

July 2023 update from the Swindon Local Group

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

In Brief

This month we're talking about

Events: [M&S 12th July 2pm](#) – coffee afternoon in Swindon town centre

[Kingsdown 18th July from 6.30pm](#) – social evening event

[The Dandelion 19th July 2pm](#) – coffee afternoon in Royal Wootton Bassett

[Venue recommendations](#)

[New products to try](#)

[Summer raffle](#)

[Cost and availability of food survey](#)

Read on for more details on each of these.

Evening Social – Tuesday 18th July

We shall be meeting for a social evening at the Kingsdown, Upper Stratton, so pop in anytime from 6:30pm, we shall have a dedicated area. No booking required. Family, friends and new faces very welcome. Optional gluten free meals can be purchased from the menu.

<https://thekingsdown.co.uk/>.

Coffee Afternoons

Our next coffee afternoon is this Wednesday 12th July from 2pm at Marks & Spencer (upstairs café), Regent Street, Swindon SN1 1JY – This month's chat-about subject over coffee and cake is "holidays which did not go to plan", photos are always good to bring along to share.

We also have a coffee afternoon on Wednesday 19th July, from 2pm, upstairs in the Dandelion Gifts and Coffee Shop, 49 High Street, Royal Wootton Bassett SN4 7AQ.

All our events are listed here <https://www.coeliac.org.uk/local-groups/swindon/events/>.

Venue Recommendations

Nicola highlighted a Turkish restaurant called Fancy B in Baydon, lots of gluten free items marked on their menu. www.fancyb.co.uk/baydon.

Stacey showed us Manor Farm's non gluten menu and many of you agreed it was a good place to eat. www.manorfarmpubswindon.co.uk.

Latisha visited Nodens Coffee in Wootton Bassett with her mum, they enjoyed a nice gluten free toastie and some cake, too. www.nodenscoffee.co.uk.

Emma told us about Rays home-made ice cream in Old Town, they have gluten free cones and use untouched tubs to make your selection safe :-)
www.raysicecream.co.uk.

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

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, 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.

New Products to Try

Becky told us that her new favourite is the Gluten Free Battered Calamari from Whitby Seafoods – available in Morrisons and Sainsburys. Several of you confirmed that they are very nice. Perfect for a summer meal. Stephen recommended the C.Vale Coated Chicken Chunks from Farmfoods.

Summer Raffle

Coeliac UK have launched their Summer Raffle giving you the chance to win £10,000 plus over 100 other cash prizes, including a second prize of £1,000 and a third prize of £500! Every ticket purchased will go towards improving the lives of those who need to live gluten free. Plus, entries by 31st July can also be entered into the fast prize entry draw for one of 10 £25 M&S vouchers!

**Over 18s only, UK residents only, T&Cs apply.*

Concerns about gambling too much? Visit <https://www.begambleaware.org/>

To enter, visit <https://www.coeliac.org.uk/get-involved/fundraise-for-us/raffle/>

Coeliac UK's Access and Availability Survey

Just a reminder that, as part of their cost of living campaign, Coeliac UK want to better understand the challenge of access and availability of gluten free products at your local supermarkets. 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/>.

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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

Or e-mail swindon@coeliac.org.uk

From the Committee of the Swindon group:

Claire, Gareth, Lisa, Martin & Zoe