

## A special anniversary

The Good Grief Café is celebrating its 5<sup>th</sup> anniversary. The group was founded in 2018 by local solicitor Janna Vigar and funeral director Victoria Allen with the objective of giving local people a safe space to talk through the loss of a loved one with those in a similar position. The free-to-attend group, which is now run by **HANDS TOGETHER LUDLOW** has since welcomed between 15 and 20 people every month to its meetings in Bill's Kitchen, a cafe on Mill Street.



Janna Vigar, trustee at **HANDS TOGETHER LUDLOW** and partner at Corve Street-based mfg Solicitors, said: "We are all so proud that the Good Grief Café has marked its fifth anniversary here in Ludlow and extremely humbled that we have welcomed so many people to our monthly meetings.

"First and foremost, we launched the initiative to help local people cope with the loss of a loved one as it can be a bewildering and very lonely experience. The Good Grief Café has provided a place to talk, find support from people who have been through the same thing, make new friends, and if needed, somewhere which can give access to professional support.

"The feedback has been tremendous and to see so many friendships being formed has made it all the more worthwhile. It shows we're doing all the right things, and we look forward to welcoming more people from Ludlow and the surrounding area over the next five years."

For more information on the Good Grief Café, please visit our website or call us on 01584 817250. Meetings take place on the first Wednesday of every month at Bill's Kitchen from 15:30-16:45 and pre-booking is essential.



## Soup and a Roll available now!

Starting from Monday 6<sup>th</sup> November, members of the public who visit our Social Space will be able to buy a bowl of homemade soup and a bread roll (or toast!) on the side for £1.50. The soup is made with ingredients mainly from our Community Fridge and prepared and served by our volunteers. The soup will be served every Monday and Tuesday from 11:30-12:30. There is no need to book in advance and you can see what else we get up to at our building.

## Stocking fillers courtesy of Ludlow Men's Shed



The Men's Shed is gearing up for the [Ludlow Winter Festival](#) where they'll have a stall in St Laurence's Church as part of their Craft Fair on Saturday 25<sup>th</sup> November from 10am-5pm. All the items are made for sale at between £3 and £8 each, which make great stocking fillers and help raise important funds for the Shed.

You can pop in through the distinctive orange door on Lower Galdeford and browse the Shed Shop during the usual opening hours of 10am-3pm Monday to Friday.



## Walking Group:

We held our first Walks for All meeting back in October and have been running every Wednesday morning since. The first meeting saw the group completing the 'Library Loop' and stopped off at St Laurence's Church for a tea and coffee break. The group were very kindly treated to a history lesson by one of the stewards on the stained-glass windows in the Church which was a real treat!



The group has also taken on the 'Myriad Mile' with a steady incline for part of the walk, which the group enjoyed! They were then welcomed for a tea and coffee break at The Cottage Café in town.

It has been lovely to see some familiar faces and also welcoming new ones to the walks. If you would like to book on for one of the walks, or would like to find out more information, please give us a call on 01584 817250 or pop into The Hub.

## Company at Christmas

We are pleased to announce we will be continuing the tradition of Company at Christmas this year. Company at Christmas has become a long-standing **HANDS TOGETHER LUDLOW** tradition which we have been running since 2017.



We welcome people, who would otherwise be alone, up to Helena Lane for a Christmas dinner with all the trimmings followed by a choice of pudding. Pre-booking is essential as we do have a maximum number we can cater for. The day is full of festive cheer, good company and is run by our volunteers and staff team. Our Open Table will also be running again on Christmas Day morning up at Helena Lane with times to be confirmed nearer at a later date. Keep an eye on our Facebook page for more information.

## Staff and Volunteer training

Over the past month, volunteers have taken part in an Induction training session.

# A new way to get free Digital Support



We are launching a new way to get free digital support and advice. From Wednesday 1<sup>st</sup> November and every Wednesday thereafter, we will have volunteers available at The Hub between 10am-12pm to offer digital help in the form of a drop-in service. They can help and offer support with how to send photos to a friend, ordering an online prescription, or just general advice on using your device. No matter how basic you feel the solution to your issue is, please come along and have a chat with a volunteer to see if they can help. If they can't help with a particular issue, they can point you in the right direction. The sessions are very informal, and you do not need to book an appointment beforehand. We will have refreshments available for a minimum £1.00 donation.

## Health Check and Chat at The Hub



Starting from Tuesday 14<sup>th</sup> November we will be welcoming Diane Breeze to The Hub who will be offering mini health check and chat to anyone who needs one. Diane, who is from Shropshire Council, will be able to conduct a free blood pressure check and can have a chat about anything that is a concern or bothering you. Going forward, Diane will be at The Hub every 2<sup>nd</sup> Tuesday of the month between 10am-12pm. This is a drop in service and booking in advance is not required.

## A message from Peter Cope, Fuel Poverty Champion

As the weather gets colder, and energy costs remain high, spare a thought for all those living in our town who have to manage on Universal Credit or a pre-payment meter. If you have received a Winter Fuel Payment, please consider donating some (or even all) of it to Ludlow Fuel Poverty Fund, which is managed by Ludlow Food Bank. The details of the account are: Ludlow Baptist Church (a business account), Sort Code: 40-30-30, Account No. 01274554. Through this Fund, we have already helped more than 40 people this year, and I know just how grateful they are.



## Archaeology Lab

Ludlow Library's Archaeology Lab is a publicly accessible laboratory where collection management activities such as photography, database entry, and research is conducted by a team of volunteers. It has been designed to develop purposeful partnerships and to create and support volunteering opportunities throughout Shropshire. The lab is an exciting opportunity for the public to come along and learn and how you can get involved in gaining new skills and learning about Shropshire heritage. There are also opportunities to join as a volunteer with on Tuesdays and Fridays to help gain new skills, while learning about Shropshire heritage.

The lab can be found on the First Floor at Ludlow Library, with drop-in sessions open Tuesday, Wednesday and Friday. This month, they have held a talk on the extensive research and life history of Shropshire Prehistoric Archaeologist Lily Chitty. To register your interest or to enquire, please contact Dr Katie Miller – [Katherine.miller@shropshire.gov.uk](mailto:Katherine.miller@shropshire.gov.uk)



## Local Fundraising & Easy fundraising

Over the past few months, we have been very grateful to be in receipt of support from local organisations. Here are some the donations we have received the past month:

Steve, better known as The Hungry Guy, hosted a 9-course menu evening for 90 people as part of Ludlow Food Festival back in September, and has very generously donated £186.75 to both us and Ludlow Food Bank.

Lucy Beaumont and Hayley Pearce from mfg solicitors on Corve Street completed a 10k run in Wellington a few weekends ago, so far they have currently raised £641.82 for us!

Ludlow Methodist Church hosted local band The Skiffers for a Saturday evening concert recently, with donations of £200 being shared equally between ourselves and the Methodist Church.

Don't forget that you can support Hands Together Ludlow when you shop online using easyfundraising! We encourage that people shop locally wherever they can, but this is not always possible. Easyfundraising is a free fundraising platform that allows us to earn money when shopping online. They work with over 7,000 retailers from Tesco, eBay, Boots, who then send us a free donation based on how much you spend. With the cost of living impacting everyone, this isn't about asking you to spend more, but to make you aware that if you are making an online purchase anyway that you can give to us at the same time and at no additional cost to you. Register yourself today at <http://efraising.org/gAeZfymjxF>.



A huge thank you to everyone who has helped support us in one way or another – it is hugely appreciated and allows us to keep doing what we're doing.

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

**Walks for All:** Every Wednesday morning from 10:00am-11:15am. A 30-minute leisurely walk in Ludlow followed by a visit to a local Café, ideal for those wanting to live a more active lifestyle. Booking is necessary via the Helpline.

**Digital Drop-In:** Every Wednesday morning from 10:00am-12:00pm at The Hub. Please bring the device you have questions about with you if possible. No booking required.

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

**Community Helpline: 01584 817250**

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