

## Annual General Meeting

You are invited to join Hands Together Ludlow on the afternoon (3pm) of 15<sup>th</sup> May 2025 at the Hands Together building for our Annual General Meeting. The links to the Meeting Agenda, Annual Statement of Accounts and the Trustees' Annual Report will be available to view on our website in due course.

This year, any volunteers or members can send in a question for the Board of Trustees to consider at this year's AGM. To submit a question, please email [sarah.kellett@handstogetherludlow.org.uk](mailto:sarah.kellett@handstogetherludlow.org.uk), or alternatively drop a written question into the marked box in the Community Fridge. Please note that while all questions are greatly appreciated, it may not be possible to answer them all.

Please RSVP your attendance to [general.admin@handstogetherludlow.org.uk](mailto:general.admin@handstogetherludlow.org.uk) by Wednesday 7<sup>th</sup> May 2025.

## Could you volunteer with Hands Together Ludlow?

Looking to give something back to your community? Do you have a few hours spare in the week? Why not volunteer with Hands Together Ludlow? We're looking for friendly people to help in our Social Space and leading our Walks for All group.

We are looking for help in our Social Space on Mondays and Thursdays. The role involves welcoming and chatting with people, while preparing and serving refreshments as well as a light lunch using surplus from our Community Fridge. Experience of working in a kitchen/café is ideal but not essential as full training is provided. This is a great opportunity to gain valuable work experience, or just a lovely way to give back to the people in your community.



Do you enjoy walking and talking? We need outgoing, talkative and friendly people to assist with our Walks for All. People with various abilities and different backgrounds join our walks on a regular basis, so it is important you are happy and comfortable making conversations with a variety of people. At the end of each walk, the group heads back to the Hands Together building to enjoy tea/coffee and a piece of cake. Walk leaders

meet at Hands Together at 9:40am every Wednesday, before heading to meet the group outside Ludlow Library to begin the walk at 10am.

If you're interested in either of these roles, please fill out the application form here

[www.surveymonkey.com/r/VolApp2022](https://www.surveymonkey.com/r/VolApp2022) or contact Teresa, Volunteer coordinator on 01584 873062

or [vol.coord@handstogetherludlow.org.uk](mailto:vol.coord@handstogetherludlow.org.uk)

## Save the Date!

We have something very exciting happening to raise funds for HTL taking place on the evening of **Friday 12<sup>th</sup> September 2025**. We can't reveal too much about this just yet, but keep your eyes peeled for the May and June editions of our Newsletter for more information...

## High Sheriff visit

At the end of March, we were delighted to host the 2024/25 High Sherrif, Brian Welti JP, for a few hours at our building. We put the word out to organisations in Ludlow who were welcomed to come along for the opportunity to meet and chat with the High Sheriff, and to enjoy some tea and cake of course!

It was great to see so many representatives from organisations including Stephen House, Ludlow Food Bank, Working Together Ludlow, Friends of Whitcliffe Common, Ludlow Rotary and more who were in attendance to tell the High Sheriff more about what their organisations and volunteers do for the community.

It was a lovely afternoon and great to have so many involved. Thanks to the High Sheriff for coming to see us.



## Sylvia's Memorial Raffle



In partnership with Ludlow Quilters & Stitchers, you could win a beautiful handmade quilt. Sylvia, one of the Quilters and Stitchers members, began the Autumn themed quilt which was then finished for her by the group and the raffle is in her memory.

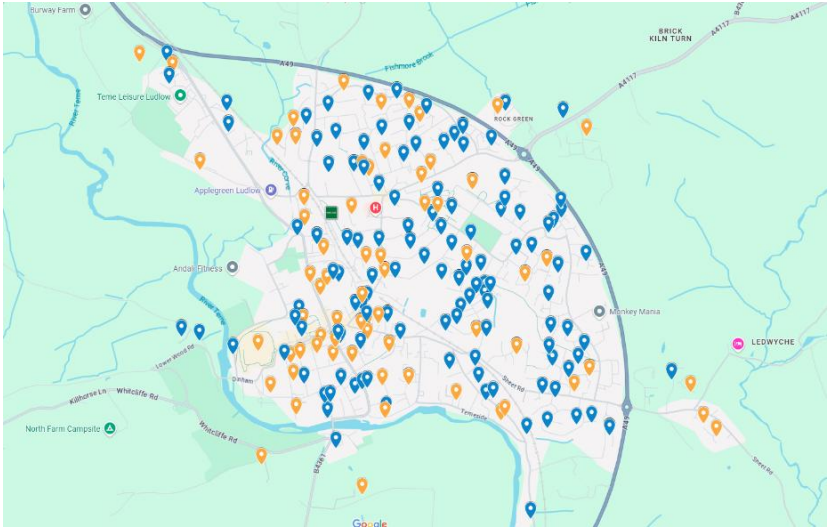
Tickets are available to purchase from The Wool Shop (13 Broad Street, SY8 1NG) and Hands Together Ludlow (15 Lower Galdeford, SY8 1RU), for £1.00 each. The funds raised will be shared between ourselves and Ludlow Quilters and Stitchers.

The draw will be held on 23<sup>rd</sup> September 2025 at the Ludlow Quilters and Stitchers AGM at St Peter's Church.

## Staff and Volunteer Training

Over the past month, staff and volunteers have taken part in Volunteer Induction training, Community Fridge training, DWP Personal Independence Payment training and further training on our accounts system.

# Which areas of Ludlow did we reach last year?



At the end of each year, we take time to reflect to allow us to plan, focus and adapt. One thing we would like to share with you right now is that we worked with 602 individuals (not including those who use the community fridge) and 100 active volunteers. We worked hard in 2024 to understand the spread of engagement across town and to check we weren't missing out any areas.

The map to the side, shows the area of Ludlow where we have worked with individuals, beneficiaries (blue) and volunteers (orange). It is reassuring to see just how many different areas we are already working and engaging with in one way or another, regardless of socio-economic status. This map and data allow us to see the areas we have not been hitting well, or at all. We hope to be reaching these areas as 2025 progresses.

## Big thanks to Kin Kitchen

A few weeks ago, the fantastic team at Kin Kitchen held a Quiz Night with proceeds very kindly being donated to Hands Together.

Thank you to everyone who was involved in making the evening a huge success, an amazing £135 was raised!



## Oakhouse Foods, delivery service



One of our most frequently asked questions is if there is home delivery meal service in Ludlow. We have recently come across Oakhouse Foods who have a wide range of frozen ready meals and deserts and will deliver to your door. They cater for a wide range of dietary need and preferences, with the meals cooked straight from frozen to make them quick and easy to enjoy. As well as ready meals, you can choose from a range of grocery items as well, including milk, tea bags, butter, cheese and more!

Most of the meals can be cooked in the microwave or the oven, just be sure to follow the cooking instructions on each dish. With over 350 meals to choose from, there really is something for everyone. For more information, visit the website [here](#), or give them a call on 0333 370 6700.

You can even request a free copy of a brochure to have a look at what's available beforehand and, crucially, order over the phone so digital skills are not needed. They deliver to the Ludlow area on a Tuesday.

# Reminder to register to vote if you haven't already

Local elections will be held in the Shropshire Council area on Thursday 1<sup>st</sup> May 2025. To be able to have your say, you must be registered to vote. If you aren't already registered, the deadline is midnight on Friday 11<sup>th</sup> April. You only need to register once, not for every election.

You can register online via the link [here](#) (you will be asked for your National Insurance number, but you can still register if you do not have one). This usually takes around 5 minutes. Alternatively, you can register using a paper form which you will need to print, fill in and send the form to your electoral registration office.

If you need assistance with filling in the form online, you can make an appointment to see one of our volunteers on a Thursday morning. Call 01584 873062 to book.

## Ludlow Parkinson's Support Group



World Parkinson's Day is on Friday 11<sup>th</sup> April, a day to shine a spotlight on Parkinson's and bring the community together. Around 153,000 people live with Parkinson's in the UK, and it is the fastest growing neurological condition in the world.

There is a group in Ludlow which offers friendship and support to all those living with Parkinson's, their carers and family. The group meet on a monthly basis at either Clifton Court (Old Street, SY8 1TZ) or The Clive Arms (Bromfield, SY8 2JR). Recently, they met up with the Church Stretton Group and had a talk from Community Resource on falls awareness and how to make your house safer. The group are hoping to take a trip out to the Long Mynd and Stiper Stones later this year, and some members are off to the races in April.

If you would like to find out more about this group, please visit the page [here](#).

## Easter Holiday, Activities and Food (HAF) Programme

During the Easter Holidays (14<sup>th</sup>-25<sup>th</sup> April) eligible children and young people are invited to take part in a range of fun activities across the county. There are free places available for those aged between 4 (reception class or equivalent) and 16 who are eligible for benefits-related free school meals. There are a number of events happening at Ludlow Football Stadium and Ludlow Youth Centre.

Shrewsbury Town FC Foundation are providing a safe and enjoyable environment for boys and girls aged 4-12 at Ludlow Football Stadium. Here is an opportunity to practice their football or multi-sport skills, make new friends and have fun whilst being coached by a highly professional team. The program will cover lots of other enrichment activities (arts and crafts, team challenges etc). Email [admin@foundationstfc.co.uk](mailto:admin@foundationstfc.co.uk) to find out more.

Shropshire Council Youth Support Team are offering a pop-up youth space at Ludlow Youth Centre where young people can come along to relax, catch up with friends and join in with activities. Those aged 11-17 can take part in sports and arts and crafts, with food and drink provided at the session.

For more information, please contact [youthworks@shropshire.gov.uk](mailto:youthworks@shropshire.gov.uk)

More information on the HAF clubs, including any available paid places and dates, can be found by following this [link](#).



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

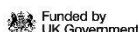
**Lucky Dip Social Lunch:** Every Monday, Wednesday and Thursday. from 12:00pm – 1:30pm. Come along for a light meal and good company. Last meal order taken at 1pm.

**Help Hub:** Wednesday and Thursday mornings 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**

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