



WIGGLY

52, Westgate Street
Gloucester
GL1 2NF

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

Summer 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



Edition #12



Stepping into Summer



As spring came to a close, Wiggly celebrated the completion of our Spring Thriving Communities course and our final sessions with PACE, while continuing to deliver cookery workshops, community lunches and nutritious meals across the county.

A huge thank you and well done to everyone who joined us over the past few months. It's been wonderful to see participants grow in confidence, develop new cooking skills and enjoy spending time together in the kitchen.

Now, as summer continues, we're pleased to look back on some of the projects and moments that have made this another memorable and busy season for Wiggly.

Our Wiggly Chefs have been embracing seasonal summer cooking at our regular community settings. At **The School House Café's** Monday meals in Cheltenham, they've been serving up BBQ chicken wraps and vibrant salads, while at **Gloucestershire Deaf Association's** lunch club, British summertime classics such as ploughman's lunches and strawberry Eton mess have been on the menu. All beautifully presented and incredibly delicious!

We are returning to School House after the summer on Monday 7th September at 12:30pm. We look forward to seeing you there!





Gloucester Dementia Choir



Recently, Wiggly was approached by **Gloucester Dementia Choir**, a welcoming community choir for people living with dementia and those who care for them. They were hoping to replace the shop-bought cakes served at their weekly choir sessions with homemade alternatives. Our Wiggly Chefs were happy to help!

Our first visit coincided with **Dementia Action Week**, when we joined Gloucester Dementia Choir, Gloucester Dementia Action Alliance and other local organisations for a community singalong and cake sale. The event was very well attended, with our homemade cakes proving a real hit.



Since then, our chefs have continued baking and enjoying heartwarming conversations. Over several cake sales, Wiggly has raised more than £600 to support our work, while becoming part of a fantastic community that we hope to continue supporting.

Claremont House - The Riverside Group



In July, Wiggly began delivering a new cookery course at **Claremont House**, part of **Riverside Group**, supporting people experiencing homelessness as they build independent lives.

Participants have been learning practical cookery skills and preparing nutritious, budget-conscious meals such as shakshuka with homemade flatbreads using everyday cupboard ingredients.

At the first session, one resident proudly exclaimed, "OMG, I can actually cook!" It's this kind of confidence-building that these sessions are all about.





COOKING TOGETHER



Our chefs have been delivering cookery sessions with many of our fantastic community partners across Gloucestershire.

Our Summer Thriving Communities course returned, with Chef Ryan and Chef Assistant Tom getting everyone cooking. Participants learned to make a range of seasonal dishes, from chicken and halloumi kebabs with tomato and vegetable orzo to a delicious strawberry cheesecake. Find the recipes here:

- ★ [Strawberry Cheesecake Recipe](#)
- ★ [Chicken and Halloumi Kebabs Recipe](#)



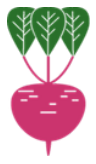
A huge thank you to everyone who joined us! Thriving Communities will return in September for our Autumn edition. This course was made possible thanks to **Gloucestershire Community Foundation**.

Elsewhere, Chef Ryan delivered a cookery workshop for **Gloucester Deaf Association's Dalmatians Group**, while Chef Jane returned to **Kingsholm Primary School** and **The Butterfly Garden**, with participants trying everything from homemade pasta to pizzas from scratch.



Thank you to **NHS Gloucestershire** and **Barnwood Trust** for supporting our work with Kingsholm and The Butterfly Garden.





HOLIDAY COOKERY ADVENTURES



Families have been getting stuck into cookery with Wiggly across the school holidays, with our chefs delivering fun, hands-on workshops across Gloucestershire.

At **TwoCan Theatre's** new kitchen in Eastington, families joined Chef Ryan, Chef Jane and Chef Assistant Tom to cook dishes including paella, fresh pasta and strawberry tiramisu. One participant shared:

"I've always meant to try making pasta from scratch, so it was great to find out how quick and easy it is!"



Thank you to **The Barnwood Trust** for making these sessions possible!

We also joined **World Jungle** and **Forest Voluntary Action Forum (FVAF)** HAF activities.

From experimenting with popcorn flavours to making peppermint creams, children and families enjoyed getting hands-on in the kitchen.





BIG HEALTH DAY

It was fantastic to join so many people at this year's Big Health Day in Gloucester. With a great turnout, it was a wonderful opportunity to meet and chat with local individuals and organisations, share more about Wiggly's work and, of course, catch up with some familiar faces along the way.



Thank you to everyone who stopped by to say hello!



NATIONAL NEWS

Food Foundation Report Highlights Increased Barriers to Healthy Eating

The **Food Foundation's** annual **Broken Plate Report 2026** highlights the growing challenges many people face in accessing healthy, affordable food. The report found that families with children on the lowest incomes would need to spend **85%** of their disposable income to afford the Government's recommended healthy diet, with healthier food continuing to cost more than less healthy alternatives.

These findings highlight the importance of Gloucestershire's community food organisations, which help people access affordable food, develop cooking skills, build confidence and reduce isolation. However, more needs to be done to address the underlying issues. Good, healthy food should be accessible to all.

Read the full report here: **[Broken Plate Report 2026](#)**





THERE IS MORE...



Autumn Thriving Communities Course - 11 September - 9 October, 11AM to 1PM **Wiggly Kitchens, Westgate Street Gloucester, GL1 2NF**

Our Autumn Thriving Communities Course has a few spaces available! Led by our Wiggly Chef Ryan, this free five-week seasonal cookery course will get you cooking delicious seasonal dishes, whilst building community connections.

These sessions are run in small groups and are designed to be practical, friendly and accessible. All ingredients and equipment are provided.

To register your interest, or for more information please contact office@wigglycharity.org



School House Cafe-Monday's during term-time from 7th September from 12:30PM to 13:30PM **St Pauls Rd, Cheltenham, GL50 4EZ**

Come along and meet our Wiggly Chefs at School House Cafe and join the pay-as-you-can Community Lunch!

IMPACT SO FAR 2026



Food donations distributed

311 kg



Hours of cookery education

390+



Food projects completed

30+



Kitchen kit donations

72

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



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



The Butterfly Garden



WE APPRECIATE YOU ALL