

**GOOD NEWS, WE CELEBRATED OUR SECOND ANNIVERSARY
ON THE 21ST FEBRUARY 2009, AT A GREAT MEETING**

1. On the 21st February 2009, The Crawley Gluten Free Group celebrated its second anniversary, the most outstanding meeting we have held to date. It was nice to welcome the Chairman and his wife, from the South Sussex Coeliac Group, which has ceased. The meeting commenced with a talk and cookery demonstration by Sheona of DROSSA Ltd, this was then followed by our Guest Of Honour Speaker, Henry Smith, Leader of the Sussex County Council and the prospective Conservative MP for Crawley. Some points which emerged from his talk were, Henry promised us some assistance in the way of grants, he was interested to hear about the problems of diagnosis, treatment of our members in East Surrey Hospital, the high price of GF Food, he commented on many of these items, we feel sure we can count on his support in the future. The GF Display was magnificent, our thanks go to United Central Bakeries, Juvela, Glutafin and Community Foods, for their wonderful support and all the samples they provided, we will have enough GF Samples to support our monthly raffles for the next few months. We had a very successful raffle, organised by Dodie, Mike called the numbers out, AJ ran the badge door entry system, then Angela & AJ did the tea/coffee, a very successful meeting.
2. We are still discussing with The Master Fryer, Fish & Chip shop in Pound Hill. They are considering doing a gluten free fry-up on the first Saturday of each month, from noon till 6pm, they have the GF Batter and we hope to announce the start date soon. They could extend this if successful, hope you will all support this event.
3. Our web site is still being viewed by many more countries, now 90 different countries, with tens of thousands of pages being downloaded, the UK is now the largest user.
4. We have had preliminary discussions with a Voluntary Support Officer from the Crawley Council, about the possibility of a) being registered as a Charity, b) receiving some financial support to cover our hall charges, misc.expenses and possible web site developments.
5. Some good news from our Three Bridges Tesco Superstore, they have printed and placed a large card (see picture of our Group's details) in the centre of their gluten free food shelves.
6. We are looking at the possibility of having a Wednesday April 1st gluten free lunch for 20 people, We have contacted the Crawley Technical College, their price will be £9.50pp for a 3 course GF meal. including coffee, in their excellent Cordon-Verde restaurant. Alternatively or both, we have spoken to The Toby Carvery Restaurant at Langley Green, where we would have to take our own gravy, but apart from that, they can do either a 2 course £7pp meal, or if we had vouchers (can download from their web site) a 2 course meal, including GF ice cream to finish, both meals would include a full carvery, choice of 3 meats and lots of GF vegetables and GF roast potatoes. So what do you think about either or both.

News from around the world, news from Wales.

7. The Welsh Hills Bakery, has just sent its first order, under the Lovemore Free From Foods, to the Spanish Cortes Ingles Retail Chain (35 Spanish outlets). These foods consist of cakes, pastries, chip cookies and cherry shortcake, sounds good!.
8. A small Welsh Brewery, The Rhymney Brewery is going to sell their Hobby Horse gluten free beer in Australia and around the Pacific. As a part of the deal, The Rhymney Brewery will make and sell The O'Brien gluten free lager, in the UK.

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