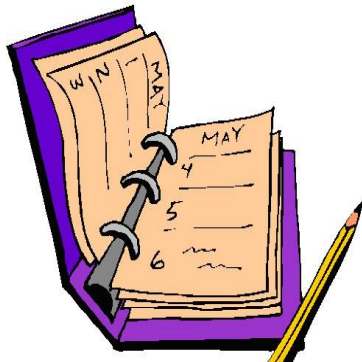




January 2018 Newsletter.

Happy new year and welcome to any new members to the Croydon Group of Coeliac UK.



Dates for your diary:

Wednesday 18th 25th April 2018 - AGM followed by launch of the Coeliac Patient Charter Guests Dr Sanjay Gupta and Sarah Sleet CEO Coeliac UK – more details to follow.

Wednesday 26th September 2018 - Dr R Rajak Consultant Rheumatologist CUH Osteoporosis

Saturday 12th May – to celebrate 50 years of Coeliac UK and commence Awareness Week Afternoon Tea for everyone – this will be a ticket only event more details to follow.

Meeting Venues:

As a Committee we have made the decision to stop posting Newsletters to members who do not have an email address, for the last meeting we spent over £50 on stamps and only 1 person attended so this wastes very valuable Group Funds.

Turn out at Group Meetings is dwindling.....

We would like to know from you, the member which venue is your preference:
Please only tick one and return via email.

Shirley Oaks Hospital Poppy Lane Shirley OR
Purley United Reformed Church Brighton Road Purley

Calling all new members:

Have you been diagnosed with Coeliac Disease in the past 12 months?

We will be holding a New Members evening on 21st/28th February Wednesday 7.30pm – look out for your invite via email.

A New Year..... Means there are lots of new products on the Supermarket shelves and here are just a few of them.....

M&S

EST. 1884



designhill

Many of you who follow Social Media will have seen that Starbucks have launched Almond, Coconut and Oat milk. Please be aware that the Oat milk is NOT gluten free see Coeliac UK response : <https://www.coeliac.org.uk/about-us/news/coeliac-uk-response-to-starbucks-introducing-oat-milk/>

Starbucks have also launched a Gluten Free Panini – and of course a new item just had to be tried and tested! Conclusion Delish! Please ask the staff to heat it in its wrapper to avoid Cross Contamination.





Review by Francesca : Mercato Metropolitano

Mercato Metropolitano is an Italian food market, a bit like the Borough Market. It is located between Elephant & Castle and London Bridge. There an area where you can buy food to eat there or take away: you can choose among food from Sicily, Umbria, Emilia-Romagna, ice creams. There is also a fully gluten free place called Leggero that gives gluten free arancini, gluten free focaccia, gluten free homemade pasta, and more; they have a very wide menu.

Also, there is an huge shop with lots and lots of Italian products: from cheeses to salumi, pasta, oils, salt, biscuits, candies, wines, anything! There is a big choice of gluten free Italian products from amazing Italian brands. You can buy flours, biscuits, pasta, polenta, crackers, snacks, anything. I was really surprised to find different dedicated gluten free aisles. It is really worth a visit to this place, coeliac or non-coeliac people, to buy very good quality Italian products, gluten free or not.





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