

Meet Emma, our new Services and Community Coordinator



We are thrilled to have welcomed Emma to the Hands Together team as our Services and Community Coordinator. Emma joined in September and has been settling into her new role, we caught up with her to see how she's been getting on...

Why did you apply for the role?

After many years working in education, I was looking for a new challenge where I could continue supporting people and making a positive difference in the local community. HTL's values, community focus and commitment to helping people overcome challenges really resonated with me, and I was excited by the opportunity to work with such a welcoming and dedicated team.

What were you doing before this job?

Before joining HTL, I worked in education for over 20 years as a teacher and Whole School SENCo. Most recently, I taught Art alongside SEND provision, supporting children and young people, their families, and staff to ensure everyone had the opportunity to succeed and thrive.

What do you think will be your biggest challenge?

As I am moving from education into the charity sector, there is a lot to learn about the services, partnerships and systems that support HTL's work. However, I see this as an exciting opportunity to develop new skills and broaden my experience while drawing on the transferable skills I've gained throughout my career.

What are you looking forward to most about working with Hands Together Ludlow?

I'm looking forward to meeting more people in the community, building relationships with volunteers and partner organisations, and helping HTL continue to make a positive impact on people's lives. I'm particularly excited to learn more about the different services and activities on offer and to become part of such a supportive and community-focused organisation.

If you're visiting Hands Together over the next few weeks and see Emma, please say hello and make her feel welcome!

A tribute to Brenda Coleman

Hands Together Ludlow is fortunate to have had Brenda Coleman (nee Mason) as its first Chair. Her dedication to the people of Ludlow continues to be felt today. HTL's start as a charity was a time of great change and development for the organisation as it found its role in the community. She was a steadfast influence in that time.

Brenda helped lay the foundations of Hands Together and took great pleasure in witnessing the Charity's growth into the thriving organisation it has now become.



Brenda and Maurice Coleman on their wedding day.

Education was also one of Brenda's passions. As Headteacher of Ludlow Infants School for 25 years, she devoted herself to helping children and young people, particularly those facing disadvantage, and initiated the Springboard Nursery, which still operates today. Her encouragement, care and determination has helped shape the lives of generations of local families. Many will also remember her dog, Casper, who became a favourite among schoolchildren, with youngsters often queuing for the chance to take him for a walk.

Brenda and her husband, Maurice Coleman, shared a deep Methodist faith and a steadfast commitment to serving others. Having spent much of her life caring for those around her, Brenda was in turn cared for and cherished by Maurice. He survived her by only three weeks.

Today, her influence can still be seen in the organisations she helped build and the people whose lives she touched. Through the generous legacy she left in her will, she continues to support the work of Hands Together and the community she cared so deeply about. Her example remains an inspiration to all who knew her and to those who benefit from her lasting contribution.

Legacy giving can have a powerful influence for years to come. If you would like to know more about how you can help play a part in our future in this way, please go to our website [Donate to Us](#) or phone Sarah on 01584 873062.



Brenda with her nephew and niece, Jocelyn and Sofie Mason.

Company at Christmas 2026

We are pleased to confirm that the long-standing tradition of Company at Christmas will continue for 2026.

Plans and preparations are already underway and taking place behind the scenes, including for volunteer roles. We are currently gauging interest, and volunteer roles will be confirmed nearer the time.

Some of the roles depend on demand. To give you an idea of what we may need help with:

- Delivering hot meals
- Driving guests to and from HTL
- Front of House
- Community Fridge

If you're interested in volunteering on Christmas Eve or Christmas Day, please contact Volunteer Coordinator, Teresa, on 01584 873062 or vol.coord@handstogetherludlow.org.uk

If you are interested in a role that requires driving, a DBS certificate, no older than three years, will need to be provided or you must be willing to do one (paid for by Hands Together) as soon as possible.

Those who attended the day last year will be contacted in the next few weeks about attending again this year.

Ludlow Men's Shed

Ludlow Men's Shed Ladies Day participant, Di, has been busy making this stunning cupboard which is now complete.

If you're interested in joining Ludlow Men's Shed, the Thursday DIY Days, or Ladies Day on a Friday, please contact lead volunteer, Mark, on sheds.handstogetherludlow@gmail.com or pop into the Shed Monday-Friday 10am-3pm.



Grab 'N' Go Lunch Club

Following the success of this year's Summer Lunch Club, we are pleased to introduce the club as the Grab 'N' Go Lunch Club launching this October Half Term!

During the half term, Hands Together Ludlow will providing free packed lunches on Monday 26th, Wednesday 28th and Thursday 29th October for children and young people aged 4-16 years who are eligible for benefits-related free school meals.

Importantly, lunches are available for all siblings in this age group within the household, even if only one child is currently receiving free school meals.

If you would like to receive a lunch, please ensure the following form is completed by the **16th October**. <https://www.surveymonkey.com/r/MYCN22S>

Please contact the office on 01584 873062 if you have any questions or would like further information.

QMG Services Halloween Fundraiser for HTL!

The team at QMG Services are getting ready for a frightfully good night while supporting two fantastic causes at their Halloween Fundraiser Party on October 30th at Ludlow Brewery.

Taking place from 7:30pm-11:30pm, the event promises an evening of great food, live music and Halloween fun, with all ticket proceeds being shared between Hands Together and Brain Tumour Research.

Guests will enjoy a delicious hog roast (vegetarian options available) while live band Black Heart Angels provide the entertainment throughout the evening. Fancy dress is optional, but attendees are encouraged to embrace the Halloween spirit if they wish. There will also be a raffle on the night with lots of exciting prizes up for grabs.

Tickets are priced at £20 per person and can be purchased by scanning the QR code below, contacting Steph on 07876 338902 or via the following link - <https://www.tickettailor.com/events/qualitymedicalgroupservices/2397110>



Thank you to the team at QMG Services for their incredible support!

Volunteer & Staff training

Over the past month, staff and volunteers have continued to develop their skills to help carry out their roles effectively. Recent training sessions for staff include Level 2 Food Safety and Level 1 Adult Safeguarding refresher courses.

We have inducted two new volunteers this month and are pleased to have welcomed them to the Hands Together Ludlow team. These volunteers have undertaken Food Safety Level 2 training as well as completing their Kitchen Induction to become cooks at our Community Lunches.

What's on this month:

Event	When	Where	Cost
Mental Health Group	First Wednesday of each month, 6:30pm-8:00pm	Ludlow Youth Centre, Lower Galdeford, SY8 1RT	FREE
Men Like Us	First Tuesday of each month, 2pm-4pm	Ludlow Fire Station, 11 Weeping Cross Lane, SY8 1JH	FREE
Men's Health Walk-In Clinics	First Tuesday of each month, 6pm-8pm	Station Drive Surgery, Station Drive, SY8 2AB	FREE

Mental Health Support Group

Caring for a partner, family member or friend living with severe mental illness can sometimes feel lonely and overwhelming. A new peer support group in Ludlow offers a safe, calm and confidential space for people who understand what you are going through.

The group, set up by Ludlow and Area Community Partnership, provides an opportunity to share experiences, learn coping strategies, build connections and access practical guidance, all in a supportive and non-judgemental environment.

Meetings take place on the first Wednesday of each month, from 6:30pm-8pm at Ludlow Youth Centre, Lower Galdeford, SY8 1RT. The first meeting is on Wednesday 7th October.

The group is open to anyone supporting a partner, family member or friend with severe mental health illness. For more information, contact Ruth on 07967 741786 or email lacp.enquiries@gmail.com

Men Like Us

Local Cancer Support Group, Men Like Us, will be meeting at Ludlow Fire Station on the first Tuesday of the month from 2pm-4pm.

Men Like Us is a local support group for men living with or affected by cancer, providing a friendly and informal environment where men can meet, talk and support one another. There's no pressure or expectation, simply come along, have a cuppa and a chat!

Whether you have been recently diagnosed, are undergoing treatment, living with cancer, or simply want to talk with others who understand, Men Like Us is there to offer friendship, conversation and support.

For more information, please contact Graham on 07739 227169.

Men's Health Walk-In Clinics

Many men face a range of barriers in accessing healthcare services, such as stigma and services that are not responsive to men's needs. They can be less likely to seek help and more likely to seek help and more likely to suffer in silence. However, early support and assessment can make all the difference.

To make healthcare more accessible, Station Drive Surgery are holding Men's Health Walk-In Clinics are held on the first Tuesday of every month, 6pm-8pm. No appointment required.

The clinics are ideal for men who:

- Find it difficult to attend pre-booked appointments
- Haven't seen a GP for some time and would like a health check
- Have been putting off disclosing a health concern
- Would like support with physical or mental health issues

The next clinic takes place on Tuesday 3rd November. This is a PCN initiative and patients from all of the SWPCN practices are welcome.

Station Drive Surgery can be found on Station Drive, Ludlow, SY8 2AB.

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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