

October 2023

Walks for All official start date

We are very excited to announce that our first Walks for All will be on **Wednesday 18th October** at 10:00am. Our group of volunteers have been planning and testing out various different 30-minute routes in Ludlow with support from Nicola, our volunteer coordinator, and are now ready to go! Each walk will end with an optional tea or coffee at a café in town; further details on the walks can be found in September's newsletter. Booking is required for each walk so please call 01584 817250 or pop into The Hub to do so, or to find out more.

Afternoon Tea



We have made the decision to increase the minimum donation for Afternoon Tea to £2.00, starting from the 1st of October. Since Afternoon Tea started in 2021, the price point has always remained the same. To keep in line with the price of Community Lunch and the refreshments available at The Space along with the sheer amount of food provided we have decided now is the time to increase it. Afternoon Tea is one of our more relaxed events and continues to grow in popularity each week. It is great to see and hear the buzz of people chatting and enjoying sandwiches and cakes that our volunteers have spent time preparing, and comparing answers over the weekly quiz!

Digital Inclusion

Would you like to know how to order a prescription online? How to make an online food shop order? How to send photos to a friend? We can help you!



Our first wave of 8-week Digital Courses are coming to an end and our volunteers have space available starting from the beginning of November. Our digital volunteers have been working with their learners on a 1-1 basis to give them the skills and confidence to be able to access online services safely and independently. If you or someone you know would benefit from the course, please call 01584 817250 to book a place or to find out more.

Alternatively, we still have our Drop-In sessions every Monday afternoon from 2-4pm at The Hub for help with filling in and sending an online form, or to scan a document.

Men's Shed



The volunteers at the Men's Shed are well on their way in making a range of items that will be for sale at various events and in their small shop in the Shed. Other members are also being encouraged to help make them using these as examples or choosing items from an extensive list of ideas - a great way to build up skills and make some lovely presents!

Youth Drop-In is back!

We are very pleased that Youth Drop-In will be starting again from the 20th October. In partnership with South Shropshire Youth Forum, we will be opening our building between 4:30-6:00pm every Friday so the young people of Ludlow to have somewhere to hang out. We provide warm or cold drinks, have lots of board games and a mini pool table available along with free Wi-Fi! No booking required, come and see what you think and find out what else we do.

Community Lunch

Our Community Lunch has become very popular over the last few months, which is fantastic but also means that we reach our maximum numbers most weeks now. Advance booking is vital and on a first-come-first served basis with most diners booking a week in advance. We ask that if people need to cancel, they let us know by the Friday before as we often have a waiting list. We do get people turning up without booking and they can be disappointed if we have to turn them away as we are full (we also don't like to do this). We are actively exploring ways to extend our community meal activities so we can accommodate more people, we will publish any news here in the coming months.

Local support from The George

We are very pleased to be working with The George which has recently been refurbished and opened again in Ludlow. To support us, 25p from each Porchetta dish sold will be donated to us. If you're planning on making a visit, be sure to order this and help support us at the same time! We are very grateful for the support of The George and look forward to working with them further.



Staff and Volunteer training

Over the past month, staff and volunteers have taken part in Gift Aid Secretary training and Volunteer induction training.

Chair Yoga



We are very excited to be welcoming Becca from Jenna Blair Yoga to our Hub on an afternoon to deliver free chair yoga classes! Starting on the 26th October at 2pm, Becca will be delivering 3-4 sessions of chair yoga to a small group who are looking to encourage their physical and mental wellbeing. The class will last around 45 minutes and is open to all abilities, especially beginners due to the gentle approach she takes in her classes. If this sounds like something you can benefit from, please call us or pop into The Hub to find out more or book your place!

Opportunity to join a local charity

South Shropshire Youth Forum are currently recruiting for a part time Finance and Fundraising Officer to join their small, friendly team. You will be responsible for helping to raise funds for the charity, managing finances, working with, and reporting to the CEO, enabling the organisation to meet its financial obligations. If you work well on your own, as well as part of a team, have experience of financial administration and fundraising, excellent communication, and IT skills, including Microsoft Office and Excel, this could be the job for you. If you are interested, visit their Facebook page [here](#) for more information – deadline for applications is Friday 13th October.



SLOG – Sight Loss Opportunity Group

The Sight Loss Opportunity Group (SLOG) meets at Ludlow Library on the third Monday of the month from 10:30am to 12:30pm. This group is facilitated by the Sight & Hearing Loss support team at Community Resource and is a place for anyone who has a visual impairment. Here, you have access to information and support, interesting activities to meet and make new friends and stay active and confident. For October's meeting on Monday 16th, a talk will be held by Jason Shaw from VisionAid Technologies Ltd – a family ran business who provide solutions to assist partially sighted and blind people, with over 1,000 products to choose from. Ludlow Library can be found at 7 Parkway, SY8 2PG. For more information about the group, please contact Sight & Hearing Loss Support on 01743 34216.

St Laurence's Harvest Festival

On Monday 2nd October we were invited to collect some fruit and veg goodies from St Laurence's Church from their annual Harvest Festival. Amongst the large amount of food, including leeks, potatoes, onions to name a few, we had the biggest pumpkin and marrows we have seen in a long while! The volunteer team at St Laurence's rely on the generous donations made by Ludlow food traders. These include, but not all, Applegreen, Broad Bean, Carter's Butchers, Dragon Farm (Ludlow Market), Harp Lane Deli, Marmalade, Mollie's Sweets, Prices, both One Stop shops, Teme Apple, Walls Butchers amongst many others. It is so great that the community spirit.



The biggest Pumpkin we have seen in a while!



Just a small selection of fruit and veg received!

Some of our upcoming events (more information available on the Events page of our website)

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.

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

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