



Changes to European legislation on gluten-free labelling

Changes to European legislation will mean gluten-free labelling changes from 20 July this year as statements such as 'no gluten-containing ingredients' (NGCI) will no longer be allowed.

The factual statement 'no gluten-containing ingredients' was introduced as an option for food businesses to provide information about the absence of gluten-containing ingredients in foods and primarily used by caterers who felt they could not guarantee gluten-free in a commercial kitchen environment.

One of our main aims is to improve gluten-free provision both in and out of the home. Reading ingredients lists and checking packaging takes time and eating out remains the biggest challenge for many people. We have asked our Members about the usefulness of the NGCI statement and how often it is used. In practice, on packaged foods the statement is not relied upon and consumers tend to use the ingredients lists more often and alternative statements to 'gluten-free' often led to confusion. The changes coming into effect make it clearer for consumers with coeliac disease to choose safe foods.

Whilst manufacturers and caterers adapt to the changes you may still see NGCI used on some packaged foods and menus, however they will be phased out over the coming months. We are communicating with food businesses about the changes and providing guidance and advice about producing safe and clearly labelled gluten-free food.

Regardless of the recent EU referendum result, the UK is still subject to EU regulations around food labelling and will be for at least two years.

Read more in:

[Research](#)

[News](#)

[Fundraising](#)

[GF accreditation](#)



Our Annual Conference is tomorrow, we hope to see you there!

Our experts will be on hand to discuss symptoms, provide advice on how to get diagnosed and answer any questions you have on living gluten-free, and we'll be hosting one to one dietetic clinics.

You'll also have the chance to visit the *Is it coeliac disease* pop up stand and enjoy a range of talks from Coeliac UK and our guest speaker, leading gastroenterologist Professor David Sanders.

Also running throughout the day will be a gluten-free food fair with 40 manufacturers - local and national - exhibiting their latest gluten-free food and offering tastings, discounts and free samples.

Take a look at the agenda and the list of food fair exhibitors on our [website](#).



Coeliac UK campaign pops up in Scotland

Our latest *Is it coeliac disease?* pop up event to raise awareness of coeliac disease, its symptoms and how to get diagnosed was held in Glasgow from 6 to 10 June.

With fantastic support from our volunteer Members we provided information and advice to thousands of people over the week. We also provided point of care testing to those most at risk. Over the course of the week we tested 82 people, with 18 positive tests; a rate of 25%. We'd like to thank the team from Tillotts Pharma Ltd for assisting with the testing, using the point of care Simtomax test.



8-10 July 2016 + Olympia, London

Sponsored by



The Allergy & Free From Show London 2016 Sponsored by Udi's Gluten Free

The countdown is on! Have you got your tickets yet? With just a week to go, final preparations are underway for this year's Allergy & Free From Show. We hope to see you there!

Now in its seventh year, this year's show is even bigger and better than before. This three day Free From extravaganza 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 a range of talks on a variety of subjects including coeliac disease and the gluten-free diet and meet Members of the Coeliac UK team at stand A447.

The show is a great day out for the whole family and we're offering free tickets. To claim yours visit www.allergyshow.co.uk/go/cuk-ldn-eXG.



Please come along to one of Coeliac UK's presentations to find out more about coeliac disease and the gluten-free diet:

Friday 8 July

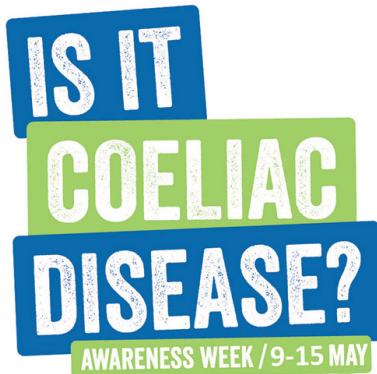
New developments in coeliac disease and the gluten-free diet, Ruth Passmore, Health Policy Officer

Saturday 9 July

Is it coeliac disease?, Maria Tzanetou, Dietitian

Sunday 10 July

Myth busting the gluten-free diet, Nicola Crawford-Taylor, Dietitian



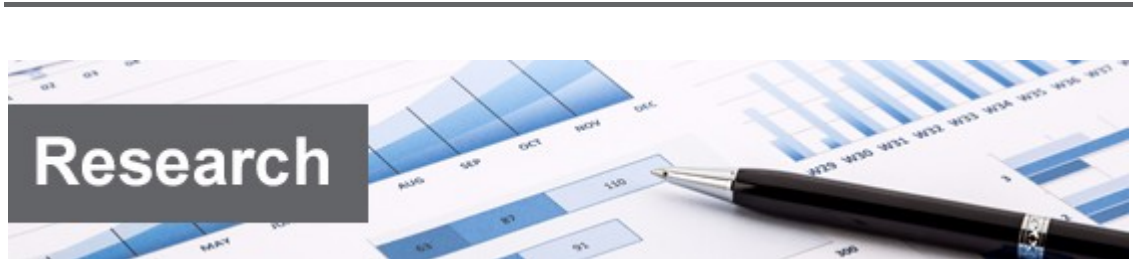
Awareness Week 2016 encouraged thousands to ask, *Is it coeliac disease?*

We seized the opportunity of Coeliac UK Awareness Week to reach out and connect with those who might have coeliac disease. We had a host of events and activities all designed to raise awareness of coeliac disease, its range of symptoms and asked people to take our online assessment.

During Awareness Week our campaign received amazing press and TV coverage, which started with our Patron, Caroline Quentin's appearance on ITV's This Morning. We teamed our appearances in the media with TV and digital advertising which asked those experiencing symptoms to take the first step to diagnosis by taking our online assessment. The results showed that 3,750 people took the coeliac disease online assessment during Awareness Week itself, and that 12,500 people have taken the assessment in May or June of this year. We are delighted with the response.

A huge thank you must also go to our volunteers, Members and supporters who held a huge range of activities during Awareness Week and the hundreds who took part in our first ever National Leafleting Day on 14 May, reaching a huge number of people.

Make sure you keep your Food and Drink Directory up to date. Click to check for updates now.





Research priorities in coeliac disease

If you were able to choose what research to fund, what would it be?

Do you have unanswered questions about coeliac disease that you believe could be solved by research and would improve the lives of people living with the condition? If so we would like to hear from you.

Our online questionnaire is split into two parts. In part one you can list up to a maximum of five research questions and in part two there are a few questions about you, it would be really helpful to the research if you could answer these too.

[Find out more on our website.](#)

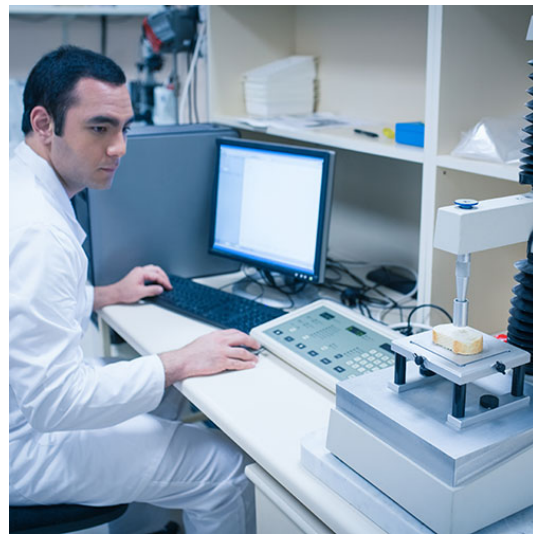


Recruiting for research

We currently have a [number of projects](#) that are recruiting for research:

- [Living in or around Birmingham and interested in participating in a focus group or interview?](#)
- [Are you diagnosed with coeliac disease, chosen not to have follow-up appointments and willing to share your views?](#)
- [Living in Hackney or neighbouring boroughs, with a child aged 11-15 years and a family member diagnosed with coeliac disease?](#)

Participation in any study is voluntary and we neither promote participation or non participation, it is an individual's decision.



'Gluten friendly' bread for people with coeliac disease

Researchers from Italy have developed a bread made from wheat that has been treated with microwave energy in moist conditions to reduce the toxicity of the gluten. The bread is not gluten-free but considered very low gluten at approximately 40 – 60 ppm. The team in Italy have joined with researchers at the University of Roehampton, London. They are now recruiting for a study to trial the bread in people with coeliac disease, who do not have severe reactions to gluten and are living in and around London.

[Read more about the study.](#)



It's (a very British) summer...

As the weather warms up, there's nothing better than a barbecue in the sun followed by a gluten-free ice cream treat for afters.

Take a look at our [ice cream](#) and [barbecue foods](#) lists and see what you can enjoy this summer.



Summer sale - Living Gluten-Free for Dummies

This book contains everything you need to know about living gluten-free, from information on reading labels, tips for eating out, practical tips for children starting school, and lots of recipe ideas. Coeliac UK will also receive 10 pence for every copy sold.

Take advantage of our summer sale price of just £10 (normally £15). Buy from our [online shop](#) or call our Membership Helpline on 0333 332 2033.



Media update June 2016

Our media work is a big part of what we do to raise awareness of coeliac disease and the gluten-free diet.

We're always working hard to secure pieces in the press, see the latest monthly round up of some of our [key media coverage](#).



Enter our Summer Raffle now to be in with a chance of winning £10,000!

First prize is a fantastic £10,000 or a Peugeot 108, second prize £1,000, third prize £500 and fourth prize £250. In addition there are five runner up prizes of £50.



Royal Parks Half Marathon – 9 October

As the name suggests, the Royal Parks Half takes runners through four of London's stunning royal parks including Kensington Gardens and Hyde Park. It also passes several of the capital's world famous

You could be one of our lucky winners when the Draw takes place on 15 September 2016.

Find out more, or play [online](#) today.

landmarks, on closed roads, including Buckingham Palace, Downing Street and Trafalgar Square. This city run with a twist is an experience not to be missed.

[Find out more and sign up.](#)



Eating out with confidence

When you see the Coeliac UK GF logo you know that the restaurant is adhering to our Gluten-free standard. The standard covers all aspects of gluten-free preparation as well as ensuring training is in place so you can eat out with confidence knowing that we've worked with the venue.

See the full list of organisations that have gained our accreditation on [our website](#).

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