

Harrogate & Rural District Clinical Commissioning Group Meeting

4th August 2016

Decision on Gluten-free prescribable items

Thank you everyone who took part in our **campaign to retain prescriptions for gluten-free food!** Some publicity around the 4 week consultation was achieved, and it was great that so many of you responded to their survey.

About 10 local Coeliacs attended and several of us submitted hard-hitting questions immediately ahead of the meeting. The Chair of the CCG was clearly taken aback by this show of activism, and decided that the item on Gluten-free food should be taken as the first substantive item on the agenda rather than as Item 8! He remarked that this was the best publicly attended meeting in the CCG's history, and they had to defer giving answers to our questions until the following day, when they were published on the CCG's website.

We were not allowed to take part in the discussion, but our presence ensured that the matter was fully debated, and we felt that the issue of exemptions to the new policy was given extra time and thought. We trust that these guidelines will be applied fairly by GPs across the district.



So what did we learn from the experience? That although the NHS is under severe pressure to cut costs, local campaigning does have an impact on decision-makers and can cause them to think more carefully about the way in which policy decisions are executed, particularly when more vulnerable sections of the community are impacted. And, as a result of this process, we have strengthened our relationship with our local MP, Andrew Jones.

Thanks to all of you who got involved in the campaign.

No more prescriptions for Gluten-free food – how will it affect you?

Anyone in the Harrogate and Rural District who currently gets gluten-free items on prescription, will soon find that their GPs no longer do this. Many of us have been in touch with Juvela and Glutafin to see if it is possible to buy bread directly from them, but their products have to be ordered through a pharmacy, often with an administrative charge included. If anyone is interested in exploring a co-operative venture, do please get in touch!

However, that is not the only difficulty. I recently had the following email from one of our members.

"I have today tried to obtain a refund on my prepayment certificate due to gluten free items being withdrawn from prescription. I only use this certificate for my gluten free items and have today collected my last batch of items on prescription, my GP is stopping issuing prescriptions for GF items from the 10th October.

I have paid for my card up front and it doesn't expire until 20 March 2017, but have been informed by the NHS Business Services Authority that I am not entitled to a refund as it is not one of their circumstances in which they will issue a refund. I was just wondering if anyone else has had a similar experience as this seems a completely unfair stance to take when the certificate was purchased in good faith.

I am going to write and complain, but was just wondering if anyone else has had a similar experience."

This member wrote to CoeliacUK and to the Harrogate and Rural District Clinical Commissioning Group, but so far has failed to get any refund on her pre-payment certificate.

Is this our next campaign? Please let us know how you cope with the changes!



Restaurant recommendations

This time we have several recommendations for you!

Scarlett's Vintage Tearooms

3a Green Dragon Yard
Knaresborough
HG5 8AU
Tel: 07852 123139



Scarlett's Vintage Tearooms in Knaresborough is a great place to visit for homemade food, with both gluten free & dairy free available. You will get a warm welcome here! There is seating upstairs & downstairs, but do bear in mind that Wednesday is market day & it will get busy.

Make sure you ring in advance to book, and find out what is on the free from menu!



Muddy Boots Café

Church Lane
Harewood
LS17 9LJ
Tel: 07742 248916

Attached to the village hall, this unusual café has inside and outside seating. Very GF friendly and open 7 days a week. All soup is gluten-free, and you can choose from GF sandwiches, cakes, scones and sometimes quiche.

Cote Brasserie

Albert Street
Harrogate
HG1 1JU
Tel: 07742 248916

This lovely restaurant, accredited by Coeliac UK, is located in the new cinema complex with five other restaurants. I have also eaten in the branches at York and St. Albans and found the food and service excellent. They have a separate GF menu and the staff are very knowledgeable. Between 12 and 7 pm, they offer 2 courses for £10.95 and 3 courses for £12.95, with a very good choice and complimentary water on the table. Bills have a 12.5% "optional gratuity" added on, which people can of course decline if they want to, pay a smaller tip or no tip at all!



Many thanks to those who have sent in these recommendations!

Letter from Brian Hulme, local group organiser



Hello everyone!

Driving through Harrogate this morning reminded me that Autumn is on its way with the trees beginning to turn a golden brown. I think, on the whole, summer has been quite good for us this year.

It has been a difficult six months for the group with the Harrogate and Rural District CCG deciding to stop prescribing gluten-free items for us. We worked hard on your behalf, but whatever we put before them just seemed to be swept aside! I would like to say a big 'thank you!' to Marilyn and Audrey for the effort and commitment they put in to the campaign. We are

particularly concerned about the long term effect on us all, but especially the newly diagnosed. We will continue to support those who request help and support. I hope many of you saw the Tyne Tees local news item on 23rd September, highlighting problems families have to face when children are diagnosed with Coeliac disease. Thanks to Rachel and Madeline for taking part in the news programme - I think it came across really well!

We have been very pleased with the response to the wider variety of social events we have arranged so we can meet up and have good discussion. Since our last newsletter we had a very successful barbecue at the Shoulder of Mutton, coffee at the Bridge Café and Slingsby's, and lunch at Pizza Express and The Italian Connection. This newsletter has all the details of events for the rest of the year. We would love to hear any suggestions as to what future events you would like us to pursue.

Thank you once again to the Committee for all the hard work and support they have given me.

Very best wishes

Brian Hulme, Group Organiser, Harrogate & District Group

Harrogate & District Group News

We hope you are enjoying our new monthly social events! It is lovely to see so many of you on a fairly regular basis, and I hope you feel more part of a gluten-free community.

We have put together a calendar of events for next year, and hope you enjoy exploring some new venues. Always ring in advance to book your place, and find out what your gluten-free choices will be on the day.

Please let me know of any restaurants or cafés you can recommend we visit!

Chorizo Risotto – Jamie Oliver

Ingredients

2 tablespoons olive oil
2 shallots
1 clove of garlic
80 g higher-welfare chorizo
1 small bunch of fresh flat-leaf parsley
750ml - 1 litre of organic chicken or vegetable stock
1 x 400 g tin of chopped tomatoes
300 g risotto rice
200 ml red wine
50 g Parmesan cheese , plus a little extra to serve



Method

1. Heat 2 tablespoons of olive oil in a wide, shallow pan. Peel and finely chop the shallots and garlic, then finely chop the chorizo and parsley (reserve the leaves to serve). Add the parsley stalks, shallot, garlic and chorizo to the heated oil and cook over a medium-high heat for about 5 minutes, or until the shallot is softened and the chorizo is beginning to go crisp.
2. Meanwhile, in another pan, heat the stock with the tinned tomatoes. Add the rice to the shallot mixture and stir to coat the grains. Cook over a high heat for a minute or two, or until the grains have cracked and are slightly translucent at the tips, then pour in the red wine.
3. Stir well and cook until almost all the wine has evaporated. Add the hot stock and tomato mixture, ladle by ladle, stirring well with each addition, and only adding more when the previous ladle is almost fully absorbed. You may not need all of the mixture, or you may need to top it up with a little water.
4. The rice should be tender but with a little bite in the middle. When it's cooked, add one last ladle of liquid. Finely grate the Parmesan, then add to the pan with some seasoning. Stir well, take off the heat and cover. Leave for 5 minutes or so before stirring again, tasting and adjusting the seasoning, if necessary.
5. Serve topped with extra grated Parmesan and the chopped parsley leaves.

Harrogate and District Group Committee

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| Group Leader: | Brian Hulme | 01423 530112 |
| Secretary: | Anne Russell | 01423 421460 |
| Treasurer: | Mick Ward | 01423 540711 |
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Improved availability of gluten-free foods at Herriot's Restaurant, Harrogate Hospital

Jill Gale, Senior Dietitian 01423 553329



Harrogate District Hospital has recently undertaken a review of the food served in its on-site restaurant, which caters for both staff and visitors. A survey of users views was undertaken as part of the development of a 'Food and Drink Strategy' for the organisation. The issue of the lack of gluten free options and poor labelling of allergens was raised by staff and visitors to Herriot's restaurant.

As a result, changes will be introduced from October 2016 to increase the range of gluten free snack items and cakes, and gluten free menu options will be clearly displayed on the menu boards.

Full details of the allergen content of all dishes served are available on request from the catering staff.

So why not pop in and try it out next time you are visiting the hospital? Any feedback welcome!

Harrogate & District Group events 2016/7

(Please ring the venue in advance to book, reminding them you want GF.)

Tues 25th Oct: Dinner at Pizza Express 5.30pm

Wed 16th Nov: Coffee at Café M, Station Parade 10 -12pm

Wed 7th Dec: Christmas Dinner at The Shoulder of Mutton, Kirkby Overblow 7.00 for 7.30pm (£15 for 2 courses, £20 for 3)

Thurs 5th Jan: Lunch at Cote Brasserie, Harrogate. 12.30pm

Tues 14th Feb: Coffee at the Bridge Café, Knaresborough 10 -12pm

Mon 20th Mar: Fish and Chips at Oliver's, Cold Bath Rd from 6pm

Sat 8th April: AGM at St Robert's Centre, 2 - 4pm

7-13th May: Coeliac UK Awareness Week

Tues 9th May: Coffee at the Bridge Café, 10 -12pm

Sat 13th May: York Food Fair, York College

Wed 14th June: Dinner at Jinnah's, Cheltenham Parade, from 6pm

Sun 16th July: Summer BBQ, The Shoulder of Mutton, Kirkby Overblow, 4 for 4.30pm (£12.50 per person)

Thurs 17th Aug: Coffee at Slingsby's, Tower Street 10 -12pm

Fri 15th Sept: Lunch at the Ugly Duckling, Knaresborough 12.30pm

Mon 23rd Oct: Dinner at Pizza Express 5.30pm

Tues 6th Nov: Coffee at Palm Court, 29 Montpellier Hill 10 -12pm

Christmas Dinner: an evening in December, tbc

Changes of contact details

Please let me know if your details change, so we can keep our membership data up-to-date. We would welcome an annual donation of £3 to help towards the costs of running the group – we bank with CAF, sort code 40-52-40, account number 00060245.