



December 2021

A warm welcome to all you all, especially our new members, here is the December 2021 e-Newsletter.

NO December Coffee & Cake Meet Up

As December is a busy time of year, please note there won't be our usual monthly coffee and cake meet up. We'll be back in January though to kick start the new year on Saturday 8th January, 10.30am at Priscilla's Sanderstead Recreation Ground.

Instead, why not get in the festive spirit and visit **Frylands Wood Scout Festive Market!**

Support our local baker Jen from [Gorgeous Gluten Free Goodness](#) who will be there with her amazing gluten free cakes and treats!

Plus, you can also purchase your Christmas tree!

The poster has a yellow background. At the top left is a green tree icon. Next to it, the text reads 'FRYLANDS WOOD SCOUT OUTDOOR CENTRE' in purple and black. Below that, in large blue letters, is 'THE MOST WONDERFUL TIME OF THE YEAR'. To the right is a square icon of Santa Claus. Below the main title, it says 'And we'd love to celebrate it with you at our Christmas Market. Join us on Saturday 4th December 2021. 10:00am-4:00pm'. Further down, it lists 'Christmas Trees, Stalls & Crafts, Hot Food & Drinks. Entry £1 per person.' and 'Covid Secure following government guidance'. On the right side, the address is listed: 'Frylands Wood Scout Outdoor Centre', 'Featherbed Lane', 'Croydon', 'CR0 9AA', and the website 'www.frylandswood.co.uk'. At the bottom, there are three stylized Christmas trees (two blue, one red) and a gingerbread man and holly leaves.

Make Someone's Christmas! *Coeliac UK Christmas Campaign*

Need some festive gluten free inspiration? Coeliac UK have got you covered with everything you need to Make someone's Christmas.

[Pop over to Coeliac UK's website here](#) for giveaways, gift ideas, recipes, top tips for eating out, and much more!



DONT FORGET TO CHECK, CHECK, CHECK, CHECK!

Please don't forget get to check labels carefully again this year as some items that may have been GF last year, might not be this year.

COELAIK UK CHRISTMAS LIST 2021:

[Here is a link to the latest Christmas List for 2021.](#)

A few Croydon members have highlighted that the following items are no longer gluten free:

- X** Co-Op Party Freezer food – NOT GLUTEN FREE ☹️
- X** Cadbury's Christmas Tree Decorations – NOT GLUTEN FREE ☹️

Coeliac UK School's Guide

If you are a parent or carer of a child that has recently been diagnosed with coeliac disease, below is a comprehensive guide on managing coeliac disease at school: [Supporting a child with coeliac disease:](#)



Social Media

Have you seen us on Twitter? Instagram? If not, you can find us here:
Instagram: @Croydon_CoeliacUK Twitter: @Croydon_Coeliac



Every effort has been made to ensure the accuracy of information contained in this newsletter. Furthermore, any articles, contributions or opinions contained herein are printed in good faith. However Coeliac UK and the Croydon Group can accept no responsibility for any errors or items this newsletter contains.

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