

1<sup>st</sup> September 2022

## First Ever Gluten Free Road Show Announced by Coeliac Society of Ireland

8<sup>th</sup> October 2022



**Coeliac Society of Ireland**  
*presents*

# GLUTEN FREE ROADSHOW

**8 October, 2022 | 10:30 am**  
**Tullamore Court Hotel, Co. Offaly**

**Chef Adrian!**  
**2 course Gluten Free Lunch**  
**Talks | Cookery demos | Goodie Bags**  
**Spot Prizes & more...**



- Full day event with expert talks from leading medical practitioners, dieticians, food producers and practical live cooking demonstrations

The Coeliac Society of Ireland have announced that their first ever Gluten Free Road Show will take place on October 8 at the Tullamore Hotel in County Offaly. This will be the first in-person event the Society has organised for members of the public in three years.

The roadshow will provide anyone living with coeliac disease or severe gluten intolerances with an opportunity to meet and speak with the experts who will demonstrate how to live a full and healthy life gluten free.

Gill Brennan, chief executive of the Coeliac Society of Ireland, said: “We are excited to be back with a live and in person event for the first time in three years. The Gluten Free Road Show offers a fantastic opportunity for those individuals, whether diagnosed or just suspect they may be coeliac or gluten intolerant, to talk to medical professionals, have the chance to hear and interact with a dietetic clinician, and to meet the many other experts who will be on hand to offer guidance.

“An added bonus will be our live cooking demonstrations from our in-house food safety and Technical food advisor as well as leading *celebrity* chef Adrian Martin who will share their culinary

secrets in how to safely prepare tasty and nutritious meals that which will cater for their medically necessary dietary requirements.”

“Thankfully, the days of not been able to interact and share experiences of being coeliac are over, and the Coeliac Society is once again striving to make Ireland the best country in the world to live gluten free. This show and others we will schedule over the next twelve months will help us to achieve this as we continue to support, empower, educate, and inspire those living a gluten free life.”

Coeliac symptoms, and those of gluten intolerance, can be debilitating and include stomach pains, constipation, weight loss, and migraines. Longer-term issues associated with untreated coeliac disease are more serious and can include anaemia, osteoporosis, and fertility issues. The only treatment is a strict gluten free diet for life.

The inaugural Gluten Free Road Show runs from 11am to 4.30pm on October 8 and will have a limited attendance. For more information on the event and the Coeliac Society of Ireland, please visit [www.coeliac.ie](http://www.coeliac.ie) or follow them on twitter, Instagram and Facebook.

**For further information, high resolution images please contact: Richard Burke at The Content Partnership (01 531 3532 or 086 8167822) [richard@4tc.ie](mailto:richard@4tc.ie), or Craig McKechnie [craig@4tc.ie](mailto:craig@4tc.ie) 087 621 8839**

#### **Notes for the editor**

**For further information, images or to arrange an interview, please contact: Richard Burke at 4TC (0868167822) [richard@4tc.ie](mailto:richard@4tc.ie) , or Craig McKechnie [craig@4tc.ie](mailto:craig@4tc.ie) 087 6218839**

#### **Available for interview**

- Gill Brennan, chief executive of the Coeliac Society of Ireland
- Sarah Keogh, nutritionist, and dietitian (MSc. BSc. Dip. MINDI)

#### **Notes for Editor**

- Coeliac disease is an auto-immune disease where the affected individual reacts abnormally when gluten is ingested. The intestine becomes inflamed and damaged resulting in poor absorption of essential nutrients. Gluten is a protein found in many foods including bread, pasta, gravy, soy sauce and beer.
- There is no cure for coeliac disease and the only treatment is a gluten-free diet. Annual medical check-ups are also advised.
- Based on European averages and a recent study In Finland, there are estimated to be around 76,500 people in Ireland with coeliac disease. However, anecdotal evidence suggests that this may be higher in Ireland. There are also thought to be 500,000 people in Ireland who have some form of gluten intolerance.
- It is estimated that there **are 63,500** children and adults who are undiagnosed coeliacs

- Symptoms include abdominal pain, recurring mouth-ulcers, weight-loss, vomiting and diarrhoea. If untreated, coeliac disease can affect fertility and lead to other health conditions such as osteoporosis.
- The first step to receiving a diagnosis is to visit your GP for a simple blood test. It is important to be on a gluten containing diet before testing. Eliminating gluten before testing could lead to a false negative test result. If the test is positive, you will be referred to a gastroenterologist for an endoscopy. Once diagnosed, it is advised you visit a dietician to ensure optimum nutrition.