

1. Meeting on the 17th April, with a presentation by Ian Walker of Innovative Solutions Ltd. (sorry no pictures, we had the camera, but just got too busy, could we perhaps start to delegate certain functions, volunteers please?).

Back to the meeting, our thanks to Ian, who gave a good presentation, Innovative Solutions are great believers in the use of Teff Flour, all their products can be ordered on prescription and he handed out leaflets with their PIP numbers. We also sampled some of their super cakes. Then each person was given a box or two from Drossa of Breakfast Cereals and/or Muffin Mix, followed by the raffle.

Thanks as usual to Dodie, Mike and Sheila for their help, plus thanks as always to Angie and AJ for the super tea and coffee with cake. Another great meeting with a number of new members and lots of children.

Don't forget the next meeting on the **15th May** will be a 1 hour cookery demonstration by **Juvela**, lots of samples and tasties to look forward to.

Ian also introduced us to Toast Bags www.toastabags.com which allow you to put your bread into any machine and keep it separated, no cross contamination, the bags can be used many time, ideal for holidays staying in hotels.

Mike also mentioned that Petworth Butchers Tel:01798.345148, do make some excellent gluten free sausages, you have to ring them first.

Finally we were informed that Newlyns in Hook Hampshire are running courses of delicious GF Cooking, they cost £125 for daytime hands on, all ingredients and equipment provided, we hope to have more feedback later, after one of our members has attended.

2. Then on the 23rd April we had an excellent GF Luncheon at the Crawley Chef's Training College. See pictures/collage under this newsletter.

3. **News from Canada** - it is claimed as being "a breakthrough for Testing for the Coeliac Disease", called the Biocard Celiac Test, developed by 2G Pharma Inc. and now approved by Health Canada. The simple home blood test, can be bought online at www.celiachometest.com for \$50.

4. **News from the USA** - A 23 year old student in Indiana, has invented a gluten-free form of Play-Doh, Sawyer Sparks has already sold about 30,000 containers, all made in his mum's kitchen. The Soy-Yer Dough comes in 11 different colours and fun scents, from Green Mint to Pink Watermelon, and has a shelf life of 3 years. He has already turned down an offer of \$½ million for the business, but he plans to soon open his own manufacturing, in a local business park, in Bloomfield.

5. We have been invited as a Local Group to participate in a Three Bridges Fun Day on **Saturday 10th July 2010**. We have been offered to have an **Awareness Stall** there, handing out leaflets and generally talking to people about the Coeliac Disease. It would be nice to share the manning of the stand, over the scheduled 4 hours, with some volunteers, so can I ask for your help and what time you would be available, between 12.00am and 4.00pm.

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