



November 2023 Newsletter

Welcome to the latest update from the Swindon Local Group

Email: swindon@coeliac.org.uk

Web: www.coeliac.org.uk/local-groups/swindon

This month we're talking about...

Coffee afternoon – the [Dandelion Gifts and Coffee Shop](#) – Royal Wootton Bassett, Wednesday 15th November 2pm

Coffee afternoon – [Tesco café](#), Ocotal Way, Wednesday 13th December at 2pm.

Coeliac UK Access and Availability Survey results

Christmas meal – Thursday 7th December

Young Coeliac cookery class

Andover group regular meetings

Venue recommendations

Read on for more details...

Coffee Afternoons



Our next coffee afternoon in Royal Wootton Bassett is on **Wednesday 15th November**, upstairs in the, always delightful, Dandelion Gifts and Coffee Shop, 49 High Street.

Our next coffee afternoon in Swindon is on **Wednesday 13th December** at Tesco Extra Café' in Ocotal Way.

All our coffee afternoons in Swindon or Bassett run from 2pm – 3:30pm and you can drop in at any point during that time.

For more information about all future events, please do visit our events page: <https://www.coeliac.org.uk/local-groups/swindon/events/>

Coeliac UK Access and Availability Survey

Thank you to everyone who took part in Coeliac UK's Access and Availability Survey. With over 1,000 responses, it is going to take a while for all of the information gathered to be analysed and understood. A full report is expected early next year. In the meantime, here are some of the key statistics:

On average gluten free bread is 4.4 times more expensive than bread containing gluten.

72% of respondents said that shopping for gluten free food adversely affects their quality of life.

86% of respondents reported that they were unable to fulfil all of their gluten free needs at one supermarket.

Representatives of Coeliac UK regularly meet with the Food and Drink Federation, the Gluten Free Industry Association and the British Retail Consortium and will be using the findings from this survey at those meetings.

Coeliac UK are now hoping to gain a better understanding of experiences of eating gluten free when away from home to determine how things have changed since their last major eating out survey in 2018. If you would like to take part, please visit: [Eating Out Survey 2023 V2 \(smartsurvey.co.uk\)](https://smartsurvey.co.uk). Members and non-members are welcome to take part and you can answer for yourself or on behalf of someone else, e.g. a child or dependent. At the end of the survey you have the option to enter a draw for £50 Love2Shop vouchers.

Christmas Meal - 7th December

Save the date - you will soon receive an invitation to our Christmas meal on Thursday 7th December, starting at 7pm. Feel free to bring family and friends as all diets will be catered for including gluten free, vegetarian and vegan. Even if you don't normally attend our events, the Christmas dinner is a great way to meet other Coeliacs in a friendly and understanding environment.

Young Coeliacs Cookery Class - Book TODAY!

To parents of 5-17yr old coeliacs - there are places left on an online cookery lesson just for **5-17yr old coeliacs + a supervising parent. 10% of profits will be donated to Coeliac UK by the cookery school.** Smart Raspberry's last coeliac lesson was really good and the young coeliacs had a great time. **A**

great activity for them to feel part of a young coeliac community and eat what they make without any cross-contamination concerns. Cost is £16 and the online event is at 16:30-18:15 on Sunday 19th Nov, making **macaroni cheese** and salad, followed by **chocolate brownies**. Today is the last day for booking so please don't delay.

Book here: <https://portal.smartraspberry.franscape.io/class-overview/263?>

New Group - Andover



If you fancy a change of scenery, or happen to be travelling in the area, there is a new group of Coeliac UK starting in Andover. They will be meeting on the third Monday of each month at the café in the [Lights Theatre](#), West Street, Andover, SP10 1AH from 10am-12 noon. The next meeting will be on [Monday 20th November](#) and the following one on Monday 18th December.

Diet and Health Workshops

Coeliac UK provide many tools and resources for helping you choose the right foods for your dietary needs and this includes a series of workshops developed and hosted by their dietitians.

The workshops are designed to give you expert information and inspiration so your diet doesn't feel more restricted than it needs to be.

After successfully launching four different workshops with positive feedback, they now have more dates available.

What's more, Coeliac UK members receive a 20% discount and can book a place for just £12 (non member price £15). Once you're booked in, you'll receive a set of exclusive resources that will be used throughout the webinar as well as to support you with your diet in the longer term.

The workshops available include;

Meeting your nutritional needs: calcium and iron

Newly diagnosed

Supporting your child's journey

Eating out and travelling

Places per workshop are limited, so book online today to secure your spot at [Coeliac UK Events](#) | [Eventbrite](#)

Venue Recommendations



Several of you recommended the [Biplob Indian](#) restaurant in Wood Street for a great place to take children. Gluten free options are clearly marked and they have a children's menu.

Zoe thoroughly enjoyed the gluten free full English breakfast at the [Basset Down](#) golf club at Lower Salthrop.

There were a couple of recommendations for gluten free and vegan menus, including the [Greek Olive](#) on Faringdon Road, [Fratello's](#) on Victoria Road, and the [Smile Thai](#) on Eastcott Hill.

Sadly, Gareth didn't have a great experience at the Brookhouse Farm in Middleleaze. We update our venue list regularly so we do want to hear if venues should be removed as well as about those that merit being added.

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 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.

And finally.....

We hope you enjoy receiving our e-mail updates and the new format. 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.

That's it for this month

Claire, Gareth, Lisa, Martin and Zoe

The Committee

Special thanks go out to our local volunteers: **Chris, Kristyna & Marian**

Our next issue of this monthly newsletter will be published on:

Monday 11th December 2023

We very much welcome contributions from local members. If you have anything to share, drop it onto our Facebook group or e-mail to us at Swindon@Coeliac.org.uk

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