

KETOGENIC THERAPIES

SPRING/SUMMER NEWSLETTER 2020 | THIRTEENTH EDITION



Ketogenic Dietary Therapies
Information • Training • Research • Support

Registered Charity No. 1108016

MATTHEWSFRIENDS.ORG

CORONAVIRUS

STAY SAFE
AND STAY
AT HOME



Everyone at Matthew's Friends send very best wishes to all our families that are going through these difficult and worrying times and we want to thank our all NHS staff and essential workers for all their efforts. We salute you.

Please read inside for our handy hints on managing Ketogenic Therapies during this pandemic.

NEW FROM OUR KETOKITCHEN

A new series of recipe films and tutorials! Look out for each new release from March 2020 over Spring/Summer and subscribe for free to ensure you don't miss out!

Visit Matthew's Friends [#KetoKitchen](#) YouTube channel to subscribe!

Matthew's Friends
Keto Cooking Channel
[#ketokitchen](#)



**MEDICAL KETOGENIC DIET
PATIENTS AND FAMILIES**



**WE ARE HERE TO SUPPORT YOU,
WHENEVER YOU NEED US.**

@MATTHEWSFRIENDS

ENQ@MATTHEWSFRIENDS.ORG

JOIN OUR FACEBOOK PRIVATE FORUM

SPECIAL FEATURES INSIDE:

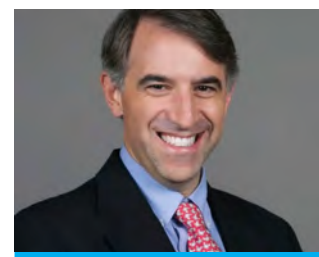
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🌐 www.mfclinics.com



MatthewsFriendsOrg
#ketokitchen

TO HELP FUNDRAISING VISIT:

www.matthewsfriends.org/easy-fundraising/

Matthew's Friends are proud to be part of the European Reference Network for Rare and Complex Epilepsies - EpiCARE. For more information then please visit the website at: <http://epi-care.eu/>



PRESENTS ONLINE TUTORIALS FOR MEDICAL PROFESSIONALS

A series of 11 films by some of the leading Ketogenic Diet specialists and practitioners.



THESE FILMS INCLUDE:

- Introduction to Ketogenic Dietary Therapies
- When to use Ketogenic Therapies for both Children and Adults
- How to calculate and manage the different types of diets available.
- Monitoring and possible side effects.
- Initiation and discontinuation of ketogenic dietary therapies and what makes a good Ketogenic centre.

Also available is an online confidential forum to accompany the films, for ongoing support from the Mentors.

For more information on how to access these tutorials please visit
www.matthewsfriends.org/ketotraining



Adults with drug-resistant epilepsy, who have failed TWO or more medications

CONSIDER A MEDICAL KETOGENIC DIETARY THERAPY

Contact Matthew's Friends Clinics info@mfclinics.com for an information pack.
www.mfclinics.com

Where does your money go?

As well as our usual free starter packs, our national Matthew's Friends treatment clinic for adults and children, our training meetings and online training and support services, the following few pages report on just some of the other projects that Matthew's Friends have funded thanks to the fund raising that YOU do for us. We can't thank you all enough. You are making a massive difference to so many lives and every penny is put to good use to benefit the families.

Matthews Friends funded post in NHS Grampian

Matthews Friends funded post in NHS Grampian began in October 2017 and concluded in October 2019.

These additional dietetic hours allowed Tracy Cameron to continue to provide a high quality, patient centred service but also increase the Ketogenic Diet caseload in NHS Grampian, and across the North of Scotland.

The aim of the post was to increase the Ketogenic Diet knowledge of Paediatric Dietitians in this area and Rachel Arthur has gained experience of working with families on diet and will continue to do so.

In October 2017 the caseload numbers were 19 infants and children across the North. Currently our caseload has increased to 26 over five health boards including NHS Tayside, NHS Grampian, NHS Highland, NHS Orkney and NHS Shetland (green & purple area of map).

During this time, Tracy was able to dedicate time to other commitments and appeared on the BBC Scotland Children's Hospital programme with Macy and her family who were making keto meals and snacks for her upcoming birthday. Tracy also completed three half marathons in Grampian, Tayside and Highland in 2019 and raised £400. Having this opportunity from Matthews Friends was beneficial to the North of Scotland neurology network and allowed more families to take advantage of the ketogenic diet as treatment for their child's epilepsy.



Thank you Marion....

Marion Lowe took an interest in food and diet from an early age and became a 'home economics' lecturer at Wolverhampton Polytechnic. She was fascinated to hear of the pioneering work of Matthew's Friends and the effect the diet had had on Greg Aldridge (pictured) from her great niece Jane Bradley (friend and neighbour of the Aldridge's, Trustees of Matthew's Friends). Marion left a charitable trust for her great niece to administer and it was an absolute 'no brainer' that Matthew's Friends should be a beneficiary of her trust.

Jane Bradley said "We had many conversations about Matthew's Friends and the incredible work it was doing over the last few years of my Aunt's life. She was absolutely fascinated with the research, the practical help offered and the outreach internationally. It is a great privilege to be able to make Matthew's Friends a major beneficiary of her trust. A decision my Aunt would have thoroughly approved of."

If, like Marion, you would like to remember us in your Will, please do contact us at Matthew's Friends for further information on how to do this, thank you.



Gene Expression Analysis of the Effects of a Ketogenic Diet in a Model of Malignant Brain Tumors



Nelofer Syed, PhD



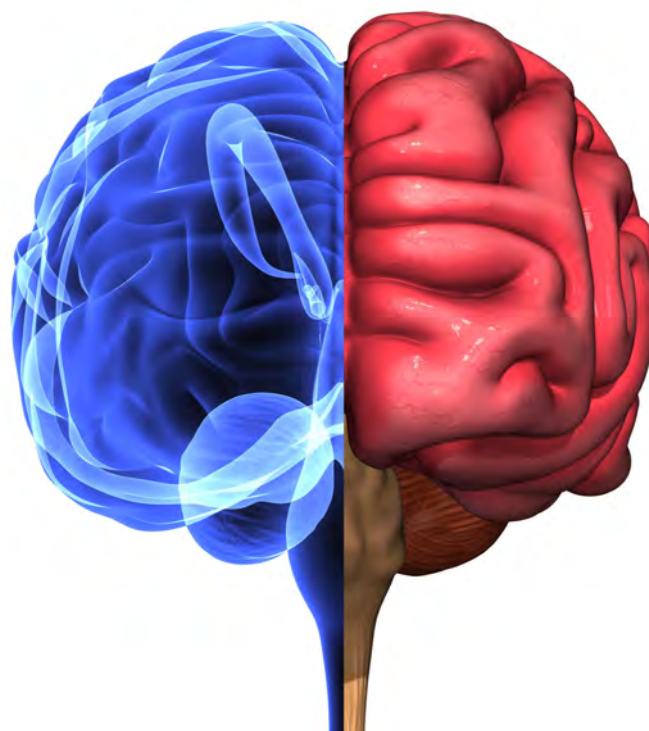
Adrienne C. Scheck, PhD

The therapeutic ketogenic diet (KD) is an accepted therapy for a number of seizure disorders, and it continues to gain popularity for the treatment of malignant brain tumors in the adult and pediatric populations.

Published data using pre-clinical models has demonstrated slowed tumor growth, enhanced survival, reductions in peritumoral edema, angiogenesis (formation of new blood vessels), inflammation, tumor hypoxia (reduced oxygen), the expression of a number of genes that regulate many tumor growth pathways (transcriptional activators), and enhancement of the antitumor immune response. Perhaps most importantly for patient care, they also showed it is an effective adjuvant treatment that potentiates the activity of radiation and chemotherapy. Furthermore, the increasing number of published case reports and anecdotal reports in social media are causing more cancer patients to approach their physicians with questions about the utility of this therapy.

Just as the anti-epileptic mechanisms of the KD have not been fully elucidated, the mechanisms behind the multifaceted effects of the KD on tumor cells is unclear. One effect is likely to be due to the reduction in blood glucose that results from a KD, since glucose is a preferred fuel for cancer cells. However, this is not sufficient to explain the variety of anti-tumor effects attributed to the KD in vivo and ketones in vitro. In fact, metabolic alterations resulting from increased ketones affect a wide variety of cellular characteristics which often differs in tumor cells and normal cells.

To understand the effects the ketogenic diet on malignant brain tumors we used a well-established immune competent model of malignant brain tumors. Mice were surgically implanted intracranially with GL261-luc2 tumor cells and fed either a ketogenic diet (KD) or standard mouse diet (SD).



Tumors were allowed to grow for approximately 3 weeks, then mice were humanely sacrificed and RNA was isolated from the tumors and from the opposite (non-tumor containing) side of the brain.

These RNA samples were used for gene expression analyses using a technique called RNA-Seq. In addition, we harvested RNA from brain samples from mice without implanted tumors that were maintained on a SD or KD to analyze gene expression differences in normal brain in the absence of tumor effects.

Finally, we also implanted GL261-luc2 tumor cells grown in the laboratory with the addition of the ketone -hydroxybutyrate (BHB) to select for cells whose growth was not fully inhibited by BHB treatment. Gene expression changes in cells that were not fully inhibited by ketones may model what might occur in tumors that recur in patients that use a KD as part of their therapy. The analysis of large RNA-Seq data sets such as what we have obtained from these experiments requires extensive statistical analysis, followed by validation of differential expression of specific genes and alterations in pathways implicated by these analyses.

As expected, there were many genes that were differentially expressed in tumors versus the non-tumor side of the brain, regardless of diet; however, there is a trend towards a higher number of differentially expressed genes in animals maintained on the KD. While this is also true for the tumors from the BHB-resistant cells, overall there are many more differentially expressed genes in tumors from the BHB resistant cells when compared to those from the parental GL261-luc2 cells.

This was a surprising finding that we are investigating further. We are beginning with the few genes that were differentially expressed in both GL261-luc2 and GL261-luc2 BHB resistant tumors from mice fed a KD vs SD, followed by genes that may contribute to BHB resistance.

In addition to the analysis of tumors in mice fed a KD vs a SD we also compared the non-tumor containing sides of the brain from animals maintained on a KD vs a SD, and we compared these samples to those from normal brain from animals that were not implanted with tumors.

We found a limited number of genes that were differentially expressed in the non-tumor containing side of brains from animals that had tumors, compared to animals that did not have tumors. This suggests that the presence of a tumor effects the non-tumor containing side of the brain.

Again, even when analyzing the non-tumor containing side of the brain the number of differentially expressed genes was a bit higher in animals maintained on a KD.

We were intrigued to find that there were also more differentially expressed genes in the non-tumor containing side of the brain from animals implanted with the BHB resistant cells compared to the parental GL261-luc2 cells.

We are currently validating the differential expression of specific genes identified by these analyses and working to put this data in the context of the anti-tumor effects seen with a KD.

The gene expression analyses funded by this grant from Matthew's Friends has provided a great deal of information that will continue to provide fertile ground for new discoveries regarding the mechanisms of the anti-tumor effects of a ketogenic diet. We are very grateful for their support.



Is your child's epilepsy treated with the ketogenic diet?

Researchers at the University of Plymouth are working with @Matthews Friends to really understand what healthcare outcomes are important to you and your child when using the ketogenic diet

Please help by sharing your experiences and views through an interview and/or online survey

Visit webpage

www.plymouth.ac.uk/core-kdt
Email: core-kdt@plymouth.ac.uk
Tel: 0044 752 588826



What would you consider to be successful results for your child using the ketogenic diet?

Contact us:

For more information or to take part:
Website: www.plymouth.ac.uk/core-kdt
(e) core-kdt@plymouth.ac.uk
(t) 01752 588826



SCAN ME



V1.1. Ethical approval REC reference 19/LO/1680

Are you?

A parent or carer of a child aged 18 years or under with refractory (difficult to treat) epilepsy, treated with the ketogenic diet or weaned from the diet in the last year?

Why is this research important?

The impact or results of treatment are often described as 'outcomes'.

With your help we can develop a list of the most important outcomes to measure when monitoring children with epilepsy treated with the ketogenic diet.

What's involved?

1. An interview to share your views on experiences of epilepsy and results with ketogenic diet and/or
2. Complete an online survey to rate the importance of a list of outcomes.

MATTHEW'S FRIENDS BALL 2019 AUCTION PRIZE WINNER!

Huge thanks go to all our kind donators and especially the Keto parents that donated this amazing prize...

Player Escort for England's Euro 2020 Qualifier vs Montenegro at Wembley Stadium



We were so thrilled for the family of Parys who had the winning bid for this auction prize at our Ball. Parys is a MASSIVE Harry Kane fan and on Thursday 14th November 2019, she got to meet her idol in person and be a player Escort for England. Parys has Glut 1 Deficiency Syndrome and the diet is her treatment for life. As she has got older, this has also affected her walking quite badly and some days can be worse than others.

However, this VERY determined young lady walked out onto the pitch with the England team and did us ALL very proud indeed. There were lots of very proud tears being shed and not just from her family either, there wasn't a dry eye in the MF office! Many people will recognise Parys as she is one of our MF poster children and appears in some of our booklets and printed materials. This is what the family had to say:

"In November last year, Parys along with myself and her dad Aaron, travelled to Wembley stadium for Parys to be a mascot for the England football team in their game against Montenegro. When we arrived we were taken to

the player escort dressing room for a rehearsal and for Parys to get ready in her England kit. She was so excited about being a part of it all. We were then taken to meet the players as they arrived at the stadium. There was one player in particular that Parys couldn't wait to meet. Harry Kane.

For the past few years Parys has been obsessed with Harry Kane even to the point of having a 6ft sticker of him on her bedroom wall! Parys watches nearly every game that she can't actually go to on the television and has his name on the back of her own football shirt. I cannot explain the way it felt to watch your child's ultimate dream come true by being present when they meet someone that they admire so much. The happiness she expressed was unbelievable. She had a fantastic time walking out at the beginning of the game with Marcus Rashford who Parys also took a shine too. She was so proud of herself that she managed to walk all the way out on the pitch and back.

As were Aaron, myself and the rest of our family. We went on to stay for the game which Parys enjoyed as she was cheering and chanting along with the crowd. Words cannot describe how proud we all were of her for just being her." – Abbie – mum to Parys.

— OUR ACHIEVEMENTS — OUR ACHIEVEMENTS — OUR ACHIEVEMENTS —

Matthew's Friends Published Paper on Brain Tumour Patient Experience of Ketogenic Diet Therapy



**Written by Susan Wood RD,
Matthew's Friends Clinics**

We are delighted to inform you that the Brain Tumour Patient Experience of Ketogenic Diet Therapy has been published in Neurodigest. It is online at present, with the printed journal to follow.

<http://neurodigest.co.uk/index.php/2019/12/22/the-brain-tumour-patient-experience-of-ketogenic-diet-therapy/>

As this report was a little 'left field', the editor felt the need to commission a companion article from a standard NHS oncology dietetics perspective. This article makes some excellent points but combines this with some subjective views commonly held by dietitians who have not worked clinically with ketogenic therapies.

<http://neurodigest.co.uk/index.php/2019/12/22/cancer-and-the-ketogenic-diet-a-current-perspective/>

The reality is that neither side can make sweeping generalisations about Ketogenic Diet (KD) being the right choice or the wrong choice for any single individual. However, what we can be certain about is that we don't yet have curative options for the majority of patients with brain tumours, or even effective ways of managing their quality of life impairing symptoms. Any potential therapy, especially one that may be able to be delivered by the patient, warrants interest, discussion and investigation.

The next stage is to find ways of supporting practical learning and better understanding of KD for (interested) adults with brain tumours, while also addressing the concerns raised by oncology multi-disciplinary teams.

We also aim to bring our work to the attention of research teams (mainly USA/Netherlands /Germany) who have investigated the KD approach for tumour cellular effects only rather than symptom management. We also would like to question the 'compliance' issues frequently raised. Our experience suggests that if someone wants to do this and they are appropriately supported to actively achieve this for themselves, they CAN and WILL do it. Delivering this within a hospital environment where food choices are not really a choice, or where the therapy is delivered passively, are less likely to deliver the 'empowerment' effect.

Many thanks to the Matthew's Friends charity and Astro Brain Tumour fund for funding this work and a huge thank you to all our patients that agreed to share their information and be part of this study.

WELCOME TO THE MATTHEW'S FRIENDS MEDICAL BOARD: Lisa O'Brien – Head Of Health at Young Epilepsy



We are delighted to welcome to our medical board, Lisa O'Brien. Lisa is a registered nurse with over 24 years of experience whose particular fields of expertise include epilepsy, brain injury, neurosciences and complex health needs.

She has worked within hospital and community settings for the NHS and private sector. Lisa is a keen advocate of Ketogenic Dietary therapies and she will be working with our medical board in making sure our information is correct and up to date, she will help write new resources and training programmes and Lisa will also lead the nurses sessions at our KetoCollege Training meetings and will be instrumental

in developing our new information programme for families. She will also be popping into our Family Forum from time to time to answer any questions. We have known Lisa for many years and have worked with her before, we are very much looking forward to working with her again.

Lisa says; "the diet is definitely under utilised and further education about the diet is always needed, especially in community medicine. Matthew's Friends do a wonderful job of providing information and training and I am really looking forward to being part of the team and helping in our mission to make the diets available to all those who need them."



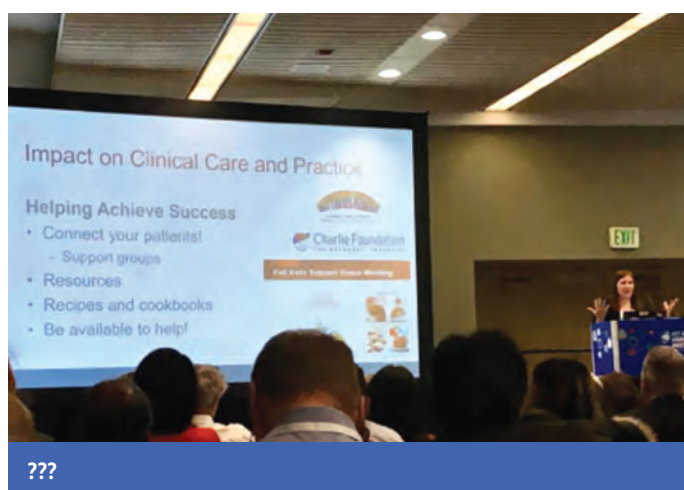
By Eric Kossoff MD

I am delighted to provide a brief update on what ketogenic diet related activities occurred at the annual meeting of the American Epilepsy Society.

Meetings that happen on the off-years between the large biannual international ketogenic diet conferences tend to have lots of great information, and this year's meeting in my home town of Baltimore, Maryland was no exception. However, it is really hard to top last year's historic meeting in New Orleans which included the first ever large symposium within the AES meeting: www.epilepsy.com/article/2019/1/historic-american-epilepsy-society-meeting-new-orleans

Sunday morning at 7am there was an "Investigator Workshop" entitled "Gut Microbiome and Epilepsy:

Paradigm Shifting Advances for Understanding and Treating Epilepsy". Although not a session specifically focused on the ketogenic diet, all the lectures focused on how important it may be to understand how changing the bacteria in your intestines (potentially with the ketogenic diet) could improve epilepsy. Speakers included Dr. Gloria Choi, Dr. Andrey Mazarati, and Dr. Elaine Hsiao, who wrote the paper in Cell last year that garnered so much attention on this issue. See www.epilepsy.com/article/2018/9/does-bacteria-your-gut-affect-seizures for more details.



???



Dr. Elaine Hsiao

Saturday at 3pm there was a session entitled "Best Practices in Clinical Epilepsy: Challenges in the care of patients with intractable epilepsy". The second lecture was from Courtney Haney RD from Johns Hopkins about ketogenic diets. Courtney highlighted the importance of teamwork and spending time going over the multiple diets and parent/patient expectations before the diet actually starts. The room was packed and literally standing room only!

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As is usually the case, Monday was the big "keto day". The morning 7am Special Interest Group included myself, Dr. Elizabeth Felton (Wisconsin), Dr. Karin Borges (Australia), and Gabrielle Sarlo (American University, DC).

Dr. Felton and I presented a point-counterpoint combined lecture on the challenges and opportunities from a pediatric and adult perspective on how to best transition older teens to adult ketogenic diet centers. Dr. Borges discussed her experience with MCT oil in human and animal studies of the ketogenic diet, and finally Ms. Sarlo highlighted her work at Children's National Medical Center in creating a 2-page, standardized, parent-reported information form in order to ask important questions before the clinic visit that could be easily forgotten or ignored.

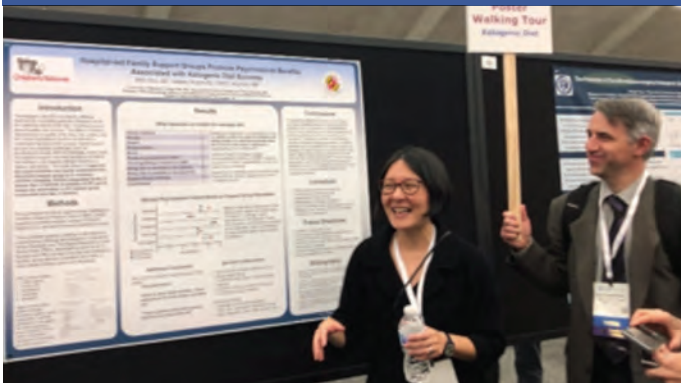
The annual "Keto Walking Tour" of important posters occurred at 1pm on Monday and was led by myself and attended by over 20 AES members and guests.

We visited 7 posters, but there were over 20 posters altogether highlighting the latest clinical and basic science research! We certainly couldn't visit them all on the tour this year! Some of the highlights were:

- Creation of a credit card sized "emergency guide" to give parents of children on the ketogenic diet to avoid problems in outside hospitals (*Boston Children's Hospital*)
- Comparison of the perceived effects of the ketogenic diet vs. antiseizure medications on quality of life from a parental perspective (*Royal Manchester Children's Hospital*)
- Incidence of leukopenia (low white blood cell counts) in some children on the ketogenic diet (*Northeast Regional Epilepsy Group*)
- Value of using the ketogenic diet in an emergency situation (*Children's Hospital of Philadelphia*)
- Finding that hospital-led support groups, meetings, phone calls strongly promote parent psychological benefits for ketogenic diet centers (*Children's National Medical Center*) – see photo below of presenter Dr. Amy Kao and myself



The meeting also was attended as usual by representatives of charity support groups (Matthew's Friends, Glut1 Deficiency Foundation, and Charlie Foundation), and formula companies Nutricia and Ajinomoto. A new company present was Trumacro Nutrition and they had foods, snacks and ketone esters available for tasting. See photos. The next American Epilepsy Society annual meeting will be in December 2020 in Seattle, Washington.



Emma Williams and Julie Fountain from Matthew's Friends proudly showing a Baltimore Ravens shirt that was winging its way back to the UK for Matthew to wear, as I have it on good authority that Matthew is a Ravens fan!



Dawn Martenz from the Charlie Foundation

Tips on managing a medical Ketogenic Diet during the Coronavirus pandemic

Although it is always nice to use fresh and organic produce where possible, we should think now particularly about **ACCESSIBILITY** and **AFFORDABILITY**. Here are some practical considerations for shopping, cooking and carrying on keto!

The following might prove helpful to you:

BATCH COOK AND FREEZE: Choose recipes that can be made in bulk, meals like all-in-one muffins, cakes, biscuits, as well as soups, stews and curries. Check out our website and YouTube channel for recipes.

BUY CANNED/JAR OR FROZEN FRUIT: ie low-carb berries and Rhubarb (please check that the fruits are in juice and not syrup if tinned) and vegetables, ie mushrooms, peppers, onions. Tinned vegetables are usually in water but some can be in oil. All these can be easily stored and you don't have to worry about accessing fresh if that ends up proving difficult. However, please remember to check the food values especially when using tinned produce as the carbohydrate levels can sometimes be lower in tinned varieties of fruit and vegetables as opposed to fresh or frozen. Always check the labels.



If you buy pre-frozen avocado it does stay green, if you freeze it from fresh at home it can discolour quite badly. The texture is not great and the flavour can change slightly but it would be fine for mashing and mixing with mayonnaise for a high fat dip or mix it with cocoa for a mousse.

BUY CANNED OR FROZEN MEAT FISH AND SEAFOOD:

Tinned ham is great for adding to omelettes, Tinned Corned Beef can be used for a Hash using Celeriac as a replacement for potatoes. Frozen fish and seafood can make quick tasty meals cooked in butter with dried herbs added for flavour. Smoked fish, such as smoked mackerel will have a longer fridge life than regular fish.



Remember that if you like to buy fresh, organic produce and you want to be able to store this, then freezing can still be a method you can use. Most fresh fruit and vegetables can be frozen with a little preparation and if you are unsure then Google has a wealth of information on how to do this. A couple of these website links are as follows: :

www.bbcgoodfood.com/videos/techniques/how-freeze-fruit-and-vegetables

www.tasteofhome.com/article/can-you-freeze-raw-vegetables-and-fruits/

Buy long-life fat options, such as coconut oil (you can buy brands that don't have coconut flavour if you wish, ie KTC brand), sachets of coconut cream, nut and seed oils, mayonnaise. If the shelves are bare of these then don't forget old favourites such as Beef Dripping and Lard which you can find in the chiller cabinets.

Don't forget to save the fat from the roasting joints (dripping) you do at home and keep it in a container in the fridge – all good to use for cooking and adding flavour too. Another positive is nothing goes to waste.

Fresh double cream can be frozen if whipped first. Whole milk can be frozen and defrosted in the fridge (usually needs a good shake when defrosted). Long life versions can be bought of all the milks, including the plant based varieties such as Alpro Light soya milk, which can be kept in the cupboard.



Hard cheese, ie cheddar, can be frozen either in a block or after grating. The texture can be a bit crumbly after defrosting if you want to slice it.

Keep a stock of dried items for baking, such as ground almonds, flaxseed, psyllium husk, desiccated coconut and dark chocolate. A small goblet blender can readily grind whole nuts and seeds into an appropriate texture for baking.

Check out our short video tutorials, with titles that include 'Low-carb/keto omelette on a budget', 'Low-carb/keto risotto on a budget', 'Keto on a budget', 'Bread Rolls', 'Sausage Rolls' and 'Freezing Keto Food'. You can access ALL the videos here:

www.matthewsfriends.org/keto-kitchen/keto-cooking-channel/



cooking-channel/

Also, while you are checking up on your older relatives, don't forget to ask them their advice. Grandma's (and Grandad's!) are a wonderful source of information on how to store food and how not to waste anything as they certainly didn't have the choice we have now, so get them chatting! Let's face it, we have a Great-Grandma that runs our ketokitchen and she is AMAZING!

DO YOU HAVE A TIP TO SHARE? Please contact us at enq@matthewsfriends.org and we will share your tips on Matthew's Friends social media.

NEED SUPPORT, OR JUST A 'KETO FAMILY' CHAT?

Join our Facebook closed forum for parents/carers and patients on a medical Ketogenic Diet. Together we are strong! Complete the form here to join www.matthewsfriends.org/ketotraining-family-access/

If you are not a Facebook user, then our telephone support line is open. Please text your query to **07884 054 811**.



HAVING TROUBLE GETTING TO THE SUPERMARKET OR GETTING SUPPLIES?

Join your LOCAL Facebook groups. Many communities are organising help for vulnerable people and families during this crisis. Don't be afraid to ask for help for your child or loved one.

The general public may not always be aware of the ketogenic diet for medical purposes, but will always respond well when they understand that your child/loved one is on a strict specialist medical diet to help stop seizures.



KEEP IN TOUCH! "Once a Matthew's Friends, always a Matthew's Friend". A quote from one of our long-term Keto Mum's. We are here to help and support you, but as always, please consult your dietitian/medical team if you are unsure of anything, before adding any new products to your prescribed Ketogenic Diet or have any medical concerns at all.

Most of all, stay safe and keep well.

With love from the Matthew's Friends Team



Messages from our friends at Nutricia, Vitaflo and Ketocare



We know that many people rely on our products and we take this responsibility very seriously. We would like to reassure you that the availability of our products and the continuity of patient care through our Nutricia Homeward Service is a priority.

We are fulfilling orders as usual and have supplies for everyone who has been prescribed our products. Please continue to order your products in their usual quantities as this will help you, and everyone else, get regular, uninterrupted supplies.

We have been monitoring developments closely since the beginning of the COVID-19 outbreak and working hard to ensure the continuity of our products and services. We are in regular dialogue with our factories and suppliers so that we are in the best possible position to respond quickly to the evolving situation.

We recognise this is an extremely anxious time for everyone so please be assured we are doing everything we can to make sure that you get the products you need.



Vitaflo is closely following developments in the outbreak of Covid-19 and is working in close cooperation with the wider Nestlé Health Science group. At the present time, we do not foresee any potential impact on the supply chain for Vitaflo products.

Vitaflo is in regular dialogue with its co-manufacturers and raw material suppliers so that we are in the best possible position to respond quickly to the evolving situation whilst ensuring continued supply of Vitaflo products to our customers. In the meantime, please help us to ensure that supplies are not disrupted by continuing to order Vitaflo's products in their usual quantities.



KetoCare would like to reassure all patients and families that we do not foresee any issues with the availability of any KetoCare products during this unstable period. We are working closely with manufacturers and suppliers ensuring that all patient needs are met to help all through the ever evolving situation. Should any queries or issues arise, please don't hesitate to contact enquiries@ketocarefoods.com

Thank you and take care.

Happy **LOW CARB** Easter

STOCK
AVAILABILITY
MAY VARY DUE
TO INCREASED
ONLINE
ORDERING

EASTER TREATS!

STOCK
AVAILABILITY
MAY VARY DUE
TO INCREASED
ONLINE
ORDERING

Easter is on its way! Here are some egg suggestions you may like to try, as always check the nutrition labels for keto suitability and check with your dietitian.

Don't forget to use Easyfundraising when buying online! [Click here](#)



Green & Black's
70% Organic Dark
Chocolate Egg 165g
Gluten free.

£6.59
[CLICK HERE](#)



Montezuma's
extraordinary
British chocolate

£6.00
[CLICK HERE](#)



Holland and Barrett
no added sugar
chocolate buttons

£3.49
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Added Sugar Egg

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(Contains xylitol)



M&S Cheese Easter
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Barber's Farmhouse
cheddar with a 'yolk'
of Red Leicester

£8.50
(for 360g or six eggs)
Available in store now.



The Works - Easter
Filler Eggs In Giant
Egg - 24 pack

£4.00
[CLICK HERE](#)



Butler's Cheese
Cheesealicious
Cheddar Cheester Egg

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EASTER RECIPES



FROM OUR KETOKITCHEN

Again Mo has been working her magic in the kitchen. Hopefully some of these recipes will be nice to use with the weather getting better and Summer on the way. You can also see Mo demonstrate Bacon Nut Free Muffins and Spinach Frittata on the new films that are coming out on our Ketokitchen YouTube channel [Click here](#)



Visit Matthew's Friends
#KetoKitchen YouTube channel
for Ketogenic recipe demonstrations and tutorials!

PLEASE ENSURE YOU CHECK PRODUCT LABELS FOR VALUES.

These recipes will need to be adapted to EACH INDIVIDUALS prescription. Please take these recipes to your dietitian and he / she will help you to do this.

PLEASE DO NOT ATTEMPT ANY TYPE OF KETOGENIC DIET WITHOUT MEDICAL SUPERVISION

NUT FREE BACON MUFFINS

INGREDIENTS

- 10g Grilled streaky bacon
- 27g Butter
- 6g Mature cheddar cheese
- 24g Eggs
- 14g Golden omega milled flaxseed – VIRGINIA HARVEST
- 5g Spring onions
- 10g Ultra fine fiberflour – LONJEVITY FOODS
- 25g Double cream
- You will also need ¼ teaspoon of BARKAT baking powder, a pinch of dried herbs and pepper (optional).

- Soften the remaining butter, grate the cheese and finely chop the onion.
- Mix the Fiberflour, flaxseed and Barkat together.
- Mix in the butter, cheese, onion and bacon, combine with the beaten egg and cream.
- Pinch of dried herbs or a little pepper.
- Put in a muffin mould and leave to stand for 10 minutes.
- Cook for approximately 20 minutes until risen and brown.



CLASSICAL 3.20:1 RATIO
CHO: 2.45G
FAT: 47.73G
PROTEIN: 12.47G
KCAL: 489



METHOD

- Pre heat oven to 170c / fan 150c / gas 5.
- Reserve 11g of the butter for serving.
- Chop the bacon into fairly small pieces.

MO'S TIPS

This muffin is a very low carb, so will allow the addition of vegetables or salad to complete the meal if required. They batch up well and freeze, but when you batch up, keep the bacon to one side and add when you have weighed out the mixture for each muffin, this ensures you get the correct amount in each one.

SPINACH FRITTATA

INGREDIENTS

- 48g Spinach
- 24g Mushrooms
- 23g Potatoes – boiled
- 24g Olive oil
- 100g Eggs
- 8g Double Cream
- 13g Mature cheddar cheese
- 10g Ham You will also need a little seasoning).

- Whisk together the egg and cream with a little seasoning.
- Heat a frying pan with the olive oil and fry the mushrooms for one minute, then add the potato, ham and spinach, cook until the spinach wilts down, it seems like a lot but it reduces very quickly.
- Stir in the egg mixture and cheese. Cook for a few minutes then place under a hot grill just to finish cooking the top. Slide gently on to a serving plate.



MKD
CHO: 5.25G
FAT: 42.41G
PROTEIN: 20.10G
KCAL: 483



METHOD

- Chop the mushrooms, the spinach leaves (ready washed), potato and ham.
- Finely grate the cheese.

MO'S TIPS

This is a substantial meal. Before weighing the spinach, discard any thick stalks.

BLUEBERRY MOUSSE

INGREDIENTS

- 72g Blueberries
- 122g Double cream – MORRISONS
- 3g Gelatine leaf – DR OETKER SELECT PREMIUM GRADE.
- You will also need a 15g of sweetener, I found SUKRIN MELTIS ICING to be the best, but any other granular or powder sweetener will do, however you may need to adjust the amount as sweeteners can vary.

- Soak the gelatine leaves in a little cold water for approximately 5 minutes, drain and squeeze out excess water.
- Put back into the dish and add 10mls of boiling water, stir until the gelatine has completely dissolved, set aside to cool.
- Whip the cream until just thickened, do not over whip!! Stir the gelatine into the puree followed by the whipped cream. Place into two moulds of your choice.



MKD
CHO: 8.50G TOTAL
4.25G EACH IF MAKING 2
FAT: 61.75G
PROTEIN: 5.06G
KCAL: 610



METHOD

- Start by making a puree of the blueberries, I did this by placing them in a polythene jug with the sweetener and then blitzed with a handheld stick blender.

MO'S TIPS

This makes 2 portions, the spare one will keep for up to 4 days in the fridge or you can freeze it. It could be served semi frozen as an ice cream.

CARAMEL MERINGUES

INGREDIENTS

- 38g Egg whites
- 19g Blueberries - MORRISONS
- 60g Double cream - MORRISONS
- 30g Icing - NATVIA or SUKRI
- You will also need a few drops of vanilla extract, ¼ teaspoon of cream of tartar, a tiny pinch of salt and some purple food colouring.

METHOD

- Pre heat oven to 140c / fan 120c/gas 3.
- Reserve the cream and blueberries.
- Mix the cream of tartar and salt with the icing, then WHISK together with the egg white until stiff.

- Place on non stick parchment on a baking tray in small nests, I made 5.
- Cook for approximately 40 minutes until they have turned golden brown, turn off the oven and leave them there until absolutely cold – overnight is good if you can!
- Whip the cream with some purple food colouring and divide between each nest, 12g for each one.
- Make purple eggs with the blueberries, cut them in half and divide equally.

If you make 5 meringues, each one will have: 6.0g fat / 1.0g protein / 0.7g CHO

MO'S TIPS

These meringues are crunchy right through and have a slight caramel flavour, if you prefer them to remain almost white then set the oven to 130c / fan 110c / gas 2, either way they are lovely.

The meringues without cream will keep in a plastic container for at least 10 days. They are useful as dessert or a treat.



MKD
CHO: 3.34G
FAT: 30.36G
PROTEIN: 5.14G
KCAL: 307



HOT CROSS BUNS

INGREDIENTS

- 80g Almond flour flurry – Holland and Barrett
- 52g Eggs
- 12g Psyllium husk – Telephone Brand Sat-Isabgol
- 9g Sultanas
- 2g Orange zest
- 4g Butter
- You will also need a pinch of salt, 1 teaspoon BARKAT baking powder, 7g white wine vinegar, 85g boiling water, 1 teaspoon mixed spice or cinnamon and 10g STEVIA granules or sweetener of choice.

METHOD

- Pre heat oven to 180c / fan 160c / gas 4. Chop the sultanas and finely grate the orange zest then weigh it!
- In a heatproof bowl mix together the almond flour, husk, sweetener, baking powder, salt, mixed spice, sultanas and orange zest. In to this stir the beaten egg, vinegar and butter cut in to pieces, mix well.
- Pour in the boiling water then stir until a stiff dough forms.
- Divide in to three equal sized buns, mark each with a cross and place on a lined baking tray, cook in a pre-heated oven for approximately 25 – 30 minutes.



MKD
CHO: 12.07G
FAT: 52.80G
PROTEIN: 23.64G
KCAL: 618



MO'S TIPS

They can be eaten as they are or split and spread with butter. You could divide in to 4 smaller buns which would make them an ideal snack, they would only need approximately 15 – 20 minutes cooking. When they had cooled, I glazed them with a little JOSEPH'S sugar free maple syrup, this is optional.

Each bun if divided in to 3 will have: 17.6g fat / 7.8g protein / 4g CHO

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EASTER FAT BOMBS

INGREDIENTS

- 11g Cacao Butter - Sevenhills Organic
- 17g Lindt 90% Cocoa Dark Supreme
- You will also need approx 2ml liquid sweetener (to taste) a few drops of flavouring orange extract is nice.

MO'S TIPS

The recipe made 11 fat bombs in the moulds I used giving 1.8g fat in each one Protein and Cho too low to count in each one. You may need to calculate according to the number you make.

METHOD

- Melt the cacao butter & chocolate together. Stir in the sweetener & extract. Pour into moulds set in fridge.
- They are best stored in the fridge but they do stay firm for quite a while at room temperature as long as it is not too warm! I used a little gold and silver food spray this is optional



CHO: 2.38G
FAT: 20.35G
PROTEIN: 1.70G
KCAL: 199



EASTER NESTS

INGREDIENTS

- 40g Egg White
 - 60g Double Cream - Morrisons
 - 10g Cacao Butter - Sevenhills Organic
 - 14g Lindt 90% Cocoa Dark Supreme
 - You will also need 30g of Sukrin or Natvia
- ICING a pinch of Cream of Tartar and a tiny pinch of salt

MO'S TIPS

The meringues will store well in an airtight container for at least 7 days. Put the whipped cream, 10g per nest, and the chocolate egg on the nests up to 3 hours before they are served. Use the spare chocolate to grate a little over the nests. One will be enough for 6 nests. You can of course increase the cream if you need more fat!

Each nest gives:

Fat: 8g Pro: 1g Cho: 0.5g

METHOD

- Melt the chocolate & cacao together add a few drops of liquid sweetener and some flavouring (I used Orange Extract). Then divide into 7 little egg moulds leave to set in fridge.
- Reserve the cream, whisk the egg whites with the icing, cream of tartar and salt. Whisk until stiff.
- Place in 6 equal sized nest shapes on nonstick parchment lined baking tray. Place in a preheated oven 130c/ fan 110c/gas 2 and cook for 40mins. Turn off the oven and leave to go completely cold in the oven. If you can leave them overnight all the better!!
- The meringues will be very dry and crunchy. When ready to Serve decorate with whipped cream and the chocolate eggs & chicks.



CHO: 2.92G
FAT: 48G
PROTEIN: 6.62G
KCAL: 470



FAMILY EASTER CAKE

INGREDIENTS

- 200g Almond Flour Flurry - Holland & Barratt
- 180g Butter
- 300g Raw eggs
- 2g Orange zest
- 10g Psyllium Husk Telephone Brand Sat-Isabgol
- 25g Raisins
- 25g Sultanas
- 50g Tinned Pineapple
- 19g Coconut Flour TIANA
- You will also need 100g of SUKRIN GOLD, 1 teaspt cinnamon(optional) and 50g of Sukrin or Natvia ICING a few drops of almond Extract and 1 teaspoons of Barkat Baking Powder

METHOD

- Start by making the marzipan. Mix together 50g of the ground almonds with 50g ICING sweetener with a few drops of almond extract and 1 teaspt water.
- Stir to a stiff paste then divide into 12 balls/eggs. Set aside to dry best done the day before!.

- You can leave them plain or have some fun painting them with food colouring.
- Chop the sultanas, pineapple & raisins finely. I use scissors to make this easier.
- Heat oven to 170c/Fan 150c/ gas 4
- Mix together the 150g Almond Flour & TIANA coconut flour with the Barkat and cinnamon if used Soften the butter and beat in the SUKRIN GOLD sweetener then the flour mixture.
- Whisk the egg til light & frothy Stir into the mixture and combine well Stir in the fruit & orange zest
- Place in a greased and lined 7 or 8 inch cake tin.
- Cook for approx 45mins til cooked through. Decorate with the marzipan balls and any other Easter themed items you may have



CHO: 60.0G
FAT: 290.0G
PROTEIN: 85.5G
KCAL: 3,193



MO'S TIPS

I have added a some whipped cream to decorate the top of the cake this is optional or, you could make some butter cream which would keep better. Either will of course add more fat to the recipe depending on how much you use. You can use any ground almonds I find Whitworths to be a very good substitute.

12 even sized portions + 1 marzipan egg each it will give
Fat: 24g Pro: 7g Cho: 5g

RECIPES OF THE MONTH!



Serving suggestion

Nutrition Information

Carbohydrate	11.7g
Calories	874kcal
Fat	82.5g
Protein	15.9g
Ratio	3:1

BAGELS

Ingredients (makes 2 bagels)

- 41g KetoCal 3:1 Powder
- 28g Tiana coconut flour
- 62ml KetoCal 4:1 LQ (Unflavoured)
- 25g salted butter
- 8g Philadelphia cream cheese

Directions

1. Preheat oven to 160°C/gas mark 3
2. Melt 25g butter, let it cool, mix dry ingredients together, add the butter, KetoCal LQ and 8g Philadelphia and mix until a dough is formed
3. Pipe into doughnut tin or place onto lined baking sheet. With wet fingers make a hole
4. Brush top with water and sprinkle on poppy seeds, mixed herbs or ground pepper and salt
5. Cook for 12-15mins (if a larger ring is used, increase cooking times accordingly)
6. Mix the 40g cream cheese and 13g butter together and spread on toasted bagel or cut bagel into slices (bagel chips) and use to dip into the cheese mix

"This recipe is great for breakfast or filled for lunch or dinner!"

Chef Derek

For the cheese mix

- 13g salted butter
- 40g Philadelphia cream cheese

CINNAMON AND BLUEBERRY TOAST

Ingredients

- 32g KetoCal 3:1 Powder
- 10g fresh double cream, including Jersey cream
- 2g carb free baking powder e.g. Barkat
- 13g egg
- 5g water
- 10g salted butter
- 20g blueberries
- Pinch of ground cinnamon as desired

Directions

1. Preheat oven to 170°C/gas mark 3
2. Mix KetoCal with cream, baking powder, egg, sweetener and water in a bowl
3. Melt butter and add to mixture
4. Chop the blueberries into small pieces, and add to mixture with a pinch of cinnamon
5. Place mixture on sheet of baking paper
6. Spread out thinly in 6" squares
7. Cook for 10-15 mins or until golden brown



Serving suggestion

Nutrition Information

Carbohydrate	5.1g
Calories	377kcal
Fat	36.5g
Protein	7.0g
Ratio	3:1



Serving suggestion

Nutrition Information

Carbohydrate	15.1g
Calories	497kcal
Fat	44.2g
Protein	5.4g
Ratio	2.15:1

PEPPERMINT PATTIES

Ingredients

- 25g coconut butter by Coconut Merchant
- 25g coconut cream
- 10.5ml KetoCal 4:1 LQ (Vanilla)
- 33g dark chocolate (Green and Blacks 85%)
- 10g sweetener, Truvia

Directions

1. Melt chocolate in a double boiler, add sweetener and KetoCal LQ
2. In another bowl, mix cream and butter together, add whatever flavour you like (peppermint, orange, vanilla)
3. Divide mixture into desired number of patties (up to 10), place onto a lined baking sheet and freeze for an hour
4. Once frozen, dip into the chocolate and let set

"Great sweet treat for Easter, birthdays, Christmas, or just to use as a fat bomb"

Chef Derek



THESE RECIPES WERE CREATED ON MYKETOPLANNER

The dietary planning tool that provides flexibility and variety for the ketogenic community

MyKetoPlanner.co.uk

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National Epilepsy Week

18th - 24th May 2020
#MoreThanSeizures UK



Sugar Free November for Epilepsy Campaign

#cutthecabbage



With event planning being effected by the Coronavirus epidemic, please visit our website www.matthewsfriends.org for updates on the forthcoming events and the following websites;

KetoCollege click [here](#)

3rd European Glut1 Conference click [here](#)

7th Global Symposium on Medical Ketogenic Dietary Therapies click [here](#)

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Purple Day 2020

Due to the current Coronavirus pandemic, our fundraising and events for Purple Day for epilepsy awareness on March 26th were severely affected.

We would like to thank all who went Purple and the dietetic teams at Great Ormond Street Hospital, Birmingham Children's Hospital and the Royal Manchester Children's Hospital, who were planning informational stands at their respective hospitals, with our free Purple Day and Ketogenic Diet resources. We appreciate your amazing work! Let's all look forward to a fantastic Purple Day 2021!

It's not too late to donate! All donations will go towards helping children and adults with drug-resistant epilepsy and their families.

Click [here](#) to visit the just giving page **JustGiving™**



#PURPLEDAY2020

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for the amazing work they do every day to help families get their lives back!





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COVID-19

General advice for persons with epilepsy

March 30th 2020

Authors: ERN EpiCARE STEERING COMMITTEE

1.1. COVID-19/ GENERAL ADVICE FOR PERSONS WITH EPILEPSY

Never discontinue your antiepileptic medication without medical advice from an adult or child neurologist.

Families and patients should avoid presenting at emergency departments and understand that it may be advisable to postpone all hospital visits, unless absolutely necessary, in order to avoid the risk of people becoming infected. If needed call your family doctor or your epilepsy specialist.

Individuals with epilepsy are not more likely to be infected by the virus.

Currently there is no information that people with epilepsy are more severely affected by COVID-19 than people without health conditions. We have no reason to believe that this could be the case.

We have no evidence that coronavirus can trigger seizures in people with epilepsy.

Some very rare forms of epilepsy (Rasmussen; Electrical Status Epilepticus in Sleep) sometimes treated with medicines that also affect their immune system (for example, ACTH, steroids, immunotherapies) may be at greater risk of developing more severe symptoms with viral illnesses. However, these medicines should NOT be interrupted. A rigorous respect of extra measures to social distancing should be sufficient. If you are concerned call your epilepsy specialist.

For some epilepsy syndromes, where seizures may be provoked by fever, the usual precautions should be taken. Paracetamol can be used – there have been suggestions that ibuprofen may facilitate or aggravate the coronavirus infection, and although there is no clear evidence that this is true, it may be prudent to avoid it until further data is available.

People with epilepsy may have other medical problems that could place them at higher risk of developing more severe symptoms with COVID-19. For example, people with restricted mobility, respiratory conditions (including asthma), diabetes mellitus, hypertension, severe heart disease, impaired immune function due to underlying conditions or drug treatment, obesity and older age.

If you experience a prolonged seizure at home, do not hesitate using emergency rescue medication earlier than usual (for example, after 2-3 minutes of an ongoing tonic-clonic seizure).

If seizure presentation changes think making a home video and request a teleconsultation. An EEG should be performed only if considered indispensable by an epilepsy specialist.

Keep a list of antiepileptic medications you take (including details on daily dose and administration modalities). Systematically share this list with the doctor you may consult. Some antivirals and other medicines may interact with an antiepileptic drug, reducing its effectiveness or resulting in adverse effects.

Currently there is no evidence of shortage of supply of antiepileptic medication over and above country specific issues. However, because of current confinement policies, ensure a regular supply of medication, do not wait the last day to visit your pharmacist. Stockpiling of medication should be discouraged.

More than ever, please ensure that you take your antiseizure medicines regularly and that you do not miss doses. Also ensure that you keep a healthy lifestyle and avoid factors, such as lack of sleep, that may facilitate the occurrence, or recurrence, of seizures.

If you were in the process of weaning an ongoing antiepileptic medication you should postpone it and seek for advice from a specialist in epilepsy. If you are undergoing changes in your medication, please also consult your epilepsy doctor to determine whether such changes should be reversed or postponed. These recommendations are intended to minimize the risk of your seizures getting worse at a time when the availability of medical services may be curtailed.

If you are living alone make sure having a regular contact with a family member, a friend or even better with a neighbor several times a day.

If you suffer from associated anxiety and/or depression, call if needed your epilepsy specialist and/or neuropsychologist or psychiatrist.

Children receiving methylphenidate for an Attention Deficit – Hyperactivity Disorder (ADHD) should not interrupt treatment during confinement.

Contact: If you are looking for **emergency medical advice** and you want us to transfer your request to a member of the European Reference Network for Rare and Complex Epilepsies EpiCARE in your country you can write to our **Epilepsy Nurse Coordinator** : ghe.epicare.coordination@chu-lyon.fr. Provide the age of the patient and not more than 5-10 lines summarizing the emergency issue you are facing.

Considering the priorities all medical teams are facing during the ongoing pandemic crisis only medical emergencies will be treated.

Please refer to official sources when looking for information.

Do not believe and avoid diffusing fake information.

WHO: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

ILAE: <https://www.ilae.org/patient-care/covid-19-and-epilepsy/covid-19-and-epilepsy>

EPNS: <https://www.epns.info/covid-19-and-neurological-disorders/>

NHS: www.nhs.uk/conditions/coronavirus-covid-19/

LICE: https://www.lice.it/pdf/vademecum_coronavirus.pdf

LFCE: <https://www.epilepsie-info.fr>



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Email: referrals@independencehomes.co.uk

Our Vacancies

Service Name	Service Type	Who we can help
Kibblesworth Gateshead	Residential – 16 bed house, 1x self-contained studio flat	Dementia, mental health, physical disabilities, behaviours, epilepsy, acquired brain injury, Huntington's disease, multiple sclerosis (MS) speech impairment, stroke and visual impairment.
Hollybrook, Hampshire	Single occupancy House Own sleep-in staff member	Learning disabilities, autism, communication difficulties, challenging behaviours, complex needs, epilepsy. No physical disabilities, needs to be mobile.
Cedars Road Beddington	Supported Living – 5 bedroom house	People with mild/moderate learning disabilities, brain injury, epilepsy and challenging behaviours
Kingly Lodge Leicester	Residential – 5 bed service	Acquired brain injury, sensory impairment and slow rehabilitation.
Kingly Terrace Leicester	Residential – 8 bed service	Acquired brain injury, sensory impairment and slow rehabilitation
Kingly House Leicester	Residential – 17 bed service	Acquired brain injury, sensory impairment and slow rehabilitation
Kingly Croft Leicester	Residential – 6 bed service	Acquired brain injury, sensory impairment and slow rehabilitation.
Prospect Court Sutton	Supported Living – 28 beds, 2 bed self-contained flat shared.	People with mild/moderate learning disabilities, brain injury, epilepsy and physical disabilities. Headway accredited.
Charsley House (Prospect Court) Sutton	Supported Living – 3 bed shared house with self- contained bedsit with own bedroom, bathroom and shared kitchen.	People with mild/moderate learning disabilities, brain injury and epilepsy. Headway accredited.
Woodland Court, Caterham	Supported Living, 2 bedroom self-contained flats.	People with mild/moderate learning disabilities, all physical disabilities, brain injury



Website: www.activecaregroup.co.uk

Fundraising for Matthew's Friends

There are so many people to thank that we can't always do this individually in our newsletter, but please visit our website to read about all the fantastic activities and mad cap ideas our supporters do to raise money for us. A HUGE thank you to all of you. Please know that we are so grateful and it is YOU that make all the work we do possible. Please like and follow us on **f Matthew's Friends** and Twitter **@matthewsfriends** for up to date news on all our events. Please support us and request an MF fundraising pack today from enq@matthewsfriends.org

£500 donation from Cumberworth Junior FC!

We were contacted last October by Michael Mannifield from Cumberworth Junior FC with the sort of message any charity is thrilled to receive.

'As part of our community programme, Cumberworth Junior FC, donate to charity every two years. Why every two years? It's because we give pride of place to these charities on our Alternate Kits.

This season we asked our players, supporters and sponsors to nominate charities that had a special place in their families. Charities that they've dealt with first hand and who have touched their lives in some way.

I'm very pleased to be able to say that the Matthews Friends was nominated

by one of our U15 parents and chosen by the committee as principle 'sponsor' of our 2019/20 alternate kit.

We hope to be able to share your messages/events via our social media platform as well as raise awareness of your cause when the players wear the kit at training and away matches.

We are a large football club based on the Huddersfield/Sheffield border and we have 4x open age teams and 18x junior teams - from U8-U16. We have over 350 registered players playing games as far away as Rochdale/



Littleborough to Bradford and from Sheffield to Leeds.

As part of our scheme we'd like to present a cheque of £500 to the charity and we hope this helps.'

Cumberworth JFC were made aware of us by a family that has links with both us and the football team. A link for which we are very grateful.

Sadly, on this occasion, we didn't get to meet Michael and the rest of the team, but we send our heartfelt thanks and gratitude to all concerned!

NOVEMBER IS #SUGARFREEFOREPILEPSY MONTH EACH YEAR

Last November Tom Pugh, Jessica Broatch and Helen and Sam Truan all went #SugarFree for Matthew's Friends and raised a fantastic **£1105.46** between them! Thank you so much.



I WENT
#SUGARFREEFOREPILEPSY
IN NOVEMBER 2019
FOR MATTHEW'S FRIENDS CHARITY!

WWW.MATTHEWSFRIENDS.ORG

WWW.JUSTGIVING.COM/CAMPAIGN/SUGAR-FREE-FOR-EPILEPSY-NOVEMBER

If you would like to get involved and help us in any way, please contact the Matthew's Friends office on **01342 836571**, or email enq@matthewsfriends.org. Every penny helps us to make the difference to the many families and Ketogenic centres we support. Please help us to continue our work and extend our services through 2020 and beyond, thank you.