We have an update on the new bank accounts so please read all about it on our dedicated [news page](#).

Guidance

We have some brief guidance in this Volunteers' Update about listing [recipe ingredients](#), either in newsletters or on your webpages, [website access](#) and managing your [Membership lists](#).

Fundraising

Fundraising have a telemarketing campaign commencing in the next two weeks for some of our Members whose Membership is up for renewal in May-July so some of your Members may be contacted by telephone. The company that we use is NTT Fundraising, they should make this clear during the call but if you or any of your Members have any queries or concerns please let the [fundraising team](#) know.

We have already sent an email to Group Organisers in advance to tell them about this telemarketing campaign.

Donations

We have recently received the following donations from some of our Local Groups:

- Aberdeen £100
- Bath and West Wilts £1,500
- Calderdale and Huddersfield £1,500
- Dorchester £300
- Fenland and District £400
- Hereford £300
- Medway and Maidstone £400
- North Devon £50
- Sevenoaks £250
- Sheffield £73
- South Hertfordshire £300
- South Surrey £600
- Wolverhampton £200

This is a total amount of £5,973 so a big thank you to all the Local Groups that have sent us donations which will enable Coeliac UK to carry on our vital work whether it's research, or supporting Local Groups or our other volunteers.

Local Group Handbook

Just a reminder that you can find the [Local Group Handbook](#) and [supporting documents](#) plus other [guidance](#) on our [website](#).

Out and about with Local Groups

To find out what our Local Groups have been up to so far this year please visit our [webpages](#).

The Allergy & Free From Show London 2016

(Sponsored by Udi's Gluten Free)

Now in its seventh year, The Allergy & Free From Show is even bigger and better than before. This three day show is taking place from Friday 8 to Sunday 10 July at London Olympia's Grand Hall.

We are thrilled to be part of the show once again and hope you are able to join us. The show offers you the chance to try and buy a wide range of gluten-free foods, chat to gluten-free manufacturers, attend talks on a variety of subjects, including coeliac disease and the gluten-free diet, and to meet Members of the Coeliac UK team on our stand, A447.

The show is a great day out for the whole family and with free tickets for you, your

family and friends. To claim your free tickets, visit www.allergyshow.co.uk/go/cuk-April-news.

You are welcome to come along to one of our presentations:

Date	Presentation title	Speaker
Friday 8 July	New developments in coeliac disease and the gluten-free diet	Ruth Passmore, Health Policy Officer
Saturday 9 July	Is it coeliac disease?	Maria Tzanetou, Dietitian
Sunday 10 July	Myth busting the gluten-free diet	Nicola Crawford-Taylor, Dietitian

The Allergy & Free From Show Scotland

Thank you to all those who came along to The Allergy & Free From Show Scotland which was held at the SECC, Glasgow. The weekend was a great success and it was fantastic to meet so many of our Members. We'd like to say a very big thank you to Frances Jones, Group Organiser of the Glasgow Local Group and her team of Committee Members who came along to help us. They did a fantastic job handing out flyers, directing people to our stand and speaking to the many people who visited our stand. Without them we wouldn't have been able to engage and answer nearly as many enquiries. We couldn't have done it without you!

Crossed Grain magazine deadline

The deadline date for events to be included in the autumn edition of Crossed Grain will be announced in the June Volunteers' Update.

A big welcome to our new Cardiff and East Wales and Swansea Committees

Thursday 17 March saw the election of new Committees for both the Cardiff and East Wales and Swansea Local Voluntary Support Groups. Coeliac UK would like to welcome all the new Committee Members and we look forward to hearing about their exciting plans.

The Cardiff and East Wales Committee are still looking for a Group Organiser so if you know anyone who would be interested in taking up the role, please do get in touch with our Lead in Wales, Tristan Humphreys

- Tristan.humphreys@coeliac.org.uk / 02920 499 732

Scotland update

Moray Local Group has recently linked up with a local foodbank to donate gluten-free food items on a regular basis. This is a fantastic initiative as it helps those who unfortunately have to rely on foodbanks – but who have coeliac disease – to

receive appropriate gluten-free food empowering them to stick to their diet and stay healthy.

If you would like to find how how your Local Group can help improve the gluten-free provision in a food bank near you then please read our [guidance](#).

Local Group webpages

As you know we're updating and expanding the information and guidance available to Local Groups on the website, and alongside that we have been looking at the set up of Local Group pages. [Find out more on the changes](#).

Localgiving

If any Local Groups would like to set up a fundraising page to collate donations online from Members who are fundraising for a local event then you may want to set up a webpage with Localgiving. With Localgiving you need to register as an unregistered charity. We have confirmed with Localgiving that even though Local Groups technically fall under Coeliac UK, because your Local Group is raising funds locally and these are going into your Local Group bank account you can register as a group.

For a downloadable leaflet about what Localgiving offer, please [click here](#). Localgiving can process Gift Aid on behalf of their members, even without a registered charity number, for more information about how this works please [click here](#).

They also run regular match fund campaigns to incentivise donations to their members. For more information about their match fund campaigns please [click here](#).

There's a [step by step guide](#) of the registration process and you can [click here](#) for more details about what documents Groups require for the validation process.

Local Group networking

To continue our Local Group networking pilot, on Saturday 2 April we brought together Committee Members from Harrow, Bed and Mid Herts, and South Herts Local Groups. The meeting gave the Local Groups an important opportunity to share their work and activities with one another, discuss their experiences and common challenges. It presented Committee Members with ideas for new events and ways they could collaborate in the future, such as organising food fairs together and taking it in turns for the Local Groups to hold future networking

meetings. It was a really interesting and worthwhile meeting, a very big thank you to all those who attended!

If you would like any help or support in setting up a networking meeting with neighbouring Local Group Committee Members, please email Izzy at Isobel.ford@coeliac.org.uk. We can provide you with guidance and a suggest agenda.

Recently accredited

fish'n'chick'n
One taste and you'll be hooked...



BANKERS EXPRESS **CHURCHILL'S**
LEADING THE WAY IN BRITISH FISH & CHIPS

A group of fish and chip shops, The Chesterford Group, have been working very hard with us to serve safe gluten-free options. In September 2015 they introduced their GF accreditation in five stores and have now launched the second phase and accredited ten more stores across the UK, including Fish'n'chick'n, Bankers Express and Churchill's. They have a gluten-free menu served

weekly and have trained over 50 members of staff to ensure that everyone is aware of how to cater for people following a gluten-free diet.

We know that fish and chips is one of the most popular choices of our Members when eating out so please let your members know about this development, visit www.tcg-ltd.co.uk.

Locations:

Fish'n'chick'n - Baldock, Basildon, Basingstoke, Billericay, Bracknell, Cambridge (Cherry Hinton Road), Cambridge (Bar Hill), Colchester, Harlow, Hemel Hempstead, Ockendon, Sawston and Witham.

Churchill's - Stansted

Bankers Express - Hove



We need you! This year, like last Awareness Week, we'll be focusing our efforts on highlighting the most commonly reported symptoms of coeliac disease and prompting people experiencing symptoms to ask themselves, 'Is it coeliac disease?'

How you can help

- **Join us as we take part in our National Coeliac UK Leafleting Day**

On Saturday 14 May we'll be taking to our local high streets up and down the country to raise awareness of coeliac disease and the need for improved diagnosis of the condition. We want you to join us from 10am to 2pm for a short sharp hit of awareness raising in your local area in our National Leafleting Day. Find out more on becoming a [National Leafleting Day Coordinator](#) or a [National Leafleting Day Leafleter](#).

- **Help us flood social media**

Support Awareness Week from the comfort of your own sofa. Support our Thunderclap campaign, which includes our key Awareness Week message written as a social media status, to share with all your friends and followers.

Visit our [Thunderclap page](#) and pledge your support. Then during Awareness Week, our status will be sent out from the accounts of everyone who has pledged their support so that their friends and followers can see it too. It's that simple!

- **Grab your camera and take a selfie**

To help spread the word this Awareness Week, we're asking you to take a photo behind one of our Selfie Frames, then upload it onto social media to share far and wide.

[Order your Selfie Frame](#), then take a photo behind it and upload it onto your social media page, tweeting it to us at @Coeliac_UK on [Twitter](#) and posting it on our wall on [Facebook](#). We look forward to seeing your photos!

Awareness Week packs will be sent out to Group Organisers soon.



Policy, campaigns and research

Update on gluten-free prescribing

Gluten-free prescribing continues to be a key campaigning priority for Coeliac UK. This month we have updates on the current situation and our work in the following areas:

- [Southend, Castle Point and Rochford CCGs](#)
- [Bedfordshire CCG](#)
- [Heywood, Middleton and Rochdale CCG](#)
- [Vale of York CCG](#)
- [Dorset CCG](#)
- [Newcastle CCG](#)
- [Bury CCG](#)
- [Enfield CCG](#)
- [Great Yarmouth and Waveney CCG](#)

Please [keep us updated](#) on any changes you experience locally.

If you would like to get involved in campaigning with us on prescriptions visit our [dedicated webpage](#) which explains how you can get involved.

Research Conference 2016

Our Research Conference 2016 was a two day event, 9-10 March, at the Royal College of Physicians, London. The first day provided an update on research in coeliac disease and the second day focused on research which supports or directly underpins the Charity's [strategic aims](#) around diagnosis and management of the condition.

Videos of the presentations will be available soon but to find out more visit our dedicated [webpage](#).



Contact the team

We'd love to hear from you!

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