

November 2024

Company at Christmas tradition continues

Company at Christmas has become a long-standing Hands Together Ludlow tradition and has been running since 2017. We welcome people who would otherwise be alone up to Helena Lane Community Centre for a Christmas dinner with all the trimmings, followed by a choice of pudding. In 2023, 25 people spent the day with us and we also delivered hot meals to those unable to get out or cook for themselves.

Pre-booking is essential (and first come, first served) as we do have a maximum number that we can cater for. The day is full of festive cheer, good company and is run by our staff team and volunteers. The cost of the day is £10.00. Places need to be booked and paid for by **Monday 2nd December**. We may be able to offer transport for those unable to get to Helena Lane on their own, however, this is dependent on the volunteers' availability so is a limited service. A small, additional fee of £2.00 will be required for this. If you would like to come along, please call us on 01584 873062 or pop into our building at 15 Lower Galdeford and speak to a member of our team.



On Christmas Morning, our community fridge will be making a guest appearance as our Open Table outside Helena Lane from 9:30am-12:30pm. Everyone is welcome to come and grab some last-minute surplus supplies for your day, which we will have collected from local supermarkets and shops on Christmas Eve. There's always a good variety of items, so come along and have a look! We just ask for a £1.00 minimum donation. Helena Lane Day Centre can be found at 20 Hamlet Road, Ludlow, SY8 2NP, parking available. For more information about Company at Christmas, please call us on 01584 873062 or pop to our building and see us.

House of Lords

At The House of Lords on Thursday 31st October there was a debate on 'The contribution of the community and voluntary sector to society across the United Kingdom'. Hands Together Ludlow Friend, Lord Jeff Rooker, contributed with a speech which illustrated our work as an example of what is achieved by the voluntary sector. You can watch the speech by following this [link](#) (listen from minute 14.05.06 for Lord Rooker).

It's fantastic to have our work highlighted in this way and a massive thanks goes to Lord Rooker for his support.

Ludlow Men's Shed

Ludlow Men's Shed Woodwork Supervisor, Mark Mantle, has been nominated to the shortlist for an award by UK Men's Shed Association as Volunteer of the Year. Together with two other finalists, and other category shortlists, he has been invited by Mr Speaker, The Rt Hon Sir Lindsay Hoyle MP to the Shed of the Year Awards and Afternoon Tea. Both events will take place in the opulent State Rooms of the Speaker's House in the House of Commons on International Men's Day, Tuesday 19th November.



Mark joined Hands Together Ludlow as a volunteer just over 6 years ago, and became involved with Ludlow Men's Shed just as the project began. On how he feels to have been nominated for this award, Mark said "It still doesn't feel real, I'm thrilled but nervous." We asked Mark what three words he would use to sum up why he volunteers at the Shed, he replied "Self-esteem, friendship, purpose" and agreed that volunteering had made a positive impact on both his mental and physical wellbeing. Mark hopes that this award, regardless of the outcome, will "help raise the profile and image of the Shed and maybe encourage more people to get involved."

We all wish Mark well and will have our fingers crossed for him on the day!

Digital Support Available here!



Are you struggling to get to grips with your new smartphone or tablet? Wanting to start Christmas Shopping and not sure which sites to trust? We can help you with our 1-2-1 Tech Talk sessions! We have volunteer digital gurus who can help you with any questions or concerns you have around a device (smartphone, tablet, laptop, camera etc). Sessions take place on a Monday afternoon.

Have you got to complete an online form but don't have the facilities to start? Been told to order your prescription online and not sure how to? We have volunteers who can help assist with the completion of online forms and applications. The sessions run on a Wednesday and Thursday morning at our building. Wednesday sessions are designed to assist with forms such as Utilities, DVLA, Council Tax and Repeat Prescriptions. Thursday sessions are designed to assist with Carer's Allowances, Attendance Allowance, Blue Badge, Pension Credit, Buss Pass and Universal Credit (strictly not Personal Independence Payment).

To book a 30-minute appointment for either of these options, please call 01584 873062 or pop into the building and ask to speak to a member of the team. Please note you may need to bring relevant paperwork with you to the appointment.

Staff and Volunteer training

Over the past month, staff and volunteers have taken part in Gift Aid training, Impact Communication for Charities training and Induction training.

mfg Quiz Night

On the evening of 24th October, mfg Solicitors held a charity quiz night with proceeds being donated to Hands Together Ludlow. 80 people from local business came along to take part, where an amazing £1,342 was raised through ticket sales and a raffle! Thank you to the fabulous team at mfg Solicitors for organising a fantastic evening at Ludlow Brewery, with Pizza Girls on site and the brilliant quiz master, Ken! Congratulations to the winning team, Ludlow Food Festival!



Crafty Queers, a Ludlow LGBT Collective initiative

Every Friday between 2pm-4pm at the Hands Together Ludlow building, Ludlow LGBT Collective host 'Crafty Queers' a club for the local LGBTQIA+ community to create art alongside your peers! Whether it's painting, knitting, crocheting or something else entirely, grab your supplies and come along! No need to book, just turn up on the day, refreshments available for a minimum donation.

New support group

Do you experience Fibromyalgia, Chronic Fatigue, ME, Long Covid or something similar? We have a new support group starting in November!

Join this new support group to share experiences and tips in a mutually supportive, safe and informal environment. Here you'll have a chance to raise awareness of news or developments you are aware of (services, new/alternative medicines or therapies becoming available). No need to book, just turn up! Refreshments will be available for a minimum donation. The first meeting will be held at Hands Together Ludlow on Thursday 14th November between 3:30pm-5pm. The frequency of the meetings thereafter will be determined after the first meeting. For more information, please call the office on 01584 873062 or pop into the building to speak with a member of the team.

Volunteering in Ludlow Survey

Following the great success of our Volunteering in Ludlow survey, we want to celebrate and promote the volunteering efforts in Ludlow in the New Year. We have reached out to the organisations that were listed in the survey, but if you are a member of an organisation or committee that would like to be involved, please get in touch! We would like you to design an A3 poster which celebrates the incredible work of your volunteers or members of the organisation. We also want to see details of how people can join your organisation or voluntary activities, this can be done by using a QR code in your poster which will send people directly to your website.

Send Teresa Bailey, Hands Together Ludlow Volunteer Coordinator an email for more information: vol.coord@handstogetherludlow.org.uk

Child Trust Funds

If you were born (or have a child who was) between 1 September 2002 and 2 January 2011 a Child Trust Fund (CTF) may have been opened for you, with cash locked away until you turn 18. The Government started everyone off with a free cash voucher of up to £250 (or £500 if your family were on low income), meaning every CTF within those dates had money in it.

To reclaim your CTF, you'll need to know which bank, building society or investment provider it's with. If you already know this, you can simply contact it directly. If you don't, HMRC has a handy tool where you can [find out](#) who your fund is with. Please note that you can't see how much is in the account through this link. You'll need to provide some details (National Insurance Number, phone number etc) and HMRC should tell you which provider holds the account within three weeks via post or phone, for you to then contact. If you're 16 or older you can do this yourself, just bear in mind that while you can find your CTF before you turn 18, you won't be able to access the money until then.

Some 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.

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 \(handstogetherludlow.org.uk\)](#)

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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