

# May 2023 update from the Swindon Local Group

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

## Coeliac Awareness Week

Coeliac Awareness week is running next week, 15<sup>th</sup> – 21<sup>st</sup> May. This year's campaign focuses on the lesser-known symptoms of coeliac disease, with the aim of helping people to join the dots on their range of symptoms and ask, 'is it coeliac disease?' If people recognise the symptoms, Coeliac UK are directing them to their online self-assessment tool to see if they should speak to their health care professional about being tested. You can help by liking and sharing any posts you see on social media. You might also know of a school, doctors' surgery or work's canteen where you can display a poster. Please let us know if you need any posters to display. It's in all our interests to share information about coeliac disease where we can. You can find more information at <https://www.coeliac.org.uk/awareness-week-2023/>.

## Volunteer Update and Request

When new volunteers step forward and offer their help to us it enables us as a group to do more across the Swindon and wider area. We are extremely pleased to announce that Marian will soon be looking after our Social Media, with Kristyna monitoring our gluten free monthly shopping basket. A very warm welcome to them both, it is great to have them on board.

A fresh voluntary opportunity is that we would like to hear from anyone living in the Royal Wootton Bassett area who, in their own time, can visit local venues in and around the RWB area and ask that a poster could be placed, advertising the coffee afternoon happening monthly in the Dandelion Café. This may be anywhere the public may visit such as the leisure centre, library and other places that you may feel appropriate. We have the poster ready, we are just after someone with local knowledge to find the best places to put them up.

As seen on social media, a local meet event on Saturday has been requested. We are willing to add this to our calendar but would like up to half a dozen people who would step forward to be the local groups joint representative at this event, alongside a committee member. This would be on a rota basis so it would not need attendance at all Saturday events. For those willing and kindly raising their hand the next steps for us would be a short Zoom call one evening to discuss this further.

Prior to Covid we were discussing putting on events for our young coeliacs but, sadly, the pandemic curtailed all activities and plans for far too long, This is something that we would like to restart discussions on. If you have a child or young person that would like to attend an event then we would like to hear from you. An event for 6 year old would not be the same event a 16 year old would necessarily attend, so we would like a quick Zoom call to chat to the parents to discuss what sort of event would be preferred and when.

For all of these initiatives, we would very much welcome to hear from you if you would like to offer a little help or just join a call to offer your input. Just email [swindon@coeliac.org.uk](mailto:swindon@coeliac.org.uk) or call Martin on 07766 558842.

## Upcoming Events

Coffee Afternoon	Wednesday 10 <sup>th</sup> May (this Wednesday), from 2pm	Marks &
Spencer, Regent Street, Swindon SN1 1JY		
Coffee Afternoon	Wednesday 17 <sup>th</sup> May, from 2pm	Dandelion
Gifts and Coffee Shop, 49 High Street, Royal Wootton Bassett SN4 7AQ		

For more details, visit <https://www.coeliac.org.uk/local-groups/swindon/events/>.

The Cardiff and East Wales group of Coeliac UK are holding a Gluten Free Food Market on Saturday 3<sup>rd</sup> June. Tickets are £2.50 and you can get them here: <https://www.eventbrite.co.uk/e/gluten-free-food-market-cardiff-tickets-542808985287>.

### **AGM**

Each year, we are required to hold an Annual General Meeting so that you, our members, can let us know whether or not you are happy with the way we are running the Swindon Group on your behalf. This year, the AGM will be held on Wednesday 17<sup>th</sup> May 2023 at The Community Rooms at the Orbital Shopping Centre (the same venue as last year). Doors open at 7:00pm and the meeting will start at 7:15pm. The main business of the meeting will be to review what has happened over the last year, the state of the Group's finances and for you, our members, to give us feedback on what you would like from us in future. You can find the full agenda, here: <https://www.coeliac.org.uk/local-groups/swindon/documents/7640-agm-agenda-2023/>.

There will also be an opportunity to buy tea, coffee and a slice of cake baked by Kristyna of Spellbound Arts and Bakes. Some of you tried Kristyna's amazing gluten free cakes at Swindon Open Studios in September and all agreed they were delicious.

### **Keep the Date Free – Thursday 29<sup>th</sup> June**

We have arranged another ten-pin bowling evening with the Swindon Bats, the local Sports and Social Club for the Visually Impaired, meeting at 6:45pm at Shaw Ridge. It's sure to be a great, fun evening. Further details will be posted in our June update, and on our website from the end of May.

### **Venue Recommendations**

Jemma recommended the Diwali Indian restaurant and takeaway in Swindon. They even confirmed that the onion bhajis are made with gram flour: <https://www.diwaliswindon.com/swindon/>.

If you're looking for somewhere to eat out, you can check our venue lists:

<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](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](mailto:Swindon@coeliac.org.uk), or contact us via Facebook.

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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](http://www.coeliac.org.uk/swindon)

Or e-mail [swindon@coeliac.org.uk](mailto:swindon@coeliac.org.uk)

From the Committee of the Swindon group:

Claire, Gareth, Lisa, Martin & Zoe