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## **HF Holidays becomes new walking and leisure activity partner for Coeliac UK**

HF Holidays, the UK's largest walking and leisure activity holidays company, has just been announced as a new partner for Coeliac UK, providing their Members with great value holidays and gluten free menus.

The long standing charity for people with coeliac disease and dermatitis herpetiformis will now actively promote HF Holidays' Country Houses to their 60,000 members as the perfect locations for their outdoor active breaks.

By owning and operating its own Country Houses, HF Holidays has the ability to tailor menus to support a strict gluten-free diet. Working with guests they can create a safe, varied and enjoyable menu, giving peace of mind so guests can focus on enjoying their holiday.

A not-for-profit co-operative society set up in 1913, HF Holidays owns 17 Country Houses around the UK, located in prime walking areas and often in National Parks. The society offers sociable, walking and outdoor holidays with daily choice of walks and also other leisure activity breaks such as dancing, painting, photography, bridge or mind & body breaks.

All UK based holidays are run on Full Board basis and include a complete holiday programme. Holidays start at just £179 per person for a 3-night break.

"I am delighted to hear about the new partnership", says GP and loyal guest of over 20 years, Dr Patricia Gomersall from Ilkley, West Yorkshire. "HF Holidays' Full Board menus always offer a good choice including vegetarian options. The meals are high quality and delicious, especially at their Monk Coniston property, and their chefs will personally create a special menu or alter any meals to gluten free on request."

The partnership agreement, effective from May 2010, means that all members of Coeliac UK will also benefit from exclusive special offers on HF Holidays' active breaks and holidays.

At least 1 in 100 – 600,000 people in the UK has coeliac disease which is an autoimmune disease caused by intolerance to gluten. Damage to the gut lining occurs when gluten is eaten; there is no cure or medication for the condition and the only treatment is a strict gluten-free diet for life.

For more information about HF Holidays visit: [www.hfholidays.co.uk](http://www.hfholidays.co.uk) or call 0845 470 8559 for a free brochure.

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Release issued by HF Holidays' PR Manager Vladi Harris on 020 8732 1236.

Editor's Note:

- HF Holidays features active, sociable, outdoor holidays in the UK, Europe and Worldwide and is the UK's largest walking holidays company
- The company owns 17 Country Houses around the UK
- HF Holidays is a co-operative society founded in 1913

- The company has donated over £250,000 so far to environmental projects around the country through its Pathways Fund

- The company supports local communities, Mountain Rescue Teams, Air Ambulances and many more
- HF Holidays is a member of ABTOT and is ATOL protected

- Coeliac disease is a serious illness where the body's immune system reacts to gluten found in food, making the body attack itself.

- 1 in 100 people in the UK has coeliac disease, however only 12.5% of these have been diagnosed and average length of diagnosis is 13 years.

- Gluten is a protein found in wheat (including spelt), rye and barley. Some people are also sensitive to oats. Obvious sources of gluten include breads, pastas, flours, cereals, cakes and biscuits. It is often used as an ingredient in many favourite foods such as fish fingers, sausages, gravies, sauces and soy sauce.

- The symptoms of coeliac disease range from mild to severe and can vary between individuals. Not everyone with coeliac disease experiences gut related symptoms; any area of the body can be affected.

- Symptoms can include bloating, abdominal pain, nausea, constipation, diarrhoea, wind, tiredness, anaemia, headaches, mouth ulcers, recurrent miscarriages, weight loss (but not in all cases), skin problems, depression, joint or bone pain and nerve problems.

- Around 1000 newly diagnosed people are joining Coeliac UK every month. For further details on membership please call the Helpline on 0845 305 2060 further information can be found at [www.coeliac.org.uk](http://www.coeliac.org.uk).