

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.

Do you know someone who needs support with their shopping?

To refer someone to use the Connects
service, please complete this form:

www.foodtrainconnects.org.uk/Home/SuggestCustomer

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

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