

Ludlow Community Support Network

On the 22nd March at the Women's Centre in Ludlow, our new Community and Projects Coordinator Andy hosted the first, of what we plan to be, regular networking meetings. The invite list included like-minded organisations and included representatives from Age UK, Citizens Advice Service, Enable Shropshire, Ludlow Cancer Support, Ludlow Food Bank, Rough Sleeper Team and many more. The aim of the meeting was to try to address the needs in the town, the needs of organisations and groups, and ways in which we can work together to share information and best practice. Many of the attendees had not met each other before and it was an eye opener for all into what services are available to so many people. The discussions held were lively and there were key takeaways which certainly warrant further discussion and research. We felt this was a very successful meeting and it is hoped that future meetings can bring about a greater degree of cooperation and sharing of best practice. Hopefully, it can also assist with the elimination of duplication and the identification of (and meeting) gaps in provision of services, activities, and volunteering opportunities. If you would like to find out more about upcoming meetings and plans, please email Andy on communityandprojects@handstogetherludlow.org.uk.

Ludlow Men's Shed



Ludlow Men's Shed recently hosted a 3D woodcarving workshop led by local woodcarver Andrew Pearson. Everyone started with a block of lime wood and after drawing an image began studiously carving away. By the end of an enjoyable day the participants created incredible carvings including mice, a whale, owl, puffin, whippet, chicken and a penguin! Well done to everyone who took part. There will be another workshop in the Autumn based on carving letters in wood - watch this space!

The Shed also have available space for participants to attend the Women's DIY Day on a Friday. So far, we have had 9 participants attend the sessions which began back in the New Year. If you are interested in wanting to learn or develop your skills, have a project that you are working on but don't have the space to, email David on sheds.handstogetherludlow@gmail.com for further details on how to join.

Staff and volunteer training

Over the past month, staff and volunteers have taken part in Befriender Training.

A special Dinham Weir walk and talk



The Walks for All group were treated to a special end of the month walk and talk by the Chair of Teme Weirs Trust and one of our Trustees, Nick Young.

Nick has an incredible knowledge about the history of Dinham Bridge and informed the group how the bridge was originally wooden, and on a clear day you can still see the original foundations if you look closely enough. Thanks very much to Nick for his time and expert knowledge. The group and volunteers thoroughly enjoyed it!

An update from Marathon Man, Nick Young

The London Marathon is now just over 2 weeks away. We caught up with Nick Young who is kindly raising money for us through running the Marathon, to see how his training is going!

“Training still going well and, touching wood, no injuries or appreciable discomfort. I am carefully following an official London Marathon training plan and am into the last remaining weeks leading up to the race itself. ‘Rest Days’ are an essential part of the training as it is very important for muscles, joints etc to adequately recover before putting them under load again. In regard to muscles, I have been using a protein drink immediately after exercising and I believe it may be helping - at least I’m not feeling any worse for drinking it! This coming weekend I may well go to Kidderminster and do several repeat runs along the canal towpath aiming to get to at least a distance of 20 miles. There are marathon ‘old hands’ who advise that one should consider the 20-mile point as halfway when running a 26-mile race. In other words, the last 6 miles demand as much effort to complete as the first 20...something to look forward to, I must say!”

“All that said I am looking forward to it and whilst some of the 'young tigers' in Ludlow Running Club are looking to give it their all to shave a few seconds off last years’ time, I will be content with a resolute jog around the Capital and ‘enjoying’ the atmosphere and seeing the sights.”

We are wishing you all the best in the final stretch Nick – we will all be cheering for you on the 21st! You can support Nick by donating to his JustGiving page [here](#).



“Men Like Us” A new cancer Support Group

A new Cancer Support Group for men held its first meeting at West Mids Showground in Shrewsbury at the end of March. The group meets on the last Thursday of the month and provides a safe and supportive space for men, with any type of cancer, to join other men for conversation, support and practical resources and information. One of the group’s founding volunteers became involved after seeing a call for volunteers on a Doctors Surgery’s Facebook page and is happy to speak to anyone who is interested in joining. This

can be done by contacting Station Drive Surgery (01584 872461) who will pass on your details, or you can contact the Personalised Care Team directly (01743 492424) or email sath.lwbc@nhs.net.

Stop Food Waste Day

Did you know an incredible 33% of all food produced globally is wasted? Stop Food Waste Day takes place this year on Wednesday 24th April. At **HANDS TOGETHER LUDLOW**, we are continuously trying to raise awareness of unnecessary food waste. When we moved into our new building back in November 2022, we were able to introduce the Community Fridge; a place to collect and redistribute perfectly edible surplus food back into the community. We receive weekly and often daily donations of surplus food from supermarkets, local organisations and the general public. Some of the food we received is used at our weekly Community Lunch, Afternoon Tea and often daily in our Social Space. The majority is then available to take from the Fridge, which is open to anyone and everyone regardless of your personal circumstances. Last year we were able to distribute over 14 tonnes of food back into the community, preventing it from going to waste. That's the equivalent of 2 Tyrannosaurus Rex's or 14 adult female Great White Sharks! You can pop into the Community Fridge, which is at our building, between 10am-4pm Monday to Friday, please remember we ask for a minimum £1.00 donation but if you are able to give more, please do.



Mental Health insight on young people

Are you the parent or carer of a child aged 7-13? NHS Shropshire, Telford and Wrekin would like to hear your views on a range of issues relating to the mental health of children and young people. Your feedback will help inform changes we make to services, and how we communicate with local people. The survey should take no longer than 10 minutes and can be completed here

<https://online1.snapsurveys.com/516d21>.

The survey will close on 8 April 2024.

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

Ludlow Men's Shed - Women DIY Day: Friday 10:00-15:00. Booking a place is required, please email sheds.handstogetherludlow@gmail.com to do so.

For more details of any of our events please call **01584 873062** or visit our website: [Events \(handstogetherludlow.org.uk\)](https://Events.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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