

CROSSED GRAIN

coeliacuk
live well **gluten free**



With your support, ITV shines a spotlight on coeliac disease

On 18 December 2023, we were made aware of some deeply concerning coverage of coeliac disease featured during a phone-in segment of ITV's *This Morning*. Advice was given to a caller who was attending a Christmas gathering where all the food was going to be gluten free to ensure the safety of a person with coeliac disease.

We were concerned and disappointed to see that the advice provided to the caller was ill-informed and dismissive towards coeliac disease. The lack of understanding shown prompted us to write an open letter to ITV to express our concerns. We also asked our community to get in touch and urge them to issue an apology for airing damaging and inaccurate information.

The response we received from you was overwhelming and the piece was one of Ofcom's highest rating complaints of the year!

Our combined efforts facilitated conversations with ITV who were keen to raise awareness and present their viewers with more information about coeliac disease. Our amazing young case study Frankie and her mum Nicola appeared on the show on 17 January 2024. They shared their story of life before and after her diagnosis of coeliac disease at 18 months old.

Professor David Sanders, an expert in the field and chair of Coeliac UK's Health Advisory Council, joined them on the sofa to share more information about coeliac disease and its effect on the body, the symptoms to look for and how to get diagnosed. A special thank you to Frankie, Nicola, and Professor Sanders for sharing their time and expertise voluntarily.



Frankie, Nicola and Professor Sanders with *This Morning* presenters Josie Gibson and Dermot O'Leary.

We also want to thank ITV for inviting us on, it's great to see a major broadcaster helping to raise awareness of coeliac disease.

Most importantly we are really grateful to you, our amazing community. You helped make this happen! We hope that this focus on coeliac disease and the complexity of living gluten free will help us raise awareness and bring it to the table more regularly.

If you missed it, you can watch the appearance from Frankie, Nicola and Professor Sanders here:

www.itv.com/thismorning/articles/could-you-be-living-with-undiagnosed-coeliac-disease

Read our open letter to ITV online here: www.coeliac.org.uk/itv-open-letter; plus, if you know someone experiencing symptoms, suggest they take our online self-assessment to check if they should be tested for coeliac disease. Visit isitcoeliacdisease.org.uk or scan the QR code



Turning your wishes into reality

In December we launched our 'A Christmas Wish' campaign, where Coeliac UK Chief Executive, Hilary Croft shared her wish to "make every day of the year worry free for those who need to live gluten free."



Hilary Croft

Reflecting on the campaign she said:

"I want to take this opportunity to say a huge heartfelt thank you to everyone who donated to our 'A Christmas Wish' campaign and for sharing your wishes with us via social media, our website and at events. I was touched to hear from so many of you and want to reflect on some of these wishes and clarify how we are working to make these wishes become a reality in 2024.

"Dining out safely without feeling like a nuisance was a recurring wish among many. We are committed to ensuring the community can eat out safely and our recent Eating Out survey gathered your valuable feedback about following a gluten free diet outside the home and

the challenges you face. We will use this information and insight to continue to enhance our Gluten Free Accreditation Scheme in 2024.

"Many of you shared your wishes around **raising further awareness of coeliac disease** which is something we will be shining a spotlight on in May for Coeliac Awareness Month.

"You also asked for **better education on coeliac disease and the gluten free diet at schools**, which was highlighted by many young people at our Teen Virtual Club events.

"And naturally a consistent theme running throughout the wishes was to **make gluten free food more affordable and accessible for those who need it**, and we'll be reporting back on the next steps of our Cost Of Living campaign soon.

"Thank you again for sharing your wishes with us, your input is going to be crucial in helping to shape our future work."



Bringing young people with coeliac disease together



Becky Excell

In 2023 we launched our first Teen Virtual Club for 12-15 year olds with the support of our fantastic young volunteer, Noveed. Over 40 young people took part in the Virtual Clubs last year, making connections and sharing experiences with others in a relaxed environment.

Following the success of the 2023 events, we started 2024 with a bang with our January Teen Virtual Club!

This time Noveed was joined by our wonderful ambassador Becky Excell and a large gathering of young people for a gluten free cookalong! The club enjoyed making blueberry pancakes with Becky and had the chance to speak to other people of the same age who shared their experiences of living gluten free.

Do you want to get involved? Are you aged between 16-23 with lived experience of coeliac disease? We're looking for volunteers to help host future clubs and support their younger peers living gluten free. If you're interested or you know someone who might be, contact us at volunteering@coeliac.org.uk

Raising awareness with a fundraising challenge

Each year, members of our amazing community step forward and take on demanding challenges for Coeliac UK. These not only shine the spotlight on coeliac disease but raise vital funds to help those who need to live gluten free. Among those taking on a challenge this year is Dan Tarrant, who will be running the Bournemouth half marathon in March. We spoke to Dan about his motivation to join Team Coeliac UK.



Q. Do you have any previous running experience?

A. "I've been easing myself into running for the last 12 months and have just started to take on longer distances. My goals are to run a half marathon this year and a full marathon next year. The half marathon in March will be my longest distance run to date."

Good luck Dan and thank you to everyone taking on a new challenge to support Coeliac UK this year!

Q. How have you and your family been affected by coeliac disease?

A. "I was diagnosed with coeliac disease back in 2015 when I was 35, and my son was then diagnosed about a year later when he was 4 years old. We both eat 100% gluten free diets, it's all he can remember."

Q. What's your motivation for joining Team Coeliac UK?

A. "I've been a member of Coeliac UK since I was diagnosed and use the *Live Well Gluten Free* app daily to check if food items are suitable for my diet. My family knows first hand how life changing coeliac disease can be. It is still very misunderstood, so I want to take on this challenge to raise awareness of the condition and give back to Coeliac UK to support the work they do."

If you'd like to find out more about how you can join Team Coeliac UK, get in touch with Amy in the Fundraising team via email amy.baddams@coeliac.org.uk or visit our website at coeliac.org.uk/challenge-events



Coeliac UK Community and Events Fundraising Co-ordinator, Amy Baddams (pictured right)



Join us in May for Coeliac Awareness Month 2024 and help change lives

With an estimated **500,000 people** in the UK still living with undiagnosed coeliac disease, raising awareness is always at the top of our agenda.

This year, we'll be spending the entire month of May spreading the word about coeliac disease and encouraging people to take our online self-assessment and get tested. And you can help! However much time you have to give, there's a way for you to get involved and raise awareness for those who may be living with undiagnosed coeliac disease.

"Doctors put my health issues down to stress and painful periods, but deep down I knew something else was wrong."

Mita, who will feature in the upcoming Awareness Month campaign



Find out more about our campaign and how you can get involved:
coeliac.org.uk/awareness-month-2024



How your support is improving diagnosis through research

Thanks to your generous donations to the Coeliac UK Research Fund, in 2019, and with the help of Innovate UK, we jointly awarded a £250k grant to a research project led by the University of Cambridge.

The research team proposed developing an artificial intelligence algorithm to improve the speed and accuracy of coeliac disease diagnosis. The funding allowed the team to create a software system that could distinguish biopsy images of people with coeliac disease vs those without coeliac disease, with greater accuracy than a human pathologist. The accuracy of diagnosis with the software system was 95% vs 85% for humans.

Due to the success of this initial work, the research team were able to apply for additional funding to further develop the software, which resulted in The National Institute for Health and Care Research (NIHR) awarding the team over £600k. As there is a shortage of trained experts to make these types of diagnoses, the development of this software could help ease pressure on the NHS. It's hoped that in the future, the software may enable people to



receive an accurate diagnosis of coeliac disease much sooner. We're excited by this result, which shows that every single donation received, however small, can have a significant impact.

If you would like to share your views on the use of artificial intelligence in the diagnosis of coeliac disease, visit our website coeliac.org.uk/nihr-research



Leave a lasting footprint

Free Wills Month is coming this March, giving you the opportunity to write a simple Will for free, through our partnerships with the National Free Wills Network and Octopus Legacy*.

At Coeliac UK, our mission is simple: we want to make life better for people with coeliac disease. By leaving a

gift in your Will, you can help us to do this and make a positive lasting difference to thousands of people's lives.

A gift of even 1% of your estate can help us fund vital research, provide essential tools and services to support those who need it and campaign to make gluten free food more accessible and affordable.

Find out more about making a Will or updating an existing one by visiting coeliac.org.uk/gift-in-will. Here you can find information on how to make a face-to-face appointment with a friendly local solicitor or start writing your Will online or over the phone straight away**.



* Formerly known as Guardian Angel. **Online and telephone service only available to residents of England and Wales.



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

DISCLAIMER All information is supplied in good faith and is believed to be correct at the time of going to press but Coeliac UK is not responsible for any errors. No correspondence will be entered into. A charity registered in England and Wales (1048167) and in Scotland (SC039804) and a company limited by guarantee in England and Wales (3068044).

Get in touch

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.

☎ 0333 332 2033

@ generalenquiries@coeliac.org.uk

@ dietitian@coeliac.org.uk

🌐 www.coeliac.org.uk

📘 facebook.com/CoeliacUK

📧 @Coeliac_UK

📺 youtube.com/UKCoeliac

📷 @CoeliacUK

Events 2024

For a full list of events visit our website here:
www.coeliac.org.uk/events



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.

Show your support for our amazing London Marathon runners



The London Marathon is back again on Sunday 21 April and we're proud that we have an amazing group of supporters who will be running the event for Team Coeliac UK.

Want to show your support? You can cheer on our fundraisers, plus enjoy a fun day out, by volunteering for our London Marathon cheer squad. Your support helps our fundraisers feel motivated and makes a huge difference to the atmosphere on the day.

If you'd like to get involved contact fundraising@coeliac.org.uk

2024 Bristol Free From Festival

Join Coeliac UK at the Bristol Free From Festival on 24 February between 11am and 6pm.

Location: 10 Eugene St, St Jude's, Bristol, BS5 0TL



Scan the QR code to book your tickets and choose either a morning or afternoon session.

If not already applied, add the discount code: **COELIACUK** at the checkout for a 20% discount.



Diet and Health workshops



Join one of our online workshops, hosted by our expert dietitian. The workshops available include:

Supporting your child's journey

- 19 February, 1pm
- 30 April, 1pm

Newly diagnosed

- 6 March, 1pm
- 13 May, 1pm

Meeting your nutritional needs: calcium and iron

- 12 March, 1pm
- 21 May, 1pm

Eating out and travelling gluten free

- 17 April, 1pm

To find out more and to book your place go to coeliac.org.uk/workshops or call our Helpline on 0333 332 2033.

Local events

February

Dorset

- 21 February, 10.30am
- Arcado Lounge Café Bar, 71 High St, Christchurch, BH23 1AS
- Local meet up
- Contact volunteering@coeliac.org.uk

Essex

- 24 February, 10am
- Costa Coffee, 311-313 Collier Row Ln, Romford, RM5 3ND
- Local meet up
- Contact volunteering@coeliac.org.uk

Kent

- 24 February, 10am
- Sainsbury's Café, Stadium Way, Dartford, DA1 4HW
- Coffee morning
- Contact thamesse@coeliac.org.uk

Tyne & Wear

- 24 February, 10am
- Morrisons Café, 200 Two Ball Lonnen, Newcastle Upon Tyne, NE4 9SZ
- Local meet up
- Contact volunteering@coeliac.org.uk

Ayrshire & Arran

- 24 February, 10.30am
- Tesco Café, Riverway Retail Park, Irvine, Troon, KA12 8AY
- Coffee morning
- Contact ayrshire@coeliac.org.uk

Surrey

- 24 February, 10.30am
- Corner House, 350 Limpsfield Rd, Warlingham, CR2 9BX
- Coffee and chat
- Contact croydon@coeliac.org.uk

Yorkshire

- 25 February, 2pm
- Darton, Barnsley
- Children's event
- Contact volunteering@coeliac.org.uk for location details

Leicester

- 25 February, 3pm
- Prana Café, 10 Horsefair Street, Leicester, LE1 5BN
- Local meet up
- Contact volunteering@coeliac.org.uk

Stirlingshire

- 25 February, 11am
- Blossoms Bistro, Torwood Garden Centre, Bellsdyke Rd, Larbert, FK5 4EG
- Coffee morning
- Contact volunteering@coeliac.org.uk

COELIAC UK EVENTS

Edinburgh & Lothians

- **26 February, 12pm**
- St Andrew's & St George's West, George St, Edinburgh, EH2 2PA
- Local meet up
- Contact edinburgh@coeliac.org.uk

Wiltshire

- **26 February, 6.45pm**
- Tenpin Swindon, Shaw Ridge Leisure Park, Swindon, SN5 7DN
- Bowling evening, £8 per person, booking required
- Contact swindon@coeliac.org.uk for further information

March

Londonderry

- **2 March, 10.30am**
- CeCe's Cakes & Bakes, Kingsgate St, Coleraine, BT52 1LB
- Local meet up
- Contact volunteering@coeliac.org.uk

South Glamorgan

- **2 March**
- Coffee morning
- Contact cardiff@coeliac.org.uk for location & time details

West Midlands

- **2 March, 12.30pm**
- Wolverhampton
- Easter family event
- Contact youngwolverhampton@coeliac.org.uk for location and further details
- **9 March, 12.30pm**
- The United Church, High St, Lye, Stourbridge, DY9 8LX
- Easter meeting
- Contact stourbridge@coeliac.org.uk

Kent

- **4 March, 2pm**
- Costa Coffee, Kings Hill 2, Liberty Square, West Mailing, ME19 4DA
- Local meet up
- Contact volunteering@coeliac.org.uk
- **23 March, 10am**
- Tesco Extra Café, Augustus Ln, Orpington, B26 ONH
- Coffee morning
- Contact thamesse@coeliac.org.uk

Essex

- **4 March, 6pm**
- Romano Lounge, Foundation House, Colchester, CO1 1LF
- Local meet up & quiz night
- Contact volunteering@coeliac.org.uk

Harrow

- **5 March, 10am**
- Waitrose Café, South Harrow, HA2 0EG
- Local meet up
- Contact volunteering@coeliac.org.uk

Buckinghamshire

- **5 March, 10.30am**
- John Lewis Place to Eat, Holmers Farm Way, High Wycombe, HP12 4NW
- Coffee morning
- Contact bucks@coeliac.org.uk

Devon

- **5 March, 10.30am**
- Honiton, various locations
- Coffee morning
- Contact exmouth@coeliac.org.uk for location details

16 March, 2pm

- Fremington Parish Hall, Higher Rd, Barnstaple, EX31 3BG
- Annual general meeting & pastry making demonstration
- Contact northdevon@coeliac.org.uk

20 March, 10.30am

- Franklins, Strand, Exmouth, EX8 1BR
- Coffee morning
- Contact exmouth@coeliac.org.uk

Dorset

- **6 March, 10.30am**
- Arcado Lounge Café Bar, 71 High St, Christchurch, BH23 1AS
- Local meet up
- Contact volunteering@coeliac.org.uk

20 March, 10.30am

- Arcado Lounge Café Bar, 71 High St, Christchurch, BH23 1AS
- Local meet up
- Contact volunteering@coeliac.org.uk

Suffolk

- **9 March, 2.30pm**
- Great Barton Village Hall, Elms Close, Bury St Edmunds, IP31 2NR
- Annual general meeting with quiz & afternoon tea
- Contact burystedmunds@coeliac.org.uk

Derbyshire

- **12 March, 11am**
- Millys Mays, 179 Ladybank Rd, Derby, DE3 0QF
- Local meet up
- Contact volunteering@coeliac.org.uk

Northamptonshire

- **13 March, 10am**
- Ugly Mug, 28 Church St, Wellingborough, NN8 4PA
- Local meet up
- Contact volunteering@coeliac.org.uk

Wiltshire

- **13 March, 2pm**
- Tesco Extra Café, Ocotal Way, Swindon, SN1 2EH
- Coffee afternoon
- Contact swindon@coeliac.org.uk

20 March, 2pm

- Dandelion Gifts & Coffee Shop, High St, Swindon, SN4 7AQ
- Coffee afternoon
- Contact swindon@coeliac.org.uk

London

- **8 March, 10am**
- Blightly Café, 35-37 Blackstock Rd, London, N4 2JF
- Local meet up
- Contact volunteering@coeliac.org.uk

14 March, 7.30pm

- The Bricklayer's Arms, 32 Waterman St, Putney, SW15 1DD
- Local meet up
- Contact volunteering@coeliac.org.uk

Tyne & Wear

- **16 March, 10am**
- Morrisons Café, The Killingworth Centre, Newcastle Upon Tyne, NE12 6YB
- Local meet up
- Contact volunteering@coeliac.org.uk

Yorkshire

- **7 March, 9.30am**
- Cucina, 106A Queen St, Morley, Leeds, LS27 9EB
- Local meet up
- Contact volunteering@coeliac.org.uk

7 March, 10am

- The Bar Convent Heritage Centre, 17 Blossom St, York, YO24 1AQ
- Coffee morning
- Contact volunteering@coeliac.org.uk

13 March, 10.30am

- Starling Coffee House, 47 Oxford St, Harrogate, HG1 1PW
- Local meet up
- Contact volunteering@coeliac.org.uk

16 March, 10am

- The Bar Convent Heritage Centre, 17 Blossom St, York, YO24 1AQ
- Coffee morning
- Contact volunteering@coeliac.org.uk

- **24 March, 2pm**
- Darton, Barnsley
- Children's event
- Contact volunteering@coeliac.org.uk for location details

Hampshire

- **18 March, 10am**
- The Lights, West Street, Andover, SP10 1AH
- Local meet up
- Contact volunteering@coeliac.org.uk

- **23 March, 10.30am**
- Waitrose Café, Basing View, Basingstoke, RG21 4YY
- Coffee morning
- Contact northhants@coeliac.org.uk

- **30 March, 3.30pm**
- Laneway Coffee, 77 High St, Lee-on-Solent, PO13 9BU
- Local meet up
- Contact volunteering@coeliac.org.uk

Gloucestershire

- **21 March, 10am**
- Iron Acton Garden Centre, Wotton Road, Bristol, BS37 9XA
- Local meet up
- Contact volunteering@coeliac.org.uk

Norfolk

- **23 March, 9.30am**
- The Swan, Brandon Rd, Hilborough, Norfolk, IP26 5BW
- Local meet up
- Contact volunteering@coeliac.org.uk

Ayrshire & Arran

- **23 March, 10.30am**
- Tesco Café, Riverway Retail Park, Irvine, Troon, KA12 8AY
- Coffee morning
- Contact ayrshire@coeliac.org.uk

Surrey

- **23 March, 10.30am**
- Corner House, 350 Limpsfield Rd, Warlingham, CR2 9BX
- Coffee and chat
- Contact croydon@coeliac.org.uk

Leicestershire

- **24 March, 3pm**
- Prana Café, 10 Horsefair Street, Leicester, LE1 5BN
- Local meet up
- Contact volunteering@coeliac.org.uk

Stirlingshire

- **29 March, 11am**
- Blossoms Bistro, Torwood Garden Centre, Bellsdyke Rd, Larbert, FK5 4EG
- Coffee morning
- Contact volunteering@coeliac.org.uk

April

Essex

- **1 April, 6pm**
- Romano Lounge, Foundation House, Colchester, CO1 1LF
- Local meet up & quiz night
- Contact volunteering@coeliac.org.uk
- **27 April, 10am**
- Costa Coffee, 311-313 Collier Row Ln, Romford, RM5 3ND
- Local meet up
- Contact volunteering@coeliac.org.uk

Harrow

- **2 April, 10am**
- Waitrose Café, South Harrow, HA2 0EG
- Local meet up
- Contact volunteering@coeliac.org.uk

Buckinghamshire

- **2 April, 10.30am**
- John Lewis Place to Eat, Holmers Farm Way, High Wycombe, HP12 4NW
- Coffee morning
- Contact bucks@coeliac.org.uk

Devon

- **2 April, 10.30am**
- Honiton, various locations
- Coffee morning
- Contact exmouth@coeliac.org.uk for location details
- **17 April, 10.30am**
- Franklins, Strand, Exmouth, EX8 1BR
- Coffee morning
- Contact exmouth@coeliac.org.uk

Dorset

- **3 April, 10.30am**
- Arcado Lounge Café Bar, 71 High St, Christchurch, BH23 1AS
- Local meet up
- Contact volunteering@coeliac.org.uk
- **17 April, 10.30am**
- Arcado Lounge Café Bar, 71 High St, Christchurch, BH23 1AS
- Local meet up
- Contact volunteering@coeliac.org.uk

South Glamorgan

- **6 April**
- Coffee morning
- Contact cardiff@coeliac.org.uk for location & time details

West Sussex

- **6 April, 9am**
- Barn Restaurant, South Downs Nurseries, Brighton Rd, Hassocks, BN6 9LY
- Local meet up breakfast
- Contact volunteering@coeliac.org.uk

Londonderry

- **6 April, 10.30am**
- CeCe's Cakes & Bakes, Kingsgate St, Coleraine, BT52 1LB
- Local meet up
- Contact volunteering@coeliac.org.uk

Kent

- **8 April, 2pm**
- Spadework, Teston Rd, Offham West Mailing, ME19 5NA
- Local meet up
- Contact volunteering@coeliac.org.uk
- **20 April, 11am**
- Coblands Garden Centre & Café, Dryhill Lane, Sevenoaks, TN14 6AA
- Coffee morning
- Contact sevenoaks@coeliac.org.uk

27 April, 10am

- Sainbury's Café, Stadium Way, Dartford, DA1 4HW
- Coffee morning
- Contact thamesse@coeliac.org.uk

Northamptonshire

- **10 April, 10am**
- Chester House Café, Chester House Estate, Irchester, NN8 2DH
- Local meet up
- Contact volunteering@coeliac.org.uk

Wiltshire

- **9 April, 7pm**
- The Tawny Owl, Taw Hill, Swindon, SN25 1WR
- Pub evening
- Contact swindon@coeliac.org.uk
- **10 April, 2pm**
- Tesco Extra Café, Ocotal Way, Swindon, SN1 2EH
- Coffee afternoon
- Contact swindon@coeliac.org.uk

12 April, 7pm

- Chiseldon Sports & Social Club, Draycott Rd, Swindon, SN4 0LS
- Fish & chip supper
- Contact swindon@coeliac.org.uk for further information and booking

COELIAC UK EVENTS

- **17 April, 2pm**
- Dandelion Gifts & Coffee Shop, High St, Swindon, SN4 7AQ
- Coffee afternoon
- Contact swindon@coeliac.org.uk

- **23 April, 7pm**
- Dandelion Gifts & Coffee Shop, High St, Swindon, SN4 7AQ
- Annual general meeting & social
- Contact swindon@coeliac.org.uk

London

- **12 April, 10am**
- Blighty Café, 35-37 Blackstock Rd, London, N4 2JF
- Local meet up
- Contact volunteering@coeliac.org.uk

West Midlands

- **13 April, 2pm**
- Wylde Green Community Hall, Emscote Dr, Wylde Green, Birmingham, B73 5NE
- Annual general meeting
- Contact volunteering@coeliac.org.uk

Hampshire

- **15 April, 10am**
- The Lights, West Street, Andover, SP10 1AH
- Local meet up
- Contact volunteering@coeliac.org.uk

- **20 April, 10.30am**
- Waitrose Café, Basing View, Basingstoke, RG21 4YY
- Annual general meeting & coffee morning
- Contact northhants@coeliac.org.uk

Yorkshire

- **4 April, 10am**
- The Bar Convent Heritage Centre, 17 Blossom St, York, YO24 1AQ
- Coffee morning
- Contact volunteering@coeliac.org.uk

- **10 April, 10.30am**
- Starling Coffee House, 47 Oxford St, Harrogate, HG1 1PW
- Local meet up
- Contact volunteering@coeliac.org.uk

- **13 April, 2pm**
- Angelica's Restaurant, Atkinsons Department Store, Sheffield, S1 3LT
- Afternoon tea, advanced booking required
- Contact volunteering@coeliac.org.uk for booking details

- **18 April, 9.30am**
- Cucina, 106A Queen St, Morley, Leeds, LS27 9EB, UK
- Local meet up
- Contact volunteering@coeliac.org.uk

- **20 April, 10am**
- The Bar Convent Heritage Centre, 17 Blossom St, York, YO24 1AQ
- Coffee morning
- Contact volunteering@coeliac.org.uk

- **21 April, 2pm**
- Children's event
- Darton, Barnsley
- Contact volunteering@coeliac.org.uk for location details

- **25 April, 7.30pm**
- Starling Coffee House, 47 Oxford St, Harrogate, HG1 1PW
- Evening event with the option to order food
- Contact volunteering@coeliac.org.uk for further details

Gloucestershire

- **18 April, 10am**
- Iron Acton Garden Centre, Wotton Road, Bristol, BS37 9XA
- Local meet up
- Contact volunteering@coeliac.org.uk

Tyne & Wear

- **20 April, 10am**
- Morrisons Café, West Denton Way, Newcastle Upon Tyne, NE5 2RA
- Local meet up
- Contact volunteering@coeliac.org.uk

Ayrshire & Arran

- **27 April, 10.30am**
- Tesco Café, Riverway Retail Park, Irvine, Troon, KA12 8AY
- Coffee morning
- Contact ayrshire@coeliac.org.uk

Surrey

- **27 April, 10.30am**
- Corner House, 350 Limpsfield Rd, Warlingham, CR2 9BX
- Coffee & chat
- Contact croydon@coeliac.org.uk

Stirlingshire

- **28 April, 11am**
- Blossoms Bistro, Torwood Garden Centre, Bellsdyke Rd, Larbert, FK5 4EG
- Coffee morning
- Contact volunteering@coeliac.org.uk

Leicestershire

- **28 April, 3pm**
- Prana Café, 10 Horsefair St, Leicester, LE1 5BN
- Local meet up
- Contact volunteering@coeliac.org.uk

Edinburgh & Lothians

- **29 April, 12pm**
- St Andrew's & St George's West, George St, Edinburgh, EH2 2PA
- Local meet up
- Contact edinburgh@coeliac.org.uk



Get in touch

We always love to hear from you, so if you have any feedback or ideas for the next edition, 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.

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

DISCLAIMER All information is supplied in good faith and is believed to be correct at the time of going to press but Coeliac UK is not responsible for any errors. No correspondence will be entered into. A charity registered in England and Wales (1048167) and in Scotland (SC039804) and a company limited by guarantee in England and Wales (3068044).

☎ 0333 332 2033
@ generalenquiries@coeliac.org.uk
@ dietitian@coeliac.org.uk
🌐 www.coeliac.org.uk

📘 facebook.com/CoeliacUK
✉ @CoeliacUK
📺 youtube.com/UKCoeliac
📷 @CoeliacUK