



## April 2022 Newsletter

Welcome to the April e-newsletter!

We recognise that some of our members are not yet comfortable to attend a face-to-face meeting so with this in mind we have arranged the following.....

Since Covid 19 eating out has in some areas become much harder and companies just simply don't want to recognise that we too like to enjoy a nice "safe" meal. So why not join us?



You are all warmly invited to an exciting *Zoom meeting* with **Coeliac Life Coach, Ali Walsh!**

**Wednesday 30th March - 7.30 pm to 8.30pm via Zoom.**

Ali will share with us her expert knowledge on:

Safe places to eat out.

- Coeliac UK accredited venues.
- How you can eat out with more confidence.
- How to reduce anxiety when eating out.
- Eating safely when going to friends for dinner.
- Safe drinks and drinks to avoid.
- Alternatives to eating out.

## **RSVP**

If you would like to join, simply **reply [croydon@coeliac.org.uk](mailto:croydon@coeliac.org.uk)** and confirm your attendance. We will then send you all the Zoom details to join. We are really grateful to have this opportunity for all our Croydon members, so it would be great to see as many of you as possible.

If you have any questions on this subject just let us know, there will be an opportunity to ask questions on the evening as well.

### **Dates for your diary :**



Saturday 5 <sup>th</sup> March	}	
Saturday 2 <sup>nd</sup> April	}	
Saturday 7 <sup>th</sup> May	}	Cuppa & GF Cake!
Saturday 4 <sup>th</sup> June	}	
Saturday 2 <sup>nd</sup> 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 cakes will be home made this month with a suggested donation to the Group Funds.

### **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.

## **Easter:**

If you have the Coeliac UK App did you know you can check the Easter Egg list? Click on the menu (top left) Ready made lists, Easter 2022. [Gluten-free Easter - Coeliac UK](#)

Please do check all chocolate to ensure it is Gluten Free –

[www.coeliac.org.uk/chocolate](http://www.coeliac.org.uk/chocolate)



## Coming soon - children's diagnosis campaign

Our children's diagnosis campaign will help parents identify whether persistent symptoms, including bloating, tiredness, slow growth stomach pain or sickness, may be coeliac disease. More information about the campaign will be available shortly from Coeliac UK



Here is the link to the recipe....

[Home of Gluten Free Recipes - Inspiration and tips for gluten free cooking - Coeliac UK](#)

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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