Food Train
supporting older people

NEWSLETTER

Company No. SC158165
Charity No. SC24843

Autumn 2024

Climate Change

If you keep up with the news, you'll know that the changing climate across the world is a big issue – reports of melting glaciers, storms, floods, droughts, and wildfires are a regular and increasing occurrence and are concerning.

The culprit? Our modern world and the greenhouse gas emissions produced by human activities, such as burning fossil fuels, cutting down forests and farming livestock. Since the industrial revolution, greenhouse gas emissions have risen significantly and the effect is a warming of the atmosphere, ocean and land.

Governments across the world recognise this and have developed strategies and targets to reduce emissions and work towards 'Net Zero'.

What is Net Zero?

Net Zero is the state achieved when the amount of greenhouse gas emissions we put into the atmosphere balances with what we take out.

In Scotland, the Government has set a target of reaching Net Zero by 2045. For our country to achieve this, we all have a part to play collectively and individually.

At Food Train, we recognise the importance of the net zero message. Transport is the biggest contributor to greenhouse gas emissions in Scotland. As a community transport provider in many areas of the country, Food Train acknowledges our role in helping to address climate change and of working towards net zero emissions as we deliver your 'messages'.

SHOPPING | AT HOME | FRIENDS | LIBRARY | MEAL MAKERS | EAT WELL AGE WELL

continued from front page

What we've been doing to work towards Net Zero

In 2019, Food Train started our journey towards 'electrifying' our vehicle fleet and moving away from using fossil fuelled vans and minibuses. Thanks to funding support from the SP Energy Network's Green Economy Fund and the EST Plugged-in Communities Fund over recent years, we have replaced fossil fuel vehicles covering the areas of Renfrewshire, East Renfrewshire, Stirling, Clackmannanshire, and Nithsdale in Dumfries and Galloway with lovely new electric ones. This year, we have been delighted to receive some new funding from SP Energy Network's Transmission Net Zero Fund to replace another two fossil fuel vans with two new electric ones, this time benefitting the customers and volunteers of our Stewartry branch in Dumfries and Galloway.

Our volunteers and staff are loving the new electric vans and we are delighted to be delivering our service in a more environmentally friendly way.

In September we were thrilled to have a couple of the Glasgow Warriors rugby team volunteering with us, delivering shopping to our Stewartry members in our shiny new vans and helping to showcase Food Train's efforts towards Net Zero.

What you and/or your family/friends can do

While organisations have a lot of work to do in reaching net zero in the delivery of their activities, there are lots of small changes each of us as individuals can make that collectively will make a big impact. Below are some examples of things we can either do ourselves and/or encourage family and friends to do:

- Save energy at home, e.g. don't have the heating thermostat too high, use LED lightbulbs and energy efficient electric appliances, wash your laundry on a lower heat, hang washing to dry instead of using a tumble drier, insulate your home better.
- Think about your home's energy source, e.g. could solar panels on your roof reduce your fossil fuel use and reduce your energy costs?
- Eat more plant-based food and less meat and dairy
- Buy more locally produced food instead of food that has travelled from other countries
- Limit how much food you throw away
- Re-use, repair and recycle where possible – remember the extraction of raw materials, the manufacturing and the transport of all goods has an impact
- Walk, cycle or use public transport if possible
- Use an electric vehicle instead of a petrol or diesel fuelled one (anyone thinking about making the switch and local to one of our 'electric' branches is welcome to pop in and speak to us about our experience with our vans and electric chargers)

Welcome from the CEO

It is with great pleasure that I extend a warm welcome to all of you for our Autumn newsletter of 2024, providing updates in the recent happenings with Food Train. As the newly appointed CEO of Food Train since April, my first six months have been a whirlwind of meeting with staff, volunteers, and members across our branches to gain firsthand insights into the invaluable work being done to support our community in eating well, living well and ageing well. It has been a joy to connect with many of you in person, in your homes, or even over the phone, and I am continually impressed by the dedication and compassion shown by all of those involved.

The past months have brought challenges for Scotland's older population, particularly with recent governmental decisions affecting winter fuel payments. We are deeply concerned about the impact on pensioners already facing food and fuel insecurity and urge all members to seek advice in accessing the benefits and support they are entitled to. Our newsletter includes information to assist you in getting the right support as so many people who are entitled to receive pension credit don't receive it.

Another plea from me is to please ensure you prioritise your health before the winter sets in and get your covid and flu booster jabs when you get invited by your local GP or health service. There are so many nasty bugs going around already so please keep yourselves safe.

In the face of financial uncertainties, Food Train has had to make some difficult choices, including the closure of Connects 1:1 shopping service due to funding constraints. However, our essential services in our branch locations across Scotland continue to thrive, alongside the ongoing success of our Meal Makers program across the Country.

Despite these challenges, there are many positive stories and updates to share from Food Train's activities nationwide. I am really looking forward to meeting more of you in the coming months, but for now, please stay safe, well and connected with Food Train.

Best wishes

Rosie

Contents

Climate Change ..... Front page / p2
Welcome from the CEO p3
Autumn Feature p4
At Home p5
Member Story of the Month p5
Shopping p6-7
News p8-9
Friends p10-11
Volunteers p12-13
Branch Anniversaries p14
Goodbyes and Welcomes p15
Health and Wellbeing p16-19
Fundraising and Donations ... p20-22
Corporate Volunteers p23
Puzzle Page ..... Back page

AUTUMN FEATURE

Are you over State Pension age, or know someone who is?

SCAN TO FIND OUT MORE

Did you know that Pension Credit tops up pension income and can help with day-to-day living costs. If you are over State Pension age, you may be eligible to claim Pension Credit, even if you own your home or have savings. People who claim Pension Credit may also be able to get:

- The Winter Fuel Payment and other help with heating costs
- Help with rent and Council Tax
- A free TV Licence for those aged 75 or over
- Help with the cost of NHS services, such as NHS dental treatment, glasses and transport costs for hospital appointments

You could be eligible for Pension Credit if your weekly income is below £218.15 or, if you have a partner who lives with you, £332.95. Qualifying income level may be higher in some circumstances.

Don't miss out.

Check your eligibility at gov.uk/pension-credit or by calling 0800 99 1234

LEAP – The Energy and Money Saving Service

Leap (Local Energy Advice Partnership) are offering people a completely FREE OF CHARGE service which could reduce your energy usage and keep you warm and cosy.

HOW IT WORKS

If you are eligible, LEAP will book you an appointment with one of their friendly, qualified advisors who can:

- Check your energy bills to ensure you are not paying too much for your energy
- Provide Free, simple energy saving measures which could save the average household £30 on their energy bill a year
- Give you day-to-day energy efficiency hints and tips and ensure your heating system is set up to keep you warm and save money
- Arrange a FREE telephone advice service to help with benefits, debt and other money problems
- Refer you for further funded energy efficiency improvements, such as insulation and efficient heating systems

ARE YOU ELIGIBLE?

You may be eligible for the LEAP service if one of the below apply to you:

- Have a low income
- Receive tax credits
- Receive housing benefit
- Receive an income or disability related benefit

You can contact LEAP on
0800 060 7567
to book your appointment or apply online:
www.applyforleap.org.uk

AT HOME

West Lothian

If you find certain tasks around the home a little tricky our friendly volunteers may be able to help. West Lothian At Home service can help with tasks such as changing lightbulbs/ batteries, moving small pieces of furniture, organising cupboards/ drawers/wardrobes, cleaning fridges, wiping down kitchen units, and cleaning glass ware. If you would like to find out more, please get in touch 01506 413 013.

MEMBER STORY OF THE MONTH

Annan

It's nearly twenty years since Bronwen Oakes first contacted Food Train to do her shopping following the first of several surgical operations. Following her recovery, she joined the Food Train Friends trips and continued to do so until four years ago, enjoying the company and seeing the countryside. A photo of 'Lady Pat', Annan's new minibus, shows Bronwen sporting a red shoulder bag on the first trip in 2014.

It doesn't take long, talking to Bronwen in her home in Annan, to realise that she has a very positive outlook on life. Despite many health problems over the years, cheerful is the word that comes to mind as she praises the support she receives from carers at home, the Scottish Health Service and, of course, Food Train.

Until she moved to Scotland twenty years ago, to be closer to her daughter, Bronwen was a volunteer for several organisations. She helped with office work for the Scouts and WRVS and as a volunteer driver taking patients to her local hospital in Sussex.

For 15 ½ years Bronwen was a volunteer for the witness service in the Sheriff's Court. Here she supported those who would be appearing as witnesses and were unfamiliar with court proceedings. Much of this work was with older people who were worried about their memory, and she describes most people as good citizens, trying to do their best.

It's hardly surprising Bronwen is a popular customer with the Food Train delivery team and you'd be hard pushed to leave her house without a smile on your face. "You just have to get on with it" she says "there are people worse off than me".

Friends first new bus

SHOPPING

Last year, 53,870 grocery shopping orders were picked, packed, and delivered around the country, totalling £2,991,789 in food and grocery items for our members.

We encourage members to try supermarket own-brand products, which are often significantly cheaper than branded versions and can taste just as good. Most items have a supermarket own-brand option. When our volunteer shoppers select items, they always choose the best dates available on the shelf. It's important for members to let us know if alternatives are acceptable, as volunteers will only select the most similar item if the requested one is out of stock, and we know substitutions are permitted. The local teams are happy to answer questions and provide tips on reducing shopping costs.

Falkirk

Falkirk shopping service couldn't run without their amazing volunteers. Each week the shopping list collectors, shoppers and delivery teams give about 133 hours ensuring that members receive their weekly groceries. Both members and staff really appreciate everything that volunteers do. A new shopping member summed up her feelings by saying, "What would I do without Food Train?"

In July, Falkirk branch were lucky to have Go Youth spend a week with us. On their first day, they did a great job of cleaning all the shopping delivery boxes. During the rest of the week, they helped do the shopping for our members and learnt about the different things to look out for when shopping for older people such as the sizes of items and the best before dates. One of the Go Youth volunteers even joined Michael to do deliveries. They also spent a day bag packing in Asda and raised over £100 for us!

Go Youth Volunteering

Local MP Euan Stainbank spent a morning helping shopping volunteers in Falkirk and learning about what the Food Train does. Afterwards, he also spoke with Amanda, Regional Manager, about the wider services that the branch offers as well as about the wider concerns and worries that members face. Another local MSP, Michelle Thomson, also visited the branch to learn about the different services that are offered in Falkirk and the benefits that they bring to all our members.

Euan Stainbank

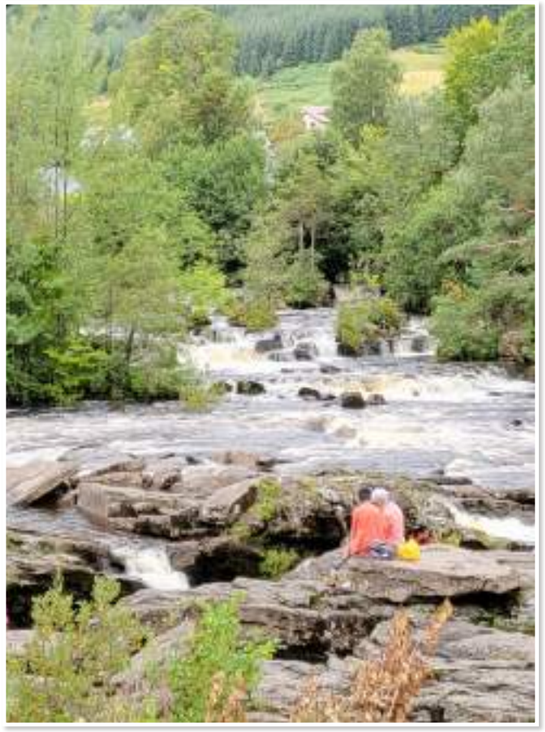
Michelle Thomson

Stirling

This year, due to changes in grant funding, the Stirling branch have had to adapt our charging model for the shopping service in Stirling & Clackmannanshire. Members can now sign up as individual members, paying a monthly subscription fee, with service charges varying based on delivery location and frequency. Additionally, we have registered with Stirling and Clackmannanshire Local Authorities as an approved provider, allowing some members to include Food Train shopping in a Social Work support plan if they qualify.

When Social Work staff complete an assessment of need and determine that someone meets their eligibility criteria, the Local Authority will cover the charges for our shopping service. If you have additional support needs related to your health or social care, you can request an assessment by contacting your local Social Work office. Please be aware that, due to current pressures within the sector, there may be a wait for someone to visit, and you must meet the Council's criteria. However, if you believe you may qualify for support, it's certainly worth inquiring.

It makes for a very pleasant journey when you have such wonderful scenery to look at during shopping runs. Volunteer James and Support Worker Kirsty took the chance to take some photos at the Falls of Dochart at Killin whilst dropping off shopping to one of our furthest away rural members. We can arrange delivery to any area within Stirling and Clackmannanshire, rural or urban and your delivery day will depend on where you live.



Delivery route Falls of Dochart

James at Falls of Dochart

Renfrewshire

So far in 2024 Renfrewshire's amazing volunteers have delivered a total of 2754 weekly shops across Renfrewshire and East Renfrewshire, which equates to 344 deliveries per month, reaching approximately 81 members each week. That is a whole lot of bread, milk, fruit, vegetables and favourite sweet treats that are sent out every week.

Scottish Borders

The shopping service continues to expand in the Scottish Borders, with vans travelling to Eyemouth in one direction and Eddleston in the other. The Eyemouth delivery run is a favourite among delivery drivers—not only do they get to make their deliveries, but they also get to enjoy the freshest fish and chips in the Borders for lunch.

NEWS

West Lothian

West Lothian's Regional Manager (Lorna) and Food Train's Dietician (Jen) took part in a workshop event in August for MIST (Memory Information Support Team). This project sets out to support people with memory concerns and Food Train along with other organisations are delighted to be part of the project. Lorna and Jen spoke about how our shopping service can assist individuals themselves or carers of those experiencing memory concerns. If you would like to find out more about the project please contact MIST on 01506 448 000

Food Train staff attended the recent Dementia Week event held at West Lothian College. They enjoyed speaking with lots of visitors and gave advice about the benefits of our services.

MIST:
Memory Information Support Team

Do you support someone experiencing memory difficulties and feel you need some support or someone to speak to?
MIST is a partnership project offering early support to people looking after someone with memory difficulties and the person they support. This could be pre-diagnosis or following a memory assessment.
Our project aims to help carers and the person they care for to stay well for longer and feel better supported through their journey.

Support MIST can provide:

- Practical information and advice
- Emotional wellbeing support/someone to talk to
- Peer support groups
- Creative and social groups
- Training

Topics of support may include; dietary, benefits and legal advice inc. Power of Attorney, home safety, wellbeing sessions and dementia awareness sessions

For more information or to register:

01506 448 000
office@carers-westlothian.com
carers-westlothian.com

Carers of West Lothian · Dementia Services · Food Train · Cyrenians OPAL · NHS Lothian

Scottish Borders

Our thanks to Galashiels Fire Station and all the staff for involving us and giving Borders members the chance to participate in their survey, which asks communities about their priorities. It's interesting to hear about the challenges and opportunities facing our Scottish Fire and Rescue Service and how we, as the public, can influence the future of the service.

Scottish Fire & Rescue

Stirling

Earlier this year we received devastating news that the Stirling branch would not receive any continued grant funding from the Health and Social Care Partnership after the close of the last financial year. We have been very lucky to have received news that our application for around £63,000 of funding from the National Lottery has been approved, which gives us a welcome cushion as we transition into a new service model across Stirling and Clackmannanshire. All staff and the senior management team are working hard to secure the long term future of the branch, and in the meantime, we would like to reassure everyone that there are no plans to stop services or to close the branch.
If anyone is concerned about how these changes may affect them, please get in touch with us.

Dumfries

Celebrity support leads to Soup and Roll project expansion.

After receiving a letter from a lonely resident at JM Barrie House (a supported living development for over-55s in Dumfries), celebrity chef Prue Leith contacted Food Train, offering to cover the cost of a year's membership of Friends so the lady could receive regular visits from a befriending volunteer. It turned out that the same lady had been referred to us by another route, but 1-to-1 befriending didn't really fit with what she needed. The suggestion was made that perhaps Prue's kind donation could be used instead to fund a Soup & Roll taster session for all residents at the complex, which she was happy to go along with. The lady who wrote to Prue attended the session alongside other residents and all enjoyed the convivial lunch time gathering. Now our wonderful cook Maggie and a volunteer visit JM Barrie house every second Thursday to serve up some delicious soup and freshly made treats, creating a regular focal point for vital social contact and interaction in their community.

Dumfries cook, Maggie

WORDSEARCH ANSWERS FROM BACK PAGE

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

Stranraer

New service trialled in Stranraer & Rhins

With support from the Material Focus Electricals Recycling Fund, our Stranraer branch is piloting a useful add-on to the Shopping service, whereby delivery volunteers collect unwanted or waste small electrical items from members for reuse or recycling as appropriate. There are no existing arrangements in the area for kerbside collection of e-waste, making it difficult for people to dispose of these items correctly if they can't easily travel to the recycling centre themselves. Dumfries and Galloway Council have supported the project by arranging permission for Food Train vans to attend the local recycling facility without pre-booking an appointment. The service has been well received by members, who naturally want to do the right thing with recyclable materials but need a little help to make it possible.

Falkirk

Congratulations to Regional Manager Amanda on her recent marriage to Brian. The happy couple celebrated by jet setting off to Japan for their honeymoon. Wishing them all the best in this exciting new chapter.

FRIENDS

West Lothian
01506 413 013

West Lothian members have thoroughly enjoyed a variety of outings. They have really had some fantastic days out which have included a visit to New Lanark, lunches, a Neil Diamond tribute act, an historical talk about the Witches in West Lothian, charity shops, garden centres, café visits and supermarket shopping. The Friends members very much look forward to their organised outings

"It's the best day I've ever had, going over the Queensferry Crossing and having ice cream after a visit to the garden centre was simply the best, I slept like a log that night!"

Neil Diamond tribute outing

Lunch outing

The branch couldn't offer any outings without the support from their fantastic volunteers who donate time to ensure the members have a great day out.

"your lovely volunteers are so friendly and helpful and I really enjoy the laughs we have"

Annan
01786 450 536

Each month, the Annan branch takes Friends members out on their minibus to various locations for lunch, exploring different spots throughout the region and neighbouring areas.

September saw them visiting Hebbs Alpacas at Glencartholm Farm in Canonbie where members had a 'meet and greet' session, learning lots of interesting facts and even getting the opportunity to get up close and personal and feed the alpacas.

Alpaca visit at Glencartholm Farm

No Friends outing is complete without lunch (not just for the alpacas), and this trip was no exception. Everyone enjoyed a wonderful buffet-style lunch at The Somerton House Hotel in Lockerbie, a long-time host of our Friends Christmas lunch. The late Victorian sandstone hotel boasts many unique features, including an entrance guarded by two lions named Stanley and Livingstone.

Somerton House Hotel

Throughout the year, we have visited a variety of wonderful locations, including Moffat and St Mary's Loch, the Kirkcudbright Arts and Craft Trail, Hermitage Castle and Newcastleton, Gretna and Powfoot, Annandale Distillery, Johnstonebridge Lunch Club, Eskdalemuir Hub, Longtown Garden Centre, enjoyed Afternoon Tea in Langholm, Drummuir Ice-cream Farm, church lunches in Annan, and The Mariner Hotel in Kippford. If you're interested in getting involved with befriending, speak to the staff at your local branch.

Falkirk
01324 374 144

Falkirk members have been enjoying a variety of trips with one member telling us

"I like to come out wherever we go as it gets me out the house and I get someone to talk to."

A group of Friends had tea and sandwiches at St. Bernadette's Primary School. The members enjoyed learning and playing board games with the children and liked listening to the children's stories. One member even taught the children how to play Pontoon. They're looking forward to visiting another school soon.

St Bernadette's Primary School

Wellbeing Day

During the summer months, Falkirk Food Train held their first wellness day at Forth Valley College, organised by Kimberley and Kirsty. The members listened to Jen, Food Train's Dietitian, who gave them useful and practical nutrition advice. They took part in a tabletop gardening session, ran by volunteer George, where they planted herbs and small plants. Everyone then enjoyed a buffet provided by Forth Valley College.

In August, members enjoyed a trip to Bo'ness Railway, and everyone had a great time riding the train. Although the café at the station was closed, Amanda and our volunteers came to the rescue by visiting a nearby café to get hot drinks and a hot filled roll for everyone.

Bo'ness Railway Trip

VOLUNTEERS

Dundee

Sophie, one of Dundee's new volunteers, has been assisting with grocery deliveries throughout the region and in Perth and Kinross. She is volunteering to build her confidence and gain experience, which she hopes will lead to future employment opportunities.

Perth and Kinross members now receive their shopping from Tesco Extra on Edinburgh Road in Perth. The staff there are very helpful and supportive of their efforts. During Volunteers Week, the staff team showed their appreciation by handing out chocolate as a small token of thanks to their volunteers.

Perth volunteers

Falkirk

For Volunteers' Week, the Falkirk team took two boats of volunteers and staff on a trip along the Union Canal, organised by the Seagulls Trust. Everyone enjoyed getting to know each other better, and it was wonderful to see shopping call volunteers meeting shopper volunteers for the first time. Everyone had the chance to steer the narrowboat, with Cammy from the Stirling branch steering one boat for nearly the entire route. Amazing volunteers, Linda and Joanna, made delicious cakes for the trip, which everyone enjoyed. A great day was had by all!

West Lothian

Nibbles on the Lawn – Volunteer Celebration

Celebration token

Volunteers enjoyed an afternoon of sunshine, friendship, food, and refreshments at West Lothian's annual Nibbles on the Lawn, celebrating their hard work and commitment. Several 5 and 10-year volunteer awards were presented, marking outstanding achievements! Volunteers appreciated their tokens of gratitude, and the winners of our raffle prizes were very grateful as well. Local pupils from Livingston Peel Primary School also created lovely thank you cards, which were handed out during the event.

Volunteers receiving certificates of appreciation

In March, volunteers and staff enjoyed a lovely coffee morning at the West Lothian office. Hot rolls, cake, and refreshments were shared, creating a great opportunity for everyone to catch up. Without the dedication and support of such a wonderful group of West Lothian residents, who donate their valuable time week in and week out to support their members, they simply could not deliver any of their services. A heartfelt thank you to all!

Glasgow

Every day, Glasgow volunteers come in and demonstrate incredible kindness by giving up their free time to help us. Occasionally, they go above and beyond the call of duty. This Easter, our Glasgow shopping volunteers created little gift packs and distributed them to our members. They didn't stop there! After realising they had bought too much chocolate the first time, they made more gift packs in the summer and sent them out again. What an amazing bunch!

Stirling

Team Stirling would like to say cheerio and a massive THANKS to volunteer Angela (pictured with flowers and other shopping volunteers below), who had her last volunteering shift in Morrisons in August. Angela has been volunteering with the Stirling branch for 4 years, helping as a lead shopper on Wednesdays. She's now retiring to spend more time on the golf course with her husband. On behalf of all the staff and volunteers at the Stirling branch, we wish Angela all the best for the future. You will be missed!

Farewell to Stirling volunteer, Angela

Cllr Elaine Thornton-Nicol and Nikki

Scottish Borders

The Borders team has been busy attending several Volunteer Fairs and events over the summer, which are crucial for attracting new volunteers to help us deliver our services. At the inaugural Selkirk Volunteer Fair, they met Older People's Champion Councillor Elaine Thornton-Nicol and had the pleasure of chatting with some wonderful people interested in learning more about how they can assist Food Train.

Renfrewshire

In late May, the Renfrewshire branch held its quarterly volunteer meeting and celebrated two amazing milestones with some of their volunteers. Eileen and Richard, well-known to many members from their delivery work, marked their 5th and 10th anniversaries as volunteers with the branch. The dedication of Eileen, Richard, and every single volunteer is truly remarkable, and we the branch are incredibly thankful to have them all on board with them!

BRANCH ANNIVERSARIES

Glasgow

Clive Largs

Food Train's Glasgow branch opened in 2013 and recently celebrated its 11th birthday. They've been fortunate to have amazing volunteers who have been with them all this time, though they prefer not to seek too much recognition. A big thank you from everyone at Food Train goes to Arthur, Flo, Carol, Eileen, Eleanor, Eddie, Margaret, and Leslie, who all joined in 2013/2014 and have dedicated the last 10/11 years to volunteering with us. A special mention goes to Clive, who joined them in 2014. Without fail, in all weather, Clive comes in every Monday morning to ensure the vans are maintained and ready for the road, saving the branch a fortune over the years. He's also been doing deliveries for the past 10 years! Unsung heroes, every one of them.

Celebrations at Food Train

Scottish Borders branch celebrated its 7th anniversary in September. Volunteers and staff gathered for cuppa and cake at the office to celebrate and say goodbye to Jenna. We have delivered our grocery shopping and MealMakers service to more than 800 households since Sep 2017 and one member recently commented: "I am delighted with the Food Train. The volunteers are so kind, and I couldn't do without you"

20th Anniversary of Food Train in the Stewartry

This month, Food train celebrated the 20th Anniversary of its grocery deliveries in the Stewartry. Volunteers past and present came along to a celebration lunch at the Parish Church Hall in Castle Douglas. After lunch, Food Train CEO, Rosie McLuskie gave a speech charting the history of Food Train in the Stewartry from its early days based in the Community Centre in Kirkcudbright with one van and run entirely by a small group of volunteers to the present day in Castle Douglas with over 70 volunteers and 2 part time staff members providing a range of services including grocery delivery and befriending. Kenneth Michie, one of the original volunteers cut the fabulous cake kindly made by Sheelagh one of our current volunteers. An enormous THANK YOU to all the fantastic volunteers who have been involved over the years, Food Train wouldn't be here if it wasn't for you all!

GOODBYES AND WELCOMES

Stirling

Stuart Miller

Cammy, Amanda, Kirsty

At the end of April, the Stirling branch said a fond farewell to Stuart, who had been the Manager for 7 years. Stuart moved on to take up a new post working within the third sector in Glasgow and we wish him all the best in his new role. Since July, the Stirling Manager role has been taken on by Amanda, who will also retain responsibility for managing the Falkirk branch. Both branches will continue to operate independently, with services geared up to the individual needs of each local area.

It's good to put a name to a face so here's a picture of the current Stirling staff team. From left to right we have Cammy (Service Administrator and Coordinator), Amanda (Manager) and Kirsty (Support Worker). Although we also have some volunteers who help in the office, if you need to speak to anyone from the branch, please get in touch with us.

Dundee

Lisa Kell

Dundee's new Support Worker, Lisa, joined the team earlier this year. You'll spot her out and about, assisting our volunteers and delivering to our members.

Falkirk

Tricia

Falkirk said a fond farewell to one of their Development Officers, Kimberley, and wished her well in her new role with the Royal Voluntary Service. We also recently welcomed Tricia, our new Development Officer to the Falkirk team, who is settling in well.

Glasgow

The Glasgow branch recently bid farewell to our superstar team member, Aidan. During his 4-month placement, Aidan was a tremendous help and brought great banter to the office, which now feels much quieter without him. Aspiring to be a writer, Aidan has just finished his first book, and we're all confident he'll achieve great success. Thankfully, he won't be a stranger as he plans to continue volunteering with Food Train because he loves it so much.

Aidan

Scottish Borders

Scottish Borders bid farewell and best wishes to their Service Administrator Jenna, who has moved on after 2 years with them. They welcome their new administrator Chelsea who started a few weeks ago. You'll likely speak to Chelsea when you phone the office, and might see her out and about doing shopping deliveries, getting to know everyone.

Malnutrition

As we get older, many people can find it difficult to eat the same amount as they used to. You may find that your appetite isn't as good as it used to be or that you are losing weight without meaning to. It is easy to write this off as a natural part of ageing but that is not the case. These issues can be signs that you are at risk of becoming malnourished which can seriously affect your health and quality of life.

What is Malnutrition?

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. Data collected by Food Train's Eat Well Age Well project shows that around 15% of older people are at risk of malnutrition in Scotland. Malnutrition can often go undetected because people are not aware of the signs and symptoms.

What to look out for?

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

What can you do?

Malnutrition is often preventable and treatable with some small changes to your diet. If you are struggling to eat enough or find your appetite is poor you can try

- Eating small amounts more frequently throughout the day e.g. try to have 5- small meals or snacks throughout the day
- Avoid smoking right before eating as this can suppress your appetite
- Where possible try to get some fresh air by taking a short walk or opening windows if you struggle to get outside

Support from Food Train

If you are concerned about your diet, you can get in touch with Food Train's Eat Well Age Well Advice line for support. Staffed by our Dietitian, the advice line is here to listen and support you with any concerns about eating well at home. We can provide you with advice about your diet and tips on small changes you can make to help you to eat well.

Call our free phone line for a friendly chat with our Dietitian about any concerns you have about your diet. The advice line is open between 9am – 4pm on Mondays, Wednesdays, and Thursdays. 0131 447 8151

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0131 447 8151

Fruits and Veg, Fresh vs Frozen

Fruit and vegetables are very important for our health. They're full of vitamins and minerals and they are great source of fibre in our diet. Eating more fruits and vegetables can help to protect against heart disease and other long-term conditions. Current guidelines advise that we should eat 5 portions of fruit and vegetables per day but in Scotland only around 1 in 5 people eat 5 portions of fruit and veg per day.

Frozen fruit and vegetables are a great way to include more fruits and vegetables in your diet especially when fresh fruits and vegetables are out of season. Frozen fruits and vegetables can sometimes be cheaper to buy and can also be easier to cook and prepare if you struggle with peeling and chopping foods or if you might not manage to eat all the fresh fruit and vegetables in a packet before they go off. Using frozen fruits and vegetables can help to reduce food waste and can allow you to eat a bigger variety of foods without worrying about having to throw out lots of uneaten food.

Is frozen as good as fresh?

Yes. Frozen fruits and vegetables are just as good as fresh. In fact, in some cases, they can have more nutrients in them. This is because as soon as fruit and vegetables are picked, they start to lose nutrients. If they are picked to be sold fresh it takes time for the fruits and vegetables to get to the shops and then more time until you buy and eat them. Frozen fruit and vegetables are frozen soon after they have been picked and this helps to preserve the nutrients until you eat them.

What about tinned fruits and vegetables?

Like frozen fruits and vegetables, tinned fruits and vegetables can be just as nutritious if not more nutritious than fresh fruits and vegetables. This is because the tinning process can help to preserve the nutrients in the fruits and vegetables. However, watch out for what liquid the fruits or vegetables are tinned in. Some fruits can be tinned with syrup instead of in their own juices which will increase the sugar content of the fruit. Keep an eye on the labels when buying tinned fruits and vegetables and try and choose options that are lower in sugar and salt. Like frozen fruits and vegetables, tinned fruits and vegetables can be an easier way to stock up on fruits and vegetables and can make it easier to have more fruit and vegetables in your diet if you struggle with peeling and chopping food.

There are lots of different ways to include frozen fruits and vegetables in your diet and we have included a few suggestions below.

- Steam in the bag veg can be cooked quickly in the microwave and is an easy way to add a portion of vegetables to your dinner.
- Add a handful of frozen berries into yogurt or cereal. If you find them too tough to eat straight out the freezer you can pop the berries into the microwave for 30-60secs to defrost them before you add them to the yogurt or cereal
- Add a mix of frozen vegetables into soups and stews. Adding them in frozen when you start cooking gives them time to defrost and cook.

Member Reminders & Thank You

Thank You

A big thank you to all our members who took the time to complete and return our annual Member Survey. The results are very important to us, allowing us to shape our services and continue to develop what we do. The answers you provide show us how much our services are needed and how you appreciate them.

Christmas is coming

It's hard to believe it's autumn already as we see the leaves falling and feel the days getting shorter. Here at Food Train, we're preparing for a busy festive period. Remember we deliver 52 weeks of the year, so we'll be here to help you get your Christmas shopping. Information will be sent out in November, and we'd ask you to stock up on wee extras week by week – no one wants to miss out on the Christmas sweeties.

Reminder

Can we please remind all our members if you have moved and changed your address and telephone number, if something has changed in relation to your care and support needs, or you need to update your emergency contact details, please contact your local branch as soon as possible to update your information.

FUNDRAISING & DONATIONS

West Lothian

Miller Homes generously donated £1,000 to the West Lothian branch to help support their services. This fund will specifically enhance the Friends service outings, providing valuable trips for their members. A heartfelt thank you to everyone at Miller Homes who took the time to visit the office and meet with the members.

Miller Homes

Development Officer Susan Hentges held a tombola and Food Train promotional event at Bathgate Market. Items for the tombola were generously donated by staff and volunteers, and we thank everyone who contributed. The tombola table was a hit and sold out, helping to raise much-needed funds. Susan also enjoyed chatting with numerous visitors and stallholders about the branch's various services.

Glasgow

The American Woman's Club of Central Scotland has chosen Food Train Glasgow as their charity to support through fundraising for the next year. A dedicated team participated in the Edinburgh Kilt Walk on September 15th. Thank you to everyone for your hard work and support!

Stewartry

Not just one, but two cheques for £500 to Stewartry Food Train! The first cheque was from Bank of Scotland Matched Giving Scheme, recognising Iain McQueen's Volunteering in 2023 with the Food Train. The second cheque was from the Matched Giving Monthly Draw. Iain McQueen's volunteering has resulted in donations to Food Train from the Bank of Scotland Foundation's Colleague Matched Giving Scheme every year for over 5 years.

Iain McQueen

Falkirk

Staff, volunteers, and members in Falkirk have been enthusiastically participating in the 30th Anniversary Knit-A-Thon. The office is gradually transforming into a craft shop, filled with wool donated by their volunteers, members, and even members of the public. They've received beautiful, knitted blankets from a community member, and one member has already knitted several sets of doll clothes.

Amanda ran a stall at the Falkirk's charity day to raise awareness and funds for the Falkirk branch. 'In addition to talking to potential volunteers, she also managed to raise over £250.

As well as volunteering for the shopping service, Morgan Stanley volunteers helped the branch with a fundraising stall in Morrisons and managed to raise over £70 in one morning!

Stirling

Branch Manager Amanda, along with Falkirk volunteers Brian and Nikki undertook the wee wander at Edinburgh Kiltwalk on 15th September, raising around £450 for the Forth Valley branches. Thank you to everyone who supported the team by donating. They are always looking for willing volunteers to do the Kiltwalk every year so if you're interested in taking part in one of the walks next year then please let them know and they can guide you through how to sign up on behalf of Food Train.

Kiltwalk Finish

Kiltwalk medals

On 31st August the Stirling office mascot Ted enjoyed a sunny day out at the Fintry village fun day. He said it was much better than being stuck in the office all day. Thanks to Fintry Brownies who raised £40.21 for the branch through a 'Guess Ted's birthday' fundraiser.

Well done to a group of S6 pupils from Wallace High (Orla, Eva, Freya & Khristelle) for having the winning presentation for this year's Youth Philanthropy Initiative, which was completed in May. As a result of winning, the Stirling branch were awarded a donation of £2500 from the Wood Foundation and another £500 contribution from Wallace High School. Thanks to the groups hard work, the money raised will go towards continuing to support older people in the local area.

Wallace High

The branch were also lucky to receive a £300 donation from Stirling Kirks Together friendship lunches, who generously gave the money to support our work in the community.

Have fun. Challenge yourself. Change lives

Join us in celebrating Food Train's 30th Anniversary with our sponsored Knit-A-Thon, a year-long knitting campaign aimed at generating funds to support our vital services.

From July 24 - June 2025 there are several ways you can support our Knit-A-Thon:

- MAKE a donation - consider gifting £1 for each year Food Train has been operating (£30 for 30 Years). If you are sponsoring someone you can add their name in the comments box.
- SIGN UP to knit during the event
- DONATE some wool.
- SHARE with your knitting community, group, school etc.

Find out more:

https://thefoodtrain.co.uk/knit-a-thon/
Email: fundraising@thefoodtrain.co.uk
Call: 01387 270800 or your local branch

100% of the money we raise will go back into Food Train helping support the provision of all our services. All items knitted will be donated to our older members or individuals facing hardship within communities throughout Scotland, or sold to raise additional funds.

Knit-A-Thon Monthly Themes

	What?	Donations For?	When Needed?
September 24	Winter Warmers	Food Train Members & Community Groups	by 30th November 2024
October 24	Christmas Knits	Branch Christmas Charity Stalls	by 30th November 2024
November 24	Positive Potatoes	Newton Stewart Potato Day	by 6th January 2025
December 24	Teddies & Child Knits	14th May 2025 National Child Day - Children's Community Groups	by 1st April 2025
January 25	Easter Knits	Branch Easter Charity Stalls	by 7th March 2025

CORPORATE VOLUNTEERING

Food Train would like to extend an enormous thank you to all the corporate volunteers who have joined us across several of our branches this year. We've been fortunate to have staff from Scottish Enterprise, Chubb, Morgan Stanley, Sky, Nationwide, Hierarchy Services, and ScS volunteer with us. They had the opportunity to meet many of our members while assisting with shopping and deliveries. It's been especially nice to see some familiar faces returning from previous years' corporate volunteering days!

HALLOWEEN PUZZLE WORD SEARCH

Food Train
supporting older people

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1. BLACK
2. COBWEB
3. CADAVER
4. BLOOD
5. DEMON
6. BAT
7. WEREWOLF
8. BROOMSTICK
9. AUTUMN
10. AFTERLIFE
11. SPIDER
12. HOWL
13. TOMBSTONE
14. MIDNIGHT
15. OCTOBER
16. CAULDRON
17. HALLOWEEN
18. SKELETON
19. GHOST
20. PHANTOM
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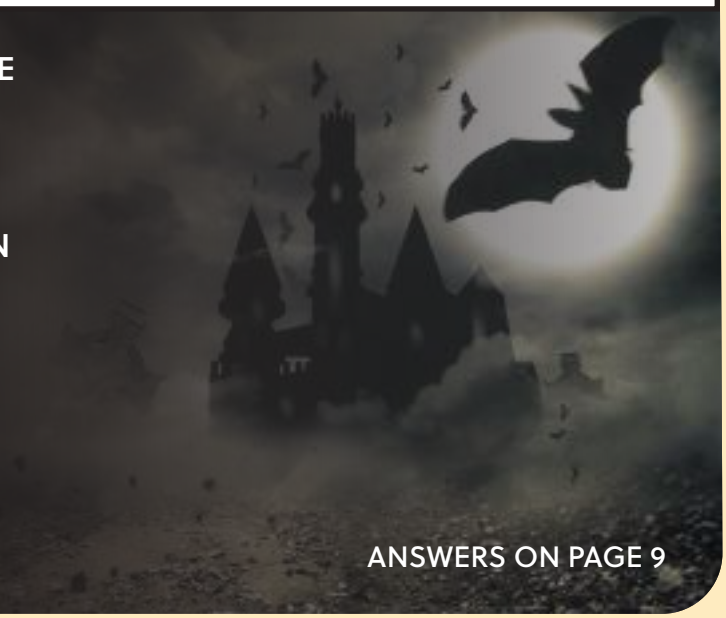

ANSWERS ON PAGE 9