Swindon Group Newsletter March 2025

Hi and welcome to the new look update from the Swindon Group of Coeliac UK.

We hope you like our new style but if you have any problems accessing it, please let us know.

 This month we're talking about:

- Swindon Afternoon Social – 2pm, Wednesday 12th March (this Wednesday) at the Swindon Hub

- NEW Saturday Afternoon Social - 2pm, Saturday 15th March at Eastcott Studios

- Royal Wootton Bassett Coffee Social – 11am, Friday 21st March at the Dandelion Gifts and Coffee Shop

- All you can eat Chinese Buffet - 19th May - book now

- Coeliac UK's 64 Challenge

- What is Spelt?

- A shout out to our new volunteers

Upcoming Events

1 - Swindon Afternoon Social, Wednesday 12th March at the Swindon Hub.

Note that the following Swindon Social will be on Wednesday 9th April, also at 2pm at the Hub.

2 - Swindon Saturday Social Saturday 15th March at Eastcott Studios.

3 - Royal Wootton Bassett Coffee Morning on Friday 21st March. Our next coffee morning will be on Friday 18th April (Good Friday).

Our famous, All You Can Eat Chinese Meal is back.

Join us once again for the amazing all you can eat Chinese at the Oriental Aroma in Royal Wootton Bassett. All of the food will be gluten free so there is no risk of cross contamination and everyone can share. All are welcome so bring your friends and family. Vegan and vegetarian options available.

19 May - 7:00pm - 9:30pm

Price is just £18 per adult and £12 per child under 10.

To book simply email us with the number of adult and child places you need and you will be sent a booking link.

The restaurant will only give this amazing deal if we have 44 confirmed bookings by 18th April so hurry, book now!

We will be holding our Annual General Meeting at the start of the meal so you will also get a say in the way that the group is run. Watch out for the separate notice of AGM.

The 64 Challenge

Coeliac UK have launched their 64 Challenge in advance of Awareness Month in May.

1 in 100 people have coeliac disease, but only 36% of people are diagnosed in the UK, which leaves a staggering 64% living undiagnosed, often with debilitating symptoms.

Using the theme of 64, join their virtual challenge from 1-31 May and help raise awareness, so no one will have to face coeliac disease alone.

Get creative and take a stand for the 64% of people living with undiagnosed coeliac disease. Your efforts can make a real impact—raising awareness, driving change, and funding support for those still searching for answers. Let the number 64 be your inspiration to raise funds and help us reach the 64% who need us.

- Bake for change: bake 64 of your favourite cupcakes, cookies or treats

- Read for a cause: read 64 chapters, pages or books

- Move for awareness: take on the challenge of walking, running, or cycling 64 kilometers or miles throughout the month, or get active with 64 star jumps every day!

- Game on with a trivia or games night: spark conversations, raise funds, and spread awareness about coeliac disease in a fun and engaging way.

- Try a quiz with 8 rounds of 8 questions

- Every cupcake baked, mile walked, or story shared brings us closer to reducing the number of those undiagnosed.

Join in your way, make it personal, and join the fight for people with coeliac disease. Together, we can make a difference!

4 - *https://www.coeliac.org.uk/get-involved/fundraise-for-us/join-the-coeliac-uk-64-challenge/*

What is Spelt?

Last month, we mentioned that we should avoid foods containing Barley, Rye, Oats and Wheat, commonly shortened to BROW Foods. Some of you asked what happened to Spelt? Those of us who have been gluten free for many years will have been taught the acronym, BROWS, which stood for Barley, Rye, Oats, Wheat and Spelt. However, since 2014, all food ingredients lists must highlight specific allergens, including wheat. As Spelt is a type of wheat, it now has to appear as Spelt (**Wheat**) in any ingredients lists. People who are diagnosed nowadays are more likely to have been taught to avoid BROWN food which stands for

BARLEY, RYE, OATS, WHEAT - NO!

Confusingly, Buckwheat, despite its name, isn't a type of wheat and is generally safe for Coeliacs to eat. For further advice on all types of grains, visit the handy [Coeliac UK, Grains at a Glance](#) page.

A shout out to our new volunteers - **Annabel and Sophie**

Thank you to Annabel for stepping forward to help with generally running our group. A frequent visitor to our meetings, she has also offered to help manage the venue list. Thank you Annabel.

We're also delighted that Sophie has joined us as a short term volunteer while she works towards her Duke of Edinburgh award. Sophie is currently working with Kristyna to organise our new regular Saturday meet-up. Welcome on board, Sophie.

And finally…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.

Claire, Gareth, Lisa and Zoe - The Committee

Special thanks go out to our local volunteers: **Annabel, Chris, Kristyna and Sophie**

Our next issue of this monthly newsletter will be published on Monday 14th April 2025.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

https://www.facebook.com/CoeliacUKSwindon

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