



Group enquiries: [coeliacsurrey@btinternet.com](mailto:coeliacsurrey@btinternet.com)

## August 2016 Newsletter

Welcome to Newsletter for the Croydon Group of Coeliac UK.

**Our next meeting: Wednesday 7<sup>th</sup> September 2016 at 7.30 pm**  
**New Venue: Shirley Oaks Hospital Poppy Lane Shirley CR9 8AB.**

**Dr Sanjay Gupta Consultant Gastroenterologist at Croydon University Hospital (CUH) and a Dietician at CUH will be our guest speakers.**



**How to get there: By road - from London :** Follow the A232 heading towards West Wickham. From the Wickham Road take the second turning on the left Shirley Oaks Road, and continue for approximately half a mile, turning into Poppy Lane on your right.

**By train :** East Croydon Station and Bromley South Station are both situated in close proximity, and taxis are available from outside both stations.

**By bus :** From East or West Croydon Bus Station the 367 bus stops approximately 5 minutes away from the hospital (Poppy Lane) on foot. From East Croydon BR Station, bus numbers 119, 466, 198, 130 can be taken, although a 20-minute walk to the hospital is required.

### Contact Details:

Have you changed your contact details? Please either change via the Coeliac UK website membership area or email them your new details. If you change your email address, please ensure you also let them know. We send out an electronic newsletter on a monthly basis and you could be missing out on news and events.

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**Reply Slip: Please reply by Friday 2<sup>nd</sup> September to ensure we cater for the correct number to either [Coeliacsurrey@btinternet.com](mailto:Coeliacsurrey@btinternet.com) or Jacqui Smith 24 Hamond Close South Croydon CR2 6BZ**

**Name .....**

**I /we will be attending the meeting on 7<sup>th</sup> September Number attending.....**

## Future of the Group.....

I have now been organising the Croydon Group for the past 5 years, and recent attendance at meetings is falling, and lack of interaction by members following monthly newsletters is causing us to review whether you wish the Group to continue or not.....

We understand that there is a lot of information provided to you by Coeliac UK, via the internet and just in general for established Coeliac patient's/members life is so much easier than it ever used to be.....

So do we continue to work on your behalf (often unseen and in the back ground.....) PLEASE let us know your feelings. It would be a shame that if Croydon CCG decide to remove Gluten Free prescriptions and we are no longer in existence then GF prescriptions will go without a fight! We are stronger as a group and as a voice in Croydon. Thursday's GP Meeting proved to me just how much education we need to give them in order to improve out care across Croydon.

**Any comments suggestions for future meetings please do let us know....**  
[Coeliacssurrey@btinternet.com](mailto:Coeliacssurrey@btinternet.com)

### News:

Tesco Purley – have moved their Free From Section to isle 6 and now have a much larger range of Free From goodies for you to try!



**Meet Izzy who came along to the Allergy Show where we picked up lots of goodies and freebies! Izzy writes our monthly blog.**



### IZZY'S BLOG (AGED 10)

On the 9<sup>th</sup> July I visited the Allergy & Free From Show at Olympia in London. When we arrive we got a freebie bag. One of the freebies was a squeezzy bottle of 'Choc Shot' a liquid chocolate with orange spice. It's not just for making a hot chocolate, you can use it on fruit, in milkshakes, on porridge and on toast. It is quite a stong taste but quite nice on porridge.



There were lots of stalls with loads of things to try and buy. Some of my favourite things



that I tried were:- Salti Crackers (a bit like a Ritz cracker) – they were tasty enough to eat on their own or with cheese, chutney, pickles. I can't find a picture to show you the packaging but look out for them they are tasty.



Nutri-Brex - I got to try the new blue one (which was shown on the Croydon Coeliac Facebook page). I had it with yoghurt, blueberries, strawberries and coconut. It was delicious. I like both the pink box and blue box.



My Mum brought these for me at the NewBurn Bakehouse stall - 4 Fruity Snack Thins with Sultanas & Orange. When we got home, I toasted some and had them with butter. They were really yummy.



By far the best sampling of the day. Rule of Crumb Salted Caramel and Chocolate Profiteroles. I tried these and was asked what I thought of them. I told them they were the best I have ever tasted (which was true). They gave me a whole box to take home – lucky me.

I really enjoyed my day out.

**Useful Weblinks:** Follow this link for a list of Gluten Free BBQ food: <https://www.coeliac.org.uk/document-library/3309-gluten-free-barbecue-food/>

Follow this link for the Gluten Free Icecream list:

<https://www.coeliac.org.uk/gluten-free-diet-and-lifestyle/food-shopping/gluten-free-ice-creams>

## 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.



### 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](#).

Every effort has been made to ensure the accuracy of information contained in this newsletter. Furthermore, any articles, contributions or opinions contained herein are printed in good faith. However Coeliac UK and the Croydon Group can accept no responsibility for any errors or items this newsletter contains.

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