

## A new way to connect with Hands Together Ludlow

**HANDS TOGETHER LUDLOW** has officially joined Instagram! You can keep up to date with us on this platform, as well as our Facebook page. You can check us out and follow us by clicking [here](#).



## Volunteer Week

Every year the first week of June is National Volunteer Week and this year is the 40<sup>th</sup> anniversary of the campaign. Throughout the week we are posting insights on some of our 'behind the scenes' volunteers who are not necessarily in public view when doing their role but are vital to the everyday running of the Charity. You can keep up to date with these posts by following us on [Facebook](#) and [Instagram](#) and can find one of the posts below:

"Today we are introducing you to Dave, who is one of our fantastic Food Surplus Collector Volunteers. Dave covers 9 out of 18 collections each week from various supermarkets in Ludlow. He drops the food to our building which is then sorted to be used for our food projects or to be taken by the public from the Community Fridge. A massive thank you to Dave for giving his time and always having a smile on his face!"

Everyone at Hands Together Ludlow would like to send a massive thank you to each and every one of our volunteers who give up their time to help us deliver activities and support the Community of Ludlow. We have a variety of volunteering opportunities to suit people of all ages and ability which range from an hour a week, to a few hours a week. You can find out more by checking out the Volunteering page on our [website](#).



## Join us for Mindful Colouring with Kieth



Every Tuesday at our Social Space we host a Mindful Colouring session with our lovely volunteer, Keith. Colouring has many benefits for adults and their mental health, such as promoting mindfulness, relieving stress and anxiety and improving focus. From 11am-12pm anyone is welcome to come along and colour in a mandala of your choice! All the supplies are provided, just come along and let your mind relax.

## Loneliness Awareness Week

Most of us are aware of what loneliness feels like and is a normal part of life. While anyone can experience loneliness, the stigma around this makes it hard to talk about; people worry about being judged or feeling like a burden. Loneliness Awareness week takes place from 10<sup>th</sup>-16<sup>th</sup> June 2024 and is an opportunity to raise awareness of loneliness and to empower everyone to make connections across the UK. At **HANDS TOGETHER LUDLOW**, we have a variety of different projects/groups available to people who are feeling lonely.

The Good Grief Café is a place for people who have experienced a bereavement to come together to talk, laugh and maybe make some new friends with people who are in similar positions. The group meet on the first Wednesday of the month at Kin Kitchen and is free to join; you just purchase your own refreshments. Booking is required for each month, you can email one of our Trustees, Janna, for further information at [janna.vigar@mfgsolicitors.co.uk](mailto:janna.vigar@mfgsolicitors.co.uk)

One of the easiest projects to access which can provide company is our Social Space which is located at our building and is open weekdays from 11am-2pm. This space is open to anyone and everyone who is after some company and casual chat over a cuppa or wordsearch. We have various activities on throughout the week such as Friendship Fridays where playing board (or card) games is encouraged, and Mindful Colouring on a Tuesday morning. But every day, there is always someone around to talk to.

We also offer a Befriending service where volunteers are carefully matched up with a person who will benefit from increased social contact. Most pairings meet for around an hour a week, and this can be at their home, taking a walk outside, or meeting at a local place in town. Typical conversations are around hobbies, family and friends, local events and much more, while volunteers provide information on activities going on at **HANDS TOGETHER LUDLOW** and encourage, where appropriate, for these to be joined.

For further information these services, visit our [website](#) or call the office on 01584 873062.

## Staff and Volunteer Training

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

## Ludlow Men's Shed

The Men's Shed has been busy making items for sale for this year's events season which is now with us - this selection of stools/coffee tables should get a lot of interest. The Men's Shed will be at the following events during the summer:

- Richards Castle Soap Box Derby on Sunday 30th June
- Festival of the Forest on Saturday 13th July
- Ludlow Green Festival on Sunday 14th July

More information to follow closer to the date.



# Online Safety Course



**HANDS TOGETHER LUDLOW** are hosting an Online Safety course which will be delivered by the School of Coding and AI on Friday 26<sup>th</sup> July. The session will take place at our building on Lower Galdeford between 10am-1pm. This course allows you to gain vital insights on internet hazards and how to stay protected when going online. You will be empowered with practical skills to effectively utilise various devices and navigate the ever-evolving online world. Whether you live alone or not, this workshop equips you with the knowledge and tools to have an enjoyable, secure online experience. Places are limited so do not miss out on enhancing your understanding of technology and staying safe in the digital world. Please call us on 01584 873062 as soon as possible to book your place.

## What you need to be able to vote

The General Election has been announced for 4<sup>th</sup> July so it's a good time to check you are registered to vote. New rules mean everyone also has to have a valid photo ID. The link below will tell you what counts as 'valid photo ID' and if you don't have any, you can get a voter authority certificate via the third link below. You will need your National Insurance number for this too, and a digital photo.

If you or someone you know doesn't have a valid form of ID and needs help to apply, we can help you! You need to apply by 5pm on 26<sup>th</sup> June 2024 to get a Voter Authority Certificate, so ring us for an appointment with a volunteer in good time on 01584 873062.

Find further information here:

- Register to vote (have your National Insurance number handy) - <https://orlo.uk/PGrbE>
- See valid forms of voter ID - <https://orlo.uk/8vx4Q>
- Apply for a voter authority certificate - <https://orlo.uk/IYsIU>

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

**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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