

## CRAWLEY GLUTEN FREE GROUP

### NEWSLETTER NUMBER 6, SEPTEMBER 2007

1. We hope you have all had a good break for summer, with lots of good gluten free food. Now we hope you will continue to support our Group and see if we can reach 50 members before Xmas.
2. We hope that soon we will have a web page, it will be called [www.glutenfree-crawley.org.uk](http://www.glutenfree-crawley.org.uk). This web site will allow for much better contact with other gluten free sufferers in the UK, or from around the world. The people helping us with the web site and the creation of a blog page, provide their services free of charge, to voluntary associations.
3. Britania Hotels, who own the Europa Hotel, are offering a Xmas luncheon deal which was advertised locally. We contacted them, as their menu includes a vegetarian option, but no gluten free. They have a senior citizens Xmas Lunch for £8.95, which includes Soup, Roast Turkey, Xmas Pudding and a welcoming glass of Sherry.
4. The Crawley Training College can only fit us in on Monday the 3<sup>rd</sup> December and it will cost £17 pp, or we could have a post Xmas gluten free specila lunch in early January 2008, for £9.50 (slight price increase).  
Anyone interested in either lunch, as we need to book up very quickly.
5. We have been in touch with Crawley Live, this is the Council's magazine which is freely distributed every two months. The Editor says she will include us in future editions, next one is in October and she will put us in their notice board. You will see we now feature regularly in the RH10 Community Magazine.

Future events :-

20<sup>th</sup> October, we have Juvela coming here to give us a one hour bakery demonstration, with lots of tasties, this should be really excellent and of course we will have our raffle, with tea and coffee, please make sure that you all come along.

17<sup>th</sup> November, we plan to hold an open meeting, to review our progress and to discuss/plan a rough agenda for next year. We aim to draft out a rough agenda, but it will be very flexible, if you wish to include anything then please contact us and it will be added.

Mid-December Xmas Lunch, dates to be advised, trying for middle of the month. We have the Crawley Training College and now possibly the Europa Hotel.

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[www.glutenfree-crawley.org.uk](http://www.glutenfree-crawley.org.uk)