



**August 2021**

Welcome to all new members

As most of us will be having "staycation" holidays this year the Committee thought we would tell you about a couple of places that are suitable for a Gluten Free diet.

**Julia recently visited Littlehampton and reported back.....**

I recently had a pleasant weekend away in Littlehampton. There were lots of gluten free choices whilst there. Friday evening, we went for a meal at the Gravy Boat which was a very nice restaurant on the river Arun. They had a separate gluten free menu.

On Saturday my non-gluten free friend suggested having fish and chips in the day so that we could watch the football. I'm always a little worried about eating from take aways unless it's trusted Danny's in Old Coulsdon. The first one listed GF, they informed me it would be without batter and cooked in a mixed fryer, we promptly left!

The next on the list was closed for a family holiday. Eventually we were in the town (Littlehampton town is not massive) we came across the Fish Factory. They were amazing, the staff very pleasant and welcoming, so much so we decided to eat in. They had a gluten free menu and I had one of the best fish and chips meal with mushy peas. I highly recommend it. They also have another shop in Worthing.

Pictures over the page!



**Julie recently visited the Inn on the Pond Nuffield**



**Jacqui visited Dobbies Garden Centre, Woodcote** and very surprised to find NGC Fish & Chips on the menu!!



When eating out please don't take it for granted, always inform the staff, and ask as many questions as you feel you need to! We would love to hear of any GF finds that discover in your travels both locally or nationally that others might find useful

### **Keep informed**

To keep up to date with the latest news and events from the Croydon Local Coeliac UK Group join our [Facebook Group](#), or follow us on [Twitter](#) and [Instagram](#).

### **Saturday Coffee & Chat**

We are planning on re-instating these but keeping to Covid safety. First one: **Saturday 4<sup>th</sup> September, 10.30 am.** **Sanderstead Recreation, Priscilla's will have Gluten Free Cake** along with ample supply of tea/coffee. Come and join us!

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