

Join our Team! Food Projects Coordinator

At the end of May, we will be saying farewell to our fantastic Food Projects Coordinator, Julia, after an incredible three years of overseeing all things food with Hands Together Ludlow. We wish Julia all the best in her new ventures!

Could you be our new Food Projects Coordinator? This is a great opportunity for someone creative, organised and passionate about using food to bring people together. The role includes coordinating our Community Fridge, Community Lunch and Company at Christmas, as well as developing new ideas and partnerships that make a real difference in the lives of isolated residents.

You will be part of a small, friendly team and work closely with our Volunteer Coordinator and Services & Community Coordinator. If you enjoy variety, collaboration, and helping your community thrive, we would love to hear from you.

More information, including the application form can be found on our website via this [link](#). Please note that CVs will not be accepted. Closing date: Midnight, 25/05/2026.

Add gentle exercise into your routine

As the weather improves, it's the perfect time to ease back into gentle exercise and enjoy the outdoors with others.

Our Walks for All group meet on a Wednesday morning for a relaxed and scenic stroll of up to 1.5 miles around our lovely town. It is a great way to get moving at a comfortable pace, enjoy fresh air, and connect with others.

After the walk participants head back to Hands Together Ludlow to enjoy a well-earned slice of cake and a coffee - a perfect way to round off a sociable morning!

Walks for All is ideal for anyone who wants to start being active again, would like to build up their confidence walking outdoors and enjoys walking in a friendly group. Everyone is welcome!

Meet our Walk Volunteers outside Ludlow Library for a 10am start on Wednesday mornings.



Community Fridge Refurbishment

At the beginning of April, our Community Fridge undertook an exciting refurbishment with a fresh coat of paint, new shelving and an improved welcome area. We've even introduced a Volunteer Notice Board to recognise the hard work and achievements of our dedicated volunteer team.

This would not have been possible without the generous support and hard work of so many people. We would like to say a huge thank you to: **Simon Pugh and team** for their expert painting, **Trustee, Richard** for his handy DIY skills, **HTL Staff team** for their hands-on help with painting, DIY and tip runs, **Warwick from Ludlow Homecare** for kindly donating the paint, **Lisa** for her thorough cleaning work and **Mark** for his contributions with fitting skirting boards, DIY and electrics.

Since 2023, more than 20 volunteers each week have served nearly 5,500 Ludlow residents while saving an incredible 41,500 kg of food from going to waste. Our new volunteer notice board recognises the hard work our volunteers give in making Hands Together thrive.

If you're walking past, come in and have a look at what we have! You'll almost always find a selection of fresh and frozen bread, along with a variety of fruit and vegetables amongst other items. Pop in before your main shop so you only need to buy what you need afterwards. It's a small change in habit, but one that can add up over time.

Open Monday-Friday, 10am-4pm at 15 Lower Galdeford, SY8 1RU.



Ludlow Men's Shed

Mark from Ludlow Men's Shed has been busy creating these beautiful chopping boards to help raise crucial funds for the Shed using mansonia wood (American black walnut substitute), with maple inlays. The rebates for the Maple inlays were cut using the Router. These boards make the perfect present!

The boards are currently available to purchase from Ludlow Women's Centre which can be found at 8 Church Street, SY8 1AP.



AGM NOTICE

You are invited to join Hands Together Ludlow on the afternoon (3pm) of Wednesday 13th May 2026 at the Hands Together building for our Annual General Meeting. The links to the Meeting Agenda, Annual Statement of Accounts and The Trustees' Annual Report will be available to view on our website in due course.

Please RSVP your attendance to general.admin@handstogetherludlow.org.uk by Friday 8th May.

Meals Made Easy

Esther, our new Services and Community Coordinator attended the most recent Open Table up at Rockspring Community Centre as an opportunity to meet and engage with a number of organisations, including the RSPCA, and local residents.

Whilst at Rockspring Community Centre, we were delighted to deliver 20 copies of our new recipe book which was compiled for the Shaping Places project in conjunction with Ludlow Council.

There is a section that is specifically designed to use ingredients from a Food Bank Parcel. We hope that any food bank users are able to use, and enjoy, the recipes.



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.

This month, four new volunteers have been through Induction training, who have then gone on to do Community Fridge training, Kitchen Induction, as well as Food Hygiene training in which staff have also taken part in.

Members of the staff team have also been able to develop their skills through ongoing Safeguarding training, Suicide First Aid and Fire Marshal training.

What's on this month:

Event	When	Where	Cost
Quiet Mind Mediation	First Friday of each month	Spiro Clinic and Wellness Centre, SY8 1RT.	£10 per person
Poetry in the Round	Friday 8 th May	Ludlow Library, SY8 2PG	Free
Open Access Clinic	Monday 18 th May	Helena Lane Community Centre, SY8 2NP	Free

Open Access Clinic in Ludlow

Families in Ludlow are being encouraged to make use of the Open Access Clinic, a welcoming service providing health advice, information, and support for parents, babies and children.

The Ludlow Clinic is held at Helena Lane Community Centre, 20 Hamlet Road, SY8 2NP and is open to anyone who may need guidance or reassurance with no appointment necessary.

Sessions are run by Shropshire Health Visiting, in partnership with local family support services, the clinic offers a range of support including:

- Emotional health and wellbeing
- Growth monitoring and health advice
- Infant feeding and introducing solids support
- Development, behaviour and sleep support

The clinic takes place on selected Mondays from 9:30am to 12:00pm on the following dates - 18th May, 15th June and 20th July. This is a fantastic opportunity for local families to access expert advice in a friendly and supportive environment. For more information, please contact 03333 583 654 or 07520 635 212

Quiet Mind Meditation

Quiet Mind Meditation Shropshire is offering a welcoming meditation meetups in Ludlow.

These sessions are designed to help people build resilience and wellbeing through guided meditation, as well as the simple power of sharing tea, conversation and connection with like-minded people. Meditating in a group can feel easier and more supportive, and each meetup offers a safe, judgement-free space where people can relax, reflect and open up if they wish.

The Ludlow group meets at Spiro Clinic and Wellness Centre (SY8 1RT) on the first Friday lunchtime of each month from 12:30pm-1:30pm. Places are £10.00 per person, which also includes a recording of the meditation to enjoy at home afterwards.

Whether you are completely new to meditation or already have an established practice, Quiet Mind offers a gentle and accessible way to pause, recharge and reconnect.

To find out more visit: https://www.youtube.com/shorts/w3kbqv_Zj98?si=gVFSiwGdrTxZ1rj4

Poetry in the Round Returns

Poetry lovers and curious newcomers are warmly invited to Poetry in the Round, a welcoming monthly gathering at Ludlow Library in partnership with Shropshire Libraries.

Taking place from 1pm-3pm, these friendly sessions offer the chance to read poems, listen to others share about their favourites and enjoy relaxed discussions about all things poetry. There is no need to book - just go along and join in. Refreshments provided.

Upcoming dates for your diary - Friday 8th May, Friday 12th June and Friday 10th July.

Come along, take a seat and enjoy an inspiring afternoon!

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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