



52, Westsgate 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.

INTRODUCING



social. source



social
as in
social enterprise
and
for good.

source,
as in
place, person or
thing
from which
something
originates.

serving
up
real
social
change*

*All profits feeding into We are Project Grow CIC and Wiggly Charity.



social. source



What is Social Source?



Social Source is a new collaboration between Wiggly and Project Grow CIC, born out of our Grow with Wiggly project. At the start of 2024, our organisations teamed up to grow vegetables at the Gloucestershire Heritage Hub community gardens to use in Wiggly cookery courses. As our project flourished, we realised its potential to deliver even more social impact, by creating a range of fresh sauces for sale, with all profits feeding into Project Grow CIC and Wiggly Charity. Our products are grown and harvested in Gloucester by volunteers and handmade into small batches of seasonal deliciousness by our Wiggly Chef in Gloucester. Our **vision** is to grow Social Source to support our growing projects and cookery classes so that we can empower and upskill vulnerable people of all ages and abilities and offer employability opportunities in our kitchens and the garden.



Less than half a mile from soil to jar



Our Products



Our first two products are a **Mulberry Dessert Sauce**, made with fruit harvested from the Bishop of Gloucester's garden, and a **Tomato and Basil Pasta Sauce**. Both are available via our Crowdfunder, which we have set up to support development of a sustainable income stream. You can get on board and show your love for Social Source by signing up for one of a selection of rewards at www.crowdfunder.co.uk and search for **Social Source**.



How can you get involved?

Pledge money! Support us in return for a variety of #socialsource rewards. You will see them on our pages and they're our way of saying thank you for your support.



Spread the word! We need to reach as many people as possible and tell them about this fantastic community project and tag us at @socialsourcehq



Follow the Flow Collaboration

Wiggly are thrilled to be collaborating with food writer Adrian Oades who has gifted a generous batch of books for use with our clients in courses. Adrian has visited our Wiggly kitchens twice and met the Wiggly team as well as some of our lovely participants from P.A.C.E on our Barnwood Trust course.

Our fabulous Chef Ryan is now using recipes from the Follow the Flow books for our Enrich course in Cheltenham as well as with our P.A.C.E adults with learning disabilities. These are such a brilliant resource with really delicious and simple dinners, making cooking a good meal accessible for everyone.



Our first five-week course funded by Barnwood Trust is underway! Wiggly has partnered with P.A.C.E, who support adults with learning disabilities, to run this fantastic series of courses to build confidence in the kitchen and teach life skills. Using the Follow the Flow cookbooks, our learners have made some delicious dishes and their confidence in the kitchen is really starting to shine through. Last week they made a fish pie, including poaching the fish, mashing the potatoes and making a roux - all skills that any home chef would be proud of! Our second Barnwood Trust course begins in November and our Chef can't wait to meet the new group!



Thriving Communities

After a well-earned summer break, our seasonal cookery workshops have just started back up for Autumn!

This series of courses is funded by Gloucestershire County Council and is targeted at supporting adults to live independently and develop community connections. We work closely with We Are Project Grow to design our courses around the use of seasonal fruit and vegetables, supporting our learners to learn to use the freshest of seasonal produce when it is at its most abundant.

“This course has made a radical improvement to both my confidence and understanding of cookery.”

“I have been able to use my new cooking skills at home and have ambition to try new dishes.”

“This course allows me to forget everything and gives me something else to focus on. I find it therapeutic cooking.”



In a new departure for Wiggly, we ran a cookery course for veterans living at Imjin House, a Gloucestershire home for veterans who are struggling to adjust to life in the civilian world.

Funded by the Honourable Company of Gloucester, RAFA and Alabaré, Wiggly delivered four tailored sessions to support the veterans to become more independent in the kitchen and support them to use store-cupboard ingredients to make hearty and nutritious meals for themselves.

The group helped decide the recipe each week and made huge progress during the course, which culminated in a celebration dinner cooked by the participants for their house-mates in their own kitchens at Imjin House.

It was fantastic to witness the huge progress made by this group in just four weeks, and the positive impact on their mental health that having a structured activity has made.



100% of participants said the course supported their physical or mental health and had a positive impact on them

What our veterans told us:

I learnt to not be anxious because of the staff's guidance.

The course has helped me enjoy cooking for myself using fresh ingredients.

The sessions have benefitted me. It is positive to leave the house and enjoy something new.

Our collaboration with Gloucestershire Deaf Association continues to thrive. In addition to cooking for the GDA monthly lunch clubs, Wiggly have also run two fantastic events with the younger members of GDA, in their Dalmatians group for 4-11 year olds and their NXT GEN group of young teens. Cooking in their Barnwood kitchens as well as at National Star in Ullenwood, the younger group made smiley face pizzas whilst the older children smashed out some fabulous Big Mac Tacos. We are looking forward to continuing to work closely with GDA to support their community events and are especially excited that Wiggly Santa will be providing their GDA Christmas lunch this year!



TO DONATE, SUPPORT OR VOLUNTEER, PLEASE CONTACT US AT: OFFICE@WIGGLYCHARITY.ORG OR VISIT OUR WEBSITE AT: WWW.WIGGLYCHARITY.ORG

FREE Resources!

WIGGLY
Learn - Cook - Share
Rhubarb

This brightly coloured vegetable is high in vitamin C, K, potassium and fibre. Great for overall immunity, health and gut health. Although it is a vegetable, it is mainly used in sweet dishes. Always wash before eating. Never eat the green leaves, cut these off.

Stewed Rhubarb... easy

Time: Prep 10 mins, Cook 15 mins.
Serves: 1 large jarful.
Ingredients: 500g rhubarb.
Optional extras: 1 teaspoon sized piece of fresh ginger.

Method:
Step 1: Cut rhubarb into six
Step 2: Combine all ingred
for 25 minutes until rhubarb
It is ready when chunks are
as soon as you're happy will
Taste carefully, it might nee
Step 3: Cool down complet

Storage: Keep in the fridge

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WIGGLY
Learn - Cook - Share
Bolognese 5 ways!

One simple dish made into 5 different meals.

Time: 10 mins
Cook: 30-40 mins.
Ingredients: 500g mince, 1x onion, 1-2x garlic cloves, 1x tin chopped tomatoes, 1 tsp of each: paprika, cumin, chilli powder, Salt to taste.
Vegetarian option: 2x tins of beans (black beans/ kidney beans/ lentils/ chickpeas).

Method:
1. Cut onions and garlic into small pieces.
2. Heat a large saucepan over a medium heat with a tbsp of cooking oil
3. Add onions and garlic and cook for 2-3 minutes until soft.
4. Add the beef mince or beans, breaking it apart with the spoon. Cook until brown.
5. Add tinned tomatoes, stir well.
6. Add spices, stir well.
7. Simmer on a low/medium heat for 30 minutes or up to 60 for softer meat.

Note: If you are using beans instead of meat, you can simmer for 20 minutes instead.

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We know how challenging it can be to feed you and your family fresh healthy food and to find the inspiration to cook from scratch every day!

Local food pantries do an amazing job supplying store-cupboard staples for their clients as well as fresh fruit and veg from community gardens, but sometimes ingredients get left on the shelf as people are not sure how to prepare or cook them. Wiggly wanted to lean in and do something to help so we have published 10 printable recipes and advice sheets on our website, for individuals or food pantries to print off and share with their clients.

We hope to be able to share more of this kind of resource in future, so do let us have your feedback and requests for more!

WIGGLY
Learn - Cook - Share
Handy Portion Sizes

An easy way to know how much to put on your plate

- Carbohydrates:** (Cupped hand)
- Red meat or veggie:** (Palm of hand)
- Oil, butter and other spreads:** (Thumb)
- Vegetables:** (Cupped hand)

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WIGGLY
Learn - Cook - Share
Courgette or Marrow

A large vegetable full of vitamins A, C, K, potassium and magnesium. Great for vision, immunity and bone health. Marrows are large courgettes.

Ways to cook:

Roast:
Cut off the ends, cut into medium size cubes or large dice. Coat in oil, salt and pepper.
Oven: at 180c/ fan 160c, gas 4 for 25-30 minutes OR Air fry: at 200c for 5-7 minutes
It is cooked when it can be pierced by a fork.
Have as a side dish to any meal or add to a tray bake with other vegetables and meat.

Stir fry:
Cut off the ends, cut into small cubes or thin strips.
Stir fry for 5-8 minutes on a medium heat with salt and pepper.
Add a squeeze of lemon juice or a drop of balsamic vinegar when cooked.
Have as a side to any meal or in a salad.

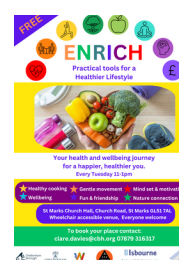
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Ongoing Highlights



We are really pleased to be back at **School House Cafe** in St Paul's cooking for their weekly community lunch. Held on a Monday, it runs from 1230-1330 on a pay as you can basis. Everyone is welcome, whether you can afford to contribute, want to "pay it forward" or have nothing in your pocket at all. Just come to the counter and ask for a token and there will be a hearty warm lunch served to you and a place around the table. **Save the date** for the SHC Christmas Community Lunch on Monday 16th December - it will be a real treat!

Wiggly also continues to support participants at the Cheltenham Borough Council funded **ENRICH** health and wellbeing sessions which take place in St Mark's Church Hall on a Tuesday from 1100-1300. Coordinated by Cheltenham Borough Homes and working with partners including the Isbourne and Goals beyond Grass, Wiggly delivers targeted cookery tuition sharing hints, tips and demos with participants to support them in using budget ingredients to create delicious dishes like Risotto Bianco and Apple Crumble!



As we layer up for autumn and look forward to the season of warming soups and chunky casseroles, there's lots to look forward to in the Wiggly kitchen.

Watch out for the next delicious product from Social Source, our **Tomato and Chilli Pasta sauce**, which will be launched soon, as well as exciting Christmas varieties in the run up to the festive season and more fresh produce from the Bishop of Gloucester's garden.



Thanks to the **NHS ICS**, we are also running some **tailored workshops** at our Westgate Street kitchens in October for young people and adults with learning disabilities or autism to address the continued demand for our courses from these groups.

THANK YOU TO ALL OUR WONDERFUL PARTNERS, SUPPORTERS AND PARTICIPANTS WHO HELP WIGGLY TO SPREAD CONFIDENCE AND INDEPENDENCE THROUGH COOKERY

