

Remembering Cathy Pritchard

We were saddened to hear of Cathy's death. Cathy was one of the founding Trustees of Hands Together Ludlow, having been involved since before we became a charity. In the early years she cooked Community Lunches at Helena Lane, and as the charity developed she showed great commitment to her Trustee role, always motivated by her strong faith and sense of service to the community.

By the time we moved into our building on Lower Galdeford Cathy had retired from the Board of Trustees due to ill health, but she never lost her interest in what we were doing, becoming a member of our Friends group and even enjoying some of the women's sessions in the Men's Shed.

We will miss her and are grateful for all that she has done for Hands Together and for vulnerable people in our community.

Thank you and farewell to Andy

At the end of November, we will be saying farewell to our current Community and Projects Coordinator Andy! Andy joined the team in 2024 into a completely new role and has since created and developed a fantastic network within Ludlow which has allowed Hands Together to create and strengthen our relationship with so many organisations in the town.

Andy says "I have loved my time at Hands Together Ludlow. I have learned so much and met some inspirational people. I want to pass on my thanks to everyone who has helped me over the past 21 months. Very best wishes to you all."

We wish Andy all the best in his future and thank him for his work with the charity.

Borrow my Chef

Hands Together Ludlow launched an exciting new project, 'Borrow my Chef' at a recent Community Lunch held at the end of October. This initiative is designed to celebrate local food talent and bring fresh flavours to the heart of our community.

Each week, Hands Together hosts two Community Lunches – a chance for local people to come together, chat and make new friends while enjoying a delicious home-cooked two-course meal for just £3.50. The meal is made by a fabulous team of volunteers.



The debut 'Borrow my Chef' event featured the fantastic Athena Greek Taverna, with the wonderful Linda and David delighting guests with a mouthwatering menu of traditional Greek Moussaka, served with a vibrant salad, and finished with a zesty Orange Syrup Sponge served with Whipped Cream. The meal was a huge success, with attendees praising both the delicious food and the spirit of collaboration it represented.

"Borrow my Chef is all about connecting local eateries and restaurants with the community", said Julia Doig, Food Coordinator at Hands Together Ludlow. "We are so grateful to Athena for bringing their Greek flavours to our first event – it was thoroughly enjoyed by everyone who came."

Local restaurants and eateries interested in taking part in Borrow my Chef are warmly invited to get in touch. Please email Julia at food.coordinator@handstogetherludlow.org.uk

Trustee Week, 3rd – 7th November



Every year, Trustee Week takes place during the first week of November. It is a great opportunity to recognise and celebrate the invaluable dedication that all of our Trustees give to Hands Together Ludlow on a daily basis.

Our Board of Trustees have a wealth of knowledge and experience in various sectors, including Finance, Project Management, HR, Fundraising, Marketing and more. Since the start of 2025, the Trustee team have given 384.67 hours of their

time to Hands Together. This is in the form of formal Board Meetings and ranges to cooking Community Lunch and covering the Community Fridge when needed. In total, the hours given equates to £6,181.65 in Social Value. Thank you to all our Trustees, your time and commitment help make a real difference to our community.

Call for Cooks – turn surplus into something delicious!

Do you love cooking and want to make a difference in your community? We are looking for enthusiastic volunteers to help turn surplus food into tasty dishes for our weekly Community Lunches and to have in our Community Fridge.

Where: Hands Together Ludlow, 15 Lower Galdeford, SY8 1RU

When: This is a flexible, ad-hoc role that depends on when surplus food becomes available. The cooking sessions will usually take place in our Kitchen on a Monday, Wednesday or Thursday afternoon.

Supermarkets often donate surplus food such as bread, fruit and vegetables and we need creative cooks to help turn these ingredients into delicious usable products. Your efforts will help reduce waste, support our Community Lunches and our ongoing work in Ludlow.

You'll follow recipes, cook to high hygiene standards (we can provide training if required) and help make sure nothing goes to waste.

Please email Teresa Bailey at vol.coord@handstogetherludlow.org.uk if you are interested or have any questions.

Ludlow Men's Shed

Jayne, who attends the Women's DIY Days on a Friday, has turned this beautiful mushroom out of beech and zebrano wood. It was her first attempt at woodturning and has done a marvellous job – well done Jayne!

If you're interested in learning or improving your DIY skills, get in touch with David on sheds.handstogetherludlow@gmail.com about available places on Thursdays and Fridays.



Company at Christmas continues for 2025

Hands Together Ludlow are pleased to announce the continuation of the long-standing community event, Company at Christmas for 2025.

The day is designed for those who might otherwise be alone on Christmas Day and would like to join us for a day of festive cheer, including a Turkey Dinner with all the trimmings followed by a choice of pudding. The event will take place this year at Hands Together's building on Lower Galdeford. More details to follow.

Shaping Places for Healthier Lives

Our Food Coordinator, Julia, has spent the last few months working on the Shaping Places for Healthier Lives project, in collaboration with Ludlow Town Council. The aim of the project was to help reduce food poverty in Ludlow by combining local resources and expertise to create a lasting impact in the community.



As part of the project, Julia worked to develop recipes for a range of different categories; Cooking with Surplus, Healthy Cooking for One, Cooking with Store Cupboard Essentials, Cooking for Type 2 Diabetes and Cooking with Food Allergies. A selection of these recipes, including Chicken Fajitas, Sweet Potato and Spinach Frittata, Chicken Pad Thai and One-Pot Spaghetti Bolognese, was then demonstrated at free to attend workshops which were held at Hands Together Ludlow, Ludlow Food Bank and Ludlow Foyer, which were well attended. As a result of these workshops, 66% agreed that they now feel more confident in cooking at home, with 13% only cooking at home a few times a month before. 46% strongly agreed that by attending the workshops they would cook more often.

The recipes will be available to purchase as a recipe book from Hands Together Ludlow or Ludlow Town Council buildings in the coming weeks. More details on this will be announced on social media. Video tutorials of recipes, as well as digital recipe cards can be viewed on the Hands Together Ludlow [website](#).

Ludlow Bereavement Support Group

Hands Together Ludlow, Portcullis Surgery, Station Drive Surgery and Ludlow & Area Community Partnership have been working together to provide a bereavement support service to the Ludlow Community.

This new service will provide both practical and financial advice, as well as emotional support to those who have suffered loss. To access this service, please get in touch with your Care Coordinators at your GP Surgery;

Portcullis 01584 872939, Station Drive Surgery 01584 872461. Alternatively, you can contact the Hands Together office on 01584 873062 or Ludlow & Area Community Partnership on 07974 001310.

Staff and Volunteer Training

Staff and Volunteers have this month taken part in Induction training and Grief Awareness training.

Volunteer for Hedge Planting in Shropshire

CPRE Shropshire now has funding for Phase 5 of the Hedgerow Heroes project which will last until April 2026. Since 2021, 24km of native hedgerow has been planted in the Shropshire countryside with the help of volunteers – this includes working farms, community sites and smallholdings.

Hedgerows are vital for wildlife and healthier green spaces and even carbon capture. CPRE Shropshire, which is the county branch of the national charity, the Countryside Charity, has been planting hedgerows with the help of volunteers for four years and is entering a fifth year this winter. All events are led by experienced volunteers and tools are provided.

Find out more about the project [here](#), including how to get involved.



The countryside charity
Shropshire

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

Lucky Dip Social Lunch: Every 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

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.