

CRAWLEY GLUTEN FREE GROUP

Newsletter No 12 - March 2008

1. We held our First Anniversary Celebration Day on the 16th February, attended by The Deputy Mayor (who turned out to be a local GP, who also sits on the Sussex NHS Trust) and the Deputy Mayoress of Crawley. We had about 30 members, with two new members joining and lots of apologies from members, who due to illness couldn't make it, but it was a good turnout, if you missed it then sorry, but we are not doing it again for another 12 months. The display was super, with lots of gluten free foods donated by suppliers. I have to specially mention Juvela, Glutafin, GFF Direct, who sent us tons of food and United Central Bakeries who baked us two Birthday/Anniversary GF Cakes and they are talking at our next meeting on the 8th March. The Deputy Mayor couldn't get over the variety of GF Food which is available in the UK today, they left us with some samples, which they had selected and lots of leaflets and a promise to help us, a really great celebration day.

The raffle organised by Dodie raised the largest amount so far (if you continue to support the raffle so well, then we will not need to ask for any more donations in April), Then thanks for the tea/coffee organised by Nancy, AJ and a new volunteer Carol and Dodie and I were greatly assisted by our neighbours Mr & Mrs G.Wiltshire. Michelle did her usual great job at the door and taking lots of pictures for us, thanks to all you volunteers, it wouldn't work without you.

2. In discussion with our web master, it was decided to try to raise some funding by adding a "Donate Page" to our web site, we hope to revise the way it is displayed, by having the PayPal click on, on each major page, to date no donations!.

3. Some large International Drug Companies, have commenced trials, aimed at helping sufferers of gluten and perhaps one day, even going some way towards solving the Coeliac Disease. Trials have begun in the USA, of at least 2 new drugs, that are called "Blockers". One is being tried out by Alvine Pharmaceuticals called ALV003, basically it is designed to digest gluten into non-immunologic fragments, which the body can then absorb. The other trials use AT1001, which blocks Zonulin, a human protein which controls the absorption of liquids in the intestines. Tests in the US have shown, that people who produce high levels of Zonulin, are likely to have an immune disorder and an intolerance to gluten, so with AT1001 they are aiming to control the amount of Zonulin, which the body is producing. They reckon around 3 million people in the USA have the Coeliac disease, so with those high numbers, a positive result, in the near future, is feasible.

4. Finally, we have to either confirm our reservation for **TUESDAY 22nd April**, (sorry I might have said Wednesday but it is for Tuesday 22nd, confirmed with the restaurant Manager), for a GF 3 course lunch in the Crawley Training College. We need your names registered with me today, if we are to book. We need 12 people so **please** see me before you leave.

5. NB: Next meeting 19th April 2008, with a cookery demonstration by Glutafin.

6. Don't forget we have a 10% off with GFF Direct till end of March 2008

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