

# August 2023 update from the Swindon Local Group

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

## **In Brief**

This month we're talking about:

[The Dandelion 16th August 2pm](#) – coffee afternoon in Royal Wootton Bassett this Wednesday

[Local group membership survey](#)

[Venue recommendations](#)

[New products to try](#)

[Children and young people](#)

[Cost and availability of food survey](#)

[Lidl almond milk drink](#)

Read on for more details on each of these.

## **Coffee Afternoons**

Our next coffee afternoon is this Wednesday 16<sup>th</sup> August, from 2pm, upstairs in the Dandelion Gifts and Coffee Shop, 49 High Street, Royal Wootton Bassett SN4 7AQ.

All our events are listed here <https://www.coeliac.org.uk/local-groups/swindon/events/>.

## **Local Group Membership Survey**

On Monday 7<sup>th</sup> August Lisa emailed out and posted on our Facebook group a membership survey to source feedback on our local group, it will be in your email inbox. The little survey only takes a minute to complete so please take a look and send your replies in to us. Many thanks.

## **Venue Recommendations**

Ellie had a really good meal at Himalayan Yak in Old Town: [www.yakthehimalayankitchen.co.uk](http://www.yakthehimalayankitchen.co.uk). Many of you agreed, with Tracey saying that she had a great experience there, too. Lovely food and very good service.

Bassett Down Golf Club: [www.basset-down.com](http://www.basset-down.com) was recommended as somewhere special to go for an anniversary meal.

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](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.

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.

## **New Products to Try**

This month we're focussing on gadgets. Anna tried baking gluten free cup cakes in her air fryer and was delighted with how they turned out. She used her normal cup-cake recipe but turned the heat down

slightly as her air fryer tends to cook a little hotter than her oven. Have you cooked your favourite gluten free recipe in an air fryer? Do let us know how you got on.

Hannah has discovered the CRIMPiT which makes toasted sandwiches. She's used it for cheese toasties and for chocolate spread and banana pockets. Apparently it fits the Warburtons gluten free white square thins perfectly. There is also a version for using with wraps. What would your favourite fillings be?

Zoe would like to know if anyone makes their own pasta using a pasta machine? She keeps chickens so has lots of eggs to use up and used to make pasta before being diagnosed.

You can answer any of these questions on our Facebook group:

<https://www.facebook.com/groups/swindoncoeliac>, or send us an e-mail and we'll pass on your comments.

### **Children and Young People**

A member has asked if there are any children, diagnosed with Coeliac Disease, in the Malmesbury area who would like to meet her newly diagnosed 6 year-old daughter. It's difficult enough coping with Coeliac Disease as an adult but even more so when you are too young to fully understand the medical necessity of this disease. We would like to offer support to children and young people but need parents to come forward with ideas for meetings or events, either in person or online. Please send us your thoughts. If you know of a young person who would like to meet up in or near Malmesbury, do e-mail us and we will pass your message on.

### **Coeliac UK's Access and Availability Survey**

Just a reminder that the survey continues until 25<sup>th</sup> August. You can complete it as many times as you like, for the same, or different shopping venues, including supermarkets, corner shops, garages, farm shops or garden centres. In fact, anywhere that sells food, gluten free or not. There is a survey to complete if you shop in store: <https://www.smartsurvey.co.uk/s/InstoreGF/> and a separate one to use if you shop online: <https://www.smartsurvey.co.uk/s/OnlineGF/>.

### **Lidl Almond Milk Drink**

Just a warning that the Vemondo organic almond milk alternative is now labelled as a may contain for cereals containing gluten. If you have bought this recently, please check the allergy advice under the ingredients list.

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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)

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