

Visit our Social Space!

Are you looking for a place to meet new people, get involved with something new or a place to catch up with or make friends? Come and visit our Social Space! Throughout the week we have different activities going on; from Mindful Colouring on a Tuesday to completing a crossword or wordsearch whenever you like, there is always something going on that people are welcome to give a go. If you'd prefer to, why not bring a newspaper to read over a cup of tea? This is a safe, welcoming space for anyone and everyone who may want some company. The Social Space is open Monday to Friday 11am-2pm with refreshments available for a minimum £1 donation. If you're feeling peckish, pop in or stay for our daily Lucky-Dip Lunch made using surplus food that has been donated to the Community Fridge for a minimum £2.00 donation. There's no need to book, just come along if you'd like to!

Live at Ludlow Castle



Earlier this year, we were kindly asked if we would like to do a bucket collection over 2 nights and if we had any volunteers to scan tickets at this year's Live at Ludlow Castle. We are so pleased to say we collected nearly £700 on Thursday and Friday evening! Thank you so much to everyone who donated.

Our new Trustee, Katie, was part of the bucket collection team on both nights and this is what she had to say... **“We were utterly humbled by the £700 that we raised at the Castle**

Concerts in the middle of July and it was such a pleasure to represent the Charity with the team of volunteers that offered to stamp tickets or collect money outside the venue. As a new volunteer (and Trustee) for the charity, it was SUCH an eye opener to witness valued our work is by the Ludlow community. Many visitors were keen to know more about what we do and were always utterly impressed with our vision and how we help. We have some big fans! Talking of fans, I had no idea that we would then be able to go in and watch the concerts. What a brilliant way of getting a ticket to see James and Elbow! Thanks Hands Together and everyone involved!”.

A huge thank you goes to all our volunteers who gave their time scanning tickets across all 4 nights, and with the bucket collections on Thursday and Friday. We even got some lovely new hi vis jackets! Thank you to Ludlow Castle and Future Sounds for putting on such a great weekend.

Volunteer and Staff Training

Over the past month, staff and volunteers have taken part in Health and Safety building management and Safeguarding training.

Hands Together Ludlow Volunteer Survey results

At the beginning of June, our volunteers were invited to complete a satisfaction survey on their volunteering with us. 98% of volunteers who answered the survey said they are satisfied with their volunteering, of which 74% are very satisfied and 94% would recommend volunteering with Hands Together to family members and friends. The key reasons for volunteering continue to be around the community with 76% saying they volunteer to help the local community, 76% also volunteering as they support what Hands Together Ludlow are doing. 45% of volunteers also volunteer to meet new people, and 23% to be part of something. Thank you to all our volunteers who completed the survey and made additional comments.

Ludlow Men's Shed

Men's Shed member Richard Ellis has just completed a stunning scale model of the explorer, Ernest Shackleton's ship The Endurance. Correct to the finest detail Richard has worked on this project in the Shed for some considerable time. It's a gift for his wife Gail who has a great interest in polar exploration and in Shackleton in particular. Spectacularly well done Richard!



Volunteering in Ludlow Survey

A reminder that we are conducting a survey on people's volunteering in Ludlow. So far we have received 93 responses and know that this does not even scratch the surface of those who give their time for free! If you or someone you know, give their time for free to an organisation within the Ludlow Parish such as committees, sports clubs, festivals, charities, etc, please encourage them to fill in the survey.

Please follow the link [here](#) to complete the survey, or pop into our building where a member of the team can help you, which will close on Saturday 31st August. Results will be published as soon as possible after the closing date.

Parkinsons Support Group

Earlier this year the Parkinson's Support Group, originally set up by Hands Together Ludlow, moved to be officially under Parkinson's UK. The group offers friendship and support locally to people with Parkinson's, their families and carers, with the occasional guest speaker, but most of all it's a place where you can chat, socialise and relax. The group meet at Clifton Court, Old Street, once a month and is heavily supported by a group of Parkinson's UK volunteers and both Doctor Surgeries in Ludlow. For more information on the group and their meeting dates, please email ludlowparkygroup@gmail.com.

PARKINSON'S^{UK}
CHANGE ATTITUDES.
FIND A CURE.
JOIN US.

Men Like Us, A new location

In last month's edition, we let you know about the possibility of Men Like Us, a cancer support group for men, expanding to have a group based in Ludlow. This month, we are sharing the news that the group have been able to do this, with the group's first meeting on Tuesday 3rd September 2024!



The group will meet at St Peter's Parish Church between 2pm-4pm, and every first Tuesday of the month thereafter. Men Like Us is a safe and supportive space for men with any type of cancer to join other men for conversation, support and practical resources and information. St Peter's Parish Church can be found on Henley Road, Ludlow, SY8 1QZ with parking available. Please contact the Personalised Care Team (01743 492424) or Graham (07739 227169), or email sath@lwbc@nhs.net to book on. If you are feeling shy, do not worry as you will receive a warm welcome.

Shropshire Good Food Trail

The Shropshire Good Food Trail is now under way and is running all the way through to August 31st where many venues and hosts will be holding events that you can get involved with. The Good Food Trail is a celebration of Shropshire's Abundance; local food that is good for people, the planet and the local economy. Across the county, the Good Food Trail highlights Shropshire's smaller-scale, more regenerative farmers and artisan producers and the shops, cafes, pubs and restaurants that support them. There are family cooking workshops, BBQ's, farm visits and much more! For more information visit the Shropshire Good Food Trail website here - [Home | Shropshire Good Food \(shropshiregoodfoodtrail.org\)](https://shropshiregoodfoodtrail.org)

Midweek Movers

Regular physical activity is important for so many reasons – not only will your health improve, but you'll also meet new people. Keeping fit in later life has many benefits including reducing the risk of falls by strengthening muscles, boost your mood and energy levels and helps you to maintain a healthy weight.

If you would like to increase your physical activity, Age UK Midweek Movers classes in Ludlow focus on gentle exercise helping you to regain your fitness at your own pace. The classes are fun, motivating and suitable for all abilities and take place at St Peter's Church every Wednesday between 1:30pm-2:30pm.

For more details, contact Age UK Shropshire, Telford and Wrekin on 01743 233123 or visit their website www.ageukshropshireandtelford.org.uk. St Peter's Church can be found on Henley Road, Ludlow, SY8 1QZ.



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

Lucky Dip Social Lunch: Every weekday from 12:00pm – 1:30pm. Come along for a light meal and good company.

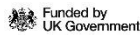
Tech Talk: Monday afternoons by appointment only. Support available for any questions or concerns relating to a device.

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

Mindful Colouring: Every Tuesday 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

Hands Together Ludlow

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