



Tilly Talks: Sharing your voice to create change



I'm Tilly, Food Train's Policy and Parliamentary Engagement Manager, and delighted to dedicate this front page of the newsletter to you, our members. My job is to share your stories, experiences and views, towards making important changes for Scotland becoming a great place to live as we get older.

I am lucky to meet with a diverse range of interesting people and organisations who want to learn about Food Train and want to work together to ensure that everyone can eat well, age well and live well.

Where have I shared your voice in the past 6 months?

Every year the British Library in London run a series of events called – 'Food Talks' and this year one of those events included discussing how our food experience changes as we age. I was invited to share the stories and experiences of Food Train members. The event, stories and discussion were also shared in the Financial Times.

Colin Symth – MSP for the South of Scotland recently launched a proposal to establish a Commissioner for Older People in the Scottish Parliament. Currently in Scottish Parliament there is a Commissioner for Children and Young People who is independent of the parliament and government and represents their views. In Wales there is a similar role to represent people over 65 and we believe Scotland should have the same.



SHOPPING



AT HOME



FRIENDS



LIBRARY



MEAL MAKERS



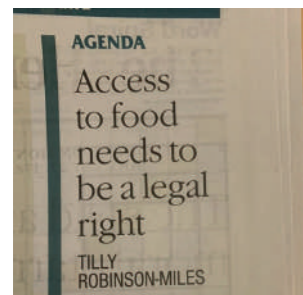
EAT WELL AGE WELL



CONNECTS



We hosted Colin Smyth MSP at our Head Office in Dumfries where local members had the opportunity to talk to Colin, learn more about this proposal and share their opinions. We have publicly supported this call and I was interviewed on BBC Radio Dumfries and Galloway after the event. Food Train will be submitting a response to the Scottish Parliament officially supporting this work.



As we have all felt and seen the prices of everything have been increasing including food, we have continued to work to show how these increasing prices are affecting you and the difficult decisions everyone is having to make when considering what food to buy each week. This ran as a headline story on STV News at 6 and I also wrote an opinion piece in The Herald newspaper.

Would you like to be more involved in this work?

Making sure we listen and share your voices, experiences and views with policy and decision makers is important. If you feel able to get involved, there are several ways your views can be heard. We can start with a blether on the phone where you can find out more. If you'd like to get involved, contact Head Office on 01387 270800 who will pass on your contact details to me, or if you have email access, you can email at tilly@thefoodtrain.co.uk. Let's make sure older people's voices are at the heart of decision making in Scotland.



Welcome from the CEO



Hello everyone and welcome to our Autumn 2023 newsletter. I hope this finds you feeling well.

Summer came and went in two halves with a particularly hot June and another flash of heat early September. I'm sure we've all felt the benefit of lower heating bills on our purses, but as time presses on towards winter, many will be thinking about the cost of heating and eating in the months ahead. If you are worried, the charity Age Scotland can give older people free, confidential advice over the phone (Tel: 0800 12 44 222).

A new strain of Covid19 is doing the rounds; you should be getting word of appointments for both flu and covid vaccines to help protect you this winter. We are delighted NHS Scotland acknowledges the importance of Food Train volunteers and staff who will also benefit from the covid vaccine. We're also restocking with masks ahead of winter as a precaution for voluntary use.

The pages ahead are full of news from our branches and services around Scotland. Thanks to our volunteers and staff who work tirelessly keeping our services on track. It continues to be tricky for us financially and we're grateful for every penny or pound we receive. Special thanks to you, our members, donating your shopping small change has really boosted our funds in recent months. We luckily managed to secure grants for two more electric vans over the summer which not only improves our ageing fleet but is kinder to the environment too.

That's all for now, stay safe and stay well.

Michelle



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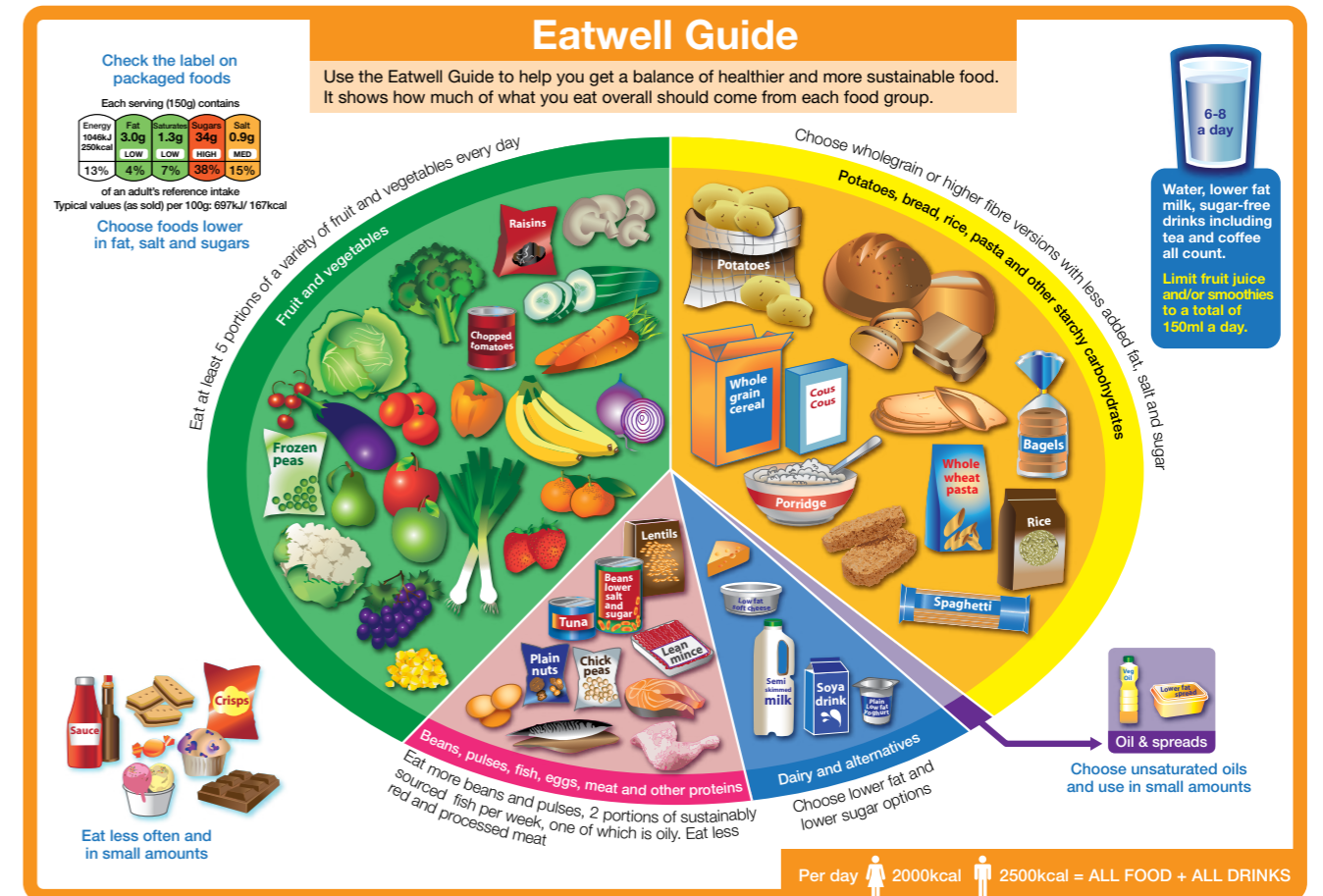
HOW YOU CAN STAY WELL IN LATER LIFE

Recent research has shown that more and more people are living in ill health as they get older. This greatly impacts people's quality of life and makes it more difficult to do the things we enjoy as we age. Eating well and staying active has been shown to help us prevent many illnesses and conditions.

We have included some tips below that you can try to help you stay well for longer.

- Eat a well-balanced diet – we need to eat a variety of nutrients to help our bodies stay healthy. The Eat Well Guide shows what healthy balanced diet looks like.
- Avoid foods that are high in fat, salt, and sugar – Although they can be tasty, too many of these foods can lead to ill health.
- Stay hydrated – aim to drink 8-10 cups or glasses of fluid per day.

- Spend less time sitting or lying down – Keeping active can help maintain our mobility and balance and is good for our health. Walking around your home or getting out for a walk each day can help.
- Take part in some gentle exercise – activities like yoga, tai chi or seated exercise can help us maintain strong muscles which help us to be able to do day to day activities like preparing meals.
- Stay connected – meeting up with friends, going along to a social group or even chatting on the phone can help us feel happier and healthier.



STAY WELL THIS WINTER

Keep stocked up

Try to keep a stock of food at home, just in case the weather changes and we can't get to you. Helpful supplies that require little preparation are:

- Tinned fruit, vegetables, fish and pulses such as beans or chickpeas
- Cereals, yoghurts, dried milk or UHT milk
- Pitta bread, oatcakes, crumpets and teacakes
- Keep your cupboards stocked with long lasting foods such as:
 - Pasta, rice and lentils
 - Stock cubes for soups & sauces
 - Tinned tomatoes & tomato puree
 - Dried spices and herbs



Keep Warm

As we get older, we're at greater risk of feeling cold due to a decrease in circulation, thinning of the skin and fat, and a reduced metabolism. You can keep warm at home by:

- Layering up clothes
- Having a supply of blankets
- Get your boiler checked and set the temperature to at least 18 degrees
- Help stay warm and hydrated by making yourself regular warm drinks every few hours.
- Keep up to date with news and weather reports and when bad weather is predicted.

If you have any queries about eating and staying well during winter then you can contact us on 0131 447 8151



Survey Prize Draw

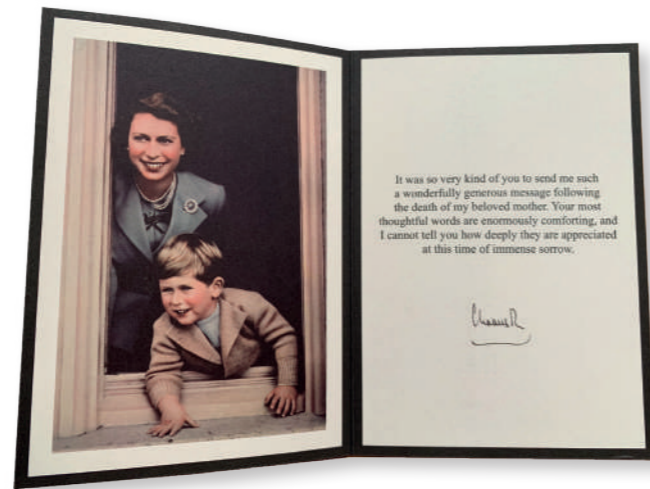
Thanks to all our members for completing our annual survey we really appreciate your feedback; it helps us make informed decisions on any future plans and allows us to understand your needs and requirements.



Each branch holds a prize draw from the completed surveys for one lucky member to win £20. Pictured above is Falkirk's member Robert who won his local branch prize draw, receiving his prize from their Support Worker Dan and congratulations to Chris in Kelso who was the winner of the £20 prize draw in the Scottish Borders, Chris is delighted to have won.

General

Many of you asked us to send messages and cards of condolences to the Royal Family when Queen Elizabeth II passed away last September 2022. We received this lovely card of thanks from the King for the letters and cards we passed on from members.



Dumfries

We've started a new hot lunch service from our Head Office. Cook Lisa, pictured here, prepares delicious and nutritious soups, and filled rolls for any members in the Dumfries area who wish to have this delivered to their home. We are very grateful to the Annandale and Nithsdale Community Benefit Company and Foundation Scotland for helping fund our soup and rolls project.



In addition, we have opened a Pop-Up Café in the building, which is open to over 65's every Thursday from 11.30am-2pm. On the menu are lovely traditional soups like Scotch Broth, Lentil or

something a bit different like Pea & Mint, great for some autumnal warmth and nutrition and all served with delicious, filled rolls.

Our Head Office Social Space is also somewhere for older people to drop in and enjoy a coffee or a tea and biscuits. Pop in, you will be very welcome.

FoodTrain supporting older people

Pop-Up Café for over 65's!
Every Thursday

Come in and enjoy a home-made bowl of soup and a tasty, filled roll

- Every Thursday
- 11.30am - 2pm
- 118 English Street, Dumfries
- Soup and roll £5

01387 270800
www.thefoodtrain.co.uk

FoodTrain DUMFRIES T: 01387 270800

Social Space Drop in Times

The Food Train social space at 118 English Street Dumfries is open to all over 65's to drop in!

Pop in any time between 9am and 4pm Monday to Friday and help yourself to tea, coffee, and biscuits for a small donation.

Make use of our puzzles, books, and games. Come with friends, family or simply by yourself.

DAY	9.00am	4.00pm
MONDAY	9.00am	4.00pm
TUESDAY	9.00am	4.00pm
WEDNESDAY	9.00am	4.00pm
THURSDAY	9.00am	4.00pm
FRIDAY	9.00am	4.00pm

Keep up to date with us on social media

Renfrewshire

In the summer we said Happy 100th Birthday to long standing branch member Anne. The team popped round to visit with flowers and chocolates and heard all about her celebrations which included a neighbour who came out to pipe her out to her birthday lunch with her family who had come to visit from across the UK and the USA.



In early summer, we welcomed Paisley MP Neil Bibby to the branch. Neil rolled his sleeves up and joined the team at the supermarket to help shop for our members before hitting the road with Fiona for some deliveries and to meet some of his constituents.



Dumfries



Congratulations to Development Officer Joanne in our Dumfries branch who said 'I Do' in July and became Mrs Joanne Goodwin. I'm sure you will agree she was a beautiful bride.

Glasgow

2023 saw the 10th Anniversary of Food Train Glasgow who have delivered a whopping 63,000 shopping deliveries to members throughout the years. For 8 of those years Chris Curtis has been at the helm, guiding the branch through thick and thin, this year being the most challenging with the funding issues. We are hoping the Glasgow branch will be able to secure future funding for 2024 and beyond so they are able to continue to deliver vital groceries to Glasgow's older people.



Glasgow

Glasgow member Arthur Ogdon celebrated his 100th birthday on 13th September. Arthur loved his card from the King and regaled us with tales about his interesting life working as a miner and his wartime service. Happy Birthday Arthur.





Princess Anne

The regional manager Nikki and volunteer Sonya were delighted to attend the Scottish Borders Council "Thank You to Carers" event early summer at Kelso Racecourse. The highlight of the day was when they were introduced to HRH Princess Anne and being able to tell her about Food Train and what we do. The Princess Royal was very interested in hearing about how the cost of living crisis is affecting our members and she gave warm thanks to all the volunteers who give back to their communities.

Thank You to Carers

The Scottish Borders team had a very warm welcome from Borders College Students Association when they attended the Freshers Fair in September. It was lovely for them to meet so many young people who were interested in what Food Train do and how they can help. They are currently working with Borders College to offer placements to students who are following care related courses.



Happy Birthday

Jenna, our fab office admin, who celebrated her 30th birthday recently. The volunteers sent beautiful flowers, gifts, cards and of course chocolate cake.



BOXTOBER 2023

BOXtober is here!

For those new to Food Train, BOXTober is our annual fundraising campaign where you can sponsor one or more of our shopping delivery boxes to support the service.

Look out for an information leaflet with your groceries in the coming weeks.



Annan

The first Tibetan Buddhist Centre was founded in 1967 and is in a peaceful valley on the banks of the river Esk. Food Train have been delivering to members there since 2004 and our volunteers always jump at the chance to go on the 'Langholm Run' which includes driving up to Eskdalemuir and beyond. It is by far our most scenic trip through Annandale & Eskdale.



General Reminder

Our wonderful volunteers always strive to get the best products for our members, however they can only go with the sell by / use by dates available in store. Some items have a short sell by date such as; fruit/vegetables, chilled snacks, ready meals, bakery items and cold meat from the deli counter, so please take this into consideration when ordering these items – we will always look for the best date available

Dundee

It's getting very busy in the Perth & Kinross area with more older people taking advantage of the grocery delivery service being rolled out. Staff at Tesco Extra Crieff Road in Perth have been very supportive since the introduction of the service, and we would like to say a big thank you to them. If you know somebody who lives in Perth & Kinross who would benefit from this service call: 01382 810944.



West Lothian

West Lothian's 1-1 shopping trips are extremely popular, and the members are really appreciating the support whilst doing their shopping in the supermarket. The best bit is afterwards when they enjoy a well-deserved cuppa and a cake in the café.



We love to get feedback on our services, so it was great to hear this; "The 1-1 volunteers that come to the sheltered housing complex that I work for in Whitburn are very friendly and brilliant with the tenants. Great wee team"

Christmas Reminder

Food Train branches will be taking a few days off over the festive season therefore Christmas shopping and delivery arrangements may differ slightly from the usual. News on Christmas delivery details will be with you shortly but if you are not sure please check with your local branch.



FRIENDS



Falkirk
**01324
374 144**

The Falkirk branch have had a busy year for Friends trips. The Spring programme of outings included outings to Tesco café, Klondyke Garden Centre, Torwood Garden Centre, Talbot House & Corvi's fish and chip shop in Bo'ness. During the summer members enjoyed getting out and about for activities such as a mocktail masterclass and afternoon tea hosted by FARE Scotland, a cupcake decorating session and a trip to the Falkirk Wheel which included lunch and a boat trip on the wheel itself.

Falkirk have now started their Autumn programme and current outings are running monthly from selected areas up until the end of November. They provide door to door accessible transport, often courtesy of the fabulous Order of Malta Dial a Journey Trust, along with a hot drink and a light bite.

Over December this year, we will be hosting two Christmas lunches, one on Sunday 10th December at Camelon Social Club and one on Wednesday 20th December at Falkirk College.

If you are interested in taking part in our trips, or if you would like to volunteer as a helper, then please get in touch with us on 01324 374144 or via email falkirk@thefoodtrain.co.uk.



Stirling
and Clacks
**01786
450 536**

Regrettably due to funding restrictions the Stirling and Clackmannanshire branch are no longer able to offer a Befriending or At Home service. They are very proud to have made so many great connections through these service as well as hosting many fun days out. Food Train hopes that all those who participated in these services had a positive experience and we are sorry they have had to end sooner than expected.

Stewarty
**01556
288 427**

Stewarty friends have been enjoying increased numbers on their monthly outings around the local area. They've been able to offer more members the opportunity to go along on the trips by taking advantage of being able to hire their local Galloway Community Transport minibus which is driven by Fiona one of their volunteers. We would like to say a huge thank you to all the volunteers who help on these outings as they couldn't happen without them.



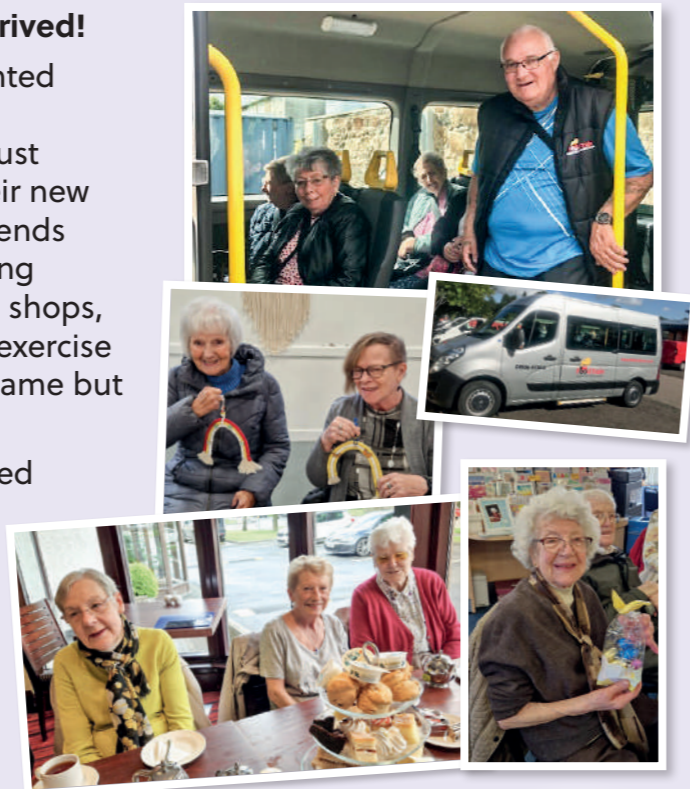
West Lothian
**01506
413 013**

The new minibus has arrived!

West Lothian were delighted to receive a grant from Queensberry Housing Trust which helped pay for their new bus. Members on the Friends service have been enjoying additional outings to the shops, crafting events, quizzes, exercise classes, and lunches to name but a few.

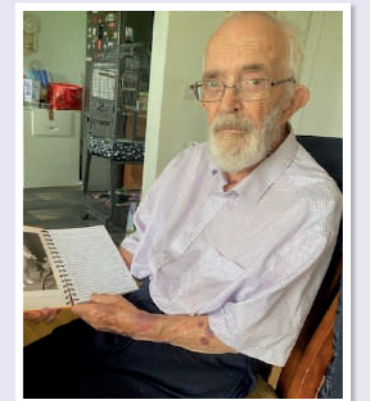
There are lots of new activities being introduced to the Friends service over the coming months, if you would like to find out more, please contact the office on 01506 413013.

"getting out the house is lovely! I really enjoy the socialising and chatting to others and the volunteers are ever so helpful." (Friends member)



Newton
Stewart
**01671
401 346**

Linda, a befriending volunteer from Newton Stewart has put together a little book recounting the life of her befriender, Michael. It's a handwritten notebook full of anecdotes and memories, mostly from his younger days. Michael was an engineer and helped design some landmarks including the Bullring in Birmingham, London PO Tower and the rebuilding of the bridge that crosses the Menai Straits. He became a member after his wife died two years ago, and with no local family or friends is extremely isolated and lonely, and rather frail. Linda and Michael have a lovely relationship. They enjoy playing board games and often go out for coffee and enjoy each other's company. After hearing Michael talk about his past, Linda suggested they could make a record of some of his memories for himself and his family to share and they have spent time over the last six months putting it together. She wrote everything out herself and has given copies to Michael's son and daughter, plus a copy for Food Train. It has been a special time for them and has allowed Michael to reminisce and share stories about his life and achievements that would otherwise have been lost. Linda also wrote a memory book for herself, and she and Michael have shared memories about each of their lives. Linda's visits have helped Michael regain some of his confidence and enjoyment of life. They both look forward to more visits and continuing to enjoy their befriending relationship.



Dundee
**01382
810 944**

Phone
Friends
**0141
551 8118**

Renfrewshire
**0141
887 2557**

Scottish
Borders
**01896
751 750**

Dumfries
**01387
270 800**

VOLUNTEERS

Stewartry

Stewartry branch are very lucky to have an established team of volunteers and have been recognising their achievements by presenting them with long service certificates. Alan has been volunteering with them for an amazing 10 years and Aileen, Alison, Bob, Dougie, Jeanette, Jimmy, Lynda, Nigel, Sharon and Val have been there for 5 years. The branch are very proud of them all and really happy they've chosen to volunteer for Food Train.



Falkirk

On the 7th July, volunteers and staff at Falkirk Food Train gathered in Callendar Park for a belated volunteers' week celebration. Everyone enjoyed the selection of homemade cakes made by volunteer Linda. The volunteers revealed their competitive streaks in a game of people bingo, and everyone enjoyed getting to know each other better in the glorious sunshine!

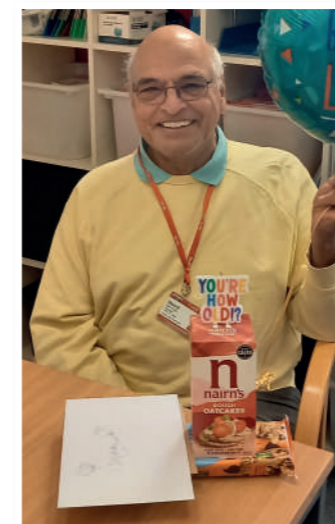


Glasgow



It's great to have you back Robert! Many Glasgow members will be relieved to see Robert back with the branch healthy and well. Robert had a health scare last November which resulted in him not being able to volunteer but the branch is delighted to welcome him back.

Volunteer Mahdi celebrated 2 big milestones on 13th September. It was his birthday and it also marked 8 years since he joined the Glasgow branch as a volunteer. Thank you for everything you do Mahdi.



Renfrewshire

As with all branches Renfrewshire couldn't run their shopping service without their amazing team of volunteers. The staff team are incredibly thankful for each and every one of them for helping ensure that the members have access to fresh groceries each week. If you have a few hours to spare each week and would like to volunteer, please contact us on 0141 887 2557 for more information.

Scottish Borders

As well as celebrating 6 years of operating in Scottish Borders, the branch thanked a very special volunteer for their long service. Sonya has been helping them support their members for over 5 years and is in shopping and organising every day to help make sure they get all our deliveries out. A massive thank you to Sonya the Scottish Borders superstar.

Apology To Mrs Munns

We would also like to take this opportunity to apologise to Ms Munns in Dundee. In our Spring newsletter we miss quoted her by saying "she used to like to cook but she is no longer able to" when in fact Ms Munns does enjoy cooking and does cook her own meals regularly but has also enjoyed the meals from the S5 pupils at Dundee High School.

Connects

We are delighted that volunteer cooks through our Meal Maker service shared a total of 8196 meals over the past six months. We have meals being shared from Kirkcudbright to Elgin and diners are, not only enjoying the delicious food that is brought to them by the volunteer cooks, but they are also benefiting from the company and friendship that comes with it. Meal Maker volunteers often tell us what a joy it is to be able to carry out this role as they gain so much from being able to cook and share food with someone in their community.



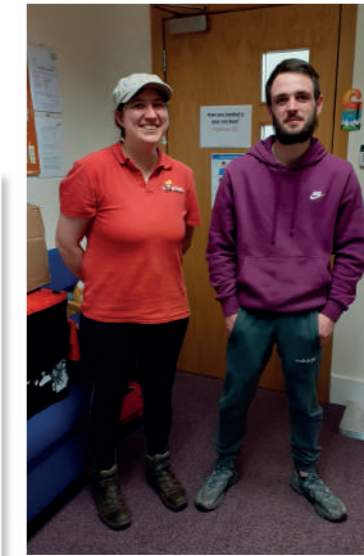
CORPORATE VOLUNTEERING

For several years Food Train have been welcoming corporate volunteers to work alongside our existing volunteers for a day to experience firsthand the services that we offer to our older members. This is an excellent way for corporate employees to engage with their local communities and it is brilliant for the branches to get extra pairs of hands, particularly during the summer when our regular volunteers like to enjoy a well-earned holiday.

This year has been another exceptional year and we have seen the likes of Morgan Stanley, Chubb, Edington UK and ScS Sofa staff volunteer across several Food Train branches, these include Glasgow, Renfrewshire, Falkirk and West Lothian.

Morgan Stanley

Glasgow, Renfrewshire, and Falkirk branches were lucky enough to have Morgan Stanley join them again at the start of the summer for 6 weeks during their Month of Action. Every day the branches welcomed new volunteers to the service as well as some well kent faces who had returned for the 3rd year in a row. Around 168 employees volunteered during this period which equated to approx. 504 hours of volunteering. We can't thank Morgan Stanley enough for their continued support of Food Train. It was an absolute pleasure as always for the branches to work alongside such a great team of people.



The West Lothian branch are delighted with the volunteering support being given by ScS in Livingston. A selection of their employees have been volunteering with them for a day each month, helping with shopping deliveries, telephone calls and anything else they need help with. "I've had a great day and would love to come back, what a brilliant service you offer" said one of the employees. A massive thank you to everyone.



POWERED BY API GROUP

Chubb employees said:

"The volunteers who give their time regularly are invaluable and are what make this charity so effective."

"I will continue to recommend the charity and the great work you do. It is a fun and easy way to get involved with charity work."

"A very worthwhile charity that I will continue to promote."

For the second year running, we saw Chubb employees return to volunteer with our Glasgow and Renfrewshire branch, they enjoyed their experience so much last year that they were extremely keen to return. For two weeks in May, 14 employees generously gave up their time to help out with our shopping and delivery service. A massive thank you to all involved and we hope to see you again next year.

EDRINGTON



For the very first time, we welcomed staff from Edrington UK, who kindly supported Food Train during our #SaveGlasgowFood Train campaign. Several members of staff volunteered for a day in our Glasgow and Renfrewshire branches helping in the supermarkets doing the shopping for our older members. We would like to thank you for your support and hope to have you back next year.





Stirling

Stirling and Clacks have welcomed new Service Administrator and Co-ordinator Jo, and new Support worker Cameron to the team. Talking about how they felt about joining the Food Train team Jo said "it has been a pleasure meeting all the volunteers and getting to know the members", while Cameron, already well known for his sense of humour said "welcome to the madness – on both sides!" We said a fond farewell to Service Administrator and Co-ordinator Anne-Marie and Development Officer Gillian Gunn over the summer and wish them the best in their new opportunities.



Falkirk

Earlier this year the Falkirk branch said cheerio to staff members Hayley and Stuart, who both moved onto pastures new. We are pleased to have welcomed Kimberley and Joanne who have now settled into their roles in the branch. Kimberley is an experienced Community Development Officer and Joanne has joined us as our Administrator from her previous role as Support Worker in the West Lothian branch.



Renfrewshire

In July we said Goodbye to our Administrator Hannelie who many from the branch will have been familiar with, as she moved on to pastures new. In her place we welcomed the wonderful Linda. Linda will be a familiar face to many of the members as she has been a delivery volunteer with the branch for the last 3 years and knows the members well. Welcome aboard Linda!



This year's Food Train Members Survey showed that 28% of members could be at risk of malnutrition. Do you know what to look out for?

Malnutrition occurs when someone does not eat enough to meet their nutritional requirements. Over the past few years due to COVID-19, the lockdowns, and the increasing cost of food it has been becoming more difficult for people to get a well-balanced diet that meets their needs.

In Scotland, people over the age of 65 are the most likely age group to become malnourished. Malnutrition can have a significant impact on your health and often it will go undetected because people are not aware of the signs and symptoms.

You could be at risk of malnutrition if you have

- Been struggling to eat as much as usual
- Lost weight without meaning to
- Had a poor or reduced appetite
- Noticed your clothes, shoes and jewellery are looser
- Been struggling to prepare or cook food as usual



Malnutrition Advice Line
0800 13 88 220

For those aged 65+ in Scotland



Difficulties eating and drinking?

Unplanned weight loss?

Lost motivation to cook?

Loss of appetite?

Our free advice line provides practical tips and information about how to stay well-nourished



Opening Hours:

Mondays 09:00 – 16:00
Wednesdays 09:00 – 16:00
Thursdays 09:00 – 16:00



If you are experiencing any of these issues you may be at risk of malnutrition. Malnutrition is often preventable and treatable with some small changes to your diet. Eat Well Ages offer resources to help you including leaflets and our Malnutrition Advice Line which is staffed by Jen, Food Train's Dietitian. The advice line is open 9am to 4pm Monday, Wednesday and Thursday.

If you have any questions of concerns, get in touch on 0131 447 8151.

LEAF IT TO ME

There are 10 differences in these autumn scenes, so how quickly can YOU spot them?



Answers on Page 18

Fibre Facts

Fibre is an important nutrient in our diets that provides us with many benefits but many of us do not eat enough it. Fibre helps reduce the risk of several health conditions including heart disease, type 2 diabetes, and bowel cancer. It is also essential for good gut health and can prevent us from becoming constipated.

High fibre foods include wholemeal breads, pastas and rice, wholegrain cereals, fruits and vegetables as well as nuts, seeds and beans.

Adults in the UK are recommended to have 30g of fibre per day.



Here are some tips to increase your fibre intake

- Add fruit, nuts and seeds to breakfast cereals or yogurts
- Add extra vegetables or pulses such as beans or lentils into soups or sauces
- Swap out white breads, pastas or rice for whole meal options
- Choose high fibre cereals
- Try to leave the skin on when having fruit or vegetables

Remember to stay well hydrated when increasing your fibre intake as fibre needs plenty of fluid to do its job properly.

FUNDRAISING & DONATIONS

West Lothian

The Argos store in Edinburgh have been extremely kind donating various household items to the West Lothian branch to hand out to members that need them. Pictured right is volunteer Barbara giving Food Train member Jackson Balfour a brand-new sandwich maker. Jackson is really looking forward to making toasties.

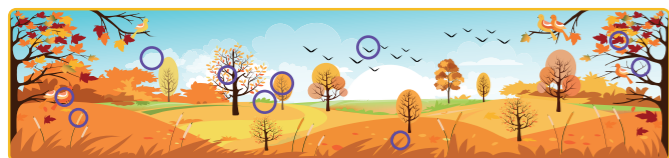


Dundee

The Dundee branch received a very generous donation from Karen McRostie who is a radio presenter for Radio Earn and hosts a YouTube channel called, Prime of Midlife. Karen is renowned for donating all the money raised on her podcast to charities and this time Dundee Food Train was the very lucky recipient. Pictured below are some the delivery boxes sponsored as part of the donation, thank you very much Karen for your support.



LEAF IT TO ME Answers (Page 16)



- Bird wing, white
- Growth missing
- Cloud missing
- Beech leaf missing
- Green Trees missing
- Tree colour missing
- Bird missing
- Grass profile missing
- Oak leaf missing
- Twig missing

Renfrewshire



Staff from the Renfrewshire branch hosted stalls at both Barshaw and Renfrew Gala days over the summer which were a great success and allowed them to talk to lots of local people about Food Train services in the area.

A huge thank you goes to former development officer Bobbi who recently took part in the Edinburgh Kiltwalk, walking 14.7 miles to raise funds for the branch.

We also want to wish volunteer Mike 'Good Luck' he is currently training to run the Scottish Half Marathon in October raising funds for the branch. Here he is resplendent in his Food Train running vest. If you would like to sponsor Mike you can do so here: <https://thefoodtrain.enthuse.com/pf/mike-devlin>



Falkirk

In July it was an early Sunday morning start (5am) for volunteers and staff, who were at the Falkirk Stadium Car Boot Sale raising funds for the Falkirk branch. Despite being a bit windy, the rain (mostly) held off enough for folks to browse items that had been very kindly donated. They ended up raising approximately £200, so thank you to everyone who contributed to the success of the day.

In addition to smaller bits of fundraising like hosting charity stalls in local supermarkets, you may notice representatives of the Falkirk branch out promoting their services and raising funds at the below events please pop along to say hello.



- Falkirk Charities Day on Saturday 16th September
- The Edinburgh Kiltwalk on Sunday 17th September
- Sip and Paint fundraiser at ... Behind the Wall on Friday 29th September (ticketed entry)
- Falkirk Older People's Day, Howgate Centre, on Tuesday 17th October
- Christmas Fayre at Grange Manor Hotel on Sunday 26th November

The Falkirk branch will be holding a Christmas tombola and raffle, if you are able to help by gifting an item or if you would like to buy a raffle ticket, please speak to them at one of the events above or call: 01324 374144.



Stirling

The Stirling branch would like to thank the Fintry Inn, Gargunnoch Inn, and The Cross Keys Inn for hosting quizzes over the summer in which the proceeds were donated to Food Train. Across the three quizzes over £600 was collectively raised and we cannot thank you enough for choosing to support Food Train as your good cause. We would also like to thank quizmaster George for his role in championing Food Train and for hosting such great, well attended quizzes.

THANK YOU SO MUCH ❤️

HALLOWEEN PUZZLE WORD SEARCH



N O Y T K S P H M H A T E K S A C M T
 B C G P U S Z T Y L N B E V X A R O H
 T T X R E H A U N T A G L U U E D T G
 E O Z N E E T M W S H U Y L V Z K N I
 N B J R I C R R I O O M D A H N S A N
 O E Y P A H A C S H E R D B A I A H D
 T R H O C K B T G B O A P R O D S P I
 S A U T U M N S R N C E P Z D O D N M
 B R I L H V C O T A B N O T E L E K S
 M W Y O Q A O W N Y N R T E M A R E J
 O D W K D M B C H W E R E W O L F I C
 T L S J S P W E O P W B Y D N A C R A
 G R P T B I E W A F T J Q I T G D E C
 G D I M R R B E Y A F T E R L I F E K
 Z C D C N E R M Z U W I R U C T M Y L
 K B E G K M M E U Y X F N M O O N A E
 O X R V I U A F Q V D B X W J X D J R
 W M P R M W K C A L B B L O O D S U X
 L O G B Z D I R V Q K H I C M H D S M

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|---------------|-----------------|---------------|
| 1. AFTERLIFE | 14. COBWEB | 27. MUMMY |
| 2. AUTUMN | 15. COFFIN | 28. OCTOBER |
| 3. BAT | 16. CREEPY | 29. OGRE |
| 4. BLACK | 17. DEMON | 30. OWL |
| 5. BLOOD | 18. EERIE | 31. PHANTOM |
| 6. BOO | 19. GHOST | 32. PRANK |
| 7. BROOMSTICK | 20. GHOUL | 33. SKELETON |
| 8. CACKLE | 21. GRIM REAPER | 34. SPIDER |
| 9. CADAVER | 22. HAUNT | 35. TOMBSTONE |
| 10. CANDY | 23. HOWL | 36. TRICK |
| 11. CASKET | 24. MASK | 37. VAMPIRE |
| 12. CAT | 25. MIDNIGHT | 38. WEREWOLF |
| 13. CAULDRON | 26. MOON | 39. WITCH |

