

NEW HOME FOR FOOD TRAIN OFFICIALLY OPENS

You may remember from our Spring 2022 Newsletter we were embarking on a 5-month journey to convert a former council building in English Street, Dumfries, into our first purpose-created headquarters and community hub.

Since January, we have followed the renovation works carried out by Eco Group, a local Annan based solution business. We have witnessed the transformation of a dark and dreary building into a magnificent headquarters, and bright welcoming community hub for people aged 65 and over to meet, eat and enjoy each other's company.



The official opening of the new building took place on Wednesday 20th July 22 by Lord Lieutenant for Dumfriesshire, Fiona Armstrong, Food Train chief executive Michelle Carruthers, former chairman Dr Rob Wells and current trustee Colette McIntyre.

Michelle Carruthers said: "This is a really exciting day in the history of our charity, and we are so grateful for the support we have received, including that for our Food Train Hero fundraiser.

Having a hub for older people in Dumfries town centre will make a real difference to our work and the lives of older people. The positive impact of somewhere that people can pop into for a cup of tea, a bite to eat and a blether shouldn't be underestimated.

This was one of the hopes of the older people who founded Food Train. I am so proud that, with the support of the community, we have been able to finally realise their dream."



SHOPPING



AT HOME



FRIENDS



LIBRARY



MEAL MAKERS



EAT WELL AGE WELL



CONNECTS

BIG PLANS FOR SOCIAL HUB

We have big plans for our new social hub at Food Train Head Office in Dumfries, and we are thrilled to be able to offer our space to local groups.

The Click Talk knitting group have been the first club to use our new hub to host their regular get togethers, and they've already received a very kind donation. Local couple Alan and Patricia Spiers popped into the community hub with a colourful donation of lots of wool and squares for the knitting group. They were absolutely delighted, and they'll be using the materials to make blankets and scarves to give to some of our members to keep them cosy during the winter months.

Our new social hub was also the venue for a wonderful regionwide gathering of Food Train Friends members at the beginning of September. Members and Volunteer Befrienders enjoyed lunch, cake, card games and a prize quiz. Following a quiet time due to Covid over the past couple of years, Dumfries & Galloway Food Train Friends members and volunteers alike are really looking forward to getting out and about again locally over the coming months.

If you know of a local group looking for a social space to use for older people in Dumfries, then please get in touch 01387 270800.



Donation of wool from Alan & Patricia Spiers



Dumfries Knitting Group



Dumfries The Gathering

Welcome from the CEO



Hello everyone and welcome to our Autumn 2022 newsletter. I hope this finds you well, having enjoyed a lovely warm summer.

As you'll see from our main news topic, the cost-of-living crisis is at the forefront of our minds, in particular how it is affecting you, our members, with food and heating bills. Over 300 members completed our survey on this topic back in May. We asked how you were managing with food and heating then, and how this might change if costs rose more. The results were stark; over a quarter of our members said they were already buying and eating less due to rising costs. We wanted to make sure your concerns were heard, and I've been taking every opportunity to speak to the press, on TV and radio, working with other charities and urging politicians to work together to help older people in need over this coming winter and beyond. This newsletter features all the information we could find that may help you. Please do call us at Food Train if you are worried, need any help or just need to talk.

Members will shortly be receiving appointments for a fourth Covid19 vaccine booster, look out for your blue envelope through the door. Food Train staff and volunteers are also getting this too; great news to help us keep safe and well over the winter.

It's been lovely to see our befriending trips back underway after a long absence due to Covid19. From boat trips to ice cream parlours, members in our established branches have been out and about all summer. Befriending is still very new in some of our branch areas, and you can read more about the progress we're making on page 6-7 along with the news from around the country.

At long last in Dumfries, after 27 years of planning, we moved into our new head office building in June and opened our doors to the public. The building is multi-purpose; a base for our Dumfries branch services, our head office and most importantly, an open-door community hub for older people. We've already got a knitting group in each Tuesday and some regular callers who pop in for a rest and a cuppa. We're thrilled to have this building and looking forward to lots of visitors.

*That's all for now
Stay safe and stay well.*

Michelle

If you are worried at all about the cost of living rises or would like more information, please call your local Food Train branch.



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TOPIC OF THE MONTH

COST OF LIVING CRISIS

The current cost of living crisis will affect us all, but the impact will be disproportionately felt by those who are already struggling to make ends meet. For thousands of people across the country, the risk of being forced into poverty because of not being able to keep up with a spiralling cost of living is a terrifying reality. Below is a summary of some things that may help support you through these difficult times.

Energy Bills Support Scheme

All UK households will receive financial help of £400 to support with energy bills. Energy suppliers will credit the sum to accounts of direct debit customers, and pre-payment meter customers will have the amount applied to their meter or will receive a voucher. The support will be available from October when the next energy increase comes into effect.

In September 2022, the new prime minister Liz Truss announced the 'Energy Price Guarantee' scheme in response to the continued rise in the price of energy.

Under the scheme, which starts from 1 October 2022, a typical household in England, Scotland and Wales will pay an average of £2,500 a year on their energy bills. This price will be frozen until 2024.

The good news is that the new scheme means typical households will now pay around £1,000 less than if Ofgem's original October price cap had gone ahead.

One-off Payment of £650 for Households in Receipt of Benefits

Households in receipt of means-tested benefits (including Pension Credit) will receive a one-off payment of £650 directly. The payment will be made in two instalments, the first in July and the second in the autumn (we do not yet know when in the autumn).

One-off £150 Disability Cost of Living Payment

People who receive Disability Living Allowance, Personal Independence Payment, Attendance Allowance, Scottish Disability Benefits, Armed Forces Independence Payment, Constant Attendance Allowance and War Pension Mobility Supplement will receive the support as a one-off payment in September. Importantly, people must already be in receipt of (or have already begun an eventually successful claim for) one of these benefits as of 25th May 2022.

For those in receipt of disability benefits as well as means-tested benefits, the £150 will be additional to the £650 mentioned above. These payments will be exempt from tax, will not count towards the benefit cap, and will not have any impact on existing benefit awards.

Pensioner Cost of Living Payment

Pensioner households that receive the Winter Fuel Payment will receive an additional payment of £200-£300 to help with rising fuel costs. The payment will come as a top-up to annual Winter Fuel Payments in November/December. For most pensioner households, this will be paid by direct debit, is not taxable and does not affect eligibility for other benefits. The payment will be made on top of other payments that the recipient is entitled to.

Age Scotland

We know that hundreds of millions of pounds go unclaimed by older people in Scotland every year. The Age Scotland helpline can help callers understand what they could be missing out on and carry out a free entitlement check. If you or someone you know is struggling call 0800 12 44 222.



Home Energy Scotland

Home Energy Scotland are funded by Scottish Government and provides free and impartial advice, support and funding to help households in Scotland reduce their bills and lower their impact on the environment. You could be eligible for energy saving home improvements like heating and insulation, to help make your home warmer and cosier. Call 0808 808 2282 to find out more, Monday to Friday 8am – 8pm and Saturday 9am – 5pm.

SHOPPING



The Food Train shopping service continues to be a lifeline for our members and their families. We deliver grocery shopping to hundreds of older people every week and it is fantastic to get feedback from you and your families.

“ I do some fresh shopping for my mum on a Sunday. However, I am not available through the week to commit to the same day to do other shopping. The Food Train deliveries help my mum keep track of the days. Her Wednesday delivery is an anchor for her. It also allows her to interact with people outside of family. This is really valuable for her. She enjoys the interaction even though it is for a short period of time.

WEST LOTHIAN – Family Member ”

“ I was over at my dad's yesterday and saw for myself the good service he received from two of your volunteers with the grocery shopping delivery. Many thanks and a great service you're providing. Please pass this onto your most senior managers/CEO.

FALKIRK – Family Member ”

“ You are the most important people in my life.

GLASGOW – Member ”

“ My father has been one of your members for a few years. Recently he was admitted to hospital, and it has been decided that it would be best for him to go into a care home now, as he is so frail and no longer capable of living alone. Thank you very much for your service over the years. It has been a godsend, especially during the pandemic.

DUNDEE – Family Member ”

“ When I was first told about Food Train around 2 years ago, I thought, oh, it's not for me. How wrong I was. I think you offer and provide a wonderful, invaluable service. You come out to Eskdalemuir in all weathers to deliver my shopping and never let me down. You always contact me if there is a change to my bill or shopping and the communication is wonderful. I really can't thank you enough for all that you do.

ANNAN – Member ”

“ This service is just brilliant and the fact your volunteers are keeping an eye on mum for me is priceless, thank you so much.

WEST LOTHIAN – Family Member ”

“ I don't know what I'd do without you - please don't fold-up.

RENFREWSHIRE – Member ”

If you or someone you know would benefit from our grocery delivery service, please contact your local branch. If you live outside our branch areas, we may be able to match you up with a volunteer shopper in your area, please contact Connects on 0800 783 7770.

FRIENDS



The Food Train befriending service is now up and running again!

We are delighted that after almost 2 years of not being able to operate due to Covid restrictions, our Friends' services are back up and running. This service is now available in all our branches across Scotland, alongside our Phone Friends service which is available Scotland wide. If you, or someone you know would like to join the Friends service, please get in touch.

Falkirk

**01324
374 144**



The Falkirk Friends service was launched last year and has been very popular with members. They've had monthly trips that have included visits to Torwood Garden Centre, Talbot House lunch club, the local Tesco café and a superb summer trip to the Kelpies statues at the Helix Park. Members travelled in style round the park on Trishaws piloted by volunteers from Cycling Without Age Scotland. A chance for them to feel the wind in their hair and the sun on their faces as the weather could not have been nicer.

After the organised trips, a few friendships have sprung up with members swapping numbers and meeting up with each other by themselves, which is fantastic.

A huge thanks to our volunteers who have assisted on outings and to Dial-a-Journey who have provided minibuses for the trips.



**Glasgow
0141
423 1722**

The Glasgow Friends trips have included a visit to Dobbies Garden Centre where members wandered around the aquatic centre and enjoyed tea and cake afterwards. The summer trip took members to the seaside town of Largs. The weather was beautiful, which allowed them to stroll along the promenade, followed by Fish and chips and Ice Cream at Nardini's, which went down a treat.

More trips will be planned for Autumn/Winter so if anyone is interested in joining, please get in touch.



**Stirling
and Clacks
01786
450 536**

Stirling is one of the newer branches to introduce the Friends service and they have been busy recruiting volunteers across Stirling and Clackmannanshire for the one-to-one service. Several volunteers have been matched with an older person in their local community and will visit for a weekly social call or to take the member out and about. The befriending matches have been very successful so far and they are keen to set up more matches in the coming months.

Stirling have also had its first Friends group outing to a Tea Dance in a local church hall, which members thoroughly enjoyed. One member said afterwards; "I was feeling a bit unwell and out of sorts but I'm so glad I came along. I'd love to come on the next outing, it has been wonderful".

Stirling Friends will be hosting a group outing each month with lots of varied and interesting activities. Please get in touch if you would like to know more.

West Lothian

**01506
413 013**



West Lothian Friends members have enjoyed some wonderful days out and are looking forward to even more. The most recent Friends Focus Group attendees described the service as "brilliant", told us how much they "love it" and how they "look forward to seeing the group and enjoy the fabulous days out seeing their friends". One member said, "It was a relief to find what I was looking for".

One recent outing was a trip to Bo'ness Railway that included afternoon tea on the carriages and was enjoyed by all members and volunteers.

During these difficult and uncertain financial times, the West Lothian team have also organised a visit from the Advice Shop, who will be offering the Friends group financial information and support, with the hope to provide more sessions to support members, volunteers, and staff in the future.



**Renfrewshire
0141
887 2557**

The Renfrewshire Branch were delighted to launch their Friends service this year. The first outings were to the Morrisons store in Paisley and Dobbies Garden Centre at Braehead. Members got together for a chat and a coffee and were even able to get to meet one of the local MSPs who was holding a surgery in the supermarket.

If you would like to become a Food Train Friends volunteer in any of our branches, either to help on the outings or be that regular one-to-one befriender, please get in touch with your local branch.



**Dumfries
01387
270 800**

**Dundee
01382
810 944**

**Scottish
Borders
01896
751 750**

**Phone
Friends
0800
783 7770**



Food Train At Home is a household support service where we can help you with odd jobs around the house. It doesn't include jobs that would require a skilled professional and it doesn't include domestic cleaning of toilets and kitchens.

If you make an enquiry to join the At Home service, a staff member will be able to explain the service to you, inform you of the typical jobs our volunteers can help you with and the costs. They will then arrange a visit to find out more about you and your home. This is to identify any risks to our volunteers, for example if you live on the top floor of a tenement and they need to carry up heavy equipment, or you are asthmatic and we have to be careful about what cleaning products we might use.

Some examples of the jobs our volunteers can assist you with are below:

- Light bulb changed
- Fridge cleaned
- Bedding changed
- Small items of furniture moved around the house
- Hoovering

If you would like help with an odd job around the house, please speak to a member of staff at your local branch.

Could you be a 'At Home' volunteer?

Our branches across Scotland are looking for people to volunteer for the 'At Home' service. If you live in one of our branch areas and can spend a few hours per week, doing general jobs about the house, then this is the volunteering opportunity for you.

One of our At Home Volunteers said, *"I love getting out in the community and visiting the regular members who are so friendly and grateful for the task you do for them. It can be as simple as changing the bed or putting in a new lightbulb. It makes me feel I've done something worthwhile for someone who needs help"*.

If you would like to become an AT HOME volunteer, then please contact your local branch.



Congratulations to Meal Makers Volunteer Cook - Karen Alford

Karen has been nominated for the British Nutrition Foundation Community Award 2022, which recognises an individual who has undertaken a community initiative to support healthier eating in vulnerable groups in the UK.

Having been paired with our lovely diner Agnes back in 2018, their friendship has grown to an incredible bond, with food, nutrition, and care at its foundation.

Karen also hosts a regular dinner club for Agnes' friends in their sheltered housing complex, giving them a fun time and home cooked meals. This project has additional benefits for the community too, by helping to tackle the risks of malnutrition and isolation in older people.

Karen is a marvellous person and we're incredibly proud of her and all her hard work.

Best of luck Karen, Food Train Scotland are behind you.



Congratulations to Mahdi who recently celebrated his 80th birthday.



Not only is Mahdi chair of the Food Train Board, but he also volunteers 5 days a week in the Glasgow branch and swears that volunteering is what helps keep him young and fit. We're very lucky to have him at the branch supporting us with all areas of the shopping service and more.

Happy Birthday Mahdi!



Deeply Grateful

Whether you're able to volunteer for one day, a few times a week or even a year, we are deeply grateful at Food Train. However, one of our greatest honours is the opportunity to present our volunteers with a long service award.

In Dundee, volunteers Bruce and Henry celebrated 10 years volunteering with us! Thank you, gentlemen, for all your hard work, dedication, and support right from start of the early days at the Dundee branch. You are amazing.



VOLUNTEERS

NEWS

The summer months were the perfect chance to say thank you to our volunteers and organise some fun events to express our gratitude. In Dundee we took full advantage of the nice weather to have a picnic in the park complete with a BBQ and a few games of football.



The heatwaves this summer may have been a little intense at times, but it certainly didn't stop us from delivering all our usual services.

Our volunteers' well-being is always at the forefront of our minds, so we made sure they had plenty of ways to keep cool and hydrated, including the branches being well stocked up with ice-lollies. Check out volunteers Mary and Ray in West Lothian enjoying their well-earned treat after deliveries.



With our volunteers being some of the most regular friendly faces our members see every week, it's no surprise that bonds build up quickly and we love to hear about the relationships that develop between our volunteers and members.

Take West Lothian brothers Alan & Derek for example who enjoy chatting to members as they deliver their shopping. One member calls them 'My boys' to which Derek says, 'It's been a while since I've been called a boy'.

Pictured below Alan & Derek with members Olive & Tina



Out & About

Without our incredible volunteers we could not run our services, therefore we have been delighted to show our appreciation for all our volunteers with the return of outings and events to say thank you to everyone who gives their time to support Food Train.

Falkirk

To celebrate Volunteers Week 2022 the Falkirk branch held two events in the first week of June; an afternoon tea and an evening social with a buffet, quiz & bingo. A great reason to enjoy a slice (or two) of cake.



West Lothian

Check out some of our very smart Wednesday team in West Lothian ready for a day of shopping deliveries. After the shift is over, they can leave their uniform at home and change into their party clothes for a local night out that has been arranged for volunteers and staff to dance the night away.



TOPIC OF THE MONTH
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Glasgow Morrisons shopping volunteers took themselves off to Great Cumbrae for a wee day in Millport recently for a well-deserved break. Tea and cake were the order of the day followed by a lovely dinner back on the mainland in Largs. The team work hard every week to ensure shopping orders are compiled properly and we were really pleased they had a fun day to socialise together.

Christmas Lunch – In June!

Every year all Food Train Branches host a Christmas Lunch for volunteers, however, because of Covid19 this annual event understandably had to be put on hold. Imagine our delight when we were able to finally host Christmas Lunch rescheduled from December 2020 – even if it did take place during summer!

Take a look at our Renfrewshire volunteers having a fabulous day enjoying their Christmas lunch in the sunshine.



NEWS

Food Train Connects Team held a very successful Road Show in Aberdeen in August. A variety of community organisations, the NHS, Social Services, charities, local councillors, and politicians were invited to join the Connects Team for brunch and hear all about the services that we offer in the Aberdeen and Aberdeenshire areas. Our guests heard about the history of Food Train, the one-to-one shopping services, Meal Makers, Phone Friends and Befriending as well as hearing from some of our volunteers and members via video.

Everyone left the event armed with our tote bags full of information about Food Train and a greater understanding of what we can offer in their area. We have already seen interest grow in our services in Aberdeen since the Road Show and we plan to host more in the future.

Falkirk Home from Hospital Volunteer Recruitment Event



We are pleased to confirm that the Forth Valley Home from Hospital Partnership has now been extended until the end of March 2023. Thank you to our funders, Falkirk HSCP and Clacks & Stirling HSCP for their ongoing support of this project.

The alliance includes partners such as the Royal Voluntary Service, Strathcarron Hospice, Dial a Journey, Falkirk, Stirling and Clackmannanshire Carers Centres as well as Food Train. Each work together to provide immediate support to help people get home from hospital safely, including transportation, food packs, medication, and equipment delivery, in addition to ongoing support to help people maintain their independence once they have returned home.

Our Falkirk branch also took part in an open day at the Forth Valley Sensory Centre in September to help recruit new volunteers. Thank you to everyone who turned up to the event, we really enjoyed the opportunity to spread the word about Food Train locally and speak to lots of different people about the benefits of volunteering with us.

General news

In May we invited our members and volunteers to attend a Scottish Government Consultation event in Dumfries & Galloway and in West Lothian. The consultation was on the Scottish Government's new Health and Social Care Strategy for Older People and what should be included. At Food Train we understand how important it is for local older people to have their say on services that are relevant to them therefore we organised coffee mornings and transport for our members to attend.

One member told us "Thank you Food Train, it's lovely to be asked what our opinion is as we don't often get the opportunity to express ourselves and say how we feel about the local services we get or don't get but need, things like this remind me that what I have to say is important".

THE LARDER

Our West Lothian branch are excited to be working on a project with local charity The Larder to scope out the possibility of delivering home cooked meals to our members. We are looking forward to hearing about developments with this project and we will be providing further details to our members to keep them updated.

ITV Borders political programme Representing Border paid us a visit during the summer to find out more about Food Train in Castle Douglas. They spoke to one of our members Nancy, and volunteers Fiona and Nigel about the benefits of Food Train's services, as well as the challenges around eating and ageing well and the cost-of-living crisis.



Morgan Stanley Employees Give Back



One of our incredible corporate supporters is Morgan Stanley who have been volunteering with our Glasgow and Renfrewshire branches for several years. July marks their Global Volunteer Month where Morgan Stanley employees 'give back' and come along to assist with our shopping service by helping out in the supermarket and getting involved in deliveries.

We are always extremely grateful for their support and the help these organisations provide us with, particularly over the summer when many of our regular volunteers take a much-needed holiday and a rest.

Thank you

Prize winner

Members who completed our Food Train Member Survey this year were entered into their local prize draw, to win £20. Pictured below are volunteers Wullie and Sonja presenting Mr Graham from Stranraer with his £20 note. Mr Graham plans to very kindly donate this to cancer research.



NEW FACES



Across Food Train we are saying thank you and best wishes to some of our staff members as well as welcoming some new friendly faces to the organisation and seeing some familiar faces moving around the country and taking on new roles.

Glasgow

It's all go for Team Glasgow with several changes in the staff team about to take place. Support Worker Shona has moved onto pastures new with the Civil Service, and our current Service Administrator and Coordinator Katie is leaving us to fly high with a new career as flight steward.

Development Officer Fiona is also moving on, but we're delighted to reveal that it is within Food Train. Fiona will be moving to the Food Train Renfrewshire and East Renfrewshire branch taking on the role as the new branch manager. Congratulations Fiona.

Renfrewshire

Renfrewshire have welcomed new Support Worker Terry to the team and new Service Administrator and Coordinator Hannelie who has taken over from Hayley.

We will also be saying a fond farewell to Branch Manager Stephen who has decided to move onto pastures new after 7 and a half years with Food Train. We cannot thank Stephen enough for all his hard work over the years, and we wish him all the best with his next adventure.



Falkirk

Autumn will see some staff changes at the Falkirk branch. We are saying goodbye to Carol Findlay, Development Officer and Stephanie Todd, Service Coordinator who are both moving on to new jobs. In October Allyson Ralph, Service Administrator & Coordinator is transferring over to the Food Train Glasgow branch and we look forward to welcoming Hayley Fitzpatrick, Development Officer who will be joining 'Team Falkirk' from the Renfrewshire branch.

D&G

During the summer we said goodbye to Branch Manager Helen who had been with Food Train for 15 years. It's always sad to see someone move on, however it was also our pleasure to congratulate Jim (Stranraer) and Isobel (Castle Douglas) on being promoted to job share the role of Regional Managers from 1st August.

In July we also welcomed Eli Sneddon (Stranraer) and Fiona Devaney (Stewartry) and welcomed back Joanne Wheeler (Dumfries), who was a support worker during 2020.



West Lothian

We said goodbye and thanks to the Regional Manager of our West Lothian branch, Jenny White after 7 years at Food Train. Development Officer Lorna has now been promoted to Regional Manager and we wish her all the best in her new position.

HEALTH AND WELL BEING

UK Malnutrition Awareness Week

UK Malnutrition Awareness Week took place between 10th- 16th October and once again our Eat Well Age Well project led our support for the campaign.

This year the rise in bills and food prices is at the forefront of our minds, and the stark statistics from our recent Cost of Living Survey where we are hearing reports of members buying less food and sacrificing hot meals to heat their homes, has heightened fears that increased numbers of older Scots will become malnourished this winter.

This is unacceptable and during UK Malnutrition Awareness Week we continued to raise awareness that more needs to be done to support and protect older people.

At Food Train, our Malnutrition Advice Line is here to listen and support you with any concerns about eating well at home, including unplanned weight loss, loss of appetite or lack of motivation to cook.

Call our free phone line for a friendly chat, between 9am – 4pm on Mondays, Wednesdays and Fridays.

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

Keep Well

Getting out and about can become more difficult during the winter so it's advisable to be prepared to stay safe and healthy at home.

- Order repeat prescriptions in plenty time
- Contact your local chemist to see if they can deliver your medicines
- Don't delay getting your flu jab vaccination, open to all over 65s
- Wear shoes with grips and replace a worn cane tip to make walking easier

Stay Well In Winter

Here are some top tips to help keep safe and warm this winter

Vitamin D & Older Adults

Vitamin D is needed for healthy bones, muscles and teeth

Foods such as eggs, oily fish and margarine are sources of vitamin D

Older people who are indoors more often (i.e. care home or limited mobility) might become deficient

All adults are advised to take a supplement of 10 micrograms a day

Supplements can be purchased at your local chemist or supermarket

Vitamin D

Sunshine is where most of our Vitamin D comes from so as we enter the winter months, it's worth considering taking a supplement.

Vitamin D helps to maintain healthy bones, muscles and teeth, and supplements can be purchased at your local chemist or supermarket, or you can request this to be added to your next shopping list.

Keep Stocked up

Keep your cupboards stocked with long lasting foods such as:

- Pasta, rice and lentils
- Stock cubes for soups & sauces
- Tinned tomatoes & tomato puree
- Tinned fruit, vegetables, fish and pulses
- Dried spices and herbs
- Dried or UHT milk

You can also order our Store-Cupboard Recipe Booklet by calling 0131 447 8151



FUNDRAISING AND DONATION

Dumfries & Galloway

Annan and Dumfries Customers were delighted when Arla donated free milk to Food Train recently. The generous dairy company had a surplus of pint cartons and Food Train's Sue Shillingford and Joanne Wheeler got up bright and early to collect it all in time for deliveries.



Dundee – Tesco In Store Vote

The Dundee branch have been nominated for the Tesco Community Grant Scheme – In Store Vote which runs from the first week in October 2022 until mid-January 2023. This is the vote whereby customers take blue tokens and vote for one of three charities. The organisation with the highest number of votes at the end of the period will receive £1,500, second place is £1,000 and third is £500. The stores where you can vote for us are Tesco Extra Kingsway and Tesco South Road, so please spread the word.

West Lothian

What a brilliant achievement from Inveralmond Community High School. The pupils took part in the Youth and Philanthropy Initiative and chose Food Train as their charity. They delivered a fantastic presentation on our services and they went on to win £3,000 for the branch! Thank you very much for your hard work and support - this funding will be used to support outings for our members including trips for our Friends service.



Stirling and Clacks 100 Club

The Stirling and Clacks branch have restarted their annual 100 Club - but it is not too late to join if you haven't already done so.

If you're not already aware of the 100 Club, this is a fundraiser that is good fun and an opportunity to win some money in the process. It is £24 to join, and this buys you a number between 1 and 100. Half the money raised from membership goes to support the branch while the rest goes into a big prize pot. Every month there are 3 draws for a 1st, 2nd, and 3rd cash prize. This means there are 36 chances throughout the year to win some money.

If you are one of Stirling and Clacks members, we would love for you to join our 100 Club – please call the office on 01786 450 536 to find out more.



On behalf of everyone at Food Train, we offered our deepest condolences to the King and Royal Family on the recent death of Her Majesty Queen Elizabeth II.

We understand you may like the opportunity to express your own condolences. If you would like to write a letter, or a message for the new King Charles III, Food Train will be delighted to collect and deliver it to the Royal Household on your behalf. Please hand any letters to your local volunteers or contact your local branch for any other assistance.

PUZZLE WORD SEARCH

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

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|-------------------------|---------------------------|
| 1. Alfred the Great | 15. Queen Elizabeth II |
| 2. Balmoral Castle | 16. Monarchy |
| 3. Duchess of Sussex | 17. Athelstan |
| 4. Edward VIII | 18. Clarence House |
| 5. Holyrood Palace | 19. Duke of Wessex |
| 6. King Charles III | 20. His Royal Highness |
| 7. Sandringham Estate | 21. Kensington Palace |
| 8. Windsor Castle | 22. Prince of Wales |
| 9. Anne Boleyn | 23. Richard the Lionheart |
| 10. Buckingham Palace | 24. William The Conqueror |
| 11. Duke of Sussex | 25. Royal |
| 12. Henry VIII | 26. Tower of London |
| 13. Jane Seymour | 27. Queen Victoria |
| 14. Mary Queen Of Scots | |

