TOGETHER

The monthly newsletter of HANDS TOGETHER LUDLOW

May 2025

Hands Together Ludlow's Big Event

We are very excited to announce the launch of our new annual fundraising event. In partnership with Michelin Green Star holders, Wild Shropshire, Hands Together will host an exclusive Fundraising Banquet & Auction on Friday 12th September 2025 in the stunning setting of St Laurence's Church.

Similar to The Great British Menu, the event will celebrate our work and showcase an innovative culinary experience that embraces the challenge of creating a high-quality, three-course banquet using surplus and seasonal ingredients. James Sherwin of Wild Shropshire says "We are delighted to be supporting Hands Together in historic Ludlow. To be involved with such a wonderful charity in a part of the world with such a rich culinary tradition is something the whole team are looking forward to".

Hands Together is aiming to raise significant funds to support our work through this landmark event and are inviting local businesses and organisations to join as sponsors. Corporate sponsors will play a crucial role in ensuring the success of the event, while also benefiting from increased brand visibility and exclusive event perks. A range of sponsorship packages are available, offering businesses the chance to align themselves with a vital community initiative while enjoying exclusive event benefits. If you are interested in finding out more about sponsorship, please email Susie.ohagan@handstogetherludlow.org.uk or call the office, 01584 873062.

"We are thrilled to launch this exciting new fundraising event, bringing the community together to celebrate and support the work we do," said Sue Chantler, Chair of Trustees for Hands Together Ludlow. "By attending or sponsoring this event, you'll be making a direct impact on the lives of those who need it most.".

Tickets will be available to purchase in an Early Bird exclusive to the Friends of Hands Together Ludlow and Sponsors of the event from Monday 19th May at 10am, with details sent to them nearer the time. Tickets will then be available all for purchase from the beginning of June. We expect them to sell out quickly so keep and eye out for our next newsletter or on our Social's for how to buy.

Annual General Meeting

You are invited to join Hands Together Ludlow on the afternoon (3pm) of 15th May 2025 at the Hands Together building for our Annual General Meeting. The links to the Meeting Agenda, Annual Statement of Accounts and the Trustees' Annual Report can be viewed on our website.

This year, any volunteers or members can send in a question for the Board of Trustees to consider at this year's AGM. To submit a question, please email sarah.kellett@handstogetherludlow.org.uk, or alternatively drop a written question into the marked box in the Community Fridge. Please note that while all questions are greatly appreciated, it may not be possible to answer them all.

Ludlow Men's Shed

The Men's Shed recently attended an event at Ludlow Primary School, Clee View Site.

The aim of the event was to demonstrate to the pupils (ages 7-11) various aspects of design and technology showing conversion of raw materials into final products.

Our Volunteer of the Year, Mark Mantle, demonstrated hand carving gnomes from sections of lime wood which proved particularly popular. Mark was also impressed with the politeness and the intelligent questioning by the pupils - a great day was had by all!

Chronic Pain Support Group

Our Chronic Pain Support Group still meets on a monthly basis. Since the start of the year, we have hosted four sessions and have had nine individuals attend. The group is very relaxed, and meetings are held in a safe, warm room where attendees are welcome to share their experiences if they wish to. It is also an opportunity to raise awareness of news or developments you are aware of (services, new/alternative medicines or therapies). If you experience Fibromyalgia, ME, Chronic Fatigue, Long Covid, or anything similar, you are welcome to join us for the next meeting in May. Keep an eye on our socials for the confirmed date and time. Booking is not required for any of the meetings, but if you would like to know more about the group or have any questions, please give our office a call on 01584 873062.

Staff and Volunteer Training

Over the past month, staff and volunteers have taken part in Volunteer Induction training and Understanding Sexual Violence training.

Big thanks to Ludlow Cake Jar Company!

Huge congratulations to Jack, Abby and Amber of Ludlow Cake Jar Company who competed in the Shropshire 80k Festival at the beginning of April!

Jack took on the Ultra Marathon, covering 50 miles in the Ultra Marathon in 11 hours and 37 minutes, beating his previous goal of 12 hours! Abby completed the Half Marathon in 4 hours 30 minutes, while carrying an extra person! Amber, who is completely new to running, completed her Half Marathon in just over 3 hours! A fantastic team effort all round.

The team have raised an amazing £781 for us. Thank you to everyone who was able to donate, the money will allow us to keep providing services to the community of Ludlow.

We were so touched that the team wanted to continue supporting us. We first began working with Ludlow Cake Jar Company in late 2024, as they were looking for somewhere to donate surplus cakes from markets they had attended. Since then, we have been so grateful to receive any of their surplus cakes, which are available to take from our Community Fridge.

A big thank you to Jack, Abby and Amber for their support and we hope to continue working with them further!

Congratulations to Trustee, Nick Young

Hands Together Ludlow Trustee, Nick Young, has once again completed the London Marathon!

As many of you may recall, Nick ran the London Marathon in 2024, raising over £6000 for us in the process which is simply fantastic and huge for us as a small charity.

This year, Nick has raised over £7000 for MacMillan and completed the marathon in 5 hours 50 minutes, huge congratulations Nick!

Carers week 2025

Several events and activities organised by Shropshire Council's carers support team are taking place across Shropshire throughout Carers Week and beyond (from Sunday 8th June to Friday 15th June). This is to celebrate and recognise the contribution made by Shropshire's unpaid and family carers.

Carers Week is an annual campaign to raise awareness of caring and help people who don't think of themselves as having caring responsibilities to identify as carers and access much needed support. The theme for this year is Caring About Equality. This will highlight the inequalities faced by unpaid family carers and what needs to happen to create a fairer society. Far too often, carers of all ages miss out on opportunities in their education, careers, or personal lives because of their caring roles.

Events throughout the week and month include free admission to Attingham Park, win theatre tickets, entry to Chirk Castle and much more, with an event in Ludlow to be confirmed. For more events, bookings and information, please email shropshire.carers@shropshire.gov.uk or phone 01743 341995.

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: Monday afternoons 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)]

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.

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HANDS TOGETHER LUDLOW

connecting our community

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