

October 2024

Meet Teresa, our new Volunteer Coordinator!

Last month we let you know that we have appointed a new Volunteer Coordinator. Teresa joined our team at the beginning of September, and we recently caught up with her to see how she has been getting on with her role.

Why did you apply for the job?

I follow Hands Together Ludlow on Facebook, which is how I saw the job vacancy, which sounded really interesting and like it would be a challenge. I was really keen to work for a small charity again where I felt like I would be making a positive impact.

What were you doing before this job?

I was working as an Estate Gardener, but prior to that I used to work for a small charity that taught woodland management and green wood working skills. There I led and managed groups of volunteers in coppicing and wellbeing activities out in the woodlands of Shropshire.

What do you think will be your biggest challenge?

I think my biggest challenge will be remembering everyone's name and face!

Where do you work?

I work upstairs in the office at the Hands Together building.

What have you been doing in your first few weeks?

My first few weeks have involved me meeting as many volunteers as possible and I have helped up at Community Lunch. I have been learning all the processes for recruiting volunteers and trying to get my head around the different rotas! Thank you to everyone who is being so patient with me while I learn!

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

I am looking forward to feeling part of the community, while getting to know Ludlow better.



Volunteer and Staff training

Over the past month, staff and volunteers have taken part in Induction training, Boundaries training and Befriender training.

Do you know someone over State Pension age?



Pensioners are being urged to check if they are eligible for Pension Credit. You can check by clicking [here](#).

If you are eligible, you can apply by calling 0800 991234 (Monday-Friday 8am-6pm), print out and fill in a paper application form or apply online by following this [link](#).

Hands Together Ludlow can provide help for those who cannot fill in the form online on a Thursday morning and Friday afternoon. This is by appointment only. Please call us on 01584 873062 to book or pop by our building at 15 Lower Galdeford to make your appointment.

The Community Fridge over the last three months

Over the past three months, our Community Fridge has received a total of 3.8 tons of surplus, of which 3.5 tons was redistributed back into the community. That's nearly 4 adult male Giraffes! This happens through the Community Fridge, where anyone can come and fill a basket of up to 5kg twice a week. From July to September, we had an average of 273 individuals use the Fridge each month, with an average of 425 visits a month. A lot of the donated food is also used for our Food Projects, including our weekly Community Lunch at Helena Lane, and daily as refreshments and for Lucky Dip Lunch in our Social Space. Don't forget that anyone can use our Community Fridge, no matter what your personal circumstances are. If you can help us prevent food waste, come see what's in the Fridge every weekday between 10am-4pm and take some bits for a minimum £1 donation (feel free to donate more if you can!).

Harvest in the Square



We were very kindly invited to be one of two Charities to be in receipt of donations from this year's Harvest in the Square. Our Trustee, Chris, was on hand throughout the morning and had this to say:

"On Sunday 29th of September, the Ludlow Methodist, Elim and Baptist churches held their 'Harvest in the Square' at the Events Square in Ludlow from 10am to noon. The event was led by Rev. Julia Skitt, with Dain providing the music. Along with Borderlands Rural Chaplaincy, Hands Together Ludlow and the Ludlow Food Bank were delighted to be there as guests to receive donations brought to this Harvest Festival. The event took the form of four cycles of sermons on the theme of harvest and singing hymns about harvest and the environment. All the guests had an

opportunity to speak about their work – a common theme was the surprising level of need within Ludlow. Many visitors were clearly surprised by the level of activity of both Hands Together and Ludlow Food Bank. A large quantity of food was donated – most was suitable for longer-term storage and hence of value to the Food Bank and some was used by Hands Together Ludlow, including marrows!

We are very grateful for these donations, so a big thank-you to you all. Should the event happen next year? Yes, but please can it be a bit warmer!"

Shropshire Armed Forces Outreach

The Armed Forces Outreach is designed to provide help and support to all military personnel, veterans, and their families. Working with many of the service charities and organisations the outreach assists and facilitates to ensure that current and former military personnel have access to the right support. This can be as simple as attending the various outreach locations for social engagement, to information, advice and guidance around housing benefits, physical and mental health, and employment.

The Group have also formed close links with several businesses, charities, and organisations across Shropshire, many of whom have signed the Armed Forces Covenant to demonstrate their support.

If you have a connection to the military; serving personnel, veteran or family member then pop in for a brew and meet the teams at Ludlow Youth Centre on Monday 28th September 11am-1pm.

For more information, please email sarah.kerr@shropshire.gov.uk or SAFCC@shropshire.gov.uk . Visit the Armed Forces support page [here](#).



Shropshire Domestic Abuse Service

Shropshire Domestic Abuse Service (SDAS) exists to provide safe accommodation, an outreach and a children/young people's service to adults and their children whose lives are affected by domestic abuse and violence; to empower them, age appropriately, to make decisions for themselves about their own futures. We work in partnership across Shropshire and Telford and Wrekin with local agencies to enable adults and children/young people to regain the strength and confidence to take control of their lives and to have a future without fear.

SDAS are wanting to offer peer to peer support for domestic abuse survivors who are from underrepresented groups or are hard to reach. This would be holding different support groups across Shropshire depending on interest. This would be something like meeting for a coffee or going for a group walk. It would be a great opportunity to speak about your own experiences and to support one another.

SDAS are also wanting to hear about your experiences and obstacles you may have faced when reaching out for help. What would you have wanted from domestic abuse services that would have made your experience easier?

If you are interested in either the peer support groups, or feedback please contact:

Olivia.sdas@connexus-group.co.uk Mobile – 07817 864751 Main Office Line 0300 303 1191

Volunteering in Ludlow Survey

Thank you to everyone who took the time to fill in our Volunteering in Ludlow survey that we ran over the summer. We have had time to analyse the results which we would like to share with you: 98 different organisations were listed, of those 86 are based in Ludlow. These included Ludlow Food Bank, Girl Guides, Ludlow Cricket Club, Ludlow Residents Group, Men Like Us, Wesley's Café and St John's Church. Of those

who answered the survey, 41% said they give their time up for free 2-3 times a week, 30% once a week and 11.7% giving their time every day. We asked for an average number of hours given to these organisations either by week, month or year. This value varied from 4 hours to 140 hours a month, 1 hour to 45 hours a week and 10-4000 hours a year.

We have been able to calculate that the total amount of hours given a year equates to a social value of over £294,000 which is incredible for a small town (based on Shropshire Council calculation of 1 volunteer hour equating to £16.07 in social value). Thank you to everyone who filled in the survey, it was greatly appreciated and will update you on our plans around this later in the year.

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

Lucky Dip Social Lunch: Every weekday from 12:00pm – 1:30pm. Come along for a light meal and good company.

Help Hub: Wednesday and Thursday mornings by appointment only. Support available for online forms (strictly not Personal Independence Payment (PIP)).

Mindful Colouring: Every Tuesday between 11am-12pm at our Social Space. Supplies provided by Hands Together Ludlow.

For more details of any of our events please call **01584 873062** or visit our website: [Events \(handstogetherludlow.org.uk\)](https://handstogetherludlow.org.uk)

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

Call us on: **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.