

Ludlow Food Network

Newsletter March 2020

COVID 19

This is of course where I have to start.

Ludlow Food Bank

The food bank is still operating, but opening hours for dropping off donations or collecting food parcels is 11am - 1pm Monday, Wednesday, Thursday and Friday.

We can now deliver to people in self-isolation. Food parcels will be provided for people in financial difficulty.

People with enough funds, who need people to go shopping for them, should contact "Pulling Together Ludlow" - the help line number is 01584 817250 - this is open from 9am - 5pm weekdays.

Whilst rationing is in place at the supermarkets, we are restricted as to how much we can buy. Therefore donations of food items are most helpful for the next few weeks until the panic buying stops.

There is a collection box in Tesco, in One Stop, or donations can be dropped off at the food bank during opening hours.

If you are unable to get out, and would like to give money, payments can be made by BACS directly to the account:

Sort code 40-30-30

Account Number 41276387.

The account is in the name of Ludlow Baptist Church, but is only used for the food bank.

If payment by cheque is easier, it should be made to Ludlow Baptist Church.

Please write "Food parcels" on the back of the cheque.

It should be sent to:

The Treasurer,

Ludlow Baptist Church

Sandford Road

Ludlow

SY8 1SX

The money will be paid into the Food Bank Account.

We would welcome donations of carrier bags, as we are running out of bags to put food parcels in.

Ruth Davies

Hands Together Ludlow

- We have spent the past fortnight putting together **Pulling Together Ludlow**, an emergency community support network under the umbrella of Hands Together Ludlow (HTL), Ludlow Foodbank, GPs, local businesses (many in the hospitality sector and now closed), supermarkets, independent traders and local individuals.

In light of restrictions caused by the Coronavirus, we are responding to the needs of the most vulnerable people in our community. They are identified as being the **most at-risk groups and without the means to social or family support**. They primarily include those:

- recommended to self-isolate (over 70 years/underlying health conditions)
- in self-isolation as a result of their role as a carer of the above
- disadvantaged by poverty, disability or lack of transport

A website and helpline are up and running and we are already supporting many beneficiaries but we need to reach many more.

Our primary focus is to provide a coordinated approach to:

- increase collection and distribution of donated every day necessities (food and household items)
- prepare meals at our lunch club premises for distribution for those struggling to prepare a healthy meal at home
- provide an on line befriending and welfare checks

All workers and volunteers carry out activities in accordance with government guidelines.

Website

<https://pullingtogetherludloworguk.wordpress.com>

Sue Chantler

- **Helena Lane** As the team of volunteer cooks working for Hands Together are not able to run our community lunches at present, we are instead preparing 'ready meals' to deliver to the vulnerable, operating from Helena Lane. We have a team of 10 cooks, who work in teams of 2 to facilitate social distancing. We are very grateful for the support for this enterprise that we are receiving from local businesses: Fishmore Hotel, Downton Lodge, Charlton Arms to name a few who have closed have been giving us their very high quality surplus including 200 tubs of soup, curry and a lentil dish from the Charlton Arms. Bikold have offered us freezer space.

Although we haven't yet started delivering, we have a team of volunteers ready to go

Di Garrini

Working Together Ludlow

Supporting people with learning difficulties and disabilities

At Working Together we always think of our members, volunteers and staff as one big extended family and even though we have had to close our doors temporarily we still want to be able offer any support we can - especially for anyone feeling anxious, isolated, lonely or struggling with the changes to normal routine.

Whilst we may not be able to be together in the same rooms for a while there are lots of different ways we hope to keep in touch.

We are working out ways we can offer virtual activity sessions, through video and digital communications – we will be looking into ways we can try to share cookery and craft activities in our own homes, setting up virtual Sewing Bee, Writers and Sports Clubs and sharing Working Together messages through our phones, tablets and laptops and via Facebook, our website and YouTube account.

We are encouraging members and their families to think about drawing pictures and writing letters as ways of keeping in touch in the coming weeks, perhaps creating a new Pen Pal network.

We will also endeavour to continue to offer support to families and will keep in contact by telephone, mobile phones or other messaging services - as well as through Facebook our website and YouTube Channel whenever we can and we are putting together some activity packs which we will distribute weekly (electronically or by post for those not online).

In the meantime, if you feel there is anything you might be able to contribute by way of sharing information, activities, ideas, recipes, pictures etc please email:

manager@workingtogetherludlow.co.uk call 07896 415643 or visit www.workingtoghtherludlow.co.uk

Nigel Bishop

Independent Food retailers

Please remember that your local food retailers are here to help you and don't just default to purchasing from supermarkets etc as seeming the 'easier' option.

- **Let's go Ludlow** are publishing a list of food retailers offering home delivery service – see <https://www.letsgoludlow.com/> .
- **Broad Bean** are offering delivery for customers who cannot leave their homes
- **Myriad Organics** are open with reduced hours (currently 9 - 4:30, although this may change again) and doing our best to serve customers in store or at the door. They are running a limited delivery service for the most vulnerable. They are trying their best to keep the details on the website up to date www.myriad-organics.co.uk

Phones manned morning between 9 and 12., though email is a better means of communication myriadorganics@gmail.com

Local to Ludlow

The council has decided that it is no longer appropriate to hold the local produce markets. However, our local producers still need outlets for their produce. Please try looking at their websites to see if they are able to deliver direct. You will find these on our website which is <http://localtoludlow.org.uk/>

Kate Norman

Slow Food

All events planning has been paused in line with government guidance. There are many small producers and retailers who are unable to sell through their usual outlets and we will be focusing on supporting them and publicising what they are doing during this period. Cows still need milking and vegetables harvesting so it is important to help producers find outlets, whether it's local outlets or online sales. Never has the case for a sustainable food system been illustrated more than in the present crisis.

Sue Chantler

Fairtrade

We all know the extreme measures we are having to take in this country to try to prevent the spread of the virus and the strain it is going to be placing on our health service. It is beginning to be detected in developing countries and I live in dread of hearing that it has got a hold in one of these countries as living conditions are such that many people will not be able to self-isolate and certainly their health services will not cope. The death rate could be horrifying.

At this time, therefore, it is more important than ever to do our bit to support these communities by buying Fairtrade. Many Fairtrade goods are available online. You may want to look at Traidcraft goods by visiting www.traidcraftshop.co.uk.

Closures

It is with regret that Wesley's café and the Oxfam shop report that they are closed for the foreseeable future.

Cancelled

It will come as no surprise to you in the circumstances that the Ludlow Spring Festival in May has been cancelled. Let's hope the situation has changed by the date of the Food Festival in September. For up to date news, watch their website

<http://www.foodfestival.co.uk/>

Postponed

The South Shropshire Climate Action Group were planning a big conference on climate change, also due to take place in May. This is being postponed – it is hoped to hold it later in the year. To keep up to date with what they decide to do, visit

<https://shropshireclimateaction.co.uk/>

Jane thought this might be of interest to our members – particularly our schools

<https://eciu.net/blog/2020/17-cities-17-goals-1-mission-rethink-food>

Future plans

Of course, all future plans are on hold for the present. At the same time, I did want to let you know if some ideas that are being looked into:

Following our very successful conference 'Our Food: the cost to the earth and its people' in February, people representing over 30 local organisations came together to discuss what more we could be doing in Ludlow. Ideas which will be followed up when the time is right are:

The Rockspring Community Garden A number of organisations in the Ludlow Food Network are hoping to work with the Rockspring community centre to renew and revitalise the Rockspring Community Garden

Public procurement We intend to talk with the hospital and our schools about where they source their food, trying to encourage them to buy local and fairtrade where possible.

MP We will be contacting our MP to make sure that he is aware of the work of the Food Network.

Tesco We will set up a meeting with Tesco, and possibly other supermarkets, to make sure we are working in collaboration with them.

Restaurants We will meet with representatives of the restaurant sector again to make sure we are collaborating wherever possible

Something prominent in the town centre to show clearly the ethical values that we stand for. There are already information boards being planned, we will see if one of these can highlight our work and values.

Robin Roth brought a fascinating idea to the conference on 29th February which is currently used in Bonn. We will look into whether it is possible to do something similar in Ludlow – we'll tell you more if this project develops.

Chocolate trail We are looking at the possibility of adding a chocolate trail (Fairtrade of course!) to the ever popular sausage and beer trails at the Ludlow Food Festival.

'Twinning' with a Fairtrade cooperative We are looking into the possibility of twinning with a Fairtrade cooperative, so that not only our local goods, but also some of our goods imported from developing countries can be coming from people we actually know and have a relationship with.

So there is a lot to look forward to once we have weathered this crisis.

The Food Network were due to meet in June, but it seems impossible that this meeting will take place. We also have a date in our diaries for September and we hope that we will be able to get together then, review where we are up to and plan ways forward from there.

I'll be in touch again when I feel there is new information to share.

Jenny Hume

Chair – Ludlow Food Network