Edition #9

Autumn 2025

WIGGLY NEWSLETTER

52, Westsgate Street
Gloucester
GL 2NF

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 bring people together through food and make community connections. Wiggly is proud to support vulnerable, marginalised and disabled adults and children with inclusive cookery workshops and community meals

OUR IMPACT SO FAR THIS YEAR IN NUMBERS...

- **358 course hours**
- **2290 participants**
- **133 volunteer hours**
- **486kg food donated to local food banks**
- **3274 meals**
- **155 pieces of equipment donated**

WELCOME TO OUR NEW COMMUNITY CHEF!

We are delighted to welcome Jane to the Wiggly team as our new Community Chef!

Over the past 25 years, Jane has worked with students of all ages in the area of learning support. She has specialised in Dyslexia and Attention Deficit Disorder and also has nine years of experience working with students on the Autistic spectrum.

Jane is passionate about the education of students who struggle to thrive and learn in mainstream education. She also brings with her a deep knowledge of food and catering, having run a Wedding and Events Catering business and having run the restaurant at Ruskin Mill Educational Trust. Jane joined us at the start of September and is already settling into her new role and making a real difference with our participants.

THE MAGICAL BUTTERFLY GARDEN





It is hard to put into words what a special place the Butterfly Garden (BFG) in Cheltenham is. Wiggly Cook Educator Sue and new Wiggly Chef Jane have run several sessions there this summer, making a range of dishes including Filled Chicken Pittas, Gnocchi with Courgette and most recently, some wonderful Plum and Blackberry Jams. We have invited people on our Waiting List to join some of the sessions, introducing them to the BFG services and making new connections happen.

The warmth of welcome that Wiggly receive at the BFG is tremendous, and we have been blown away by the amazing progress made by the learners there and by their enthusiasm for learning to cook!

Without exception, participants have been engaged and positive, sharing their new learning with their peers and supporting each other as they cook. Big thanks to the Gloucestershire Community Foundation for funding these sessions.

We hope to be able to return to run more sessions at BFG soon - watch this space!

gcf Gloucestershire Community Foundation

SEASONAL GOODNESS FROM SOCIAL SOURCE




When schools stop for the summer, Social Source ramps up production, with amazing summer harvests of mulberries from the Bishop of Gloucester's garden and plums and tomatoes from social enterprise Project Grow.

The picking team from Wiggly and Project Grow may have got just a little bit messy gathering the mulberries but the results are more than worth it!

We now have three delicious varieties of Mulberry Coulis available - Luxury, Classic and Light - as well as a new product, Five Spiced Plum Sauce, which is perfect as a glaze for roasted meats or a dipping sauce for Chinese meals!

Add to these our original favourite, Tomato and Basil Pasta Sauce and our Spiced Pumpkin Chutney, which will be available in our stockists soon.

We are also proud to have added Westonbirt Arboretum as a new stockist as well as being included in a fabulous Different Kind (whisper it) Christmas hamper celebrating products made in support of people with learning differences.

FIND SOCIAL SOURCE AT THESE LOCAL STOCKISTS OR ONLINE AT WWW.SOCIALSOURCE.CO.UK

Food Loose · roots Gloucester · Dundry Nurseries & Garden Centre · School House Café · DifferentKind · Westonbirt The National Arboretum

FIVE STARS FOR TEAM WIGGLY!

Congratulations to Chef Ryan for achieving another clean sweep in the Wiggly kitchens, with a recent Five Star Food Hygiene Rating from Environmental Health.

Wiggly manages the kitchens at Westgate Street for our wonderful partners, Kingfisher Treasure Seekers, with whom we share the space. So it was fantastic to secure another top rating for Food Hygiene for the premises, underling the excellent work that Ryan and our kitchen assistant Tom have done to keep the kitchens and all our equipment in tip top shape.

Well done team Wiggly!

INTRODUCING OUR NEW TRUSTEES

We don't often shout about the Wiggly Board, but they are a fabulous group of dedicated volunteers who oversee Wiggly's strategy and governance and work hand in hand with Wiggly Manager Claire to grow Wiggly and ensure that we are creating maximum social impact through food in the community.

We have recently welcome three new talented Board members to the team, whom we wanted to introduce here.

Roseann

Roseann leads the Community Engagement team at Katharine House Hospice, working closely with corporates, community groups, volunteers and supporters to create meaningful partnerships, organise events and deliver impactful fundraising challenges.

At home, cooking is a big part of Roseann's life, and she brings a love of food and cooking combined with a passion for Wiggly's mission.

Mike

Mike has spent over 20 years working in hospitality, including five years at executive level, with experience spanning fine dining, contract catering, festivals, hospitals and banqueting.

As Food and Beverage Executive at the Cheltenham Trust and a former chef, Mike is passionate about food and its power to bring people together. Outside work, Mike is a father of four and loves cooking for his family.

Ayako

Ayako is passionate about helping social enterprises and small charities move from survival mode to sustainable growth by helping them build and grow aligned and profitable income streams.

Her background in business development and innovation combined with her love of home-cooked health food make her a fabulous addition to the Wiggly Board.

NEW FLAVOURS, NEW FACES

We have been running a series of cookery courses and workshops at **School House Cafe** in Cheltenham this year, as well as cooking for the weekly pay-as-you-can lunch there.

The courses, which are funded by the **Community Fridge Fund**, have been a great opportunity to offer an alternative venue for participants who may not be able to get to us in Gloucester, and have opened the doors to a whole variety of new people to experience cooking with Wiggly.

Chef Ryan has worked with local families and adults to teach a range of delicious dishes, including Lemon and Herb and Cajun Chicken with a Tomato and Vegetable Rice and Falafel with Pickled Slaw and Flatbreads. These sessions show how cooking together can strengthen family bonds, boost confidence and create lasting memories.

FAREWELL AND THANK YOU!

Charlotte has been working hard behind the scenes at Wiggly since March this year, developing and testing a new Business Operations Assistant role for us as a charity and setting up processes to help Wiggly operations run smoothly.

She has been an absolute star, developing a Volunteers' Handbook, putting systems in place for enrolling learners on courses, and supporting the team by identifying donations of IT and cookery equipment. She has also helped us understand the Operations role and we are excited to welcome a successor to Charlotte in October.

We are sad to see Charlotte go, but wish her enormous success with further study in Law in London!

ROTARY QUAYS BEER FESTIVAL

In a first for Wiggly, our team stepped up to provide lunchtime food stall at the Rotary Quays Beer, Wine and Cider Festival in mid September.

Chefs Ryan and Jane baked a variety of goods, including delicious Venison Pasties, made with meat kindly donated by the **Country Food Trust**, and a selection of sweet treats. The weather mostly played ball and everyone had a great time chatting to customers and sharing our food.

With big thanks to our Trustees Ali and Mike for lending their support, and to new Volunteer Lucy for leaning in to help out at the weekend and of course to **Rotary Quays** for inviting us along to join the fun! Cheers!

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

AUTUMN HAS ARRIVED AT WIGGLY!

Our **Thriving Communities** course is a wonderful cookery course designed to celebrate the best of local seasonal produce. We are so fortunate to partner with the fabulous **We Are Project Grow CIC,** who supply us with a colourful box of freshly harvested vegetables each week, grown and picked by volunteers in local community gardens less than 10 minutes' walk from Wiggly.

Our learners have made some amazing seasonal dishes, including Roasted Mediterranean Vegetable Orzo and Pumpkin Risotto, learning new skills and building connections and confidence all the way.

With thanks to **GCC** for funding this course through their Thriving Communities Grant.

Gloucestershire COUNTY COUNCIL

SHARING THE LOVE

ProCook

CREED THE FOODSERVICE COMPANY

We are very fortunate to be supported by ProCook Gloucester with regular donations of quality kitchen equipment and Creed Foodservice with donations of store-cupboard staples.

We are able to use much of the food donations and many of the pots, pans and utensils in our Wiggly courses, enabling our participants to learn to cook a fantastic variety of dishes. But we also make sure that we share the equipment donations with our partners at other charitable and community organisations in Gloucestershire.

Kingfisher Treasure Seekers Be the best you

So far this year, Chef Ryan has distributed 155 pieces of equipment to six different organisations, including the Cavern at Kingfisher Treasure Seekers, Gloucestershire Deaf Association, Imjin House for Veterans, the Butterfly Gardens and School House Cafe in Cheltenham. We have also shared out over 480kg of food donations to ten local organisations across Cheltenham, Gloucester and the Forest of Dean.

BUILDING CONFIDENCE THROUGH COOKERY

barn wood

NHS

We have continued to run regular courses in partnership with PACE LD, supporting diverse groups of adults with learning disabilities or mental health issues, courtesy of funding from Barnwood Trust.

We have also worked directly with the Gloucestershire NHS Health and Care Trust to provide tailored cookery sessions to support some of their residents with building independence and life-skills in the kitchen. The amount of progress, learning and confidence that has developed amongst the diverse participants in just a matter of weeks has been remarkable.

JAM PACKED WITH FLAVOUR!

Charlton Kings Parish Council

It's always a challenge at the end of summer to know how to use all the fantastic late summer fruits, so our Chef Jane designed two bespoke Preserves workshops to make the most of hedgerow fruits and locally picked plums and damsons.

Working with clients at the Butterfly Garden, Jane supported the group to make a selection of Plum and Blackberry Jams from start to finish, including labelling the jars and decorating the tops.

With Charlton Kings Parish Council, we were pleased to run an informative workshop at Planted CK, in which Jane demonstrated how to make some more unusual preserves, including hedgerow jam, mint jelly and pickled cabbage.

Everyone took home the fruits of their labour - with jammy smiles all round!

COMING SOON

Join our FREE cookery workshops!

We still have a few places left on our individual cookery workshops on the following dates:

Wednesday 22nd October (Gloucester)
Monday 3rd November (Gloucester)
Monday 24th November (Gloucester)

Or come along and meet our Chef at School House Cafe every Monday and join the pay-as-you-can Community Lunch!

SPACES ARE LIMITED

CONTACT US AT OFFICE@WIGGLYCHARITY.ORG TO RESERVE YOUR SPOT!

Can you help?

With the help of your donations we can reach more vulnerable people across Gloucestershire with our cookery courses and workshops. Please scan the green QR code to make a donation or follow the DONATE tab on our website

Thank you for your support

DONATE HERE

OUR WEBSITE

WITH ENORMOUS THANKS TO OUR FUNDERS AND THE COMPANIES WHO SUPPORT US

barn wood

NOTGROVE trust

Garfield Weston FOUNDATION

Gloucestershire COUNTY COUNCIL

NHS Gloucestershire

gcf Gloucestershire Community Foundation

Kingfisher Treasure Seekers Be the best you

DAISI Digital, Accessibility, Inclusion, Support & Innovation

CREED THE FOODSERVICE COMPANY

spirax sarco First for Steam Solutions

ProCook

ITSA Digital Trust

tvmc mobility

Advantage Buying

vegware

THE COUNTRY FOOD TRUST

robot coupe

HIGH FIVE TO OUR FABULOUS PARTNERS WHO MAKE THE IMPOSSIBLE, POSSIBLE EVERY DAY

PATE'S GRAMMAR SCHOOL CHELTENHAM

SCHOOL HOUSE CAFÉ

Gloucester Foodbank Together with Trussell

The Forest Foodbank Together with Trussell

CK Futures

PROJECT GROW

Gloucestershire Heritage Hub

DIOCESE OF GLOUCESTER

Follow The Flow

Gloucester City Mission

P.A.C.E. Personal Assistance Community Enablement

KCES Kingsholm

G'74

Fresh HOPE

Alabaré

WE APPRECIATE YOU ALL ❤