



TOGETHER

The monthly newsletter of **HANDS TOGETHER LUDLOW**

June 2023

A look back at our AGM and Celebration Event, a few words from Chris Deaves our Trustee

We were very pleased to hold our first AGM at the Hub. The meeting was short – thank you to everyone for not asking any questions! Another first was the completion of Mike Beazley's first year as Treasurer.



He was very happy to report that the financial position for this year had improved on the already good position we had from the year before. Also, the accounting and activity reporting systems are now fully online, so that we can report more accurate data to both funders and prospective funders. Some of this includes that we have served over 1,000 2-course meals at our weekly lunch club, 299 attendances at our Good Grief Café monthly meetings, 12 people

given help to access the internet safely. Our volunteers gave almost 5500 hours of time in 2022, equating to over £30,000 at national minimum wage.

We were pleased to introduce our new Trustees, Gwyneth Bowyer, and Simon Lambourne. Both are already proving valuable to **HANDS TOGETHER LUDLOW**. Sadly, we have also had some Trustee resignations: Mike Owen, who was one of the founders of **HANDS TOGETHER LUDLOW** and has steered us wisely (and handled all our publicity, newsletters, and media activity) has decided to take a well-deserved rest. David Harlington, another founding member, has announced his intention to retire as soon as he has completed some administrative activities. We also bid a reluctant farewell to Rev. Kim Stillwell, who is standing down because he is taking up a new post in the Methodist Circuit and has had to move away from Ludlow. Kim was a heavily involved in creating a space for the new **HANDS TOGETHER LUDLOW** to operate in and we are sure he will continue to watch us from far away in Shrewsbury. Finally, Erica Garner has stepped down to continue her activities in Ludlow elsewhere – many will be aware of the Ukrainian refugee support work she is leading. Erica was one of the leaders during our response to Covid and the social prescribing work we are now doing.

We wish them all well but are sure that they will continue to take an interest in the future of **HANDS TOGETHER LUDLOW**.

Finally, the advantage of being at the Hub was that we all had a valuable opportunity to meet and talk over 'nibbles' afterwards, for which thanks to Jan Hadoke, Bev Lloyd, Maggie Hughes, Ann Stocker and Margaret Michie.



Our Trustees

As well as saying goodbye to some of our long-standing trustees, we have welcomed some new ones as well! New trustee Simon Lambourne shared some words on his first AGM with us; "My first **HANDS TOGETHER LUDLOW** AGM and celebration event as a trustee was thoroughly enjoyable! After we had dealt with the business matters, we had the opportunity of networking with like-minded people whilst enjoying refreshments and some delicious snacks! To be able to share with others who, in their own way, enjoy getting alongside folks and offer a helping hand, was very encouraging. Why don't you come and join us! A warm welcome awaits."



Standing L-R: David Harlington, Janna Vigar, Mike Beazley (Treasurer).
Seated L-R: Chris Deaves, Gwyneth Bowyer, Sue Chantler (Chair of Trustees), Simon Lambourne

Meet Sophie Aindow, our new Food Coordinator

We have been recruiting for a new Food-Coordinator since March and are pleased to have welcomed Sophie Aindow to **HANDS TOGETHER LUDLOW** in this position. Sophie started with us for a few weeks ago and we caught up with her to find out how it's been going so far.

Why did you apply for the job?

I wanted to be part of an organisation supporting my local community. I saw the advertisement for the post and was really excited to apply.

What were you doing before this job?

I was a Teaching Assistant, working with primary school children. Before that I was a Finance Officer for South Shropshire Youth Forum and a Bureau Manager for South Shropshire Citizens Advice Bureau.

What do you think will be your biggest challenge?

My biggest challenge will be finding creative ways to use up surplus food, especially when we have a lot of one thing! I'm looking forward to finding interesting and economic recipes for our volunteer cooks to make at Community Lunch and other projects.

Where do you work?

I work at the main office at 15 Lower Galdeford in Ludlow.

What have you been doing in your first few weeks?

I've been getting to know the rest of the team, learning what everyone does and meeting people at Community Lunch and Afternoon Tea.

What are you looking forward to most about working for Hands Together?

I'm looking forward to getting to know everyone else here and working together to plan further food projects.



A huge thank you from Nicola, our Volunteer Coordinator

The 1st June marks the start of Volunteer Week, and we would like to say a huge thank you to each and every one of our 71 volunteers who give their time to support the activities we provide for the local community. What better way to celebrate volunteering with **HANDS TOGETHER LUDLOW** than by asking the volunteers themselves? Here is a selection from the huge number of quotes we have received, a tour around **HANDS TOGETHER LUDLOW** in the words of the volunteers. I hope you enjoy reading them.

“I help bring out the success that youngsters have within them because they often do not know the potential they have. Having retired, I have found find this a way of rewarding myself by doing good works. This makes me feel good and recognise that not everyone is as lucky as I am.” **Adrian, Volunteer Youth Mentor**

“Volunteering in the community fridge and cafe has given me a good feeling that I am doing something useful for the local community. In the past 5 months I have met lots of new people and made new friends.” **Shirley, Community Fridge Volunteer**



“I collect surplus goods from a local supermarket three times per week. I enjoy this because it helps people in my community and reduces the amount of waste going into landfills. The commitment required gives me an added purpose and I enjoy meeting a variety of people that I wouldn't otherwise meet.” **Dave, Surplus Food Collections Volunteer**

“'Running' the Shed is an absolute pleasure - it gives me a sense of achievement and a structure to my time - the cooperation of the volunteers and the staff and volunteers of **HANDS TOGETHER LUDLOW** works so smoothly as we all share a sense of purpose.” **David Burton, Ludlow Men's Shed Co-ordinator Volunteer**



“This may sound rather cliched, but I definitely feel that I gain more from volunteering than I contribute. There are a lot of very worthwhile people in this community and particularly at this time of serious economic and social problems, **HANDS TOGETHER LUDLOW** has, in my opinion become both a necessary and integral part of our town.” **Amelia, Community Fridge Volunteer**

Training updates from the last few weeks

Over the past few weeks, staff members and volunteer teams have taken part in various training programmes, including First Aid Training. Staff have also taken part in bid-writing training to further develop skills. Volunteers have taken part in befriender training and new volunteers underwent their induction training to allow them to start offering their time at our activities.

Woodcarving Workshop – new date announced



By popular demand Ludlow Men's Shed is hosting another wood carving course led by local professional woodcarver, Andrew Pearson

<https://www.andrewpearsonwoodcarving.co.uk/>

This full day workshop will be held on Saturday 24th June, from 10:00am – 4:00pm and is aimed at beginners and those who have had some experience of woodcarving. This course focuses on relief carving, selection and use of tools and attendees should have a piece of work at the end of the day to take home. The course costs £40.

There is a limit on numbers for this workshop - please contact

sheds.handstogetherludlow@gmail.com for further information or call in at Ludlow Men's Shed, 15 Lower Galdeford, between 10:00am-3:00pm Monday to Friday.

Hands Together Ludlow is continuing its computer assistance

Do you think that you ought to know more about computers? Have you been given one by a well-meaning friend and aren't sure what to do with it? Do you want (or have to!) do something online and don't know how to start?

We can help you! In conjunction with Shropshire Council, we are offering free teaching and assistance, to anyone who meets the following criteria:

If you are: over 65 years old or live alone or provide or receive care from a family member or have a disability/health condition or are in receipt of Pension Credit or other means tested benefit.

Then we are offering two choices:

- 1.** A series of eight weekly **one-to-one hourly online teaching sessions** with one of our volunteer teachers, covering the basics of computers, laptops, tablets, and smartphones. This will give you a good basis to explore what you can do with computers on your own – you can always come back for more advice.
- 2.** If you want help with a specific task (including help using one-line services from, for instance, central or local government, or sorting out things like passwords and email), then we have **drop-in sessions** to help you with this.

All sessions will usually be held at our building in Lower Galdeford, can be held in a private room if you need to deal with confidential matters, can be held at your home if you have mobility issues, with suitable planning, and come with tea and biscuits!

If you don't meet the conditions above then **we can still help you**. Please call us on 01584 817250 in advance so we can get ready for you.



Shropshire Master Composters



Shropshire Master Composters are currently looking for more volunteers in the Shropshire area to join their team to help promote composting. They are hosting a free volunteers' training day at OsNosh Community Kitchen, Oak Street, Oswestry, SY11 1LW on Friday 23rd June, 10:00am-3:00pm.

The aims of becoming a Master Composter volunteer are to encourage more people to compost at home and the benefits of doing so and supporting those already composting. This role will suit people who have an interest in composting and sustainable waste management, have a positive, organised, and flexible approach to volunteering and are looking to extend their knowledge in sustainable waste management.

Contact Rachel, the project coordinator, on 07584343846 or visit [Garden Organic | Volunteer with us](https://www.gardenorganic.org.uk/get-involved/volunteer-with-us) to apply to volunteer.

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. Please encourage people who would benefit to book their place through 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.

Festival of Forests: Sunday 11th June from 10:00am-4:00pm at Monstay Farm, SY8 2HE. Ludlow Men's Shed will have a stall on the day

Soap box Derby: Sunday 25th June at RichARDS Castle, SY8 4ET

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.



HANDS TOGETHER 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

