

High Sheriff Award

On the evening of 19 January, Volunteer Coordinator Teresa and Trustee Graham attended a special presentation ceremony at Telford Fire Station, where Hands Together Ludlow were officially awarded a High Sheriff Award.

Hands Together was one of a number of organisations chosen by this year's High Sheriff, Jane Trowbridge, in recognition of the vital work being carried out to support local communities.



Speaking after the ceremony, Teresa said: "I am so proud to have collected this award on behalf of all our Volunteers, who give so much to ensure our services and projects can continue, providing support to our community. Thank you everyone."

We are incredibly grateful and honoured to have received this award and thank everyone who contributes to making Hands Together a wonderful place to be.

Where does our food waste go?

In 2025, we received an incredible 16.2 tonnes of surplus food (16,200 kg) that had been generously donated to our Community Fridge, of which we were able to redistribute 13.5 tonnes back to the community. We are very lucky that a large proportion of the surplus we receive can be used directly in our weekly community lunches and other food projects. In 2025, Hands Together used 951kg for these projects.

The surplus donations we receive are from supermarkets, farmers, smaller shops and other growers. Some of the items are past their 'best before' date, which only means that they might be less than perfect, but are still safe and edible. However, if we are inundated with surplus, and last year we were at different times: there was a bumper crop of apples for instance, we may have to discard some of the food. Even after freezing, cooking, making soup and so on, we do have a surplus of surplus!

Thankfully, rather than putting this into the waste system we have a wonderful partnership with a local farmer on Clee Hill. Sherallee and her son Tobi come to us weekly and collect anything and everything to feed their livestock, pigs, sheep and chickens. We are delighted with this arrangement as it really does keep the food being used in a meaningful way.



The launch of Meals Made Easy

We are very excited to announce the launch of our new recipe book, Meals Made Easy, developed in collaboration with Ludlow Town Council as part of the Shaping Places for Healthier Lives Project.

Our Food Projects Coordinator, Julia, has curated, with the help of Volunteers, 50 practical and accessible recipes, designed to support a wide range of our community. The recipes are grouped into the following categories: **Store Cupboard Essentials, Food for One, Family Favourites, Type 2 Diabetes and Food Intolerances** (Dairy-Free and Gluten Free).



The aim of the project Shaping Places, of which 'Meals Made Easy' is the result, was to provide some support and encouragement for those in our community who do not regularly cook at home. All the recipes are designed to be simple, often only using one pot, healthy and inexpensive. To support this, video tutorials are available for a selection of recipes and can be viewed via the [Hands Together website](#). Digital versions of the recipe cards are also available online.

Tesco stronger starts – Your votes make a difference!

We are thrilled to announce that Hands Together Ludlow has been selected to participate in Tesco Stronger Starts and is eligible for customer voting in Ludlow!



Voting is open now and will run until the end of March. The project receiving the most votes will be awarded £1,500, this will enable us to continue our vital work supporting the local community.

Next time you're shopping at Tesco, please cast your vote for Hands Together Ludlow and help us make a lasting impact! Thank you for your continued support.

Pietro Lounge



We were delighted to be invited to the launch party of the lovely new Pietro Lounge at the end of January. It was a wonderful evening, and part of our team – Emma-Jane, Teresa, Graham, Helen and Tracey – thoroughly enjoyed the delicious food, drinks and exceptional hospitality.

We're also thrilled to share that we'll be working in partnership with the Pietro Lounge team throughout their first month of trading. As part of this collaboration, 50p from every burger sold and 20p from every coffee purchased will be donated to Hands Together Ludlow.

A huge thank you to Pietro Lounge for choosing to support our work and help make a positive difference in the community. Partnerships like this play a vital role in enabling us to continue what we do, and we are so thankful for their generosity.

Staff & Volunteer development

This month, we have welcomed three new Volunteers who have completed induction training. In addition, some of our Volunteers achieved a Level 2 Food Hygiene Certificate to help further develop their skills. A member of the staff team has also completed Learning from Case Reviews training, strengthening our safeguarding practice.

What's on this month

Event	When	Where	Cost
Ludlow Autism Group	1 st and 3 rd Thursday or the month, 4pm-6pm	Rockspring Community Centre, Sandford Road, SY8 1SX	Free
Love to Sing	Tuesday 24 th February, 1:30pm-3:00pm	Ludlow Assembly Rooms, Mills Street, SY8 1AZ	Free
Admiral Nurse Drop-In	Tuesday 3 rd March, 12pm-2pm	Ludlow Library, 7-9 Parkway, SY8 2PG	Free

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)).

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](#)

Ludlow Autism Group

Ludlow and Area Community Partnership (LACP) have an Autism group that meet on the 1st and 3rd Thursday of the month. The group offers peer support to families with plenty of activities and opportunities for children (aged 2 to early teens) to build friendships in a relaxed and welcoming atmosphere. Free refreshments are available. The group meet at Rockspring Community Centre, 4pm-6pm.

For more information, please contact Erica on 07974 001310 or lacp.enquiries@gmail.com

Dementia Friendly singing group

Love to sing? Enjoy meeting new people? Are you affected by or care for someone who has dementia? Head along to the free dementia friendly session; Love to sing! Singing can improve your brain activity, wellbeing and mood – it is beneficial for everyone. The group will meet at Oscar's, Ludlow Assembly Rooms, SY8 1AZ on Tuesday 24th February from 2:00pm-3:30pm. Dates after this: 24th March, 28th April and 26th May. No booking required.

The sessions are led by Hayley Osbourne and supported by Ludlow Hospital League of Friends.

Admiral Nurse drop in sessions

Every two months, there will be a drop-in session at Ludlow Library to speak with the Admiral Nurse for Southwest Shropshire. Meet Kirsty-Anne Leigh who will be providing support and advice for families affected by dementia. Sessions will be held on 3rd March, 5th May, 7th July, 1st September, 3rd November and 5th January 2027 between the times of 12pm-2pm. If you are a carer supporting a person living with dementia, please speak to your GP or healthcare provider to be considered for a referral to the local Admiral nurse.



Hands Together Ludlow

15 Lower Galdeford, Ludlow, SY8 1RU

01584 873062

email: general.admin@handstogetherludlow.org.uk

website: www.handstogetherludlow.org.uk

registered charity no. 1171979



In line with the General Data Protection Regulation Act 2018 your email address is securely stored for the purpose of sending you this newsletter. If you no longer wish to receive this, please email "no newsletter thanks", or use the 'unsubscribe' link in the email.