



## **Coeliac UK Dorchester Group**

**The Dorchester Local Group offers support and friendship to people with coeliac disease and dermatitis herpetiformis (DH) across the local area of West Dorset and South Somerset.**

**Approximately 1 in 100 people may have the condition yet it still takes on average 13 years to obtain a diagnosis!**

**This is why education and awareness are essential.**

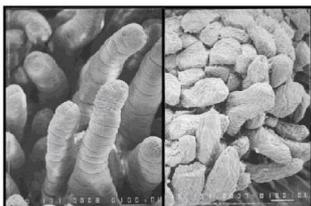
**By helping to raise awareness we hope to support individuals and avoid this delay.**

**Do you have any of these symptoms: Diarrhoea / constipation, Irritable Bowel Syndrome (IBS), abdominal pain, mouth ulcers bloating / fatigue, hair loss or unexplained anaemia?**

**If you have any of the symptoms listed it is advisable that you see your GP in order to determine what is happening to you. There are various reasons why you might have some of these symptoms and a test for coeliac disease can be arranged if your GP feels further investigations are needed to confirm a given diagnosis.**

**Coeliac Disease is an auto-immune disease which means that when grains such as wheat, barley and rye are eaten, the villi of the small intestine are damaged. This in turn means malabsorption of food and this can lead to some of the above symptoms. A gluten free diet is the only way to manage the illness.**

**It is important to avoid cross contamination for example use separate utensils and cooking oil when preparing or cooking other food.**



**Healthy/Damaged Villi**

## **Our Aims are to: Support, Raise Awareness and Fundraise.**

**Support - Local Groups provide a unique network of support and friendship to people with coeliac disease and their families.**

**We hold group meetings which include cookery demonstrations, speakers and companies supplying gluten free products.**



**We have leaflets and advice sheets free on request. A list of local eateries is continuously updated which enables members to identify establishments that supply gluten free food.**

## **HOW TO CONTACT US:**

**[dorchester@coeliac.org.uk](mailto:dorchester@coeliac.org.uk)   [www.coeliac.org.uk](http://www.coeliac.org.uk)  
[www.facebook.com/coeliacUK](https://www.facebook.com/coeliacUK)   [www.twitter.com/coeliac\\_UK](https://www.twitter.com/coeliac_UK)  
Helpline: 0333 332 2033**

**Coeliac UK is a charity registered in England and Wales (1048167) and in Scotland (SC039804) and a company limited by guarantee in England and Wales (3068044).**

**Registered office:  
3rd Floor Apollo Centre  
Desborough Road  
High Wycombe, Buckinghamshire HP11 2QW**

**Raise Awareness - to help people better understand the condition.**

**We have evening lectures and distribute a newsletter to all members and interested parties, at least three times a year.**



**Fundraising - in order to run the Group effectively, we hold various events throughout the year such as a sea front bric-a-brac in Weymouth, quiz nights, meals out and we have regular raffles too.**

