



March 2022 Newsletter

Two years on.... And still in a Pandemic who would have imagined life as it is now?

But good news the Committee are planning lots of exciting things so that we gradually move back to face-to-face meetings and events. Please do watch this space for more exciting news!

Dates for your diary :



- Saturday 5th March }
- Saturday 2nd April }
- Saturday 7th May } Cuppa & GF Cake!
- Saturday 4th June }
- Saturday 2nd July }

Time: 10.30 am

Venue: Priscilla's Sanderstead Recreational Ground

Just pop along from 10.30 am and join us for a cuppa to be purchased at Priscilla's and then sit and chat and enjoy the fresh air and GF cake supplied by Priscilla's.

Please note that if it is raining this will be cancelled! For the time being please bring something to sit on as the benches have been removed whilst the area awaits re-tarmacking.

The Future.....

The Committee are working hard to bring back face to face meetings/events having been given the "green light" by Coeliac UK. We will not do anything that puts our members at risk as an extensive risk assessment will be undertaken before any event, and members if meeting inside will be asked to simply undertake a lateral flow test before attending and to continue to wear a face covering (unless exempt).

We cant wait to meet you all again face to face so please watch this space for news.....



Farmers Markets

Laborjee <https://laborjee.co.uk> laborjee_1257@hotmail.com

📍 Croydon based

🍪 Self taught baker & tea fanatic

🍰 Cakes, bakes & all things sweet

🌱 Lots of Vegan & GF goodies

Beckenham Palace Park Farmers Market, Stanley Arts South Norwood

Gorgeous Gluten Free Goodness

Gluten Free Bakery, H&S and Allergy Awareness Certified & Insured.

5 Star Hygiene Rating.

Freshly made Cookie Boxes, Cupcakes, Cakes, Sweets & Tray bakes available. Order via my website or my shop on Etsy, search: GorgeousGFGoodness

www.gorgeousglutenfreegoodness.co.uk

Wallington Farmers Market

As with any venue/ food suggestions please always check ingredients etc before you purchase.



Easter is just around the corner

Please keep an eye out on our social media for lots of new finds with regard to chocolate at Easter

E.G Twirl Chocolate Orange Egg is GF

Are you a “new” mum with coeliac disease - is it safe to wean my baby?

Although there is an increased risk that your baby may have the condition, this doesn't mean they will definitely have it. They can be weaned in the same way as any other child.

For more information, see here:

<https://www.coeliac.org.uk/.../the.../feeding-your-baby/>



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