

the **allergy** & **free from** show **winter**



just 
show **winter**

5-6 NOVEMBER 2022 | NEC BIRMINGHAM



**THE UK'S BIGGEST
FREE FROM AND
PLANT BASED
CELEBRATION**



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The
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4 – 5 March 2023 SEC Glasgow



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7-9 July 2023 ExCeL London



GET TICKETS!

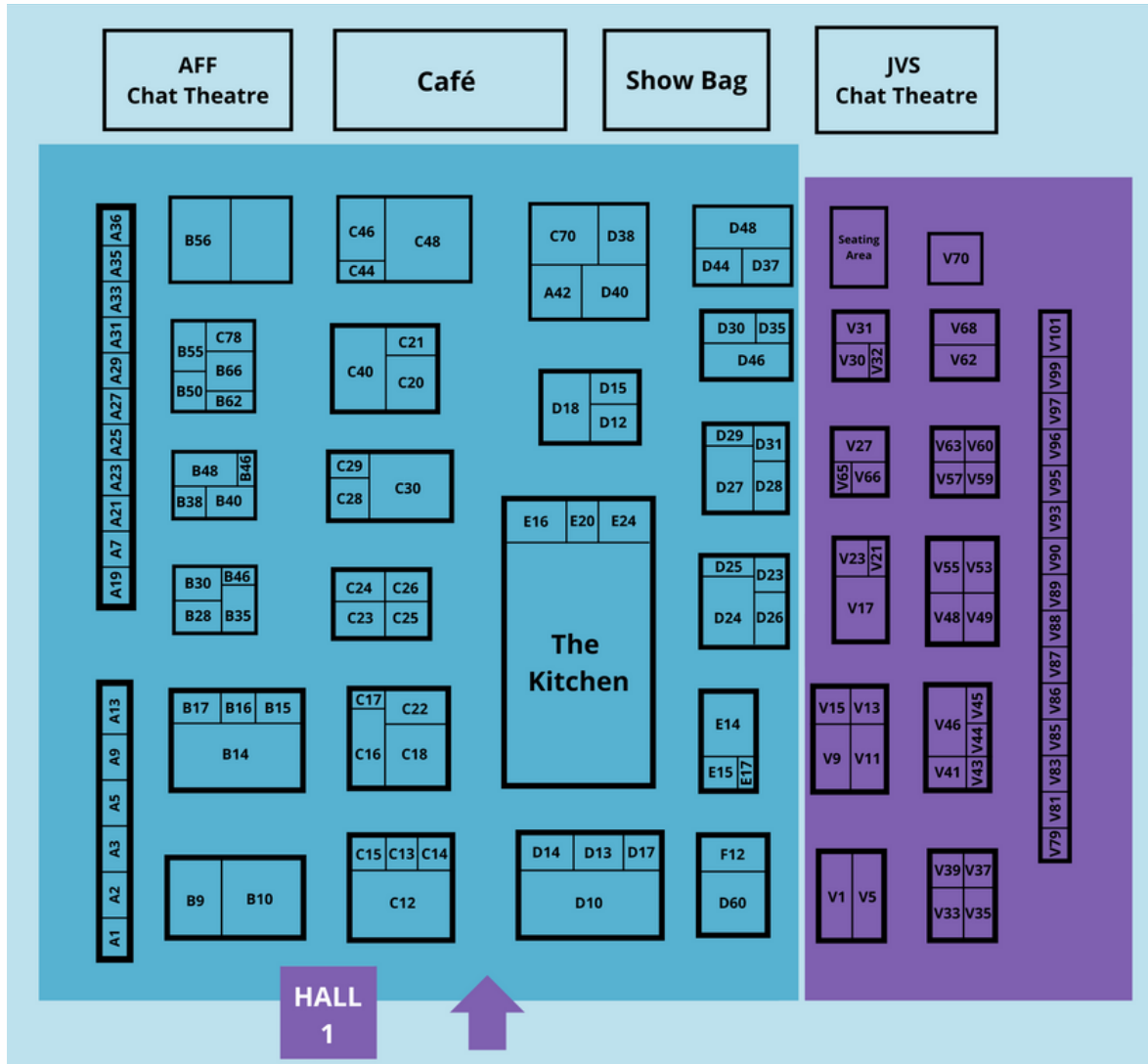
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Brands

the **allergy** & **free from** show **winter**

just  **show winter**



Exhibitor List - The Allergy & Free From Show

Alda's Original A33
Allergy PenPals A23
Allergy UK E16
ALLERPACK A3
Allergy Companions A9
Ananda's Vegan Marshmallows & Waggon Wheels V53
"Bake At Home" by in The Mixx Cakes V66
Bake4Lov B15
Balms 'N' Scrubs V65
Bay's Kitchen C25
Beam V97
Bear and Bee Sweet Company B28
Beauty Kin V99
BergHoff D38
Brownie Che A25
Brownies Rock V35
bump2baby Nutrition Ltd B46
The Bury Black Pudding Company D35
Butternut Box B17
Caroboo V15
Causeway Cookie Company D25
Cheeky Nibble C17
Cocoa Libre A36
Coeliac UK C70
Connie's Cakes D28
Crazy Bastard Sauce C15
Creative Nature Top 14 Free C16
Cywain C18
Dipple Tipple & Co Ltd D30
Dipple Tipple & Co Ltd B30
Dipple Tipple & Co Ltd D12
Dogs Trust C26
Dorset Allergy A35
Dr. Conor Kerly V83
Driftwood Spars Brewery A7
EARTH.er D29
Elave Sensitive Skincare D60
ELEAT B36
Enjoy Chocolate C21
Equal Eats A27
Eva Bold E15
Freedom Confectionery V5
Foodlama E17
Freee B10
Free From Italy F12
Fusion Allergy A42
Fuuudge V88
Gillie Foods V31
Glebe Farm Foods D40
Greenpeace UK D26
Green + Grainy V44
Green Sisters D24
HEALTH & HOLISTICS V45
HECK D18
Henderson's Relish V17
Hive to Home D14
ions therapy V70
ions therapy B48
Iuvo Skincare V48
JaffJacks V41
Janda Food V93
Jubel B9
JulieMay Lingerie C13
Juvela D10
Kangen Water V90
Kimchi With Everything V57
Kirsty's C30
Kitchen Gizmos V37
Kolor Me Minks V96
KoKo Dairy Free E14
Kotinos Foods V68
Lexi's D44
Liberate Crumpets E24
La Redonda / Olive & Oils V79
Life on a Rice Cake A19
Love Free From B35
Magic Knife B40
M&S C48
Marshall&Co V95
Moo Free Chocloates C24



Exhibitor List - The Allergy & Free From Show

NeilMed Pharmaceuticals Ltd. D13
Nibsy's B50
Nourish Awards V63
NV Beauty Care V89
Palmistry & Tarot B55
Pri Bakes V30
Quinola C28
Rs Therapy + Self Love Spiritual Spa C78
RINGANA Team Fiona - UK V13
Riverford Organic V46
Sheese C12
SHICKEN V33
SilverGuard C44
Shore The Scottish Seaweed Co V9
Slicer and Dicer D15
Slicer and Dicer V27
Sunrider Europe V55
SuperFoodLx V21
SunVit-D3 D17
Symprove C22
The Allergy Collective A2
The Allergy Team A29
The College of
Naturopathic Medicine B62
The Eczema Expert A1
The Friendly Baker E20
The Green Woman V39
The Vegetarian Society V1
The White Rabbit Pizza Co C20
The Woodland Trust V23
A Touch of Heaven Beauty V32
Undiscovered Food Ltd A31
Uniquicorn V86
Veafy V87
Vegan Treats V101
Vegan Society V49
Vive D46
Voakes Free From C29
Warburtons Gluten Free B14
What Allergy A9
Wicked Cookies V81

Wigmores Bakery V62
Wikinger V11
Wildcraft Bakery C40
Wildcraft Bakery C23
WWF B38
yan-yee skincare A13
Yau's Foods A5
Yogi Tea D27
Yummy Chumz D23





4-5 March 2023
SEC Glasgow

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THIS IS NOT JUST CHRISTMAS FOOD

THIS IS M&S MADE WITHOUT CHRISTMAS FOOD



MADE WITHOUT
CHRISTMAS PUDDING

THIS IS NOT JUST FOOD

M&S
FOOD

Saturday, 5th November 2022

Time	Name	Demo Title
11:00 - 11:30	David Siddall (NEC Birmingham)	Vegan focus for Amadeus at the NEC
11:45 - 12:15	Sarah Howells	Gluten Free Mince Pies and Gluten Free Pastry Masterclass!
12:30 - 13:00	Becky Excell	Quick and Easy Gluten Free Baking with Becky Excell
13:15 - 13:45	Sunni Patel (Dish Dash Deets)	Gut Health Made Easy in the Kitchen
14:00 - 14:30	Morgan McKenzie Moore	Gluten Free Biscuit Masterclass!
14:45 - 15:15	Eva Humphries (Wholefood Warrior)	Layer up the flavour



Sunday, 6th November 2022

Time	Name	Demo Title
11:00 - 11:30	Susan Fernandez-Nemes	Arroz Congri (Cuban Rice and Beans)
11:45 - 12:15	Christine Bailey	Gluten Free Festive Ideas
12:30 - 13:00	Becky Excell	Quick and Easy Gluten Free Baking with Becky Excell
13:15 - 13:45	Morgan McKenzie Moore	Gluten Free Biscuit Masterclass!
14:00 - 14:30	Nathalie Newman	Festive Gluten Free Pop Cakes
14:30 - 15:15	Nathalie Newman	Ready Steady (Gluten Free) Bake!



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Saturday, 5th November 2022

Time	Name	Demo Title
11:00 - 11:45	Richard McIlwain (The Vegetarian Society)	Peak meat! Taking meat off the menu
12:00 - 12:45	Shani Gabbidon (iUVO Skincare)	Getting it Right
13:00 - 13:45	James Claybrook (Wikinger)	Moving away from meat
14:00 - 14:45	Jasmine Clark (Viva!)	Eating the Earth - How Meat and Dairy are Destroying the World's Wildlife
15:00 - 15:45	Sunni Patel (Dish Dash Deets)	Bringing Lifestyle Medicine and Plant Based Nutrition Home



Sunday, 6th November 2022

Time	Name	Demo Title
11:00 - 11:45	Richard McIlwain (The Vegetarian Society)	Peak meat! Taking meat off the menu
12:00 - 12:45	Susan Fernandez-Nemes	Cuba The Unknown Vegan Paradise
13:00 - 13:45	Klaus Mitchell (Plant Based News)	The Missing Link To Hit Net Zero
14:00 - 14:45	Chantal Tomlinson (The Vegan Society)	Vegan nutrition myth busting
15:00 - 15:45	Ellie Allum-Marshall (Marshall & Co)	The Vegan Chocolate Factory





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&
free from
show **london**



just
show **london**



7-9 July 2023 | Excel London

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Tickets





Becky Excell



Book Signing

2:30pm

Coeliac UK Stand

The Allergy & Free From Chat Theatre

Saturday, 5th November 2022



Time	Name	Demo Title
11:00 - 11:30	Becky Excell	The Ultimate Gluten Free FAQ + Being Gluten Free on a Budget
11:45 - 12:15	Eva Humphries (Wholefood Warrior)	Protein - the missing link in repair
12:30 - 13:00	Tee Houghton (Allergies in Bold)	The Teenage Anaphylaxis Survival Guide
13:15 - 13:45	Cristian Costas Dietitian & Sarah Howells	Coeliac Disease and Gluten Free Q&A
14:00 - 14:30	Ali Walsh (Life on a Rice Cake)	How to deal with friends and family on your gluten-free diet
14:45 - 15:15	Simon Williams (Anaphylaxis UK) & Dr Helen Evans-Howells (Dorset Allergy)	Getting ready for Christmas



The Allergy & Free From Chat Theatre

Sunday, 6th November 2022



Time	Name	Demo Title
11:00 - 11:30	Becky Excell	The Ultimate Gluten Free FAQ + Being Gluten Free on a Budget
11:45 - 12:15	Daniel Kelly (May Contain)	Managing your Allergy Anxiety and Not Letting it Stop You!
12:30 - 13:00	Julianne Ponan	How to live with allergies without living in fear from travelling to Christmas parties
13:15 - 13:45	Coeliac UK Cristian Costas Batlle & Natalie Yerlett	Living well gluten free at any age
14:00 - 14:30	Kyle Dine (Musician & Puppeteer)	Food Allergies Rock! A concert to see the bright side of allergies
14:45 - 15:15	Ruth Holroyd (What Allergy)	Eating out with allergies? A survival guide. Tips, tricks and funny stories



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