



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, disadvantaged and disabled adults and children with our inclusive cookery workshops.

### COOKING UP AT STORM AT WESTGATE



Wiggly ran two five-week cookery workshops at our Westgate Street kitchens from October to December, working with groups of vulnerable adults with learning disabilities or mental health issues. Our Chef worked closely with our participants to tailor the cookery workshops to their preferences. The groups made some fantastic food, ranging from Chicken Fajitas and Macaroni Cheese to more challenging dishes like Eggs Benedict with Hollandaise Sauce!

### Our Westgate cohort said:

I would tell everyone to work with Wiggly!

It's such a valuable service. I highly recommend. It enriches people's lives!

I've already recommended your course to a guy I worked with. I think you could help him like you helped me!

Thanks to Gloucester County Council's Levelling Up Together fund for supporting these courses and to our friends at Kingfisher Treasure Seekers for their continued partnership





# SUSTAINABILITY MATTERS

## ZERO WASTE MAX TASTE



At Wiggly, we take our rubbish very seriously! We work hard to achieve zero food waste in our cookery workshops. As part of our aims to be as sustainable as possible, we make the left-over ingredients from our cookery sessions into delicious soups. Our Wiggly team take the soups to Gloucester City Mission who distribute them to the homeless and vulnerable of Gloucester through their wonderful street work.

We also donate any surplus ingredients from our courses to local food pantries. Last year, Wiggly donated over 300kg of food to the local food network.

In exciting news for 2024, Wiggly has teamed up with local food accessibility movement Good Food Cheltenham (GFC) on a collaborative project. GFC's network of community growers and food projects will establish a sustainable distribution model to provide Wiggly with a seasonal supply of chemical free, locally grown food from across Cheltenham and Gloucester for use in our courses and Wiggly Goodies.



Look out for details of the GFC X Wiggly collaboration on our social media over 2024!

By focusing on eating local and seasonal food, Wiggly will be able to keep costs down and provide our participants with tastier, healthier options grown by volunteers in community projects less than five miles from our courses.

Look out for our Brand NEW

# Wiggly Goodies!



**Classic Salad Dressing**





**Red Onion Chutney**





**WIGGLY**  
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**CREED**  
THE FOODSERVICE COMPANY

In a new sustainable venture, our Chef created two brand new Wiggly Goodies from surplus course ingredients and donated stock. All proceeds raised will go directly towards running cookery courses for vulnerable people in Cheltenham and Gloucester.

Supported by a volunteer, our Chef peeled mountains of red onions to produce the delicious chutney, which we sold to staff at Eagle Tower, Edward Jenner court in Cheltenham and Charlton Kings Christmas market. We also baked a tasty selection of brownies, lemon cake and flapjacks to tempt shoppers in from the cold.

Enormous thanks to Good Food Cheltenham for a huge donation of red onions and to Creed Food Service for some staples used in the Wiggly dressing.

Follow us on social media for news on more Wiggly Goodies in 2024!  
@wigglycharity

# COMMUNITY LUNCHES

Since mid November 2023, Wiggly has been delighted to support the new pay-as-you-can community lunch run by Fresh Hope Charity.

Every Monday, our Chef prepares and serves a nutritious hot meal at the School House Cafe in St Paul's in Cheltenham. The lunch is open to everyone, no matter what they can afford. Good Food Cheltenham supply the vegetables and any surplus food is taken to the Fresh Hope pantry, ensuring that nothing is wasted.

From veggie chilli with rice to chicken katsu curry, the lunches have been well received and numbers are growing week on week. The Mayor of Cheltenham joined us for our celebrations and our Chef prepared a fabulously festive turkey loaf with all the traditional trimmings, feeding almost 50 people.

Wiggly is looking forward to continuing with this brilliant community venture in the year ahead and to offering a warm welcome to everyone who comes along.



Please help to spread the word to your connections.  
The Fresh Hope community lunch is open to everyone,  
no matter what they can afford ❤️

## WIGGLY IN NUMBERS 2023



245 course  
hours



614  
participants



123 volunteer  
hours



Over 300kg food  
donated to local food  
banks



1514 meals

Our Wiggly team tossed pancakes with the wonderful students at National Star College at Ullenwood in October as part of their 2023 Transitions Day event.

Our Chef prepared three fresh and delicious pancake toppings to capture the students' imagination. Everyone enjoyed the experience and some of the young people tried new flavours and textures for the first time. Fantastic stuff!



**STAR  
BAKERS IN  
ACTION**



PLEASE CONTACT US AT: [OFFICE@WIGGLYCHARITY.ORG](mailto:OFFICE@WIGGLYCHARITY.ORG)  
OR VISIT OUR WEBSITE AT: [WWW.WIGGLYCHARITY.ORG](http://WWW.WIGGLYCHARITY.ORG)

## FREE COOKERY COURSE!



Wiggly will be running free cookery courses at Brockworth Community Centre starting on Friday 12 January for six weeks, in conjunction with Brockworth Parish Council.

For more information or to book your place, please contact us at [office@wigglycharity.org](mailto:office@wigglycharity.org) or see details on our social media @wigglycharity

Wiggly are excited to be part of a consortium of providers supported by Cheltenham Borough Council's Health and Wellbeing grant who will be providing a holistic approach to health and wellbeing for residents in St Mark's Cheltenham during 2024.

Beginning in February, we will be working with Cheltenham Borough Homes, the Isborne Centre, Goals beyond Grass and Third Age Fitness to deliver an inclusive and collaborative project under the name of "Enrich" across the course of the year with a focus on encouraging healthy eating and active life-styles.

## HEALTH AND WELLBEING IN CHELTENHAM



Watch out for news of some fantastic Gloucester-based Wiggly courses coming up this year.

Gloucester County Council's Thriving Communities Grant will be funding Wiggly Seasonal Kitchen Cookery course, and we will be running a four-week course for vulnerable adults in the third of our Westgate cookery series, thanks to funding from GCC's Building Back Better scheme.

Follow us on social media @wigglycharity to see details as soon as they are available.

**COMING SOON**

## CAN YOU HELP US DELIVER SOCIAL IMPACT THROUGH COOKERY COURSES?

THERE ARE LOTS OF WAYS YOU CAN HELP AND WE APPRECIATE EVERY SINGLE ONE

Donate through our website at [www.wigglycharity.org](http://www.wigglycharity.org)

Buy a ticket for the Cheltenham Lottery or Gloucester Lottery on the Wiggly page

Donate ingredients to the Wiggly store cupboard in Gloucester

Businesses, reach out to us at [office@wigglycharity.org](mailto:office@wigglycharity.org) to discuss sponsoring a Wiggly course

And finally...please get in touch if you are interested in fund-raising for us or would like to volunteer to support our courses or our operations

 **THANK YOU!**

PLEASE CONTACT US AT: [OFFICE@WIGGLYCHARITY.ORG](mailto:OFFICE@WIGGLYCHARITY.ORG)  
OR VISIT OUR WEBSITE AT: [WWW.WIGGLYCHARITY.ORG](http://WWW.WIGGLYCHARITY.ORG)