

YOUNG CHAMPIONS



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Teacher and leader information

Thank you for taking the time to read this information. Coeliac UK have created a Young Champion pack which aims to support children and give them the confidence to talk to their peers and other adults about how coeliac disease impacts on their life.

Coeliac disease is a serious autoimmune condition, it is not an intolerance, allergy, or choice. The only treatment is a strict lifelong gluten free diet. When gluten is eaten, a child with coeliac disease can experience a range of unpleasant symptoms such as: vomiting, diarrhoea, stomach pain and bloating which may last from several hours to a few days.

These symptoms can be caused by even one breadcrumb so it is extremely important to avoid any cross contamination from fingers, surfaces, cutlery etc. Please read the Coeliac UK **'Information pack for schools'** for more information.

For children with coeliac disease, provision of gluten free options when at school and taking part in group activities is particularly important for their wellbeing. Children with coeliac disease may be excluded or self-exclude from day trips, holidays and activities if they feel their needs are not or might not be met. This can result in children feeling isolated and different to their friends.


coeliac uk
live well **gluten free**

Children with coeliac disease should not be excluded from any activity, for example, school cookery lessons with their peers, or camping trips with their Scout group. We have lots of resources that can help schools and groups ensure that every child with coeliac disease can be included in every activity and we would encourage you to become familiar with the information found in these.

Coeliac UK Young Champions have a campaign pack with lots of activities and materials for them to do with their class, school, friends, family or community group. They may want to give a presentation in front of their classmates, hold a gluten free food tasting afternoon or gluten free cookery lesson. It would be fantastic to have your support in helping them achieve what they would like to do and work towards creating an inclusive environment.

Please visit www.coeliac.org.uk or call our helpline on **0333 332 2033** for more information on the condition, how to support children with coeliac disease and the gluten free diet.

You can find out about the duties and responsibilities of schools to support children with coeliac disease in our **'Information pack for schools'**. You can download a pack specific to where you live in the UK from www.coeliac.org.uk/schools.



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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