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## December2016 Newsletter

Welcome to Newsletter for the Croydon Group of Coeliac UK.

### **Gluten Free Prescriptions – Croydon**

#### **An Important message from Coeliac UK (please read)**

We are aware that NHS Croydon Clinical Commissioning Group (CCG) is reviewing their policy on access to gluten-free food on prescription. We are contacting you to make sure you have the chance to respond.

The CCG currently prescribes gluten-free staple foods, however, the CCG is now reviewing their policy and is proposing to remove access to gluten-free foods on prescription.

Coeliac UK communication with the CCG

We are extremely concerned by the proposal and will be submitting a formal response in support of continuing access to gluten-free food on prescription. Our arguments will focus on the importance of gluten-free staples on prescription to support management and adherence to the gluten-free diet in view of cost and availability issues. Research shows that gluten-free staple foods are not readily available to purchase in budget supermarkets and convenience stores and that gluten-free staple foods are 3-4 times more expensive than gluten containing equivalents. We will also be asking local healthcare professionals for their support.

Have your say

The consultation is open until 6 January and we would encourage you to respond to make sure your voice is heard.

The survey can be accessed online at:

<https://www.surveymonkey.co.uk/r/ZNHJWPP>

The CCG are also holding a public meeting where you can share your views, to register to attend the meeting please contact the CCG using the details above or register on the CCG website at [www.croydonccg.nhs.uk](http://www.croydonccg.nhs.uk). Details of the meeting are below:

- 6pm – 8pm Tuesday 13 December, The Community Rooms, Bernard Weatherill House, 8 Mint Walk, Corydon, CR0 1EA

We would also encourage you to write to your local MP, we have a sample letter on our website which you can use ([www.coeliac.org.uk/prescriptioncampaign](http://www.coeliac.org.uk/prescriptioncampaign)), or please feel free to write your own letter explaining how the proposed changes would affect you.

We will provide updates as the situation progresses through direct mailings, Crossed Grain magazine and on our website.

Kind Regards

Sarah Sleet,

Chief Executive

Coeliac UK

**We as a Group, are working very hard behind the scenes to protect the gluten free prescriptions for those in the group who rely on them, PLEASE support the meeting by coming along and please remember to book your place using the link in Sarah's message. We are also working very closely with Coeliac UK.**

**It is my understanding that members in the South of the Borough are the highest user of GF prescriptions to me this indicates that there is already an in-equality of care of Coeliac patients. We have the support of Dr Sanjay Gupta Consultant Gastroenterologist and he will hopefully be attending the meeting on 13<sup>th</sup> December.**

**It is with regret that we do not have the support of the Dieticians, they feel that they cannot and will not support gluten free prescribing. And I was told by one that "you can buy and eat potato and rice" I did not choose this diet I was born with an autoimmune disease and I don't want to feel left out, discriminated against etc.**

**I feel very passionate about helping people with Coeliac Disease and if you need any help or have questions please do not hesitate to get in touch.**

**Please complete the survey and give your comments – the more people that respond the better the impact.**

**We will of course keep you posted of the outcome. But hope to see many of you at the meeting on 13<sup>th</sup> December.**



Christmas is fast approaching, lots of GF party food available in Tesco's but you will need to search them out, Some are available in their chilled section and some in the "finest" area including mincepies, salted caramel steamed pudding and Chocolate log.

Marks and Spencers also have a vast range of items in the Party food that is also gluten free many of these can also be found on a 3 for 2!

Here is the link to the Coeliac UK Christmas Food list (including Advent Calenders) :

<https://www.coeliac.org.uk/document-library/3796-2016-christmas-list/>

### **Eating out.....**

Due to the new legislation places such as Bill's and John Lewis Plate to Eat now will not guarantee that items on the menu are gluten free.

- The key to eating out is to communicate with restaurant staff to explain your requirements.
- Caterers must provide information on the allergens in the dishes they serve.
- You can help us spread the word and let the venue know about Coeliac UK's training and accreditation scheme so we can help more people cater better for you.

### **IZZY'S BLOG (aged 10 nearly 11!)**

During half term we went to Portugal and I found these lovely Schar items in the supermarket. I made my Mum bring lots back in our suitcase. Some of the food was expensive and maybe we wouldn't pay these prices in England, but I had to try them. I am going to start looking for these in our supermarkets and online and I will let you know if I find them.

I am also enjoying some Mince Pies from Tesco as I start to get into the Christmas fun. I hope you have a very Merry Christmas and a Happy New Year.



### Schar – Cioccolini

These are a chocolate biscuit with a creamy chocolate filling.

They are not that big.

Score: 8/10



### Schar Pausa

These are individually wrapped sponge cakes with a cream filling, covered in chocolate.

They are quite moist and really tasty. My favourite.

Very expensive but there are 10 in a packet. They are six Euro.

Score 9/10



### Schar Coco Butterkeks Petit Beurre Chocola

A plain biscuit covered in dark chocolate.

Score 7/10



### Schar Frollini

A sweet plain biscuit – nice with a cup of tea.

Score 8/10

The Committee and I would like to wish you a Very Happy Christmas and best wishes for 2017. We hope to see many of you at our next meeting in 2017.



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