

A fond farewell to our Volunteer Coordinator, Nicola

At the beginning of August, our fantastic Volunteer Coordinator, Nicola, will be leaving us to begin a new adventure. Nicola joined us in 2022 and has been a valuable member of the Hands Together team, recruiting and managing over 100 volunteers. We are very sad to see her go but wish her all the very best.

Nicola says of the role:

“I have thoroughly enjoyed my time working at Hands Together Ludlow. It’s a wonderful organisation to be part of and does great work to support the community of Ludlow.

The role of Volunteer Coordinator is a very busy one and no two days are the same. You’ll be working with a fabulous team of over 100 volunteers, who all give their time to support the many activities and services Hands Together run to support the community. At the moment there are 30 different volunteer roles at Hands Together and every week around 60 volunteers give 200 hours of their time to support our work. You’ll inspire people every day with your enthusiasm for the charity and the people we support. You’ll spend a lot of your time chatting to people and building connections to make sure Hands Together delivers the best possible support to those who need it in Ludlow.

Moving on from Hands Together has been a difficult decision for me. It’s an incredibly rewarding role and it has been wonderful to be able to support the community in which I live. If you are interested in the role yourself, or you know someone who might be, please encourage them to apply.”

For more information, or to apply for the role, please click [here](#).

Ludlow League of Friends

Hands Together Ludlow are pleased to announce that Ludlow Hospital League of Friends will be sponsoring our health-related activity this year. We are very excited to develop our plans for the rest of 2024.



Don't forget to become our Friend!

It takes the whole town working together to build and maintain a safe, equitable, empowering and future-focused environment for all, visitors and residents alike. Friends of Hands Together Ludlow are investing in the people, the place and a vision that will grow and develop alongside the needs of the town.

Could you be a Friend? Follow the link to sign up here - [Invitation to be a Friend of Hands Together Ludlow Survey \(surveymonkey.com\)](#)



Men's Shed

Men's Shed stalwart Mark has made a terrific 2/3rds size wheelbarrow planter - how's that for ingenuity - the wheel actually turns!



Summer Lunch Club



We are very pleased to say we can run the Summer Lunch Club again this year after a successful pilot in 2023. At the moment we are asking the schools in Ludlow to sign appropriate pupils up to the scheme, eligibility is identified by the school, primarily children who are on free school meals.

The project is being supported by Ludlow Farm Shop which is providing the bulk of the food, as a result, we are delighted to be able to offer a healthy and wholesome packed lunch every weekday during the last three weeks of the summer holidays.

There are approximately 250 children at school in Ludlow who are on Pupil Premium, and they will get three weeks of luncheon vouchers for the first half of the summer holidays. Our project will provide a lunch for those children during the second half of the holiday, from week beginning 12th August.

We can only give a lunch to those children with a membership card, issued by ourselves, but given out by the school. Therefore, we will not hold any pupil data, but we will be sure that the child holding the card is both eligible and that we have any note of any allergies etc.

We are hoping for 100% uptake, but this probably isn't realistic! There are some children who won't need this during the holidays, and some children who may not stay in Ludlow. We will keep you updated on our progress!



Volunteering in Ludlow survey

At Hands Together Ludlow we believe that our town has some of the most community-spirited residents in the country! We want to highlight this community spirit by examining the extent of the volunteering effort in the town.

It would assist us greatly if anyone who currently volunteers their time, regardless of frequency, amount and purpose, could complete the following short survey. Please include all places where you give your time, within the Ludlow parish, for free including committees, sports clubs, festivals, events, schools, groups, organisations, charities, etc.

Please copy the below link into your browser or, alternatively, pop into our office and we can fill it in for you! <https://www.surveymonkey.com/r/LudlowVolunteering>

Thank you very much for your kind support!

Staff and Volunteer Training

Over the past month, staff and volunteers have taken part in Unconscious Bias training and Induction training.

A final thank you

We would like to say one final thank you to our amazing Trustee and fundraiser, Nick Young who has raised an amazing total of £6,138! Nick raised this money through completing the 26.2 miles at this year's London Marathon after being unable to due to injury in 2023. The money raised will allow us to continue to identify and develop services needed to support the people of Ludlow. Thank you, Nick!



Jane Hunt

Everyone at Hands Together Ludlow is deeply saddened to hear about the sudden passing of Jane Hunt. Jane joined us as a volunteer in 2021 and gave her time as a befriender most weeks and often on Christmas Day for our Company at Christmas dinner. Jane was an incredibly lovely person and will be dearly missed. Our thoughts and best wishes go out to Michael and their family and friends at this very sad time.

Craven Arms Mosque

Our weekly Community Lunch serves between 35 and 40 people every Tuesday at Helena Lane, and we rely heavily on donors for the ingredients to cook this lunch. We do subscribe to a FareShare distribution monthly, which does contribute to our lunch, and we are very fortunate to have other regular donors.

This month we were extremely fortunate to be granted a donation by the Imam from the Craven Arms Islamic Centre. As part of their celebration of Eid Al-Adha, the Feast of Sacrifice, the Muslim community give to charity, and traditionally they give meat to the poor. The Craven Arms Imam granted us 50kgs of prime lamb as a gift for this celebration, which is fantastic for Hands Together Ludlow. As a result of this, we can probably do 200 lunches from this gift alone, with added vegetables and so on, but as the main protein ingredient, and the most expensive component of any meal, this has given our cooks an enormous boost!



Thank you very much to all at Craven Arms Islamic Centre.

Need to talk? Reach out to We are WithYou

Whether you need advice for yourself, a relative or friend, with drug, alcohol or mental health challenges, the team at WithYou provide free and confidential services. The team use their expertise to provide services including adult drug and alcohol services, young people's services and mental health support, without judgement and help more than 100,000 people a year. The purpose is to enable people to overcome drug, alcohol and mental health challenges and reclaim wellbeing, while offering a positive place where people can progress, connect with others and get friendly, expert help.

There is a WithYou in Ludlow which is based at The Hawthorns, SY8 1QL and can be called on 01743 294700 for more support. Information and guidance is also available via the WithYou website, wearewithyou.org.uk, which includes a webchat service for anyone in the UK.

Men Like Us

Our Community and Projects Coordinator, Andy, recently met with Graham Cheshire, Founder Volunteer, of Men Like Us, a support group for Men with cancer. This is what he had to say..

“I was approached by Katey Evans, from the NHS Living With and Beyond Cancer Support Team, after I responded to a call out from Station Drive Surgery to see if anyone would like to get involved in forming a cancer support group, specifically aimed at men. Men Like Us (MLU) was launched with our first meeting in March of this year and it offers a secure and welcoming environment where men can find the camaraderie and support, they need during a challenging time.

At MLU members can openly share their experiences, receive encouragement, and build a strong network of mutual support. We are supported by the NHS at SaTH Trust in Shrewsbury, and it was always known that the first meetings would be based in the north of the county, however, as a Ludlow resident, I have always had a strong desire to open a second branch towards the south of the county. This will be in place in September.”



The first MLU meeting at Men's Shed, Shrewsbury



*The Founder Volunteers
(From L-R) Mark, Graham, Steve, Trevor*

Meetings will be held monthly and will be facilitated by volunteers who are sensitive to the needs of men coping with cancer. Guest speakers, including healthcare professionals and cancer survivors, will regularly attend to provide expert insights and inspiration.

Men Like Us is free and invites all men in Ludlow and the surrounding areas who are affected by cancer, whether directly or through a loved one, to join this supportive community. Together, we can navigate the complexities of the cancer journey with strength and hope. For more information or to get

involved, please contact: Katey Evans on 01743 492424 or

katey.evans@nhs.net or Graham Cheshire on 07739 227169 or

ch56esh@me.com

Shropshire Council Summer Holidays HAF Programme

Between 22nd July and 30th August, eligible children and young people are invited to take part in a range of fun activities, happening at holiday clubs across the county hosted through Shropshire Council. There are free places available at HAF (Holiday Activities and Food) holiday clubs for children and young people aged 4 (reception class or equivalent) to 16, who are eligible for benefits-related free school meals. The various activities taking place in Ludlow are as follows...

Shrewsbury Town Foundation is running multi-sports courses for children aged 4-12 beginning on 22nd July (more dates later in July and August) from 9am-3pm. The sessions are held at Ludlow Football Stadium, Bromfield Road, SY8 2BN and will cover lots of other enrichment activities including arts and crafts, board games, team challenges and more. Alongside these activities, the team will provide educational workshops around health, nutrition and mental wellbeing to help children lead a healthy and active lifestyle. To book a place, email admin@foundationstfc.co.uk or phone 01743 289177 (option 6).

Shropshire Council Youth Support Team are holding pop up youth sessions in Ludlow for young people looking for somewhere to relax, catch up with friends, meet the youth workers and join in with some activities. There are 2 sessions, 30th July – Skate Park, SY8 1JD. Start time 4pm (sessions usually last 3 hours). 13th August – Castle Square, SY8 1AX. Start time 4pm (sessions usually last 3 hours). To book a place for either date, email youthworks@shropshire.gov.uk



Free Mental Health Training Sessions

The Qube in Oswestry and Shropshire Council are organising a range of courses and training to support staff and volunteers from the community and voluntary sector working with Shropshire Council residents. These will help to raise awareness and understand mental health, address stigma, and equip you with confidence and skills. There are 4 courses in total: Stress, Anxiety and Wellbeing (5th August, 10am-1pm online course), Mental Health for Managers (9th September, 9am-2pm at Shropshire Mind), Bereavement Workshop (24th September, 1:30pm-4:30pm online course) and Mental Health First Aid Aware Adult (2 day course, 2nd and 4th October, 9:30am-4:30pm at Qube, Oswestry). For more information, contact Adam Fejfer, Mental Health Support Officer at Qube. E: a.fejfer@qube-oca.org.uk Tel: 07515 713141.

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

Lucky Dip Social Lunch: Every weekday from 12:00 – 1:30. 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

15 Lower Galdeford, Ludlow, SY8 1RU

Call us on: **01584 873062**

email: general.admin@handstogetherludlow.org.uk

website: www.handstogetherludlow.org.uk

registered charity no. 1171979

In line with the General Data Protection Regulation Act 2018 your email address is securely stored for the purpose of sending you this newsletter. If you no longer wish to receive this, please email "no newsletter thanks", or use the 'unsubscribe' link in the email.