

# Ludlow Foyer News



## MERRY CHRISTMAS

Contact us at **01584 877111**

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

Autumn/Winter issue

Ludlow Foyer

Marstons Mill

Portcullis Lane

Ludlow, SY82PP

Healthy  
Conversations

The  
**FOYER**  
Federation

Ludlow  
**FOYER**

## Macmillan Coffee Morning

On September 26<sup>th</sup> Ludlow Foyer hosted a Macmillan Coffee Morning. There were plenty of cakes for all to enjoy. As well as all the delicious cakes ranging from scones to carrot cupcakes and apple and blackberry crumbles, there was a stand for "Sir-Juice-A-Lot" health drinks, which tied in well as most of the drinks had antioxidant properties. The

evening before there was a soup making session, where the tenants made a butternut squash soup and a vegetable soup. All together £102.00 was raised. Every body appeared to enjoy the array of health drinks, soups and cakes that were on offer, as well as enjoying socialising with different types of people.



## Mood and meditation

Some of the tenants have been getting in touch with their spiritual sides. There has been a meditation session, where you can listen to soothing music and follow instruction to enter into a relaxed and

calm state. This is helping people to relax and switch off from the outside world for a couple of hours a week; this will in turn help with their mental and physical wellbeing.

## Fright Night!!!!

On the night of Halloween we had a fright night with gory games and scary surprises. The residents were trying, putting their hands in to black boxes of doom!!!! They were filled with all sorts of horrible things such as intestines (pasta) and slime (jelly). There was also some tasty treats on offer like mummified sausages (sausages wrapped in pastry). After the fun and

games some of the tenants braved the dark, cold and scary night and joined the Ludlow Ghost Walk and listened to some bone chilling stories about the town!!!!



## Spice up your life

The Foyer had a Mexican night, where the tenants cooked up some hot and spicy food.



There was a Mexican quiz as well. There were some costumes for fancy dress as you can see from this picture." I asked if we could have a Mexican Themed Night as I had never tried Mexican food. I felt quite confident when I was cooking which surprised me". Now we are taking it in turns to chose a themed night, next month is tapas.

## Pizza the action

Residents had a pizza making night, were they made their own fresh bases and filled them up with all sorts of toppings including salami, chorizo, mozzarella and Mediterranean vegetables. Everybody appeared to enjoy this and tucked into their pizzas. Here is a picture, see if you think they look delicious.



## Christmas Jumper Day

As part of Save The Children Christmas Jumper Day, the tenants made some festive shaped shortbreads, zesty lemon flapjack and gingerbread men, women and children. Thanks to everyone at The Gateway who joined in the festive joy and bought some tasty treats. There were some amazing Christmas Jumper, from the tasteful to the downright ridiculous!!!

## Work Club

This is an 12 week programme looking at the skills you need to help people get employment and to sustain it. As well as helping people understand their personal barriers to work and how we can then try and break down those barriers. Part of the work club is looking at interview techniques and in one session the staff will be acting out different interviews, from a good interviewer to a bad one.

## Festive Cheer

The tenants have been getting into the festive spirit by helping with the decorating of The Foyer. There has also been arts and craft sessions making chocolates and Christmas gifts. The tenants are having a Christmas meal at The Horseshoes courtesy of The Foyer and have also been asked to come up with ideas as what to do for a Christmas outing, events such as, ice skating, Thorpe park and paintballing were all mentioned , but going to a pantomime has been decided.....

**OH NO IT HASN'T!!!!**

## Sir Juice A lot

October and November has seen the residents of Ludlow Foyer taking charge and being proactive with our Health Action Project, Sir Juice A Lot.

After several conversation groups one of the biggest issues that the young people of the Foyer felt effected their lives was the Healthy Eating.

This effected them all in different ways from not being able to afford fresh fruit and vegetables, to having limited skills to cook fresh healthy meals. The biggest challenge was that most of the residents wanted to

eat their five portions of fruit and veg but found it too challenging to cook a healthy meal from scratch everyday.



So as a group we started to look at ways of how we could boost the levels of fruit and veg that we were all eating, but in a way that would be manageable by all those involved.

Then some bright spark

suggested using a Nutri-bullet where we could put everything into one healthy drink a day! So we had worked out what our biggest inequality was, and we had worked out how we were going to tackle this issue. All we needed to do now was work out who was going to do it, how we could take our message out into our local community, and how could we possibly make this project sustainable so future residents of the foyer and Ludlow community could benefit from our health mission. Our thinking caps were on!

## Christmas meal

Some of the tenants and staff went to the Three Horse-shoes at Wheathill. A brilliant two course Christmas Dinner was served. Everyone appeared to get in the festive spirit.

## The Demos

So far we have taken our health drinks out into the community on two occasions. The first was to the Discovery Centre where we were showed our audience how we made our drinks and handed out some samples. Some of the resi-

dents spoke to the public about the project and the benefits it has been having on their daily lives. The second demo took place at Upper Fee, sheltered accommodation for older people. Where Dylan was quite a hit with the older ladies!



## Fit for Christmas

Staff of the Foyer, are taking part in a challenge that helps them to increase their levels of activity. The staff will be wearing an IAM activity tracker, which tracks their every movement whether it be walking in the street, going to the gym and even tracking them at a desk. The idea behind this is to wear it for a week and keep to a normal week of activity. After that week then the participants try to increase their activity and after 11 weeks the team with the highest percentage increase in activity will win the competition.



## Sausage trial

Residents and staff had a hectic day!!! There were 3 different groups who did 2hr sessions each. This was a very busy time with people queuing for long periods to get their sausages. The residents said "there were people everywhere! It was so busy, but the time seemed to fly by and was good fun"



## Computers for all

The i.t. suite is up and running and ready for to use by people with library cards. These sessions will be from 2pm – 4pm on a Tuesday. During this session you can book yourself in and sign up to learn my way programme to help improve your I.T. skills. On a Thursday between 10am – 6pm is an open session

where the computers are free to use. There is lots of new equipment including a touch screen acer all in one computer, google chrome all in one and some handheld tablet computers. We have plenty of friendly and understanding staff and volunteers, plus free refreshments on offer and free mince pies during the festive period.

## The New Year.....

The Foyer have some exciting ideas for 2015. we will be starting football sessions and having an inter-foyer football tournament with other Foyers from around Shrop-

shire, Herefordshire and Mid Wales. The Cycling group will make a return in the New Year thanks to the kind donation of bikes from Transports solutions.