

CRAWLEY GLUTEN FREE GROUP

May 2008

NEWSLETTER 14

The newsletters are now being organised in sections, we hope to improve their readability.

1. What's happened in the previous month, all pictures will appear under newsletter 13

1/1. Crawley hospital have now added our Group's details to their start up pack for Coeliacs.

1/2 On the 15th April we had an evening tasting Sri. Lankan food, compliments of the Crawley Cuzini Sri. Lankan Restaurant.

1/3. 19th April we had an excellent cookery demonstration by Glutafin, our thanks to Kay & Claire and especially to Laura for setting it all up. It was a great cookery demo, lots of very tasty products and each person received a Glutafin goody bag, everything got eaten.

Thanks to Dodie great raffle, thanks to Michelle 7 new members joined, thanks to AJ & Nancy for the tea/coffee, it all worked very well, see pictures, you may be in them!.

1/4 Then on the 22nd April we enjoyed a gluten free luncheon at the Crawley Chef's Training College. A great meal served by the trainees, lots of pictures on the web.

2. Whats happening in May 2008

2/1 We have managed to get a table in the centre of Crawley, for the Coeliac Awareness Week, it will be at the Café Republic, on the Tuesday 13th May and Thursday 15th May, from around 10.30am till around 12 noon. We are going to call it Gluten Free Awareness Week and we still need more volunteers to hand out leaflets and generally just stand around and talk to passers by, please volunteer, you will enjoy it.

2/2 Our speaker for the next meeting on Saturday 17th May is confirmed. Susie Cole will present her Company, Redhill Wiltshire Farm Foods who sell complete GF meals. We are promised some tasties, so it should be another great meeting, bring a bag.

2/3 We are still awaiting confirmation for our speaker at our September 20th meeting, following our Summer Break, it will be either a GF Supplier or a Large Supermarket speaker.

2/4 There is going to be a Sussex Drinks and Food Festival, in September 2008, we have been asked if we wish to have a stall, this would need lots of volunteers, have asked for more details, where, parking, charges if any, still awaiting their reply. If we went ahead we would try to enlist the aid of at least one local GF Supplier.

3. What's happening in the big world, just a few items from many.

3/1 There was an interesting article published in the American Natural News in April, about Yeast Free Spelt Bread. Apparently Spelt is an ancient cousin of wheat, though more difficult to grow and mill, so farmers stopped growing Spelt and concentrated on wheat, then wheat was cross bred to intentionally increase the amount of gluten contained, to improve the pastry -ness of the product. Spelt however they say, does contain some small elements of gluten, but it is wheat free, but be careful.

3/2 A new pan-European collaboration has been launched into the diagnosis and control of the celiac disease, around £9.5 million has been invested by the European Commission, to design a new diagnostic tool for the detection and control of the celiac disease.

Produced by The Crawley Gluten Free Group (CGFG)

For more information contact Don Tombs, Organiser & Founder

Tel/Fax 01293.402862 or 07950.118599

www.glutenfree-crawley.org.uk

Email: crawleyglutenfreegroup@hotmail.co.uk