

CRAWLEY GLUTEN FREE GROUP

APRIL 2008
NO.13

NEWSLETTER

Welcome to Spring, with a little snow, but changing the clocks is always a good feeling, see you all soon.

1. Another really great meeting on the 8th March 2008, attended by over 25 members. Paddy Cronin Sales Director of UCB Bakeries, gave an informative talk about his Company's Bakery developments, of Gluten-Free products. He told us that their Gluten Free workers even wear different coloured clothing from non-GF workers, so they stand out. It gave us all an insight into the thinking, which goes into gluten free product development. We had another very successful raffle, organised by Dodie, the entrance was handled by Michelle, who took on two new members (nearly 60 registered), Nancy and AJ did their usual great service with the tea/coffee and cakes, see a picture of their layout, with Paddy talking, in a collage/picture in the web site, under newsletter 12. You will be pleased to know that Paddy has accepted our invitation to give us another talk, towards the end of next year.
2. We have now received a good response to the proposed Lunch at the Crawley Technical College, there are now 12 people and possibly a further 2, so it is booked for Tuesday 22nd April, meeting at the restaurant around 12.00noon, with lunch served at 12.30, 3 course meal with coffee, please let us know if you would like to attend.
3. There have been some more developments surrounding the Coeliac Disease, a study in Germany has shown, that a transglutaminase antibody level can be defined, which gives a 100% predictive value, for the Coeliac Disease, in effect if the diagnostic guidelines were modified, it would no longer be necessary to carry out the current invasive procedure, of obtaining a small bowel biopsy, leading to a more rapid diagnosis of the disease. Source Alimentary Pharmacology & Therapeutics
4. We are pleased to say that our web site continues to be opened around the world, now 19 countries and we have added a page for local Gluten-Free Restaurants, but we need more restaurants offering gluten free menus, we only have 6 on there today, but let's hope this will rapidly increase. A number of members previously gave us some restaurant details, we remember one in Horley, please let us have them in writing or by email and we will try to get them quickly added.
5. We have quite a lot of members with email addresses and a few of these members, have not been to any recent meetings, so we emailed all listed members asking if they wished to remain on the list, so far all have said yes, only 5 haven't responded.
6. **The Cuzini Sri Lanka Restaurant** in Crawley, have invited us to a sample tasting at 7pm, on **Tuesday 15th April 2008**, please let us know if you intend to come along, all are welcome with partners and/or friends.

NB. Reminders:-

7. Next meeting is on the 19th April, with a one hour cookery demonstration by Glutafin, this should not be missed and there will be lots of tasties, with our usual raffle/tea or coffee and time to chat.
8. Then on May 17th we have a gluten-free Supplier, Redhill/Wiltshire Farm Foods. This Company supply ready-made gluten free meals to your door, so it should be interesting to hear how their services work.

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