

# **CRAWLEY GLUTEN FREE GROUP - NEWSLETTER 16 JULY 2008**

## **1. The next meeting will be on the 20th September 2008**

2. Nothing very much has happened since May 2008, as we are having our Summer Break, but already we are starting to plan for next year, so please make a note of the next year Saturday dates. Speakers will be added as time progresses.

## **3. What's happening the rest of this current year 2008**

3.1 Speaker on the 20th September 2008, will be from Pure Flavour.

3.2 On the 18th October 2008 we have Fayrefree Foods.

3.3 Speaker on the 15th November will be from Kate's Cakes.

3.4 Xmas lunch?

3.5 Dates for 2009

Meetings on the third Saturday of each month.

January 17th

February 21st

March 21st

April 18th

May 16th

Summer recess till September 19th 2009

September 19<sup>th</sup>

October 17<sup>th</sup>

November 21st

Xmas

Start again for the year 2010

## **4. What's happening in the world around us.**

4.1 There is a new Home Test (a finger prick screening test) to help IBS sufferers find out if they really have the Coeliac Disease, which you can buy online from Finvita, it costs £19.95, plus pp £2.95 per order. Developed in Scandinavia by Finvita

4.2 Breeders target gluten. Projects are under way at both the Washington State and Oregon State Universities to develop transgenic wheat varieties that are safe to eat.

4.3 A leading New Zealand Paediatrician and Allergist, Dr Rodney Ford, disputes the assumption, that a person has to be a Coeliac to suffer from sensitivity to Gluten. He concludes that Gluten not only affects the small intestine, but also the brain, skin and nervous system. He believes that up to 1 in 10 people may be suffering from what he describes as "The Gluten Syndrome"

CGFG Tel/Fax 01293.402862 or 07950.118599

email: [crawleyglutenfreegroup@hotmail.co.uk](mailto:crawleyglutenfreegroup@hotmail.co.uk)

[www.glutenfree-crawley.org.uk](http://www.glutenfree-crawley.org.uk)