

HAPPY NEW YEAR

JANUARY 2008

1. Hello Members of the CGFG and welcome to our first newsletter of the New Year 2008, hope you have all had a great time and are looking forward to our first meeting in January.
2. We are pleased to say we have managed to get a star presenter for our first meeting on the 19th January 2008. Last year at our very first CGFG Meeting, we had Barry Reynolds from Lifestyle Gluten-Free Bakeries. In February 2007, he arrived in a large van full of goodies, so expect some of the same, everybody went away with bags full of freshly baked loaves and other boxes of tasties, then we all had an opportunity, to purchase for £10, Lifestyle Bags containing 6 items, at around half their normal selling price, it should be good, Barry is a good presenter and we have to try to purchase, at least 10 of his goody bags.
3. We are still planning our arrangements for the visit, at our next meeting on the 16th February 2008, of The Worshipful Mayor of Crawley, Cllr Sally Blake. Could you please try to get to the meeting a bit earlier, to help us put up posters and layout any packages and gluten free leaflets, generally making the meeting room look a real Celebration day for our Gluten Free Group's first anniversary.
4. Back at our meeting in November 2007, we discussed the possibility of doing something in the Crawley Town centre, during the Coeliac Awareness Week, around the middle of May 2008. So we contacted the Town Hall and there are some tremendous procedures to follow. The main ones being that everybody fears being sued, so we have to take out a special Third Party Liability Insurance, covering all to the amount of £10 million. Our enquiries show this would cost us too much money, then the Town Hall charge an Administration Fee of £25, so is it worth it?. We still plan to discuss with 1 or 2 central cafes if they would be interested in helping us, with a table, leaflets and possibly selling or handing out gluten free cakes.
5. For those interested in the internet, we propose to include in each newsletter, an update regarding information about whats happening with our web site. It has now been opened by 18 different countries and they have to date, recorded over 7,000 hits on the pages. The recipes, appear to be of great interest, followed by newsletters and future events.
6. For 2008 the Church Hall has increased its, but we will probably be able to afford it, as they have only increased the rate by 30p an hour. The Public Liability Insurance for 2008, is due in January and this will cost us £25, which is a reduction on 2007, so not too bad.
7. There is a new UK Pharmacy Group, which is proposing a scheme for Coeliacs. Their plan is to keep a list of your monthly prescription needs, then each month to order the items, the scheme commences on the 7th January 2008, for week commencing 21st January 2008. Supplies will be shipped to you by courier. If you are interested in trying this out, then contact [email:-davidstearneld@yahoo.co.uk](mailto:-davidstearneld@yahoo.co.uk), or call David on 10928.734548.

So see you on the 19th January 2008 and then on the 16th February, first Anniversary CGFG

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