



MAY 2016 NEWSLETTER

IT'S ALL ABOUT YOU!

Hello to all our members and a big welcome to our new members.

NEW MEMBERS

To all our new members:- as our next meeting is not until September we would like to know if it would be of value/interest to attend an informal meeting (over a tea/coffee and cake). It would give you the opportunity to meet some of the committee who can guide you and share their experiences.

If this would be of interest please **Text: 07470 350590** or

Email: Coeliacsurrey@btinternet.com

AWARENESS WEEK 9TH – 15TH MAY 2016

We are delighted to announce a new partnership with Marks & Spencer that will see them supporting our campaigns for the next three years, including our 'Is It coeliac disease?' campaign. Their backing will support the Charity in raising even more awareness of coeliac disease and help us to find the estimated half a million people in the UK who currently remain undiagnosed.

In addition to valuable funding, Marks & Spencer is offering up its stores as locations across the country for our National Leafleting Day on Saturday 14 May, where Members of the Charity will get together to raise awareness of coeliac disease.

It is National Leafleting Day for Coeliac UK on Saturday 14th at Croydon Marks & Spencer from 10am to 2pm. Would anyone like to help for half an hour? If so please contact Jacqui Smith **ASAP** at Coeliacsurrey@btinternet.com.

Obviously with no support this event will not take place.

ARE WE HITTING THE SPOT?

We really value your thoughts, opinions and experiences.

Is there anything you would like to see in our newsletters that we are not providing? Would you like to contribute anything to our newsletters for example recipes, experiences/recommendations of restaurants, hotels, travelling?

Please let us know your thoughts on how we can improve our newsletter: at Coeliacsurrey@btinternet.com



NEXT MEETING – NEW VENUE

Our next meeting will be at 7.30pm on Wednesday 7th September 2016 at **Shirley Oaks Hospital** Poppy Lane, Shirley Oaks Village, Croydon, Surrey CR9 8AB.

What do you as our members want to hear about/discuss at these meetings. Are they valuable or a waste of time?

For example, if we asked Dr Sanjay Gupta Consultant Gastroenterologist at Croydon University Hospital (CUH) and a Dietician at CUH to attend the meeting would this be of interest?

The more attendees we have the easier it is to arrange for people to come and talk and for food companies to show their products.

To feedback please:- Text 07470 350590 or email Coeliacsurrey@btinternet.com

IZZY'S BLOG (AGED 10)

Hi everyone, two weeks ago I had a dietician appointment as I haven't had one in over 3 and a half years. The dietician was very apologetic that I had not received a yearly appointment as unfortunately I wasn't on their new computer system. Everything went well, I am growing, my weight and height are good and they are pleased that I have been eating healthily. I even mentioned my love of donuts and Tesco chocolate cake!

PRESCRIPTIONS AND PREPAYMENT

Next month we will feature an article on gluten free prescriptions. If you have any comments or are experiencing any problems, please do let us know ASAP.

Member Recommendations:

- **Coolings The Garden Centre, Rushmore Hill, Knockholt, Sevenoaks**
Arthurs Restaurant has a menu indicating GF items. Including crumpets and bread, grilled cod and GF chips. Soup is also GF and they serve GF cakes too.
- **Nineteen Fourteas 183 High Street Beckenham BR3 1AH**
This is a small café below Sainsbury's in Beckenham. It specialises in gluten free products. They sell bread generally to order.
nineteenfourteas@yahoo.co.uk



Coming soon, Honest Eats is your go-to destination for a delicious range of Free From products, many of which are brand new to the UK; from pasta to puddings and bread to brownies. Sign up today to get **25% off** your first order and you can win a year's worth of free shopping! To find out more, visit www.honesteats.co.uk.

GLENFREE

My company sells Finax Gluten Free Flour and Bread Mixes made by Finax of Sweden, one of the largest producers of such products in Europe. All our products are obtained from the official Finax distribution network.

At present we have the following offers that may be of interest to your members:-

Box of 6 packets of 900g Finax GF Flour Mix - £12

This is a versatile flour mix that can be used to make white bread with the addition of yeast, salt and oil. Each packet has enough flour to make two 450g loaves. This product has a Best Before Date in October 2016.

Full product descriptions and ingredients can be found on www.glenfree.co.uk

Box of 6 packets of 1kg weight each of GF Fibre Bread Mix. £5
(Normal price £6.99 each)

This equates to around 84p per packet. Each packet contains enough to make two 500 gram loaves. All that is needed to add is water.

This is a wonderful, seeded bread mix that has an excellent flavour. It can also be transformed by

the addition of extra ingredients such as dried fruit - I usually put about four handfuls of raisins into the mix to produce a product akin to a fruit loaf. But other dried fruits can of course be used.

Why so cheap? It has just passed its Best Before Date on 11.3.2016 but is still perfectly good to bake and eat. The Best Before Date is NOT the same as a Use By Date. I have used these to bake loaves this month.

Here is a link about BBDs - We are in no way connected to this business, it is purely for information

<http://www.approvedfood.co.uk/page?name=best-before-dates>

Our standard delivery charge to your area is £8 for up to 24kgs – so anyone buying a box of each of these products would pay:-

£5+£12+£8=£25 in total for what could make 24 loaves.

We are always happy to answer any questions you may have and can be contacted by email on gsl@glenmere.com or telephone on 0203 393 0874

Francis
Glenmere Systems Limited



Warburton's

Have launched NEW Mighty Mini Loaves, they are available in White and Seeded, have full size slices and the same nutritional benefits as our Farmhouse loaves.

Thank you for taking the time to read the newsletter. If you have any comments, suggestions etc we would love to hear from you.