



I'm a silly Yak!

The Cambridgeshire Coeliac Group

Newsletter

April 2011 - Issue 4



"The Cambridgeshire Group's Food Fair is on the map" says the Group Organiser ...



A few years ago I suggested we should have a Food Fair here, but I was met with various excuses why we couldn't. But hey! "We did it! We have successfully put our own Food Fair on the map..."

I felt very proud because of all the compliments that we received all day, witnessed by our Lady Mayor, Councillor Sheila Stuart.

The Mayor had kindly dropped by to meet and greet people at our Fair after opening the Mill Road Winter Fair earlier.

I had the privilege of showing the Mayor around and introducing her to group members and exhibitors. The Mayor sent us a note:

"My visit to the gluten free food fayre was my first association with the Cambridgeshire Coeliac Group.

As someone who tries to avoid wheat and gluten, I was extremely interested to see the

range of products that are available, and greatly valued the opportunity to talk with the different suppliers and to pick up a number of their leaflets.

That evening, I had invited friends round for dinner. They asked me about the sort of engagements I undertake in my role as Mayor, and I told them about my visit to the Group's food fayre.

It turned out that one of my friends has a diabetic person within their family who also has an intolerance to wheat and gluten, so I was able to pass on some of the information I had received and to spread the word about the support which is available in the area. I am so pleased to have been invited to the food fayre.

Councillor Sheila Stuart, Mayor"



Councillor Sheila Stuart and the exec committee

Our aim was not to make lots of money but to increase awareness of our activities and also entice old and new people back to the rejuvenated Group. Well, we made some money and increased awareness and also showed everyone that we can hold a Food Fair and do it better.

Julie from JuSu Pantry said **"You have brought a breath of fresh air to the Group and Food Fair circuit"**.

I would like to thank all the volunteers from the Group and the staff of the Meadow Centre, Eve, Rachel and Graham for all their help and support at the Food Fair and at our Group meetings.

Special thanks to Juvella for providing the fresh bread, to Glutafin for the biscuits and to Livwell for the lovely Christmas cake. Thank you all for making our Food Fair a great success.



Julie & Sue JuSu Pantry



Janine and Pauline, Glutton Clubbers Cafe

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Next Group Meeting:- Sat 2nd April

Venue:

Buchan Street Neighbourhood Centre
6 Buchan Street
Kings Hedges
Cambridge
CB24 2XF

Venue Tel: 01223 508149

Time: 2pm - 4pm

£2 entrance (inc. refreshments)

Klare from the **Pinkest Witch Cakes** will be back to sell her cup cakes. **JuSu Pantry** will also be with us to sell their lovely pastry products.

Star raffle prize is a **Bread Maker**.

Don't forget the **Bring & Buy table**. More people need to bring their creations for the **Tasting Table**.

Come and volunteer at our **AGM**.

Kids Cookery Corner - Gluten Free mini pizza making activity!



Diane says...



Careful planning and lots of work beforehand ensured that the Food Fair went very well and made a healthy profit. Lots of help was required and 35 Group members kindly stepped forward. Everyone's efforts were much appreciated and a special mention should go to Julia & Chris Smith; Margie Scogie, Karen Chapman and family for raising £100 with the tombola stall and all their extra help.

Although making a profit was good, the aim of the Food Fair was much more. We talked to many newly diagnosed Coeliacs and parents of children recently diagnosed, offering advice and sharing experiences over drinks and snacks whilst relaxing in the Glutton Clubbers Café. We have shown that we are a friendly, active, approachable Group and have much to offer in supporting Cambridgeshire Coeliacs. We shall definitely be holding another Food Fair again this year!

Margaret says...

My thanks to the valiant helpers of the Glutton Clubbers Café, they braved icy roads and snow to be at the venue early enough to prepare food. I acknowledge those who prepared and served the food so willingly. There was Eileen Hollingsbee, Margaret Francis (in all guises), Sally West, Carol Clark and others all beavering away to prepare the sandwiches.

Selling the food to our eager customers were Sally Turnidge, Gill Clark, Leigh Clements, Janine and Pauline Dumont, Geri and Vanessa Cowell, Vicki Alsop, Cheryl Carter and Dad Brian. Food was made at home by Jenny Izzett, Dina Nayee, Diane Palmer and others. I apologise to those I may have forgotten to mention, but I do say a heartfelt THANK YOU ALL for your help I couldn't have organised the Café without you.

Dates for your Diary:

Group Meetings:

Sat 25th June
Sat 10th Sept

Glutton Club Outings:

Loch Fyne:
Mon 18th April

Mystery Curry Banquet:
Wed 18th May

Forthcoming events to be confirmed:

Garden Picnic Party
Meal at The Riverside
Meal at Carluccio's
Sunday Lunches
Food Fair
and more...



A day in the life of a Coeliac University Student



I was diagnosed with Coeliac disease around 18 months ago in my 5th year of studying medicine. The diagnosis came as quite a shock and a great deal of adjustment was required to be a patient instead of student doctor! Having an aunt who suffered from lymphoma following a diagnosis of Coeliac disease, I knew the importance of sticking religiously to a gluten-free diet. I've had to make significant changes to the way I eat, but now following the diet has minimal impact on my life. I always start the day with breakfast which is dependent on what's in the cupboard. Toasted bread with peanut butter and jam is favourite and usually keeps me going until lunch time. At weekends I enjoy making pancakes using gluten-free flour, topped with yoghurt and fruit. Lunch is the trickiest meal of the day. If possible, I go home and have a jacket potato with cheese and salad. If I'm busy in the hospital then I try to make a sandwich in the morning to take with me. Sandwiches

used to be a real problem because the bread needed refreshing and was crumbly, there being no microwave in the clinical school. The bread available on prescription now is more suitable for sandwich-crafting, which has made life easier!



Katie Cunningham (1st right) at our Food Fair collecting research material

Between meals I often get peckish and fancy a snack. I usually carry some dried fruit and nuts or gluten-free chocolate biscuits. One advantage of eating gluten-free is that I've learnt to cook my evening meal from scratch as pre-prepared food is often unsuitable. As I'm also a vegetarian, I tend to use a lot of pulses (e.g. lentils and chick-peas) to make a curry or stew. Eggs are a great ingredient to use, either in omelettes or chopped into salads. I generally eat potatoes or rice with my meal as they're cheap

and easy, but I do sometimes use gluten free pasta. When I go on placement to district general hospitals, I transport quite a lot of pots, pans and gluten-free products across East Anglia, which can be a bit of a hassle.

My friends are extremely accommodating and on my last placement we all ate gluten-free and vegetarian for the entire 9 weeks! Unfortunately, placements make it difficult to arrange and collect prescriptions, but it will be easier in future when I'm more settled.

My one piece of advice is to plan ahead and be prepared for situations where suitable food is not readily available. If you manage this, you'll find that Coeliac Disease has a minimal impact on your lifestyle, and can be a healthy way to eat!

By Katie Cunningham

For further advice see:

<http://www.coeliac.org.uk/gluten-free-diet-lifestyle/family-and-friends/coeliac-uk-youth-ambassador-experiences-leaving-home/>

Glutton Club goes Posh at Madingley Hall at Christmas



Carol, Jenny & David

Thirty-two of the Glutton Clubbers ended 2010 by having a superb Christmas Supper at Madingley Hall. The drive up to the Hall was just breathtaking with the road and

Hall lit up in the dark evening. The evening started with all the diners socialising in the Terrace Bar before being led to the main dining hall, a lovely wood panelled room with tables laid out with crisp linen, sparkling cutlery, candles and crackers. Once we were all seated, out rolled the starters. Mine was the smoked fish platter and then the main,



The Glutton Clubbers at Madingley



Racks of Lamb

mustard coated racks of lamb with thyme and blackcurrant sauce, celeriac and Jerusalem artichoke dauphinoise with stir fry winter greens, yum!! We had a great selection

on the menu especially designed for us and we give a big thank you to Juvela and Glutafin who supplied the bread rolls. The Clubbers were impressed with the main course then out came the desserts (Sherain even had a "doggy bag" which a waitress kindly supplied). My homemade maple cheesecake was made possible by the digestives provided



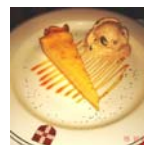
Keith would not let anyone near his pudding

by Glutafin (ta muchly!). Thinking that was the end of the evening, we (Exec Committee) had decided that we had made enough money over the year to treat the Clubbers to cheese and biscuits. (Thank you to Simply Free for the crackers.) We also had Christmas cake made by Mrs. Barrett and a Yule Log made by Dina Nayee.

Madingley Hall did us proud with their courteous staff and the manager Chris Barnes made sure we had the most pleasant evening.



Cheese and Biscuits



Lemon Tart

For more information:

<http://www.madingleyhall.co.uk/dining>

By Prakash Nayee



Fish & Chip Lunch Record!...

The popular Sea Tree, during their busiest time, were frying for us and arrived slightly late. The atmosphere at the Buchan Street Centre was getting hostile as the natives were hungry and there was mutiny in the ranks... Just kidding., David Farrell and his team did us proud at our Group meeting in January. They provided us with Fish & Chips for 60 adults and 6 children aged under 10, surely a record has been broken. It all arrived piping hot and they



Happy Coeliacs

even provided GF tartare sauce, GF vinegar, salt and pepper. Faces lit up and the hall filled with the lovely smell of freshly fried cod and chips. I have never known the hall to be so



David Farrell (right) & Stephen

quiet, even the kids were tucking in to their goujons and chips with great joy. We shall be doing this again for sure! For more info: www.theseatree.co.uk 13/14 The Broadway, Mill Road, Cambridge, Cambridgeshire CB1 3AH Tel: 01223 414349



New member Mike Magill

By Prakash Nayee

Codex Standard Revision

In the last Newsletter the Codex Alimentarius standard quoted was incorrect as it was revised in November 2008.

A product labelled as "Gluten Free" must contain less than 20mg gluten/kg (less than 20 ppm) - a level suitable for most sensitive of Coeliacs.

A product labelled "Very Low Gluten" can contain between 20 - 100 mg/kg - thought to be suitable for majority of Coeliacs.

Under the previous standard gluten free products could have had up to ten times more gluten in them. Manufacturers can use the new labelling now but it is not compulsory until 2012, to allow them time to get packaging up to date.



Mrs. Barrett's Tried and Tested Recipes

BASIC PASTRY RECIPE

Ingredients

8 oz/200 g Gluten Free Mix (GF) ½ tspn Salt
 2 oz/50 g Hard Margarine 2 oz/50 g Lard
 1 Egg, medium 2-4 tbsn Cold Water

Method

1. Place mix and salt in a bowl and cut fat into small bits and add to the bowl. Cover with mix and rub in until it resembles **coarse** breadcrumbs.
2. Add the lightly beaten egg and stir in, **gradually** adding water a tbsn at a time. Use your hands to move the mixture round the bowl until it forms a dough. When the dough starts to clean the bottom of the bowl then enough water has been added.
3. The mix will be crumbly, it is essential to knead. Lightly dust a surface with mix and knead for 2-3 minutes to improve the pliability of the pastry and its appearance.
4. GF pastry does not have to be chilled before use but you can 'rest' it for 20 minutes. Can be kept in the fridge for up to 3 days or frozen for use later.
5. Lightly dust surface and rolling pin with mix and roll dough out using smooth strokes. Do not turn the pastry over but keep it moving around the surface and use the rolling pin to move it as it grows in size.
6. Cook the pastry, having pre-heated the oven to 190 C/375 F/Gas Mark 5.

TEACAKE RECIPE

Ingredients

450 g/ 1 lb Gluten Free Mix (GF) 1 tsp Salt
 100 g/3 ½ oz Margarine 150 ml/5 fl oz Milk warmed
 150 ml/5 fl oz Water, warmed 1 Sachet Yeast (with mix)
 100 g/3 ½ oz Sultanas 75g/2½oz Mixed Peel/Raisins
 1 tsp Sugar Egg Glaze

Method

1. Prepare two baking trays with parchment paper and preheat the oven to 190 C/fan 170 C/Gas Mark 5.
2. Place all the ingredients, **except** the egg glaze into a bowl or mixer with a dough hook.
3. Using either a hand mixer with dough hooks or a bigger machine with dough hooks, mix to a soft dough and knead for 5 minutes. If you are using a wooden spoon to mix, you will have to knead for 10 minutes in total.
4. Place tablespoons of the mixture onto the baking trays and make them rounded, leaving space for them to spread.
5. Leave in a warm place to prove until doubled in size.
6. Lightly brush the egg glaze over each teacake and bake for 20 minutes in the preheated oven.
7. Cool on a wire cooling tray and serve either buttered or toasted and buttered. Freeze the surplus for another day (if you can resist them!).



Diane Palmer

Coeliac disease and Osteoporosis

Although my article appears on page 3 of this Newsletter I cannot provide a suitable page 3 image (!), so instead of a risqué photo you have a risky condition - osteoporosis! It's a condition where the bones are less dense than normal (c.f. ave. 30 yr old), are more fragile and likely to fracture. Low bone density is common in children and adults with coeliac disease, especially in folk, like myself, who took a long time to be diagnosed, and have therefore not been absorbing enough calcium and other nutrients. The good news is that low bone density can be reversed. Once a coeliac is on a gluten free diet, absorption of basic minerals is usually improved and taking calcium tablets with vitamin D are prescribed for many, including myself.



Bone mineral density, or BMD as it is more commonly known, can be measured by a simple x-ray - not to be confused with a bone scan which is more intrusive and is used to detect tumours, cancer, fractures and infections in the bone. I was convinced I had osteoporosis, since I suffered with back-ache, so I waited for my bone density results in trepidation. Results are based on a T-score, between 0 and -1 is considered normal, less than -2.5 signifies osteoporosis. Between -1 and -2.5 indicates low bone density, osteopenia. I was given 2 readings, one for my hips and one for my spine. My hips were not too bad!, but my spine reading was -2.1 (osteopenia), which although was not low enough to be diagnosed as osteoporosis was still a cause for concern. 3



years later, another test showed that both my hips and spine had increased bone density. Hopefully the next test in a few years should show further improvement. If you are diagnosed with osteoporosis, drugs, of which bisphosphonates are the most common, can be used to prevent any further deterioration in bone density.

Research by Edinburgh University suggests that around 1 in 5 Coeliacs develop osteoporosis because their immune system attacks their bone tissue. In these cases taking calcium and vitamin D tablets have no effect, but drugs are effective in preventing bone loss.

Ref: University of Edinburgh (2009, Oct 8) 'New Link Found Between Osteoporosis and Coeliac disease'.
<http://www.sciencedaily.com/releases/2009/10/091007171735.htm>

NHS Primary Care Trust (PCT) - Friend or Foe?

The Cambridgeshire PCT is currently down-sizing the type of products available on prescription. Their rationale is that luxury items are not prescribable i.e. all GF cakes, cake mixes, biscuits (sweet & savoury) and pizza bases are put on a 'Red List'.

They have done this to restrict the funding of 'discretionary' items in line with their discussions with Cambridgeshire Joint Prescribing Group and dietitians (CJPG).

We, the Executive Committee, have mixed feeling about inclusions on the Red List but personally we agree that items like cakes,



Friend or Foe?

cake mixes, pasta, pizza bases and sweet biscuits should be excluded as they are available locally at affordable prices.

We actively encourage Coeliacs to make food at home as it's tastier and often cheaper, as demonstrated at our Group Meeting's Tasting Table. Tell us what you think send us an email:

Cambridge@Coeliac.org.uk

Or write to: Mrs. Barrett 13 Eaton Close, Hartford, Huntingdon PE29 1SR.

For CJPG & PCT information:

<http://www.cambsphn.nhs.uk/Home.aspx>

<http://www.nhs.uk/Services/Trusts/Overview/DefaultView.aspx?id=3587>

Did you know:

A young Veterinary Medicine student called Hollie Scott, owns a dog, Elias, who can sniff out gluten. Elias was intensively trained in Slovenia to detect gluten in hot or cold food.

If Elias smells gluten he tries to pull it away from Hollie, if the food is safe he just ignores it or looks away. Elias is a Beauceron, a 400 year old breed that almost became extinct serving as messenger dogs in Europe during WWII.

Teaching a dog to be alert to the scent of gluten is more challenging than other scent-detection training, simply because gluten comes in so many forms. When it's time for Elias to do the sniff test, Hollie places a cover with holes over the item. If Elias smells gluten, he tries to pull the item away from her; if it's safe, he just looks away.

To help Elias keep his edge, Hollie tests him daily with known gluten-containing foods and adds in products she hopes are gluten-free.

Our Business Card



Or Write to: **Mrs. Margaret Barrett**
13 Eaton Close, Hartford, Huntingdon, PE29 1SR

The Little Silly Yaks Activity Club!

Due to our efforts in promoting the Group as family and child friendly, we are pleased to see more parents bringing their kids to our meetings. The next stage in our plans is to provide other activities for them at each meeting in addition to the popular colouring/drawing table that we already have in place. We will now have **'Kids Cookery Corner'**.

To demonstrate to our youngsters how easy it is to make GF food, we will be providing cooking activities specifically for them, starting with mini pizza making at our April meeting.

Please note that every child(ren) **must be accompanied** by a parent or guardian.

If you can help or have suggestion for future activities then please let Diane know (contact details above).

The Glutton Club

2011 began with a great Fish & Chip lunch at our January meeting, with 70 Coeliacs, families and friends. The children present enjoyed tucking into the fish goujons and chips.



Vicki (right) and family

Please fill in your choices on the reply form and return with payment to Diane (see below).

Then we have the **'Mystery Curry Banquet'** at the popular **Saffron Brasserie** on **Wed 18th May**. This will be interesting as owner Asab Miah will adapt the popular dishes of the restaurant for us. **Fear not!** A variety of great dishes will be served, suiting everyone. Cost only £20/head and half price for the under 15s.

Many more Glutton Club meals are in the planning so keep an eye on the website and your emails.

For further details email Prakash Nayee, Cambridge@Coeliac.org.uk

Send reply form with payment (cheques to **Cambridgeshire Coeliac Group**) to **Mrs. Diane Palmer, 62 Manor Park, Histon, Cambridge CB24 9JT**

We then had the first outing of the year to the Jade Fountain Chinese Restaurant in February, where 48 people enjoyed a fabulous meal. The 3 course (11 items) menu was selected by manager Serlyn Lee who was most accommodating and even sent out a couple of extra dishes during the main course. Great to see whole families coming out together like Vicki Alsop with her husband and daughters. Several new Coeliacs also joined us and thoroughly enjoyed themselves. Every time we get new people and hear that they haven't had a certain type of food for years, it encourages us to organise even more evenings out.

Our next Glutton Club meal is at **Loch Fyne** in Cambridge on **Mon 18th April**, £27.50/head, we have limited spaces so book early.



Piglee with Serlyn (right)



On a Lighter Note

Proposed cuts to the National Health Service

The British Medical Association has weighed in on the new Prime Minister David Cameron's health care proposals.

The Allergists voted to scratch it, but the Dermatologists advised not to make any rash moves.

The Gastroenterologists had a sort of a gut feeling about it, but the neurologists thought the Administration had a lot of nerve.

The Obstetricians felt they were all labouring under a misconception.

Ophthalmologists considered the idea short-sighted.

Pathologists yelled; "Over my dead body!" while the Paediatricians said, "Oh, Grow up!"

The Psychiatrists thought the whole idea was madness, while the Radiologists could see right through it.

The Surgeons were fed up with the cuts and decided to wash their hands of the whole thing.

The ENT specialists didn't swallow it, and just wouldn't hear of it.

The Pharmacologists thought it was a bitter pill to swallow, and the Plastic Surgeons said, "This puts a whole new face on the matter...."

The Podiatrists thought it was a step forward, but the Urologists were peed off at the whole idea.

The Anaesthetists thought the whole idea was a gas, but the Cardiologists didn't have the heart to say no.

In the end, the Proctologists won out, leaving the entire decision up to the asses in London.

But seriously folks, the way things are going in a few years time there may be no prescribable food items for Coeliacs. So get involved and write to your politician, for details see:

<http://www.coeliac.org.uk/get-involved/write-to-your-politician>



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