

March 2025

Call for Community Fridge Volunteers!



Have you got a couple of hours free in the week? Would you like to give back to your community? Passionate about preventing food waste? Why not volunteer your time at our Community Fridge...

We're looking for friendly people who are comfortable and confident to engage with users and are happy weighing in and out surplus food. We have afternoon shifts (1pm-4pm) available on Tuesdays, Thursdays and Fridays, as well as morning shifts (10am-1pm) on Thursday and Friday mornings.

The role of a Community Fridge volunteer is varied and includes being the first point of contact for those visiting our building. We receive daily deliveries, by volunteers, of surplus food from supermarkets and local organisations that then need sorting, weighing in and putting out for people to take. The role also includes advising people what is available today and assisting where required.

If you're interested, please email Teresa, Volunteer Coordinator on vol.coord@handstogetherludlow.org.uk or phone her on 01584 873062. Alternatively, you can fill in the application form [here](#).

Shaping Places

Hands Together Ludlow, in conjunction with Ludlow Town Council, have been awarded a grant to fulfil a project called Shaping Places for Healthier Lives.



The project aims to increase access to good food for all, by increasing the offering in the Hands Together Community Fridge and the number of people accessing it. We are looking to help demystify cooking and healthy eating by creating recipes and recipe cards with support from nutritionists, as well as small workshops to help build confidence for those who need it.

We will do our best to ensure that the items used in the recipes are well balanced, inexpensive and easily sourced so that these can be used by anyone. It is recognised that a healthy eating plan is often felt to be a more expensive lifestyle and this is something we would like to try and change. Recipes will be tried and tested, researched and examined for nutritional value and particularly for cost. We will photograph, film and demonstrate the meals in workshops with a final recipe card printed and 'how to' videos created.

We are very excited to be part of such a rewarding project and will provide updates as this develops!

Friends of Hands Together Ludlow

It takes the whole town working together to build and maintain a safe, equitable, empowering and future-focused environment for all, visitors and residents alike.

Friends of Hands Together Ludlow are investing in the people, the place and a vision that will grow and develop alongside the needs of the town. If you would like to find out more about becoming a Friend, please follow the link [here](#).

If you are already a Friend of Hands Together, please be aware that the date for renewal is April 1st 2025. You can make payment through the links here: <https://buy.stripe.com/SingleMembership> or <https://buy.stripe.com/CouplesMembership>

We really appreciate everyone who has joined as a Friend already and are so grateful for all your continued support.

Service of Thanksgiving, Brenda Coleman

There will be a service of Thanksgiving for the life of Brenda Coleman (first Chair of the Charity Hands Together Ludlow) at Ludlow Methodist Church, Broad Street, SY8 1NH on Friday 7th March at 2pm, followed by refreshments.

High Sherriff visit to Ludlow

Hands Together Ludlow will be hosting the High Sheriff of Shropshire 2024-2025, Brian Welti JP, so he can hear about the voluntary sector and volunteering in the town. Tea and cake will be served.

When: Monday 17 March. 2:00 – 3:30pm

Where: Hands Together Ludlow, 15 Lower Galdeford, Ludlow, SY81RU. Entrance through the Community Fridge.

We are extending an invitation to those involved with running a voluntary organisation or charity so the High Sherriff can meet and hear about all the amazing things you do. This will be an informal drop-in and chat afternoon but please let us know if you intend to attend so we don't under/overestimate the amount of cake needed. You can do this by calling the office on 01584 873062 or emailing general.admin@handstogetherludlow.org.uk.

Ludlow Men's Shed

Our Volunteer of the Year, Mark, has come up with another great idea - an upcycled Wine Bottle Bird Feeder, made from wood. Simply fill the Wine Bottle with seed, cover the top with a finger, invert and then place in the feeder. As the birds feed around the neck of the bottle seed automatically gets dispensed - brilliant and well done Mark.



Staff and Volunteer training

Over the past month, staff and volunteers have taken part in Induction Training, Level 2 Food Safety training

Wear a Hat Walk, Saturday 29th March

Help raise funds for vital research on Saturday 29th March! Put on your most extravagant hat and join Ludlow Cancer Support Group in Castle Square, Ludlow at 11am for a short walk around the Castle, led by Beverley Waite, Mayor of Ludlow.

This has been organised by Ludlow Cancer Support Group in aid of Brain Tumour Research.

Ludlow Rotary Cares

Over the past 10 years, Ludlow Rotary Club has been able to contribute more than £50,000 to over 100 local community projects. After another successful year of funding, the club is delighted to again be investing in the community by offering grants (up to £750) to local charities and organisations. The club tends to be very open minded about the types of activities it will support so long as the project or programme responds to a community need in or within 15 miles of Ludlow and meets its criteria on the giving of grants. What the club will need to understand is exactly what the money will be used for, who will benefit from it and how much difference it will make.



Further information and the application form can be found on the website. Organisations that meet the criteria will need to get their applications in by 18th April. Those shortlisted will be invited to an evening event at Ashford Carbonel Village Hall on 13 May at which they will be asked to explain their project for a few minutes to a small panel. For further information, please email lrc@ludlowrotaryclub.org.uk

Have your say: Local NHS Diabetes Survey now Live

Local people have been invited to have their say on diabetes services within the county, say health bosses at NHS Shropshire, Telford and Wrekin. A new survey has been launched to understand the views and experiences of those living with diabetes, both type 1 and type 2 and will be used to inform any future changes to services across the county. To complete the survey, please visit <https://forms.office.com/e/VG4Fkakhn8> or email stw.communications@nhs.net or call 0333 150 3069. The survey will close on Wednesday 30th April.



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

Lucky Dip Social Lunch: Every Monday, Wednesday and Thursday. from 12:00pm – 1:30pm. Come along for a light meal and good company. Last meal order taken at 1pm.

Help Hub: Wednesday and Thursday mornings by appointment only. Support available for online forms (strictly not Personal Independence Payment (PIP)).

Mindful Colouring: Every Thursday between 11am-12pm at our Social Space. Supplies provided by Hands Together Ludlow.

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

Hands Together Ludlow

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website: www.handstogetherludlow.org.uk

registered charity no. 1171979

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