



Celebrating 20 years on track



Shoppers Express

Summer 2015
Anniversary Edition

Welcome to our members, volunteers and friends across Scotland. We hope you enjoy this special edition 20th Anniversary newsletter where we look back at some amazing highlights, talk to volunteers past and present and get the news from around Scotland.

Celebrating 20 years on track

20th Birthday

Launched on 29th June 1995
our fantastic volunteers have achieved:

228,000
grocery
deliveries
made

£6.77 million
groceries
shopped

631,000
precious
hours of
volunteering
given

20 Years Remembered

Food Train Founder Jean Mundell MBE devoted the last 14 years of her life to Food Train, from the original community survey in 1992 which led to Food Train's launch, working tirelessly maintaining and promoting it till her death in 2006. Her memory lives on in a beautiful bronze portrait statue and bench on the Dumfries Cycle Path over the River Nith, which was unveiled in 2012.



Retired volunteer Rosemary Millar remembers the early days with Jean... "the van broke down with us one day and we were scared we couldn't get the deliveries made but luckily we got a jump start from another volunteer's car."

Customer Mrs Halliday (joined in 1998) recalls an article Jean Mundell had written featured in the local press in 1995, talking about how useful getting food delivered was.



Current long serving Volunteer Bill Brack remembers Jean asking him to help over 15 years ago when Food Train was in a basement office, struggling for funds and volunteers. He started off helping one day a week which rapidly turned into 4 days a week. He remembers the first full time staff member starting with the job of expanding the service from town to region... Bill still volunteers 1 day a week in the Dumfries office.

20 YEARS AGO IN 1995

Diesel was 64.1p per litre
Braveheart was the top Film
Pint of milk was 36p
First UK woman Chief Constable
Cliff Richard was knighted
2nd Class Stamp was 19p

On 29th June 1995 the very first Food Train grocery deliveries were made to 5 customers in Dumfries totalling £116.24

Customer Mrs Oakes (joined 1999) says "I don't know what I would do without Food Train, I don't get out much these days. I really enjoy the people coming they are so cheery, friendly and helpful."

Customer Mrs Wilkinson (joined 1997) is Food Train's longest serving member. Local volunteers have been delivering her groceries for over 18 years. She says "I think Food Train is a wonderful thing."



CEO Michelle McCrindle, the first full time member of staff, joining in 2002, she remembers... "wondering if I had made a big mistake leaving a career in nursing to work for this tiny charity in a damp basement, but the volunteers were so inspiring and Food Train was so simple and clever, it was a job that I grew to love so quickly. It's amazing to think how far we've come, from 5 customers and a handful of volunteers in 1995 to over 1,700 customers and over 800 volunteers today delivering 5 different services."



Food Train®



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20 year timeline track of success

2004

- Food Train wins Queens Golden Jubilee Award
- Annan and Kirkcudbright branches open

2003

Newton Stewart branch opens

2002

- £187,000 4 year funding agreed
- First Full Time Employee starts
- Stranraer branch opens

2005

Sanquhar branch opens

1995

Food Train launched

2006

- New EXTRA home support service launched
- Founding volunteer Jean Mundell receives MBE
- Royal visit from Princess Alexandra

2009

Scottish Government funding awarded for national expansion

2010

- New FRIENDS befriending service launched in D&G
- West Lothian branch opens

2011

Stirling branch opens

2013

Glasgow and Renfrewshire branches open

2012

Dundee branch opens

2014

- New MEAL MAKERS food sharing service launched
- New OUTREACH LIBRARY service launched in West Lothian

2015

North Ayrshire branch opens





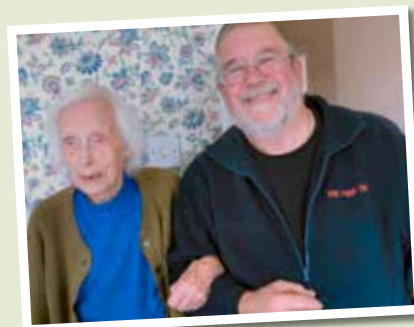
Dumfries & Galloway

Third Sector First Dumfries & Galloway's Annual Awards Ceremony

Congratulations to Bill Brack on winning the Long Service to Volunteering Award at the new D & G Annual Awards Ceremony.

Our befriending service, Food Train Friends was shortlisted in the Service to Older People category.

Congratulations!



Happy Birthday from all at Food Train to our Stewartry customer Mrs Smith who had a delivery on her 104th birthday.



Sponsored Walks

WELL DONE to all of our charity walkers who recently took part in sponsored walks in Stranraer and Dumfries. The weather was mixed but spirits were high and everyone had a good time. Many thanks to all of our wonderful customers who sent in donations, raising over £1,000 from both walks.

If you would like to know more about using Food Train services or volunteering with Food Train, please contact us:
 Tel: **01387 270800**
 Email to: **everything@thefoodtrain.co.uk**
 For Food Train Friends call: **01387 279111**

West Lothian

Charity of the Year 2014 - 2015

During 2014–2015, Weslo Housing staff have been holding charity fundraisers to support Food Train.

Pictured David McLaren, Housing Manager presents a cheque for £1500 to Linda Lockie, Food Train Regional Manager, volunteers and members of the Community Budget Committee.



If you would like to know more about using Food Train services or volunteering with Food Train, please contact us:
 Tel: **01506 413013**
 Email: **westlothian@thefoodtrain.co.uk**

Volunteers' Week 1st-7th June

Volunteer Lisa Low manned an information stall in the lead up to Volunteers' Week in West Lothian.

If you are interested in volunteering please give us a call.



Happy 1st Birthday

Our Library Outreach service has gone from strength to strength in this past year and continues to grow. Many thanks to West Lothian Council as our partner in this unique service in the region.





Stirling

Food Train Stirling currently supports nearly 170 customers with their weekly grocery shop. More than 50 local volunteers provide their time freely to offer the service to those who need it.

Last year we made more than 4000 deliveries and our customers spent more than £150,000 across our three supermarkets, Morrisons, Tesco and Sainsbury



20th Anniversary Coffee Morning

Stirling staff and volunteers raised £450.70 for Food Train by holding a 20th Anniversary Coffee Morning on Saturday 9th May. It was a wonderful morning with a fabulous array of home baking.



Sponsor a box!

Can **YOU** help us to replace broken boxes by joining our SPONSOR a BOX scheme? If you can help, please contact the office or ask our volunteers about it.

If you would like to know more about using Food Train services or volunteering with Food Train, please contact us:

Tel: **01786 450536**

Email: **stirling@thefoodtrain.co.uk**

Dundee



We are proud to announce we will be at the Dundee Flower & Food Festival in Camperdown Park. Come and visit our stand 4th–6th September. Hope to see you there!

New Befriending Service for Dundee

Following the success of our recent befriending pilot project Food Train Friends is now coming to older people right across Dundee! This new service funded from The Rank Foundation will help support older people across the City to access events and activities in and around Dundee. Excursions will also be planned including trips to Arbroath, St Andrews, cinema visits and an afternoon at the theatre. More information on this new service will be brought to you soon.



If you would like to know more about using Food Train services or volunteering with Food Train, please contact us:
Tel: **01382 459202**
Email to: **dundee@thefoodtrain.co.uk**

Pictured right: Customer enjoying a recent outing to Glendoick Garden Centre





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Glasgow

Food Train Glasgow recently celebrated its 2nd Birthday. We've come a long way since those early days when our services were only available in the South West of the city. We now have 2 supermarkets helping us and 4 vans out and about. This year saw us branch out and offer our shopping delivery service across the entire city and we currently have 58 volunteers and over 250 customers.

Happy 2nd Birthday!



To celebrate our 2nd Birthday we held a party on Friday 15th May in Asda Toryglen for our amazing team of volunteers. This was our chance to say a huge thank you to our volunteers for all their hard work to help keep Food Train on track.

Volunteer Glasgow Awards

Glasgow Food Train was runner up for a 'Commitment to Equality & Diversity' award by Volunteer Glasgow because of their fantastic work with volunteers across the city and the difference they make to local people in local communities.

If you would like to know more about using Food Train services or volunteering with Food Train, please contact us:
 Tel: **0141 423 1722**
 Email to: **glasgow@thefoodtrain.co.uk**

Renfrewshire

Food Train Renfrewshire Manager Marri Welsh is transferring to the new branch in North Ayrshire, so a big warm welcome to Stephen McGinty, who takes over as Regional Manager from mid June.

Would you like to sponsor a box for £10?



World Book Day 2015

We received several copies of *Agatha Raisin and the Quiche of Death* for World Book Day in May and gifted them to a few of our customers to enjoy.



Fundraising!

A team of volunteers, staff and friends will be 'Moving Round Millport' this summer to raise money for our 20th Anniversary fundraiser.

A big thank you to all!

We are developing along nicely with 3 vans, 150 plus customers and a brilliant team of local volunteers. So far this year our volunteers have collectively contributed over 8,000 hours to make almost 5,000 deliveries.

If you would like to know more about using Food Train services or volunteering with Food Train, please contact us:
 Tel: **0141 887 2557**
 Email: **renfrewshire@thefoodtrain.co.uk**



Find us on: **facebook.**



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North Ayrshire



New Food Train branch coming soon!

Food Train rolls into North Ayrshire this summer! We are delighted to bring our vital grocery shopping service to North Ayrshire's older people and we hope to be making our first shopping deliveries later in the Autumn.



Welcome A'Board

A warm welcome to Regional Manager Marri Welsh and new Administrator Clare Paterson who will be setting up the new Irvine based Food Train office in July. Meantime if you know someone in North Ayrshire who will benefit from the service, or might be interested in volunteering with us and help get ready for the big launch, please contact Marri on **07712 322193** or email **marri@thefoodtrain.co.uk**

Meal Makers

Meal shares surpass milestone target!

Great news! Meal Makers have reached their first major meal share milestone, with the 100th meal being shared between volunteer cooks and diners. This was made possible by our very committed and generous volunteers. We are now counting down the days to the next big milestone of the 500 meals shared.

Meal Makers film release & STV Feature

The very first Meal Makers digital film has been produced with interviews from four diners and their cooks. Asked what Meal Makers meant to them Diners answers varied from enjoyment of the friendship and companionship to excitement of trying new foods. Meal Makers have been back on STV where cooks and diners talked about their experiences of the project. You can see our film on www.youtube.com



Pictured above some of the lovely meals shared with older people in Dundee and Glasgow.

Left to right: Beef stew, Roast pork and veggies, Chicken casserole and mash, Chilli, rice & garlic bread.

If you would like to know more about using Meal Makers services by signing up as a cook or becoming a diner please contact us on:

MEAL
MAKERS



Tel: **0800 783 7770**

Email: **hello@mealmakers.org.uk**

Aiming for £20,000 in 20th Year



We have recently launched a Just Giving Text to donate campaign which makes it easier and quicker than ever to donate.

Just text FDTN20 £3 to 70070

Or you can also donate through our BT My Donate fundraising page:

www.mydonate.bt.com/events/20anniversary/196732

Or to donate by phone please call head office on 01387 270800.

Best Practice in Dementia Care Awards

Congratulations to our staff who recently completed Best Practice Training in Dementia Care via the Stirling University Dementia Centre, who also kindly funded the training for our staff.



They will now pass on everything they learned about Dementia Care to other staff and volunteers across our branches and Meal Makers helping us provide better support to members living with Dementia.

Volunteers' Week 1-7 June 2015



To celebrate National Volunteers' Week and mark the occasion of our 20th year, special edition certificates were presented to our volunteers across Scotland, giving us the chance to say a very big and heartfelt THANK YOU for all they do!

20th Anniversary Grand Prize Raffle

£1 per ticket, fabulous prizes on offer. Ask your local volunteers or call your local branch office if you'd like to buy tickets – we appreciate your support.



20th Anniversary Events Diary

29th June–Food Train celebrates 20 years on track.

29th June–Food Train Friends hosts 20th Anniversary party at Hetland Hall Hotel, Dumfries

6th July–Civic Reception in Dumfries.

23rd September–20th Anniversary party for customers, volunteers and staff in the Mitchell Library Glasgow.

Late Autumn–Reception in the Scottish Parliament

Leaving a Legacy to Food Train

For the quality of life older people deserve, you can help by leaving a lasting gift. Every gift small or large helps us provide the services our members need in the local area. Contact us on 01387 270800 for more information

Social Media

Food Train now has 2,047 likes across our Facebook pages and 720 Twitter followers.

