



June 2018 Newsletter

Welcome to the June issue of the Croydon Group of Coeliac UK's newsletter.

Coeliac UK Awareness week – How did you raise awareness? 14th- 20th May was Coeliac UK Awareness week.

Jacqui, Group Organiser and three volunteers raised awareness at Croydon Hospital on Wednesday 16th May. Thank you to David, Mary and Julia the only people to offer support!



Next meeting: 26th September 2018

Dr R Rajak Consultant Rheumatologist Croydon University Hospital will discuss Osteoporosis and how to prevent, etc

Ingredients – Frequently asked questions :

<https://www.coeliac.org.uk/gluten-free-diet-and-lifestyle/food-and-drink-information/ingredients-frequently-asked-questions/>

Enjoy a great gluten free afternoon at Dotty's Tea House in Carshalton!

Dotty's Tea House is a very cosy tea room in Carshalton. One of their services is the classic afternoon tea and they have a full gluten free option available. And it's only £20!

Their gluten free afternoon includes sandwiches made with gluten free bread, the typical scones with butter cream and jam (also gluten free), a big slice of the gluten free cake available on the day, gluten free macarons and strawberries dipped into chocolate.

Everything is prepared and kept separately from the normal food, so that the risk of cross contamination is avoided. Both Jacqui and Francesca from the Croydon Group of Coeliac UK tried it and highly recommend it! Please ensure when booking you tell them you require gluten free.

<http://www.dottysteahouse.co.uk/>



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