

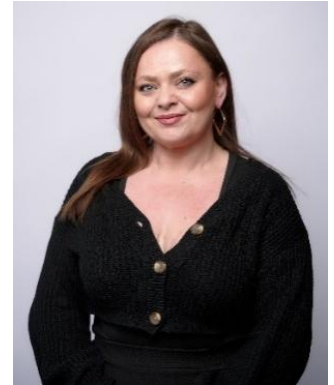
## Meet Emma-Jane, our new COO!

In November, we welcomed Emma-Jane as our new Chief Operating Officer.

As she has now been in the role for a few weeks, we caught up with her to see how everything has been going and how she is finding her role.

### **Why did you apply for the job?**

Applying for the COO role was spontaneous. I wasn't actively job-hunting, but the chance to lead a Shropshire charity with such a strong community mission really appealed. I felt my national-level experience would transfer well, and HTL's mission strongly resonated with me.



### **What were you doing before this job?**

I worked for a national education charity focused on improving young people's life chances through talk. In operations, I led on engagement work—events, partnerships, marketing, fundraising, and essential processes like finance and health and safety. Alongside this, I completed a PhD on stress and workplace wellbeing.

### **What do you think will be your biggest challenge?**

Getting to know our 100+ volunteers! Our volunteers are the lifeblood of HTL, and it is very important to me that I get to know as many as possible. This will take time, but I will endeavour to do my absolute best over the next few months to meet as many people as possible.

### **What have you been doing in your first few weeks?**

A bit of everything. I've been meeting partner organisations, reviewing operational processes, and getting to know our brilliant staff team. I'm very grateful to the team, volunteers, service users, and Trustees for the warm welcome and their patience while I learn the ropes.

### **What are you looking forward to most about working for Hands Together?**

Keeping the charity sustainable so services remain strong for the community. I'm also excited about growing the team to reach more people and building stronger links with other Shropshire organisations to improve access to services across South Shropshire.

If you see Emma-Jane around town or when you pop into the building, be sure to say hello!

## Ludlow Men's Shed

Mark at the Men's Shed has completely restored a neglected rusted and rotten Victorian garden bench into one that will sit proudly in anyone's garden.

Are there no limits to his capabilities - well done Mark!



## Christmas Closing times

Hands Together Ludlow will close at 4pm on Wednesday 24<sup>th</sup> December and will re-open on Monday 5<sup>th</sup> January at 10am. Everyone at Hands Together wishes you all a very Merry Christmas and a Happy New Year.

## Staff & Volunteer development

This month we are thrilled to have welcomed two new volunteers who have completed their induction training. Thinking of volunteering? We can provide opportunities for you to develop your skills! This month some of our volunteers achieved their Level 2 Food Hygiene Certificate whilst others attended Bereavement First Aid Training for which the feedback was very good. To continue providing the highest standard of support to whoever accesses Hands Together, this month a member of the staff team completed some Homelessness & Mental Health training.

## Whats on this month

Event	When	Where	Cost
<a href="#">Living Nativity</a>	Tuesday 9 <sup>th</sup> December, 6pm	Peace Memorial, Castle Square, SY8 1AT	Free to attend
<a href="#">Bella Acapella</a>	Saturday 13 <sup>th</sup> December, 7:30pm	St John's Church, Ludlow, SY8 1QT	£10
<a href="#">MenoFame</a>	Saturday 13 <sup>th</sup> December, 7:30pm	Stanton Lacy Village Hall, Hayton's Bent, SY8 2AT	Voluntary donation
<a href="#">Open Table</a>	Thursday 25 <sup>th</sup> December, from 9:30am	15 Lower Galdeford, SY8 1RU	£1 minimum donation
<a href="#">Strength and Balance Classes</a>	Weekly on Fridays from 2pm-3pm	Clee Hill & District Recreational Facilities, Ludlow, SY8 3LY	First session is free, then £5 per session or £17 p/month

## Christmas Day activities

On Christmas Day, we are hosting our long-standing tradition of Company at Christmas, whilst also having our annual Open Table Event. Open Table will be at our building on Lower Galdeford, and you can call in from 9:30am. If you're looking for some last-minute vegetables or just some festive treats, pop down and see what we have on offer! Keep an eye on our social media for more information.

# Fundraising Concerts in December

We are very grateful for two upcoming concerts in December being held with proceeds being donated to Hands Together!

The fabulous Bella Acapella will be treating attendees to a magical evening filled with music, joy and sparkle – featuring new songs alongside cherished favourites that the room will love. The concert will take place on Saturday 13<sup>th</sup> December 7:30pm at St John's Church. Tickets are now limited, [click the link here to purchase yours.](#)

Ludlow's MenoFame are performing at Stanton Lacy Village Hall, Hayton's Bent on the evening of Saturday 13<sup>th</sup> December with support from Big Bad John and Steve Clark. Food will be available on the evening provided by Potatoe Potatoe. Advance purchase of tickets is not necessary as the event is open to all with voluntary donations being collected on the night.

A very big thank you to the organisers of both events, your support is much appreciated.

## Living Nativity



On Tuesday 9<sup>th</sup> December, join the Living Nativity as they tell the story of the first Christmas around the streets of Ludlow.

Organised by Churches Together around Ludlow, listen to the carol singing led by the Ludlow Town Band, come and see a live Donkey and enjoy a hot chocolate and mince pies! The event starts at Peace Memorial, Castle Square at 6pm and ending at Ludlow Castle at around 7pm. In severe weather, the event will be in St Laurence's Church. For any enquiries, please email [ludlowmethodist@outlook.com](mailto:ludlowmethodist@outlook.com)

## Strength and Balance classes for Shropshire Parkinson's communities

People living with Parkinson's in Ludlow and the surrounding areas are being encouraged to try a new local strength and balance class, which is aiming to help more people live well with the condition.

Delivered by experienced instructors from Purposeful Active Living (PAL) and with funding support from Parkinson's UK, the new project aims to give participants a mix of physical movements and wellbeing practices to live well with Parkinson's in a fun and friendly way.

No previous experience is necessary, and all ages and abilities are able to take part. Carers and relatives are welcome to join in or watch, and if you'd like to stay for a chat there will be coffee once the session has ended. The new classes are having many benefits for people living with Parkinson's, including better balance, coordination, and energy levels plus improved sleep patterns, wellbeing and mental health.

**When:** Weekly on Fridays from 2pm-3pm

**Where:** Clee Hill & District Recreational Facilities, Ludlow, SY8 3LY

**Cost:** First session is free, then £5 per session or £17 p/month

To find out more email [info@palcharity.org.uk](mailto:info@palcharity.org.uk), call 07979 707967 or visit <https://www.purposefulactiveliving.org.uk/>



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 Parkinson's UK

# 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.

**Help Hub:** Monday afternoons by appointment only. Support available for online forms (strictly not Personal Independence Payment (PIP)).

**Mindful Colouring:** Every Thursday 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 [by clicking here](#)

## Think Which Service

As Winter is now fully upon us, health and care partners across Shropshire, Telford and Wrekin are once again joining forces to help residents stay well and use local NHS services wisely.

The 'Think Which Service' campaign encourages everyone to take simple steps to protect their health, make informed choices about where to seek help, and play their part in easing winter pressures. It forms part of the wider 'Think' initiative which also includes 'Think Vaccination'.

### How everyone can help:

**Get vaccinated** – protect yourself and others against flu and COVID-19.

**Practise self-care** – keep warm, eat well, stay active, and keep basic medications at home.

**Choose the right service** – self-care, pharmacy, NHS 111, Minor Injury Units, or GP for non-emergencies; A&E or 999 only for life-threatening emergencies.

**Check in on others** – particularly older or vulnerable neighbours, friends or family.

Small choices can make a big difference, helping our communities stay well and supporting the NHS to care for those who need it most.



To find out more visit: [Think which service - NHS Shropshire, Telford and Wrekin](#)

**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

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