

CRAWLEY GLUTEN FREE GROUP JANUARY 2009
NEWSLETTER 22

**A VERY HAPPY NEW YEAR TO ALL GLUTEN SUFFERERS IN
CRAWLEY & AROUND THE WORLD**

**Well here we are again at the start of a new year, we wonder what
this year will bring?**

1. First we must mention our excellent Christmas Lunch/Party, see pictures of the party under Newsletter 22, a really great meal. lots of Xmas atmosphere, hats, crackers, poppers, it was all lovely.
2. A fish & Chip shop in South Wales is reported to be the first in the UK to offer a daily gluten free fry up, they use a separate fryer, reserved especially for gluten free cooking, called the Fairwater Fish Bar.
3. Following the above story, we contacted a Fish & Chip shop in Pound Hill, Crawley, asking them if they would be interested in the possibility, of offering our Group a once a month (or if successful more frequent), a Gluten Free fish & chips evening, will keep you informed.

News from around, Italy, the USA and the UK

4. Good news for Coeliacs!. A study of 1072 Italian adults, who were diagnosed as having the celiac disease, compared their mortality rates with the general Italian population, the results were published in the UK Lancet. They divided the study into 2 groups, those who followed a strict gluten free diet and those who were not so strict. The results for those people on a strict GF Diet, i.e. those who don't cheat, showed their mortality rate as below the national average, apparently the GF Diet improves the immune system, thus those people have an advantage when fighting off viruses. The others who were not strict, showed their mortality rate to be 6 times the national average, the most common cause of their deaths being Non-Hodgkin Lymphoma.
5. A Wrexham gluten free bread bakery, is increasing its staff from 10 to 30, due to the world wide increase in demand for its Toasty Range, voted the number 1 in Finland, interest is from around the world including Australia, in the UK it is sold under the Juvela brand.
6. It has been reported in the USA that Play-Doh contains wheat and therefore gluten and that this gluten can be absorbed through the skin, there are some alternatives, one being Crayola Model Magic.

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