TOGETHER

The monthly newsletter of HANDS TOGETHER LUDLOW

November 2026

Meet Darran, our new Facilities and Operations Support Assistant!



We are very pleased to have welcomed Darran to the Hands Together team as our new Facilities and Operations Support Assistant. Darran joined the team part way through October and has been settling into his new role. We caught up with him to see how everything has been going…

Why did you apply for the role?

I want to help make a positive difference in my local community.

What were you doing before this job?

I was helping to set up the new preventative wellbeing service for Shropshire Council and prior to that, leading the Befriending service at Age UKSTW - helping to support older people to feel less isolated.

What do you think will be your biggest challenge?

Getting to know the organisation and its operations.

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

I am most looking forward to meeting and helping our service users and working with my new colleagues.

If you see Darran when you're next popping in, be sure to say hello!

Have your say – take part in our snapshot survey

Your experience matters, and by taking just 5 minutes to complete our Snapshot Survey, you can help us better understand the needs, challenges and priorities of people in our community.

Whether you use local services regularly, occasionally, or have never accessed support before, your feedback is incredibly valuable. The information gathered will help us build a clearer picture of what is working well, where there may be gaps in provision, and how services can be developed to better meet the needs of a local people.

The survey is quick and easy to complete, but the impact of your response could be significant. Every completed survey helps ensure that community organisations and support services have a stronger understanding of the issues affecting local residents and can plan future support accordingly.

We encourage everyone to take part. The more voices we hear, the more accurately we can represent our community and work towards creating services that make a real difference.

Please spare a few minutes to complete the Snapshot Survey and help shape the future of support in our community. Every response counts. Thank you for having your say.

Complete the survey by clicking here.

Can you help share the future of our community?

Have you ever thought about becoming a trustee? HTL trustees are responsible for making sure the charity does what it was set up to do, and carries out its purposes for the public benefit.

We welcome applications from as wide a range of people as possible, so if you are interested in getting involved at Board level, like taking on responsibility and enjoy working as part of a team, it could be for you.

Whilst we welcome your application if you have previous experience as a trustee or Board member, this is not essential and we want to encourage all ages and backgrounds to become involved. We offer induction for new trustees, and additional support if you are new to governance.

The Board meets four times a year and trustees are also expected to develop their own role depending on interests and experience. This might involve representing the Board both internally and to external organisations.

Please note this is an unpaid role.

If you are interested and would like to find out more, contact the Board Chair, Sue Chantler sue.chantler@handstogetherludlow.org.uk We'd love to hear from you!

Christmas Morning Cuppa at Hands Together

If you're looking for a warm welcome on Christmas Day, why not join us at Hands Together Ludlow for our Christmas Morning Cuppa!

From 10am-12 noon on Christmas Day, we'll be opening our doors for a relaxed and friendly get-together. Enjoy a hot drink, a mince pie, and the chance to share some festive conversation in a welcoming atmosphere.

Everyone is welcome, whether you're spending Christmas with family and friends, or simply fancy popping in to say hello. There's no need to book in advance, just come along!

Christmas can be a joyful time, but it can also feel lonely for some. Our Christmas Morning Cuppa is a chance to connect with others, enjoy some companionship, and start the day with friendly faces and festive cheer.

Could you spot a scam before it catches you out?

As scams become increasingly sophisticated, knowing how to protect yourself online has never been more important. That's why we are pleased to be hosting a free Scam Awareness Workshop with Age UK Shropshire, Telford & Wrekin, designed to help people feel safer and more confident when using the internet.

In this informative 40-minute session, you'll learn how to recognise some of the most common scams, stay safe when shopping or communicating online, and take practical steps to reduce the risk of becoming a victim of fraud. Whether you're a regular internet user or simply want to build your confidence online, this workshop offers valuable advice in a friendly and accessible setting.

Scam Awareness Workshop

Thursday 5 November

10.30am

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

To find out more, contact Age UK Shropshire, Telford & Wrekin on 01743 233 123.

Don't miss the opportunity to pick up simple, practical tips that could help protect both you and your loved ones.

Ludlow Men's Shed

Ludlow Men's Shed volunteer Nicky has lovingly restored this bench for Hagley Place Care Home. The restoration involved washing the bench down, applying Nitromors paint stripper, and plenty of sanding to prepare the wood. Wet rot treatment was applied where needed, before finishing with three coats of Teak Oil.



Volunteer & Staff training

Over the past month, staff and volunteers have continued to develop their skills to help carry out their roles effectively. Recent training sessions for staff include General Grief Awareness Training, Level 2 Food Safety & Hygiene, Trusted Adult Training and Adult Safeguarding – Developing a Positive Safeguarding Culture. Our Walks for All volunteers also completed their service specific induction.

We have inducted 2 new volunteers this month and are pleased to have welcomed them to the Hands Together Ludlow team. Both of these volunteers have completed their Level 2 Food Safety courses, and one has had their full Kitchen Induction.

What's on this month:

Event	When	Where	Cost
Memory Café	10th November, 2pm-4pm	Ludlow Library, 7 Parkway, SY8 2PG	Free
Infant Feeding Peer Support	17th November, 12:30pm-2:30pm	Helena Lane Community Centre, 20 Hamlet Road, SY8 2NP	Free

Memory Café at Ludlow Library

Do you, or someone you care about, live with memory loss or dementia? Why not join the friendly team at the Memory Café at Ludlow Library on Tuesday 10th November, from 2pm-4pm.

The Memory Café offers a warm and welcoming space where people living with memory loss, along with their families, friends and carers, can meet others in similar situations. Visitors can enjoy tea, coffee, conversations and a range of informal activities in a relaxed and supportive environment.

Held on the second Tuesday of each month at Ludlow Library, the café is free to attend and is supported by Alzheimer's Society and Admiral Nurses. Memory support resources are also available to borrow, helping people access information and practical support when they need it.

For more information, contact Ludlow Library on 01743 250510.

Infant Feeding Peer Support

Parents and carers of babies and young children are invited to access free, friendly support through the Infant Feeding Peer Support in the Community sessions taking place in Ludlow over the coming months.

Whether you're breastfeeding, bottle feeding, combination feeding, introducing solid foods, or simply looking for a support space to chat with other parents, the Infant Feeding Peer Support team offers evidence-based information and practical support to help you on your feeding journey.

Regular Peer Support Groups are held at Helena Lane, providing an opportunity to ask questions, share experiences, and meet other local families in a welcoming environment. There are also Early Help Coffee & Chat sessions where parents can connect over a hot drink and access informal support and advice.

The sessions are free to attend and no booking is required.

Upcoming Sessions

Peer Support Group, Helena Lane

- 17 November, 12.30pm – 2.30pm
- 1 December, 10.00am – 12.00pm
- 15 December, 12.30pm – 2.30pm
- 5 January, 10.00am – 12.00pm

Early Help Coffee & Chat, Helena Lane

- 16 November, 9.30am – 11.30am

If you're a new parent, expecting a baby, or supporting someone with infant feeding, why not come along and find out what support is available?

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

Tech Talk: By appointment only. Support with devices such as tablets, phones and laptops.

Help Hub: By appointment only. Providing practical support with everyday paperwork, forms and applications (excluding PIP), helping people navigate services that can sometimes feel confusing or overwhelming.

Community Lunch: Tuesday and Friday by bookings only. Please call the HTL office to book a place.

Walks for All: Wednesday mornings, meet outside Ludlow Library to leave at 10am. Group walk of up to 1.5 miles taken at a gentle pace.

For more details of any of our events please call **01584 873062 or visit our website** by clicking here

HANDS TOGETHER LUDLOW

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

01584 873062

email: **general.admin@handstogetherludlow.org.uk**
website: **www.handstogetherludlow.org.uk**
registered charity no. 1171979

In line with the General Data Protection Regulation Act 2018 your email address is securely stored for the purpose of sending you this newsletter. If you no longer wish to receive this, please email "no newsletter thanks", or use the 'unsubscribe' link in the email.