



And thank you to our partners...

"Survey of 249 Dermatologists at the BAD symposium, July 2016. Survey conducted by La Roche-Posay UK."

Their TOLERIANE ULTRA range for ultra-sensitive, reactive and allergy-prone skin has been approved by Allergy UK. For dry, itchy skin they recommend their LIPIKAR AP+ products, to soothe the skin and help repair its barrier function. LIPIKAR AP+ is also suitable for eczema-prone skin.

They are proud to be the official Skincare Partner for The Free From Show Winter 2018. Make sure you pop by stand C30 to get your free samples and skincare consultations!

La Roche-Posay is a French skincare brand with a very unique and close-to-heart mission: bring a better life to people who suffer from concerns associated with sensitive skin. More than a cosmetic brand, their clinically-tested products are recommended by 9/10 UK dermatologists* and they work closely with the medical sector to offer expert skincare advice to consumers in addition to their great products.

La Roche-Posay Skincare Partner

Our stand will feature several areas including the FREE by Doves Farm Kitchen, where we will be demonstrating festive favourites such as mince pies, easy bakes like pancakes, and even a vegan Christmas cake, as well as giving you tips for success in your kitchen. Our Guest Chef Kitchen will feature a range of chefs, such as Great British Bake Off 2017 Finalist Steven Carter-Bailey, Great British Bake Off contestant Glenn Cosby and Ugnė Bubnaitytė. Coeliac UK's Home Economist Louise Wagstaff and Natalie Newman, blogger of Intolerant Gourmand - all cooking appetising gluten free dishes. There is also a VIP Table and Social Corner where we will host fun activities.

Intrigued? Come and visit us at the heart of the show floor at stand number D24 and taste some delicious baked goodies made with our quality gluten free flour. Don't forget to pick up one of our much-loved baking booklets and to finish off your visit pop into our FREE by Doves Farm Shop, snap up a bargain and discover our full free-from range!

FREE by Doves Farm Kitchen Sponsor



FREE by Doves Farm Kitchen

Kitchen // Guest Chefs // VIP Table // Social Corner

We're excited to have FREE by Doves Farm with us at the Winter show. Situated at the heart of the show, they will welcome you into their home - an area dedicated to free-from baking and cooking, celebrity chefs, VIP experiences, music, and more.

FREE by Doves Farm Kitchen with Christine Bailey

10.30am - 11.00am **Gluten Free Pastry**
Star Mince Tarts / Treacle Tart / Hints & Tips

11.30am - 12.00pm **Quick & Easy Gluten Free Bakes**
Traditional Pancakes / Chocolate Brownies / Chocolate Chip Cookies

12.30pm - 1.00pm **Vegan Christmas**
Christmas Cake / Chocolate Yule Log

1.30pm - 2.00pm **Gluten Free Bread Made Easy**
Seeded Bread / Bread Rolls / Focaccia

2.50pm - 3.20pm **Gluten Free Children's Party Foods**
Tomato & Mozzarella Pizza / Chocolate Refrigerator Cake / Christmas Tree Ginger Bread Biscuits

FREE by Doves Farm

Guest Kitchen



Saturday
11.00am - 11.30am
Glenn Cosby
Great British Bake Off Contestant & Baker at 'Bake with a Legend'

12.00pm - 12.30pm
Ugnė Bubnaitytė
Great British Bake Off Contestant & Baker at 'Bake with a Legend'

1.00pm - 1.30pm
Louise Wagstaff
Home Economist, Coeliac UK

2.00pm - 2.50pm
Sarah Kettel
Where Sarah Goes

Sunday
11.00am - 11.30am
Michael McCamley
Gluten Free Chef & Author

12.00pm - 12.30pm
Mina Said-Allsopp
Development Baker & Founder, Wildcraft Bakery

1.00pm - 1.30pm
Steven Carter-Bailey
Great British Bake Off Finalist 2017

2.00pm - 2.50pm
Nathalie Newman
The Intolerant Gourmand

FREE by Doves Farm

VIP Table & Social Corner

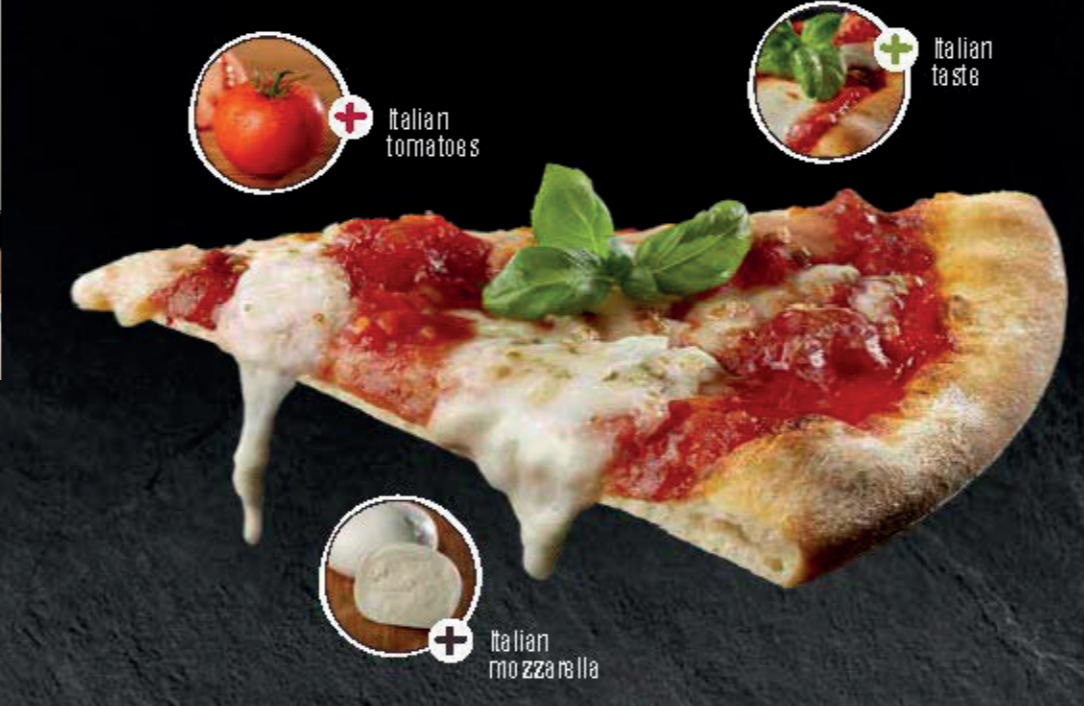


The VIP Table is an exclusive chance to chat to the FREE by Doves Farm staff and be the first to taste their new free-from products. These tables are now fully booked but if you were unable to get a seat, check with the team on the day, in case any have become available.

Then head over to the Social Corner to find music, fun and more!

THAT'S PIZZA!

new recipe, richer topping, even more delicious



A big thank you to our sponsors...

Schär - the best in gluten free Sponsors of The Free From Show Winter 2018



You may have seen our breads and buns in Belgium, our sweet and savoury snacks in Spain or our pizzas in Portugal. But for those that don't know us yet, Schär, are Europe's favourite in gluten free and we have been making mealtimes more enjoyable for decades. Our products are available in all major supermarkets.

We are on a mission to make every food moment one you'll savour. Whether it's dinner with the family, or tea and biscuits with your close friends, you'll find that life tastes a lot better with Schär. That's because we got a dedicated team working around the clock to bring back all of your favourite foods, with more taste and more choice so there's more to life.

And great tasting food isn't all we do, our experts are on hand for any extra help or advice, from tips to eating out or how to recreate your favourite recipe gluten free.

But don't just take our word for it, come and visit us on our stand! We'll be serving sweet and savoury winter dishes, using our range of bread products, including spiced slices and veggie sausage sandwiches. And that's not all! You and the kids can give us any letters to Santa that you've got with all your gluten free wishes!

Follow us on Facebook/SchärGlutenFreeUK, Instagram/SchärGlutenFreeUK or Twitter/Schär-UK.

Don't hesitate to contact our friendly customer service team by emailing share@share.co.uk or Freephone 0800 161 5838.



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(served 10am - 12pm)

the free from show winter



Show Map Exhibitor List Timetables

ECL, Liverpool 3-4 November 2018

Cover image features blogger Beckie (@beckiesussex) and her sister, Alice, at the London event in July 2018.

Show Map + Exhibitor Highlights



Exhibitor List: A-Z

Aagrah Sauces	E26	Doulton Water Filters	C26	La Roche-Posay	C30	Send Me Free From	A11
Adventurous Relish	B34	Drink Baotic	A7	Lancashire Wildlife Trust	C8	Silicolgel	F26
Allergy UK	C16	Ethilife	B36	Linwoods Healthfoods	C54	Silk Skin	B22
Arbonne	E2	Forever Living - Freedom Forever	A1	Lovegrass Ethipoia	D14	Sole Mates	C40
Autumn Brewing Co.	D6	Free From Awards	F22	Lovemore Free From Foods	C14	SoLow FODMAP Foods	A15
Bak'd	A13	FREEE by Doves Farm Shop	D24	Mannys Sauces	D36	Superfoods & Snacks	B5
Barleycup	D18	Garlic Growers	A25	Middleton Foods	F32	Tesco	E10
BELLY GOODNESS	B13	Genius Gluten Free	D28	Mummy Meagz	E20	The Belgian Life	A19
BFree	C11	GF2GO	B19	My Tea	A29	The Cake Alchemist	F16
Bistro Express	F10	GoGoGuts	G1	Nairns Oatcakes	C28	The Eczema Expert	A5
Bobs Salt Store	B20	Greenpeace	C34	National Eczema Society	B42	The Heart of Nature	F14
Brass Castle Brewery	B12	Green's Gluten Free Beers	D16	Nature's Path Foods	C24	The Lancashire Mead Company	E22
British Association for Applied Nutrition & Nutritional Therapy	D20	Hawkshead Relish	D19	Nima Gluten Sensor / klarify.me	D38	The Saucy Affair Raw Sauces	D34
Cats Protection	B30	Heck Food	D30	NutraMilk	C38	The Zebra Kitchen	D15
Cauli Rice & Vegi Rice	B24	Hempen	C42	Optibac Probiotics	F30	Too Good To Be...	C18
Clearwave Air UK	B16	Innate Food	B6	Panasonic	C37	Virginia Medical Supplies	C12
Club Organix	G4	Ion Powerful Bracelets	B28	Pieroth	C20	Voakes Free From	E12
Cocoa Libre	C6	Isabel's Free From	F12	Planted	E18	Vonnybee	A23
Coeliac UK	B14 & A9	Isagenix	E14	Punjaban	C39	Warburtons Gluten Free	D10
Cofresh	C32	Jake's Boost	A17	pureptions	F11	Weddell & Turner	B26
Costco	G22	Jubel Gluten Free Beer	B10	Riverford Organic	E24	Wildcraft Bakery	E19
Crabbie's	B18	Juvella	C36	Riverside Spirits	G24	Willow Cottage Kitchen	C22
Daura Damm	F20	Kirsty's	F28	Schär	G10	Wow Cake Company	D22
Dogs Trust	F24	KoKo Dairy Free	B32	School of Sports Studies, Leisure & Nutrition	E8		
		Kuintessential Treats	G2				

Learning Theatre

Free-entry seminars from the experts.

Seminars from the UK's leading experts in Allergies, Coeliac Disease, Eczema, IBS and more, this was a chance to sit in on these valuable sessions for FREE, just by attending the show. An opportunity to hear from and talk to the people who know the most about your condition.

Saturday

11.00am – 11:45am
Condition: Eczema
Title: Coping with festivities – a parent's guide to managing an Eczema child's expectations.
Speaker: Rebecca Bonneteau
Presented by: The Eczema Expert

12.00pm – 12:45pm
Condition: Food Allergy
Title: Eating out safely with Food Allergies in the UK and abroad.
Speaker: Emma Amoscato, Free From Farmhouse
Presented by: Allergy Travels

1.00pm – 1.45pm
Condition: Sensitive Skin
Title: Top tips to look after sensitive, Allergy-prone skin in the Winter.
Speaker: Dr Justine Hextall, Consultant Dermatologist
Presented by: La Roche-Posay - Skincare Partner

2.00pm – 2.45pm
Condition: Coeliac Disease
Title: Managing your Coeliac Disease in Winter – advice on vaccinations, Osteoporosis, vitamin D and more.
Speaker: Lorna Gardner, Membership Helpline Dietitian
Presented by: Coeliac UK

Sunday

1.00pm – 1.45pm
Condition: Eczema
Title: Changing seasons and Eczema.
Speaker: Sandra Lawton OBE, Nurse Consultant and Clinical Lead Dermatology, Queen's Nurse, The Rotherham NHS Foundation Trust
Presented by: National Eczema Society

2.00pm – 2.45pm
Condition: Coeliac Disease
Title: Keeping healthy on a gluten free diet in Winter.
Speaker: Ruth Passmore, Health Policy Officer
Presented by: Coeliac UK

3.00pm – 3.45pm
Condition: Children's Allergy
Title: How to navigate Christmas as an Allergy parent.
Speaker: Nathalie Newman
Presented by: The Intolerant Gourmand



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