

# Food Train<sup>®</sup> Newsletter



## Shoppers Express

Autumn 2014

Welcome to all our members, volunteers and friends across Scotland. We hope this Autumn 2014 edition of the Food Train Shoppers Express Newsletter finds you hale and hearty. In this issue you'll find all the news from our local branches around Scotland.

MEAL  
MAKERS



### New Meal Sharing Project Launched

At Food Train we are always looking at ways in which we can provide you, our members, with additional help and support. One of the topics mentioned many times over the years from our survey is how we would offer help with cooking. We are delighted to be able to announce the launch of an exciting new pilot project that does just that. Jointly funded by the Rank Foundation and the Scottish Government, our 2 year pilot project called Meal Makers aims to match up enthusiastic local people who can cook and share an extra portion of their home cooked food with an older person living nearby who is finding cooking difficult.

Sounds simple? It is! By using an innovative website, local volunteers can sign up to be cooks, going through a Disclosure check and a food hygiene test. Older people in need of support with meals are referred to the project by various agencies and then matched up to a local

cook. Our project team oversee the matches and follow up on the meal share arrangements. The website went live early August and the first meal share took place only 8 weeks later. Meal Makers is only available in Dundee at the moment while we test it out, but will be coming to your local Food Train in the coming months so look out for more information in the future.

If you would like to know more about Meal Makers you can call us on **0800 783 7770** or if someone you know would like to cook they can visit our website **[www.mealmakers.org.uk](http://www.mealmakers.org.uk)** or email us **[hello@mealmakers.org.uk](mailto:hello@mealmakers.org.uk)**



### 2014 AGM

On Friday 3rd October was the 19th Annual General Meeting of Food Train. The meeting was well attended by volunteers, supporters and a good number of members were able to attend. Copies of our Annual Report, Accounts and Customer Survey are now available on our website and from your local Food Train office. If you would like a copy of the papers, please let your local volunteer know or give your local office a call.



# Dumfries & Galloway

**Dumfries & Galloway Food Train** is going strong with over 600 members and 300+ volunteers. In D & G we offer the grocery shopping, EXTRA home support service and Friends befriending for members. Our Stewartry Food Train celebrated their 10th anniversary this summer, we added more choice in our Annandale & Eskdale branch with the help of Tesco and we continue to partner the Handyvan service across the region.

Come along to our  
**Christmas Craft  
Fayre & Coffee Morning**  
**Saturday 22nd November**  
**Victoria Halls, Annan**  
**ALL WELCOME!**

## News from Food Train Friends

National Older People's Day on 1st October was celebrated in grand style with 3 mini-buses taking members and volunteers to Carlisle for a Ten Pin Bowling session and lunch. Recent trips to Cream O'Galloway, Drumlanrig Castle, Commonwealth Games Event and the usual regular Clubs in Dumfries, Annan and Lockerbie have been keeping everyone busy. The action has now spread West with the first befriending matches and activities there. Here's a look at some of the fun with Friends



*Volunteers in our Stewartry Branch enjoyed a coffee morning in lovely gardens courtesy of customer Mrs Firth raising a great sum of £182.*

If you would like to know more about using Food Train services or volunteering with Food Train, please contact your local branch office by telephone:

Dumfries: **01387 270800**

Annan: **01461 207778**

Kelloholm: **01659 67789**

Castle Douglas: **01556 288427**

Newton Stewart: **01671 401346**

Stranraer: **01776 704831**

Or email to: **everything@thefoodtrain.co.uk**

For Food Train Friends call: **01387 279111**

Thanks to extra funding from Dumfries & Galloway Council our staff team has grown and we say welcome aboard to new Area Coordinators Karen Anderson in Wigtownshire, Dot Fairbairn in Nithsdale and welcome back to Vicky Henshall in Annandale & Eskdale.

# West Lothian



## West Lothian 4th Birthday Celebrations

Pictured right are longest serving volunteers Eleanor, Jessie, Danny and Muriel cutting the birthday cake. Speaking at the party Regional Manager Linda Lockie gave thanks to all the volunteers past and present and West Lothian Council and all the other funders and supporters of Food Train in West Lothian.



Welcome aboard the Food Train to new staff member Vanessa Slater who joins the team within a job share role as Administrator with Irene MacMillan, who after 4 years of loyal service will be reducing her working week from 4 days to 2.

## Bathgate Divas Donate

A recent visit from Divas Karen Brown & Karen Blackley (pictured below) resulted in a donation of £525 for the branch. The ladies and their colleagues organised a summer disco with all proceeds going to 2 nominated charities of which we were one. A very generous gesture and huge thanks to all the Divas



## Food Train now delivers... Library Books!

From April this year Food Train began running the regions Library Outreach service for housebound older people. This great addition to our local service is helping our member enjoy the facilities from local libraries with the help of our great volunteers. If you want to know more about the library service just ask your local volunteers or give the office a call.

*We are delighted to be chosen by the staff of Weslo Housing Management as their 'Charity of the Year' in West Lothian. Staff fundraise each month and proceeds will be donated to Food Train in February.*



If you would like to know more about using Food Train services or volunteering with Food Train, please contact our Livingston branch office:

Tel: **01506 413013**

Or email to:

**westlothian@thefoodtrain.co.uk**





# Stirling

**Stirling Food Train** has made over 9000 deliveries since launching in Stirling at the end of 2011 and local volunteers have donated nearly 24,000 hours to support the organisation in delivering groceries to older people in the area! What a fantastic achievement from a group of dedicated volunteers. We support 165 local people delivering as far as Killin, a round trip of 65 miles for our Thursday volunteers.

What a great summer! Scotland can be proud of being a great host of the 2014 Commonwealth Games. Two of our long term volunteers, David Howes and Ricky Cassidy, stepped up to help out as 'Clydesiders' for the duration of the event.

You can see them below in their bright red and grey uniforms, matching in nicely with our van.



## Fab Funding News from Stirling

Thanks to all of the donations made by our customers and volunteers, we made a fabulous £285.02 in our annual car boot sale held in September.

Thanks to all our customers and volunteers for joining in our SMARTER SMARTIES campaign where we asked you to fill an empty Smartie tube with your loose change. SO far we have raised more than £350 to help us sustain and expand our service locally. Thanks to everyone who took part!

We are delighted to offer our customers a greater choice of shops in Stirling with the addition of Tesco this summer. Tesco are delighted to help us and we have a growing number of customers shopping there. We are of course very grateful to Morrisons for their terrific ongoing support. We hope to further extend your choice by adding Sainsbury later this year.

## Sainsbury's



**MORRISONS**

## TESCO

*Every little helps*

We've teamed up locally with the Doorstep Crime Partnership to help advise our members. The message is simple; DO NOT buy goods or services from callers to your door or via the telephone. Call the office number below for more advice.

If you would like to know more about using Food Train services or volunteering with Food Train, please contact our STIRLING branch office:

Tel: **01786 450536**

Or email: **stirling@thefoodtrain.co.uk**

# Dundee



**Food Train Dundee** reached an amazing 10,000 deliveries recently with a celebration bouquet of flowers for the 10,000th delivery customer. With a 4th delivery van now on the road and a choice of 3 different stores across the City the branch still has room to grow and support local older people with food access.



## Fantastic Flower & Food Festival

Food Train made their annual appearance at Dundee's famous Flower & Food Festival in September. With a stall packed full of information and prizes the staff and volunteers were kept busy with visitors, and were excited to have some VIP visitors. Along with the Beechgrove Garden's Jim McColl, celebrity chefs Nick Nairn and Paul Rankin stopped by to speak with Food Train Manager Grant Simmons. Our VIP guests were all very impressed with Food Train.



Thanks to all the members, volunteers and supporters of Food Train for their donations.  
**£546** was raised at the stall this year.



## Food Train Friends

*A new befriending service for older people, supporting you to visit the supermarket.*



For more information please call Dundee 459202.  
Food Train, Office D, Market Mews, Market Street, Dundee DD1 3NH  
Email: [dundee@thefoodtrain.co.uk](mailto:dundee@thefoodtrain.co.uk)

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**Friends is coming to Dundee**...thanks to funding of £3,075 from Dundee Partnership and Reshaping Care Capacity Building, we are delighted to launch a 6 month pilot befriending service. Many of our members said how beneficial a trip to the supermarket would be, so over the coming months we'll be using the new funds to run monthly trips to the supermarket in the West End where you can not only select your shopping but there will be plenty of time for relaxing cuppa and a snack too. As usual our wonderful volunteers will be on hand to help out. Look out for more information coming to you soon.

If you would like to know more about using Food Train services or volunteering with Food Train, please contact our Dundee branch office: Tel: **01382 459202**

Or email to: **[dundee@thefoodtrain.co.uk](mailto:dundee@thefoodtrain.co.uk)**



# Glasgow

**Food Train Glasgow** keeps on marching across the City with deliveries now across the North East as well as right across the South of the City with our fleet of 4 vans. We have just welcomed our 200th member to the branch which has made well over 3,200 deliveries since launching last year.



## MORRISONS

By popular request we are now shopping at Morrisons in Newlands. The store there offers a great in-house bakery, salad bar and fishmonger giving you our members better choice for your shopping each week. Our volunteers will have information leaflets about the new store for you soon.

Through links with Glasgow and Glasgow Caledonian Universities we are pleased to welcome student dieticians as volunteers.

We are still in need of drivers and shoppers so if you or anyone you know can help, please give us a call on 0141 4231722 or email [trish@thefoodtrain.co.uk](mailto:trish@thefoodtrain.co.uk)



Congratulations to volunteer Sandra Wilson who completed the Great North Run half marathon in aid of Food Train raising over £1,000. Well done Sandra!

Some recent staff changes mean we say a warm welcome aboard to new Regional Manager Chris Curtis and Administrator Karolina Kuczyńska.

The

## Commonwealth Games

brought a whole new dimension to deliveries in the Glasgow branch over the summer.

Road closures, large crowds and mounted police were just some of the things our staff and volunteers had to contend with in making their usual deliveries over the fortnight. Early starts, lots of delivering on foot and plenty of smiles helped us make sure we made every delivery just as normal. Well done to all our team, you're our very own gold medallists.



GLASGOW 2014  
XX COMMONWEALTH GAMES



If you would like to know more about using Food Train services or volunteering with Food Train, please contact our GLASGOW branch office:

Tel: **0141 423 1722**

Or email to: **[glasgow@thefoodtrain.co.uk](mailto:glasgow@thefoodtrain.co.uk)**



# Renfrewshire



**Food Train Renfrewshire** recently celebrated their 1st birthday in style with cake and balloons during deliveries. Thanks to Morrisons for the lovely cake. Over the last year 40 volunteers donated 3,460 hours of their valuable time helping 140 older people with 2,194 deliveries of vital fresh groceries. We're absolutely delighted with our progress so far and roll on years two and beyond. A huge thanks to everyone who has supported us during our first year.

We also celebrated our amazing volunteers during Volunteers Week 1-7 June with a series of videos which we uploaded to YouTube reaching 758 views. You can see the videos on our website on the Renfrewshire news page [www.thefoodtrain.co.uk/news-events/](http://www.thefoodtrain.co.uk/news-events/)



**Bag Packing Bonanza!** Our terrific team and the kind people of Paisley helped us reach the grand total of £662.88 at our summer bag packing fundraiser — well done everyone!

**Top of the Class and Congratulations to Regional Manager Marri Welsh who successfully completed her Diploma in Management and Leadership at the University of West of Scotland.**

community  
**jobs**  
scotland

Food Train Renfrewshire are delighted to welcome Sophie McAvoy to the team. Funded by Community Jobs Scotland Sophie will get the chance to learn lots of new skills and be a much needed help to all the team during her 9 month placement.

If you would like to know more about using Food Train services or volunteering with Food Train, please contact our RENFREWSHIRE branch office:

Studio 53, Old Embroidery Mill, Seedhill, Paisley, PA1 1TJ

Tel: **0141 887 2557**

Or email to:

**[renfrewshire@thefoodtrain.co.uk](mailto:renfrewshire@thefoodtrain.co.uk)**

# NEWS NEWS NEWS NEWS NEWS NEWS NEWS NEWS NEWS NEWS

## Fabulous Fundraising News

Staff, volunteers and friends of Food Train have been very busy over the summer raising funds for Food Train—a massive thanks to them all. Here's a selection of the action.



Friends of Meal Makers Alex, Gordon and Frazer raised £321 running the Great Scottish Run in Glasgow. Well done boys!



Food Train Staff Marri, Hamish and Michelle took on a monster Lake District Triathlon raising £785.



This summer our Rank Foundation Time 2 Shine Intern Hamish Adamson ran our first ever Crowd Funding Campaign raising £766 in 28 days from donors all round the world.

**All funds raised go towards the cost of delivering vital Food Train services to our members. Thanks for all your support.**

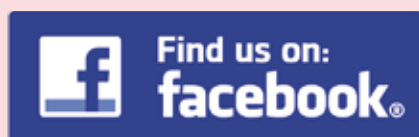
Christmas will soon be with upon us. For customers new to Food Train please note this is the only time of year we change our weekly schedule of list collection and shopping delivery.

Please look out for your local news on schedule changes which volunteers will deliver along with your shopping and remember to stock up on non-perishable goods in the weeks leading up to Christmas.



## Carrier Bag Charges

From 20th October 2014 in Scotland all shops will levy a 5p charge on all plastic carrier bags supplied. If you need a reusable bag, Food Train has hessian shoppers with the Food Train logo on for just £2. Please contact your local branch for info.



**Follow us on twitter!**



We've been getting social media savvy at Food Train and we now have 240 followers on Twitter and 1049 'likes' on our Facebook pages.