

CRAWLEY-GLUTEN FREE GROUP

NEWSLETTER NUMBER 1 2007

This newsletter is to inform all those who suffer from an intolerance to Wheat Flour, Barley, Rye and Oats, that we in Crawley are trying to make more people aware of what this means and how they can help sufferers.

We started on the 20th January 2007, attended by 15 persons, of all ages, male and female, since then a number of additional people have written or telephoned, wishing to join in the meetings.

It was agreed that we would hold our meetings, on the third Saturday of each month, in St.Paul's Methodist Church Hall, Woodfield Road, Northgate, Crawley, West Sussex, UK and that all people would be welcome.

Events so far planned for 2007

17th February a presentation by Lifestyle

17th March another GF Supplier

Items under discussion:-

Approaches are underway to Crawley Training College for a GF Luncheon.

Major local supermarkets are being contacted re displaying our details.

We are keeping the Crawley Borough Council informed of our progress.

Eating out:-

We aim to list local restaurants who offer gluten free meals.

We have contacted local GF Bakeries

Please let us know if you wish to add anything.

Don Tombs

Organiser CGFG