



TOGETHER

The monthly newsletter of **HANDS TOGETHER LUDLOW**

July 2023

Mid-year news

I can't quite believe we are already halfway through the year, and what a busy time it has been! After lots of personnel changes we now have a fantastic staff team in place who bring a wealth of experience and expertise with them, and who have helped create an effective, dynamic, creative, and happy team.

We continue to develop the activities we offer that The Hub, 15 Lower Galdeford, and now have the Social Space open every day from 10:00 to 12:30 where anyone can call in for a cuppa, cake, and a chat for just £1. We also moved our Wednesday afternoon tea to the Space and the babble of conversation and laughter it generates is just wonderful to hear. It's a really friendly group and anyone is welcome to come along.



The volunteers lay on a wonderful tea and attendees are well fed for a small donation.



Community Lunch is still being delivered at Helena Lane each Tuesday and we have welcomed some new volunteer cooks and helpers to the team. We regularly seat 20+ people and have space for a few more, so if you know someone who would like to come, they just need to ring and book a place: 01584 817 250. Our new Food Projects Coordinator, Sophie, is working with our cooks to broaden the type of food we offer and give diners the chance to try new things which is proving very popular.

We have been seeing an increase in people requesting lifts to hospital and hearing about how difficult it can be to get to Hereford, Shrewsbury and sometimes Oswestry for those who can't drive or don't have friends or family to take them. We work closely with Sharon and her team at Community Cars who can provide a service at a much lower cost than a taxi and we signpost others to the hospital transport number. When all else fails we do have a small number of volunteer drivers who may be able to help but we are keeping a close eye on demand as it is a costly service to run and not an easy one to draw down grant funding for.

Like the transport service, much of what we do needs innovative funding as the need-led/reactive nature of our work demands funds to be as equally flexible. This is where the local donations we receive are so important. They enable us to spend the funds where and when they are needed rather than having to forecast, and therefore set, where we think the need will be and how we will meet it so a massive thank you goes out to all those who have donated or raised unrestricted funds for us this year.

The Community Fridge goes from strength to strength, and we plan to expand what we can do with the project. This includes (hopefully) investing in a new display freezer (our current freezer is struggling with being opened so many times a day), using the surplus to cook ready meals and soups for distribution and much more. The utilities costs of running the community fridge project are eye-watering, but it not only saves food waste but also provides a vital service (e.g. over recent months we have been providing food parcels to several people struggling with serious health issues and unable to shop or cook for themselves) and we are keen to keep it going. To help with costs, we do ask for donations for items taken and from July will formalise this to a minimum donation of £1 each visit. This will hopefully enable us to be more sustainable in the years to come.



As ever, a massive thank you goes out to all our volunteers. We couldn't do so much without the time you give - whether hours or minutes a week it's all vital. We have welcomed lots of new volunteers this year from trustees, to shop front and drivers, to digital inclusion tutors and more besides. Many come to the monthly coffee mornings Nicola runs at the Social Space and the sense of camaraderie and community is wonderful to see.

We will carry on delivering, listening, networking, and planning for the future over the coming months. Now we are really starting to settle into the building and as a team, I can turn my focus to the longer-term sustainability of the charity. **HANDS TOGETHER LUDLOW** really does fill the gaps and is able to support individuals with a flexible and person-centred service, as well as being a focus for bringing people together as volunteers and beneficiaries. With your continued support we plan on being here long into the future. Thank you all so much.

Susie O'Hagan, Operations Manager.

Community Resource are here to help



The Community Resource Voluntary and Community Infrastructure Support Team offers free advice, guidance and support to local charitable groups and organisations.

Whether you are thinking of setting up a community group, are a new group or organisation, or have been established for many years, Community Resource can support you.

Community Resource offer support with:

- **Governance Advice and Guidance including support to start new groups**
- **Training**
- **Grant and Funding Advice**
- **Volunteer Recruitment**

If you would like help with any of these areas, please come along for an informal chat on **Monday 24th July between 2.00pm and 4.00pm at the **HANDS TOGETHER LUDLOW** building.** Email sipvcsteam@community-resource.org.uk or call 01743 360641 for further details.

Ludlow Men's Shed

Ludlow Men's Shed were the proud recipient of an award from Ludlow Rotary Club last month. The award has gone towards replacing mains power tools with battery powered tools to increase health and safety within the Shed by removing the risk of electrical cables being cut and trips hazards around the workshop.

Lead Volunteer David Burton, said "We are approaching 50 members and this award is a significant boost to Ludlow Men's Shed - many thanks to Ludlow Rotary Club".



Community Lunch

We've had a lot of fun at Community Lunch this month. We've been joined by new volunteer cooks and welcomed several new diners.



Menus in June included, quiche, roast chicken, and vegetable traybake, plus seasonal salads, and for dessert, strawberries and ice cream from the Ludlow Farm Shop. We make our menu as seasonal as possible and use supermarket and local producer's food surplus that has been donated to the Community Fridge as much as we can. We've also been experimenting with different tastes; home-made humous, garlic and cheese bread made from ciabatta, roasted peppers with tomato and garlic, as well as Mediterranean cous-cous so far. We also made vegan banana and chocolate ice cream, which was a big hit. It's a great way to use up ripe bananas and is a lovely summer pudding for

everyone. If you'd like to try it, all you need to do is freeze a skinned banana, then blitz it in a blender with a teaspoon of cocoa powder until smooth and then eat it straight away. This makes enough for one person.

Everyone is welcome to Community Lunch, it's at 12.30 on a Tuesday at Helena Lane and is £3.50 for a main and pudding, please book in advance by calling 01584 817250. Do let us know of any allergies or dietary needs.

If you have a veg patch or allotment and have a glut of vegetable or fruit please consider donating them to our Community Fridge. Contact the Food Projects Co-ordinator on the number above or drop them into **HANDS TOGETHER LUDLOW** at 15 Lower Galdeford from 10-4, Monday to Friday.



Staff and volunteer Training

Over the past month, staff have taken part in an adult safeguarding and unconscious bias training and volunteers have undergone food hygiene, befriending, community fridge and induction training sessions.

Could you be a Cancer Champion?

Lingen Davies Cancer Fund has joined forces with The Qube in Oswestry to deliver the Cancer Champions campaign across Shropshire, Telford & Wrekin. This is part of a wider programme of work that's being delivered nationally by the NHS called Core20PLUS.

We know that talking about cancer is important because spotting it early can help to save lives. That's where a

Cancer Champion comes in – someone who empowers and encourages people in their community to take up cancer screening, spot the early signs of cancer and seek help when needed. They are looking to recruit Cancer Champions from communities and groups that may struggle to access health services in the traditional way, in particular those rural and isolated communities, and support them to help raise awareness about the importance of early diagnosis. No experience or specific skills are required, it is simply a role to engage people in conversation and offer information and advice as appropriate. Further information can be found at www.cancerchampions.co.uk or you can contact Holly directly via email h.corrigan@qube-oca.org.uk



Food Surplus news

There is an immense pressure on local charities and community organisations to support the rising number of people needing help with a number of different things. One of the biggest demands for help is regarding food. The cost-of-living crisis, ongoing supply chain issues, high energy costs, war in Ukraine are all putting additional pressure on the food industry. Any of these issues alone would have a huge impact, but happening all at the same time is resulting in significantly less surplus food available for redistribution across the UK.

The Trussell Trust, who runs the largest network of foodbanks in the UK, are experiencing a huge reduction in donations from members of the public and are now having to purchase food at levels never experienced before. 13% of the food they hand out is now purchased whereas before the COVID-19 pandemic, all food was donated.

In November, FareShare handed in a letter to the Prime Minister signed by almost 60 MPs asking for surplus food to be redirected to the worst affected by the cost of living crisis: [MPs call on government to deliver 100 million meals to those worst affected by cost of living crisis](#). We can all help stop unnecessary food waste by doing more with what we have. FareShare have pulled together some ideas and recipes, which are regularly updated on their website, for people to use to make your food go further. You can view them and have a go here: [Recipes](#)

Easy fundraising

Did you know you can support **HANDS TOGETHER LUDLOW** by raising money every time you shop online? - and it doesn't cost a penny!



We're now registered with easyfundraising, the UK biggest charity shopping fundraising website. This website allows us to receive donations directly from brands when you use the site to shop with all your favourite stores online.

Although we encourage people to shop locally and appreciate that we are still in a cost of living crisis, this isn't about asking you to spend more but to make you aware that if you are making an online purchase anyway, that by using easyfundraising you can give to us at the same time and at no additional cost to you. You can also donate to Ludlow Men's Shed as well, so please support us if you can by registering yourself today at <http://efraising.org/gAeZfymjxF>.

It only takes 2 minutes and all you need is your email address. **PLUS - to help us get up and running, for a limited time only, we have been offered an additional incentive!**

Upcoming events

Ludlow Men's Shed: Monday to Friday from 10:00am to 3:00pm at 15 Lower Galdeford, providing companionship and woodwork, metalwork, model-making and other projects for men.

Community Lunch: Every Tuesday from 12:30pm to 2:00pm. £3.50 for a two course meal. Booking is necessary each week via the Helpline.

Afternoon Tea: Every Wednesday from 2:00pm to 3:15pm at 15 Lower Galdeford, to help and encourage socially isolated people to regain independence.

Good Grief Café: Normally the first Wednesday of each month from 3:30pm to 4:45pm at Bill's Kitchen (next to the Assembly Rooms), offering mutual support for those who are mourning the loss of a loved one. Ring the helpline to book before a first visit.

Good Start Together Toddler Group: Every Thursday from 9:30am to 11:30am at the Methodist Church. Participation by referral only.

Ludlow Green Festival: Sunday 9th July 10:am to 4:00pm in the Castle Square. Ludlow Men's Shed will have a stall and there is live music, swap shop, free activities and much more.

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 Millichope Foundation and the Hall Garth Trust.



HANDS TOGETHER LUDLOW

connecting our community

Hands Together Ludlow

15 Lower Galdeford, Ludlow, SY8 1RU

Community Helpline: 01584 817250

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website: www.handstogetherludlow.org.uk

registered charity no. 1171979

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