



TOGETHER

The monthly newsletter of **HANDS TOGETHER LUDLOW**

December 2022

Grand Opening

Thursday 10th November marked the official opening of our new building at 15 Lower Galdeford. Throughout the day people thronged in to celebrate the opening with us, or to find out more about **HANDS TOGETHER LUDLOW**, or just to see what we have done with the old building! At midday specially invited guests witnessed Selina Graham, the High Sheriff of Shropshire, cut a ribbon to launch the Community Fridge, before going upstairs to unveil a plaque to mark the opening of the Men's Shed.



Operations Manager, Susie O'Hagan said *"The opening with the High Sheriff made for an amazing day. The support we have had from the local community has been mind-blowing."*

The new building is far more than a base for these two projects alone. It is also a warm space for those struggling this winter because of the cost of living crisis, a food hub from where food related initiatives will be launched, a digital hub where people can get help to go on-line for the many things which can only be accessed in this way in today's world, and advice for people trying to get back into work. The building also contains meeting rooms and office accommodation for the Hands Together staff. This will be the beginning of a new phase in the life of the charity as more and more services are developed using this hub and other facilities around the town.

The signs are that this more high profile hub is already attracting people to find out what services are provided and ask how they can volunteer to help out. We also hope that the profile this site gives us will boost networking and further develop partnerships between other local organisations to ensure that the best possible provision is available for vulnerable people in and around Ludlow.



The building has been brought back to life by using manpower from the Community Payback Scheme, the skills of members of the Men's Shed and a massive support from local businesses, as well as individuals giving their time and talents. The whole project: decorating, new equipment and other vital things, has cost the charity less than £1,500. This means that we can devote more of our resources to helping people in need.

Susie concludes: *"We see this building becoming a focus for networking and partnerships, supporting all the volunteering activity in the town, whether directly with Hands Together or through other organisations."*

Company at Christmas

The 'Company at Christmas' meal is now a long-standing tradition in Ludlow. Due to COVID restrictions last year we delivered our Christmas lunch to those who were on their own or housebound, so the good news is we're back at Helena Lane this year! It's always a lovely day so if you have no plans yet and are expecting to be alone this Christmas we'd love to share the day with you.



If you will be on your own on Christmas Day, then you are invited to a **Christmas Day Lunch at the Helena Lane Day Centre** in Hamlet Road, from 12.00 noon to 2.30 pm, courtesy of **HANDS TOGETHER LUDLOW**. People of all ages and backgrounds are welcome. A full Christmas turkey dinner (veggie option available) will be served with a choice of Christmas pudding or trifle to follow. Tea, coffee and mince pies are also included, along with a quiz, good company and Christmas cheer.

The cost is £10. If you can manage it, we'd like to have that in advance please. You can reserve your place by completing and returning the booking form, where you can indicate your choice of meal and let us know any special dietary requirements that you may have. If you'd like to come but don't think you're able to get to and from the Helena Lane Centre (behind Ludlow Catholic church) please let us know on the booking form. We may be able to provide free transport, but for only a limited number of people. If the cost of the day presents a problem for you, please contact us to discuss this as support may be available.

Booking forms and payment can be returned by post or in a sealed envelope by hand to either Wesley's Café at the Methodist Church in Broad Street, to Di Garrini at the Helena Lane Centre, or to the Hands Together Office at 15 Lower Galdeford. Cheques should be made out to **Hands Together Ludlow**.

If you have any questions regarding the day please phone Di Garrini on **07939 551028** or call the **Community Helpline: 01584 817250**.

Christmas Hampers

A reminder that **Ludlow Food Bank** will be giving out Christmas Hampers again this year. Full details can be found in last month's newsletter.



As well as gifting Christmas Hampers to all normal food parcel recipients, the Food Bank welcomes nominations for anyone you know who may be struggling financially at this busy time of year, for whom the gift of a Christmas Hamper would make a difference.

Please ensure nominations are in by Monday 12th December by phone/text to 07896 706189 or email foodparcelsatlbc@gmail.com

Staff changes

Now that we are beginning to settle into our new building, with a proper base for all our staff, we are pleased to be able to announce some new appointments:

Administrator

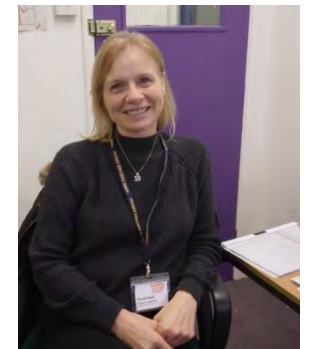
Debs Boston is our new Office Administrator, replacing Sarah whose new role is described below. Debs comes to us from her previous job working in administration for The Regal at Tenbury Wells. When her contract there came to an end she was delighted to be able to use her previous experience working for a charity in this new role. She has also taught horsemanship techniques to horse owners, involving groundwork skills that transfer to the saddle.



As she has only just started to work with **HANDS TOGETHER LUDLOW** she is currently getting to grips with all our systems and spreadsheets. Debs says that she is pleased to be working close to home, and that everyone she has met so far has been very nice and helpful. This is now a full-time role giving the charity more support as our work continues to grow.

Volunteer Coordinator

Nicola Read starts this week as our new Volunteer Coordinator. She has been working with volunteers for almost ten years. Her previous role was Volunteer Lead for **hvoSS** (*Herefordshire voluntary organisations support service*), a charity in Hereford which supports the voluntary sector. During her time there she was involved with setting up, coordinating and training volunteer teams. As part of this she led the coordination of volunteers for Covid response, and more recently at the Hereford Help for Ukraine site. Prior to this Nicola worked with volunteers at the National Trust in Carding Mill Valley.



Nicola lives in Ludlow and is really looking forward to being part of the Hands Together team. She is keen to get to know our volunteers, so please pop in to say hello if you're passing. She is also part of Ludlow Runners, so you might also see her running around Ludlow on a Tuesday and Thursday evening!

Finance Officer

With the arrival of a new full-time Administrator, Sarah Kellett, who has worked part time since 2016, has moved to a new part-time role as Finance Officer, to focus on managing the day-to-day finances for our expanding charity, with the support of our Treasurer. This is an area Sarah has always covered alongside other admin duties, but as the Charity has grown so has the complexity and time needed to keep this vital discipline well recorded and managed.



HANDS TOGETHER LUDLOW is very fortunate to be supported by a wide range of funding bodies and individuals, from national organisations, such as the National Lottery, through local donor trusts and foundations, to individuals throughout Ludlow and the surrounding area. All donations, however large or small are always appreciated and are used to fund the wide range of activities the charity undertakes to support those who may be more vulnerable in our local community.

Sarah says: *"I began working for Hands Together in the autumn of 2016 just as our application to the Charity Commission was being processed. Since then, I have watched the Charity grow and have been part of an organisation striving to improve the lives of individuals in the local area. I enjoy working for Hands Together because of the varied nature of the support we strive to give, and I feel we can be really proud of the things we have achieved, knowing that we do make a difference to the individuals we support."*

Sarah also works part-time for **Ludlow Methodist Church** as their Administrator, so she can be found working flexibly Monday to Thursday in either the Methodist Church office in Broad Street or the new Hands Together office in Lower Galdeford. Both roles are unique and varied, but community focused, giving plenty of variety to keep Sarah on her toes!

Community Fridge & Food Hub update

Although it's still in its infancy the Community Fridge is proving to be a great success. We've had some fantastic produce from local growers, including top quality veg from **Myriad Organics** and **Linley Farm**, pumpkins from **Humblebee Landscaping**, and grapes and apples from a private grower. All of these have been distributed amongst visitors to the Community Fridge.



It's early days, but the provisional figures are encouraging. Since the launch on 10th November there have been:

- 130 visitors;
- 300kg of produce given out;
- 18 terrific volunteers.

We still have spaces to fill on the volunteer rota, so if you're interested we'd love to hear from you.

The Hub is now officially recognised as a '**Ludlow Warm Space**' and we've welcomed several visitors in the past week, supplied them with tea & coffee, and in one case a much appreciated breakfast. We hope to develop the food offering within the next couple of weeks by serving home-made soup, made from surplus veg from the Community Fridge. We now have links with a local farmer who will take any spoiled food (not kitchen waste) for animal feed, so we are on the way to our zero-waste target.

The Café will open to the public as soon as the kitchen has been rated by Food Safety officers. The Hub has already proved to be a place where people can come for advice and a chat; we are so lucky to have a team of volunteers who have made our visitors very welcome.

Our vision to provide a safe space where people can come for food, company and advice has at last come to fruition. With the commitment of the staff team, our wonderful volunteers and our sponsors, we will be able to build a robust support structure and implement the many ideas that we have for the future development of the Food Hub. Thank you to everybody who's made this possible.

New Website

Hands Together now has a brand new website. Please take a look at: www.handstogetherludlow.org.uk Our new identity gives the site a very professional look, and it is both clear and easy to navigate. Anyone visiting the website for the first time will quickly get a comprehensive overview of what the charity does, and it is also very easy to drill down to find much more information about specific help you may need.

HANDS TOGETHER LUDLOW

About Us Our Projects Volunteering Our Impact Fundraising Networks and Partnerships News Contact

WHO WE ARE AND WHAT WE DO

Connecting our community. Giving help, information and support to people in and around Ludlow.

Our helpline number is **01584 817 250**. Or you can pay us a visit at 15 Lower Galdeford.

Do you want to know more?



There is now a leaflet for almost everything we do. So if you would like to know more about any of our activities why not drop into the hub at 15 Lower Galdeford and ask for a leaflet, or send us an email at general.admin@handstogetherludlow.org.uk and we'll send you a digital version. And if you need further help a member of our staff team will be happy to tell you more.

Upcoming events

Ludlow Men's Shed: Monday to Friday from 10.00am to 3.00pm at 15 Lower Galdeford, providing companionship and woodcraft activities for men. **Closed from 23rd December to 3rd January.**

Good Start Together Toddler Group: Every Thursday from 9.30am to 11.30am at the Methodist Church. **Participation by referral only.**

Community Lunch: Every Tuesday from 12.30pm to 2.00pm. £3.50 for a two course meal. Please encourage people who would benefit to book their place through the helpline. **Last Lunch December 13th restart January 10th.**

Midweek Movers: Every Wednesday from 2.00pm to 3.00pm at the Helena Lane Day Centre, chair-exercise classes for people with limited mobility. Funded and run by Age UK, in partnership with Hands Together. **Last session December 14th restart January 11th.**

Afternoon Tea: Every Wednesday from 2.00pm to 3.30pm at the Helena Lane Day Centre, to help and encourage socially isolated people to regain independence after lockdown. **Last Tea December 14th restart January 11th.**

Good Grief Café: Normally the first Wednesday of each month from 3.45pm to 5.00pm at Bill's Kitchen (next to the Assembly Rooms), offering mutual support for those who are mourning the loss of a loved one. **Next meeting Wednesday 1st February 2023.**

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

Please note that the Hands Together office will be closed from 23rd December to 3rd January. There will be some helpline provision over the Christmas period but it will be a reduced service.



HANDS TOGETHER LUDLOW is grateful for funding and support provided by the community and many other organisations, such as Marches Food Matters, Hall Garth Trust and Burford Trust.



**HANDS
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LUDLOW**
connecting our community

Hands Together Ludlow
15 Lower Galdeford, Ludlow, SY8 1RU

Community Helpline: **01584 817250**

email: volunteer@handstogetherludlow.org.uk
website: www.handstogetherludlow.org.uk
registered charity no. 1171979



@Hands2GLudlow



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