

Sevenoaks and Tunbridge Wells Area Coeliac Group

TALKABOUT

For all your gluten-free gossip, news and events
May 2024
Edition 63

Our AGM is on 1st June
See p4 for more details

Sevenoaks and
Tunbridge Wells
Local Group



Branch Committee

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Note from the Editors

Dear Reader

Welcome to the 63rd edition of Talkabout.

We are happy to tell you about the wonderful Special Afternoon Tea we enjoyed recently in Bidborough – see pages 5/6. Many thanks go to Mike Wilcock for the memorable article and photos produced as well as the assistance with the organisation of this event.

We have introduced a '**Member's Page**' to Talkabout and invite you to write in and share your stories: whether that's of health journeys, frustrations, recovery, recipes, G/F friendly holidays, something else, or a question that needs answering. We are not allowed to give medical advice or discuss individual cases but we will endeavour to find answers and solutions to your problems.

Please email: fi.turnbull@talktalk.net

We hope you can benefit from this edition of Talkabout and hope to see you at one of the forthcoming meetings.

Andrew and Rosemarie – The Editors

In the meantime,

How about a chuckle?

- Velcro - what a rip off!
- Don't worry about old age; it doesn't last.

Forthcoming Events

Please come along to one or more of our events:

Coffee Mornings - Third Saturday of every month

18 May 2024 - Notcutts, Pembury 10.30am

15 June 2024 - Zoom 11.00am

20 July 2024 – Coblands, Sevenoaks 11.00am

17 August 2024 – Notcutts, Pembury 10.30am

21 September – Zoom 11.00am

If you are newly diagnosed and want to find out more, this is a very relaxed way to meet with other coeliacs to share ideas and have a chat. We welcome everybody who is affected by this condition or is interested in finding out more about it.

Regular meetings have resumed and will continue to take place in rotation on the third Saturday of every month between Coblands, Notcutts or on Zoom.

Details for 2024 will appear on the local Coeliac UK group page

www.coeliac.org.uk/local-groups/sevenoaks or catch up with us on Facebook.

- Coblands Garden Centre, Dry Hill Lane, Sundridge, Sevenoaks TN14 6AA
- Notcutts Garden Centre, Tonbridge Road, Pembury TN2 4NR

Please note that both venues usually have G/F cakes and some other offerings.

Coeliac Awareness Day at Sainsbury's Tunbridge Wells – 11 May 2024 – We shall be there all day from around 9am-4.30ish. If you want to give us a hand or simply want to say hello, do please come along. We also want members to get their GPs and Pharmacies to give out leaflets during May, so if you can, do please take a few and ask your local surgery or pharmacy to help raise awareness".

AGM 2024 – 1 June 2024, 2-4pm - You are cordially invited to attend our AGM at Otford Methodist Church, High Street, Otford TN14 5PH.

BBQ 2024 – 3 August 2024 – from 4pm - Daphne and Bob are once again kindly inviting us to the annual BBQ at their home. Make a note in your diary! Further details to follow.

Afternoon Tea – What a Success!

Mike Wilcock

Imagine it. Going out for afternoon tea and not having to worry about what you can eat!

I don't know about anyone else who went to Bidborough Village Hall on 16 March, but, for the first time in 69 years, I was able to go out for afternoon tea and have no worries at all about the vast selection of food all presented so wonderfully by Tracey and Andy from Annie's Treats



Thirty lucky members packed the hall to capacity and munched their way through quiche, sausage rolls, cheese scones (or SCONS if you pronounce it proper!), fruit scones, French fancy, crumble topped apple pie, Viennese whirl, red velvet cupcake, cranberry and orange tiffin and chocolate dipped orange shortbread (yes there really was that much to eat). Many of us also took “doggy bags” home as we really couldn't manage to eat it all on the day and, some of us (OK I admit it!) even bought more to take home and freeze – the bread pudding is fantastic! For me as a life-long Coeliac it was the first time I had ever tasted anything like some of these treats, and for others I know it was like a return to really enjoying old favourites safely again.

Chat around the table was overwhelmingly in favour of a re-run to give members who didn't manage to book a place the opportunity to enjoy another Afternoon Tea, so plans are afoot to set up another event later this year – look out for more information in Talkabout and the Coeliac UK Events pages.



All in all, I am sure everyone enjoyed themselves and if you do want to follow Annie's Treats as they trundle around the South East in their lovely pink van – see: www.annies-treats.co.uk



DID YOU KNOW:

Local Venues for Eating Gluten Free

On the Coeliac UK website

Go to: Get Involved/ (Join our community) Our regional groups/ South East/ Sevenoaks & Tunbridge Wells

This will take you to the group's home page.

Scroll down to the bottom and you will find the map.

We are delighted that Sue Hart has agreed to update this resource for us so, shortly, there will be a much wider choice.

Please contact Sue Hart or Andy & Rosemarie Pilcher (P2) with your new recommendations.

Please note

1) The following venues and many on the website have been tried and recommended by local members and may not appear on the map but did offer G/F food at the time.

2) We suggest you check the range of G/F food on offer before making a special journey as things change over time (as we all know!).

3) PLEASE REPORT TO US IF THERE ARE ANY PROBLEMS WITH ANY OF THE VENUES. e.g., being glutened!

Juliets – 54 High Street, Tunbridge Wells Daytime café with vintage china and mismatched furniture. Delicious food and fab cakes, including gluten-free.

Bartellas - A word from Ian Eldridge, Proprietor

Our takeaway / collection menu is available on Thursday to Sunday. Hot food (pizzas, fish and chips) and pre-prepared, chilled Bartellas dishes that are ready to cook at home. Order online or give us a call - 01474 812154 When collecting, please enter through the front door, pick up your order in the waiting area and exit through the back. We'll also be happy to bring your food to your car in the car park. meopham@bartellas.com

Côte Brasserie -

There are a number of Côte restaurants. They cater well for gluten free diets.

<https://coteathome.co.uk/> - Enjoy restaurant quality menus at home. Our collection of luxury boxes has been curated by Steve, our Executive Chef, to help you host without the hassle, from one chef to another.

Cook Foods - <https://www.cookfood.net/>

Have an excellent web site with easy to find gluten free options They do click and collect and also have delivery slots.

Nancy's Tea Room – 01732 300 401

Lamberts Yard, Tonbridge TN9 1ER

Just off Tonbridge High Street and near the river, a handy stop off point.

This place has been recommended for a nice cup of tea/coffee and GF cake!

Middle House – 01435 872 146

High Street, Mayfield TN20 6AB

This hotel has an extensive menu and was recommended by several members at the last Zoom meeting. Their menu does not show the simple GF sign next to the meal but they have a full list of allergens in a chart which, I hope, you don't have to prod through when dining! I hope to try this place in the future.

The White Hart – 01732 452 022

Tonbridge Road, Sevenoaks TB13 1SG

This Restaurant has an interesting menu and even has a separate GF menu; I am most impressed. If it were not for COVID, I would be booking today! Companies which make every effort to offer GF food should be supported.

Voakes Gluten Free – 01423 395 511 (deliveries)

Whixley, York YO26 8AY www.voakesfreefrom.co.uk

Pies available to order online; they are supplied in special containers. I'm told their pork or chicken pies are delicious. I will try these sometime soon, despite the small carriage charge!

M & S Gluten Free

This company are now offering on line ordering or normal in store service. At present, I have not found any items on line which I have bought in store. Their scones have been recommended, along with their creamy chicken pie.

Neville Crest & Gun - 01892 864209

Eridge Road, Eridge, Tunbridge Wells TN3 9JR www.nevillcrestandgun.co.uk
Good gf menu, lovely sweets, nice setting with good walks nearby.

Borders Restaurant – 01892 515532

High Rocks, High Rocks Lane, Tunbridge Wells TN3 9JJ
Good gf menu, good service but not on Mother's Day, as it was extremely busy.

Royal Fish Bar – 01732 672358

62 High Street, Borough Green, Sevenoaks TN15 8BJ
Gf fish & chips on Wednesdays. Phone to check. This shop has been recommended by members.

The Red Lion – 01233 740309

Ashford Road, Bedlesmere, near Faversham ME13 0NX
Fully G/F meals. Mike commented on line that he thoroughly enjoyed his lunch. I am pleased to report that when we dined there, we had a similar experience and everybody loved the food (even non-Coeliacs), especially the sweet!
Unfortunately, this pub is up for sale so we cannot be sure that it will remain G/F – please double check before you go.

The Crown Inn, Groombridge Hill, Groombridge TN3 9QH – 01892 864742

The limited G/F range has unusual Eastern European influences but has been recommended to us.

The Camden Arms, Pembury – 01892 822012

1 High Street, Pembury TN2 4PH
Best to book. They have an extensive G/F menu and they are always busy.

Recommendation of G/F holiday: We've recently returned from a holiday to Tenerife where we stay in the Hotel Marylanza in Playa de Las Americas, on an all-inclusive package. It's the 2nd time we've stayed there & definitely would recommend it for Coeliacs. It's Buffet meals but every dish is well labelled with all allergens, there's always a Gluten Free Gateau available for dessert as well as other Gluten free options. There is a separate Gluten free section for Breakfast. A big plus point for Nick is they have Gluten free beer which is also included!
Thank you to Anne & Nick.

New Inclusions:

Bill's Tunbridge Wells Restaurant – 01892 548699

Lime Hill Road, Tunbridge Wells TN1 1LJ bills-website.co.uk, opentable.co.uk
Recommended by one of our members. Their food is a good mix of burgers, meat, vegetarian and vegan meals. Separate G/F menu.

The Mount Edgcumbe – 01892 618854

The Common, Tunbridge Wells TN4 8BX hello@themountedgcumbe.com
Also recommended by one of our members. Varied menu and plenty of G/F options.

Eat 'n' Mess – 07593 441294

Unit 4, Turvins Farm Dairy, Sundridge Road, Sevenoaks TN14 6HB
Recommended by a local member, Fully g/f bakery, recommended by a local member.

Pooh Corner Tea Shop – 01892 771155

High Street, Hartfield, TN7 4AE They offer some cakes and scones etc with cream teas if you wish as well as light lunches. Do check re g/f availability. Recommended by a member. On a sunny day, this would make a delightful trip out as they have a museum dedicated to A A Milne, the author of Winnie The Pooh. There are directions to nearby walks and the author's inspiration where he gathered ideas for Pooh and his friends to play Pooh sticks etc.

A taste of dreams – 01273 858656

The Parlour, Warren Farm, Thornwell Road, Wilmington, East Sussex BN26 6RL
Recommended by members. Wheat, dairy and egg free cakes, g/f also.

There may be some good news in the pipeline for the best taste of g/f bread... please follow this link:

<https://news.stv.tv/east-central/edinburgh-scientists-explore-technology-to-unlock-the-secret-to-gluten-free-bread>

Thank you, Daphne.

APRICOT AND APPLE GINGER CRUMBLE

Cooking time: 10 plus 10 minutes

Serves 4

Use an approx. 20cm dia. Pyrex dish

Ingredients

- 400g tin of apricot halves in juice
- 1 Braeburn apple, peeled and chopped into small pieces
- 1 or two packs of cream cheese (approx. 200g)
- 1 pack g/f ginger nut biscuits. You will need about 80-100g. I use Tesco's 180g g/f ginger nuts. If you are short of ginger nuts you can add some g/f breadcrumbs or g/f flour.

Method

1. Preheat the oven to 180-200°C.
2. Grease the Pyrex dish.
3. Crush the ginger nuts in a poly bag using a rolling pin.
4. On the hob, cook the apple pieces in a little water and sugar, if needed, for 6-8 minutes.
5. Once the apple has softened, add the apricots and half of the juice from the tin and cook for a further few minutes. Retain the other half of the apricot juice for later.
6. Now tip the apple/apricot mixture into the Pyrex dish.
7. Put the cream cheese in a bowl and mix in any remaining apricot juice. Using a spatula, spread on top of the fruit in the Pyrex dish.
8. Evenly distribute the biscuit crumble on top of the cheese.
9. Put the Pyrex dish into the oven and cook for 10 minutes or until brown on top.
10. ENJOY!

– Recipe provided by Andrew Pilcher



Talkabout

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<https://www.coeliac.org.uk/local-groups/sevenoaks>

Facebook

<https://www.facebook.com/groups/2682796845274412>

Please send your letters or enquiries to:

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