

# RH10 Uncovered:Community Pages

Send us details of your non-profit community events to [community@rh10uncovered.co.uk](mailto:community@rh10uncovered.co.uk)

## CRAWLEY GLUTEN FREE GROUP

The Crawley Gluten Free Group commenced in January 2007 and now has 30 members. It meets every third Saturday of the month from 11.00am till 12.30pm, in St.Pauls Methodist Church Hall, Woodfield Road, Northgate and our base address is in RH10 .

The purpose of the Group is to provide a regular forum, to all persons living in the Crawley area, who suffer from an intolerance to gluten, which is found in the flour of Wheat, Barley, Rye and Oats. This intolerance in certain people has been diagnosed as medical condition called Coeliac (pronounced seeliac) and when detected is for life, other people just suffer from any gluten intake. It causes amongst others, problems with the bowels, quality of the blood supply and its content and can be very serious if gluten is not strictly avoided, young children can be born suffering from it and once the bodies immune system is damaged by gluten, it cannot be repaired, so a sufferer has to remain on a gluten free diet for life.

We have meetings at which suppliers of gluten free food, can present their Companies products, specialists can present their views on new medical treatments, members can discuss what to buy and where the best buy is to be found, unless you suffer you have no idea what a person finds. You just cannot eat out, where is there a gluten free menu in a restaurant (not one in Crawley), you cannot eat any old cakes or bread, it must be gluten free. Fortunately today nearly all the large supermarkets now sell gluten free products, but they are quite expensive, three to four times the cost of similar food containing gluten and it is still quite difficult to correctly diagnose, but again as each year goes by the medical profession are improving.

Please help us to help these sufferers.

Don Tombs, Crawley Gluten Free Group Organiser  
Tel/Fax 01293.402862, email [crawleyglutenfreegroup@hotmail.co.uk](mailto:crawleyglutenfreegroup@hotmail.co.uk)

**Maidenbower Village Website**  
[www.maidenbower.org.uk](http://www.maidenbower.org.uk)

## [www.crawleyonline.org](http://www.crawleyonline.org)

Join Crawley Online, the new website forum for Crawley. This new on-line forum is independently run by Crawley people, for Crawley people.

Sections include Community, Leisure, Education, Environment, Local Events, Crime Prevention, Recommended Local Tradesmen, Free Ads and much more! ...or just drop in for a chat!

Join us now and have your say by registering at [crawleyonline.org](http://crawleyonline.org)"

## Your Local Policing Team

First of all may I say hello to all the residents who I have not had the chance to say hello to yet. I am PC Darren Taylor and I am the local beat officer for Pound Hill / Worth and Maidenbower. I have a team of three community officers who work alongside me. PCSO Victor Finch covers Pound Hill South and Pound Hill North, PCSO Craig Harvey is based in Worth and PCSO Simon Purcell overlooks Maidenbower.

As your Local Policing Team we are here for the residents, be it an issue in your area you want to discuss, a community event you would like us to attend or just a quick chat so please do contact us.

The team also produces a monthly crime prevention newsletter which you can collect from your local shop, church or community centre. If you see us walking or cycling in your area please say hello and stop us for a chat. Our email addresses are -

**Pound Hill – PCSO Victor FINCH, [victor.finch@sussex.pnn.police.uk](mailto:victor.finch@sussex.pnn.police.uk),**

**Worth – PCSO Craig HARVEY, [craig.harvey@sussex.pnn.police.uk](mailto:craig.harvey@sussex.pnn.police.uk)**

**Maidenbower –PCSO Simon PURCELL, [simon.purcell@sussex.pnn.police.uk](mailto:simon.purcell@sussex.pnn.police.uk)**

**Supported by – PC Darren TAYLOR , [darren.taylor@sussex.pnn.police.uk](mailto:darren.taylor@sussex.pnn.police.uk)**

Or telephone 0845 60 70 999 and leave a message for your local Officer who will then get back to you. Please do remember if it is an emergency then ring 999.

**Thank you so much, Keep in touch, PC Darren Taylor CT082**

## Maria - Fundraising

### 28th April, Rock & Roll Night

Crawley Hospital Cancer Services  
Railway Club, Three Bridges, 7.30pm - 12  
Tks £6, Bring your own food

### Thurs 17th May, Quiz Night

Crawley Hospital Cancer Services  
K2 Leisure Centre - £6  
Fish and Chip supper included

### Mon 28th May, Crawley Carnival

Crawley Hospital Cancer Services  
Goff's Park, All Day

Leauge  
of  
Freinds

Book Stall

Crawley  
Hospital

4th May

11am - 4pm

East Grinstead Sinfonia presents a  
**SPRING CONCERT**  
in aid of St Catherine's Hospice  
**Saturday 19 May 2007**  
7.30pm  
St Swithin's Church  
East Grinstead  
Conductor: Christopher Walker

**Programme:**  
Academic Festival Overture Brahms  
Hungarian Dances Brahms  
Symphony No. 4 Brahms

Tickets £6  
(concessions £5)  
from Barbara Dryden on 01293 447319  
or Colin Murhall on 01825 712252  
or by programme at the door on the night