

# CRAWLEY GLUTEN FREE GROUP

## NEWSLETTER 19

## OCTOBER 2008

1. Our first meeting following our Summer Break took place on the 20<sup>th</sup> September, see pictures under this Newsletter 19. Emma of Pure Flavour told us about her Company and their products, she handed round her special chocolate and we had tasty cakes with our tea/coffee, a good meeting and Emma says she will return in 2009. Dodie did a good job with the raffle, AJ handled the entry and Angela looked after the kitchen, so following our long Summer Break, it all turned out okay,
2. During August we were contacted by a GF Restaurant/Pub The Forrester's Arms, Graffham, West Sussex, the owner/chef is a Coeliac, they are now added to our web page for local GF Restaurants.
3. Plans for our Xmas lunch are being finalised, so far we have deposits for 16 people.

### **Future events**

4. 18<sup>th</sup> October, Fayrfree Foods, due to a hospital appointment this has been changed.
  5. 15<sup>th</sup> November we have a talk by Kates Cakes
  6. 17<sup>th</sup> December our Xmas lunch, at the Europa Hotel, 12 noon for sheries.
- See our web site for the future 2009 year's schedule.

### **What's happening in the world about us?.**

7. An article by Sean Ambrose in Medicines and Remedies. It talks of undiagnosed Coeliac disease as being associated with infertility and miscarriage. This results from the body's inability to absorb all the nutrients necessary to carry a healthy baby, up to 8% of infertile women are now believed to have gluten sensitivity.
8. Another article on a US web site asks "Can oats be included on a gluten free diet?". It says whether to include oats on a gluten free diet is controversial, as due to crop rotation the same soli can be used to grow wheat one season and oats the next. Studies indicate people with the Coeliac Disease have mixed abilities to tolerate oats, unfortunately those who cannot tolerate oats drop out of the study, so biasing the sample.
9. A Dr. Dieter von Wettstein, again in the USA, says that a gluten free wheat, will be ready for testing in 3 years time, he estimates there are now 24 million people in the world who suffer from the Coeliac disease.

### **Miscellaneous**

10. We have been contacted by a Crawley Careers Development Group (Charity Government sponsored). They would like to offer assistance to anyone in our Group who requires help to progress into employment. They will provide advice on work skills, CV's, interviewing techniques, if interested contact Amy Butler, Tel.01293.56089
11. We would like to place on record our thanks to Michelle Perry, she had been our Door Keeper, since we started two years ago, she recently moved to Brighton and now has found employment in the area and so cannot attend our meetings, thanks Michelle for all the time you and Jack gave and we all wish you well
- 12 A David Harris contacted us re-his [Irish Coeliac web site](#). It is packed with information, take a look at it.