

## Free and low-cost cookery classes in the Cotswolds

There are several organisations that provide free or low-cost cookery classes in the Cotswolds.

With a focus on good nutrition and affordability, these classes have a range of aims, such as improving participants confidence, knowledge, and skills in preparing food for themselves and their families. There are usually separate courses for adults and for children.

These are the providers and courses we have found. If you know of others, please let Cotswold Food Network know by contacting: [martin.hawkins@cotswold.gov.uk](mailto:martin.hawkins@cotswold.gov.uk)



### Wiggly

Wiggly, the charity, runs free five-week cookery course for adults each Spring, Summer, Autumn, and Winter during 2025. The are funded by Gloucestershire County Council.

These courses will focus on using seasonal vegetables to create delicious dishes which participants will be able to replicate at home. They are intended to be fun, interactive, and informal and designed for adults of all abilities - all ingredients and aprons will be provided.

Each session is led by the Wiggly Chef and participants will have the opportunity to learn new cookery skills whilst creating tasty dishes and building community connections. Places for each season will be advertised on Wiggly social media [@wigglycharity](https://www.instagram.com/wigglycharity).

The next courses taking place in 2025 are:

- Autumn: 10 September - 8 October and
- Winter: 12 November - 10 December.

Places are limited and subject to confirmation by Wiggly - please email [office@wigglycharity.org](mailto:office@wigglycharity.org) to register your interest.

Wiggly website: <https://wigglycharity.org/>

### **The Kitchen Club Cotswolds**

Run by Meliny Tim, a trained nutritionist, the Kitchen Club says they are passionate about teaching cooking and nutrition to this generation of primary school aged children in England, enabling them to make healthy food choices throughout their lives.

The Kitchen Club hope that children should learn to cook to feed themselves well for life, which have developed a one stop solution for schools. Lessons are planned with the class teacher's involvement, bring in the equipment, ingredients, kitchen, teacher, and lots of enthusiasm and deliver lessons to the children, no matter how big or small the school.



The Kitchen Club delivers cooking lessons in classrooms, whole school cooking days, holiday workshops and cooking parties.

For more information about cookery in schools, you can contact [admin@thekitchenclub.org.uk](mailto:admin@thekitchenclub.org.uk) or **07980 143289** and Kitchen Club website: <http://www.thekitchenclub.org.uk/>

### **Cirencester College**

Cirencester College has run several cookery classes through its Adult Education Service.

**Cooking on a Budget** is a course where participants can learn new skills, identify ways to save money and make new connections in this practical cooking course being delivered in partnership with 'The Kitchen Club.'

The course aims to give participants tips on how to produce healthy meals whilst learning how to be economical with produce and appliances when cooking. Each participant will receive a weekly bag of ingredients to take home to attempt to replicate what they have produced during the session. The course will also include a weekly shared lunch with the other participants.

This is a funded course, so free to participants that:

- Have lived in the UK or EU for at least 3 years
- Are aged 19 and over
- Are earning less than £18,525



For more information, please go to [Cooking on a Budget – Cirencester College](#) or contact [Chris.Smith@cirencester.ac.uk](mailto:Chris.Smith@cirencester.ac.uk)

**Cooking Confidence** will run weekly commencing Tuesday 16<sup>th</sup> September at Cirencester Baptist Church from 09.30am – 12.30pm. Please see further details below;

Expand on your current cooking skills and recipes and build lasting kitchen confidence with our practical 'Cooking Confidence' course. Whether a beginner or someone who wants to brush up on the basics, this course is designed to take the stress out of cooking and make it enjoyable. Additionally recognise the positive impact cooking can have on wellbeing, whilst making new social connections.

Facilitating the course will be tutors from 'The Kitchen Club' who will pass on their knowledge and expertise. Sessions will run weekly and follow a different theme each term, with term 1 focusing on smart meals, small budget.

Fully funded (free) places are available to those who meet the following criteria;

- Have the right to live in the UK or EU and have done so for at least the past 3 years
- Are aged 19 and over
- Are unemployed, looking for work and claiming benefits or are employed and earn below £25,000
- Have not previously attended a cooking course with us.

Those interested can sign up by emailing [adult.education@cirencester.ac.uk](mailto:adult.education@cirencester.ac.uk) or [Chris.Smith@cirencester.ac.uk](mailto:Chris.Smith@cirencester.ac.uk)

## **Adult Education in Gloucestershire**

Gloucestershire County Council has been running (during June and July 2025) a food waste cookery course in Cirencester, which looked at how to reduce food waste and save money at the same time. It has been designed to provide inspiration on how to re-purpose everyday ingredients that often get wasted, to produce tasty food and reduce the amount of food waste.

The usual Adult Education funding criteria are that participants must be aged 19 or over; have lived in the UK for 3 years or longer, qualified below a Level 2 (less than 5 GCSEs); or earning below £25,000.00 per year.

For enquiries about this or other courses run by Adult Education, please use: [learn@gloucestershire.gov.uk](mailto:learn@gloucestershire.gov.uk)

## **Finally but essentially staying safe when cooking**

As you would know, cookery if not undertaken with health and safety paramount, can be a dangerous activity.

Therefore, you should always ensure that the cookery classes you are considering attending and booking on, always have proper health and safety practices and guidance in place.

Gloucestershire County Council has published some excellent cookery fire safety guidance. It is in the context of cooking with children at home but is applicable to everyone.

[Fire safety advice when cooking | Gloucestershire County Council](#)