

# Dundee

**Be more than just a volunteer!**

- ♥ Be a listening ear
- ♥ Be a person who makes a difference
- ♥ Be a friendly face



## VOLUNTEER WITH US!

**Can you help with our grocery shopping delivery service?**

We shop for local older people who can't do it themselves, and we're looking for volunteers willing to give a few hours of their time each week to help.

**List Collecting** – Call our older members on a Monday morning to take their shopping order and enjoy a wee blether too!

**Shopping Volunteers** - Shop from 8am-10am at Tesco, South Road and Asda, Milton of Craigie, on Tues, Wed and Thurs mornings.

**Delivery Team** - Help load and deliver shopping to our members on Tues, Wed and Thurs from 9.30am–2pm. Volunteers may also help put shopping away, and support wellbeing.



## Interested?

**Food Train relies on volunteers to deliver our services, we would love for you to join us.**

☎ **01382 810944**

✉ **dundee@thefoodtrain.co.uk**

**Volunteering Roles** - We also offer a range of volunteering opportunities within administrative and event support roles.

**Scan the QR code to register your interest**



# Dundee

## Over 65?

## Need help with your shopping?

**If daily life is becoming harder due to ill health, disability, frailty, or mobility issues, we can help.**

**Food Train** is a charity helping older people across Scotland. Our friendly volunteers provide a weekly food shopping service for older people who struggle to do their own shopping.

- ✓ No more taxi or bus fares
- ✓ No carrying heavy bags
- ✓ No travelling in all weathers
- ✓ Food and household items from your local supermarket

### How we can help you

- ✓ We help with ideas/suggestions for anyone aged 65+
- ✓ We support you with your diet and can help you eat well
- ✓ Shopping can be put away/lids loosened/packets opened
- ✓ Our dedicated volunteers will raise welfare concerns if need be
- ✓ Always time for a blether
- ✓ No relying on friends, family and neighbours



## Interested?

[www.thefoodtrain.co.uk](http://www.thefoodtrain.co.uk)

**If you would like to find out more contact us on:**

Keep up to date with  
us on social media



 **01382 810944**

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