

# YOUNG CHAMPIONS



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## Parent top tips

Here are our top tips to support your Young Champion with their chosen activity:

### Getting permission

Depending on what your child wants to do and where, it might be necessary to ask for permission from the person in charge before planning their activity.

### Speaking to teachers/leaders on behalf of younger children

Within the pack, there are some activities that your child may want some support with, such as speaking to the school about organising a gluten free cake sale or doing a talk in assembly.

### Contacting Coeliac UK for more information

If your Young Champion would like to do a presentation about their experiences of coeliac disease to their friends, we have a template presentation we can provide. For a copy of this, or if you need any advice or have any questions, please do not hesitate to contact us at [campaigns@coeliac.org.uk](mailto:campaigns@coeliac.org.uk)

### Accessing the Coeliac UK website

Although we have provided materials in the pack, there is a lot more available on our website that can help with your child's activity.

Why not take a look at our Home of gluten free recipes [www.coeliac.org.uk/gluten-free-diet-and-lifestyle/recipe](http://www.coeliac.org.uk/gluten-free-diet-and-lifestyle/recipe) or our Challenge events for under 18s [www.coeliac.org.uk/youngchallengers](http://www.coeliac.org.uk/youngchallengers)

### Help deliver posters/leaflets around the community

If your child would like to do this, we recommend that they only do so with an adult present.

### Let us know the activities your child is getting involved in

We want to hear all about the activities of our Young Champions so we can give them the recognition they deserve and also inspire more children to get involved.

Please send us a testimonial and any photos to [campaigns@coeliac.org.uk](mailto:campaigns@coeliac.org.uk). We would love to use the stories and photos on our website, social media and in our publications and make sure that you have the permission of those in the photos.

  
live well **gluten free**

## Raising awareness amongst parents

You can educate other parents about coeliac disease by giving out our common symptoms leaflets, or perhaps ask your child to put the leaflets in the other children's book bags. You could hold an information meeting for parents after school to tell them more about the condition.

## Speaking with the school or community group

Part of the purpose of the Young Champions pack is to improve understanding of coeliac disease amongst schools and community groups and the importance of adhering to a gluten free diet.

Whether it is difficulty with obtaining a gluten free school meal, or simply a lack of understanding of your child's needs, the best place is to start by providing the school with a copy of our '**Information pack for schools**', which has lots of information they can use. Visit [www.coeliac.org.uk/schools](http://www.coeliac.org.uk/schools) to download a pack relevant to where you live in the UK.

Coeliac UK offers gluten free catering training courses to provide schools with the knowledge and confidence to produce a wide range of tasty, suitable gluten free food, within the boundaries of the law.

There is lots of information about this at [www.coeliac.org.uk/catering](http://www.coeliac.org.uk/catering).



Whether you're eating out on the move, in restaurants, or shopping for gluten free food for you and your family, look out for our trusted symbols which mean we're working for you to make things better.



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Registered office: Coeliac UK,  
3rd Floor Apollo Centre, Desborough Road,  
High Wycombe, Bucks HP11 2QW.

Tel: 01494 437278

Fax: 01494 474349

☎ 0333 332 2033  
f facebook.com/CoeliacUK  
t @Coeliac\_UK

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