

CROSSED GRAIN

coeliacuk
live well **gluten free**



VOLUNTEERS' CONFERENCE

GIVING BACK TO
OUR AMAZING
COMMUNITY



In September we brought our fantastic volunteers together to celebrate the work they do for the gluten free community and give them the 'thank you' they deserve.

Former Chair of Governors, Mike Elliott opened the conference and spoke about how far the charity has come thanks to the work of volunteers. Plus Jane Devonshire was on hand to share her experiences with coeliac disease and sign copies of her book, *Hassle Free Gluten Free*. The day also provided a chance for Coeliac UK staff to share insights and tips with a variety of talks and workshops.

Most importantly of all, volunteers had the chance to network with one another and share their experiences.

Highlights of the day included some great gluten free food (thanks to our GF accredited venue), one to one ICT clinics, and workshops on how to use our popular apps to make shopping and eating out easier, how to better

harness social media to grow local group communities and how to promote the uptake of Crossed Grain certification and GF accreditation. We were also delighted to welcome some volunteer speakers – Charlotte, our first teenage speaker and Leanne and Sally, who talked us through organising children's events. Look inside to read more about Charlotte's story and why it's so important.

To all the volunteers who attended, we want to thank you for coming. It was great to connect in person and find out more about the valuable work you do in your communities. And to everyone who couldn't make it, don't worry – there will be a next time and we hope to see you there!

Volunteers play an incredibly important role within the charity and we simply couldn't do what we do without you. For more information about volunteering opportunities please visit coeliac.org.uk/volunteer to find out how you can get involved.

Host your own Gluten Free Tea Party to raise vital funds



Connie raised an amazing £330!

With the festive season on the horizon, have you considered hosting a Christmas themed Gluten Free Tea Party to help raise vital funds for those living without gluten? Our community has been hosting amazing tea parties all year and it's not too late to join in!

As well as having festive themed foods, why not ask people to make an extra donation for wearing their best Christmas jumper?

Your tea party is not just a chance to raise essential funds, it is also an opportunity to spread awareness of coeliac disease and showcase that gluten free food can be just as delicious as gluten containing.



Donna hosted a tiki themed party



Kerry had a classic tea party with friends



Amelia held a gluten free cake sale

Thank you so much to everyone who has hosted one so far! Once your party has taken place, don't forget to return your funds to us and send in your photos of the event as we would love to see them.

Register your interest for the Gluten Free Tea Party pack now by emailing fundraising@coeliac.org.uk.

CHOOSE CHRISTMAS CARDS THAT SUPPORT YOUR CHARITY



Did you know that Coeliac UK has a range of great Christmas cards and gifts available to help support people with coeliac disease? At least **15%** from each pack of cards sold and **40%** from our great merchandise on offer – like the popular 'Pass the sprout' game – goes back to Coeliac UK. These funds enable us to continue supporting those who have to live gluten free.

For a closer look at our range, please visit www.charitycardshop.com/coeliacuk and make your purchase. Online orders close 17 December. Alternatively please complete the Christmas Card leaflet provided and return it with your payment to:
Coeliac UK, Impress Publishing, Appledown House, Barton Business Park, New Dover Road, Canterbury, CT1 3TE

“Your organisation has been a tremendous help and support to our family, and my grandmother wanted to acknowledge that.” Jane



Bessie supported Coeliac UK because she had both a grandson and great grandson with coeliac disease. The whole family had found support from Coeliac UK really helpful, so she wanted to give back. When she sadly passed away at 99, her family honoured the support she'd given to Coeliac UK by donating a gift in her memory to the charity. We're humbled by and grateful for gifts like these, which allow us to honour our supporters' memories by continuing to strive for a better deal for people with coeliac disease and living gluten free.

As well as a heartfelt thank you to Bessie and her family, we want to thank all of our supporters and their families who donate to the charity in this way. Every penny raised goes straight to our work for our community, to help make living gluten free better for everyone. Find out more: coeliac.org.uk/inmemory

CHARLOTTE'S STORY

Charlotte, 17, bravely spoke at our Volunteers' Conference in Birmingham. Her story helped us better understand what life is like for teenagers with coeliac disease:

"I'll always remember the day I was diagnosed. I'd gone for a routine check up for my diabetes and when the specialist said I had coeliac disease as well, I cried buckets. I'd been getting stomach cramps and feeling really tired but I just put it down to my age and the fact that I was dancing so much at my Performing Arts School.

"First, I actually thought I'd done something wrong to my body, that I was to blame for getting coeliac disease. Then I looked online, did loads of research and found out more about it and the diet. At home, it was fairly easy to get on with the diet with the help of my family. Neither of my parents actually want to go food shopping with me now because if I see any new gluten free products, I raid the shelves and cost them a fortune!

"But what I didn't expect was the backlash at school. I was accused of attention seeking by students and teachers. When the canteen finally took it seriously, I was served first to avoid any cross contamination. That just led to accusations of queue jumping and preferential treatment. I was already allowed to eat sweets in class if I needed to raise my blood sugar levels because of my diabetes. So the bullying just got worse and worse until both my Mum and I asked if we could do a talk on coeliac disease to explain it wasn't a fad or something I'd made up. But the school refused.

"In the end, the bullying got so vicious, especially on social media, that I had to change schools. I'm really happy at my new school, Momentum Performing Arts Academy. My crew look out for me and are so understanding. I'm also lucky that my best friend Kimani helped me through all the lows, she's been a rock. But I feel really sorry for kids that don't have that support, don't have anyone to turn to in school or outside. I joined the charity to get to know more people like me.

Attending the Volunteers' Conference was great, I got to meet so many new people. I'd love to volunteer for Coeliac UK and help teachers and students understand what it's really like for teenagers living with chronic health conditions so no one else has to go through what I did."

If you're inspired by Charlotte's story, then why not get involved? Visit coeliac.org.uk/volunteering or email volunteering@coeliac.org.uk.



gluten free

LOTTERY

Supporting [coeliacuk](http://coeliac.org.uk)

Winning for everyone who needs to live without gluten

When you sign up to play Coeliac UK's Gluten Free Lottery*, everyone who needs to live gluten free wins. On average there are 48 prize winners every week! But more than that, so far the Lottery has raised over £265,000 since it started, funds which go straight to our work supporting the gluten free community. All prizes are paid out of a separate pot and don't impact on the funds raised for Coeliac UK. Funds are used to ensure that our Helpline and online information is available to all, it supports our lobbying of government and industry, and enables vital research.

With so many opportunities to win great prizes, it's no surprise that the Gluten Free Lottery is one of the most popular ways to support our work. Find out more and sign up at: lottery.coeliac.org.uk.

1,922 winners in total

18 winners have won at least £1,000

1 winner has won £10,000

RUN AWAY SUCCESS FOR TEAM COELIAC UK

October was a bumper month for half marathons, with some of our very own Wales team and our Chair taking on the Cardiff and Royal Parks Half Marathons.

After months of training and an even an injury scare, our Wales Lead, Tristan and Food Information Officer, Sam, took on the Cardiff Half Marathon alongside six other runners for Coeliac UK. They all did really well on the day and smashed their fundraising target! Huge thanks also go to the Cardiff Local Group, who lent their support with a cheer station.

"Thank you so much to everyone who supported us either by donating or cheering us on throughout the day. It was hard work and everything aches but it's all worth it to raise money and awareness for a fantastic cause in our home city. Diolch o galon!" Tristan and Sam

Just one week later, James Chappell, Chair of Coeliac UK's Board of Governors, joined Team Coeliac UK to tackle the Royal Parks Half Marathon with his son Harry. James was elected as Chair of the Board of Governors earlier this year, and what better way to start his tenure than by raising funds and awareness for the charity? Harry and his two siblings were all diagnosed with coeliac disease as young children, but the family is passionate about ending the long wait for diagnosis that so many people with coeliac disease experience. Well done Tristan, Sam, James and Harry, and to all of our other 2019 Challenge Event fundraisers - you've raised an amazing total of more than £60,000 so far this year. Thank you!

It's not too late to join in...

There is still one Challenge event left in 2019! Join us at the Santa Run in Victoria Park, London, for a fun run with a festive twist. This family friendly run takes place on 8 December so register for your space now at coeliac.org.uk/santarun. Or why not sign up for one of our 2020 events? Visit coeliac.org.uk/challenges for more information.

2020 Challenges

London Marathon – 26 April

Edinburgh Marathon Festival – 23-24 May

Asics London 10k – 21 July

Ride London – 16 August

Great North Run – 13 September



Tristan and Sam

"Thanks so much for the cheers that was a really lovely boost, we had a great day even though the weather wasn't ideal!" James



James and Harry

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REGULATOR

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Get in touch

We always love to hear from you! So send your feedback and ideas to publications@coeliac.org.uk. Or contact us via phone (9am-5pm, Monday to Friday), email or social media for any other enquiries.

☎ 0333 332 2033

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www.coeliac.org.uk

EVENTS

Regular local group events

From coffee mornings to new member meet ups, find out what's on near you.

Ayrshire and Arran

Coffee and chat morning at Sainsbury's Irvine, Ayr Road, KA12 8BH on 28 September and 30 November.

And at Sainsbury's Prestwick, Ayr Road, KA9 1TW on 31 August and 26 October. Anytime between 10.30am and 12pm.

UPCOMING FOOD FAIRS

9 November 2019
Bournemouth and Poole
1- 3.30pm. Parkstone
Grammar School, Sopers
Lane, Poole, Dorset BH17 7EP

22 February 2020
Wirral
10am-2pm. New Ferry Village
Hall, Wirral CH62 5AZ
For more events check online
at coeliac.org.uk/events

Bucks

Coffee mornings at The Place to Eat, John Lewis, High Wycombe, HP12 4NW on the third Monday of the month, 18 November, 16 December, 20 January, 17 February, 10.30am-12pm.

The Place to Eat, John Lewis, Milton Keynes, MK9 3EP on the third Monday of the month, 18 November, 16 December, 20 January, 17 February, 10.30am-12pm.

Tilly's, 8 Cambridge Street, Aylesbury, HP20 1RS on the first Monday of each month, 2 December, 6 January, 3 February, 11am-12pm.

East Devon and Exeter

Coffee morning on the first Tuesday of the month, Boston Tea Party, 53 High Street, Honiton, EX14 1PW, 10.30am-11.30am and coffee morning on the third Wednesday of the month, Franklins, Strand, Exmouth, EX8 1BR, 10.30am-11.30am.

Forth Valley

Coffee morning at Blossoms Bistro and Coffee Shop, Torwood Garden Centre, Bellsdyke Road, Larbert, FK5 4EG, 24 November, 11am.

Harrow

Coffee morning on the first Tuesday of the month, Waitrose, 140 Northolt Road, South Harrow, HA2 0EG, 10am-12pm.

Leicestershire and Rutland

Coffee morning, Sainsbury's café, Ryhall Road, Stamford, PE9 1UG, 1 November, 11am.

Coffee Mornings, Zephs Café, Harborough Rd, Oadby, LE2 4LA. 9 November, 14 December. 10am-11.30am

Morrisons Café, Whitwick Rd, Coalville, LE67 3JN. 2 November, 7 December. 10.30am – 12pm

Medway and Maidstone

Coffee morning on the second Saturday of every month,

Dobbies, Courteney Road, Gillingham, ME8 0FB, 10am-12pm.

Moray

Monthly coffee, cake and catch up on the first Saturday of every month, Baxters café, Baxters Highland Village, Fochabers, IV32 7LD, 10.30am.

Oxfordshire

Coffee morning on the second Tuesday of the month, Eden Café, Wesley Walk, Witney, OX28 6ZJ, 10.30am-12pm.

Coffee morning on the last Monday of the month, The Place to Eat, Inside John Lewis, Westgate Shopping Centre, Oxford, OX1 1PB, 10.30am-12pm.

Sevenoaks

Coffee Mornings third Saturday of the month Sainsbury's Café, Otford Road, Sevenoaks, TN14 5EG, 10am-11.30am, 18 January, 21 March.

Coffee mornings at Sainsbury's Café, Linden Park Road, Tunbridge Wells, TN2 5QL, 16 November, 15 February.

Swindon

Monthly coffee social, McTaffs Cake and Tearoom, 39a Brunel Centre, Swindon, SN1 1LL, at the top of the traveller, 11 December, 8 January, 12 February, 2.30pm-4pm. All welcome.

Thames South East

Coffee morning at Orpington Tesco Extra, Costa Coffee, 1st Floor, 9 Augustus Lane, Orpington, BR6 0NH on 9 November, 11 January 10am-12pm.

Coffee morning at Sainsbury's Café, 1st Floor, Stadium Way, Crayford, DA1 4HW on 7 December, 8 February, 10am-12pm.

Wakefield and District

New Members Meetings/Coeliacs Who Like to Talk Meetings, Sainsburys Cafe, Trinity Walk, Wakefield, WF1 1QQ, 25 November, 14 January, 6.30pm-7.30pm. A chance for newly diagnosed coeliacs to discuss their new diet with fellow coeliacs. Families and friends are also welcome.

West Sussex

Worthing coffee morning on the second Tuesday of the month, Food Restaurant, 6-8 New Street, Worthing, BN11 3BT, 12 November, 10am-11.30am.

Chichester coffee morning, Cloisters, 2 St Richards Walk, Chichester, PO19 1QA, 14 November, 10am-11am.

From meals out to cookery demos, turn over to find out what other events are on near you, or visit: www.coeliac.org.uk/events.

EVENTS

Local group events

NOVEMBER

6 November Manchester

Chinese Banquet, 6pm, Sweet Mandarin, 19 Copperas Street, Manchester M4 1HS £20 per person. Booking essential, contact manchester@coeliac.org.uk

9 November Birmingham

Group Meeting with presentations from Hilary Croft and Ruth Howard. 2.30pm, Sutton Coldfield Methodist Centre, South Parade, B72 1QY

Coventry

Group meeting, 2-4pm, Hearsall Baptist Church Centre, Queensland Avenue, Chapelfields, Coventry, West Midlands CV5 8FE

11 November

Harrogate and District
Coffee morning, 10.30am, Cote Brasserie, Sunwin House, 5 Albert St, Harrogate HG1 1JU

16 November

Bucks Youth
Christmas at Waddesdon National Trust, 2.15pm, Waddesdon National Trust, Bucks, HP18 0JH. Meet at The Stables, booking essential, contact: bucks@coeliac.org.uk

South East Hants

Fish and chip lunch, 12.30pm-2pm, North Star, 98 Fareham Road, Gosport, Hampshire PO16 0AG

Wessex

Cookery Demonstration, 10am-1pm, Badger Farm Community Centre, Badger

Farm Rd, Winchester, Hampshire SO22 4QB

20 November Wolverhampton

Group Meeting, 7.30pm, Action 4 Independence, Albert Road, Wolverhampton, WV6 0AF

21 November South Wiltshire

AGM and Group Meeting, 7-9pm, Methodist Church Hall, Roman Road, Salisbury, SP2 9BH

23 November

North Devon Group
Group Meeting, 2.30pm, Fremington Parish Hall, Fremington EX31 3BG

29 November Leicester

Christmas lunch, 1pm, Brooksby Melton College, Asfordby Rd, Melton Mowbray, LE13 0HJ. Booking essential, contact leicestershire@coeliac.org.uk

30 November

East Devon and Exeter
Children's Christmas party, 4-6pm, Broadclyst Leisure Centre, Station Road, Broadclyst, EX5 3AL. Book by 22 November: exmouth@coeliac.org.uk

North Surrey

Awareness stand, 4-6.30pm, Tattenham Community Library, Tattenham Crescent, Epsom, Surrey, KT18 5NU

Preston

Christmas lunch, 12.30pm, Ego at The Fox Cub, Longton PR4 5JT. Booking essential, contact preston@coeliac.org.uk

Stourbridge

Christmas fish and chip lunch, 12.30 pm, The United Church, High Street, Lye, Nr Stourbridge, West Midlands DY5 1QS

Young Wolverhampton

Christmas Event, 2-4.30pm, Pendeford, WV9 5NP. Booking essential, contact youngwolverhampton@coeliac.org.uk

DECEMBER

5 December Edinburgh

Christmas Dinner, 6pm, The Apprentice Restaurant, Granton College, Edinburgh, EH5 1QE. Booking essential, contact edinburgh@coeliac.org.uk

7 December

Harrogate and District
Christmas dinner, 7pm, Shoulder of Mutton, Main St, Kirkby Overblow, Harrogate HG3 1HD. Book via venue.

Bury St Edmund's

Christmas group meeting, 2.30pm, Great Barton Village Hall, Elms Close, Bury St. Edmund's, IP31 2NR

Bath and West Wilts Group

Christmas lunch, 12pm, The Royal Oak, Hawkeridge, Trowbridge, Wiltshire BA13 4LQ

South Surrey

Christmas lunch, Clandon Regis Golf Club, Guildford GU4 7TT. Booking essential, contact southsurrey@coeliac.org.uk

Wirral

Children's Christmas party, 2-5pm, New Ferry Village Hall CH62 5AZ. Booking essential, contact wirral@coeliac.org.uk

9 December

Bucks
Christmas dinner, 7.30pm, Prestwood Village Hall, Prestwood, Bucks HP16 0NZ. Booking essential, contact bucks@coeliac.org.uk

18 December Sheffield

Christmas lunch, 12pm, St Mary's Church and Conference Centre, Bramall Lane, Sheffield S2 4QZ. £15 per person. Book by 20 November: sheffield@coeliac.org.uk

JANUARY

15 January Swindon

Evening social, 7.30-10pm, The Dockle Farmhouse, 2 Bridge End Road, Swindon SN3 4PD

17 January Manchester

New Year dinner, 7pm, The Brinsop, 584/592 Chorley Road, Westhoughton, Bolton BL5 3NJ

20 January

Harrogate and District
Family new year party, 2-4pm, Bridge cafe, Knaresborough HG5 0EZ.

FEBRUARY

12 February Manchester

Chippy lunch, 2pm, Green Lane Chippy, 507-509 Holden Road, Leigh, Lancs WN7 2JJ

14 February

Harrogate and District
Coffee morning. 10.30am, Cafe M, Victoria Shopping Centre, Station Parade, Harrogate HG1 1AE

20 February

Wessex
GF dinner, Wellow Golf Club, Ryedown Lane, Wellow, Romsey, Hampshire SO51 6BD

Turn over to find out what regular events our local groups have in store...

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Get in touch

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