

Men's Shed updates

Ludlow Men's Shed is extending its very popular DIY Day. In addition to the Women DIY sessions on Fridays that have been running since January 2024, the Shed will be hosting DIY development days – open to all genders. These sessions will begin on Thursday 4th September.

Men's Shed Coordinator, David Burton, explained "many people have never had the opportunity to learn basic DIY skills, or use tools, so our DIY days are proving very popular. We still have a few vacancies, so for those interested please contact me at

sheds.handstogetherludlow@gmail.com for further details".



The Big Event

With only a little more than a week to go before our black-tie banquet and auction at St Laurence's Church, (12th September) plans are well underway and excitement is mounting. We have been gifted some incredible lots for the auction and our chef, James Sherwin, is planning the menu based on the items we are pretty sure we will have in surplus next week.

We only have **6 tickets** left at the time of going to press so if you want to come, get in quickly! [The Big Event 2025 Ticket](#)



A huge thank you to our sponsors Hendra Healthcare and MFG Solicitors; to Vintage Guns and Ben Bishop of Shipton Hall and Myriad Organics for food donations (we are sure there will be more to come next week) and all our auction lot donors: Bentley's, Bailey and Nicholls Racing, Ludlow Brewing Co. Lord Rooker, Broad Bean, Sue Ripley, Ludlow Golf Club, Ludlow Nut Company, Ludlow Races, Eclectica, Leintwardine Fishing Club, Ludlow Distillery, Wild Shropshire, Travis Perkins, Wye Valley Brewery, Greenway Touring & Glamping, Janna Vigar, Bodenhams, Philip Dunn, Bills Kitchen, James Hepworth, Velvet Fern, and Gerry Action. Bids can only be made in the room so if something catches your eye, make sure you have bought your ticket to attend the banquet. More detail on lots is available on our website:

[Support Us](#)

High Sheriff visit



We were delighted to welcome Jane Trowbridge, the High Sheriff of Shropshire, to our building back in August.

We invited Jane to join us for Community Lunch; our fantastic team of volunteers cooked Greek-style lamb with minted new potatoes with a side of runner beans, with a delicious ginger sponge with poached greengages and whipped cream for pudding!

It was a lovely opportunity to chat with the High Sheriff about what we do and who we support, as well as showing her our building; including our impressive Community Fridge and the Men's Shed.

After the visit, we were informed that we would be one of the organisations in receipt of the High Sheriff's award for this year, an award we are honoured to be receiving. Thank you for taking the time to come and visit us.

Would you like to join us for lunch?

We have space for anyone to join us for a delicious, homecooked 2-course meal at our weekly Community Lunches!

Lunch takes place twice a week on a Tuesday and Friday with up to 20 people attending at a time. It is a great opportunity to enjoy some delicious food, cooked by a team of dedicated volunteers, while chatting to people and making new friends. There are no special criteria for lunchers, you just need to want to join a social group for good food and nice chat.

Bookings are required as there is a maximum number that we can sit at a time. Just ring the office to book your place. *'It's lovely food and a lovely lunch with others.' Eileen*

Walks for All

We are always keen to make access to our activities and projects as easy as we possibly can. With this in mind, last month we held our first Walks for All starting from Rockspring Community Centre. We will run this again on the second Monday of the month in September, October and November. The next one is on the 8th September leaving Rockspring Community Centre at 10:30am. From November we will then take a break to avoid the worst of the weather. Our regular weekly Wednesday walk that sets off from the library at 10am will continue over the winter. Both walks are very short so accessible to those who just want a bit of fresh air with company, everyone is welcome, and booking isn't required. Walks always finish with the opportunity to have tea and cake (small charge applies for the refreshments).

Staff and Volunteer training

Staff and Volunteers have taken part in First Aid Training, Induction Training, Project Management Training and Equality and Diversity training.

Thanks to Dave Appleby



At the end of August, we said farewell to Dave who has been volunteering for us since January 2023.

Dave has been collecting surplus food from us on a weekly, and sometimes daily, basis from local supermarkets and bringing it to our Community Fridge.

This activity, carried out by Dave and a couple of other volunteers, keeps our Community Fridge stocked. We couldn't turn around the 14+ tonnes of food each year we save from waste without them, just some of the more hidden volunteer heroes who make possible everything we do.

South Shropshire Youth Forum

Due to the government deciding to provide vouchers to children on Free School Meals for the full 6 weeks of the Summer Holidays, there was not a need for us to run the Summer Lunch Club this year. However, we were able to work with South Shropshire Youth Forum to provide their fabulous team of helpers with a packed lunch on the days they were in Ludlow running their Garden Help Scheme.

Three Crosses Fundraiser

At the end of August, residents of Three Crosses held a Summer Fair with proceeds coming to Hands Together Ludlow.

There were several craft stalls, local produce, and a raffle amongst the day.

National Grid Electricity Distribution

Warm Welcome UK are partnering with National Grid National Grid's Electricity Distribution owns and operates the electricity network in your area and can offer tailored support to those who need it most if a power cut does occur:

The Priority Services Register is a FREE, confidential service for customers who may;

- be dependent on electricity for medical reasons or equipment
- be of pensionable age
- have communication requirements when contacting us
- become distressed by a power cut due to mental health, a new baby or health and mobility conditions.

Once registered we can support you in various ways;

- provide a dedicated telephone number for you to contact us day or night
- agree a password with you before we visit to make sure you feel safe
- keep in touch with you throughout a power cut 24 hours a day to give you advice and information of when your power may be restored
- update you in advance of any planned interruptions to your supply.

For more information call: 0800 032 8301 or <https://customer.nationalgrid.co.uk/advice-and-guidance/priority-services/priority-services-register/>

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

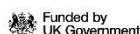
Lucky Dip Social Lunch: Every Wednesday and Thursday from 12:00pm – 1:30pm. Come along for a light meal and good company. Last meal order taken at 1pm.

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

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