

A very special birthday

Everyone at Hands Together Ludlow would like to send their best wishes to the lovely Phyliss who recently celebrated her 100th birthday! One of our fantastic volunteers, Pete, has been befriending Phyliss since December last year and visits her fortnightly to talk about current affairs, or complete a wordsearch. Once Pete was aware of Phyliss' upcoming birthday, he made sure to bring her a birthday card and a lovely bouquet of flowers and asked if we could include this in our next newsletter. We hear there were lots of cards, including one from King Charles himself! We hope you had a lovely birthday Phyllis.



Need help filling in a form? We can help you!

Do you have a form that needs completing and are unsure where to start? Book an appointment to see one of our Help Hub volunteers who can provide guidance in a 1-2-1 appointment with you. Our volunteers recently helped Margaret who needed to fill in a form within a short frame of time. After seeing our volunteer over the course of a few sessions, Margaret's form was completed, with her saying 'I dread to think of the situation we would be in without the help. The reassurance has been tremendous, everything has been clearly explained to me' adding that she 'would recommend this service to anyone'. If you would like further information or to book an appointment with a volunteer, please call us on 01584 873062 or pop into our building.

Ludlow Men's Sheds

The Men's Shed will have a stall at the Food Festival this year (13-15th September) so they have been busy making kitchenware items by upcycling wood which would have been thrown away - and a brilliant job they are doing - well done!



Staff and Volunteer training

Over the past month, Staff and Volunteers have had Induction, Human Resources and Befriender training.

Best news from our Food Projects has been the Summer Lunch Club 2024!



An inspired initiative introduced in 2023, to provide a packed lunch for children who are on free school meals during the three weeks there is no provision from the Government. This year, we worked hard to reach out to all those children in Ludlow, who number approximately 220. After discussions with the various schools, we were able to sign up more than 40 children, although this didn't translate to the actual number collecting. Whilst this may seem a small percentage of the actual number of children in receipt of free school meals, it is still a great increase from 2023. This year, we provided 260 lunches to 35 different children over the course of the three weeks.

Our Food Coordinator, Julia, consulted Government guidelines to ensure the packed lunch would meet the energy and healthy food requirements for children. With that, and some very generous sponsors, we were able to provide the children with a nutritious and varied lunch. Every day the lunch featured at least five components; delicious ham, pasties and sausage rolls from Ludlow Farm Shop, cheese rolls (rolls from Bread2Bake) coupled with coleslaw, cheese straws, salads and crisps or popcorn. We wanted to make sure there was a sweet treat each day which would either be a cake made by us using surplus or a fab flapjack from Ludlow Farm Shop, and other goodies, along with some fruit or a fruit yoghurt.

The children were (mostly!) delighted with everything and some of the quotes have been so rewarding, and enlightening!

"They (the children) love coming and are excited to see what is in their bag every day"

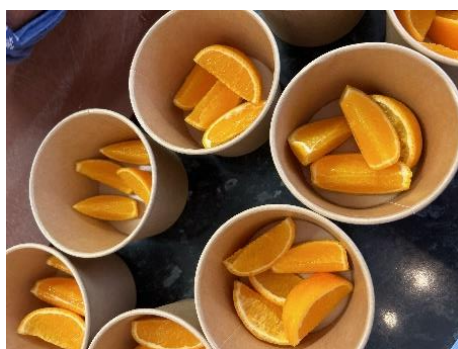
"Mine wouldn't eat breakfast as they wanted to wait for the bag from HTL"

"I loved the pasta salad"

"The ham has a strange texture, but it is yummy"

"I loved the banana bread"

"Excited to see what's in bag"



Ludlow Food Festival supporting Hands Together

Ludlow Food Festival is back in just over a few weeks and are celebrating their 30th anniversary! To celebrate, the organisers are introducing a brand-new Town Trail. The trail will cost £2.00 with proceeds being donated to Hands Together Ludlow.

Take part in the trail to be in with a chance of winning a fabulous prize: Dinner for two and an overnight stay at award-winning local restaurant, The Riverside Inn at Aymestrey (worth up to £380) and use of a fantastic OMODA car, as donated by Greenhous Shrewsbury. Tickets will be on sale from the Welcome Point outside the Castle.



Residents asked to share their views on the GP Out of Hours Service

Residents across the county are being asked to share their views on the General Practice (GP) Out of Hours Service as part of plans to secure a new contract, say health bosses at NHS Shropshire, Telford and Wrekin (NHS STW). The GP Out of Hours Service, currently delivered by ShropDoc, provides medical care outside of General Practice core hours. As part of NHS STW's commissioning responsibilities, there is a need to re-procure the service in line with its statutory and legal duties.

Potential providers, that are suitably qualified and experienced, are now being invited to submit expressions of interest for the GP Out of Hours Service which will enable NHS STW to understand what options for the service are currently available. As part of the process, NHS STW has launched a county-wide engagement exercise, running until Sunday 15th September 2024, to gain important patient and resident feedback which will be used to inform the service design.

Gemma Smith, Director of Commissioning at NHS Shropshire, Telford and Wrekin, said: "Work is currently underway by NHS STW to re-procure the GP Out of Hours Service. This is part of our usual commissioning business cycle. Taking our statutory duties into account, we are progressing with a formal procurement process whilst recognising the crucial role that the GP Out of Hours plays within the local health and care system. Our intention is to minimise any impact on our patients and residents as far as possible and we are committed on ensuring continued good access for patients".



For anyone who would like to share their views on what works well and what could be improved, please complete the following short survey which will take around five to ten minutes: <https://forms.office.com/e/pijyKGv98b>. If you would prefer to complete this survey in an alternative format, you can request this by emailing stw.communications@nhs.net.

Volunteering Ludlow Survey

Thank you to everyone who completed our Volunteering in Ludlow survey. We will be having a look at what the data tells us over the next week or so and feedback what we found out in the next newsletter.

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 \(handstogetherludlow.org.uk\)](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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