

The Crawley Gluten Free Group  
May 2009

Newsletter Number 26

1. Yes we have our two first ever incomes, our first grant from the Crawley/County Council and our first donation by a sponsor for a direct link from our web site. So we can buy some new bits of equipment, some brochures, better name badges and lots more other small items and we are not spending our hard earned, raffle and tea money.

And probably most important of all we can start to reward our web master John Sargent, for all the excellent work he has put into the maintenance and the growth of our very successful web site.

2. Meeting on Saturday 18<sup>th</sup> April 2009, attended by Sheona of Passage Foods. Sheona gave a great demonstration of cooking, she did a stir fry which was really very tasty and her freshly baked bread and cakes were delicious, then she left us to dash off to Heathrow to catch a flight to Mauritius. Hope to see Sheona next year.

We still held a raffle and had new name badges, both thanks to Dodie, AJ handled the door and as usual Angela aided by AJ managed the tea and coffee, a successful meeting, just a bit short on number's attending.

3. A message from Paddy Cronin UCB, that their Livwell Pitta Breads have been approved for prescription and should be available to order from mid-May, they are being called "Flatbreads", their pip code is 3398583.

4. We can now earn money into our own Charity, by donating Inkjet Cartridges or old mobile phones, just bring them to the next meeting, or take some envelopes, or contact [www.recycle4charity.co.uk](http://www.recycle4charity.co.uk) and get them to send you some envelopes direct.

5. Number of countries opening our web site is now 102, with Brunei-Darussalam and Cambodia being the latest.

6. **Gluten-Free Menu's East Surrey Hospital.** We have received copies, of breakfast/lunch/supper actual gluten free menus from the East Surrey Hospital and have attached some of them to our web site, under East Surrey Hospital Menus, they look very good, (almost too good to be true), so let us know if you find them okay.

7. **News from Australia**

Australian scientists are claiming to be developing a vaccine, which would put an end to gluten free diets. They are testing 40 volunteers, but the Coeliac Society of Australia, say the solution it is not just around the corner, it may take years to finally determine how the vaccine works.

8. **News from the USA**

Associated Press April 21<sup>st</sup> 2009, report that Starbucks, will commence selling gluten free pastries from May 5<sup>th</sup> 2009. The pastries will be made from 7 ingredients, which are all 100% gluten free.

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