

JULY 2016 NEWSLETTER

Hello to all our members and any new members receiving our newsletter for the first time.



NEXT MEETING – NEW VENUE

We can confirm that 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.

Dr Sanjay Gupta Consultant Gastroenterologist at Croydon University Hospital (CUH) and a Dietician at CUH will be our guest speakers.

Dates for your diary:

- **Saturday 2nd July 12.45 – 1.45pm Coeliac UK AGM & Food Fayre**
Bath Racecourse Lansdown Bath BA1 9BU
- **8-10th July Allergy Free From Show Olympia London**
For free tickets: www.allergyshow.co.uk/go/CG-Summer

IZZY'S BLOG (AGED 10)

I have been trying some more new products. Some were really nice and some not so:-



Mrs Crimble's Authentic French Chocolate Madelines (brought in Waitrose). They did not taste nice at all. They were dry, crumbly and synthetic tasting. However, my brother who does not have Coeliacs loved them.



FOR GLUTEN FREE FOOD

Sticky date & toffee pudding (brought in Morrison’s Caterham freezer section). This was delicious. It was moist and really tasty especially with lots of double cream.



Gratify gluten free sea salt bites (also suitable for vegans & vegetarians). Brought in Tesco. They taste like pretzels, which I think you either love or hate. They are nice with dips.

If anyone has some really tasty recommendations for me please let me know by **emailing Coeliacsurrey@btinternet.com** Thank you **Izzy**

DELICIOUS ALCHEMY - Have launched a brand new product this week – the **Wonderfully Nutty Granola**. The gluten free granola is packed full of almonds, hazelnuts and raisins, and is perfect for a healthy and nutritious start to the day. It is made with our own grown oats by farmers that we work with and trust.

Available for just £3 from our online shop [here](#), the granola is also available in **selected Sainsbury’s stores**.

Delicious Alchemy are happy to offer you free delivery from our online shop – simply enter: **CUKGRAN** at the checkout, valid until July 31st.



New from the Bakehouse

Bakehouse have launched NEW additions to its Artisan range, a Seeded Sourdough Boule and Breakfast Artisan Cob with Sultanas and Orange. **Available exclusively in Sainsbury’s.**

Breakfast Artisan Cob with Sultanas and Orange

Seeded Sourdough Boule



KENT & FRASER



We are Kent & Fraser, www.kentandfraser.com a dedicated artisan producer of gluten free and wheat free baked goods sold through fine-food retailers (e.g. www.ocado.com) and independent delicatessens across the UK and overseas.

We proudly manufacturer gluten-free products that are tested to “Below Limit of Qantitation (<5ppm)”, and we are certified gluten-free by both external lab testing and Coeliac UK.

Some of our products are biscuits, savoury biscuits and a toast (cracker like) range:-



CASTLE GREEN GUEST HOUSE – MATLOCK



During the school half term we visited the Castle Green Guest House in Matlock, Derbyshire. We read the reviews on trip advisor (which were excellent) and then rang them directly to make our booking. What swayed us...Gluten Free cooked breakfast, a fridge in the room, tea & coffee making facilities and a family room (an internal room for the children).

The hosts Janet & John were very friendly and extremely knowledgeable about the attractions and places to visit. The Guest House was very clean and tastefully decorated. Breakfast consisted of a choice of cereals (not gluten free), a big bowl of chopped fresh fruit, yoghurts and then the cooked menu. The gluten free sausage where delicious, along with the bacon, eggs, tomatoes, mushrooms, beans and toast (gluten free).

Address: Chalet Bungalow, Butts Dr, Matlock DE4 3DJ

Phone: 01629 581349



FACEBOOK

Not everyone is (or wants to be) on Facebook, however, if you do not know already we have a Facebook page:- **Croydon Group of Coeliacs**

You don't have to post anything (or contribute) it is a way of sharing with the Coeliac community new foods, restaurants, travel and much more but it makes it more interesting for others if you do contribute. Please feel free to share ideas, events and venues etc.



Summer – when it eventually arrives is all about Ice-creams – here is a list of GF ice-cream

<https://www.coeliac.org.uk/document-library/3298-ice-cream-list-2016/>