



# WIGGLY

52, Westgate Street  
Gloucester  
GL1 2NF

Registered charity "The  
Wiggly Worm Ltd"  
Charity no: 1124647

## Spring Newsletter 2026



**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.**

## Learn. Cook. Share





# WELCOMING IN 2026 - A BUSY FIRST WEEK BACK



Wiggly started off 2026 by returning to **The School House Café** in **Cheltenham** with our community lunch. Chef Ryan brought some much-needed warmth to the beginning of the year with sweet chilli chicken and veg tacos.

We were pleased to see so many faces, with **55** meals served. These pay-what-you-can community lunches are a firm favourite, taking place every Monday, 12:30 – 13:30, with everyone welcome. If we haven't already, we hope to see you there!



The first week of January also marked the first **GDA lunch club** of 2026 with homemade chicken, leek and bacon pie accompanied by creamy mash, seasonal veg and gravy. Also on offer was a warming cauliflower cheese soup.

For those who still had room, a zesty lemon posset with a chocolate dipped strawberry and freshly baked shortbread biscuits finished off this cosy lunchtime meal.

We weren't just out and about in the community. Our first week back was also our first cookery session at **Westgate Street Kitchens**, where Chef Ryan hosted a cookery workshop with the **Kingfisher Treasure Seekers Lighthouse** group. It was fantastic to be back!



Finishing off where we started, Wiggly returned to **The School House Café** for the first session of the **Fresh Hope** 4-week cookery workshops. Led by Chef Ryan and Chef Assistant Tom, with support from a School House Café volunteer, the group successfully made a delicious shakshuka with homemade flatbread.



It was a strong and flavour-packed start to 2026, with so many people coming together. And we're just getting going, with 2026 set to bring more meals, more learning, and more opportunities in the months ahead



## INTRODUCING WIGGLY'S NEW GENERAL MANAGER



Hello and thank you for reading our Spring Newsletter!

My name is Emma and I am delighted to introduce myself as the new General Manager. I am thrilled to be joining Wiggly and over the last few weeks, I have spent time getting to know the team and visiting some of the workshops run by our incredible chefs.

It has been a joy to see the work in action and how much our participants gain from working with Ryan, Jane and Tom. From learning how to batch cook and use resources as efficiently as possible, to learning about the importance food has on our health and even using cooking to learn some functional skills. Threading through all of this, is the connection with others and coming together at the end of a session to share a meal together. It is evident that there is so much to gain by attending a Wiggly workshop.

Having a background in both nutrition and the voluntary and community sector, I see first-hand the importance of Wiggly's work. Food is often so much more than just a meal; it is both personal and political and our relationship with food is often complex. It can nourish us, have a direct impact on our health, be a source of social connection, bringing families and even communities together. It is often also complicated, drawn from our values, cultural upbringing and tied into an intricate political landscape, with the cost of living and access to food changing continuously. There is no quick solution to supporting our communities but we can, as an organisation, do our best in everything we do.

I believe that Wiggly has a unique place in Gloucestershire, with a mission to empower those we work with and I am hugely looking forward to developing new partnerships across the county, growing our impact.

If you would like to discuss working together, please do reach out on [emma@wigglycharity.org](mailto:emma@wigglycharity.org). I would love to hear from you.





# SPRINGTIME AT ENRICH



After an initial lunch and cookery session in January, Wiggly were delighted to be at **ENRICH** in Cheltenham this March.

Over four weeks, Chef Jane delivered weekly community lunches and cookery sessions, bringing people together each week to share a meal and get involved in making it.

Across the four weeks we served over 50 meals, with plenty of takeaway portions also given out.



We were really pleased to be working with ENRICH again, and to be part of such a lovely set of sessions. Chef Jane kept things varied with a wonderful range of dishes, from homemade flatbread with mixed bean stew, to inviting those attending to make their own pasta from scratch!

It was wonderful to see participants getting involved in the cooking and coming together at the end to help clean up the space. If the sound of Chef Jane's flatbread and stew was appealing, then click on the link for the recipes: [Sweet Potato Stew](#) and [Homemade Flatbread](#).





## THRIVING COMMUNITIES SPRING



In March we welcomed back our **Thriving Communities** cookery courses, starting off with our **Spring** series! Wiggly has been running these for the last two years, thanks to funding from **Gloucestershire County Council** as part of their Thriving Communities grant.

Delivered by Chef Ryan, with support from Chef Assistant Tom, we were excited to see lots of new faces joining us in the kitchen.



Taking place across five weeks, the group worked through a different seasonal dish each week. To start the course, Chef Ryan guided participants to make a light pea and leek soup, served with crème fraîche, lemon and a delicious cheese and chive scone.

As the weeks went on, participants prepared more involved dishes, including a springtime risotto with pan-fried lemon chicken, and a warming honey and mustard glazed chicken pie with leek, cabbage and potato. It was fantastic to see the group take on more complex recipes and do so well!



The course ended on a sweet note, with mini egg cheesecake and a fruit crumble. If you want to look at our crumble recipe, it's now up on our website here: [Rhubarb and Apple Crumble Recipe](#). Give it a go!

Over 60 meals were made across the course, with participants building confidence and enjoying the chance to cook together each week. We're very happy to see Thriving Communities return and will be running our Summer series in June.





## THE BUTTERFLY GARDEN



Chef Jane has been busy at **The Butterfly Garden**, in Cheltenham delivering cookery workshops with a small group of participants.

Supporting a range of ages and abilities, Chef Jane, alongside The Butterfly Garden volunteers, helped the group learn new cooking skills and make some wonderful dishes including homemade Cornish pasties, butternut squash risotto and delicious blueberry muffins. Each participant took home a copy of the Follow the Flow Cookbook to keep cooking at home.

These sessions took place thanks to funding from **Spirax Sarco**. It was a really enjoyable set of sessions, with lots of involvement and great food throughout.



## GLOW FAMILY WORKSHOP



During February half term, we partnered with **GLOW NHS Gloucestershire** to deliver a family cookery workshop, led by Chef Ryan and Chef Jane.

Taking place at our Westgate Street kitchen, families worked together to make chicken, halloumi and vegetable skewers, alongside chickpea and sweetcorn fritters, salad, and a homemade sweet and sour sauce. As a treat, Chef Ryan also prepared chocolate and beetroot cakes for families to take home, along with a **Follow the Flow** cookbook.

Thank you to the **Barnwood Trust** for funding these sessions and making them possible.





## THERE IS MORE...



It's not just the sessions above keeping us busy. Across the county, we've been delivering other projects, including **NHS** pilot cookery sessions at **The School House Café**, and we have been back with our partners at **PACE**, also thanks to **The Barnwood Trust**, at the Wiggly kitchens teaching cookery skills and techniques. It's been a busy few months of cooking and learning!

We've also been out and about in the community, dropping off donations of food and cooking equipment we received from our partners at ProCook and Creed. Chef Ryan made trips including a visit to The Owsbit Centre in Cinderford to help stock their newly installed kitchen with pots and pans, and also visited Claremont House in Gloucester with items for their kitchen.

A big thank you to all our partners and funders who make what we do at Wiggly possible.

## IMPACT SO FAR 2026



Food donations distributed

**180 kg**



Hours of cookery education

**70+**



Food projects completed

**10**



Kitchen kit donations

**72**

## FEEDBACK

**"When he returns home he is so excited and proud to tell everyone what he has achieved"**

**"I've learned so much"**

**"Amazing do more"**

**"We loved it"**

**"All the recipes were lush and used simple ingredients that you'd already have or would be easy to find and cheap to buy."**



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



## WHAT'S ON AT WIGGLY



### Wiggly Cake Sale - 22<sup>nd</sup> May 11AM to 1PM

**Academy of Music, 31 Barbican Road, Gloucester, GL1 2JF**

Come along to enjoy a range of delicious homemade cakes and bakes prepared by our Wiggly Chefs. All proceeds support Wiggly's community cookery courses and workshops.

Taking place as part of Dementia Action Week at the Gloucester Dementia Choir, this is a great chance to treat yourself whilst supporting the work we do. Card and cash payments accepted.



### Free Family Cookery Session - 30<sup>th</sup> May 11am to 1pm

**TwoCan Theatre, Eastington, Stonehouse, GL10 3AA**

Join Wiggly for a free, hands-on family cooking session led by one of our friendly Wiggly Chefs. Families will enjoy an interactive demonstration before cooking together and adding their own creative flair.

Age 7+ . To book contact: [office@wigglycharity.org](mailto:office@wigglycharity.org)



### Thriving Communities Summer 5-Week Course - Wednesdays from 3<sup>rd</sup> June 11am to 1pm

**Wiggly Kitchens, Westgate Street Gloucester, GL1 2NF**

Each workshop will be led by one of our Wiggly Chefs and participants will learn cookery skills while building community connections and use seasonal vegetables to create nutritious well-balanced meals. All ingredients and apron provided.

This course already has a waiting list. Please contact: [office@wigglycharity.org](mailto:office@wigglycharity.org) to be added to the list.

### 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



## REGULAR EVENTS



**School House Community Lunch - Mondays 12:30pm**  
**School House Café, St Pauls Road, Cheltenham, GL50 4EZ**

Come along and meet our Chef at School House Cafe in St Paul's Cheltenham every Monday at 1230 and join the pay-as-you-can Community Lunch!

## NATIONAL INFORMATION



### Food Foundation - BANG IN SOME BEANS

#### Who are The Food Foundation?

The Food Foundation is a UK charity working to create a healthier, fairer and more sustainable food system, with a focus on improving access to affordable, nutritious food.

#### What are they doing?

They have launched a national campaign called 'BANG IN SOME BEANS' to encourage more people to eat beans and legumes.

#### Why?

Nutritionally, not only are beans and legumes rich in fibre (which many do not get enough of), they are also incredibly versatile to cook with, have a long shelf life and are often a low-cost option.

**Find out more**– there are a huge number of resources available on the website, including some fantastic recipes: **[BANG IN SOME BEANS](#)**



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



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



The Butterfly Garden



WE APPRECIATE YOU ALL 