

Over and out

This will be my last newsletter as your editor. Our Administrator, Abi Elder, will be taking over from me, in fact Abi and I have worked on this edition together. I shall be standing down as a Trustee at the AGM in May, so this seems like a good opportunity to handover the job of marketing and communications as well.



I've been a trustee since before we officially became a registered charity. David Harlington and Cathy Pritchard, who conceived the original idea, invited me to join the team early on, and it has been exciting to have been a part of the journey from small beginnings to becoming a major part of the life of Ludlow that Hands Together is today.

Alongside helping to shape the charity and set up systems and procedures, I took on the job of designing and producing the newsletter. The first issue came out in July 2017, since then I've been responsible for no less than 55 editions of 'TOGETHER'. They've mainly been published at monthly intervals, but during the pandemic, when we were rapidly responding to the changing needs, 'TOGETHERbulletin' came out every week for about four months!



I've thoroughly enjoyed producing all these newsletters, but it's time for a rest. I'm extremely grateful to all those who have made contributions, whether regularly or occasionally; I couldn't have done it without you.

Mike Owens

If you have any articles or information for future editions of 'TOGETHER' please email Abi Elder at general.admin@handstogetherludlow.org.uk

Introducing 'The Space at Number 15'

Do you know someone who is feeling lonely and isolated? If so, why not recommend them to visit our new space in Lower Galdeford? From the 11th of April, The Space at Number 15, will be open between 10:00am-12:30pm Monday to Friday for people to enjoy a warm, safe space. You will be able to chat to other people over a hot drink, see more of what we do at the building and arrange appointments for one-to-one support for digital sessions and much more. We have lots of board games and card games that are free to use during your visit as well. Our Afternoon Tea members got a first look at the new space when Tea was hosted here a few weeks ago. It was a lovely afternoon, and everyone left with happy faces and full stomachs! We operate on a pay what you can basis a £1.00 minimum donation each visit.



Meet Clare, our new Community Development Office.

Helen Vaughn left us at the end of March, and we have since welcomed Clare Kennefick to **HANDS TOGETHER LUDLOW**. Clare has been settling into the new job over the past few weeks, and we grabbed her to ask her a few questions about it all.



Why did you apply for the job?

I was keen to work for a local charity that helped and supported the local community. I saw the role advertised and was eager to apply as I knew how rewarding this would be.

What were you doing before this job?

Prior to this role, I worked for another charity as a regional coordinator.

What do you think will be your biggest challenge?

Getting to know everyone in the area and finding out about all the services available.

Where do you work?

I work at the main office at 15 Lower Galdeford in Ludlow.

What have you been doing in your first few weeks?

I have been getting to know everyone in the office and understanding the available resources in the community.

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

I am looking forward to being a part of a team, getting to know local groups and individuals and providing support and helping to improve the community.

Still aiming for a medal! An update from Nick Young

So far, my training for London Marathon has been like the proverbial curate's egg - some bits OK yet others not quite so good. Firstly, the good bit, no actually this is the truly amazing bit! Because of the incredible generosity of my sponsors, I have now raised just over £3,500 for **HANDS TOGETHER LUDLOW**. Moreover, I have been especially touched by some people who have given, and yet I am aware from their personal circumstances that they have all too little to spare. The money raised will help so many people who find themselves in need of the wide range of support services that **HANDS TOGETHER LUDLOW** can provide.

The not so good news is persistent problems with my right leg. I damaged the Achilles tendon in early February yet was lucky with excellent local physiotherapy services that got it pretty much fixed.

Foolishly I started back into training again as I was desperate to make up for lost time.

Unfortunately, I then severely strained the calf muscle in my leg and as it must have torn a little it started to bleed into the surrounding tissues. The picture you can see on the right, although not too pleasant, shows things are getting better as the bruising is now



coming out. Rest, Ice, Compression and Elevation are once more to the fore!



Maintaining cardiovascular reserve is critical. On the day, the legs will just have to get on with it, but if core strength and fitness fail then it could be game over. I have been going to the gym at Teme Leisure 2-3 times per week, beginning with an early morning swim of 40+ lengths (40 X 25 = 1000m [1km]) followed by a 15-minute warm up on the cross-trainer, then 30 minutes on the watt-bike and 30 minutes on the rowing machine. Recently, I've been going out with Ludlow Easy Riders, an informal cycle group, completing about 15 miles every Tuesday and will start building back distance running/walking over the next two weeks, leaving the last week for full recovery prior to the race.

It is my intention to be in London on 23rd April and will do my best to complete the marathon, but perhaps just a little slower than I had initially hoped for when I started my preparations just before Christmas...it might be a long walk!

Men's Shed Workshop success



Ludlow Men's Shed hosted a tool sharpening workshop on Saturday 18th March, led by professional local woodcarver Andrew Pearson.

Focused on woodworking tools, the course began with grinding a new edge, progressing to sharpening and finally achieving a finely honed (and extremely sharp) tool. Various woodworking tools were treated from knives, flat and carving chisels and turning gouges through to axes and billhooks. It was a great day for men and women to learn and develop new skills for beginners and those with previous experience! We look forward to welcoming Andrew back at Ludlow Men's Shed again in April for the Woodcarving Course, which

is now fully booked. Due to the popularity and limited spaces of the courses held so far, the Men's Shed is planning to run a further course in early summer (date to be set). Sign up to our newsletter and keep an eye on our website for when the dates are announced.

Ludlow Men's Shed

part of HANDS TOGETHER LUDLOW



Energize Classes

Are you feeling unsteady on your feet? Are you 60 or over and living in Shropshire? If so, why not give Elevate classes a go! Elevate strength and balance classes are ran by Energize and supported by Shropshire council. The classes are available for people aged 60 and over across Shropshire, who have lost strength and confidence and may feel a bit off balance, or at risk of a fall. Many of the exercises provided in these classes can be achieved seated or standing, making it available to all abilities where everyone can feel safe, feel the benefits, and enjoy



the class! Taking part in a class can help boost your confidence and maintain your independence. To find out more, please email

Elevate@energizestw.org.uk.

Volunteer Coffee Mornings

Our first Volunteer coffee morning took place in March, with over 30 volunteers turning up throughout the morning to enjoy some homemade cake and a hot drink or two! It was great to see volunteers getting to know each other and understanding the different roles that everyone gives up their time to do, to ensure the smooth delivery of the events that we offer. Thank you to all our volunteers, we couldn't run our events and deliver our services without you. We are planning to hold Coffee Mornings for our volunteers every month going forward, our next one is on Thursday 13th April at 15 Lower Galdeford. Dates for the rest of the year beyond April have now been confirmed, please come along if you can. Email Nicola on vol.coord@handstogetherludlow.org.uk or pop in and see us for any further information on volunteering.



HANDS TOGETHER LUDLOW ☕ Volunteer Coffee ☕
Morning dates 2023

Held at 15 Lower Galdeford from 10:30am - 12:00 midday	Thursday 13th April	Wednesday 17th May
	Tuesday 13th June	Monday 10th July
	Tuesday 15th August	Wednesday 13th September
	Thursday 19th October	Friday 17th November

All Hands Together Ludlow volunteers are invited to our monthly volunteer socials. It will be a chance to meet and chat with other volunteers over a cup of coffee (or tea!) as well as find out about any news and updates.

www.handstogetherludlow.org.uk 01584 817 250

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 2.00pm. £3.50 for a two course meal. Please encourage people who would benefit to book their place through the helpline.

Midweek Movers: Every Wednesday from 2.00pm to 3.00pm at the Helena Lane Day Centre, chair-exercise classes for people with limited mobility. **(In partnership with Age UK.)**

Afternoon Tea: Every Wednesday from 2.00pm to 3.30pm to help and encourage socially isolated people to regain independence.

Good Grief Café: Normally the first Wednesday of each month from 3.45pm to 5.00pm 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.

Youth Drop In: Friday 4:00pm to 6:30pm at 15 Lower Galdeford. Hot drinks, toast and free Wi-Fi! **(In partnership with South Shropshire Youth Forum.)**

AGM: Thursday 18th May at 15 Lower Galdeford. Further details to follow.

Dementia Support Day: Thursday 18th May, 10:00am-3:00pm. Held at Shrewsbury Football Club, SY2 6ST.

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

website: www.handstogetherludlow.org.uk

registered charity no. 1171979



@Hands2GLudlow



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