

CRAWLEY GLUTEN FREE GROUP NEWSLETTER NO 5

June 2007

1. Our raffle on the 19th May was very successful plus 13 families paid their years donation, so we are beginning to build up a small bank balance, detailed statement is available to see.
2. We sent a letter of thanks to Helen Blunn, the local Crawley Hospital Dietician, who gave us an excellent talk about living within a gluten free diet, she answered all our questions and she can be contacted via the Crawley Hospital.
3. Due to popular demand, to allow for tea and coffee and more chat, we have increased our Saturday meeting times to 2 hours, it is now from 11.00am till 1.00pm.
4. Weatherspoon restaurants have announced that they have modified their menus, their gluten free items are now highlighted, this GF menu is available in all their restaurants, but you may have to ask for it, you can yourself download it from their web site.
5. Some good news from New Zealand, a Dr Robert Anderson is working on the development of a trial vaccine for Coeliacs, trials on humans, are due to begin early in 2008.

Future events

14th July will now be the start of our summer break.

22nd September is a re-scheduled talk by Johnson's Dietary Provisions.

20th October, a one hour cookery demonstration by Juvela, should be great.

17th November still open.

Mid December Xmas Lunch being planned.

For more information call Tel: 01293.402862

email to crawleyglutenfreegroup@hotmail.co.uk