

## New Kitchen and Activities Update

We are so pleased to officially announce that our new kitchen is open for business! A huge thank you to everyone who helped with the installation, cleaning and tidying to make sure we were ready to go for opening last month.

So far we will have hosted 8 Community Lunches (now on a Tuesday & Friday) where we can accommodate for up to 18 people each day. We are so pleased we have been able to continue holding Community Lunch as we know how important this is to those who attend, and that they are still as popular as ever. We are pleased that our volunteer cooks have adjusted so well to the change and are getting used to working in a smaller kitchen compared to the one at Helena Lane.

Due to Community Lunch now being across two days of the week, we have had to make some adjustments to when other events happen in the Social Space.

**Tech Talk** – Monday (PM) for support and guidance on issues or questions relating to a device. Appointments only.

**Help Hub** – Monday (AM), Thursday (AM) & Friday (PM) for support with the completion of online forms. Appointments only.

**Social Space** – Monday, Wednesday, Thursday (11am-1:45pm) for refreshments and a light lunch (last orders at 1pm).

**Board Games** – Wednesday (2pm-4pm) all welcome, drop-in.

**Mindful Colouring** – Thursday (11am-12pm) All supplies provided by Hands Together. All welcome no booking necessary.

**Community Lunch** – Tuesday & Friday (Pre-bookings only).

For more information and further events that we have, visit the event page of our website (link at the bottom of this newsletter).



## Social Media reminders

A reminder that you can keep up to date with everything Hands Together Ludlow by following us on Facebook and Instagram. This is the easiest and quickest way to keep in the loop on updates, new projects and much more. Give us a follow if you use either of these platforms!

**Facebook** – Hands Together Ludlow. **Instagram** – handstogetherludlow1.

## Volunteer and staff training

Staff and volunteers have taken part in Induction training and Customer Service Training over the past month.

## Ludlow Men's Shed; Women DIY Day Success!

Yet another fabulous item made at the Women's DIY Day. Jayne spotted this length of spalted beech and realised that the gold and black coat hooks would go beautifully with the black spalting. Leaving the natural edge has given the coat rack a much more 'organic' appearance and it now has pride of place having been fitted (by Jayne) to the wall in her home."



## Chronic Pain Support group

Our Chronic Pain support group has been running since November last year, bringing together those who experience Chronic Pain due Fibro, ME, Long Covid, Chronic Fatigue or anything similar. Many of the participants have found support and comfort in being able to share experiences, with those who understand the tiring nature of chronic pain. One participant commented "how wonderful it is to be with people who understand". The group meet monthly at the moment, with the next meeting happening on Wednesday 19<sup>th</sup> February 3pm-4:30pm. No booking required, just come along if you are able to.

## Ludlow Cake Jar Company, supporting Hands Together



Ludlow Cake Jar Company, consisting of Jack, Abby and Amber, began working with us towards the end of 2024. They very kindly donate their surplus cakes leftover from their weekend markets to our Community Fridge, for anyone to take. They just ask for the jars back once the delicious cake has been eaten!

To continue supporting Hands Together Ludlow, Jack, Abby and Amber are all taking part in the Shropshire 80k Festival! This is a series of walks/runs (10k, Half-Marathon, Ultra Marathon) all off-road, starting from Craven Arms Discovery Centre. Abby and Amber are taking on the Half-Marathon, which is an intense 13.1-mile course, while Jack is taking on the Ultra Marathon; a whopping 50 miles through the stunning Shropshire Hills. As a team, they're looking to raise £1,000 for us.

We caught up with the team recently to see how their training was going....

**Jack** started running again in 2023, after a break from when he was younger, and took part in the Shropshire 80k in 2024, completing it in a fantastic 13 hours! Training has now started to ramp up in 2025. Jack continues to try and find the time to fit his training around the day-to-day running of Ludlow Cake Jar Company, even if the runs are about 5 hours!

**Abby** also has some previous running experience and will be 6 months pregnant come the time of the event in April! Even if it resorts to walking the Half-Marathon, Abby is determined to do it!

Running is something completely new to **Amber**, but she's off to an incredible flying start. Amber's slowly ticking off the miles and even completed her first 10km a few days ago, half of what she needs to complete for the event.

Everyone at Hands Together is cheering the team of Ludlow Cake Jar Co. on and we can't wait to hear how they get on! To find out more, or to donate please visit the link via their Just Giving page [here](#).

## Park & Ride trial at Royal Shrewsbury Hospital

The Shrewsbury and Telford NHS Trust is working with Shropshire Council and Arriva to provide a new Park & Ride trial service to Royal Shrewsbury Hospital. The service will operate from the Oxon Park & Ride site to the Treatment Centre, the new main entrance of the hospital, and will run every 15-20 minutes between 10am-3pm, Monday to Friday from Monday 27<sup>th</sup> January until further notice.

A link to the timetable can be found [here](#). If your appointment falls between the hours of 10am-3pm but you leave the hospital after 3pm, you can get the next available bus. For more information, please click [here](#).

## Young people and Children Mental Health Services

Have your say: Help shape the future of Emotional Wellbeing and Mental Health Services.



A new survey is now open to shape the future of emotional wellbeing and mental health services for children and young people in Shropshire, Telford and Wrekin. The initiative builds on previous feedback that has already made a difference, ensuring that the voices of young people, parents, carers, professionals, schools, and volunteers continue to guide how these essential services are planned and delivered.

Your feedback is vital to ensuring that services are accessible, effective, and focused on what matters most to children, young people and their families. By sharing experiences and ideas, you'll play a key role in shaping services that meet the diverse needs of the community.

Who should participate:

- Children and young people (with adult guidance for those under 16)
- Patients and carers
- Professionals, schools, and volunteers who support children and young people

The survey is anonymous, and your responses will help ensure diverse representation, guiding future improvements and decision-making. Follow the link [here](#) to complete the survey, you have until 7<sup>th</sup> March to do so. If you have any questions, please contact [stw.getinvolved@nhs.net](mailto:stw.getinvolved@nhs.net).

## Some events this month (more information available on the Events page of our website)

**Lucky Dip Social Lunch:** Every Monday, Wednesday and Thursday. from 12:00pm – 1:30pm. Come along for a light meal and good company. Last meal order taken at 1pm.

**Help Hub:** Wednesday and Thursday mornings by appointment only. Support available for online forms (strictly not Personal Independence Payment (PIP)).

**Mindful Colouring:** Every Thursday between 11am-12pm at our Social Space. Supplies provided by Hands Together Ludlow.

For more details of any of our events please call **01584 873062** or visit our website: [Events \(handstogetherludlow.org.uk\)](https://handstogetherludlow.org.uk)

**HANDS TOGETHER LUDLOW** is grateful for funding and support provided by the community and many other organisations, such as Millichope Foundation and the Hall Garth Trust.



# HANDS TOGETHER LUDLOW

connecting our community

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