

HAF Family Space cook with Wiggly Spring 2024.

We are looking forward to meeting you when you come to Family Space and Wiggly Family Cooking session. Below is some more information about us and what we do so you can have a better idea of what the cooking session will look like on the day.

Who are we?

You will meet some of these adults when you come along:
Some of the staff are Lindsey, Emma, Donna, Julie and Millie.



Hi, we are some of the Family Space team, we are looking forward to meeting you.

Where are we?

Oasis Centre



The front entrance to Oasis.

Accessibility Information

We have a disabled toilet. (no hoist)
Oasis building has a level access.
There is a car park with two disabled parking spaces.

What will we be doing?

Below is an outline of what our day will look like:

Time	Activity
9.30	Welcome and registration
9.30-9.45	Introduction to the wiggly chef and plans for the morning
9.45-10.15	Cooking demonstration, watch the wiggly chef create the food you will be making later.
10.30-11.00	Family scavenger hunt around the Oasis Centre, following clues to find the names of ingredients for the pizzas and health fruit pots. Children complete the answer sheets and collect ingredients from the kitchen once all the clues are solved.
11.00-11.30	Parents and children make their own family pizza and individual health fruit snack pots, rolling and shaping dough, topping with tomato sauce, plus a selection of toppings and creating healthy fruit snack pots for dessert.
11.30-12.00	Children will go to the sports hall for physical activities while their pizzas are cooked.
12.00-13.15	Parents and children return to the small hall to enjoy sharing pizza, salads, and fruit pots. Family board games will be available to enjoy playing while we eat and share together.
13.15-13.30	Children fill in session feedback forms and children box up any left-over pizza to take home, along with a wiggly tote bag for each family.

If we have to change anything, we will let you know at the start of the day.

If you still have any questions about the activity, you can contact us by using the details below:

Email: hello@familyspace.org.uk

Telephone: 01242525479

Social Media: <https://ymcacheltenham.com/family-work/>

If you have any questions or worries during the day, Emma or Lindsey will be there to help you.



Department
for Education



Gloucestershire
COUNTY COUNCIL

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HAF 
holiday activities & food



Emma



Lindsey

Now you know who we are we would love to get to know you better. If you would find it helpful, you can fill out the 'All About Me' form in the link below. This will let us know how best to welcome you on the day:

<http://forms.gloucestershire.gov.uk/AllAboutMe>

We look forward to meeting you in person and having fun!