

## CRAWLEY GLUTEN FREE GROUP

### NEWSLETTER NUMBER 9, NOVEMBER/DECEMBER 2007

As this will be the last newsletter for the year 2007, we would like to wish all gluten free sufferers both here in Crawley and around the UK and via our web site around the world, a **Very Happy Xmas & a Prosperous, Healthy & Safe New Year.**

1. Some good news for people who miss eating out in Burger Restaurants, a Burger Group in NZ, BurgerFuel, has commenced offering gluten free white burger buns, they are also introducing them into their restaurants in OZ, they say their customers say "they taste better than the previous ones made from ordinary flour", so gluten free is happening around the world. Let's hope soon we will have more in the UK!

2. At our meeting on the 17<sup>th</sup> November, 2 new members joined our Group, with their partners. We had our usual GF food raffle, organised by Dodie, with gluten free samples from Fayrefree, excellent small cakes, they were delicious, and lots of other good samples from Innovative Solutions and Glutafin, everybody went home with bulging baskets of samples, and full tummies.

A message to these GF Supplier, it's great for our members to sample these different GF mixes and GF foods, which many of our members had never even heard of, that's another reason why we hold these regular meetings and we couldn't succeed without the wonderful support of you Gluten-Free Suppliers.

Our thanks to Nancy for organising the tea/coffee, and Michelle and her son Jack for looking after the door, what would we do without these volunteers, pictures of the meeting are now on the web site attached to newsletter 8.

Finally we had a good discussion about how our Group is operating and it was unanimously agreed that the meeting place, time and content and the organisation of the CGFG, should remain as it is currently operating.

3. A point to look out for in the Crawley web site, CGFG is now listed in the Crawley Community contacts list, together with all our web details.

4. Our web site is now nearly fully developed, it includes a Glutafin Video, we converted the original VHS Tape into a digital DVD, then John Sargent, our Web Master, loaded it into our Gluten Free Diet page. It looks very good and although the Glutafin details are out of date, the message, by the Professor regarding the Coeliac disease and how to avoid the associated medical problems, by being on a strict gluten free diet, remains the same today as it did then. Over 7 different countries have now accessed our pages, with over 5,000 page hits, so we are making someone aware!

5. One of our members (TGE) suggested we should plan to hold a one day GF event, in the centre of Crawley, during the Coeliac Awareness week, mid May 2008, so we are contacting the Crawley Council to find out the best way, that this can be legally operated. We then found out that we could have joined the Council Voluntary Group's Xmas Fair, on the 7<sup>th</sup> December, have asked around for some volunteers.

6. A member mentioned that Iceland in Crawley are considering GF products, so we tried to find out what their plans are, the Manager told us, that so far the Company does not sell gluten free products but he will enquire and let us know. We also plan to contact the Oriental Chinese restaurant in Pound Hill, to find out about their GF takeaways.

So that's it for 2007, enjoy your Xmas, we are looking forward to our Xmas Gluten Free Lunch Party on the 12<sup>th</sup> December, see you either there, or at our next meeting on the 19<sup>th</sup> January 2008. [Or contact us via our web site](#)