

HAPPY NEW YEAR

1. Not a lot is happening at the moment, everyone is still getting over eating well over Christmas, with lots of presents and all we hope are now looking forward to a Happy Safe and perhaps more prosperous New Year, we can only hope!

At least the suppliers of gluten free foods see plenty of business opportunities, so there will be many new varieties of gluten free foods in 2012, we hope to get them to show you these new products at some of our 2012 Meetings.

2. The Group had a great Gluten-Free Luncheon on the 14th December 2011. There is a collage on our web site showing you the happy members. Dodie and Don both missed the lunch, but Ken & Ann stood in for them and obviously did a great job. We are already looking forward to next years luncheon.

3. It is reported that the UK tennis player Andy Murray, has now been on a gluten free diet for over 6 months, similar to the GF Diet used by Novak Djokovic, the player who won so many tennis tournaments in 2011. Murray says he misses going into a restaurant and just eating normal bread and butter, but he says he is now sleeping and playing better than ever.

4. The CGFG Plans for 2012 already have quite a few dates confirmed, these 2012 plans are on our web site.

So don't forget the purpose of our 5th Anniversary Meeting, is to discuss and review all aspects of our future meetings, time and dates, speakers, more volunteers to take on specific tasks, if we are to continue we need your full support, its up to you, see you in the New Year, 11th February 2012.

5. In commencing the New Year, it is worth noting a recent reply we received, following our request to have a speaker from the Sussex NHS, re their plans for changing the Coeliac Prescriptions or any other changes they may be considering in 2012.

The reply is from The Public Engagements Manager, North West Sussex Clinical Commissioning Association.

It thanks us for asking them to speak at a 2012 future meeting, then goes on to say "as there is no change in the PCT approach to Gluten-Free prescribing at the moment. There is nothing that a speaker could usefully talk about to your members in April or May. However we acknowledge that meeting your Group would provide an excellent opportunity to discuss if/when there any developments in Gluten-Free prescribing in the future".

Published by The Crawley Gluten Free Group, this newsletter is not for publication or copying, without the permission of The Crawley Gluten Free Group. For more information call 07950 118 599 or look at our web site.