

Meet our new Food Coordinator, Julia

We are very pleased to officially welcome Julia to the Hands Together team! You may have already met Julia at Community Lunch, Company at Christmas or around The Hub as she has been familiarising herself with the different aspects of her role. We sat down with her to find out how it's been going so far.

Why did you apply for the job? I have spent my life working in commerce and have often wanted to switch and work for something more worthwhile. When I saw the ad, I wasn't sure if I'd 'fit' but thought 'why not' and here I am!

What were you doing before this job? I have been living overseas for most of my life. When I came back to live in the UK I fell into retail, latterly I was managing the Shop at St Laurence, having been a part of the set-up.

What do you think will be your biggest challenge? I think perhaps finding the people who would most benefit from using the surplus food and learning more about nutrition.

Where do you work? Three days a week in the Hub on Lower Galdeford, one day (Tuesday) at Helena Lane for Community Lunch.

What have you been doing in your first few weeks? Learning about the values and principles of Hands Together and getting to grips with what is in the numerous fridges and freezers!

What are you looking forward to most about working for Hands Together? The idea that I could help someone, hopefully many, to improve their life with more social opportunities, more information on food, and perhaps teaching people the joys of cooking!



A recap of Company at Christmas, a first for Julia

"So, Company at Christmas 2023 is done and dusted and on reflection a good time was had by all!

The Open Table was groaning under the weight of surplus food, which was enjoyed by many and joyfully distributed by several hardy volunteers. Arrivals for the event itself were greeted by our wonderful volunteers, a festive room decorated, tables



laid and the kitchen abuzz with preparation and delicious cooking smells. The attendees were treated to a sumptuous traditional Christmas feast of turkey (generously donated by Ludlow Farm Shop) with all the trimmings, followed by individual delicious Christmas puddings and ice cream, (also generously donated by Ludlow Farm Shop). With our happy band of volunteers cheerfully helping, serving, entertaining: we even had a young



man on the keyboard belting out carols for a sing-along, and joined by Santa and a little (4 years old!) Elf to hand out Christmas presents; we think the day went very well. More volunteers had ferried guests to and from Helena Lane, so it really is an event that we couldn't possibly carry off without our fabulous volunteers, and their families who also pitch in to make the day happen."

A big thank you to Ludlow Farm Shop, Sainsburys and One Stop for sponsoring the day for us.

Do remember that if you, or anyone you know, are alone at Christmas this really is a wonderful community occasion. One attendee said "Thank you so much for organising our super festive feast at Helena Lane Centre. It is always much appreciated and makes Christmas special for me".



Ludlow Men's Shed



The regular women's DIY sessions recently began and have proved to be extremely popular with a waiting list quickly building up!

One participant said " I learned more today than I did in the 6 weeks college course solely due to the simple explanations and patience which you both demonstrated. When you're skilled at something it's very easy to assume that other people will understand things that you take for granted - I really appreciate that Mark took a lot of time to explain the basic points at each stage and consequently I'm feeling a lot more confident about future projects".

'Let's Talk Falls' with Community Resource

Do you feel at risk of falling? Why not attend the Let's Talk Falls session at St Peter's Church next month?

Community Resource is offering a falls prevention session from 1:00pm-3:00pm on Monday 12th February. The session will include information on how to reduce the risk of falling – with a demonstration of how to get up from the floor after a fall – plus a free taster exercise class, information on local exercise/fitness classes, help to find ways to increase your activity levels and much more. St Peter's Church can be found on Henley Road, SY8 1QZ. Booking is advisable for this session, please call 01743 360641 or email enquiries@community-resource.org.uk to do so.



Staff and Volunteer training

Staff and volunteers have undertaken Level 2 Food Hygiene training over the past month.

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

Ludlow Men's Shed - Women Sessions: Every 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://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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