

THE CRAWLEY GLUTEN FREE GROUP

NEWSLETTER 29

AUGUST 2009

1. We had our first GF Fish & Chip Shop Fry Up, it was great, many thanks go to Alex, the Manager of The Master Fryer, 1 Pound Hill Parade, Worth Road, Crawley. We started to discuss creating this event over 6 months ago, then earlier this year 2009, the Master Fryer had applied for awards for its excellence, it succeeded in obtaining 2 x 5 star awards, so it is already a highly recommended fish & chip shop. Lots of our members turned up, plus lots of new people, who had read about the event in the Crawley News. The group picture we took was early in the day, not many people were around, but Henry Smith, Leader of the Sussex County Council turned up, he is in the centre of the photograph. Everybody got lots of gluten free rolls, thanks to Livwell, Paddy Cronin, the shop say they will continue to use them from Tescos and we gave away Glutafin shoulder bags, with biscuits and pastas, thanks to Glutafin for their continued support.

So as a first venture all went well and if you continue to support them on the **1st Saturday** of each month, then Alex will continue to have the whole shop gluten free. 1st August, 5th September, 3rd October, 7th November, 5th December then 2nd Jan 2010 and so on into 2010. 11.30am till 4.30pm, everything is gluten free.

2. The number of countries looking at our web site continues to grow, now 115, this month it was opened by Kenya and Polynesia (French).

3. Sainsbury's have announced a new GF Bread, made by Mrs Crimble, introductory offer £1.56 for a 400g loaf, then it will become £2.09 a loaf. There are mixed reactions on the UK celiac blog to this loaf, the majority seem to say, "not as good as the genius loaf", please try it and let us know what you think about it.

4. We have been contacted by Tiffany Jones (USA) who writes for The Atlanta Examiner.com about gluten free travel. Her articles are written to assist all GF Travellers, you can see her web site

www.examiner.com/x-15799-glutenfree-travel-examiner, she is also setting up a link to our web site, so it all helps. Following this contact, we have decided to include travel on our GF Restaurants page.

5. We are pleased to tell you that we have been given a second small grant, from the West Crawley Council, so we can now purchase a new improved sound system and some of our own design, more awareness promotion pens. Picture of our pens from www.gadgetpens.com Hope to add a few new features to our web site, keep watching the website news on the Home Page.

6. USA Researchers

Say that the Coeliac disease is now more than 4 times more common today than it was 50 years ago. Dr Joseph Murray of the Mayo Clinic in Rochester, Min. also found that subjects who did not know that they had the disease, were nearly 4 times more likely than the Coeliac subjects, to have died during the 45 years of follow up.

From blood samples taken at the Warren Air Base in Wyoming, found that young people today are 4.5 times more likely to have the Coeliac disease than young people were in the 1960's, they don't know why, but something has changed in our environment.

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