

# Over 65? Need help with your shopping?



A service for older people in Scotland needing some help with regular grocery shopping.

We can arrange a connection with a local volunteer to regularly carry out shopping and delivery, also putting items away if required.



To find out more about our services, refer someone or become a Connects volunteer please contact us:

[www.foodtrainconnects.org.uk](http://www.foodtrainconnects.org.uk)  
[connects@foodtrainconnects.org.uk](mailto:connects@foodtrainconnects.org.uk)

**0800 304 7924**

Scottish Charity No. 24843

