

Coeliac New Zealand

Who are we and what we do to support you

Coeliac New Zealand Incorporated was formed in 1973 to promote and support the national welfare of those who have been diagnosed with coeliac disease, dermatitis herpetiformis and their families, and those medically diagnosed as requiring a gluten free diet.

Charities commission No: CC27810

Your membership provides you with support and advice from Coeliac New Zealand on living with coeliac disease and how to stay healthy on a gluten free diet. We aim to help you live well with your diagnosis and allow you to move forward. We provide you with support, namely:

Magazine – Coeliac Link

Our flagship magazine is published quarterly keeping you up to date with what is happening in the office, latest medical research, general articles of interest, Kids Club, support groups and much more.

Helpline - 09 820 5157

We have a helpline staffed by volunteers to help you. Please leave a message regarding your query and a return phone number. Our Helpline volunteers will call you back as soon as possible.

Support groups

Many regions have a local support group. If there is one in your area and you have requested contact, your support group leader will get in touch with you. His/her name will also be in your 'welcome letter' should you wish to contact them prior. The support group is there to help new and old alike with events and activities around coeliac disease and eating gluten free. Most events and activities are posted in the 'Around the Regions' section of our magazine *Coeliac Link* magazine and in the Members Section of our website members section - all are welcome and you can take along a partner, friend or support person.

Kids Club

Some regions have a Kids Club for children with coeliac disease or who are members for other reasons. At this time there are Kids Club's in Auckland, Franklin, Hamilton and Wellington. Wellington also has a Kids Club Facebook page at **Coeliac Kids Wellington**.

Kids Club events are advised in the 'Around the Regions' section of the magazine and in the members section of the website.

E-newsletter

As a member you are automatically subscribed to our bi-monthly e-newsletter which keeps you up to date on the latest news, happenings and gluten free food providers as well as other news. You can unsubscribe at any time if you wish using the unsubscribe link at the bottom of the email(s).

Facebook

Like Coeliac New Zealand's Facebook page www.facebook.com/coeliac.new.zealand

Website - members' section

Our Members' Only section is packed full of information including recipes, articles, upcoming support group meetings, information on overseas travel, gluten free accommodation providers (primarily NZ), listings regarding available library books, a members forum and much more. To be able to access the Members' Only section, use your login as follows:

Username: The email address you supplied to us when you enrolled

Password: CNZ[your membership number (without the brackets)] e.g. CNZ9999

Please keep your login details in a safe place.

Available materials

We have a number of resources available:

Cards, great for your wallet – free of charge

- 'I have coeliac disease'
- 'Thank you' restaurant card
- Gluten free translation cards for overseas travel

Travel information

Leaflets are available free of charge providing information and tips for members travelling overseas. This includes details of overseas coeliac societies, availability of gluten free products and food standard in the relevant country.

Online Store

A range of resources are available for purchase including information relating to children with coeliac disease. Please check our website or the enclosed order form for the latest list of resources available for purchase.

www.coeliac.org.nz/store

Library books

Books are available for loan on a variety of topics which include gluten free cookbooks, how to cope with coeliac disease, as well as books for children. See the Members' Section of the website for a full list of available books or contact us at admin@coeliac.org.nz for the latest list.

Awareness

Raising awareness is a continuous exercise with a large focus on nationally promoted Coeliac Awareness Week and the Gluten Free Food and Allergy Shows held in Auckland, Wellington and Christchurch each year.