

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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