



52, Westgate Street
Gloucester
GL 2NF

WIGGLY NEWSLETTER

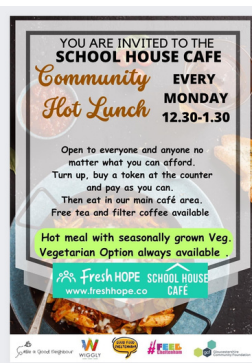
Registered charity "The
Wiggly Worm Ltd"
Charity no: 1124647



LEARN - COOK - SHARE

Wiggly Charity believes in the power of food to build confidence and self-esteem. We work to bring communities together and help address social isolation. Wiggly is proud to support vulnerable, marginalised and disabled adults and children with our inclusive cookery workshops.

COMMUNITY LUNCHES FOR ALL



Wiggly is working at the heart of the community in St Paul's Cheltenham to prepare a delicious, seasonal hot meal for the community every Monday. Working in close partnership with Fresh Hope Charity and using fantastic fresh produce grown by Good Food Cheltenham, attendance at this wonderful lunch is growing week on week. Everyone is welcome and the lunch is run on a pay-as-you-can basis.



548 people have already joined us at a community lunch - why not come and join us?





GCC LOW WASTE WORKSHOPS



MORE TASTE, LESS WASTE

Gloucestershire County Council set us the challenge of designing a series of waste-conscious food workshops across the county and we hope you'll agree that we really delivered!

Our Wiggly Chef created two delicious recipes featuring some of the most frequently wasted ingredients in our kitchens, including bread, potatoes, milk and bananas. His ham and cheese croquettes and banana bread and butter pudding were enthusiastically recreated by some wonderful participants in Cheltenham, Gloucester and Forest of Dean, with delicious results!



Three more GCC Low Waste Cookery workshops are coming up in April and May in Stroud, the Cotswolds and Tewkesbury. Email office@wigglycharity.org to secure your free place today!

ENERGY SAVING INSPIRATION!

Tasty vegan falafel with raita and flatbreads prepared in an air-fryer was the order of the day at a workshop sponsored by Planted CK designed to focus on low energy cooking.

Our Chef shared ideas for saving energy and money in the kitchen, like batch-cooking, one-pot cooking and slow-cooking. Thanks to funding from #community matters National Grid and to Vision21 at PlantedCK. Delicious!

Planted **WIGGLY**

LOW ENERGY COOKING

Learn how to *save energy & money* in the kitchen

Weds 20th March
3-5pm

Booking Essential | www.eventbrite.co.uk

COMMUNITY MATTERS FUND



Thanks to our good friends at Creed Foodservice and Kingfisher Treasure Seekers for their continued partnership



Follow us on social media for news of what's coming up
[@wigglycharity](https://twitter.com/wigglycharity)

GROWING WITH PURPOSE



Wiggly is thrilled to have teamed up with the wonderful Project Grow initiative, who are taking over the community garden at the Gloucestershire Heritage Hub. Our target is for 50% of the vegetables used in our cookery courses in Gloucester to be grown at the gardens. Project Grow only grow chemical free plants and the distance between the gardens and our Wiggly kitchens is less than half a mile, cutting down on travel time and minimising packaging and waste.



We will be jointly launching to the community at an Earth Day event at the Hub on May 4th, where we will be sharing more about the project and its intended impact and Wiggly will be cooking up food for the community to enjoy.



You can keep up to date with Project Grow + Wiggly news at <https://www.weareprojectgrow.com/wiggly>



BUILDING BACK BETTER

 Gloucestershire
COUNTY COUNCIL



Our Wiggly Cook Sarah, led a wonderful group in a four-week cookery course held at our Westgate Street kitchens in March. Funded by GCC's Building Back Better scheme, Sarah supported a group of Gloucester-based adults living with a range of mental health issues or disabilities to build their foundational cookery skills and have fun in the kitchen. Our group made plenty of tasty dishes including homemade pizzas and toad-in-the hole, building their confidence, communication and social skills in the process.



BROCKWORTH COMMUNITY COURSE

It was smiles all round as participants received their certificates at the end of a six-week cookery course at Brockworth Community Centre funded by Brockworth Parish Council. Our Wiggly Chef taught knife skills, food safety and shared nutritional information whilst supporting participants to make some fabulously tasty dishes like chicken fajitas and mixed bean vegetable chilli. Smashing it!



PLEASE CONTACT US AT: OFFICE@WIGGLYCHARITY.ORG
OR VISIT OUR WEBSITE AT: WWW.WIGGLYCHARITY.ORG

WHAT MAKES WIGGLY SPECIAL



#morethancooking

Community connection

Increased confidence

Nutritional awareness

Healthy lifestyles



Reduced anxiety

Making friends

Reduced social isolation



The Wiggly team are a modest bunch, and we don't like to blow our own trumpet, but we feel we should share what we believe makes Wiggly truly stand out.

Yes, we provide inclusive cookery courses, and yes, they're created bespoke to each client and we take our Wiggly kitchen equipment wherever our participants need us, but it really is so much more than just the cooking.

Wiggly delivers real social impact through our cookery education. From increasing social connections for isolated adults to building confidence in the kitchen by teaching new skills, from sharing nutritional information with young families to helping parents make informed choices about their diets and food budgets, to supporting adults with disabilities to live independently, Wiggly makes a difference.

Here's some of the feedback from our participants this Spring in their own words.

I've learned that I may be slow but I'm not completely useless!

I've made new friends and gained confidence

Since attending, I have enjoyed cooking again – something I haven't felt able to enjoy for a long time

I would absolutely recommend Wiggly, especially for nervous chaps like me, The atmosphere was so friendly and supportive

D said that when he takes J shopping now, he isn't wanting to buy ready meals anymore but ingredients to cook with like mince and pasta!

BISHOP RACHEL DROPS IN



It's not everyday that we host a Bishop for tea, but that's exactly what happened in February at the Wiggly kitchens! A group of Wiggly course participants showcased their fabulous baking skills to prepare a delicious afternoon tea for Bishop Rachel of Gloucester. Our participants had the opportunity to share their stories with the Bishop, talking about what brought them to Wiggly and how cooking has helped them to flourish. A fantastic afternoon of conversation and food prepared with love.

Wiggly is proud to be part of ENRICH, a holistic health and well-being course held at St Mark's Church Hall in Cheltenham every Tuesday. Funded by Cheltenham Borough Council and run in partnership with Cheltenham Borough Homes and other providers, including the Isbourne Centre and Third Age Fitness, our Wiggly Chef is supporting local people to learn the skills to cook healthy, seasonal, low-cost meals.

Here's what one of our participants told the ENRICH team recently about Wiggly:

"I joined the Wiggly team making macaroni cheese! Good natured, fun, and DELICIOUS! Best that I've ever made.....over several decades! So pleased that there is an open opportunity for folks to learn, relearn healthy or healthier ways of living, living well, optimising a new pathway of thinking, learning, implementing these new skills into daily life".

FREE

ENRICH
Practical tools for a Healthier Lifestyle

Your health and wellbeing journey for a happier, healthier you.
Every Tuesday 11-1pm

- ★ Healthy cooking
- ★ Wellbeing
- ★ Gentle movement
- ★ Fun & friendship
- ★ Mind set & motivation
- ★ Nature connection

St Marks Church Hall, Church Road, St Marks GL51 7AL
Wheelchair accessible venue, Everyone welcome

To book your place contact:
clare.davies@cbh.org 07879 316317

Cheltenham Borough Council | Cheltenham Borough Homes | WIGGLY | Isbourne | DALSEYONDGRASS | INAR

There's a lot in the pipeline at Wiggly in the coming months!



The first of our Seasonal Cookery workshops kicks off in April at Westgate Street funded by the Thriving Communities Grant. We are also looking forward to delivering a wonderful course for veterans based at Imjin House in Gloucester, supported by the Honorable Company of Gloucester and by the RAF Association.

We keep our social media feeds updated with the latest opportunities to join Wiggly courses. Why not follow us on @wigglycharity and @wigglychef on Instagram and Facebook?

We can't do what we do without you

Wiggly work really hard to reach those who need our help, but we have a growing waiting list and limited funds to go round.

We know that times are hard for everyone, but if you can help, by making a donation through our website, by fund-raising for us or by sponsoring a Wiggly course, please do get in touch with our friendly team.

thank you

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