

South West Shropshire Community Directory A-Z

Across Shropshire

Admiral Nurse	Dementia	0800 888 6678		
Community Resource	Befriending and Loneliness, Financial Advice, Volunteering	01743 360641	enquiries@community-resource.org.uk	https://community-resource.org.uk/
Healthy Lives Stop Smoking Service	Stop Smoking Support	0345 6789028	stopsmoking@shropshire.gov.uk	https://next.shropshire.gov.uk/public-health/healthy-shropshire/stopping-smoking/support-to-stop-smoking/
Macmillan Cancer Support Centre	Cancer	01952 565702 Ext. 5702	sath.macmillaninformation@nhs.net	https://www.sath.nhs.uk/patients-visitors/advice-support/macmillan-cancer-support/
Safe Places in Shropshire	Safeguarding	07941 398933 or 07970 816030	safeplacessecretary@gmail.com	https://safeplaceshropshire.com/
Shout 85258	Mental Health Support	Text 'STW' to 85258		
Shropshire Carers Group	Carers	01743 341995	Shropshire.Carers@shropshire.gov.uk	https://www.shropshire.gov.uk/the-send-local-offer/family-support/shropshire-carers-support-team/
Shropshire Council Cost of Living Help	Money, Debt and Benefits	0345 678 9000		https://www.shropshire.gov.uk/cost-of-living-help/a-warm-welcome-in-shropshire/
Shropshire Grief Tending	Bereavement	07538876217	merryn@merryntenalch.com	https://www.shropshiregriegtending.com/
Shropshire Rural Support	Support for the Rural Community	0300 123 2825 or text 'SRS' to 85258		https://www.shropshireruralsupport.org.uk/
Shropshire Together Community Family Directory	Directory of Local Community Services and Groups	-	directory@shropshire.gov.uk	https://directory.shropshire.gov.uk/

Shropshire's Local Directory	Directory of Local Community Services and Groups			https://shropshire-directory.co.uk/
Stop Loan Sharks	Financial Support	0300 555 2222	reportaloanshark@stoploansharks.gov.uk	https://www.stoploansharks.co.uk/
Wellbeing & Recovery College	Education and Training, Mental Health	07891 099 460	wellbeingrec@mpft.nhs.uk	https://recovery.mpft.nhs.uk/

Bishops Castle

Admiral Nurse	Dementia	0800 888 6678		
Bishops Castle Community Food Bank	Food and Food Banks		bishopscastlefoodbank@gmail.com	https://www.bishopscastlefoodbank.org.uk/home
Bishops Castle Dial-a-Ride	Transport	01588 638350	dial.a.ride@hotmail.co.uk	https://www.bc-dial-a-ride.org.uk/
Bishops Castle Library	Befriending and Loneliness, Children and Family	01588 638215	bishopscastle.library@shropshire.gov.uk	https://next.shropshire.gov.uk/libraries/find-a-library/bishops-castle-library/

Church Stretton

Church Stretton Area Ring & Ride	Transport	01694 720025		https://www.mayfaircentre.org.uk/ring-and-ride/
Church Stretton Library	Befriending and Loneliness, Children and Young People, Dementia,	01694 722535	churchstretton.library@shropshire.gov.uk	https://next.shropshire.gov.uk/libraries/find-a-library/church-stretton-library/
Mayfair Community Centre	Befriending and Loneliness, Health and	01694 722077		https://www.mayfaircentre.org.uk/

	Wellbeing Clinic, Volunteering, Children and Young People, Digital Support, Café, Transport			
Stretton Food Bank	Food and Food Banks	07561 693870	foodbank@strettonparish.org.uk	https://strettonparish.org.uk/strettons-food-bank/

Clun

The Ludlow & Clun Valley Traveller Ring and Ride	Transport	01584 700907	ludlowtraveller@shrewsburydialaride.org.uk	https://www.shrewsbury-dialaride.co.uk/ludlow-and-clun-valley-traveller
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Craven Arms

Craven Arms Community Food Bank	Food and Food Banks	078523 10514	angelatrew@gmail.com	https://cravenarmsfoodbank.co.uk/
Craven Arms Library	Children and Young People, Befriending and Loneliness	01588 672847	casca@haloleisure.org.uk	https://next.shropshire.gov.uk/libraries/find-a-library/craven-arms-library/
Home Instead Community Hub	Befriending and Loneliness, Children and Young People, Digital Support	01743 387650		https://www.homeinstead.co.uk/shrewsbury-oswestry-wem/blog/a-warm-welcome-in-craven-arms/
The Corvedale Buzzard	Transport	01694 720012		https://www.shrewsbury-dialaride.co.uk/corvedale-buzzard

Ludlow

Ludlow Cancer Support Group	Cancer	01584 875438	rosemary.wood3@gmail.com	https://www.ludlowcancersupport.org/
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Hands Together Ludlow	Befriending and Loneliness, Volunteering, Digital Support, Bereavement, Food and Food Bank	01584 873062		https://www.handstogetherludlow.org.uk/
Ludlow and Area Community Partnership	Befriending and Loneliness, Children and Young People, Mental Health, Volunteering	01584 874723	lacp.enquiries@gmail.com	https://www.facebook.com/people/Ludlow-and-Area-Community-Partnership/61574460104211/
Ludlow Food Bank	Food and Food Banks			https://www.ludlowfoodbank.co.uk/
Ludlow Library	Befriending and Loneliness, Children and Young People, Bereavement, Digital Support	01743 250510	ludlow.library@shropshire.gov.uk	https://next.shropshire.gov.uk/libraries/find-a-library/ludlow-library/
Shropshire Carers Group	Carers	01743 341995	Shropshire.Carers@shropshire.gov.uk	https://www.shropshire.gov.uk/the-send-local-offer/family-support/shropshire-carers-support-team/
Shropshire Grief Tending	Bereavement	07538 876217	merryn@merryntenalach.com	https://www.shropshiregriefftending.com/
The Corvedale Buzzard	Transport	01694 720012		https://www.shrewsbury-dialaride.co.uk/corvedale-buzzard
The Ludlow & Clun Valley Traveller Ring and Ride	Transport	01584 700907	ludlowtraveller@shrewsburydialaride.org.uk	https://www.shrewsbury-dialaride.co.uk/ludlow-and-clun-valley-traveller

Further Information

Service Name	Address	Details
Admiral Nurse	Bishop's Castle Community Hospital, Stone House, Union St,	Admiral Nurses are specialist dementia nurses that provide emotional and practical support for families and carers affected by dementia. By working collaboratively with health and social care

	Bishop's Castle, Bishops Castle SY9 5AJ	<p>professionals and voluntary organisations, Admiral Nurses aim to improve the experiences for those affected by dementia.</p> <p>For South-West Shropshire, there is an Admiral Nurse based in Bishop's Castle Community Hospital. The Admiral Nurse will be visiting carers in their own homes or wherever they chose to meet. Referrals are for carers who are supporting people with a suspected or confirmed diagnosis of dementia. Referrals will be accepted from GP practices, Dementia Assessment Support Services and from the Voluntary Sector.</p> <p>The aim of the Admiral Nurse is to support, listen and manage any concerns the carer has with the focus being on them to help maintain their mental health and well-being. To help with advanced care planning and improve relationships for the people living with dementia, to advise about health issues, refer to relevant services, and to allow them time to process what is often a very difficult journey but a journey borne out of love for the person being cared for.</p>
Bishops Castle Community Food Bank	Church Barn, Church Lane, Bishop's Castle, Shropshire SY9 5AF	Provides emergency food, essential toiletries and other household cleaning items to individuals and families in financial need. No referral needed. Opening Hours: Tuesdays 10 to 11.30am, Thursdays 2.30 to 4pm. Also offers a warm space with a mini cafe (free tea and coffee and biscuits) and children's play area - available during usual opening hours.
Bishops Castle Dial-a-Ride		Dial-a-Ride is an accessible bus service for anyone with a transport need. If you cannot use a car, perhaps due to infirmity or disability and find it impossible or even difficult to access public transport our service can help you. The Group also operates a Community Car Scheme which can be used for journeys such as Hospital and other medical appointments, shopping or collecting prescriptions.
Bishops Castle Library	Enterprise House, Station Street, Bishops Castle SY9 5AQ	<p>Friends of Bishops Castle Library run monthly coffee mornings, weekly groups and children's activities during school holidays. Weekly Groups:</p> <p>'Tots & Tales' - Tuesdays, 10am - 12pm</p> <p>Family Board Game Club - Fridays, 3.30pm - 5.30pm</p> <p>For details of what's on, go to their Facebook page: https://www.facebook.com/friendsbclibrary</p>
Church Stretton Area Ring & Ride		<p>Ring & Ride is based in Church Stretton and is part of the Strettons Mayfair Trust. It provides door-to-door transport within a six-mile radius of Church Stretton to the north (Picklescott), south (Wistanstow) and east (Longville). All vehicles are wheelchair accessible and driven by trained and qualified staff or volunteers.</p> <p>Individual Membership. This membership costs £45 per year and is open to individuals who: do not have use of a car Live within a town or rural area lacking public transport, experience</p>

		<p>difficulty walking moderate distances or otherwise have physical/mental difficulty using private or public transport. Once you are a member you can book journeys to other places within our area such as: Mayfair Centre or Health and Wellbeing Centre, Medical Practice or dentist, hairdresser, bank or Post Office, cafe or restaurant to meet friends and family, local events and clubs.</p> <p>They also offer regular monthly shopping trips outside of our area, to locations including: Ludlow Shrewsbury Sainsburys Meole Brace, Shrewsbury Travel within three miles is free to members with a concessionary bus pass. Members without a pass will be charged £2 per journey within 3 miles. Operates 9am - 5pm, Monday to Friday (excluding bank holidays).</p>
Church Stretton Library	Church Street, Church Stretton, Shropshire, SY6 6DQ	<p>Various groups, clubs and activities, including:</p> <p>Memory Cafe - A drop in event for those with memory issues and their carers. Join Church Stretton Dementia Friends for some themed sensory fun and games, a chat and a cup of tea! Support and advice also available.</p> <p>Admiral Nurse Drop-In - Our Admiral Nurse welcomes you to a drop-in session - helping you to support your loved one with their dementia journey.</p> <p>Rhyme Time - Helping your child learn to love books! Rhyme Time for under fives, held weekly on a Tuesday morning (10.30-11.00).</p>
Community Resource	Community Resource, 4 The Creative Quarter, Shrewsbury Business Park, Shrewsbury, SY2 6LG	<p>Community Resource is a charity that is committed to making life better for people and communities facing challenges in Shropshire, Telford & Wrekin. Their vision is for a county full of strong, local communities where everyone gets the support they need. Their mission is to enable people to enjoy a good quality of life and empower people to help their communities thrive. They focus on three main areas:</p> <ol style="list-style-type: none"> 1. Health and Wellbeing - supporting people to stay active and connected to their communities and to maintain their health and independence so they live life to the full. They achieve this through a range of community-based projects with the help of a team of local and committed volunteers. These include: hearing loss support, falls prevention, health awareness events (some held in South West Shropshire), buddy system, social groups, Forces families on the move. 2. Community and Support - they work with voluntary groups so they can help meet the need in their local area and support rural communities to access competitive heating prices through the Oil Buying Club.

		<p>3. Funding and Advice - they connect people who care with causes that need their help through our community fund, offer guidance to households to help them save energy and keep warm and provide advice to local meeting places and groups through their membership scheme.</p>
Craven Arms Community Food Bank	11 Market Street, Craven Arms, SY7 9NW	<p>Those suffering hardship can be referred to the food bank for emergency food. Many local agencies can refer. These include: Craven Arms Medical Practice, Stokesay School, Connexus Housing, STAR Housing, Mental Health Services, Health Visitors, Family Support Workers If you need food urgently but are not in touch with any of the referral agencies, they may still be able to help. See website for details of how to contact them.</p>
Craven Arms Library	Craven Arms Community Centre, Newington Way, Craven Arms SY7 9PS	<p>Craven Arms Library operates in partnership with Halo Leisure at Cravens Arms Community Centre. Visitors can access both sport/ leisure and their local library under one roof. The library has a good stock of adult fiction and non-fiction as well as a special selection of books for children and teens.</p> <p>There are regular activities in the library: Girl Guides on Monday, 5.30pm - 7.00pm; Men's Shed on Tuesday, 10.00am - 1.00pm; Samba Drumming on Friday, 10.00am - 12.00pm</p>
Hands Together Ludlow	The Hands Together Office, 15 Lower Galdeford, Ludlow, SY8 1RU	<p>Giving help, information and support to people in and around Ludlow. Men's Shed, walks for all, Good Grief Cafe, digital inclusion days, community fridge, community lunches, befriending service, dog walking, transport help for appointments, help collecting prescriptions etc. Their four primary objectives are: addressing isolation and loneliness, addressing poor health and wellbeing, addressing poor quality of life and strengthening local community infrastructure.</p>
Healthy Lives Stop Smoking Service	venues across Shropshire	<p>The service offers free, confidential support from a specialist stop smoking advisor to help you stop smoking. It supports tobacco smokers aged 12 years+ living or working in the Shropshire Council area or registered with a Shropshire GP, who would like to help to quit smoking.</p>
Home Instead Community Hub	3 Corvedale Road, Craven Arms SY7 9NE	<p>Hosts a free coffee morning in Craven Arms every Tuesday between 10am and 12pm (open to all). Offers a warm space every Tuesday 10am to 4pm throughout December and January. There is no need to book - just drop into the warm and welcoming space. Light food and hot drinks also provided.</p> <p>Thrive Together Women's Wellbeing Support Group runs every two weeks from Friday 19 September 2025, 10am - 12pm. It's a safe and supportive space for women to connect, share and grow together. It includes practical tips, guest speakers and group activities. It's free and you can just drop-in - there's no need to book.</p>

		<p>Other regular activities, such as Stay and Play/ Coffee and Chat, Digital Caf and Quiet Chess, take place at the Hub, along with other events. Call or pop in for further information. The building is disability and dementia friendly, with an accessible ramp and a disabled toilet inside, and there is free parking at Corvedale Road Car Park.</p>
Ludlow and Area Community Partnership	Ludlow Youth Centre, 65 Lower Galdeford, Ludlow SY8 1RT	<p>LACP is a charity set up to support the development of the Community and Family Hub, based at Ludlow Youth Centre in Lower Galdeford*. The Hub is used as a drop-in centre for communities living in Ludlow and the surrounding areas. It provides a wide range of support, delivered by health providers, Early Help, Mental Health, peer support groups, the voluntary sector and much more. It is open from 9:00am to 4:00pm Monday to Friday. They invite you to pop in for a cup of tea and a chat to see how they can help you.</p> <p>*Please note that the Youth Centre is currently closed whilst repair works are undertaken after a lorry collided with it on 28 April 2025. During this time, the Community and Family Hub has been relocated to Helena Lane Community Centre, 20 Hamlet Road, Ludlow SY8 2NP. Some of the groups now take place in other venues - please check their Facebook page for further details.</p>
Ludlow Cancer Support Group	St Peters Church, Henley Road, Ludlow SY8 1QZ	<p>The Ludlow Cancer Support Group is a sociable and welcoming group offering friendship. Through shared experience, members can find additional strength to cope with their situation. The group can also help connect members with professional support for medical, practical, and grant-related needs. The group meets fortnightly at the Parish Centre in St Peter's Church.</p> <p>Membership is free for anyone who has been diagnosed with cancer, regardless of how long ago the diagnosis was made. Carers, relatives, and friends of people with cancer are also very welcome.</p>
Ludlow Food Bank	Rockspring Community Centre, Sanford Road, Ludlow, SY8 1SX	<p>Ludlow Food Banks open table event runs on the first Monday of the month, unless a bank holiday, at the Rockspring Community Centre from 1pm to 2.30pm. Free refreshments are provided as well as a number of agencies to get support and advice from including Connexus, CAP and Citizens Advice. There is also the chance to purchase a bag of food for £1, taken from the surplus and damaged stock from the Food Bank.</p> <p>There is also school uniform table providing second hand uniform for the Ludlow Schools. Uniform donations are welcome. Access to the foodbank is via referral only. Speak to your GP surgery or any of the following agencies: Housing Officer Job Centre Citizens Advice Welfare Church minister Social worker School Early Help Recovery Midwife Health Visitor</p>

Ludlow Library	Ludlow Library, 7 Parkway, Ludlow, Shropshire, SY8 2PG	<p>Various groups, clubs and activities, including:</p> <p>Age UK Digital Inclusion Drop-in - Need advice to make today's digital world understandable and relevant to you? Our experienced Digital Champions will be here to help you with your phone, tablet or laptop. Tuesdays at 10am. No appointment necessary.</p> <p>Hearing Loss Support Group - Hearing aid tube cleaning, battery collection and advice on hearing aid care. Appointment only phone 01743 342168. Staffed by NHS audiology-trained volunteers.</p> <p>Memory Loss Support Group - Join us for tea, coffee, a chat and activities for anyone living with memory loss. Come along and bring a friend. Supported by Alzheimers Society and Admiral Nurses.</p> <p>Rhyme Time Sing-along nursery rhymes, complete with all the actions! For children under five. Held every Wednesday during term time 10.30-11am</p>
Macmillan Cancer Support Centre	Located within the Hamar Centre, Royal Shrewsbury Hospital, Mytton Oak Road, Shrewsbury SY3 8XQ	Comprehensive information and support for anyone affected by cancer for all stages of the cancer journey. The service is staffed by a Macmillan Information Support Manager, Assistant Manager and supported by trained volunteers. The centre is quiet and calming space away from the clinical areas of the hospital. You don't have to be a hospital patient to use the service, and you don't need an appointment, but if you are making a special journey please ring to ensure they are open. The centre is open from 10am to 4pm, Monday to Friday.
Mayfair Community Centre	Easthope Road, Church Stretton, Shropshire, SY6 6BL	<p>A community centre incorporating a health and wellbeing clinic.</p> <p>Services include: support groups, dance and exercise classes, art and craft activities, wellbeing services, community events, crèche, digital support, youth clubs, Beacon, café, Ring & Ride, and MAYSI (Mayfair Supporting Independence).</p> <p>MAYSI helps people stay independent by providing relevant information and support. This could include guidance on accessing benefits, advice on equipment or care, or suggestions for social opportunities to aid health and wellbeing.</p> <p>Beacon offers trained staff who create social opportunities and promote independence in a considerate and supportive way, while providing a stimulating and varied programme of activities. Support and advice for carers and families is available, as well as respite for the day. Supported bathing is also available.</p>
Safe Places in Shropshire		Safe Place Shropshire is a network of short-term havens for people who may need additional support and assistance when they are out and about in the community. Their website has a search function to guide you to the nearest safe space. They are also listed by location and shown on a map.

Shout	Text 'STW' to 85258	<p>Easy access – You don't need to speak on the phone or wait for an appointment. You can simply text when you're in need of mental health support - anytime, anywhere. 24/7 support – The service is available day and night, so you can reach out when you need help the most, including evenings, weekends and holidays.</p> <p>Mental health-focused – The service is tailored to people facing mental health difficulties, ensuring that the support you receive is appropriate, understanding, and compassionate.</p> <p>Discreet and private – Ideal for those who may feel anxious talking on the phone or who need support in a private or public place without drawing attention.</p> <p>Inclusive and equitable – Offers support to people across STW, helping to reduce inequalities in accessing mental health care.</p> <p>Integrated with other services – If needed, text responders can help you signpost to local services like NHS 111, crisis teams, or other community-based mental health support.</p>
Shropshire Carers Group	The Clive Arms, Bromfield, Ludlow, SY8 2JR	Meets first Tuesday of the month at The Clive Arms, Bromfield, Ludlow
Shropshire Council Cost of Living Help	The Shirehall, Abbey Foregate, Shrewsbury SY2 6ND	Information has brought together by Shropshire Council and its partners to support local residents who are worried about the rising cost of living. Money help and advice, including a benefits calculator. Lots of links to services that can help with food, energy bills, childcare, help getting work, mental health and wellbeing, and a list of warm spaces.
Shropshire Grief Tending		<p>At Shropshire Grief Tending CIC, we believe that grief is a natural, human response to loss not something to be hidden or carried alone. Our mission is to create welcoming, compassionate spaces where conversations about death, dying, and grief can be spoken freely, without shame or judgement. We are here to help bring grief out from behind closed doors, to honour the full range of emotions it stirs, and to make it clear: you are not alone.</p> <p>Grief is not a problem to fix it is an experience to be held, witnessed, and supported. We believe that grieving is not only personal, but communal and that healing is made possible when communities come together to tend to one another in times of loss. Grief cafes held at Ludlow Library on the third Monday of every month, 1-2pm. One-to-one support also available.</p>
Shropshire Rural Support	Shropshire	Support for rural community during times of stress, anxiety, or family and farming challenges. They offer free and confidential support from people who truly understand farming life—they've lived it! They can also connect you with trusted contacts for professional advice on all aspects of rural living and business.

Shropshire Together Community Family Directory	Shropshire Council	Extensive directory of community groups and services across the whole of the county. Options to filter by type of service, audience, location (and set maximum distance from location), when the service is available (pick day of the week, time and/or specific date range). There is also a map view of venues.
Shropshire's Local Directory		Shropshire's Local directory managed by the Qube is available help you find local support in Shropshire. It gives information on support organisations in the towns and villages in Shropshire. It can be used by members of the public as well as organisations and support staff. You can search based on area, or keywords such as 'yoga' or 'walking' if you know what you are looking for, but also by words such as 'lonely' if you are not sure what support is out there for a particular issue.
Stop Loan Sharks	UK	Stop Loan Sharks investigates and prosecutes illegal money lenders and provides support for borrowers in England. If you have borrowed from a loan shark or are worried about someone else, they can help and keep you safe. They have specially trained staff who will provide you with emotional and practical support that is tailored to your needs. If you have borrowed money from a loan shark, you haven't broken the law, they have.
Stretton Food Bank	St Laurence's Parish Centre Church Street, Church Stretton SY6 6DQ	Food available to any families, couples and individuals who find themselves without the means to buy it. Open from 2.30pm to 4pm each Friday. No appointment or referral is needed initially.
The Corvedale Buzzard		<p>The Corvedale Buzzard helps create mobility for everyone. We provide a dial-a-ride service along the Corvedale for people who cannot make use of mainstream public transport services, whether they aren't confident enough to access public transport or require an extra helping hand. The service takes members living in the Corvedale on different days to Bridgnorth, Much Wenlock, Craven Arms and Ludlow for shopping, appointments, or socialising, and also offers monthly trips to Shrewsbury.</p> <p>The Corvedale Buzzard operates as a subsidised membership scheme costing £15 per year - members pay £3.00 per trip. Each trip is one way, so a return is £6.00</p>
The Ludlow & Clun Valley Traveller Ring and Ride		<p>For people who struggle to access public transport in the Ludlow, Clee Hill, Tenbury or Clun Valley areas. There are three routes - mainly to help people to get from home to Craven Arms and Ludlow. Well maintained modern vehicles that are the highest quality in comfort and accessibility and able to provide assistance in boarding all passengers.</p> <p>Ludlow Traveller The service operates every Wednesday and Friday across the Clee Hill, Tenbury, Ludlow area. Clun Valley Traveller The service operates every Tuesday, Thursday and Saturday along the Clun Valley to and from Craven Arms. The Ludlow and Clun Valley Traveller</p>

		operates as a membership scheme costing £20 per year. On these services, members then pay £3.00 per trip. This charge is each way, so a return is £6.00.
Wellbeing & Recovery College	Midlands Partnership University NHS Foundation Trust, St. George's Hospital, Corporation Street, Stafford ST16 3AG	<p>The Wellbeing and Recovery College provides recovery-focused education courses that are accessible to everyone in our local communities. They work together to create an environment of hope, control, and opportunity for us all. They do this by bringing together professionals, carers, and people with lived experience equally to guide all aspects of the college and its courses (co-production).</p> <p>Visit their website for further details. Wellbeing and Recovery College Prospectus available online.</p>