

Over 65? Need some help with your shopping?



Connects is a Scotland wide
volunteer connecting service
for older people.

For older people needing
some help with regular grocery
shopping, we can arrange a
connection with a local volunteer.
The volunteer will arrange a
suitable day/time to regularly carry
out the shopping and delivery, also
putting items away if required.



Could you shop
and deliver groceries
to an older person
near you?

If you would like to be a volunteer
shopper, please sign up at:

www.thefoodtrain.co.uk/volunteer-form



If you would like to find out
more about our services or how
to volunteer please contact us.

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