



August 2023

Welcome to all new members.

Saturday Coffee & Chat

Saturday 23rd September (this is now the 4th Saturday of the month)
10.30 am. Sanderstead Recreation, homemade Gluten Free Cake along with ample supply of tea/coffee please purchase from Priscilla's. Come and join us!



Croydon Group of Coeliac UK AGM

Thursday 23rd November 2023 7.30pm
Purley United Reformed Church Brighton Road Purley (next to Purley Hospital)

Following the AGM and the business part of our meeting we will welcome Dr Rajak Consultant Rheumatologist and Lead Consultant In Osteoporosis At Croydon University Hospital. More details to follow (this will be a face to face meeting only).

Marks and Spencer's Afternoon Tea

£10 per person. Recently launched by M&S all comes fully wrapped to avoid Cross Contamination

Let us know if you try it!



Annual Coeliac Review

- When was the last time you had an Annual Coeliac Review?
- Did you know you were entitled to an Annual Coeliac Review?
- What should be expected?

[Check ups - Coeliac UK](#)

This should include:

Disease Status: Full blood count, TSH, Calcium
LFT, B12, Folate, Ferritin, Vit D & U&Es
Date of last DEXA scan (3-5 years)

Symptom Assessment: Appropriate symptoms depending upon
Presentation including bowel function
Abdo pain

Check: Energy, proteins, multivitamins and
Mineral intake

Patient Education: importance of remaining on GF diet.

It makes sense to have bloods taken **prior** to the appointment so that you have something to discuss! In Croydon you now have to book these so allow plenty of time between bloods being taken and your review appointment!

Annual Reviews are important to know that you are sticking to the diet and that also you are absorbing all the nutrients from your diet. Annual Reviews should be undertaken by your GP once you have been discharged by the Consultant at the Hospital as once you are established on a Gluten Free diet you no longer need their care. Your GP should refer you back should you display any "red flag" symptoms e.g. unexplained anaemia, bleeding, unexplained weight loss.

Going into Hospital

If you or someone you know has coeliac disease and find yourself in hospital, it's crucial to let the staff know about your gluten free dietary requirements. While knowledge may differ between hospitals, mandatory food standards across the UK ensure you must be catered for. Don't hesitate to speak up for yourself and seek assistance from staff, or have a family member, friend, or caregiver advocate on your behalf.

On our website, we have some handy tools to help you during your hospital visit, including a gluten free checklist, kitchen posters, and template letters to communicate your dietary requirements effectively. Our tips also cover using the Coeliac UK 'Live Well Gluten Free' app and what to pack in your hospital bag to ensure you have everything you need for a comfortable stay.

Explore these valuable resources here: <https://www.coeliac.org.uk/.../the.../hospital-visits/>

Keeping informed

To keep up to date with the latest news and events from the Croydon Local Coeliac UK Group join our [Facebook Group](#), or follow us on [Twitter](#) and [Instagram](#).



Every effort has been made to ensure the accuracy of information contained in this newsletter. Furthermore, any articles, contributions or opinions contained herein are printed in good faith. However Coeliac UK and the Croydon Group can accept no responsibility for any errors or items this newsletter contains.

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