

KETOGENIC THERAPIES

ONLINE | SPRING NEWSLETTER 2022 | SEVENTEENTH EDITION

MATTHEWS FRIENDS
Ketogenic Dietary Therapies
Information • Training • Research • Support
Registered Charity No. 1108016

MATTHEWSFRIENDS.ORG

#STANDWITH UKRAINE

**MATTHEW'S FRIENDS
SUPPORT THE PEOPLE
OF UKRAINE DURING
THESE TERRIBLE TIMES**

PRAYING FOR PEACE

SPECIAL FEATURES INSIDE:

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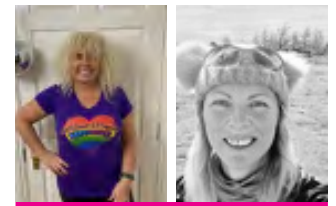
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**PLEASE SUPPORT MATTHEW'S FRIENDS
PURPLE DAY - 26TH MARCH**
VISIT: [JUSTGIVING.COM/CAMPAIGN/MATTHEWSFRIENDSPURPLEDAY2022](https://www.justgiving.com/campaign/matthewsfriendspurpleday2022)



GLOBAL ADVOCATES OF KETOGENIC DIETARY THERAPIES FOR EPILEPSY SINCE 2004

RUN THE ROYAL PARKS HALF MARATHON FOR KETO FAMILIES 9TH OCTOBER 2022

For more information contact:
enq@matthewsfriends.org
Race info: royalparkshalf.com





Ketogenic Dietary Therapies
Information • Training • Research • Support
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🌐 www.matthewsfriends.org

🌐 www.ketocollege.co.uk



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/>



EpiCARE



European
Reference
Network
for rare or low prevalence
complex diseases
Network
Epilepsies (ERN EpiCARE)



Medical Ketogenic Diet Support Forum



Matthew's Friends Supporting Patients and Families

ONLINE INTRODUCTORY AND INFORMATION FILMS

At your leisure, view films made by the Matthew's Friends Team led by the Chair of our medical board, Professor Helen Cross OBE.

Topics include:

- History of the diet
- Different types of diet available
- The need for medical management
- Side Effects of the diet
- Recipe and ingredient demonstrations
- Family Stories



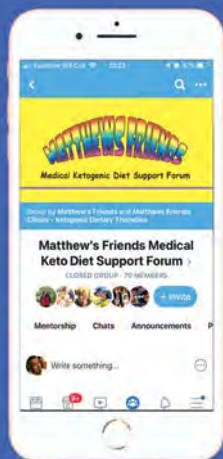
FACEBOOK FAMILY SUPPORT FORUM

Once you or your loved one is on a medically supervised ketogenic dietary therapy, you can gain access to our Facebook support forum by filling out the request form and sending it to us. You will then be invited to join the forum and get to know other families in the same situation as yourself, where you can discuss any problems or concerns you may have or share your successes, recipes and handy hints and tips that makes things work for you.

This is a safe and confidential forum which is moderated by the Matthew's Friends team of past and present Ketogenic Ambassadors and Regional Co-ordinators all of whom have a wealth of experience. Our KetocheFs will be also be on hand to answer any food questions for you and from time to time we will have guest professionals join us for specific question and answer sessions on topics that YOU want addressed.

Click the button below for access to the films and the Facebook support forum.

CLICK FOR ACCESS



**THE MATTHEW'S FRIENDS KETOGENIC
TELEPHONE SUPPORT LINE +44 (0) 788 405 4811**



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

**CONSIDER A MEDICAL KETOGENIC
DIETARY THERAPY**

Contact Matthew's Friends at enq@matthewsfriends.org for an information pack.
www.matthewsfriends.org

MATTHEW'S FRIENDS 6TH ANNUAL KETOCOLLEGE PROGRAMME

VIRTUAL MEETING

24-26 MAY 2022



AN ADVANCED CPD COURSE FOR NEW AND REFRESHER KETOGENIC THERAPY LEARNING AND NETWORKING

In its 6th year, KetoCollege 2022 offers both scientific background and practical training in all aspects of implementation of the different Ketogenic Therapies.

Led by recognised Ketogenic Diet experts, it will include presentations, workshops and time for networking. Registrations are welcome from allied medical health care professionals currently working with or looking to expand their knowledge of Ketogenic Dietary Therapies.

To register your interest please email:
ketocollege@mfcclinics.com

CPD APPLICATIONS PENDING

FOR THE FULL PROGRAMME, PLEASE VISIT: WWW.KETOCOLLEGE.CO.UK

DAY 1: TUESDAY 24TH MAY
MEDICAL MASTERCLASS



PROF. HELEN CROSS OBE

Presenting:
**Introduction to
Ketogenic Dietary
Therapy and when
to consider these
therapeutic options**



PROF. COLIN DOHERTY

Presenting:
**Ketogenic Dietary
Therapies for Adults**



PROF. STÉPHANE AUVIN

Presenting:
**Report from Global
Symposium 2021 and
launch of International
Ketogenic Society (INKS)**



PROF. ERIC KOSSOFF

Presenting:
**Ketogenic Dietary
Therapies and
Anti-Seizure Drugs**



DR. ANITA DEVLIN

Presenting:
**Management
of emergency
situations**



PROF. JOERG KLEPPER

Presenting:
**Metabolic Disorders –
Glut 1 Deficiency and
Pyruvate Dehydrogenase
Deficiency**



DR ARCHANA DESURKAR

Presenting:
**Use of Ketogenic
Therapy in Other
Conditions**

NETWORKING AND Q&A | VISIT EXHIBITOR STANDS



KETOGENICS



DAY 2: WEDNESDAY 25TH MAY

DIETETIC MASTERCLASS



JEN CARROLL RD

Presenting:
**Preparing a family
for KDT and Modified
Diet Workshop**



SUE WOOD RD

Presenting:
**Considerations of
type of ketogenic
therapy to use with
each patient**



ZOE SIMPSON RD

Presenting:
**Classical Diet
Workshop**



ROWAN SUTHERILL RD

Presenting:
**Low Glycemic
Index Treatment
(LGIT) for Adults**



DR CAMILLA SALVESTRINI

Presenting:
**Practical solutions
to overcome with
feeding issues**

**NETWORKING
AND Q&A**

**VISIT
EXHIBITOR
STANDS**

We are extremely proud to have with us some very experienced Mentors teaching the programme this year and we would like to thank all their respective hospitals and centres who have allowed them to take time away from their busy clinics in order to be with us.



Matthew's Friends would like to thank the Ketogenic Dietitians Research Network (KDRN) for leading our workshops this year. If you would like to learn more about this group then please visit their website [here](#).

DAY 3: THURSDAY 26TH MAY
DIETETIC MASTERCLASS



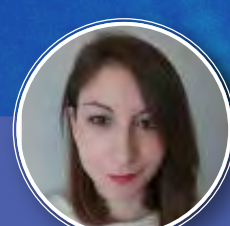
NICOLE MILLS RD

Presenting:
MCT Workshop



LUCY BELLIS ESN

Presenting:
**Dietetic assistant and
nurse workshop –
practical information
on supporting families**



SARA VIADERO PRIETO

Presenting:
**Dietetic assistant
and nurse workshop –
practical information
on supporting families**



DR ELLES VAN DER LOUW

Presenting:
**Ketogenic
Parenteral Nutrition
for Paediatrics**



VICKI WHITELEY RD

Presenting:
**Tube Feeding
and Blended Diets**



ZOE SIMPSON RD

Presenting:
**Monitoring and
Side Effects**



TRACY CAMERON RD

Presenting:
**Supplementation
and Medications**



RACHEL MESKELL RD

Presenting:
**Switching, discontinuing
and revisiting diet
therapy**



EMMA WILLIAMS

Presenting:
**How can
Matthew's Friends
help you?**



HELP LIGHT
THE WAY THIS
PURPLE
DAY!

PLEASE SUPPORT
MATTHEW'S FRIENDS
PURPLE DAY
26TH MARCH



Ketogenic Dietary Therapies
Information • Training • Research • Support

GLOBAL ADVOCATES OF KETOGENIC DIETARY THERAPIES FOR EPILEPSY SINCE 2004

PURPLE DAY IS NEARLY HERE - 26TH MARCH

Purple Day is a Global event created by Cassidy Megan in 2008 motivated by her own struggles with epilepsy.

The goal is to get people talking about epilepsy to help dispel myths, raise awareness, and let people that suffer with the condition know that they are not alone.

Matthew's Friends have been supporters and ambassadors for Purple Day here in the UK almost since the very beginning.

Please show your support on Purple Day by wearing purple, hair, nails, clothes, anything at all.

Hold a Purple Day event – a coffee morning is a fabulous way to get people together, now we are allowed again, for a chat over a cuppa and perhaps a purple cake or two.

Please follow the link and support Matthew's Friends this Purple Day.

[CLICK FOR LINK](#)

#purpleday
#purpledayeveryday

KETOSTAR T-SHIRTS

AVAILABLE FROM OUR ONLINE SHOP

KIDS £8.50/ADULTS £12.50 PLUS P&P

Great T-shirts with our KetoHero logo on them. Ideal presents for people and you are raising money for us at the same time. Click the button below to visit our shop!

[VISIT OUR SHOP](#)





CHEF DEREK'S RECIPE OF THE MONTH

ENJOY
DECORATING
SORRY ABOUT
THE MESS!

This basic sponge recipe can be used for cupcakes or whoopie pies! Great for desserts, lunch boxes or for a bake sale!

PURPLE
CUPCAKES



Ingredients:

15g beetroot, boiled in unsalted water
25g unsalted butter
15g Truvia sweetener
25g eggs
17g flaked and ground almonds
4g baking powder
20g Ketocal 3:1 Powder
3ml sugar free vanilla extract

Nutrition Information (for entire recipe):

Carbohydrate: 4.48

Calories: 478

Far: 46.03

Protein: 10.35

Ratio: 3:1

Method:

- 1 Puree the cooked beetroot until smooth
- 2 In a bowl, whisk the butter and sweetener with the vanilla extract until smooth and fluffy.
- 3 Add the beetroot, almonds, Ketocal 3:1 Powder and baking powder. Mix until you have a soft cake batter
- 4 At this stage you can add a few drops of purple food colour if you want a stronger colour
- 5 Place into cupcake cases or pipe onto a lined baking sheet for whoopie pies
- 6 Bake at 170°C for 8-10 minutes
- 7 The cakes can be frozen until needed for 3 months
- 8 Decorate with your chosen decorations



THIS RECIPE WAS CREATED ON MYKETOPLANNER

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

myketoplanner.co.uk

CHECK
MEALS ON
THE GO

SEARCH
AND EDIT
RECIPES

CREATE
DAILY
MEAL
PLANS

These recipes are intended for patients who have been prescribed a Ketocal product by a healthcare professional. Ketocal is a Food for Special Medical Purposes for the dietary management of drug resistant epilepsy or other conditions where the ketogenic diet is indicated and must be used under medical supervision.

Always consult your managing healthcare professional before making dietary changes. Allergens may be present, please check individual product and ingredient labels. If concerned about allergens please contact your healthcare professional.

OUR AMAZING FREE STARTER PACKS!

**AVAILABLE TO ALL
NEW KETOGENIC
DIET PATIENTS!**

**Request from your specialist
ketogenic dietitian or click
the order button below. Only
available in the UK and Ireland.**

CLICK TO ORDER

Click on FREE ITEMS FOR FAMILIES

(The image opposite is a guide - the Starter Pack contents may be subject to change without notice, due to stock and funding availability).



**FREE COPIES OF OUR RESOURCES ARE
AVAILABLE TO FAMILIES AND PROFESSIONALS**

If you would like to order a copy of any of these then please email our office on enq@matthewsfriends.org

- **Introduction and preparation for medical ketogenic Therapies in Children.**
- **Introduction to ketogenic Therapy for adults with Epilepsy.**
- **Colour and Shine - a Guide to making meals for adults and young people on Ketogenic therapy (patients can obtain this booklet via their dietitian).**

- **I am going on a ketogenic diet - a social story for children and their families going onto a ketogenic diet.**
- **Charity Booklet - updated version of our general charity booklet that gives an overview of the work we do as well as Ketogenic Dietary Therapies.**
- **Shopping List and Storecupboard Staples - never forget your essentials and favourites for your keto cupboards.**
- **Introduction to Medical Ketogenic Dietary Therapies.**

SEASONAL RECIPES

FROM OUR KETOKITCHEN

SPRING HAS SPRUNG thank goodness! Evenings are getting lighter, the daffodils are out and everyone starts to feel just a little bit brighter as Summer approaches.

During Spring we look forward to Purple Day, Mother's Day and Easter Bank Holidays, so some nice reasons to get together and as always, Mo never disappoints with appropriate recipes!

We hope you enjoy trying some of these, the chocolate mallows being particularly yummy! However, just a little word of warning, the Chocolate mallows and the icing on the celebration cake does contain Maltitol which can affect blood sugars, so be careful especially if you are sensitive to blood sugar changes.

We hope you all have a lovely Spring season.



**For Ketogenic recipe demonstrations and tutorials
click the below to visit Matthew's Friends**

#KetoKitchen YouTube channel



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

BAKEWELL CAKE - TRAYBAKE

INGREDIENTS

- 10g Flaked toasted almonds - MORRISONS
- 70g Coconut powder - TRS or EAST END
- 52g Eggs
- 20g Soft cheese - PHILADELPHIA
- 22g Ground almonds
- 54g Raspberries
- 63g Vegetable oil

METHOD

- Pre heat oven to 180c / fan 160c / gas 4.
- First make the raspberry jam.
- Put the raspberries in a pan with 50mls of water, bring to the boil and simmer for 5 minutes.
- Remove from the heat, add some liquid sweetener to taste, then sprinkle over the Xanthan gum, mix well, and leave to go cold.
- Beat together the egg, oil, granular sweetener, and

- You will also need 50g of granular sweetener (I used SUKRIN granular which is 1:1, you may need to adjust if you use a different brand), 1/4 teaspoon of Xanthan gum, a little liquid sweetener, a few drops of almond extract and 1 teaspoon BARKAT baking powder. A suitable baking tin approximately 6inch square, lined with baking parchment..

extract.

- Mix together the coconut powder, Barkat baking powder and ground almonds.
- Add to the egg mixture with the Philadelphia, mix well.
- Put half the mixture into the prepared baking tin, dot over the jam, cover with the remaining cake mix.
- Sprinkle with the flaked almonds.
- Cook for approximately 25 minutes, until golden brown. 10. Service warm or cold.

MO'S TIPS

I used Mr P rapid Xanthan gum which mixes in really well without clumping. Serve with cream for added fat. You can keep in the fridge for 4 days, or freeze - this may affect the crispiness of the almonds but they will be OK



CLASSICAL 4.58:1 RATIO

1.11 G CHO PER PIECE

CHO: 10.04G

FAT: 133.26G

PROTEIN: 19.05G

KCAL: 1316



CUT INTO 9 EQUAL PIECES,
EACH ONE WILL GIVE:

14.80G FAT / 2.11G PROTEIN / 1.11G CHO

CHOCOLATE MALLOWS

INGREDIENTS

- 25g Sugar free marshmallows
- 14g Cocoa dark supreme - LINDT 90%

- 2g Cacao butter - GREEN ORIGINS ORGANIC
- You will also need a few drops of liquid sweetener.

METHOD

- Melt the chocolate and cacao butter together.
- Add the liquid sweetener to taste.
- Using a cocktail stick inserted into each mallow, dip them in the melted chocolate.
- Use half of a potato as a holder

to keep the mallows upright until set.

- The chocolate sets really quickly so you need to do the covering as fast as you can to get a smooth finish.
- When set, place in small sweet cases.

MO'S TIPS

They keep well in a container at room temperature, but of course the chocolate will soften if they get too warm! I used FREE'IST marshmallows, which are available from some supermarkets and Amazon. I found that 9 of them weigh 25g.



MKD 3.09 CHO TOTAL

CHO: 3.09G

FAT: 9.83G

PROTEIN: 2.45G

KCAL: 111



FROSTED LEMON CAKES

INGREDIENTS

- 25g Ground almonds
- 20g Butter
- 43g Eggs
- 13g Ultra fine fiberflour – LONJEVITY FOODS
- 5g Lemon juice
- 3g Lemon peel
- You will also need 15g of sweetener granules of your choice (I used TRUVIA), 2g of BARKAT baking powder and 12g icing sweetener (I used SUKRIN).

METHOD

- Pre heat oven to 180c / fan 160c / gas 5.
- Soften the butter and beat in the granular sweetener.
- Beat in the egg and the finely grated lemon zest.
- Mix together the fibreflour, ground almonds and Barkat.
- Add to the butter mixture and beat everything together well.
- Place in 2 cupcake moulds.
- Cook for approximately 15 minutes until risen and firm.
- Leave in moulds to cool for a few minutes.
- Make the frosting by mixing the ICING sweetener with the lemon juice.
- When the cakes are cold, top with the frosting and place in pretty cake cases (optional).

MO'S TIPS

As I had made a batch of chocolate treats for Easter, I added 2 little chocolate eggs which were made from 90% Lindt chocolate with a dash of liquid sweetener. Easy to batch up and freeze, but add the frosting when you want to serve them.



MKD 3.99 CHO TOTAL 1.99 CHO PER CAKE + CHOCOLATE EGG
CHO: 3.99G FAT: 34.53G
PROTEIN: 13.60G KCAL: 381

EACH CAKE GIVES:

17.26g fat / 6.80g protein / 1.99g CHO
 Each egg weighed 2g and will add:
1.10g fat / 0.20g protein / 0.25g CHO
 to the values of each cake.



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.

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.



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

EACH BUN IF DIVIDED IN TO 3 WILL HAVE:
17.6G FAT / 7.8G PROTEIN / 4G CHO



PLEASE ENSURE YOU CHECK PRODUCT LABELS FOR VALUES

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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

PARTY SIZE CHOCOLATE BIRTHDAY CAKE DAIRY AND GLUTEN FREE

INGREDIENTS

- 75g Olive oil
- 286g Eggs
- 18g Cocoa powder
- 25g Vegetable fat - TREX
- 6g Psyllium husk
- 125g Ground almonds - MORRISONS
- 55g Plant butter - FLORA
- 200g Sugar free Marshmallows
- 100g Coconut powder - TRS or EAST END
- 300g Icing sweetener - SUKRIN or PURESWEET
- You will also need 3 teaspoons of BARKAT baking powder, 70g of STEVIA granular sweetener OR 15mls of liquid sweetener, 15mls vanilla extract and 5mls orange extract.

METHOD

- Pre heat oven to 180c / fan 160c / gas 5.

First make the fondant icing:

- Melt the marshmallows and Trex together, add the vanilla extract and 200g of the ICING sweetener, beat it will - it will be sticky.
- Wrap in cling film and leave at room temperature to set. Make at least 24 hours in advance.
- Mix together the cocoa, coconut, almonds, psyllium husk and Barkat.
- Whisk the eggs, oil, 70g granular sweetener (or 15mls liquid) and beat well.
- Add the dry ingredients and beat together until well combined.
- Place in a prepared 7 inch round cake tin.
- Bake for approximately 40 minutes until risen and firm, cool in the tin for 5 minutes before turning out.
- While the cake is cooling, make the butter cream.
- The Flora needs to be at room temperature, beat it until light and creamy, then beat in the remaining 100g ICING with the orange extract.
- When the cake is cold, cut in half through the middle, then sandwich together with the buttercream.
- Roll the fondant icing until it is large enough to cover the cake.
- Decorate to suit the occasion using non-edible decorations.



MKD 3.09 CHO TOTAL
CHO: 26.37G **FAT: 305.77G**
PROTEIN: 80.02G **KCAL: 3177**

THIS DIVIDES INTO 12 SLICES. EACH SLICE IS:
25.48G FAT / 6.66G PROTEIN / 2.19G CHO



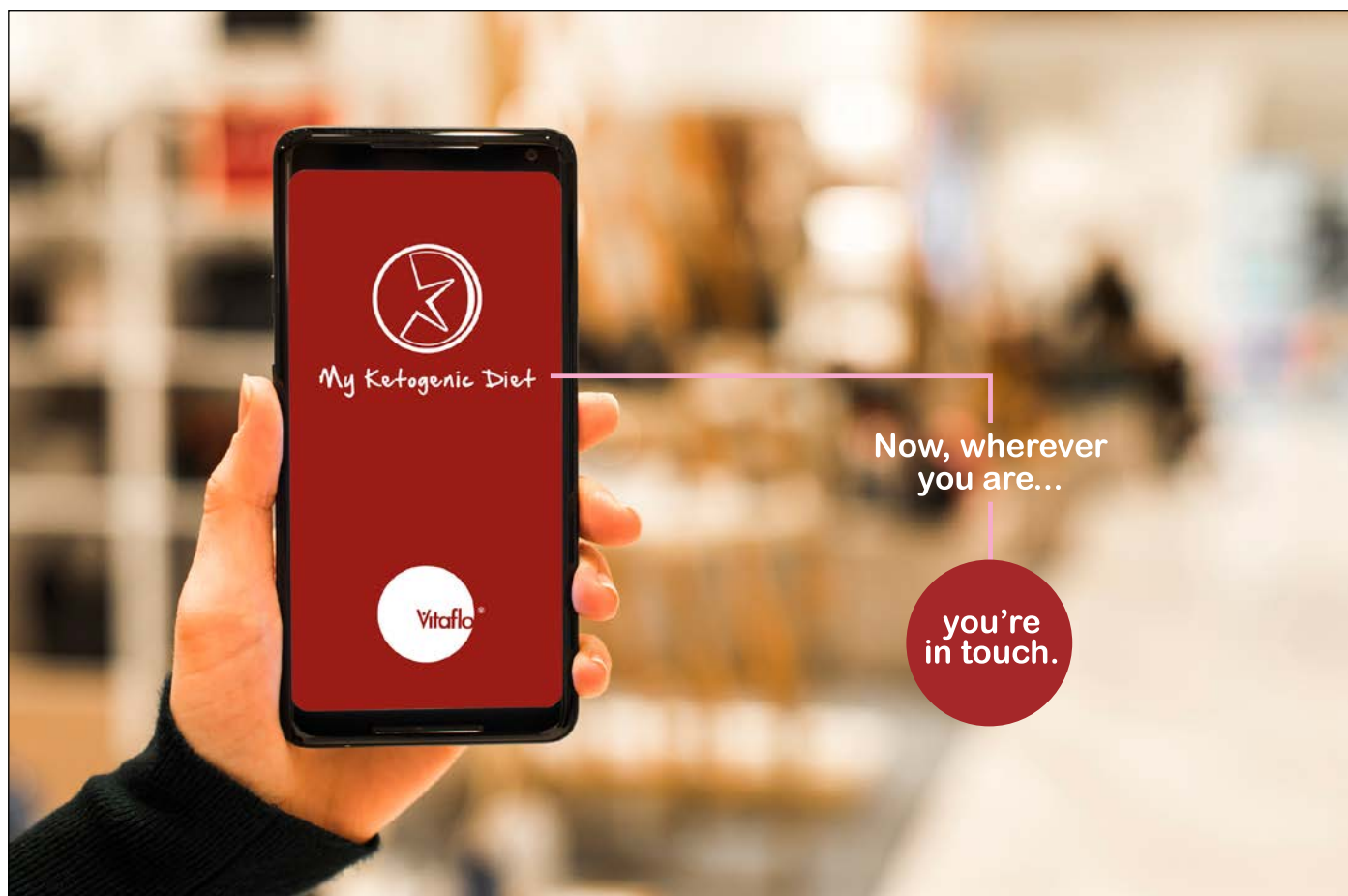
MO'S TIPS

I rolled the fondant a little larger than needed and overlapped it onto the board, I find this gives a neater finish to the cake. I whizzed the almonds and coconut in my food mixer just to get them a bit finer.

Happy Birthday ANNABELLE!

Annabelle celebrated her 8th birthday recently and our Keto Cook Mo was on hand to make this fabulous MKD cake specially for her, Annabelle was delighted with her cake!





The new My Ketogenic Diet App, from VitaFlo®.

Informed & In touch. It's made for you.

The brand new **My Ketogenic Diet App** from VitaFlo has been created for patients who are already following, - or who are thinking about following - a ketogenic diet.

The App allows you to log and record:

- The foods you eat
- Your ketone and glucose levels
- Your seizures
- And much more



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with all samples to
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PIP CODE 420-7130

Eat Well, Live Well.

Aji
AJINOMOTO

MATTHEW'S FRIENDS SOUTH AFRICA IS RELAUNCHED!



■ BY EMMA WILLIAMS, MATTHEW'S FRIENDS, CEO

Following on from the wonderful work that Leigh and Vincent started with their son Marshall back in the 2000's, Matthew's Friends South Africa is relaunched under the watchful eye of President Kath Megaw RD.

I have known Kath for many years now and have had the pleasure of working with her on various global projects and I am delighted that she has taken up the MF reins.

I wish Kath and her board the very best of luck as they continue our mission of raising awareness of the diet and providing training and education for those who wish to administer the diet as well as supporting those actually on it. They certainly have a big job on their hands.

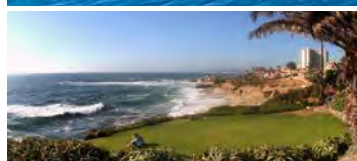
Kath is a Clinical Paediatric Dietitian with special interest in special needs and epilepsy. Qualified in South Africa and specialised in paediatrics and special needs abroad. She has been in private practice for over 23 years.

Kath sits on the Board of the International Neurological Ketogenic Society and has co-authored numerous books of which 'Low Carb Solution for Diabetics' has been published both in SA and the UK.

Kath is passionate about seeing the tool box of ketogenic diets accessible to all families and patients across South Africa and into Africa despite resource availability! Her greatest achievement to date is as mother to three beautiful children one of whom is on a version of the ketogenic diet for her epilepsy.



Kath Megaw RD - Clinical Paediatric Dietitian



8TH GLOBAL SYMPOSIUM ON

KETOGENIC THERAPIES

LOEWS CORONADO BAY RESORT | SAN DIEGO, CALIFORNIA



PRESENTED BY
**INTERNATIONAL
NEUROLOGICAL
KETOGENIC SOCIETY**
www.neuroketo.org



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Fundraising for Matthew's Friends

COVID-19 has hit our charity hard, like so many others. We are so grateful in these difficult times for the kind support and generosity of you all. Please like and follow us on [Facebook](#) **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

We are so grateful for the support of our marvellous fundraisers who give up their time and make such a huge effort to support us – we could not do without them – **THANK YOU!**

GOOD LUCK IN THE BRIGHTON MARATHON!

Louise Berry is taking part in the Brighton Marathon on 10th April to raise funds for Matthew's Friends because of the help given to her friend's daughter, Gracie, and other families.



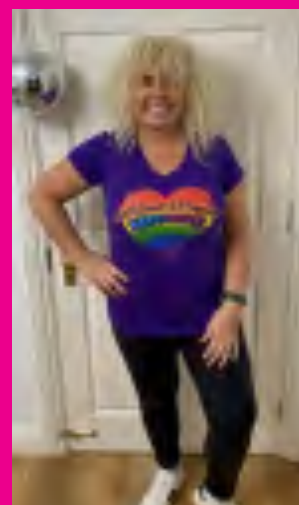
Please visit Louise's Justgiving page to read the rest of her story and to donate.

[VISIT JUSTGIVING PAGE](#)

SUPER SKYDIVE!

The lovely Shenise Parker is doing a SKYDIVE to fundraise for Matthew's Friends (Mad/Brave woman!)

Shenise (who is terrified of heights!) was given the skydive as a present for a special birthday and she has decided to do it to raise funds for us – follow the link to her Justgiving page to read the rest of her story and to support her fundraising.



[VISIT JUSTGIVING PAGE](#)

THANKS TO OXTED & DISTRICT CHARITY DARTS LEAGUE

For their generous donation of **£300** which will come in very useful indeed. Your continued support is very much appreciated!



THANK YOU TO OUR FABULOUS FUNDRAISERS!

If you would like to do something raise funds for Mathew's Friends, please don't hesitate to get in touch at enq@matthewsfriends.org



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 2022 and beyond, thank you.