



Ockbrook Nut-Free Site Policy

At Ockbrook, the safety and well-being of our community are our top priorities. Recognising the severe risks of nut allergies, we are committed to maintaining a nut-free environment. This means no nuts or nut-containing products are allowed on-site to protect individuals with allergies. While products labelled "may contain traces of nuts" due to manufacturing processes may be present, every effort is made to minimise risks. We also acknowledge other allergens, especially the 14 main allergens identified under UK law, and will provide tailored guidance for specific events, such as allergy-focused or high-risk camps. This policy reflects our dedication to creating a safe, inclusive, and supportive environment for all.

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Author: Sally McCluskie

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Next Review: May 2026

Purpose

Ockbrook is committed to ensuring the safety and well-being of all individuals on-site, particularly those with allergies. This policy outlines our stance on being a nut-free site and clarifies expectations for all visitors, staff, and participants while addressing other allergens.

Why are no other allergens banned from our site at all times?

Peanuts and tree nuts are the foods most commonly known to cause anaphylaxis. These allergies are common; about 1 in 50 children and 1 in 200 adults in the UK have a nut allergy.

Out of the 34 children with allergies who attended our Allergy Family Camp in 2024, 30 of them had a nut allergy (*note: some had other allergies alongside this.*)

With a much higher anaphylaxis rate, peanut and tree nut allergies are more likely to be associated with severe anaphylactic reactions and fatalities compared to milk, egg, and other food allergies.

Anaphylaxis is a life-threatening allergic reaction that requires 999, immediate use of an adrenaline auto-injector, and hospital treatment. Reactions usually happen quickly and can be triggered by tiny traces of nuts. Symptoms include lude swelling of the throat and tongue, difficulty breathing and swallowing, wheezing, hives, feeling tired or confused, feeling faint, dizzy or fainting, cold, blue or grey skin.

Definition of Nut-Free

As a nut-free site, the following rules apply:

1. **No Nuts or Nut Products:** No one is permitted to bring nuts or products containing nuts onto the premises, including snacks, meals, and personal items.
2. **Products Labelled 'May Contain Traces':** While we endeavour to minimise risks, products labelled "may contain traces of nuts" (due to being manufactured in facilities that process nuts) may still be present. These are not classified as direct nut products and are permitted under this policy.

Other Allergens

In addition to nuts, we recognise the importance of awareness and management of the **14 main allergens** identified under UK law. These allergens are:

1. **Celery**

2. **Cereals containing gluten** (e.g., wheat, rye, barley, oats)
3. **Crustaceans** (e.g., prawns, crabs, lobsters)
4. **Eggs**
5. **Fish**
6. **Lupin**
7. **Milk**
8. **Molluscs** (e.g., mussels, oysters, squid)
9. **Mustard**
10. **Peanuts**
11. **Sesame seeds**
12. **Soybeans**
13. **Sulphur dioxide and sulphites** (if above 10mg/kg or 10mg/L in finished products)
14. **Tree nuts** (e.g., almonds, hazelnuts, walnuts, cashews, pecans, pistachios, macadamia nuts)

While these allergens are not prohibited on-site (tree nuts are banned and come under the policy on a nut-free site), we encourage vigilance and clear labelling of foods that may contain them. Specific measures will be implemented during allergy-focused camps or high-risk events, and separate communications will be provided in those instances.

Responsibilities

- **Visitors, Staff, and Participants:** Must adhere to the no-nut rule by ensuring no nuts or nut-containing products are brought on-site. When bringing other food, please be mindful of allergen risks.
- **Catering and Suppliers:** Must comply with nut-free requirements and clearly label foods containing the 14 main allergens.
- **Management:** Will provide education and support to raise awareness about allergies and maintain the nut-free status of the site.

Enforcement

Failure to comply with this policy may result in removal from the site or other appropriate actions to ensure the safety of individuals with allergies.

Policy Review

This policy aligns with the latest UK guidelines on allergen management, including the Food Information Regulation (FIR) and Natasha's Law. It will be reviewed annually or sooner if guidance changes.

Support

If you have any concerns or require further clarification about this policy, please contact Ockbrook management.

Conclusion

By adhering to this policy, we can provide a safer environment for everyone at Ockbrook, fostering inclusion and reducing the risk of allergic reactions.

References

[Anaphylaxis - NHS](#)

[Peanut & Tree Nut Allergy | Anaphylaxis UK](#)

[Peanut allergy and tree nut allergy - Allergy UK Factsheet](#)

[Peanut allergy and anaphylaxis - PMC](#)

*Sicherer & Sampson, 2014 – *Food Allergy: Epidemiology, Pathogenesis, Diagnosis, and Treatment*

Sally McCluskie

Clinical Director

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