

# June 2023 update from the Swindon Local Group

Hi and welcome to the June update from the Swindon group of Coeliac UK.

## **Coeliac Awareness Week**

We would like to give a huge shout out to our younger members who presented about Coeliac Disease to their schools for Awareness Week. We think they were all extremely brave to stand up in front of their classmates to talk about their own medical condition. Although Awareness Week is over, there are still leaflets and other resources available to anybody who would like to improve awareness of this condition. It is believed that there are around 500,000 people in the UK living with the symptoms of Coeliac Disease, without a formal diagnosis, unaware that they can manage those symptoms. Increasing awareness helps them get that vital diagnosis, improving their quality of life. More awareness also leads to more food options for us all. Further details on the campaign can be found here: <https://isitcoeliacdisease.org.uk/>.

## **Tenpin Bowling – Thursday 29th June**

We have a tenpin bowling game with Swindon Bats Sports & Social Club for the Visually Impaired later this month, it is being held at Tenpin Swindon, Shaw Ridge Leisure Park, meeting from 6:45pm. It is sure to be another fun evening. We need eight players from our local coeliac group membership and their family or friends for our team. No bowling experience is necessary. The cost is only £7.00 per person for two games, a reduced fee for charity. Booking is essential, please drop an email to [swindon@coeliac.org.uk](mailto:swindon@coeliac.org.uk) with subject Tenpin Bowling and we shall send you further details so that you can book your places.

## **Keep the date free – Tuesday 18th July**

We shall be meeting for a social evening at the Kingsdown, Upper Stratton: <https://thekingsdown.co.uk/>, so mark the date in your calendar. Pop in anytime from 6:30pm, we shall have a dedicated area. Optional gluten free meals can be purchased from the menu.

## **Coffee Afternoons**

Our next coffee afternoon is this Wednesday 14th June from 2pm at Marks & Spencer (upstairs café), Regent Street, Swindon SN1 1JY – This month's chat-about subject over coffee and cake is "my favourite places to visit", photos are always good to bring along to share.

We also have a coffee afternoon on Wednesday 21st June, from 2pm, upstairs in the Dandelion Gifts and Coffee Shop, 49 High Street, Royal Wootton Bassett SN4 7AQ.

We would still like to hear from anyone who could help to advertise our Royal Wootton Bassett coffee afternoons by asking local shops, libraries or any other venues, if they would display a poster for us. Please e-mail if you are able to spare a little time to do this.

## **Our Website**

We try to keep this up-to-date with our upcoming events, our food venue list and other documents so please take a look and let us know what else you would like us to add to the site <https://www.coeliac.org.uk/local-groups/swindon/>.

## **AGM**

Thank you to all of you who attended the AGM in May. Our Group Organiser, Martin, gave a presentation about the events that took place last year and the state of our finances. Members were asked for ideas for future events and several were suggested, including a bring your own picnic, a barbecue, and a rifle shooting taster session. The Committee will now consider how we can organise

these. We then had an opportunity to try the delicious home made cakes from Spellbound Arts and Bakes: [https://www.instagram.com/spellbound\\_arts\\_bakes/](https://www.instagram.com/spellbound_arts_bakes/).

### **Venue Recommendations**

Lissie was looking for recommendations for a breakfast. A selection of venues were mentioned, including Lisa suggesting The Cricklade Club: [www.thecrickladeclub.co.uk](http://www.thecrickladeclub.co.uk), and Michelle suggesting Three Trees Farm Shop & Café: [www.threetreesfarm.co.uk](http://www.threetreesfarm.co.uk). Natasha had a lovely meal at The Crown Inn, Broad Hinton; the staff were very knowledgeable about Coeliac Disease: [www.crownatbroadhinton.co.uk](http://www.crownatbroadhinton.co.uk). We often hear good things about the Trident Fish Bar on Victoria Road, however, we understand that it is closed for essential building work until late July. Please let us know if you spot that it has reopened.

Don't forget, if you're looking for a venue to eat at within Swindon and/or surrounding villages, then download our food venue list from one of the following links:

<https://www.facebook.com/groups/swindoncoeliac/files/files>  
<https://www.coeliac.org.uk/local-groups/swindon/eating-out-gluten-free/>  
[https://drive.google.com/file/d/1Cb4WaLf9\\_fc6rzL18eOKnF72MDmGECGI/view](https://drive.google.com/file/d/1Cb4WaLf9_fc6rzL18eOKnF72MDmGECGI/view)

If you see a venue missing, or believe one should be removed or updated, then drop us an email us at [Swindon@coeliac.org.uk](mailto:Swindon@coeliac.org.uk), or contact us via Facebook. Keep your recommendations coming, folks, the venue list gets updated monthly using your feedback. And, as always, please check the venue's suitability before ordering.

### **Your chance to get involved in Coeliac UK's access and availability survey**

As part of Coeliac UK's cost of living campaign, they want to better understand the challenge of access and availability of gluten free products at your local supermarkets, alongside the cost. They are asking the community to complete a survey when you do your usual food shop in store or online. This can be completed as many times as you want. The aim is to build a picture of the availability of gluten free products at your local stores and capture your personal experiences of shopping gluten free to help to improve Coeliac UK's services and bring about positive change for our community. There is a survey to complete if you shop in store: <https://www.smartsurvey.co.uk/s/InstoreGF/> and a separate one to use if you shop online: <https://www.smartsurvey.co.uk/s/OnlineGF/>.

You are receiving this e-mail because you have previously subscribed to Coeliac UK or the Coeliac UK Swindon Group. If you do not wish to receive these emails in future, you can unsubscribe at any time by clicking on this link and pressing send: [Unsubscribe](#)

We hope you enjoy receiving our e-mail updates. We really enjoy hearing from you, too. If you have any tips, recipes, or recommendations, please do send them to us or drop them onto one of our social media channels:

Facebook page: <https://www.facebook.com/CoeliacUKSwindon>  
Facebook group: <https://www.facebook.com/groups/swindoncoeliac/>  
Twitter: @CoeliacSwindon  
Instagram: coeliacukswindon  
W: [www.coeliac.org.uk/swindon](http://www.coeliac.org.uk/swindon)  
Or e-mail [swindon@coeliac.org.uk](mailto:swindon@coeliac.org.uk)

From the Committee of the Swindon group:  
Claire, Gareth, Lisa, Martin & Zoe