

AGM and 2022 Annual Report

The **HANDS TOGETHER LUDLOW** Annual General Meeting will be held at our new offices on 15 Lower Galdeford on Thursday 18th May 2023 at 3:00pm-3:30pm. The AGM is a public meeting, so all are welcome to attend. The meeting agenda is available on our website, and you can [click here](#) to read our Annual Report for 2022. Please contact general.admin@handstogetherludlow.org.uk if you require a paper copy.

A look back at the first part of 2023

Things have been busy here at **HANDS TOGETHER LUDLOW** since the start of 2023. We have welcomed St Laurence's Church to use of one of our office spaces for two days a week while renovations at their offices are taking place, the Citizens Advice Bureau will be available on Wednesdays, by appointment only, towards the middle/end of May, and we have a member of South Shropshire Youth Forum's team use the space every Friday. We are so pleased that we can offer this to those in the community who can benefit from a quiet office space.

As well as this, we helped and provided support to over 180 individuals over 1000 separate interactions (excluding the Community Fridge). Our Community Fridge receives donations from large supermarkets such as Aldi and Tesco and smaller shops such as Myriad Organics, and private donations from the public, on a weekly and sometimes daily basis. This has helped prevent over half a ton of surplus going to landfill and instead to more than 180 individuals over 400 visits during March alone. Don't forget that if you have more rhubarb to know what to do with, or any other seasonal fruit or vegetables from gardens and allotments, we are very glad to have it. Some may go in the Community Fridge for distribution, and some will be used for the Community Lunch or other food events we deliver.

An update from Nicola, our volunteer coordinator

We are so pleased that our active team of volunteers has now reached 75 and is increasing all the time. This means we now have 75 individuals who are giving up their time on a regular basis to provide support to our community. In March, our amazing volunteers gave us over 2000 hours of their time during the first three months of the year, which is equivalent to a £20,000 salary! We couldn't do any of this without our volunteers and thank them for their dedication and time. We are always looking for more though and we have two new volunteer teams being set up at the moment.

Digital Volunteers - helping an older person become confident with a mobile phone, iPad, or computer.

We are looking to increase our support to people aged 65+ who need basic help with IT



in Ludlow. The main purpose is to give people the confidence to use a phone, iPad, or computer with the overall aim of improving their wellbeing. It may include things like sending a message, making a phone call, searching the internet, sending an email, saving a document, writing a letter etc. The volunteer role would be to provide weekly support to an individual for an hour a week for 8 weeks.

Face-to-face befriending team

We are developing a new team of befrienders to provide weekly contact or ad-hoc support to those in Ludlow who feel lonely or isolated. It may involve visiting and having a cup of tea and a chat, accompanying someone to an activity, going out to a café or going for a short walk. All with the purpose of building confidence. Each befriender volunteer has one individual to support.

(If you know of anyone who would benefit from the support of a befriender, just call the office number 01584 817250).

If you can help, or would like to be a part of either of the above volunteering opportunities, please email Nicola at vol.coord@handstogetherludlow.org.uk

Our monthly coffee mornings are proving popular. The next **volunteer coffee morning is Wednesday 17th May**. Please come along to the Hands Together Ludlow building at 15 Lower Galdeford from 10:00am-12:30pm to chat about volunteering, or to find out more if you are interested in joining the volunteer team. Homemade cakes are provided as well as tea, coffee and pastries which are kindly donated by SPAR in the marketplace.

Ludlow Men's Shed Woodcarving Workshop



The woodcarving workshop hosted by Ludlow Men's Shed was a great success with participants, although never having done carving before, showing their creativity and skills. Course tutor, Andrew Pearson, demonstrated techniques and then assisted participants with their various carving projects covering a diverse range of subjects from a hen to a heart, to a boat to a bear! Well done everyone on the day – we hope to be announcing another



course shortly. Ludlow Men's Shed is open Monday-Friday, 10:00am – 3:00pm, please pop in and chat to one of the volunteers if you are interested in joining, or to just have a look around the workshop! Or email David on sheds.handstogetherludlow@gmail.com with any questions you may have.



Mental Wellbeing Vehicle Drop-In Support

Every other Wednesday throughout May there is a Wellbeing Vehicle at Ludlow Mascall Centre, provided by Mental Health Support Shropshire, to help reach people in more rural areas get the support they need. The team of trained professionals can offer support, guidance, and signposting to people experiencing mental ill health and their loved ones. This is a free drop-in service and there is no need to book. Ludlow Mascall Centre can be found on Lower Galdeford, SY8 1RZ. The dates for May are Wednesday 17th and Wednesday 31st (10:00am-2:30pm) with dates in June still to be announced.

An update from Nick Young



Unfortunately, due to a persistent leg and ankle injury, Nick Young had to pull out of the 2023 London Marathon. Instead, Nick will run the London Marathon next year with **HANDS TOGETHER LUDLOW** still as his chosen charity. We are gutted for him and know this was not an easy decision for him to make. Everyone at **HANDS TOGETHER LUDLOW** wishes him all the best in his recovery.

Thanks to your fantastic generosity, Nick has raised over £4,000 for us, which will allow us to continue to run all our projects and develop new ones to further support those who need it most in our community. Nick will gradually begin easing himself back into running over the coming months and is a regular with Ludlow runners. Please do give him a wave if you see him around town.

Dementia Support Information Day

There are an estimated 850,000 people living with dementia in the UK. It is important for those affected, and their families and carers, to know where they can access the support and information they may need.

Radfield Home Care are hosting a free, county-wide event at Shrewsbury Town Football Club on Thursday 18th May from 10:00am-3:00pm. The event will have various organisations from across Shropshire who can provide information on financial advice, legal advice and home care service providers and is a fantastic opportunity to access lots of support options in one place. At the time of publication, some of those attending include Age UK, Dementia Action Alliance, Shropshire Carers, Health Watch, Wace Morgan, Alzheimer's Society and many more.

Shrewsbury Town Football Club can be found at Montgomery Water Meadows, Oteley Road, Shrewsbury, SY2 6ST and has free onsite parking.



Survivors of Bereavement by Suicide

Survivors of Bereavement by Suicide (SoBS) have started a support group for those in Shropshire and Telford and Wrekin affected by suicide. It can be difficult to talk about suicide, and many people who have been bereaved feel alone and isolated at a time when they are hurting and need support. SoBS offers a friendly, safe, and confidential peer led support group, offering help and support to all those over the age of 18 who have been bereaved by suicide. The group meets on the third Tuesday of every month in Shrewsbury and strives to improve public awareness and maintain contacts with many other statutory and voluntary organisations. For more information contact 07940558521 or shrewsbury@uksobs.org.

Survivors of Bereavement by Suicide

Do you need support with Suicide Bereavement?

Help and support is available from the Survivors of Bereavement by Suicide

Your closest group is:

SoBS Shrewsbury

Meeting day: The 3rd Tuesday of every month
For more information contact:
07940 558521
shrewsbury@uksobs.org

Our friendly, safe and confidential peer led support groups are open to all those over the age of 18 impacted by suicide loss.

www.uksobs.org

Ludlow Spring Festival

Don't forget that Ludlow Spring Festival is taking place from the 12-14th May, providing a weekend of fun for the whole town! The Sunday events (14th) include Panic Circus who are putting on a puppet show, teaching circus skills and a kids own skill show, all for free! Andrew Richards Ceramics will be demonstrating on his potter's wheel over the weekend, and on Sunday only will be offering children the chance to make their own Seascape tile in 20-minute workshops for £4.00 a go. You can book a workshop with Andrew on the day. As the weather should be getting warmer as we enter May, now is a great time to encourage children to spend more time outdoors and in the garden. Shropshire Wildlife Trust will be happy to chat about tips and advice for wildlife and the environment and are offering activities on Saturday and Sunday only. The activities include seed sewing for children, a fat-ball making activity for garden birds, butterflies and moths and making your own butterfly feeder. As well as this, The Woodland Trust will be offering colouring and leaf identifier.

The opening time for Sunday is 11:00am-4:00pm at the new venue of the Rugby Club, just down the hill from the Castle, pop down and enjoy all the fun on offer! **Tickets for the festival can be bought ahead online from <https://www.ludlowspringfestival.co.uk/tickets-dates> , or on the day.**

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 3.45pm 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. 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.

Annual General Meeting: Thursday 18th May, 3:00pm-3:15pm at 15 Lower Galdeford, SY8 1RU.

Dementia Support Day: Thursday 18th May, 10:00am-3:00pm. Held at Shrewsbury Football Club, SY2 6ST.

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



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