

Hands Together Ludlow celebrates Volunteer Week

Annually, the first week of June is Volunteer Week in the UK, a campaign that has been running for over 40 years. We feel incredibly lucky to have over 80 active Volunteers, 15 of whom are new to us in 2026, and who so far this year have given 2,824.29 hours of their time across projects like Befriending, Community Fridge, Walks for All and Tech Talk. The social value of these volunteer hours totals £45,386.34 which is amazing and shows the true value of volunteering.



Thank
you!

Volunteer Coordinator, Teresa Bailey adds: *"This week, we proudly celebrate Volunteers' Week – a time to recognise and thank the incredible individuals who give their time, energy, and compassion to support our work.*

Our Volunteers are at the heart of everything we do. Whether they're offering a listening ear, supporting day-to-day activities, sharing their skills, or simply bringing a smile to someone's face, their contributions make a real and lasting difference.

Across our community, volunteers help us reach more people, create stronger connections, and deliver services that might not otherwise be possible. Their kindness and commitment embody the true spirit of community – showing how small acts of generosity can have a powerful impact.

*We would like to extend a heartfelt **thank you** to each and every one of our volunteers. Your dedication inspires us daily, and we are so grateful for all that you do. If you've ever considered volunteering, there's never been a better time to get involved. Whether you can spare a little time or a lot, your contribution can make a meaningful difference."*

Thank you to everyone who volunteers with us, on a daily, weekly, monthly basis or whenever they can. You can find out more about volunteering on [our website](#).

A goodbye from Julia, Food Projects Coordinator

Our Food Projects Coordinator, Julia, left Hands Together at the end of May after nearly three years. We thank her for the endless time and dedication she has given to the charity during this period. This is what Julia had to say:

"Hands Together Ludlow will always hold a place in my heart, a small local charity with big ideas. Every day is spent trying to help people in crisis, or



people who can't access a service, or people who genuinely just need a shoulder, or people who want to get some healthy food, or people who are at their wits end.

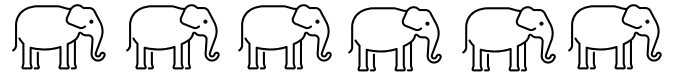
The list is long and varied, some folk come in simply to help reduce surplus by donating and supporting the Community Fridge, others for some conversation and company.

During the time I have been here we have 'rehomed', in one way or another, over 35 tonnes of food - that could be equated to six elephants walking through the doors! This is something that is only possible with the amazing work of our volunteers.

We have also served approximately 3,200 Community lunches using a lot of the surplus from the Community Fridge. The Community Lunch is a bi-weekly get together with a two-course meal at our premises, and it is such a great occasion every week. Truly a rewarding experience.

And what did I learn? Well, many things: winning ways with kale, or what to do with 100s of kilos of bananas (apart from banana bread), I learnt how to make the most wonderful South American carrot cake, which completely outdoes anything I had done with carrots before!

Most of all, I've learnt just how important HTL is to the Ludlow community, how many people rely on it for support, and how invaluable our volunteers are. Their generosity and commitment make it possible for the charity to run so well and help so many people".



Walks for All, Rockspring Community Centre

Looking to add some gentle exercise to your month, meet new people or enjoy time outdoors? We are pleased to confirm that our Walks for All from Rockspring Community Centre is starting again!

Join us on Monday 8th June for a relaxed 30-minute walk around the local area; all ages and abilities are welcome! It's a great opportunity to build confidence, stay active, meet new people and make friends.

The walk runs from 10:30am-11:00am on the second Monday of each month. It's free to attend and there is no need to book. The walk will end with a stop at the café at Rockspring where refreshments are available to purchase. Come and give it a go!

Ludlow Men's Shed

Ludlow Men's Shed Ladies Day participant, Jayne has made a pair of lovely Garden planters using reclaimed pallets, which has then painted in Terracotta with gold accents.

If you're interested in joining the Men's Shed, please contact Mark, Lead Volunteer, on sheds.handstogetherludlow@gmail.com.



AGM RECAP

In May we held our Annual General Meeting and held the re-launch of the Community Fridge. It was a lovely afternoon for staff, trustees, volunteers and supporters to come together to celebrate all that was achieved in 2025.

Our Chair of Trustees, Sue, talked through some of the outstanding work Hands Together achieved last year, including that 13.5 tonnes of food had been saved from landfill through the Community Fridge. Chief Operating Officer, Emma-Jane, was then able to provide more insight into the objectives of the charity for the rest of the year and future funding streams.

Thank you to everyone who was able to come and celebrate with us and to our volunteers Denise and Shirley for their help on the day.



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.

In the past month, we have inducted one new volunteer. Existing volunteers have taken part in kitchen training, while members of the staff team have continued completing the online Level 2 Safeguarding training. Other Volunteers and staff also completed their Fire Marshal training.

Would you like to volunteer at Wesley's Café?

Wesley's Cafe in the Methodist Church, Broad Street has been operating for 20 years. It is a community cafe run by volunteers from in and around Ludlow, serving good quality food at fair prices. The cafe is appreciated by regular customers as well as visitors to the town. It is a welcoming, friendly place. Fair Trade teas, coffees, sugar, etc are served and local suppliers are used as much as possible. The available cakes, quiches and soups are homemade; soups are gluten free and have gluten free rolls, scones and cakes available.

Over the years Wesley's have given grants amounting to almost £88,000 to many groups and organisations within the town and surrounding area via their Projects Fund.

Wesley's opening hours are 10:30-1:30, Monday to Wednesday, Friday and Saturday. Like many other places they now find themselves needing more volunteers. If you would like to know more, please contact Elizabeth Wright, elizabethwright9@btinternet.com, or enquire in the cafe during opening hours, where you can ask for an application form.



What's on this month:

Event	When	Where	Cost
Memory Café	Tuesday 9 th June (2 nd Tuesday of the month)	Ludlow Library	Free
Falls Prevention Classes	Specific to location	Location dependent	£5.00

Memory Café

Ludlow Library hosts a friendly and supportive Memory Café on a monthly basis. This free event offers a welcoming space for anyone living with memory loss, as well as their carers, family and friends.

Held on the second Tuesday of the month from 2pm-4pm, the Café is all about companionship and conversation. Visitors can enjoy tea, coffee - and often cake - while taking part in light activities in a comfortable and informal setting.

It is a great opportunity to meet others in similar situations, share experiences and feel part of a supportive community. There are also memory support materials available, and the sessions are supported by organisations including the Alzheimer's Society and Admiral Nurses.

The next meeting is Tuesday 9th June.

Losing your strength and balance? Elevate your chances of preventing a fall

Energize Shropshire, Telford & Wrekin runs Elevate postural stability classes which are available for people aged 60 and over. They are designed to improve physical strength and balance to help with everyday life. These classes are aimed at those who feel a bit unsteady on their feet or have lost strength or confidence.

Since launching in 2018, the classes have already helped more than 1,000 people across Shropshire. They are delivered by local, specialist, and experienced instructors qualified in postural stability instruction and are designed to be safe, beneficial and most of all enjoyable! Many of the exercises can be achieved seated or standing, so a range of abilities can take part.

Hour long classes take place weekly for 20 weeks, costs £5 and includes refreshments. I'm sad to be leaving the tremendous team at Hands Together Ludlow, it has been a fun 2.5 years, and I have learnt a lot in that short time.

For more information and to book to attend Elevate

classes visit <https://energizestw.org.uk/strength-balance-programmes> for a referral form.

Contact Energize by email: elevate@energizestw.org.uk or call 07852 871589 to leave a voicemail.

A referral form is needed to be completed before you can be invited to the first class. Unfortunately, you won't be able to join without this invitation.

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**

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