



# TOGETHER

The monthly newsletter of **HANDS TOGETHER LUDLOW**

April 2026

## AGM NOTICE

You are invited to join Hands Together Ludlow on the afternoon (3pm) of Wednesday 13<sup>th</sup> May 2026 at the Hands Together building for our Annual General Meeting. The links to the Meeting Agenda, Annual Statement of Accounts and The Trustees' Annual Report will be available to view on our website in due course.

Please RSVP your attendance to [general.admin@handstogetherludlow.org.uk](mailto:general.admin@handstogetherludlow.org.uk) by Wednesday 8<sup>th</sup> May.

## Friends of Hands Together Ludlow

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. As a Friend of Hands Together Ludlow, you will be investing in the people, the place a vision will grow and develop alongside the needs of the town.

If you are already a Friend of Hands Together, firstly thank you so much. Secondly, please be aware that the date for renewal was April 1<sup>st</sup>, 2026. You can make payment through the links here:

Single link - <https://buy.stripe.com/4gw9DWbhvbAYeWlcMO>

Couple link - <https://buy.stripe.com/dR6cQ8etH20o29W5kl>

If you are interested in becoming a Friend of Hands Together, please follow the link to the [application form](#)

We really appreciate everyone who has joined as a Friend already and are so grateful for all your continued support.

## Tesco Stronger Starts, we need your vote!

We're pleased to share that voting for this round of Tesco Stronger Starts has been extended – giving you even more time to support us.

You can now cast your vote in-store until the end of April. If you're visiting Tesco, please consider dropping a blue token in support of Hands Together Ludlow. Every single vote makes a real difference to and helps us continue our work in the community.

A heartfelt thank you to everyone who has already votes for us – we truly appreciate your support!

**Stronger  
Starts.**

## What's on this month:

Event	When	Where	Cost
<a href="#">Parkinson's Café</a>	Tuesday 14 <sup>th</sup> April	Clifton Court, Old Street, SY8 1TZ	Free
<a href="#">RSPCA 'Community Paws'</a>	Monday 13 <sup>th</sup> April	Rockspring Community Centre, SY8 1XD	Free
<a href="#">Ludlow Seedling Swap</a>	Saturday 25 <sup>th</sup> April	Ludlow Library, SY8 2PG	Free

## Parkinson's Support in Ludlow

April marks Parkinson's Awareness Month, a global initiative designed to raise awareness of Parkinson's. The 2026 theme is Mind Over Matter: raising awareness of the importance of prioritising a health mind whilst living with Parkinson's. Not only does a good mental state enable you to feel good within, but a poor mental state can also actually worsen physical symptoms.

In Ludlow, the Parkinson Café meet once a month at either Clifton Court or The Clive Arms from 11am-12:30pm. The dates so far for this year are April 14<sup>th</sup>, May 12<sup>th</sup> and July 14<sup>th</sup> at Clifton Court, June 2<sup>nd</sup> and September 1<sup>st</sup> at the Clive Arms.

For more information, please visit the dedicated page for the group [here](#).



## Calling Local Farmers: Portcullis Surgery want to hear from you

Portcullis Surgery is reaching out to the local farming and rural community as part of a new initiative to better understand and support the needs of those working in agriculture.

The team at Portcullis is keen to connect with farmers and anyone involved in agricultural work, inviting them to get in touch and make sure their details are up to date. By doing so, the surgery hopes to build a clearer picture of the community it serves and offer more tailored healthcare support.

The project aims to ensure that rural patients receive care that reflects the realities of countryside life – from more relevant services to better communication about support available locally.

Farmers are encouraged to speak to reception or a member of the team to let the surgery know about their work. The information shared will help share services designed specifically with the farming community in mind.

Portcullis Surgery can be found at Portcullis Lane, Ludlow, SY8 1GT. Email [portcullis.dutymanager@nhs.net](mailto:portcullis.dutymanager@nhs.net)

## RSPCA 'Community Paws' session in Ludlow

Pet owners in Ludlow are invited to a free RSPCA Community Paws drop-in session on Monday 13<sup>th</sup> April from 1pm-2pm at Ludlow Baptist Church.

The session, delivered in partnership with the RSPCA Pet Food Bank, is designed to support people who may be finding it difficult to meet the rising costs of caring for their pets. It's a friendly opportunity to meet the Pet Food Bank team, learn about the help available, and get practical advice about keeping pets healthy and well.

Visitors can also receive pet care advice and guidance, healthcare vouchers and pet food and more. The aim of the Community Paws programme is simple; helping keep pets and their people together by making sure owners can access support when they need it.

Please note that this is a pet-free event, so visitors are asked to leave their pets at home. Ludlow Baptist Church can be found on Sandford Road, SY8 1SX.

## Ludlow Seedling Swap

Gardeners and growers are invited to a friendly Seedling Swap at Ludlow Library on Saturday 25<sup>th</sup> April, from 9:30am-12pm.



If you've sown a few too many tomatoes, have lots of lettuce or spare sunflower seeds, bring them along and swap them for something different to grow this season! Vegetable, fruit and flower seedlings or seeds are welcome. Don't worry if you don't have anything to exchange, you can still take part by making a small donation for any plants you take home.

The event is sure to be a relaxed and sociable morning with refreshments available, free gardening advice and the chance to browse and borrow gardening books from the library.

Ludlow Library can be found at 7 Parkway, SY8 2PG and everyone is welcome.

## Staff & Volunteer development

Over the past month, we have continued to invest in high quality training to ensure our staff and volunteers feel confident, capable and supported in their roles.

This month, four new volunteers have been through Induction training, who have then gone on to do Community Fridge training, Kitchen Induction, as well as Food Hygiene training in which staff have also taken part in. Members of the staff team have also been able to develop their skills through ongoing Safeguarding training.

**Some events this month** (more information available on the [Events page](#) of our website)

**Tech Talk:** Monday afternoons by appointment only. Support with devices such as tablets, phones and laptops.

**Community Lunch:** Tuesday and Friday by bookings only. Please call the office to book a place.

**Walks for All:** Wednesday mornings, meet outside Ludlow Library to leave at 10am. Group walk of up to 1.5 miles taken at a gentle pace.

For more details of any of our events please call **01584 873062** or visit our website [by clicking here](#)

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**Hands Together Ludlow**

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