

# Working Together Ludlow

To include people with learning difficulties and disabilities



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## \*\*IMPORTANT\*\*

HM Government NHS  
Test and Trace

**How long do I need to self-isolate for?**

If you have symptoms or a positive test	If someone in your household has symptoms	If you arrive in the UK from abroad*
<b>10 DAYS</b>	<b>14 DAYS</b>	<b>14 DAYS</b>

\*excluding exempt countries

The latest rules on how long to self-isolate for if you believe you may have symptoms of Covid-19 have changed.

If you have symptoms (or a positive test result) you must now self-isolate for **10 days** and not 7 days as before. It's 14 days if someone in your household has symptoms of Covid-19.

If you are attending Rockspring and think you have symptoms please don't visit us until after your 10 day period of self-isolation has ended.



## The Rockspring Community Garden



Many of us have been looking forward to getting our hair cut now some of the lockdown restrictions have been lifted. The community garden at Rockspring was certainly in need of a major trim! What's this got to do with Working Together?

*Find out more inside...*

Rockspring Community Centre, Sandford Road, Ludlow SY8 1SX | Charity No: 1147358

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## *Rockspring Community Garden continued...*

Before lockdown happened at the end of March we had been talking to the Furniture Scheme (who are responsible for the community garden) about Working Together having access to a plot in the garden so that we could grow fruit and vegetables for us to use in the WT kitchen.

The pizza oven at the top of the garden would also definitely make a great place for Working Together, Youth Club and Diversity to hold social events - and eat pizza of course.

When we had to close our doors in March, Rockspring Community Centre also closed and in the time while we've all been away the garden has become very overgrown.

Now our doors are open again we are keen to get into the community garden and to do some gardening and to grow some vegetables before the end of the season. We also want to be able to visit the garden and use it for additional outdoor space, offering more room for our members attending activities at Rockspring. With Covid Safe we are limited by how many members can take part in our activities indoors.

The garden was so overgrown we weren't sure what we'd find, so with permission from the Furniture Scheme we offered to clear the weeds. It was too big a job for us so we asked local gardener Dan Pritchard to come and clear the garden and take away the weeds for us. He's done a great job! Thank you Dan! We were able to fund this work through a grant from White Stuff - we are their local charity - thanks Janine and team!

Our first task is to see if we can now use one of the beds to grow some late season garlic and onions! We will be talking to the garden's volunteers and other people who might like to be involved in the Rockspring Community Garden to see how we can all work together in the coming months.

We are very much looking forward to getting outside, doing some gardening and growing our own produce - which we can cook in the café and sharing any surplus fruit and vegetables we grow with the food bank and the local community.

We've already picked rhubarb, gooseberries and blackcurrants and the raspberries and damsons are nearly ripe - so we're already thinking about making crumbles, jams and chutneys! Yum, yum....

There's a lot more work to do but these are exciting times! We're looking forward to working with the Ludlow Food Network to become an even more eco-friendly and environmentally sustainable organisation.

## Yoga and mindfulness



**We can all find that life is sometimes just a little bit stressful - so what better way to relax than a Yoga or mindfulness session.**

We're really pleased to be able to welcome Nicola Bradbury to Rockspring on a Tuesday.

Many of you will know Nicola from Diversity, but you may not know that she is a qualified yoga and mindfulness teacher.



Nicola has already run some sessions on Tuesday afternoon and everyone is really enjoying taking part - including the staff!

When rules permit we are looking forward to offering more sessions - as looking after our mental wellbeing is as important as looking after our physical wellbeing.

# The Ludlow Fringe Festival Bunting Trail



Our friends at the Ludlow Fringe Festival are organising a bunting trail in Ludlow from the 11th to 31st August.

The idea, supported by the Arts Council, Shropshire Council and Tesco Bags of Help is to create a 'Beautiful Earth Bunting Trail' around Ludlow Town, Ludlow Castle, The Millennium Green and along the Bread Walk.

Here at Working Together, we think this is a great idea and Members have been very busy making bunting to be part of the bunting trail...

We thought we would spell out two words with our bunting and we wonder if you can guess which two words we are trying to spell?

Answer: Yes, that's right, we're going to spell out the words - Working Together!

[www.workingtogetherludlow.co.uk](http://www.workingtogetherludlow.co.uk)

It's beginning to look a lot like... Working Together!



It's been a very busy few weeks here at WT Rockspring as Members have started to return.

We're not able to welcome back as many members as we'd like yet and the activity sessions don't go on for as long as before but it's beginning to feel a little like the old WT again! Members baking cakes - pure Working Together!

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