

CROSSED GRAIN

coeliacuk
live well **gluten free**



RESEARCH ROUND UP

Find out how YOU are changing the future

Across the UK our funded scientists work on finding a cure. And it's all because of the research projects you help fund. We're the leading UK charity funder of research into coeliac disease and the gluten free diet – and we couldn't do any of it without you.

Coeliac disease isn't a rare condition, but despite this, the level of research funding is significantly lower than it is for other autoimmune or gut related conditions. That means every £1 we invest in research must be truly effective. Here's a quick round up of the research projects that you're making possible.

Psychological support for children and young people: University of Surrey, £30k

This research project hopes to revolutionise psychological resources for children and young people newly diagnosed with coeliac disease. The work is vital because right now, resources like this simply don't exist. The project is being led by Dr Rose-Marie Satherley, a lecturer in clinical psychology at the University of Surrey.



"Life is full of ups and downs, especially when a gluten free diet is involved," she says. "So, our research will work with children and their families to find the best psychological tools to support gluten free diet management and wellbeing."

When the research finishes later this year, it is hoped that the NHS will consider adopting these psychological tools in clinical practice, helping thousands of families cope with a new diagnosis of coeliac disease. See inside to find out how Coeliac UK are also supporting children and young people.

Using spatial analyses to better understand the immune system: University of Oxford, £250k

Our research has already revealed how cells in the gut are profoundly altered in active coeliac disease, suggesting interactions between cells probably change too. But it's not clear how these immunological 'jigsaw pieces' fit together. This study will use spatial transcriptomics to find out more. Scientists say it's a bit like a recipe, where cells are separate ingredients which work together differently when combined. We hope this research will lead to fresh ideas and targets for new treatments.

Other projects we're progressing include:

- An exciting project around gluten ataxia (a gluten related neurological condition that can also be seen in people with coeliac disease affecting co-ordination, balance and speech)
- Investigating how a class of enzymes affects patients with coeliac disease.

Visit coeliac.org.uk/current-research for more details on all our research.

Donate today and help make a difference in the journey to a cure for coeliac disease at coeliac.org.uk/rf-donate or scan the QR code



The power of the Helpline



Kate

Last year, our dedicated team of health professionals supported nearly 20,000 people, providing expert guidance through our Helpline and online dietitian-led workshops. And it's all thanks to you. Here our Diet & Health Manager, Kate, shares the power of Coeliac UK's Helpline support:

"Every week, we're contacted by hundreds of people seeking support on all aspects of living gluten free. For many, the Helpline is their first port of call following a diagnosis when they're struggling to navigate their gluten free journey. Others might get in touch because they're experiencing new health concerns or having difficulty accessing support."

"We all want to help people with coeliac disease feel better and it's always really rewarding to hear that people find our guidance so invaluable. Many tell us: "I don't know what I would have done without you."

"We pride ourselves on providing the most reliable and trustworthy information and support we can. And it's thanks to supporters like you that we can connect with our community, so no one feels alone or isolated."

You can contact the Coeliac UK Helpline on **0333 332 2033** or dietitian@coeliac.org.uk

Play the Summer Raffle and you could win big, while helping to fund our vital Helpline

For just **£1** a ticket, you'll be in with a chance of winning over **100** cash prizes, including a top prize of **£5,000**. Plus, you'll help Kate and her team continue providing expert guidance and support on the Helpline. It's a win win!

Visit coeliac.org.uk/raffle or scan the QR code to play today!



Play today and you could **WIN £5,000!**



Karen rings in a record race at the London Marathon

Huge congratulations to inventive fundraiser Karen Stebel who became a Guinness World Record breaker after running the London Marathon dressed as a mobile phone. Karen ran the entire 26.1 miles dressed as a phone to promote the Coeliac UK Helpline – and raised an incredible **£2,000** as a result!

Meet the winners of our Gluten Free Lottery!

Play the Gluten Free Lottery and you could win cash prizes just like Elizabeth and Terry, while also supporting those who need to live gluten free.

Elizabeth from Stockport scooped **£1,000** and she's delighted her lottery tickets are making a difference:

"I am very happy to feel I have played a small part in supporting Coeliac UK, which has helped me so much since I was diagnosed 20 years ago."



Elizabeth

Terry, from Essex, was also a lucky winner of **£1,000**.

"We all hope to win some kind of lottery and we have proof that you can. By taking part you make life just that bit easier for people with coeliac disease."

Play today!

Entering is easy and you'll have the chance of winning up to £10,000, or one of the other amazing prizes from £5 to £1,000! It costs just £1 a week to enter, or £2 to double your chances of winning a prize.

Visit coeliac.org.uk/lottery or scan the QR code



GambleAware

Over 18s only. Concerns about gambling too much? Visit begambleaware.org. For our full T&Cs visit: <https://lottery.coeliac.org.uk/terms-conditions>

Meet an inspiring Young Champion

We know that managing a gluten free diet at a young age isn't easy and thanks to your support, we offer help for children and their parents via our Young Champions pack which aims to give anyone aged 5 to 11 the confidence to talk about their coeliac disease.

We recently had the pleasure of speaking with our Edinburgh volunteer, Meruyert about her daughter, Aisana and how the Young Champions pack helped her educate her classmates on coeliac disease.

Meruyert said: "Aisana recently gave a presentation to her class about coeliac disease and created the entire presentation herself, from drawing the visuals to preparing her speech. She explained what coeliac disease was, the effects of gluten on people with the condition, and which foods are safe to eat. Her classmates were engaged, asking questions that Aisana answered confidently.

Following her presentation, Aisana then handed out stickers and leaflets about coeliac disease, helping her friends understand why she has a different coloured lunch bracelet and eats only gluten free food.



One of our amazing Young Champions, Aisana



I'm so proud of Aisana for tackling such a challenging topic and I'm so grateful for her teachers for their support. The presentation also encouraged other students to share their stories about allergies and health conditions, fostering a more inclusive and understanding environment."

Thank you to Meruyert for sharing your story and to Aisana for her immense bravery - she is a shining example of how Young Champions can make a significant impact on their communities.

To find out more about our Young Champions and to request a pack visit coeliac.org.uk/youngchampion



Your support is helping teenagers and young adults

For the last few months, we've been busy connecting with some brilliant young people to help create volunteer opportunities to improve support for teenagers in our community. We were delighted to welcome our ambassador Becky Excell back in July for another Teen Virtual Club cookalong, joined by teen volunteer hosts Noveed and Alex to cook gluten free marble biscuits. Over 40 young members joined in the cookalong and had a fantastic time.



Some of the amazing marble biscuit creations from the teen cookalong with Becky Excell

"Thank you so much for hosting this event today. My daughter loved making the biscuits with Becky and I can confirm they are delicious! My daughter has only recently been diagnosed and Coeliac UK has been such an important part of the process of coming to terms with living with this condition. Today has been particularly great as it has meant she can see she is not alone. So a big thank you to all involved."

Charlotte Moore, Poppy's mum

We are really looking forward to growing our teen club for 12-15 year olds over the coming months and working with an amazing team of young people to develop support for 16-18 year olds too. We look forward to sharing progress on this project in future and want to say a huge thank you to you - your support makes this work possible.

If you or a young person you know with coeliac disease is heading off to university or moving away from home this Autumn, there is free support on offer with our Moving On pack - full of information, tips, gluten free food stickers and a toaster bag.

Visit coeliac.org.uk/leaving-home to request your pack today.



A look back at Coeliac Awareness Month



Reflecting back on Coeliac Awareness Month, we feel so proud of the amazing support you gave to the campaign.

We want to say a huge thank you to everyone who shared their own personal stories during the month and got involved with the campaign in any way, your support raised vital awareness of coeliac disease and empowered others to do the same. We couldn't have done it without you!

The aim of the campaign was to shed light on the various stories of undiagnosed coeliac disease highlighted through our six brave campaign case studies, so that others might recognise the symptoms, take our online self-assessment and get on the road to recovery faster.

Some of the campaign highlights included:

- Seeing hundreds of people sharing their own personal stories living with undiagnosed coeliac disease on social media
- Coeliac UK ambassador Becky Excell hosting a live cookalong on Facebook with hundreds of you joining to make her gluten free pizza!
- Receiving £26,000 from BFREE who generously committed to donate 20p for every pack sold of their "A Little Pitta Love" stone baked pitta breads during May.
- The Coeliac UK team taking the campaign straight to the heart of legislative power with events in the Welsh Parliament (Senedd) and the Northern Ireland Assembly.
- The incredible volunteers who held awareness events at schools, hospitals and supermarkets!

However you got involved, your amazing support has made a difference!

And as a result, nearly **14,000** people found out about coeliac disease, recognised the symptoms, and took our online self-assessment. **THANK YOU!**

Your support has changed the lives of so many people for the better.

Is it coeliac disease?

Our online self-assessment is always available on our website. So if you know anyone who is experiencing unexplained symptoms, please direct them to isitcoeliacdisease.org.uk or scan the QR code.



Are you linked to a company who might be interested in supporting Coeliac UK?



We have signed up with **Work for Good**, a digital platform to make this easy and straightforward for companies in any industry, whatever the size.

Visit workforgood.co.uk/charities/coeliac-uk/ for more information.

New study sheds light on cost, access and availability of gluten free food


In March 2023, we launched a campaign to make gluten free food more affordable and accessible. In our latest report **The Gluten Free Diet: What does it cost and why does it matter? (2024 update)** we present the latest data on the prices of gluten free products vs gluten containing equivalents, as well as highlight findings from the cost and availability supermarket survey for which we recorded over 1000 shopping trips from the community.

While overall food inflation has reduced over the past two years, the report shows that people with coeliac disease are still facing an additional burden both in terms of cost and availability. The latest findings show that:

 **35%** The weekly food shop suitable for a gluten free diet can be as much as **35%** more expensive

4 in every 100 people were actively eating gluten out of cost concerns and nearly **4%** a third were opting to eat products with may contain statements for cereals containing gluten, for the same reason

Almost **8 in 10** people struggled to afford gluten free products  

The cheapest gluten free loaf remains more than **six times** as expensive as gluten containing equivalent 

 **7 in 10** people said shopping gluten free 'adversely affects their quality of life'

The challenge the coeliac community faces is imposing yet it is one that can and must be overcome. We're calling on the UK Government and the food industry to do more for people with coeliac disease to ensure they can both afford and access gluten free food to help maintain their health. And we need your help. We're asking you, our supporters to help us do this by joining the campaign and pledging your support – you can find out more about how to pledge, our asks of the UK Government and the food industry and read the latest report in full here: coeliac.org.uk/availability



In loving memory

Legacies make a phenomenal difference to our work. Here Rick Stoor explains why his wife Sue generously left a gift in her Will to Coeliac UK.

"Sue and I married in 1984 and a year later, our daughter was born. She was our 'miracle' baby, because unbeknown to us, Sue had coeliac disease, and after that we had two failed pregnancies. After Sue was diagnosed seven years later, she soon fell pregnant, blessing us with the arrival of our son in 1992.

"Sue revelled in looking after her children, and the family spent many days and holidays over the years giving them experiences they will never forget. When her grandchildren arrived, she doted on them too.



"Sue was so grateful for the support she got from Coeliac UK and considered it her duty to remain a loyal member and donor. It was her wish to leave a gift in her Will to help the charity which helped our family so much.

"Sue lit up a room with her engaging smile and infectious laugh, she loved nothing more than being with family and friends. Thank you for everything you have done for Sue, I too shall be forever grateful."

A gift in your Will could help secure a future free from coeliac disease.
If you'd like to request an information pack about leaving a gift in your Will, or find out about setting up a memorial fund for a loved one, please contact Caroline Norris at caroline.norris@coeliac.org.uk or visit coeliac.org.uk/wills



Celebrating the incredible impact of volunteers

The first week of June marked the 40th anniversary of Volunteers' Week, a nationwide celebration of the incredible impact made by dedicated individuals. We were thrilled to host some of our volunteers at our celebration day at the Coeliac UK office, and throughout the week, we highlighted five of their inspiring stories on social media to showcase the huge difference they make.

Thanks to our dedicated volunteers, following the launch in 2023, we now have regular drop in Meet Ups in over 30 locations around the UK. One of our Local Meet Up hosts, Sonny, recently shared his story in a blog, highlighting the impact our Meet Ups have in the community. Read the blog at coeliac.org.uk/blog



To find a Meet Up near you visit coeliac.org/events or you can browse our latest events leaflet. If you can't find an event local to you and you're interested in joining our growing community of Local Meet Up hosts like Sonny, please do get in touch via our website at coeliac.org.uk/volunteer



Get festive and help make a difference

It's never too early to prepare for Christmas and our shop is stocked full of Christmas cards, wrapping paper, gifts, books, branded items and more.

Remember, when you shop with us you are supporting our mission to improve the lives of people who need to live gluten free.



Join us in spreading joy and making a difference this Christmas! Scan the QR code or visit coeliac.org.uk/shop



Don't forget...

The next issue of our *Live Well Gluten Free* magazine will be landing with Coeliac UK members in November.

The issue will be packed full of festive recipes, important news and updates, stories from our community and so much more! If you're not a member already, then this is just one of many exclusive member benefits on offer when you sign up.

Scan the QR code to find out more about becoming a member. You can also purchase Live Well Gluten Free magazine from our shop at coeliac.org.uk/shop



Get in touch

Coeliac UK
Artisan, Hillbottom Road,
High Wycombe,
Buckinghamshire,
HP12 4HJ

We always love to hear from you, so if you have any feedback or ideas for the next edition of Crossed Grain email us at publications@coeliac.org.uk. Or if you want to talk to us about something else you can contact us via email generalenquiries@coeliac.co.uk, or by phone between 10am-4pm on weekdays.

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@ dietitian@coeliac.org.uk
🌐 www.coeliac.org.uk

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▶ youtube.com/UKCoeliac
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coeliacuk Events

AUGUST–NOVEMBER 2024

From online Diet and Health Workshops to food events and Local Meet Ups, there's something for everyone.

Find out what's on near you, scan the QR code to view the full list of community events.



Coeliac UK needs YOU! Join our Cheer Squad

Hundreds of incredible supporters take part in our challenge events each year and tell us that the Coeliac UK Cheer Squad make a big difference when the going gets tough!

Could you help make a difference this year? We're looking for amazing people to join our Cheer Squad at a selection of running events happening throughout the year. If you fancy a fun day out, we'd love you to be part of #TeamCoeliacUK. We're looking for help at the following events:

- **Great North Run: 8 September**
- **Cardiff Half Marathon: 6 October**
- **Royal Parks Half: 13 October**
- **Great South Run: 20 October**

If you would like to join our Cheer Squad or if you would like to take on a challenge yourself or know someone who does, please contact Amy at fund@coeliac.org.uk

Gluten Free Food Market



Sheffield

The Steamworks, 109-111
Randall St, S2 4SJ
7 September 2024

Don't miss the Coeliac UK Gluten Free Food Market

Great news! Coeliac UK will be hosting its very own Gluten Free Food Market in Sheffield this September. The event will play host to an array of local and national producers of gluten free food for you to taste and buy.

Our morning session will run from 10am until 12.30pm and the afternoon session, which will start at



1pm and close at 3:30pm. Limited tickets are available for each session, so do book as soon as you can.

Tickets for either session are £2.50 for adults and under 16 years go free.

Scan the QR code to book your tickets.

Keep an eye on our website coeliac.org.uk/GFFM and social media for all the latest news and exhibitor information.



Our wonderful ambassador Becky Excell will be joining both sessions for a book signing. You'll be able to purchase Becky's books at the Coeliac UK stand.



Join us at the International Coeliac Disease Symposium (ICDS) in Sheffield



Sheffield City Hall,
7 September 2024
11am–12.30pm

This September, the International Society for the Study of Coeliac Disease (ISSCD) is hosting their 20th biennial research conference: the International Coeliac Disease

Symposium (ICDS) in Sheffield City Hall. Whilst most of the event is reserved for professionals, there will be the chance to attend a Patient Forum, which will be open to the public. The forum session will feature talks from international experts in coeliac disease including Professor Ludvig Sollid, Associate Professor Jason Tye-Din plus our CEO, Hilary Croft. Don't miss out on this chance to engage with experts and gain valuable insights into the world of coeliac disease.

Scan the QR code to register and secure your spot.
coeliac.org.uk/ICDS-2024



2024 Birmingham Free From Festival



Come and see us at the Birmingham Free From Festival on 5 October between 11am-6pm.



Location: The Bond, 180-182 Fazeley St, Birmingham, B5 5SE

Scan the QR code to book your tickets and choose from 3 time slots.

Diet and Health Workshops

September–November 2024

Sign up for one of our upcoming 60 minute workshops, hosted by one of our expert dietitians.

Members get 20% discount

Eating out and travel

- 17 Sep, 1pm
- 13 Nov, 1pm

Supporting your child

- 30 Sep, 1pm
- 25 Nov, 1pm

Newly diagnosed

- 14 Oct, 1pm

Calcium and Iron

- 21 Oct, 1pm

Scan the QR code to book your place. coeliac.org.uk/workshops



Special Events

Our local volunteers deliver special one-off events nationwide to allow our community to find support and friendship and to connect with others living gluten free.

Devon

Bideford, Sunday lunch

Join the North Devon Local Group for a Sunday carvery! Enjoy an adult 2 course lunch for £20, with a children's main course option available for £9.95. Please contact the group if you would like to attend.

- **6 Oct, 1.15pm**
- Merry Harriers Garden Centre, Woolfardisworthy, Bideford, EX39 5QH
- Contact northdevon@coeliac.org.uk

Barnstaple, Dietitian Q&A

Join the group as we welcome dietitian, Nastassja Hodgson from the North Devon District Hospital for a Q&A. There will also be an opportunity to get involved with our Christmas Hamper Raffle.

- **16 Nov, 2pm**
- Fremington Parish Hall, 12 Higher Rd, Barnstaple, EX31 3BG
- Contact northdevon@coeliac.org.uk

Dumfries & Galloway

Open to all as a hosted Coeliac UK Meet Up. Please purchase your own refreshments and join your host and others for a chat.

- **12 Oct, 10.30am**
- The Cocoabean Company, Ashland, Twynholm, Kirkcudbright, DG6 4NP
- Contact volunteering@coeliac.org.uk

Edinburgh & Lothians

Edinburgh, Children's event

Join the team for a children's event. Please contact the team for location details.

- **31 Aug, 2pm**
- Contact edinburgh@coeliac.org.uk

Edinburgh, Coffee and chat

Come and join us for a chance to catch up with others and swap hints and tips for living gluten free. This is a drop in event open to all.

- **23 Sep, 12pm**
- St Andrew's & St George's West, George St, Edinburgh, EH2 2PA
- Contact edinburgh@coeliac.org.uk

Edinburgh, Local Bar Meet Up

Join the team at the Monboddo Bar for our first Local Bar Meet Up. Spaces will be limited and free tickets are available to book via Eventbrite. A booking link will be available on the Coeliac UK website soon.

- **2 Nov, 2pm**
- Monboddo, DoubleTree by Hilton, 34 Bread St, Edinburgh, EH3 9AF
- Contact edinburgh@coeliac.org.uk

Edinburgh, Festive dinner

Join the Edinburgh and Lothians Community Team for a fantastic festive dinner. Places need to be booked in advance so please keep an eye on the website or our Facebook page for booking details.

- **5 Dec, 6pm**
- Edinburgh College, Apprentice Restaurant, 350 West Granton Rd, Edinburgh, EH5 1QE
- Contact edinburgh@coeliac.org.uk

London

Battersea, Local Meet Up



Spend time with others living gluten free, at one of our Gluten Free accredited venues. Please contact us to reserve your space!

- **24 Aug, 11.30am**
- Pizza Express, 230-236 Lavender Hill, Battersea, SW11 1LE
- Contact volunteering@coeliac.org.uk

West Midlands

Wolverhampton, Cooking event for under 16's

Family cookalong event hosted by dietitian Natalie Yerlett, join in and find out more about cooking gluten free. Please contact us for more details and to reserve your place.

- **14 Sep, 12.30pm**
- Woodfield Social & Sports Club, Penn Rd, Wolverhampton, WV4 4AF
- Contact youngwolverhampton@coeliac.org.uk

Wolverhampton, Halloween event

Spooky fun for all the family! Please contact us for more details and to reserve your place.

- **12 Oct, 12.30pm**
- Woodfield Social & Sports Club, Penn Rd, Wolverhampton, WV4 4AF
- Contact youngwolverhampton@coeliac.org.uk

Yorkshire

Leeds, Local Meet Up

Join your volunteer host and others for a chat at one of the newest Meet Up venues. Please note you'll need to purchase your own refreshments. No need to book, everyone is welcome.

- **26 Oct, 10.30am**
- Tiled Hall Café, Leeds Art Gallery, Leeds, LS1 3AA
- Contact volunteering@coeliac.org.uk

Sheffield



Join our Sheffield Community Team for lunch with others who need to live gluten free, at one or two of our Gluten Free accredited venues. Please contact us to book your place.

- **5 Oct, 12.30pm**
- Pho, Leopold Square, Sheffield City Centre, Sheffield, S1 2JG
- Contact volunteering@coeliac.org.uk

- **2 Nov, 12.30pm**

- Carluccios, Unit 53 The Oasis, Meadowhall, Sheffield S9 1EP
- Contact volunteering@coeliac.org.uk



Coeliac UK Gluten Free accredited venue

Want to help?

If you're interested in volunteering with us by hosting events to support those living gluten free in your local community, take a look at the opportunities available on our website:

coeliac.org.uk/volunteer-for-us/
or get in touch at volunteering@coeliac.org.uk



Sonny, Battersea Local Meet Up host

Regular Events

If you're looking for a chance to connect with others living gluten free, why not join us at one of our regular events?

Aberdeenshire

Ellon, Local Meet Up

- 11 Sep, 10am
- 9 Oct, 10am
- 13 Nov, 10am
- The Coffee Apothecary, 21 The Square, Ellon, AB41 9JB
- Contact volunteering@coeliac.org.uk

Ayrshire & Arran

Irvine, Coffee morning

- 31 Aug, 10.30am
- 28 Sep, 10.30am
- 26 Oct, 10.30am
- Tesco Café, Riverway Retail Park, Irvine, KA12 8AY
- Contact ayrshire@coeliac.org.uk

Bedfordshire

Luton, Local Meet Up

- 7 Sep, 3pm
- 5 Oct, 3pm
- 2 Nov, 3pm
- Pizza Express, The Lodge, Church St, Luton, LU1 3JE
- Contact volunteering@coeliac.org.uk

Buckinghamshire

High Wycombe, Coffee and chat

- 3 Sep, 10.30am
- 1 Oct, 10.30am
- 5 Nov, 10.30am
- John Lewis Place to Eat, Holmers Farm Way, High Wycombe, HP12 4NW
- Contact bucks@coeliac.org.uk

Cheshire

Sandbach, Local Meet Up

- 27 Sep, 1pm
- Waitrose Supermarket, Flat Lane, Sandbach, CW11 4BE
- Contact volunteering@coeliac.org.uk

County Londonderry

Coleraine, Local Meet Up

- 2 Nov, 10.30am
- CeCe's Cakes and Bakes, 36 Kingsgate St, Coleraine, BT52 1LF
- Contact volunteering@coeliac.org.uk

Devon

Honiton, Coffee morning

- 3 Sep, 10.30am
- 1 Oct, 10.30am
- 5 Nov, 10.30am
- Heron Farm, Weston, Honiton, EX14 3NZ
- Contact exmouth@coeliac.org.uk

Exmouth, Coffee morning

- 18 Sep, 10.30am
- 16 Oct, 10.30am
- Franklins, Strand, Exmouth, EX8 1BR
- Contact exmouth@coeliac.org.uk

Dorset

Christchurch Local Meet Up

- 21 Aug, 10am
- 4 & 18 Sep, 10am
- 2 & 16 Oct, 10am
- 6 Nov, 10am
- Arcado Lounge Cafe Bar, 71 High St, Christchurch, BH23 1AS
- Contact volunteering@coeliac.org.uk

Essex

Romford, Local Meet Up

- 31 Aug, 10am
- 28 Sep, 10am
- 26 Oct, 10am
- Costa Coffee, 311-313 Collier Row Ln, Romford, RM5 3ND
- Contact volunteering@coeliac.org.uk

Greater Manchester

Wigan, Local Meet Up

- 8 Sep, 10am
- Wild Mint, Golden Days Garden Centre, Back Ln, Wigan, WN6 8RS
- Contact wigan@coeliac.org.uk

Wigan, Local Meet Up

- 16 Oct, 5.30pm
- Postcode Coffee House, Riveredge, Wigan, WN3 5AB
- Contact wigan@coeliac.org.uk

Wigan, Local Meet Up

- 9 Nov, 1.30pm
- Shevington Village Kitchen, 2G Gathurst Ln, Wigan, WN6 8HA
- Contact wigan@coeliac.org.uk

Hampshire

Andover, Local Meet Up

- 16 Sep, 10am
- 21 Oct, 10am
- The Lights, West St, Andover, SP10 1AH
- Contact volunteering@coeliac.org.uk

Andover, Local Meet Up

- 16 Sep, 5.30pm
- 21 Oct, 5.30pm
- The Royal Oak, Longstock Rd, Andover, SP11 7QY
- Contact volunteering@coeliac.org.uk

Basingstoke, Coffee morning

- 21 Sep, 10.30am
- 23 Oct, 10.30am
- 16 Nov, 10.30am
- Waitrose Café, Basing View, Basingstoke, RG21 4YY
- Contact northhants@coeliac.org.uk

Lee-on-Solent, Local Meet Up

- 28 Sep, 3.30pm
- Laneway Coffee, 77 High St, Lee-on-Solent, PO13 9BU
- Contact volunteering@coeliac.org.uk

Kent

Dartford, Local Meet Up

- 24 Aug, 10am
- 26 Oct, 10am
- Sainsbury's Café, Stadium Way, Dartford, DA1 4HW
- Contact thamesse@coeliac.org.uk

West Malling, Local Meet Up

- 2 Sep, 2pm
- The Spitfire, 1 Liberty Sq, Kings Hill, West Malling, ME19 4AU
- Contact volunteering@coeliac.org.uk

West Malling, Local Meet Up

- 7 Oct, 2pm
- Spadework, Teston Rd, Offham, West Malling, ME19 5NA
- Contact volunteering@coeliac.org.uk

Sevenoaks & Tunbridge Wells, Online social event

- 21 Sep, 11am
- This event takes place via Zoom
- Contact sevenoaks@coeliac.org.uk

Sevenoaks & Tunbridge Wells, Coffee morning

- 19 Oct, 11am
- Coblands Garden Centre, Dryhill Ln, Sevenoaks, TN14 6AA
- Contact sevenoaks@coeliac.org.uk

Sevenoaks & Tunbridge Wells, Local Meet Up

- 16 Nov, 10.30am
- Notcutts Garden Centre, Tonbridge Rd, Tunbridge Wells, TN2 4QN
- Contact sevenoaks@coeliac.org.uk

Leicestershire

Leicester, Local Meet Up

- 25 Aug, 3pm
- 22 Sep, 3pm
- 27 Oct, 3pm
- Prana Café, 10 Horsefair St, Leicester, LE1 5BN
- Contact volunteering@coeliac.org.uk

London

Harrow, Local Meet Up

- 3 Sep, 10am
- 1 Oct, 10am
- 5 Nov, 10am
- Waitrose Café, Northolt Rd, South Harrow, HA2 0EG
- Contact volunteering@coeliac.org.uk

Finsbury Park, Local Meet Up

- 13 Sep, 10am
- 11 Oct, 10am
- 8 Nov, 10am
- Blighty Café, 35-37 Blackstock Rd, London, N4 2JF
- Contact volunteering@coeliac.org.uk

Orpington, Coffee morning

- 21 Sep, 10am
- Tesco Café, 9 Augustus Ln, Orpington, BR6 0NH
- Contact thamesse@coeliac.org.uk

Norfolk

Norfolk, Local Meet Up

- 28 Sep, 9.30am
- The Swan, Brandon Rd, Hilborough, Swaffham, Norfolk, IP26 5BW
- Contact volunteering@coeliac.org.uk

Northamptonshire

Northampton, Local Meet Up

- 25 Sep, 10am
- Heart of Shires, Watling St, Northampton, NN7 4LB
- Contact volunteering@coeliac.org.uk

Kettering, Local Meet Up

- 8 Oct, 5.30pm
- Kino Lounge, 3 Market Pl, Kettering, NN16 0AJ
- Contact volunteering@coeliac.org.uk

Kettering, Local Meet Up

- 6 Nov, 10am
- The Watermill Tearoom & Restaurant, Ringstead Rd, Kettering, NN14 4DU
- Contact volunteering@coeliac.org.uk

South Glamorgan

Cardiff, Coffee morning

- 7 Sep, 10am
- 5 Oct, 10am
- 2 Nov, 10am
- Morrisons Café, International Dr, Cardiff Bay, CF11 0JP
- Contact cardiff@coeliac.org.uk

South Gloucestershire

Iron Acton, Local Meet Up

- 19 Sep, 10am
- 17 Oct, 10am
- Iron Acton Garden Centre Café, Wotton Rd, Iron Acton, Bristol, BS37 9XA
- Contact volunteering@coeliac.org.uk

Stirlingshire

Larbert, Local Meet Up

- 27 Sep, 11am
- 27 Oct, 11am
- Blossoms Bistro, Torwood Garden Centre, Bellsdyke Rd, Larbert, FK5 4EG
- Contact volunteering@coeliac.org.uk

Sussex

Hassocks, Breakfast

- 5 Oct, 9am
- Barn Restaurant, South Downs Nurseries, Brighton Rd, Hassocks, BN6 9LY
- Contact volunteering@coeliac.org.uk

Yorkshire

York, Local Meet Up

- 5 & 21 Sep, 10am
- 3 & 19 Oct, 10am
- 7 & 16 Nov, 10am
- The Bar Convent Heritage Centre, 17 Blossom St, York, YO24 1AQ
- Contact volunteering@coeliac.org.uk

Harrogate, Local Meet Up

- 11 Sep, 10.30am
- 9 Oct, 10.30am
- 13 Nov, 10.30am
- Starling Coffee House, 47 Oxford St, Harrogate, HG1 1PW
- Contact volunteering@coeliac.org.uk

Barnsley, Children's Event

- 22 Sep, 2pm
- Darton Coffee House, 68 Church St, Darton, Barnsley, S75 5HQ
- Contact volunteering@coeliac.org.uk

100 things I wish I'd known about being gluten free – the podcast



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Get in touch

We always love to hear from you. If you have any questions about an event contact us on: **0333 332 2033** or email us at generalenquiries@coeliac.org.uk

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