

#### Thank you Susie!

We said farewell to our fantastic Chief Operating Officer Susie O'Hagan on 16<sup>th</sup> September!

Susie has been crucial to the development of Hands Together Ludlow over the past 4 years; her commitment and dedication has been second to none and the charity would not be in its current position without her.

The Wheatsheaf Inn kindly hosted us for a few hours to allow staff and volunteers to come together to thank Susie for her work and to wish her the very best in the future. Thank you Susie, for everything!



Volunteer, Keith, presenting Susie O'Hagan with her leaving gift.

#### Hello from our new COO, Emma-Jane

We are pleased to announce that we have appointed a new Chief Operating Officer! Emma-Jane will be joining Hands Together Ludlow in November.

"I'm Emma-Jane and I'm delighted to be joining Hands Together Ludlow in November as your new Chief Operating Officer. I grew up in Shropshire and my own childhood experiences have shaped who I am today. They gave me a strong belief in fairness, kindness and the power of community – which is why Hands Together's mission feels so close to my heart.

For the past 15 years, I've worked in lots of different leadership roles across schools, charities and community organisations. Most recently, I've been running events and partnerships for an education charity, leading programmes through the challenges of the pandemic. I also spent many years as a science teacher and head of department, where safeguarding and supporting young people was a big part of my daily work. Alongside this, I've volunteered with the Samaritans, which taught me so much about listening and being there for people in tough times.

Recently I achieved a PhD looking at workplace wellbeing, and I'm passionate about creating spaces where people feel supported and valued.

Most of all, I look forward to meeting our amazing volunteers and working together to make a difference in Ludlow. Your time, energy and care are what keeps everything moving, and I can't wait to work alongside you".



#### The Big Event, a night to remember!

On Friday 12<sup>th</sup> September, more than 90 guests gathered at the beautiful setting of St Laurence's Church for Hands Together Ludlow's Black-Tie Banquet and Auction – an unforgettable evening of fine dining and fundraising.

In partnership with <u>Wild Shropshire</u>, Michelin Green Star Chef James Sherwin and his talented team rose to a unique challenge: creating a three-course meal from seasonal produce and surplus food donated to our food projects. With only venison confirmed in advance, the rest of the ingredients were revealed on the morning of the event – a true test of creativity and resourcefulness!

The resulting menu was spectacular: a vibrant leek and buttermilk starter, seasonal venison with a trio of family salads and a comforting damson pudding with burnt white chocolate.

The evening ended on a high with a lively auction, brilliantly hosted by John Uffold, featuring incredible prizes which included a limited-edition Magnum of Wine, a day at the House of Lords, a central London apartment stay, and a behind-the-scenes stable tour at Kim Bailey & Mat Nicholls Racing.

Thanks to the incredible generosity of our guests, sponsors and supporters, the evening raised over £20,000. The vital funds will directly support our work in helping local people and strengthening our community.

A heartfelt thank you to everyone who made this event such a success, including Mike Dodson for the fantastic photos!







### Ludlow Freemasons supports Hands Together Ludlow



Hands Together Ludlow were delighted to accept a generous donation of £1000 from The Lodge of the Marches number 611, Ludlow's Freemasons.

Freemasonry has a great tradition of charitable giving and are staunch supporters of the local community. On a national basis, £40 million a year is donated every year by Freemasonry. Members of the Ludlow Lodge showed a great interest in Hands Together Ludlow's work and visited the charity on several occasions to get a real understanding of

the operation. This donation comes from the Lodge Members' own funds and will help Hands Together Ludlow support those in our community, especially as we move towards the winter months.

Ludlow Freemasons currently meet in Tenbury Wells Masonic Hall. Members come from a wide variety of backgrounds and professions. The Lodge meets monthly from October through to May and members enjoy the many social events, as well as traditional ceremonies. You can find out more about the Ludlow Freemasons by visiting their website <a href="here">here</a>. You can be assured of a warm and friendly welcome.

#### Ludlow Men's Shed

Ludlow Men's Shed had its first outing in September. A group went to RAF Cosford Museum which proved to be a fascinating day out.

This was made more interesting as Shed volunteer and RAF veteran Richard Ellis (front right) gave a personal insight into the history having actually flown on many of the individual planes currently now on display. We hope that more regular visits to places of interest will follow.



#### Sylvia's Memorial Raffle



Our Community and Projects Coordinator, Andy, was present for the raffle draw of Sylvia's Quilt, "Autumnal Bliss" at the Ludlow Quilters and Stitchers (LQ&S) AGM on the evening of Tuesday 23<sup>rd</sup> September.

The draw ticket was picked from the drum by the Mayor of Ludlow, Diane Lyle, who wore her chain of office. The winning ticket belonged to a visitor to the area, who had seen 'Sylvia's Quilt' in St Laurence's Church and had bought her ticket from Keeley at 'The Wool Shop' in Ludlow, who has supported our groups, with raffle ticket sales from her shop.

The ticket number was 0630 and the lady who had purchased it, had done

so because she too is called **Sylvia**. Now 'Sylvia's Quilt' has found a new home, and by the reaction of Sylvia when she found out she had won, the quilt will be treasured and will continue to be a new 'Sylvia's Quilt'.

A fantastic £291 was raised, with the amount being split between Hands Together Ludlow and Ludlow Quilters and Stitchers. Thank you to everyone who purchased a ticket for the raffle.

#### Fibro group now at Helena Lane

Our popular and well attended Chronic Pain Support Group will now by ran by Ludlow Area and Community Partnership at the new venue of Helena Lane Community Centre.

The group is open to anyone who experiences Fibromyalgia, Chronic Fatigue, ME, Long Covid or anything similar. It is a chance to share experiences and tips in a mutually supportive, safe and informal environment. For more information, please email <a href="mailto:lacp@gmail.com">lacp@gmail.com</a>

#### 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.

#### Staff and Volunteer Training

Staff and Volunteers have this month, completed Equality & Diversity training, Grief Awareness Training and Induction Training.

#### West Mercia Women's Aid - Free Drop in Session

On Monday 6<sup>th</sup> October West Mercia Women's Aid will be hosting a drop-in session for anyone affected by domestic abuse, at Hands Together Ludlow between 12pm-4pm.

The drop-in sessions offer a safe and welcoming space where you can talk through concerns, ask questions and find out about the support available. Whether you're worried about your own relationship, seeking advice for someone you know, or simply want to understand more about this issue, you will be made to feel welcome. If you have any questions please email general@wmwa.org.uk

## Thrive Together, women's wellbeing peer support group

There is a new Women's Wellbeing Peer Support Group, Thrive Together, that hosted its first session on Friday 19<sup>th</sup> September at the Home Instead Community Hub in Craven Arms.

The group is designed to encourage women to have open conversations, provide emotional support and share practical advice for everyday life. Whether you're looking for support, friendship or simply a place to talk, you are warmly welcome.

Following the launch, the group plan to meet on a monthly basis with a lineup of a variety of different speakers to attend, to offer information around subjects affecting women's wellbeing, such as: Infant feeding support, early cancer detection, menopause awareness, nutrition, making sense of breast screening, continence awareness and more. Speakers will offer short talks and then remain throughout the session so that women have the option to have more 1:1 conversation about anything that has been discussed. To find out more about which speakers will be attending which dates, keep an eye on the <a href="Home Instead Facebook">Home Instead Facebook</a> Page.

The next date is Friday 3<sup>rd</sup> October (10am-12pm); if any women who are considering attending have any questions, please contact Home Instead on 01743 387650. The Home Instead Community Hub can be found at 3 Corvedale Road, Craven Arms, SY7 9NE.

# 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 O1584 873062 or visit our website: Events (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.













connecting our community **Hands Together Ludlow** 15 Lower Galdeford, Ludlow, SY8 1RU

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