

June 2025

Join us in creating delicious meals and lasting friendships – one lunch at a time!

We're Looking for Social Space Volunteers!

Are you (or someone you know) a confident home cook with 3 hours free on a Monday morning to volunteer in our Social Space?

On a Monday we offer a "**Lucky Dip**" lunch where we serve things like soup and bread, beans on toast, or fish cakes, plus hot or cold drinks and a slice of cake or a biscuit. It's a lovely, informal gathering and always appreciated. The shift is from **10:45 – 1.45** and we don't usually have more than 5 or 6 people for lunch so there is no pressure. There are always staff and other volunteers around to pitch in if necessary,

Anyone who helps us with food preparation takes a Level 2 Food Safety course which we provide. It's a relaxed, friendly space, and a great way to stay active if you've retired or have some time while you're between jobs.

One of our Social Space volunteers, Isobel, says "Volunteering here in the social space has given me extra skills, it is an easy, low-pressure way of building confidence and talking to people. I love working with Julia, everyone is really nice here and you meet really interesting people. I have found it is also a good way to learn about Ludlow; I have met a lot of people who I wouldn't normally. I always put my volunteering on my CV, and it always gets a positive reaction from the people interviewing me for jobs."

For the more confident cooks amongst you (but still nothing too stressful!)

We are also looking for cooks to prepare and serve our **Community Lunch on Fridays**. We serve a two-course meal which is always hearty, healthy, and homemade. The main course and pudding are decided by the surplus we have and with the cooks on duty. Pies, roast dinners, casseroles and crumbles are very popular!

The Shift is **9:30 – 1:30**, much of the preparation is often done in advance for you and there are always two cooks and a server on duty for Community Lunch where we serve a maximum of 20 people in one sitting. You don't have to commit to every Friday – some of our cooks do one or two lunches a month.

Training and lots of support is provided (looks great on a CV if you want to get into hospitality work) as is the Level 2 Food Safety course. If this sounds like your kind of thing, get in touch—we'd love to have you on board! Email Teresa, Volunteer Coordinator, volcoord@handstogetherludlow.org.uk or fill in an application form [here](#).



Big Event Tickets, on sale now

Tickets for the Hands Together Ludlow Fundraising Banquet & Auction on Friday 12th September 2025, in the impressive setting of St Laurence's Church, are now available to purchase.

Chief Operating Officer, Susie O'Hagan, said 'We have been blown away with the interest in the event since we announced it in May. It is very exciting to be hosting our own homage to The Great British Menu and showcasing our work supporting the people of Ludlow through food. James Sherwin and his team at Wild Shropshire are gearing up to create an exciting menu from whatever ingredients we have available, so his knowledge of seasonal cooking and local suppliers is key.'

'As a very much community-based charity, town-wide support is key to all we do, and we really appreciate the offers of auction prizes we have received (more welcome!) and sponsorship in what we know are difficult times for businesses. Those we have spoken to are very excited to attend the event and now tickets have gone live we expect them to sell out pretty quickly. Friends of HTL and event sponsors have had early access to tickets and with many of the 96 available already sold, I suggest people buy sooner rather than later to make sure they can be part of this exclusive event.'

The **Fundraising Banquet & Auction** will celebrate HTL's work and showcase Wild's skill with an innovative culinary experience that embraces the challenge of creating a high-quality, three-course banquet using surplus and seasonal ingredients. The evening will culminate in an auction, offering an exciting opportunity for attendees to support HTL's mission.

Tickets can be bought on-line here: [The Big Event 2025 Ticket](#) or via The Big Event page on the HTL website: [The Big Event 2025](#). For more information about sponsorship opportunities, please contact susie.ohagan@handstogetherludlow.org.uk.

Volunteer Week

Annually, the first week of June is Volunteer Week, a chance to come together to celebrate and thank our fantastic volunteers for their continued work, time and dedication they give to Hands Together. We appreciate everyone who volunteers with us whether that's on a daily, weekly or monthly basis, or whenever they can.



We have a range of volunteering opportunities within our projects, including Good Grief Café, Walks for All, Help Hub, Ludlow Men's Shed, Community Fridge and Social Space. In 2024 alone, our volunteers gave us over 11,000 hours of their time, which equates to just under £180,000 in social value. We really could not offer any of our services without them.

Volunteer Coordinator Teresa Bailey expressed her gratitude towards all our volunteers "I'd like to thank all of our volunteers for making me feel so welcome since I joined Hands Together back in September. I am thoroughly enjoying getting to know you all, it is a real pleasure to be part of a team of volunteers who are so varied in skills and experience and to see the genuine kindness you use towards all the people that we work with. Thank you for your time, effort and commitment. Your contributions make a real difference, and we couldn't do what we do without your support."

Between 2nd and 8th June we will be sharing some of our volunteers' experiences on our social media channels, be sure to follow us on [Facebook](#) and [Instagram](#) so you don't miss out!

Staff and volunteer training

Over the past month, staff have taken part in Safeguarding Children against modern day risks and abuse training.

Elton Plant and Book Sale, July 12th

There will be a Plant & Book Sale on Saturday, 12th July at Elton Church SY8 2HQ from 10am to 12pm. On sale will be pre-loved books, locally grown plants as well as tea and home-made cakes, all in the delightful setting of the idyllic church grounds.

Payment can be by cash or card and all proceeds will go to Hands Together Ludlow.

Local Stop Smoking support available in Ludlow

Shropshire's Healthy Lives Stop Smoking Service offers free, confidential support to help you stop smoking.

When: Every Wednesday 9:15am-4:45pm

Where: Helena Lane Community Centre, 20 Hamlet Road, Ludlow, SY8 2NP

It's never too late to quit smoking! Our friendly Stop Smoking Advisor provides regular one-to-one support over 3 months to help you change your smoking habits, free 4-week supply of NRT (following assessment) and carbon monoxide readings to help track progress.

To book an appointment at Helena Lane (select Ludlow Youth Centre on booking form) or any of our Healthy Lives Stop Smoking venues or to access telephone stop smoking support, scan the QR code or visit www.shropshire.gov.uk/stopsmoking If you're unable to book online, or need some support with booking, call 0345 6789 028 (Mon-Fri, 9am-3pm).



Friends of Mortimer Forest upcoming events



The Friends of Mortimer Forest have some upcoming events with a few spaces remaining. Anyone is welcome to attend, but places must be booked in advance. There is not a charge but if anyone is able to make a voluntary donation (usually £5 to £10 but up to the individual) to part cover costs for the time of the experts.

Damselflies and Dragonflies Identification Training – There are still a few spaces left on this excellent and fun course, led by the County Recorder for these species. It is over two days, with the first day on Damselflies on the 12th June and the second day on Dragonflies on the 6th August.

An Evening Chorus of Birds – On the 25th June, starting at 6:30pm, there will be an evening guided walk, starting at Vinnals Car Park in Mortimer Forest, learning about birdsong.

For further details, please see the events page on the Friends of Mortimer Forest [website](#).

Shrewsbury Hospital Park & Ride



The Shrewsbury and
Telford Hospital
NHS Trust

Do you or someone you know need to visit Royal Shrewsbury Hospital soon?
Instead of driving to the hospital and struggling to find somewhere to park, why
not use the new Park and Ride service?

Following a successful trial, the park and ride service for Royal Shrewsbury Hospital patients and visitors has become permanent for a small charge of £1.00. The service operates between Oxon Park and Ride (Bicton Heath, Shrewsbury SY3 5AD) and the hospital, the buses run every 15/20 minutes between 6:20am-9:25pm Monday to Friday. Alternatively, you can park at the Oxon car park and walk to the Hospital, which takes approximately 15 minutes.

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

Lucky Dip Social Lunch: Every Monday, Wednesday and Thursday. from 12:00pm – 1:30pm. Come along for a light meal and good company. Last meal order taken at 1pm.

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: [Events \(handstogetherludlow.org.uk\)](https://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

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