

**2 Outstanding Dates to look forward to see Item 6, 4<sup>th</sup> July  
Gluten-Free Fish & Chips, and 20<sup>th</sup> June, see item 1.**

**1. Saturday 20<sup>th</sup> June 2009, in the Crawley Central Library.**

We are planning to have a stand at the annual Crawley Festival organised by the Crawley CVS, called a "Show of hands", celebrating Crawley's thriving Voluntary Sector, so make a note of the date Saturday 20<sup>th</sup> June 2009, in the Crawley new central Library, so please come along, all are welcome, if you do then please wear your name badge, to show you belong to the Crawley Gluten Free Group. We shall be handing out information, which we have had specially printed, about improving the local "Awareness to the Coeliac Disease", Glutafin have also aided us with more samples and their excellent recipe leaflets.

2. Countries continue to open our web site, now 110 with Oman, Bermuda, Luxembourg, Puerto Rico and Vietnam, losing count & others.

3. Great meeting on the 16<sup>th</sup> May, with Kay of Glutafin giving her usual excellent and informative cookery demonstration, followed by lots of tasties and samples, so a big thank you to Kay, pictures of the meeting are now on the web site, it was very well attended with 5 new people. Everybody received a new plastic carrier bag, Glutafin, an dlots of boxes of GF Flour. Thanks to Dodie for an excellent raffle, thanks to Shelia for the door and as usual Angel did a great job with the tea/coffee, assisted by 2 new members Hannah and Alice As a part of our raffle we had received some truffles from Emma of [www.boojabooja.com](http://www.boojabooja.com) We also received a box of GF Sausages from [www.theblackfarmer.com](http://www.theblackfarmer.com) we hope you enjoy them, please give me some feed back. Please open the web sites of either of these Companies.

4. We received an email from one of our members (LR), informing us that she had recently visited M&S in Crawley, for a cup of tea. She found they had GF Muffins and Cookies, so have added them to our GF Restaurants on the web site. Also added Gatwick Airport info.

5. Great news for later in the year, so make a note of the dates!

**November 21<sup>st</sup> we have had confirmed that Dr.Gary Mackenzie, Consultant Physician and Gastroenterologist of the Surrey & Sussex NHS, will be giving us an update on developments and taking and we hope answering all your questions.**

We are still awaiting news of an NHS dietician speaking, at one of our future meetings.

**6 More great News, we have agreed to the start date for The Master Fryer Fish & Chip Shop in Pound Hill, Crawley to commence to start with a first Saturday in each month Gluten Free Fry Up, (click on to picture and click on to Trial Menu). It will commence on the 4<sup>th</sup> July, a full menu with pricing and choice is attached, together with all the dates to the end of this year.**

**For this first date we plan to attend around 12 noon, the GF fry up will actually run till 4.30pm, each first Saturday, we hope to have a Guest of Honour, so please try to turn up, tell your friends and colleagues, lets make it an outstanding occasion and one that will continue and perhaps grow, to more days in each month.**

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