



# TOGETHER

The monthly newsletter of **HANDS TOGETHER LUDLOW**

August 2023

## Farewell and new opportunities

After settling into her new role, and loving it, our Food Projects Coordinator **Sophie Aindow** has been offered her 'dream job' by her previous employer and so will be leaving us at the end of August.

We are very sad to see her go but we must turn our energies to finding a new recruit for the role with some urgency, as we have exciting food projects we need to keep going and new projects in the pipeline.

Sophie says of the role:

**'I've really enjoyed being the Food Projects Coordinator and getting to know staff, volunteers and beneficiaries and I will miss them.**

**You'll need to bring your enthusiasm, energy and positivity to this role, and to enjoy working alongside all sorts of people, both as part of the team at our Hub, and independently at other venues across Ludlow.**

**You'll be busy and need to be able to prioritise, but also be collaborative and flexible too.**

**In return, you'll be rewarded with being part of a lively and energetic team of like-minded paid staff and volunteers, working together to make our community a compassionate and caring place to live.**

**You'll learn how our food activities make a difference to vulnerable and isolated members of our community and get a taste for developing further projects to support and empower.'**

This is a fabulous opportunity for the right candidate, and we welcome applications from anyone with a passion for food and the community. Applicants don't need to be professional cooks or chefs. The role is more project management than actually cooking. The full application pack is on our website (link below) and the closing date is 12 August. Please pass this on to anyone you know who may be interested.

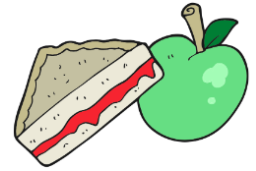
[Find out about current opportunities to join our team. \(handstogetherludlow.org.uk\)](https://handstogetherludlow.org.uk)

## Staff and volunteer training

Over the past few weeks, volunteers and staff have undergone Befriender training, Peer Support Group Training delivered by Self Help UK, and Treasurer training.

## Summer Sandwich Club

If your child came home from school with a Summer Sandwich Club membership card, bring it along to the Hands Together Ludlow Hub (15 Lower Galdeford, Ludlow) to collect a free packed lunch for your child during the last 3 weeks of the school summer holiday. This is available Monday to Friday between 11.30am - 1.30pm; from Monday 14<sup>th</sup> August to Friday 1<sup>st</sup> September.



If your child has any allergies or intolerances, please let us know in advance. We will be making the lunches from surplus food donated to our Community Fridge, and with donations from local businesses. If you can pre-book your lunches on 01584 817250, that would help us get an idea of numbers for the day!

## Help to keep Ludlow a healthy and happy place to live. A piece by Shropshire and Ludlow Town Council

**“Everything we do at HANDS TOGETHER LUDLOW is based on an identified need. Finding out what the needs of the town, and gaps in provision, are is a constant challenge. The survey below gives us a fantastic opportunity to find out more about the town and what you all need. This will help inform our practice and work with other organisations to target activity and use resources most effectively to help in whatever ways we can. Please take a moment to complete the survey and encourage everyone you know (in town) to do the same. It will help us no end.”** Susie O’Hagan, Operations Manager

Ludlow Town Council and Shropshire Council want to keep Ludlow a healthy and happy place to live. A place where your loved ones can feel good and have what you need to stay healthy.

Being healthy and well starts before we might need help from doctors or other caregivers. It starts at home, school, and in the community/ It even includes the streets and parks where we live and play.

We care about what you value and what makes you feel healthy and well in your community. We want to know if there are things that could be improved or done differently to help you and your loved ones feel even better.



Help us to keep Shropshire local, understand our communities and work together to find the right services for you. Please scan the QR code to complete the short survey and share what you know, or copy this link

<https://forms.office.com/e/y3zX5cLDHi>



## Need help with your garden?

South Shropshire Youth Forum have launched a basic gardening maintenance/help service for people who are unable to manage their own due to ill health. The service is taking part over the summer holidays, all sessions are adult supervised and done at a time convenient to you. If you or someone you know would benefit from this service, you can pop into The Hub at **HANDS TOGETHER LUDLOW** to fill out a form, or email [richssyf@yahoo.com](mailto:richssyf@yahoo.com) directly for further information.



## Adult hearing loss services – what's important to you?

As the organisation responsible for planning and buying your healthcare services, the NHS are about to decide who will provide future hearing loss services for adults and need your help with this. Last year they carried out a review, this included looking at what people had already said about hearing services. A public survey was shared through partners and the audiology clinics, you can read the full report here [Audiology-Patient-Engagement-Report-v1.4-1.pdf \(shropshiretelfordandwrekin.nhs.uk\)](#).



What people said has been used to help shape the future model for the Adult Hearing Service for Age Related Hearing Loss. National guidance suggests Any Qualified Provider of Adult Hearing Services for Age Related Hearing Loss (Age 55 and above, Mild to Moderate Hearing Loss) can provide a community service to meet local needs. They have decided to invite Any Qualified Providers to be hearing service suppliers in the future model. This will support patient choice and care closer to home.

The NHS want to make sure these future providers will ask about your experiences of using their services and use your comments to improve the service they give you.

**Please can you tell them:**

- **What is most important to you about your experience of using adult hearing loss services?**
- **How do you think service providers should ask you about your experience of what is most important to you?**
- **How do you think they should share what they have done as a result of people's experiences?**

Your ideas will help to ensure that successful providers have the right approach to listening to and acting on the experiences of people using their services. If you have any suggestions, please get in touch by emailing [stw.getinvolved@nhs.net](mailto:stw.getinvolved@nhs.net)

## Carers Support Group

Shropshire Council and Shropshire Carers Support have started a free Carers Support Group for un-paid and/or family adult carers who need support and care. Running the first Tuesday of each month at Ludlow Brewing Company from 11am-12:30pm. The group focuses on keeping well and self-care while providing support, encouragement, guidance, information and lots more. The group is informal and welcoming, allowing conversations with carers in similar situations.

Ludlow Brewing Company can be found at The Railway Shed, Station Drive, Ludlow, SY8 2PQ. Booking is essential, please book by emailing [Shropshire.carers@shropshire.gov.uk](mailto:Shropshire.carers@shropshire.gov.uk) or call 01743 341995.

## Ludlow Men's Shed

Shed Member and Wood Workshop Supervisor Mark has made a fabulous oak hall table - it seems that there's no limit to what we can achieve in the Shed. Well done Mark!

Ludlow Men's Shed is open Monday-Friday from 10am to 3pm and are always welcoming new members. If you are interested in joining, pop in to 15 Lower Galdeford and see them for further information.



## Local Community External Defibrillator Funding

NHS Shropshire, Telford and Wrekin is encouraging local voluntary, community or social enterprise organisations to bid for funding from a £1m national initiative. The Department of Health and Social Care has launched a Community Automated External Defibrillators (AEDs) Fund, aimed at increasing the number of AEDs in public places where they are most needed to help save lives. The funding will provide an estimated 1000 new defibrillators in community spaces across England and is open for organisations across both Shropshire and Telford and Wrekin.

As part of the grant award, applicants will be asked to demonstrate that defibrillators will be placed in areas where demand may be greatest, such as places with vulnerable people, high footfall, rural communities or certain activities taking place. Professor Sir Stephen Powis, National Medical Director for NHS England said: "When someone goes into cardiac arrest it's crucial that they are given effective CPR and quick defibrillation to restart their heart. This new fund is a great opportunity for grassroots organisations to ensure that their community has access to lifesaving equipment in their moment of need."



For further information, please click [here](#), and to submit an expression of interest, click [here](#).

For more information please contact: Martin Rogers Senior Insight and Involvement Manager NHS Shropshire, Telford and Wrekin E-mail: [martin.rogers6@nhs.net](mailto:martin.rogers6@nhs.net)

## Cancer Support Day

The Personalised Care Team (Cancer Services, The Shrewsbury and Telford NHS Trust) are bringing several services and organisations together, both local and national, to host an open day for people affected by cancer on Tuesday 8<sup>th</sup> August.

The day will consist of talks, demonstrations and refreshments throughout the day, and you are welcome to come along, ask questions, take away information and reach out to any services that could be a benefit to you. Hosted at Palmer's of Shrewsbury from 10am-4pm.

Palmer's Café of Shrewsbury can be found on Claremont Street, Shrewsbury, SY1 1QG. It is based in Claremont Baptist Church opposite Shrewsbury Market Hall. There are a number of carparks (both short and long stay) near to the venue, with several a 5-minute walk away. Alternatively, all the park and ride buses from Oxon, Harlescott and Meole Brace stop opposite Palmers. You can visit the Shropshire Council website for more information including fares and operating times. For enquiries and further information, please contact [sath.lwbc@nhs.net](mailto:sath.lwbc@nhs.net) or phone 01743 492424.

## Digital Inclusion

We are pleased to confirm that from Monday 7<sup>th</sup> August, our Digital Support courses and Drop-In sessions, in partnership with Shropshire Council, will begin.

You can still book onto our 8-week course, where one of our trained volunteers will work with you on a 1-1 basis covering the basics of computers, tablets or smartphones. If you have a one-off problem accessing an online service, or need to scan a document, a volunteer will be able to help you with that as part of the drop-in service.

All sessions for the course and drop-in sessions take place at The **HANDS TOGETHER LUDLOW** Hub usually on Monday afternoons from 2pm-4pm. If Monday afternoons do not work for you, please still get in touch as we can try to arrange a more convenient time and day instead. If you or someone you know would like to book a place or find out more, please ring 01584 817250.

## Upcoming events

**Ludlow Men's Shed:** Monday to Friday from 10.00am to 3.00pm at 15 Lower Galdeford, providing companionship and woodwork, metalwork, model-making and other projects for men.

**Community Lunch:** Every Tuesday from 12.30pm to 1.45pm. £3.50 for a two course meal. Please encourage people who would benefit to book their place in advance through the helpline.

**Afternoon Tea:** Every Wednesday from 2.00pm to 3.15pm to help and encourage socially isolated people to regain independence.

**Social Space:** Every weekday 10am to 12:30, informal social drop in for refreshments and chat.

**Good Grief Café:** Normally the first Wednesday of each month from 3.30pm to 4:45pm at Bill's Kitchen (next to the Assembly Rooms), offering mutual support for those who are mourning the loss of a loved one.

**Good Start Together Toddler Group:** Every Thursday from 9.30am to 11.30am at the Methodist Church. **Participation by referral only.**

For more details of any of these events please call the **Community Helpline: 01584 817250**.

**HANDS TOGETHER LUDLOW** is grateful for funding and support provided by the community and many other organisations, such as Marches Food Matters, Hall Garth Trust and Burford Trust.



# HANDS TOGETHER LUDLOW

connecting our community

**Hands Together Ludlow**

15 Lower Galdeford, Ludlow, SY8 1RU

**Community Helpline: 01584 817250**

email: [volunteer@handstogetherludlow.org.uk](mailto:volunteer@handstogetherludlow.org.uk)

website: [www.handstogetherludlow.org.uk](http://www.handstogetherludlow.org.uk)

registered charity no. 1171979

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