

February 2023

Our Volunteers

It's almost two months to the day since Nicola Read started at **HANDS TOGETHER LUDLOW** as Volunteer Coordinator. The time has flown by and she continues to be impressed by the dedication and support of our band of volunteers. We have 103 volunteers; half of these provide support for our regular activities and the other half are on stand-by should we need to mobilise a volunteer team quickly.

Since Nicola started she has been focusing on building the volunteer team for the recently launched Community Fridge and Food Hub. We now have a group of 20 trained and committed volunteers who cover the weekday opening hours from 10.00am to 4.00pm. They not only cover the surplus food area, but also welcome people into our 'warm space', as well as other visitors to the building. Please pop in and say hello when you're next passing, and of course take some of the surplus food.




HANDS TOGETHER LUDLOW

INVITATION

Volunteer Coffee Morning

Date: Friday 10th March 2023
 Time: 10.30am - 12 midday
 Place: 15 Lower Galdeford

All Hands Together Ludlow volunteers are invited to the first of our monthly volunteer socials. It will be a chance to meet and chat with other volunteers over a cup of coffee (or tea!) as well as find out about any news and updates.

Hope to see you there!

www.handstogetherludlow.org.uk 01584 817 250

Friday 10th March will see the first of our monthly volunteer coffee mornings. The purpose is to bring volunteers together in a social space so they can get to know one another and chat about their volunteering over tea/coffee and cake. Nicola says that she is looking forward to meeting those she hasn't yet met in person, to share news and updates. Please come along if you can.

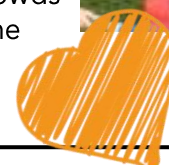
Last week saw the first Careers Event at Ludlow College. Nicola and Trustee Chris Deaves (seen above) went along to chat to students about the support Hands Together can offer, and also the benefits and skills they can get through

volunteering. They had some great conversations and lots of students (and teachers) now know a little bit more about the charity.

Finally, a huge thank you to all our volunteers. If you have any questions at all about volunteering, please do get in touch with Nicola at vol.coord@handstogetherludlow.org.uk or phone the **Community Helpline: 01584 817250**.

Sad news

It is with great sadness that we must announce that Pauline Wareham passed away in January. She was a loyal supporter of **HANDS TOGETHER LUDLOW** and **Ludlow Food Bank** for many years. She was feisty, forthright and never afraid to challenge opinions or injustice. She dealt with life with a sensible, no nonsense approach which often belied her wicked sense of humour. There aren't many who could forget her one-woman show when she manned our 'Splat the Rat' game at the Food Festival – she drew the biggest crowds we'd ever seen at our stand! We didn't get to see her at the end but she kept us informed with her WhatsApp messages; still funny, still Pauline. We're going to miss you Pauline, RIP.



Introducing Abi Elder: our new Administrator

Debs Boston left us in the middle of January, so after re-advertising the post of General Office Administrator we have appointed a new member to the staff team and on 6th February we welcomed Abi Elder to **HANDS TOGETHER LUDLOW**. We grabbed her on her first day to ask her a few questions:



Why did you apply for the job?

I applied for this job because I want to help give back to the community of Ludlow and enjoy seeing how the organisation helps so many people.

And what did you do before applying for this job?

I worked as Customer Service Manager for a lighting and furniture retailer based in Ludlow.

What do you think will be your biggest challenge?

Remembering all the different spreadsheets to update for different purposes throughout the day!

Where do you work?

I am based in the main office at 15 Lower Galdeford in Ludlow.

What will you be doing today?

Today I am familiarising myself with the new systems and processes and getting to know my colleagues and their different roles.

And finally, what are you looking forward to most about working for Hands Together?

I am looking forward to seeing first-hand the positive impact that the organisation has on the community of Ludlow, as well as the day-to-day running and planning of events. I am also excited to share ideas for different upcoming projects and new processes going forward.

Ludlow Men's Shed Workshops open to all

Ludlow Men's Shed is hosting two workshops in the spring for men or women who are interested in sharpening tools and woodcarving.

Tool Sharpening Course: Saturday 18th March

This morning workshop is for those who wish to learn more about sharpening and maintaining sharp tools. Focused on chisels, plane irons and woodturning gauges, the basic principles also apply to knives. This half day workshop, from 10.00am to 1.00pm, covers grinding & sharpening and costs £22.



Woodcarving course: Saturday 22nd April

This full day workshop from 10.00am to 4.00pm is aimed at beginners and those who have had some experience of woodcarving. This course focuses on relief carving, and selection & use of tools. Attendees should have a piece of work at the end of the day to take home. The course costs £40.

Regrettably, there is a limit on numbers for both workshops, so if you are interested please contact sheds.handstogetherludlow@gmail.com for further details.



Ludlow Men's Shed

part of **HANDS TOGETHER LUDLOW**

Keep warm and save the planet

Richard Watkins from the charity Save Our Shropshire (SOS) has advice on how you can keep warm, lower your fuel bills and save the planet!

The cost of basic foods has gone up by 25%. The average family on a standard variable tariff has seen their gas and energy bill rocket from £1,277 a year ago to £2,500 now (with the Energy Price Guarantee). The government helped by giving £400 to every household, and an additional £300 to pensioners alongside their winter fuel payment to help with energy bills. However, the Energy Price Guarantee is expected to rise to £3,000 in April this year, and the £400 will not be repeated – and those prices will remain in place for the rest of 2023. Action is needed now to help anyone facing hardship. Recent figures show that around 15% of households in Shropshire are in fuel poverty and that in parts of Ludlow, the concentration of fuel poverty is as high as 25%.

Meanwhile, we can see a huge pressure to do something about climate change and the threats that it brings. Really, they are the same story. We are too dependent on oil and gas, and we need to reduce our usage of these in every way we can. That will both help our energy bills go down and reduce our impact on the earth's fragile nature.



There are some simple things you can do. Draught-proofing around doors and windows could save £125 per year. That may help you to turn down your thermostat by 10°C and reduce your costs by 10% (£250 per year). Spending less time in the shower (up to 4 minutes) could save £95 per year. Insulating your water tank, putting aluminium foil behind radiators, and making sure your pipes are insulated, could save around £70 per year. Using a slow cooker to make stews will also save money on electricity.

Then there are items which could cost money now, but will save in the long run. If you're losing heat through your walls, your loft or around your doors and windows, then you could invest in proper insulation. There are schemes to help with the cost of this. Installing Solar Panels for around £4,500 will provide electricity when the sun shines and reduce your bill for 6 months of the year. That could save £500 per year on a typical bill. Investing in an air-source heat pump will eliminate the need for a gas or oil boiler.

Marches Energy Agency can help people pay their energy bills (<https://mea.org.uk/>). They run a free 'Keep Shropshire Warm' advice line: 0800 112 3743, ksw@mea.org.uk, or (subject to funding) carry out a survey on your home for ways of making it more energy efficient.

Save Our Shropshire is a charity engaged in educating people about practical action they can take to help the planet. SOS not only focuses on energy issues, but they also help people understand how changes to diet, travel and what they buy will make a big difference. Lots of practical advice is available from their website: www.saveourshropshire.org look out for an SOS workshop to find out more about the practical actions you can take. Contact richard@saveourshropshire.org

Relevant Person's Representatives

The Shropshire Community Resource charity is seeking new volunteers to join the team who visit people in residential care who are covered by the Deprivation of Liberty

Safeguards (DOLS) regulations. In other words, they are there because they lack the mental capacity to choose where they live, due to dementia, brain damage or learning difficulties or disabilities.

Volunteers watch out for their interests and visit them on a monthly or bi-monthly basis to make sure they are being cared for properly. It's a very important task, and one that is also extremely rewarding.

There are a number of people in Ludlow who are in care homes under the DOLS scheme and don't have family members around to keep an eye on them, so need to have a Volunteer appointed. If you are interested, please contact Susann Mitchell on 01743 360641 or email susann.mitchell@community-resource.org.uk



Opportunity to join the team

Our Community Development Officer Helen Vaughan will be retiring at the end of March and while we are sad to lose her, we now have an opportunity for someone new to join the team. The role is part time – minimum of 18.75 hrs a week, but possibly 22.75 hrs (to be confirmed very soon).

The Community Development Officer delivers the Hands Together Ludlow portion of a wider Social Prescribing contract from Shropshire Council, in a consortium with The Qube and Community Resource. The role identifies local services and activities, including physical and social activities, training, advice (such as debt advice), as well as referral and signposting pathways for people as part of the Social Prescribing activity programme. The current contract runs until the end of October but with an option to extend for another 12 months which we will explore.



Find an application form here: www.handstogetherludlow.org.uk/news

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.

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.

Midweek Movers: Every Wednesday from 2.00pm to 3.00pm at the Helena Lane Day Centre, chair-exercise classes for people with limited mobility. (In partnership with Age UK.)

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.

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.

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

Youth Drop In: Friday 4:30pm to 6:00pm winter only: next session 3rd March. At 15 Lower Galdeford. Hot drinks, toast and free Wi-Fi! (In partnership with South Shropshire Youth Forum.)

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

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.



COMMUNITY
FUND



**HANDS
TOGETHER
LUDLOW**

connecting our community

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

Community Helpline: **01584 817250**

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