

The Coronation of The King and The Queen Consort

You may remember the Coronation celebrations back in 1953, when a 25-year-old Queen Elizabeth II wearing an extravagant white satin gown embroidered with pearls, sequins and crystals was crowned at Westminster Abbey. A total of 8,251 guests attended the ceremony, 27 million people in the UK watched it on television and 11 million listened on the radio. Queen Elizabeth II's grand procession was about 5 miles long, with three million spectators watching, through the streets of London. It featured more than 40,000 UK and Commonwealth service personnel and 24 marching military bands.

Fast forward 70 years and King Charles III will be crowned on the 6th May 2023 along with his Queen Consort after ascending to the throne on the death of his beloved mother last September. The Coronation will be a three-day celebratory weekend of events to mark this historic occasion, beginning on Saturday 6 May with the Coronation Service taking place at Westminster Abbey with the Archbishop of Canterbury overseeing the ceremony. There is expected to be around 2,000 people in attendance.

On Sunday 7 May, the Coronation Concert will take place at Windsor Castle with iconic locations across the UK lit up using projections, lasers, drone displays and illuminations. Monday 8 May is a Public Holiday, giving the nation a chance to come together to support charities in the Big Help Out. The Big Help Out will give everybody the opportunity to try volunteering for themselves and make a difference in their communities and to the causes that matter to them the most.



If you would like to watch The King's Coronation, it is being aired live on television and is expected to be mid-morning on 6th May 2023. The Coronation Concert will also be broadcast live on the BBC on 7th May 2023 this is expected to start mid-evening lasting 2-3 hours.



INTERESTING FACTS ABOUT THE CORONATION:



This is the first time a Coronation ceremony will take place on a weekend since 1902 when Edward VII was crowned King.



Charles will wear the St Edward's Crown for his Coronation at Westminster Abbey on May 6. However, he will swap this out for the Imperial State Crown before the end of the ceremony and wear that as he leaves.



The date was chosen after being agreed upon by the Government, the Church of England, and the Royal Household. However, there are apparently several symbolic reasons why Charles may have chosen it. May 6 is also the date of his grandson Archie's birthday and the date of the late Princess Margaret's, the late Queen's sister's, wedding anniversary.



Camilla will be the first Queen Consort in almost a century to be crowned in Westminster Abbey. The last was King George VI's wife, Queen Elizabeth (also known as The Queen Mother), who was named the Queen Consort in 1937.



Camilla will wear a modified version of Queen Mary's crown, made by Garrard for the 1911 Coronation and commissioned by Queen Mary, the consort of George V.



Queen Elizabeth II Coronation was the first ever to be televised and was watched by 27 million people in the UK alone, alongside millions more around the world.



Not only is Charles III the King of the United Kingdom - he is also king of 14 other Commonwealth realms (including Canada, New Zealand, Australia, Papua New Guinea, Jamaica, and other small island nations).



Welcome from the CEO



Hello everyone and welcome to our Spring 2023 newsletter. I hope this finds you staying safe, warm and eating well.

It's been a tough winter in many ways. Food prices continue to rise, inflation remains high overall, but thankfully the latest Government budget sees help with electric and gas bills extended to the end of June. We are all feeling the strain and sadly for Food Train we are being affected on multiple fronts. Not only have our bills risen sky high, but income from fundraising and donations has dropped, leaving us no alternative but to increase the shopping delivery charge. See page 6 for more details. As well as reviewing the shopping delivery charge, we are looking at how we run our befriending activities and the necessary transport, which might result in some changes to our Friends service in the months ahead. Local staff will keep everyone well informed of any impending changes.

Sadly, you'll see from page 6, funding cuts in local Councils have affected our Glasgow branch, which has lost all its funding and is facing closure. We've been fundraising for the last few weeks, and I'm delighted to say we have enough to keep the branch open at least until the end of April, while we wait the outcome of a bigger funding application, which, if we are successful, will keep the branch open in Glasgow for another year. The volunteers and staff in Glasgow have worked amazingly hard in very tough circumstances keeping the vans filled with shopping and on the road every week.

Despite the tricky time we are all having, there is lots of great news in the pages ahead. We've also got our first paying tenant moved in at head office in Dumfries, the building is being used regularly several times a week by various groups and we got some new funding to try out a pop-up café and add a soup/sandwich delivery option for Dumfries members come summertime.

Brighter and warmer days are in front of us thankfully.

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

Michelle



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SPRING FEATURE

DEAF AWARENESS



Deaf Action

Did you know that 1 in 5 people in Scotland are affected by hearing loss?

People who are deaf or hard of hearing face significant communication barriers which have profound impacts on their quality of life and mental wellbeing. It can even feel alienating when you're hard of hearing, everyone talking around you, while you struggle to get involved. But that's where Deaf Action comes in. They have a range of simple products and services that can help you be a part of the conversation.

Deaf-friendly specialist equipment

Do you sometimes struggle to hear the TV, or miss the doorbell? Deaf Action's specialist equipment can help. Their service team are committed to providing solutions that can help relieve problems caused by hearing loss. Specialist equipment may include accessible doorbells, television amplifiers, induction loop systems, vibrating alarm clocks or other solutions. And depending on where you live, you could even get this for free. This is available to people living in Glasgow, Edinburgh, Midlothian, or East Lothian, and even if you live elsewhere, they can offer advice on how to get the right equipment.



Lipreading courses

Deaf Action also provides free lipreading courses, which can help alleviate some of the communication issues which may arise from hearing loss. The courses are tailored for adults with any degree of hearing loss, who use spoken English to communicate and are taught by experienced lipreading tutors. Throughout the course, our tutors encourage people to make friends, laugh and relax, whilst also helping rebuild some of the confidence people may have lost through deafness.

About Deaf Action

Deaf Action were established in 1835, work with deaf people across Scotland. Their work is geared towards empowering people who experience hearing loss to achieve their potential and fully participate in society, with equality of rights, access, and opportunity. Their services are designed to make life easier and more fulfilling for deaf and hard of hearing people.

If you need any advice, please contact Deaf Action by

Telephone: 0131 556 3128 or

Text: 07775 620 75 or

email: admin@deafaction.org.

You can also find out more information on their website **www.deafaction.org**

SHOPPING



West Lothian

During these difficult financial times the West Lothian branch have provided some information to shopping members on the cost of branded versus non branded grocery products. Volunteers and staff even carried out some tasting sessions on the supermarket budget items which they could then tell their members about. This information was very well received and many of the members are now trying non branded products. Food Train staff have been working with other local charities to look at ways to help during these difficult times such as referring members for a benefit check to see if any benefits are available.



West Lothian Friends members are enjoying trips to the supermarket with the support of helpful volunteers. Volunteers are helping with product advice, selecting best dates, and packing at the checkout which is certainly proving to be a big help for members. Volunteers and members also enjoy a well-earned cuppa and a cake in the café before heading home.



Glasgow

Our Glasgow branch will no longer be doing deliveries on Fridays. Members who normally receive a delivery on a Friday have the choice to have their shopping from Morrisons on a Wednesday or Asda on a Thursday. If you have any questions, please get in touch on 0141 423 1722.

Renfrewshire

The Renfrewshire branch were amazed when they looked back over the last financial year to find that they had made approximately 4800 deliveries across Renfrewshire and East Renfrewshire to their members, with a total spend in the region of £180,000. That's a lot of bread, milk, fruit, veggies and other tasty treats for everyone, delivered by amazing volunteers.

Dundee

The Dundee branch are continuing at pace with introducing the grocery delivery service into the Perth & Kinross area. Funding has been secured for Development Officer Lorna Dunbar to continue her great work in supporting older people across the region with grocery shopping requirements. A dedicated delivery van is now based in Perth along with a team of brilliant volunteers supporting with shopping and deliveries.

Demand for the service in Dundee continues to grow and our local volunteer team are working hard to manage capacity. Some of our Dundee volunteers have supported us for more 11 years and have been awarded long service certificates and badges. Well done to all our volunteers in Dundee and Perth & Kinross.



Borders

The Borders branch have a very close relationship with their shopping partner Asda and the local Community Champion, Nola, who has been helping recently making deliveries to our members. A huge thanks to Nola and Asda for their support.



As demand for our shopping service keeps growing, we are looking at ways to manage capacity. We will keep our members informed if there are any changes that will impact on them.



Shopping Delivery Charge Increase

Like all charities, we are struggling with rising costs and falling donations. Despite our best efforts over the last year to reduce our costs and bring in more income, we find ourselves in a tricky financial situation. After a careful review we have made the difficult decision of increasing the shopping delivery charge from £5 to £7 per delivery, effective from 1st April 2023. All members should have received a letter advising them of this increase, but if you have not, please ask your local branch for one.

#SaveFoodTrain Glasgow

Unfortunately, in January we received news that Glasgow City Council were withdrawing our funding. This means by the end of March 2023 we are facing closing the branch, a cause of much anxiety for our members, volunteers, and staff in Glasgow.

Since the announcement we have been in talks with various partnerships and funders to seek alternative funding, we have written to all Glasgow MSP's, MP's and Councillors urging them to help, and we set up a petition, which now has over 5200 signatories from our supporters.

With time running out we are still trying to keep our doors open until the summer,



when we will hear about a couple of funding applications which are pending. To do this we have set up a Crowd Funder and are hoping to raise as much as possible to buy us some more time.



We know these are very difficult times for everyone, but people

have been very generous in supporting our cause and we are grateful for this, so THANK YOU. If you feel you would like to donate to #SaveFoodTrainGlasgow please speak to your local branch.

Stirling and Falkirk members – would you like an Eat Well Buddy?

Food Train are launching our Eat Well Buddy project in Stirling and Falkirk. We know it can be difficult for some of our customers to make up a weekly shopping order, especially for those customers who haven't set foot inside a supermarket for a very long time. This is where an Eat Well Buddy can really come in handy. A trained buddy could assist you to prepare a nutritional shopping list, suggest some new ideas, and advise about what products are currently being stocked in the supermarkets you use on a weekly basis.

Weekly phone support or home visits can be arranged.

If you are based in Stirling or Falkirk and would like more information, please call Hayley on 01324 374 144

CROSSWORD ANSWERS FROM BACK PAGE

HOW WELL DO YOU KNOW THE ROYAL FAMILY?

Across

- 3. DuchyOriginals
- 8. WinstonChurchill
- 13. CaernarfonCastle
- 14. Purple
- 17. Gordonstoun
- 18. AstonVilla
- 19. Sandringham
- 20. WestminsterAbbey
- 21. Equestrian
- 23. PrinceHarry

Down

- 1. Friends
- 2. Photography
- 5. Thirty
- 6. June
- 7. WindsorCastle
- 9. Suits
- 10. HolyroodWeek
- 11. PrincessBeatrice
- 12. George
- 13. Corgis
- 16. French
- 22. Greece

Walk at Work Award –

Food Train staff have recently been taking steps to be a more active, happy and healthy workforce and were thrilled to be awarded the 'Walk at Work' Award by Paths for All. To achieve this award, staff have been taking part in various activities throughout the last 6 months. This included a step count challenge aiming to clock up as many steps as possible each day, we also encouraged new activities and staff took part in bike rides, tap dancing, wild swimming, kayaking and trapeze! Staff were encouraged to get out for a walk during the working day and arranging walking meetings when possible. Having achieved the Award, we're keeping up the activity levels with a series of seasonal challenges.



NEW FACES

Renfrewshire

It's all go for Team Renfrewshire who had 2 new members of staff join in October after Hayley moved to our Falkirk branch and Stephen moved on to pastures new. Fiona, who spent 8 years in our Glasgow branch has stepped up as the new Regional Manager and Bobbi joined Food Train to become the branch Development Officer. Both are enjoying getting to know all the members and if you haven't met either of them yet, you likely will soon.



Falkirk



Since the last newsletter there have been quite a few changes in staff in the Falkirk branch, we are now pleased to introduce the new team. They are (left to right): Stuart – Service Administrator & Coordinator, Kirsty – Part time Development Officer (Mondays and Tuesdays), Hayley – Full time Development Officer, Amanda – Regional Manager, and Margaret – Service Coordinator.

Borders

In the Borders we said goodbye after almost 3 years, to Leigh, off to start her career with Police Scotland, we wish her all the best. We welcome Jenna, our new Service Administrator & Coordinator who is happy to help with any queries.



FRIENDS



Falkirk
**01324
374 144**



Falkirk Friends are running several monthly outings within the local area. Food Train members can enjoy a hot drink and a light meal or snack whilst catching up with each other and finding out what has been happening over the past month. Door to door transport is provided by Dial-A-Journey.



The current trips are to Torwood Garden Centre (first Tuesday of the month), Tesco Redding (2nd Tuesday of the month), Denny & Bonnybridge (third week of the month starting from April) and Talbot House Lunch Club the last Thursday of each month. Over the summer they will also be offering some one-off trips around the Forth Valley area.

The outings are open to anyone from the age of 65 who live in the Falkirk area. If you are interested in the Friends trips or know someone that you think would enjoy going out on a monthly outing, please give us a call on 01324 374 144.

Scottish Borders
**01896
751 750**

Our Borders branch had its first Friends trip just before Christmas, giving members the chance to do a bit of shopping. Their lovely volunteer Sam was on hand to drive the minibus and help everyone with their Christmas purchases, which turned out to be quite a lot after hitting the local shops. Everyone enjoyed a good blether over lunch and are looking forward to the next outing.



The outings are open to anyone from the age of 65 who live in the Borders area. If you are interested in the Friends trips or know someone that you think would enjoy going out on a monthly outing, please give us a call on 01896 751750

West Lothian
**01506
413 013**

West Lothian Friends have been enjoying some wonderful local days out. Outings have included Bingo, Quizzes, Seated Exercises, Dancing, Lunches, and a trip down memory lane to Bathgate's Bennie Museum.

There were several festive trips at the end of last year, which included the panto, a Christmas lunch, and a trip around West Lothian at night to see the Christmas lights. These trips got everyone in the festive mood.

A huge thank you to all the volunteers that help on these trips, and to the focus groups which allows members to provide feedback and put forward ideas and suggestions for future outings.



Dumfries
**01387
270 800**



Thanks to Dumfries and Galloway Council Active Communities, in January the Dumfries branch kick started the year off with some keep fit in the new Head Office social space. This new weekly social group gets people together to take part in low mobility activities, like seated exercises to music and strength and balance exercises. A great opportunity for a cuppa and a chat too.

Members and volunteers enjoyed celebrating Burns Day on Wednesday 25th January, with a fun packed afternoon. Everyone enjoyed lentil soup, haggis, neeps and tatties and cranachan. They had a lovely visit from pupils from St Michael's Primary School in Dumfries who recited poetry and the afternoon was rounded off with some Scottish music and song. It was fantastic that members and volunteers from Annan and Stewartry branches were able to attend and join in the fun.

Stirling and Clacks
**01786
450 536**

The Stirling & Clackmannanshire Food Train befriending service has been running successfully now for over 6 months.

They have recruited befriending volunteers across Stirling and Clackmannanshire who have been matched with an older person in their local community and visit for a weekly social call or outing. Feedback from members has been very positive, with members reporting a greater sense of wellbeing from the connections made.

The monthly outings service has also been running successfully since August, including trips to a local Tea Dance, The Smith Museum, a pantomime at MacRobert Arts Centre and Dobbies Garden Centre. The branch has partnered up with Dial-a-Journey to offer transport on these outings and a local taxi firm supports transport to the Tea Dances, free of charge. The members have greatly enjoyed the outings so far and many more trips are planned for the rest of the year.

Please get in touch if you would like to know more on 01786 450536



Renfrewshire
**0141
887 2557**



The Renfrewshire friends service has really started to take off over the last few months and had some great trips recently. So far, members have had the chance to visit the Glasgow Science Centre, Dobbies Garden Centre and the Morrisons store where they shop from which has been great for members to see what's on the shelves. They also attended a Christmas Pantomime and had a movie afternoon complete with buckets of popcorn. A new programme of events is being planned for the rest of Spring/Summer and they'd love for you to join them. If you're interested in attending any of the upcoming outings, please get in touch by calling the branch on 0141 887 2557.





Love to read? Live in the West Lothian area?

If you are a member of a public library in West Lothian, then why not join our FREE library service. Once a month volunteers will bring you a collection of your preferred books or audio books for you to enjoy.

One of the library members said: "it's a wonderful service, the volunteers are lovely, and it means I'm never without my stories!"

If you would like more information, then please call us on 01506 413 013.



FUNDRAISING AND DONATION

West Lothian

The West Lothian branch were delighted to receive the following donations: £2,000 from British Gas in December 2022, £250 Livingston Centre One voucher as part of their charity of the month award in February 2023 and a fantastic £30,000 for a new minibus for our Friends outings from Queensberry House Trust. Thank you very much.

For the 3rd year in a row, they have worked with the amazing children at Peel Primary who arranged donations of cards and gifts for members at Christmas. Food Train staff enjoyed fund raising at the annual Peel Primary Christmas Craft Fayre – their posh tombola went down a storm with everyone.

A huge thank you once again goes to Home Instead who very generously donate Christmas gifts to West Lothian members every year. These gifts are gratefully received, and the members have asked us to pass on their thanks.



Dumfries

The festive season was launched Food Train style on 2nd December in Dumfries, where they enjoyed a fundraising coffee morning with friends old and new. The home baking stall went down a treat raising over £200. Thank you to all the staff and volunteers who donated all the goodies and to those who attended.



Dumfries members had a bumper Christmas with generous donations from Argos/Sainsbury's who donated £500 worth of goodies and the Dumfries Rotary Club gave every member a lovely bag of M&S shopping treats.



Annan

In Annan the 'Wee Pop-Up Shop' put out an appeal for people to make and donate knitted or crocheted blankets which could be handed out to Food Train members this winter to help them keep warm. The response was phenomenal, and more than 130 blankets were produced in no time at all which were handed out to members in the region. There was enough left over to donate them to the local churches for the older members of their congregations, who were delighted with them. A big thanks to everyone who donated the wool and their time to make these wonderful gifts.

Dumfries & Galloway

Dumfries and Galloway Food Train were thrilled to be selected by Russell Roof Tiles as one of their Charities of the Year for 2022. Each year, members of their team nominate local charities they would like to support and then take part in events throughout the year to raise funds for them.

D&G Food Train Regional Manager, Jim Brodie (pictured with Managing Director Andrew Hayward) attended a presentation at their offices in Lochmaben to receive a very generous donation of £3500 on behalf of Food Train.

Jim said "It was a pleasure to meet several of the staff at Russell Roof Tiles and hear about the work they do to support their chosen charities. What a fantastic way to give back to the communities they work in".



Newton Stewart

For the first time since January 2020, the Wigtownshire Potato Day took place in person at the Wigtown County Buildings on the 28th of January. This popular annual fundraising event is built up around seed potato and onion set sales by the Machars and Cree Valley Climate Action Network, the proceeds of which they very kindly donate to support Newton Stewart Food Train. This is augmented by other food growing-based stands present on the day, a refreshment stall run by Food Train volunteers with light lunches, tea and cakes (made and donated by volunteers), and a big raffle with lovely prizes generously donated by local businesses. This year a fantastic total of over £1,150 was raised. Sincere thanks to all who supported the event – hope to see you again next year!



Dundee

The Dundee branch were delighted to receive news that following the Tesco Community Grant vote in their local Tesco stores, they have been chosen by Tesco Customers to receive a grant award of £1,000. Thank you to everyone who gave their blue tokens in favour of Food Train.



Falkirk

Falkirk staff and volunteers have signed up to do the Kiltwalk on behalf of Food Train. One of the groups walking are the 'Falkirk Wanderers' who will be undertaking the wee wander in Edinburgh on 17th September 2023. If you are interested in joining them as a walker or would like to offer sponsorship for those walking, please get in touch with them on 01324 374144. Everyone who registers for the Kiltwalk this year has the chance to win £30,000 of car credit from the Headline Sponsor Arnold Clark.



Stirling

Stirling were overjoyed to receive a £26,000 grant from Stirling Council this winter. The fund was generously awarded to Food Train to cover the cost of shopping delivery fees for a period of at least 6 months for Stirling based Food Train members. From the 1st of December onwards no Stirling members have been charged a delivery fee and this will continue to be the case through the Spring months with the fund likely to reach completion at some point in the summer. We are very grateful to our partners at Stirling Council for offering this kind support at a time of steep rising costs.

The Stirling & Clackmannanshire branch would also like to thank the following groups and organisations who have donated to the branch in recent months:

- Ogilvie - £220
- The Arnprior Team at Common Thread - £96.65
- Carse of Stirling Rotary Club - £300
- Park Church Hall - £300
- Bruce Tait Associates - £50



VOLUNTEERS

West Lothian

The volunteers and staff at the West Lothian branch planned and enjoyed a self-funded disco and quiz night at Deans Bowling Club in September 2022 and enjoyed a wonderful Christmas meal at the Oatbridge Hotel in Uphall. This was a chance for all our hard-working volunteers and staff to celebrate their achievements over the year and have some well-deserved fun.



Stranraer

On the 1st of February 2018, a chance meeting at a Befriending workshop organised by Food Train in Stranraer led to an incredibly happy outcome! Volunteers Peter Howard and Carol Evans, both shopping and befriending volunteers, met on a training course which was designed to explain the role and responsibilities of a Befriender. It is rumored that Peter introduced himself to Carol because she was sitting next to the best plate of sandwiches at the lunch break. A few weeks later they met for a coffee and the rest, as they say is history. A quiet elopement and secret wedding in Barbados on the 15th of October 2022 duly followed, to the delight of family and friends.

The contented couple feel lucky to have a second chance of happiness in their later years and are thankful to Food Train for a very productive Befriending course – one could say they befriended each other.



Newton Stewart / Perth & Kinross

Volunteers Brian and Aileen used to volunteer in our Newton Stewart branch, helping with the admin and doing shopping deliveries before they moved to Perthshire just over a year ago. Brian couldn't wait to sign up when he heard about the new Food Train shopping service opening on his doorstep in Perth and is now back driving the van for our newest office. It looks like he has settled in well with the other volunteers, from left to right

With the boxes – Issy, Brian, Paul, Susan, Ally



Connects

At Food Train Connects we love receiving all the photos the volunteers send in of their volunteering activity and selfies with members. As Connects is the remote arm of Food Train, they don't get to meet their volunteers in person, so the photos received are important. The volunteer cooks are especially good at sending in photos of amazing meals they are sharing with their diners. Volunteer cooks are not just providing a delicious meal, they spend time with their diner, catching up with them and offering essential friendship. A huge thanks to all volunteer cooks and all remote volunteers who are out there, on their own, supporting the member they have been paired with.



The Big Help Out Food Train Connects will be hosting several online volunteer information sessions as part of Big Help Out Day inviting people to come along and find out all about volunteering with Food Train. For more information please call 0141 551 8118

Falkirk

This month the Falkirk branch have chosen to spotlight volunteer Linda, who has reflected on her volunteering experience with Food Train.

Linda Says: "When I attended a volunteer open day at the Forth Valley Sensory Centre in Camelon, I saw a role with Food Train that appealed to me, I applied, and started mid-October last year. As a hard of hearing person, I decided the Food Train Shopper would be ideal for my pathway back into volunteering (after a long absence). As a shopper working within a team, it was confidence building and rewarding knowing you are helping members. I do hope in future, my role can expand to utilise my British Sign Language - BSL (social level) skill where and when needed - such as a befriender to a deaf or hard of hearing client or perhaps some of the staff / volunteers may want to learn a little. As a hard of hearing person, hesitant at first, I recommend and encourage others to take up volunteering."



Borders

The Borders branch were delighted, when they were invited along as finalists to the amazing 'Loving Our Volunteers Awards', put on by Volunteer Centre Borders on Valentine's Day. It was a fantastic celebration of all the local volunteers who give so much time, commitment, and care to a huge array of organisations across the Borders. Our two finalists, Sonya and Luca, were both runners up in their categories and were delighted to have their volunteering efforts recognised.



Dundee

The Dundee branch have been working with Dundee High School, where S5 pupils have been preparing home cooked meals in their spare time for them to share with older members. So far, they have made around 100 dishes which include fruit crumble, sticky toffee pudding, vegetable curry, jam sponge, and pea and ham soup. One of Dundee's members Helen Munns who received a meal said: 'I used to love to cook but I am no longer able to, it's so nice to get your meals made for you.' A huge thanks to all the students for giving up their spare time to help older people in their local community.



Without our incredible volunteers we could not run our services and we are always looking for new volunteers to join us. If you know anyone who would be interested in helping in any of our services, we have lots of opportunities available. Please contact your local branch for more information.

SPRING FEATURE ON PAGE 4

DEAF AWARENESS

HEALTH AND WELL BEING

Stay Hydrated!

Did you know that older people are at a greater risk of becoming dehydrated? This is because as we get older, we don't feel as thirsty as we used to, and some health conditions can make it harder to drink enough. It's important to drink plenty throughout the day as being well hydrated helps to keep our bodies and minds functioning properly.

Signs you may be dehydrated include:

- Headache
- Nausea
- Dizziness
- Constipation
- Urinary Tract Infections (UTI's)
- Confusion
- Falls
- Dark or concentrated urine

To prevent dehydration, you should aim to have 6-8 drinks per day. Any drink except alcoholic drinks counts towards this, such as:

- Water
- Tea
- Coffee
- Juice
- Milk

You can also include fluid rich foods such as fruits and veg, jellies, soups, stews, and sauces.

TOP TIPS ON STAYING HYDRATED

Aim to drink 6-8 glasses of fluid a day
Water Cordials Fruit Juice Coffee
All fluids count except alcohol

ST Aim to drink 6-8 glasses of fluid a day

ST Aim to drink 6-8 glasses of fluid a day

Signs of Dehydration

- Headache
- Dizziness
- Nausea
- UTI's
- Irritability
- Pressure Sores
- Confusion
- Constipation

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Foods rich in water can also keep you hydrated

- Vegetables
- Ice Lollies
- Soups
- Custard
- Yoghurts
- Stews
- Fruit
- Jelly

TOP TIP Drink a glass of water whilst you're waiting for the kettle to boil.

TOP TIP Drink a glass of water whilst you're waiting for the kettle to boil.

Food Train logo and website: www.eatwellagewell.org.uk

Malnutrition Advice Line

At Food Train, our Malnutrition Advice Line is here to listen and support you with any concerns about eating well at home. Call our phone line for a friendly chat with our Dietitian Jen about any concerns you have about your diet. The advice line is open between 9am – 4pm on Mondays, Wednesdays, and Thursdays.

Malnutrition Advice Line
0131 447 8151
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

Nutrient Spotlight: Protein

Protein is a very important part of our diet as we get older. It is important for maintaining our muscle mass and keeping us steady on our feet. Protein also helps keep our immune system strong. New research has shown that as we get older, we may need to eat more protein to help us prevent muscle loss and help us maintain our mobility.

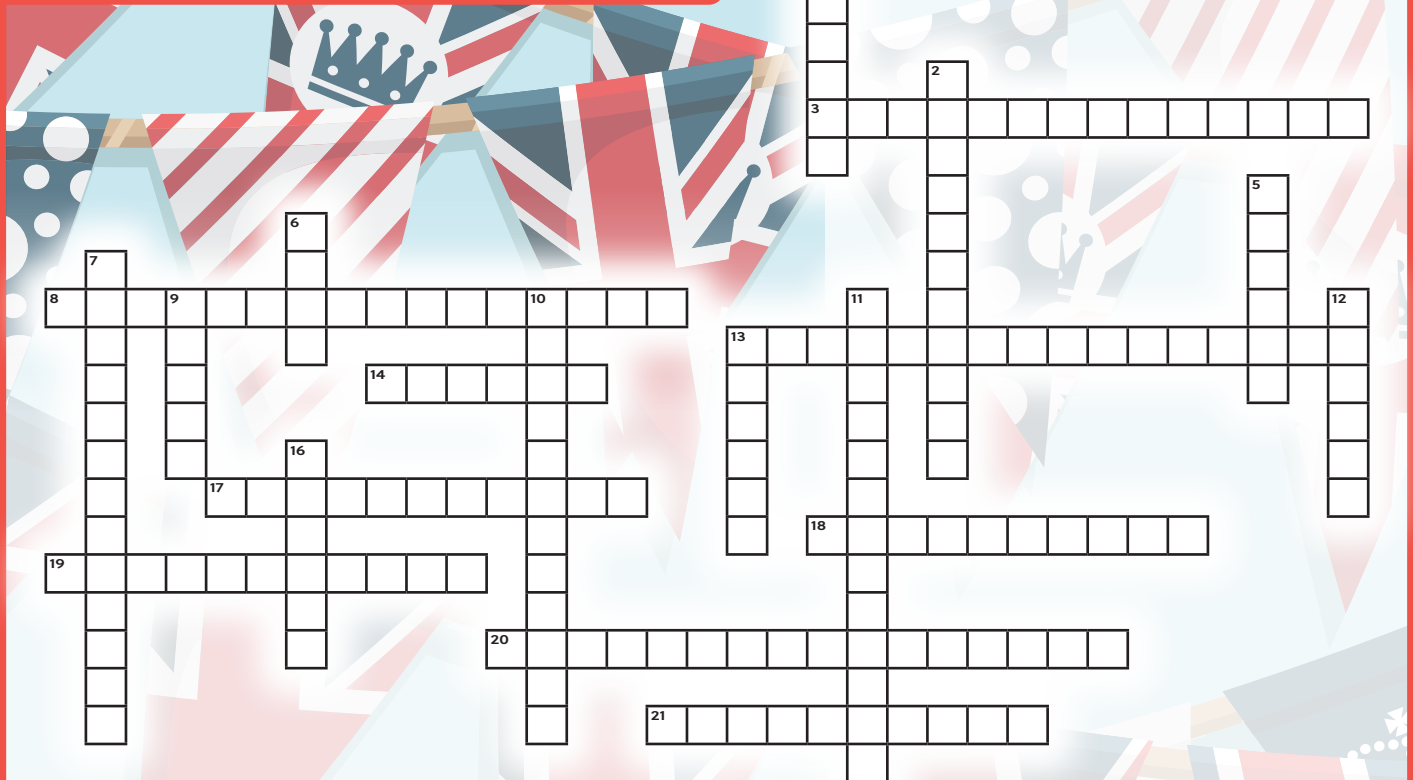
High protein foods include meat, pulses such as beans, peas and lentils, fish, eggs, and meat alternatives such as tofu, Quorn, and tempeh. Dairy foods such as milk, cheese and yogurt are also good sources of protein.

It is important to have a variety of protein foods in your diet and you should try to aim to have 2-3 portions of protein per day.

What is a Portion?

- Beef/chicken/lamb/pork/turkey/fish = approximately 1 palm sized piece
- Eggs = 2 medium eggs
- Beans/lentils/chickpeas/tofu or other plant-based alternative = 4 tablespoons
- Milk = 1 glass (200ml)
- Yogurt = 1 pot (125-150g)
- Cheese = 30g or small matchbox sized portion

HOW WELL DO YOU KNOW THE ROYAL FAMILY?



ACROSS →

3. What is the name of the organic food brand that King Charles founded? (14)
8. Who was the Prime Minister when Queen Elizabeth II was crowned in 1952? (16)
13. King Charles was crowned Prince of Wales in July 1969 in a televised ceremony held at which Welsh castle? (16)
14. What colour was the official Platinum Jubilee emblem? (6)
17. King Charles attended which boarding school in Moray, Scotland? (11)
18. What football team do Prince William and Prince George support? (10)
19. Where do the royal family traditionally spend Christmas? (11)
20. Where will King Charles' Coronation be held? (16)
21. Which sport does Zara Tindall have an Olympic medal in? (10)
23. Which British royal was known for being a rebel when they were young? (11)

DOWN ↓

1. In 1998, Sarah Ferguson made a cameo appearance in which popular TV series? (7)
2. What hobby does Kate Middleton have? (11)
5. How many estates does the British royal family own? (6)
6. Which month of the year does Trooping the Colour normally take place in? (4)
7. Where did Queen Elizabeth permanently move to in 2022? (13)
9. What popular TV show was Meghan Markle in before she married Prince Harry? (5)
10. During what event does the monarch visit Edinburgh every year? (12)
11. Which British Princess has a child named Sienna Elizabeth? (16)
12. King Charles has three middle names, name one of them (6)
13. What breed of dog is commonly associated with Queen Elizabeth II? (6)
16. What foreign language did Queen Elizabeth II speak fluently? (6)
22. What country was Prince Phillip born in? (6)

Answers on Page 6

