



Gluten free Under Thirties (GUTs) is the network for Coeliac UK members aged 18-30. Whether you've been newly diagnosed or gluten free most of your life, we're sure you'll agree that sharing experiences – both good and bad - with others who truly understand is a really great feeling, making living gluten free taste that little bit sweeter. Our aim is to bring you information and updates relevant to your life as a young person with coeliac disease via [our website](#), [social media](#) and a variety of different [events](#).

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Introducing your new GUTs committee

Drum roll please – finally we can say a big hello as your newly formed Gluten free Under Thirties volunteer committee! We are so excited to be getting stuck into our new roles and are really looking forward to a year of spreading the word, raising awareness and hosting some exciting events for everyone to get involved in! Our seven-member committee met for the first time in Birmingham last weekend and we soon got down to business (with some gluten free treats in hand). We had a wonderful time getting to know each other, learning more about the charity and starting to plan for the year ahead. A geographically diverse bunch, hailing from as far afield as Dundee and Cornwall, we already have many ideas in the pipeline for events around the country.



So who are we?

Nicole Dente and **Emma Rushworth** are our new Administrators, and will be in charge of looking after the GUTs email account, planning events for the coming year and finding fundraising opportunities to boost funds.

Jessica Marples and **Fiona Stewart** are our new Social Media Officers and will be keeping you regularly updated through Facebook and our webpage, alongside a brilliant new [Instagram account](#) too!

Our new Communications Officer, **Josie Ray**, will be keeping everyone updated with news

and upcoming events whilst our Content Editor, **Sarah Wheldon**, will be gathering articles of member stories and different experiences of living gluten free. Finally, the new role of Writer has been filled by **Sarah Lucas**, who will help boost the content available to GUTs and in particular to help those recently diagnosed and new to the world of gluten free!

Suffice to say we're incredibly excited for the year ahead and are already enjoying taking on our new roles. We want this year more than ever to be a chance for everyone to get involved, so watch this space for upcoming events and lots of opportunities to meet other GUTs members!

Our first event: Camden Gluten Free Food Festival

We are excited to announce that we will be **holding our first get together** at the **Gluten Free Street Food Festival** in Jamestown Road, Camden, London!

Come and meet your new GUTs committee and enjoy a vast array of gluten free goodies at London's original free celebration of gluten free food on **Saturday 1 July, 12pm.**



We will be **meeting at 12pm at the open air bar** so that we can all get to know each other. We will be wearing our orange GUTs t shirts so will be very easy to spot! The bar has seating and is **100% gluten free** with a variety of different beers and other drinks! We will then head into the festival to discover all the gluten free delights on offer.

And in the evening (optional), we have a reserved table at Lockside Camden, with sharing platters (all gluten free) and a drink, for just £12.50 per person.

To attend, sign up for the event via our website. We hope to see you there!

Sign up now to attend our first event

Join the conversation

Our lively **GUTs Facebook group** is a great place to meet other young people with coeliac disease to discuss issues and share experiences, all while keeping up-to-date with events happening in your area. Join the conversation!

And for lots of gluten free updates, information and food-spiration, follow our **brand new** GUTs instagram page, **@coeliacukguts**.

If you want to get in touch with us with any questions or suggestions, we'd love to hear from you. Email us at **guts@coeliac.org.uk**.

Until next time,
Your GUTs committee

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