



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 supports vulnerable, disadvantaged and disabled adults and children with our inclusive cookery workshops

WIGGLY WESTGATE WORKSHOPS



Wiggly's Westgate Workshops for adults with learning disabilities kicked off this month, generously supported by the Levelling Up Fund and in partnership with Kingfisher Treasure Seekers. Our fabulous participants have so far created spicy chicken fajitas, healthy "Big Mac" Tacos and comforting fish cakes with sweet potato fries. Our second Westgate course, starting in November, is already fully booked. We hope to run a third Westgate course in the new year - keep an eye on @WigglyCharity on Facebook and Instagram for details!

A wonderfully uplifting course for socially isolated adults in Cheltenham concluded in August with Wiggly certificates and a shared celebratory meal. Participants from Cheltenham Borough Housing and AimUp Charity learned essential kitchen skills over their ten-week course, cementing new friendships and sharing meals and recipes with each other during and after the course. 100% of our participants agreed that they would recommend a Wiggly course to others.



FOOD TO CHEER YOUR MOOD





FAMILY FUN AT PATE'S

TESCO
Community Grants

Local families joined Wiggly in August for two wonderful cookery workshops funded by Tesco Groundworks Community Fund and kindly hosted in the kitchens at Pate's Grammar School. The families worked together to make and share a delicious lunch of pasta with tomato sauce and meatballs and took ingredients and a recipe card home with them to make our signature double chocolate and raspberry flapjacks!

Our families told us:

"Great fun for adults and children. We had a lovely time, will definitely make at home. Amazing staff!"

"I enjoyed making things with different people and having fun"



CREED

THE FOODSERVICE COMPANY

VOLUNTEERS LEAN IN



Wiggly were delighted to work alongside our partners from Creed FoodService in September to prepare and serve a warming lunch and dessert at Gloucester City Mission for local homeless people. Good job team!

We are always grateful to Creed for their generous donations of ingredients for many of our workshops and for their tireless support of the Wiggly mission.



#MORETHANCOOKING

Wiggly courses have impact well beyond the kitchen

Our participants tell us that our courses have helped them with improved self-esteem, reduced anxiety, improved social connectivity, health and well-being, a sense of independence, nutritional awareness and improved mental well-being.



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



WELCOME TO WIGGLY!



The Wiggly Board were delighted to welcome two new Trustees in July and September, Billy Pallett and Ali Koeltgen. Billy is a chef and life-long foodie who has worked in Michelin-starred restaurants and has an eagle-eye for reducing food waste. Ali joins us from the NHS Health and Care Trust where she is an HR specialist with a secret passion for all things food.

Both Billy and Ali bring with them extensive experience to support the Wiggly mission - welcome on board!



WE RELY ON YOUR SUPPORT



JustGiving

Wiggly wants to help as many people as we can with our inclusive and accessible cookery workshops

£5 funds ingredients for a cookery workshop
 £10 buys kitchen equipment for one of our participants
 £35 funds a place at a Wiggly workshop for a vulnerable adult

There are lots of ways that you can help support Wiggly and we appreciate every single one!

You can....

Donate through our website or via our [JustGiving](#) campaign

Buy a ticket for the [Cheltenham lottery](#) on the Wiggly page

Businesses, please get in touch with office@wigglycharity.org to find out how to sponsor a Wiggly course

Or contact us to donate ingredients to the Wiggly store cupboard at 52, Westgate Street, Gloucester, GL1 2NF for use in our workshops.

Thank you... ❤️



WIGGLY HALLOWEEN TREATS

GHOULISH RECIPES TO GET YOUR TASTEBUDS TINGLING



Our Wiggly Chef has been busy stirring the cauldron this month to come up with some hauntingly tasty recipes for Hallowe'en.

Keep an eye on the [Wiggly website](#) for Eyeball Brownies, Skeleton Gingerbread Men and our delicious Puff Pastry Mummies. Scarily good!

LOVE YOUR LEFTOVERS

If there's one thing we don't tolerate at Wiggly, it's waste!

That's why we go out of our way to create wholesome meals from any ingredients left over from our courses. Our Wiggly Chef transforms any surplus food into warming soups and stews for Gloucester City Mission, and we deliver our surplus tinned food to local food banks - we have donated over 200kg of food so far this year to local causes.



GO ON THE LADS!

The Puma Juniors U15s will be running a combined distance of 21 miles on 6 January to raise funds for Wiggly Charity. This represents the distance between their home pitch in the Forest of Dean and Cheltenham Town Football Club.

Please visit their [JustGiving](#) page to sponsor them and show your support. Thank you.

AND FINALLY...WIGGLY WITH YOUR CORNFLAKES!

In case you missed it, our Wiggly team joined the BBC Gloucestershire Breakfast show in September to spread the news about the impact of cooking with Wiggly and launch our #morethancooking [JustGiving](#) campaign. Check us out on [BBC Sounds](#) for a Wiggly breakfast update.

