

Pancakes for Shrove Tuesday

Shrove Tuesday is upon us and to celebrate, we will have pancakes available to buy and enjoy at our Social Space! From 10-12:30 you can come down to our building on February 13th and enjoy 2 pancakes for a minimum £1.00 donation. We will also have a selection of toppings available to choose from on the day. No booking required!



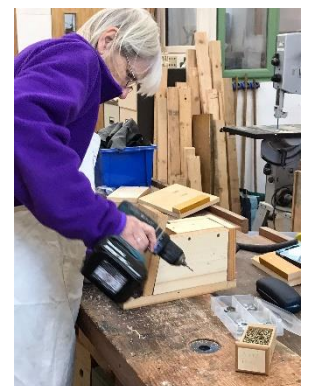
New phone number reminder



A reminder that our Helpline number has now been disconnected. Please do not try and ring the old number as you will not be able to speak to a member of the team. If you need to talk to us we are still here, just call **01584 873062** instead. The phonenumber is manned 9am-5pm Monday to Friday. If you can't get hold of us for any reason, please leave a message and a member of the team will call you back as soon as possible.

Ludlow Men's Shed

Birds in the Ludlow area are in for a treat this spring as bird boxes are a very popular item at the Men's Shed. Ros, who takes part in the Women's DIY Day, has been busy in production and Robin has made a tawny owl box complete with an inspection hatch. Let's hope new tenants settle in quickly!



Free Energy Advice

If you are worried about the cost of heating your home this winter and are unsure where to go for help, pop into our building which is a reregistered Warm Space. We open our doors to anyone who needs a place to keep warm, socialise with friends and get information and advice with the cost of living. On a Wednesday morning, our Digital volunteers are on hand to provide guidance on where to look for additional support and help. Our building has free WiFi which anyone can use to check their energy account or find the details to contact their provider.



Furniture looking for a new home

Those of you who visit our Community Fridge regularly will know that we have a sofa and chair in that room. We need to create space so we can develop plans around Healthy Eating this year and so we are looking for a new home for this furniture. Members of the public will still be very welcome to come by for a warm drink and chat as usual and we hope to utilise the social space more in an afternoon. If you, or anyone you know, would like the sofa and chair, please ask them to contact us directly.



Staff and Volunteer training

Staff and volunteers have taken part in safeguarding and induction training over the past month.

Make Sport Work



**MAKE
SPORT
WORK.**

Shrewsbury Town Football Club Foundation, Brightstart Boxing, Embrace and Shropshire Cricket have joined forces to engage anyone who wants to learn something new and potentially access the workplace.

'Make Sport Work' are holding a 6-week programme at Ludlow Town Football Club, aimed at those 16 and over, between 9:30-2:30 on a Friday. The programme focuses on developing key skills and hope to give participants the mental and physical confidence to take the next step towards employment. They are able to provide support you need whether that is with help writing a CV or interview techniques. There is even a chance to get a First Aid and Level 2 Sport Leader qualification. Booking is required, please email ukspf@foundationstfc.co.uk or ring 01743 289117 (extension 8).

A guide to BT's Digital Voice

BT is gradually making the switch to Digital Voice, as the network that most home phones work on is no longer fit for purpose and can't keep up with the demands of modern networks. The new home phone service runs on the broadband network and offers a lot of benefits and improved features, including advanced spam call blocking and getting an alert if someone calls while you are on the phone.



For most people, it is a simple and completely free transition to make, you can keep your current phone number and there is no home installation work required. Customer will be contacted well in advance to help ensure the move is easy and simple to make. BT will contact you well in advance. For further information for BT customers please visit www.bt.com/digital-voice.

It is important to note that this change will be happening across the industry, not just if you are BT customer, and that the outdated network will be switched off for all providers by 2025. We plan to host an event in April here at The Hub where BT customers can come and find out more.

NHS search for volunteers to be involved in service changes

NHS Shropshire, Telford and Wrekin is searching for volunteers to join a committee made up of members of the public and voluntary sector representatives, who will support officers to develop their plans to seek the views and experience of people to influence future health and care services.



The Equality and Involvement Committee (EIC) plays a key role in making sure that local health and care plans consider the needs of people who experience the greatest inequalities in accessing services and the poorest health outcomes. Rosemary Hooper, volunteer member of the committee and Deputy Chair, said “I wanted to join the EIC as I am passionate about accessibility to services. Being part of the EIC gives me the opportunity to listen and question about proposed changes and their impact on the local community, including those with protected characteristics and those marginalised by system and process.”

People interested in becoming a member of the committee should have an awareness and understanding of the diverse communities of Shropshire, Telford and Wrekin. Members will be expected to attend one 2-hour online committee meeting per month, with a face-to-face meeting once per year. All will be provided with the relevant training and support. To register your interest, please visit the [website](#) or call Kate Manning on 07970 353927. The deadline for expressing an interest is Tuesday 20th February.

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

Ludlow Men's Shed - Women DIY Day: Friday 10:00-15:00. Booking a place is required, please email sheds.handstogetherludlow@gmail.com to do so.

Pancakes at The Social Space: Don't forget, details on page 1!

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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