

Volunteer at Hands Together this summer

Summer Lunch Club - Throughout the school summer holidays, Hands Together Ludlow, will be providing free packed lunches for local children in receipt of Free School Meals, helping to ensure that no child goes without a nutritious lunch during the summer.

We're looking for volunteers to help prepare sandwiches, chop fruit and vegetables, pack lunches, and for those with baking experience, make some delicious cakes in our kitchen. Whether you're confident in the kitchen or simply happy to lend a hand, we would love to hear from you. A Food Safety Level 2 Certificate is required, but training for this qualification can be provided.

Days and times: Mondays, Wednesdays and Thursdays 9:00am-10:30am, Monday and Wednesday 2:00pm-4:00pm for baking cakes.

Community Fridge - We are looking for volunteers to help over four-hour shifts on a Tuesday morning and afternoon, as well as a Friday morning. You can find more information on the poster included.

Volunteering is a great way to meet new people, be part of a welcoming team, and make a real difference to supporting people in our community.

If you can spare a few hours, or would like more information, please contact Teresa at vol.coord@handstogetherludlow.org.uk.

COMMUNITY FRIDGE VOLUNTEERS NEEDED

HANDS TOGETHER LUDLOW
Charity number 1171979

Ludlow's Community Fridge needs you! Join our team of Volunteers to support our wonderful community.

- Meet and greet HTL visitors - around 100 people a week visit HTL to access services and projects and/or use the Community Fridge
- Help us accept the food deliveries, record the weight and display it in the Community Fridge.
- Assist customers using the Fridge, providing information on what food is available that day.
- Full training provided.



Shifts are 10am-1pm or 1pm-4pm
We are especially in need Tuesday mornings and afternoons, Friday afternoons



Interested? Fill in the application form in the link above or call 01584 873062 or email Teresa on vol.coord@handstogetherludlow.org.uk

Marches Energy Advice

With the cost of living continuing to put pressure on many households, it can be difficult to know where to turn for advice.

Hands Together Ludlow is delighted to welcome Marches Energy Advice for a practical morning workshop, designed to help local people take control of their energy costs and finances.

This free session will cover common myths and misconceptions about energy, explain how different tariffs work, and help you understand the support that may be available to you. There will also be plenty of time to ask questions in a welcoming, informal environment.

The session will take place on **Thursday 23rd July, from 10:00am-12:30pm**, at Hands Together Ludlow. Spaces are limited and bookings can be made via this link -

<https://www.surveymonkey.com/r/MEAMorning>

If you have energy bills, letters or statements you would like to discuss, please bring copies with you on the day for personalised advice.

Ludlow Men's Shed



Ludlow Men's Shed Ladies Day participant Lynne, has created this lovely picture frame constructed from Splatted Beech to display a Hand Painted portrait of her late dog Pipin.

If you're interested in joining the Men's Shed, including the Ladies Day on a Friday, please contact Mark via email at

sheds.handstogetherludlow@gmail.com for more information.

Live at Ludlow Castle

Hands Together Ludlow are hugely grateful, once again, to Ludlow Castle and Future Sounds who have selected HTL to attend four of the concerts in order to raise funds through audience donations.

Last year, we managed to raise an incredible £668.05 thanks to the generosity of attendees and passersby.

Staff and volunteers will be around on the evenings of Thursday 16th July, Friday 17th July, Thursday 23rd July and Sunday 26th July. If you're heading to the concerts on these dates, please give them a friendly wave and smile!

Staff and Volunteer training and development

In June, we continued to invest in high quality training to ensure our staff and volunteers feel confident, capable and supported in their roles.

We have inducted two new volunteers, who are undertaking both a Level 2 Food Safety qualification and Equality and Diversity training. Staff members and Volunteers have also completed Suicide First Aid training and staff continue to work towards their online Level 2 Safeguarding qualification.

What's on this month:

| Event | When | Where | Cost |
|---------------------------------|--------------------------------|--------------------------------|-----------------|
| Ludlow Youth Festival | Thursday 30 th July | Wheeler Road Recreational Area | Free |
| Summer at Ludlow Assembly Rooms | Various Dates | 1 Mill Street, Ludlow, SY8 1AZ | Event dependent |

Ludlow Youth Festival

Ludlow Town Council is launching a brand-new Youth Festival, taking place on Thursday 30th July at Wheeler Road Recreational Area from 11am-4pm for free!

Designed by young people for young people, the day is sure to be packed with high-energy activities, live entertainment and the chance to win some prizes.

The festival will feature a range of activities and entertainment, including a gaming van, bouncy castle, a live broadcast from Sunshine Radio and craft sessions. Attendees will also be able to enjoy a live performance from local singer Macy-O, a showcase from Insteps Dance and the chance to win some prizes in Ludlow Assembly Room's free raffle. There will even be a special appearance from Toy Story characters with food and refreshments available.

Summer at Ludlow Assembly Rooms

Looking for ways to keep the family entertained this summer?

Ludlow Assembly Rooms has a fantastic programme of films, workshops, theatre performances and family-friendly activities taking place throughout the holidays.

Highlights include Jack and the Beanstalk (sort of), Super Great Kids Storytelling with Jason Buck, robotics and singing workshops, plus favourite family films such as WALL-E and The Greatest Showman. Carers go free to all events where space is available.

For more information and bookings, visit

www.ludlowassemblyrooms.co.uk

ludlow
assemblyrooms

New 24/7 Prescription Collection Service

A new 24/7 prescription collection point has been launched by Lunts Pharmacy after MSN Pharmacy Group received a grant through the UK Shared Prosperity Fund's Small Equipment Grant scheme.

The new facility allows patients to securely collect their prescriptions at any time of day or night and is expected to benefit a wide range of residents, including those working irregular hours, people with caring responsibilities, and individuals living in rural areas.

The installation is believed to be among the first 24/7 prescription collection points introduced within a community pharmacy setting in Shropshire.

Lunts Pharmacy can be found at 116-119 Lower Galdeford, SY8 1RU.

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 HTL 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](#)

**HANDS
TOGETHER
LUDLOW**

Hands Together Ludlow

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