

Summer Lunch Club – roundup

Throughout the Summer Holidays, we have been providing children in receipt of Free School Meals a packed lunch full of nutritious and varied items. A big thank you to the Angel's Whisk who donated some mini-Swiss roll bites for us to use as a sweet treat; we know these were very popular and enjoyed!

The Summer Lunch Club ran three times a week over a five-week duration. In this time, our team of volunteers made 168 packed lunches for 27 children in Ludlow. A huge thank you to all the volunteers who helped with this, we wouldn't have been able to deliver this project without you.

Here's what Food Projects Coordinator, Hamish, had to say – *"As the Summer Lunch Club comes to an end, it's a great opportunity to share some of the successes we've had over the last few weeks. We have prepared over 150 lunches, offering freshly made sandwiches, pasta pots, fruit pots, cakes and bakes made by our amazing volunteers, along with drinks and crisps. Feedback has been great and we are hoping to continue offering lunches in the future."*

Of course, the odd lunch didn't get collected, but these didn't go to waste. They were offered to those people using our Community Fridge, to add to their basket. So please, if you've not done so already, come in and say hi. You never know what's going to be on offer!

Thank you to all the volunteers, who have offered their time to this project – we couldn't do it without you!"

Free Energy Workshop

If you're worried about energy costs or want to understand your bills better, this session could be for you!

Marches Energy Advice will be at the Hands Together Ludlow building on Thursday 10th September between 10am-12:30pm to offer practical advice and support to help you take control of your energy.

This is a great opportunity to get to grips with your energy bills before the energy price cap increase of 4% October 1st. The session is free to attend, but registering a place is required and can be done by the link here - [Marches Energy Advice morning Survey](#)



HANDS TOGETHER LUDLOW Marches Energy Advice

STRUGGLING WITH ENERGY COSTS OR DEBT?
Join Marches Energy Advice for a
MORNING WORKSHOP

Get practical advice and support to help you take control of your energy

When: Thursday 10th September, 10am-12:30pm
Where: Hands Together Ludlow, 15 Lower Galdesford, SY8 1RU

Bring copies of any bills you wish to discuss on the day

This session will:

- MYTH BUST**
Clear up common myths and misconceptions
- UNDERSTAND TARIFFS**
Help make sense of different energy tariffs
- GET EXPERT ADVICE**
Ask questions, get support

Sign up here -> [QR code]

Company at Christmas 2026

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

Plans and preparation are already taking shape behind the scenes at Hands Together including for volunteer roles. As it is early and plans may change, we are only gauging interest at the moment, 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 involves 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.



Ludlow Men's Shed

Ludlow Men's Shed volunteer Ken has made this lovely small wooden box made out of old venetian blind slates to house his Multi Meter.

Ludlow Men's Shed is open Monday-Wednesday 10am-3pm, with a DIY Day on Thursday for anyone to come and learn and develop skills, as well as Ladies Day on Fridays. Please email Mark at sheds.handstogetherludlow@gmail.com if you would like to find out more.



Live at Ludlow Castle, 2026

At the recent Live at Ludlow Castle events, we were delighted to be invited to hold bucket collections across four of the evenings.

Members of our staff and volunteer teams were out collecting on Thursday 16th July, Friday 17th July, Thursday 23rd July and Sunday 26th July. Thanks to the generosity of concert goers and supporters, we were able to raise an incredible £600. The money raised allows us to continue providing valuable services to our community.

Thanks to everyone who donated or even came over to say hello; it was lovely to spend time chatting to people about what it is we do and who we support. We couldn't have done this without our volunteers and staff giving their time to this fundraising effort. And of course, thank you to Ludlow Castle and Future Sounds who allowed us to collect again this year. Thank you everyone, your support is very much appreciated!

Community Fridge

During the last heatwave 2 local supermarkets had problems with their shop floor refrigeration. This meant that on Friday 14th August we received over 140kg in food donations.

Thanks to all the volunteers that day, who worked hard to get everything into the fridges quickly and kept them looking great all day, and to everyone that responded to our shout out on our social media pages. We managed to stop over 120kg going to waste that day alone.

If you don't already follow us on social media, it's worth doing to find out when the Community Fridge is packed full of great produce. We have both Facebook and Instagram accounts and this is the easiest and quickest way to keep up to date with us!



Volunteer & Staff training

Over the past months, two volunteers have been inducted. Volunteers and Staff have also taken part in PAT Testing and Level 2 Food Hygiene training.

What's on this month:

Event	When	Where	Cost
SEND Meet & Chat Family Drop-in	Tuesday 8 th September, 10am- 12pm.	Helena Lane Community Centre, 20 Hamlet Road, Ludlow, SY8 2NP	Free
Calmer Café	Tuesdays, 5:15pm- 7:15pm.	Ludlow Assembly Rooms, Castle Street, SY8 1AZ	Free
Young People Drop-in Clinic	Wednesdays, 3:00pm- 5:00pm.	Portcullis Surgery, Portcullis Lane, SY8 1GT	Free

SEND Drop in sessions

Families and carers of children and young people with Special Educational Needs and Disabilities (SEND) are invited to a friendly, informal Meet & Chat Family Drop-In session in Ludlow this September.

Hosted by Shropshire Early Help, the session is open to anyone supporting a child or young person with SEND – whether you're a parent, carer, family member or professional.

The session is an opportunity to ask questions, get practical advice and speak directly with professionals who understand the challenges families can face when navigating SEND support. You will be able to find out more about Education, Health and Care Plans (EHCPs), school support, health and wellbeing, mental health, social care and more. A professional will be present at the session, offering a chance to talk through any questions you have and to find out what support is available.

Taking place on Tuesday 8th September, 10am-12pm at Helena Lane Community Centre (20 Hamlet Road, Ludlow, SY8 2NP), everyone supporting a child or young person with SEND is welcome.

Calmer Café in Ludlow

Shropshire Mental Health Support (MHS Shropshire) are offering a welcoming and supportive space for people in Ludlow who may be struggling with their mental health and wellbeing.

Calmer Café's are held every Tuesday from 5:15pm-7:15pm at Ludlow Assembly Rooms. This weekday evening session provides a safe, friendly and welcoming environment for people who would like some support with their mental health and wellbeing. The sessions will provide an opportunity to talk openly, connect with others and receive peer support in a small, supportive group. Each facilitated session has a maximum of six people, allowing everyone a greater opportunity to share their experiences and build meaningful connections with others.

Calmer Cafes are designed to help reduce feelings of isolation and remind people that they do not have to face difficult times alone.

Booking is essential. To book a space, please call 01743 368 647. This number is also available as a 24/7 support line for anyone who would like more information. For further details about MHS Shropshire and its services, visit www.shropshiremhs.com

Young People's Drop-in Clinic

Are you aged 13-30 years old and looking for advice, support or treatment? A weekly Young People's Drop-in Clinic at Portcullis Surgery offers a safe, friendly and confidential space where young people can speak to Advanced Nurse Practitioner, Amanda – no appointment needed.

The clinic takes place every Wednesday from 3:00pm-5:00pm at Portcullis Surgery and is designed to provide support for a wide range of health and wellbeing concerns.

Amanda can offer help and advice with:

- Mental health and emotional wellbeing
- Sexual health, contraception and STI advice
- Minor illnesses and general health concerns
- Medication and health advice
- Healthy lifestyle support
- Signposting to specialist services where appropriate

Whether you are feeling unwell, worried about something or simply need someone to talk to, no concern is too small. The clinic operates on a first come, first served basis, so those wishing to attend are encouraged to arrive as early as possible to avoid disappointment.

Confidentiality is at the heart of the service. What is discussed during a consultation will remain private, including for young people under 16 who are able to make informed decisions about their care. The only exception is where there is concern that someone may be at risk of serious harm and further support is needed to help keep them safe.

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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