



## 25<sup>TH</sup> ANNIVERSARY SPECIAL EDITION

Summer 2020

Welcome to our members, volunteers and friends across Scotland. We hope you enjoy this special edition 25th Anniversary newsletter. You may remember from our Autumn edition that we continued to look at the success of Food Train over the past 25 years and how it is like a jigsaw puzzle coming neatly together with each piece supporting and holding together the bigger picture.

The Food Train puzzle has four key components, Volunteers, Staff, Funding and Members.

In the last edition we dedicated our front page and the third piece of the puzzle to funding and the different grants and funders that help keep our magnificent train on track. The final piece of the puzzle is dedicated to our members...



# Completing the big picture

For 25 years Food Train has been supporting older people across Scotland and it is always a delight to catch up with them and have a chat. Let's meet Nancy and Madge and see what they have to say about why they use Food Train and what it means to them.



## Nancy Houston - STEWARTRY

Nancy Houston has been using the Food Train shopping service for the past 6 years and is truly amazing at 96. When we caught up with her to talk about Food Train she told us of one of her fondest memories of herself volunteering at the age of 7 during the Great Depression in 1931. A local farmer found himself with excess milk during these difficult times and her mother persuaded him to drop off a churn of milk to their doorstep every afternoon so it could be shared out to the local villagers in need. Nancy's job was to stand on a wee stall with a metal ladle and share it out as the villagers queued up.

### We asked Nancy how she gets along with the Food Train volunteers?

The volunteers are wonderful, they are so willing to help, and it is a blessing to us all. It's all the little things they do that make a big difference, like put the things in the freezer, they know just how I like it, wonderful bunch of people.

### How did you get your shopping before the Food Train?

Before I went into hospital, I just did my own shopping, but I did find it tiring going around the supermarket and lifting all the shopping into the car, then Willy from next door told me about the Food Train and I started using them and have not looked back. But I still pop out in my wee Toyota and nip down to the pharmacy.

## Madge French - FALKIRK

Last year Ashley and Madge were paired up through our neighbourhood food sharing project, Meal Makers. They have a wonderful relationship and even during the recent lock down are still sharing meals.

### Madge tells us

We still grab a wee blether through the window when Ashley drops off the food, we love to talk about everything and anything, from Ashley's family to the current Coronavirus situation.

### We asked Madge what meal she likes receiving from Ashley the most?

It's sausage and mash, I was never that fussed by sausages before, but Ashley goes to a good butcher and has converted me.

### We asked Madge what Ashley's visits mean to her?

Sharing meals with Ashley is brilliant. Ashley is Food Train to me and if all your volunteers are like her, then you couldn't do any better if you tried. You certainly couldn't have picked a better cook for me!



# Welcome from the CEO



Hello everyone and welcome to our 25th Anniversary newsletter.

I hope you are well and feeling that daily life is getting a bit lighter as we move forward into summer and the easing of lockdown. We have all felt the impact of Corona Virus in some way, isolated from friends and family, worrying about our health and that of our loved ones and adapting to constantly changing guidelines. Sadly, one of our long serving staff members lost their life to the virus. Sean Hearn had worked in our Dundee branch for 7 years in the Administrator role. Day to day he was the first point of contact for local members and volunteers. He was a wonderful man, kind hearted, lots of fun and he'll be very much missed by everyone connected to Food Train.

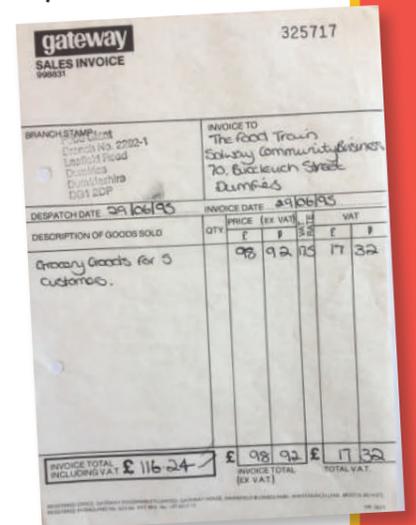
It has been a remarkable time at Food Train, and we've seen the absolute best of humankind over the last few weeks. We received over £12,000 in public donation and over 500 new volunteers came forward to help, meaning we've been able to help 1,200 more older people with regular food, meals and groceries. Some of our volunteers have also been making regular telephone calls to check-in with members and have a blether, so far over 4,600 calls have been made, and it's been so popular we're looking at how we can keep the calls going longer term for those who need and want them. Over the summer months as we ease back to normal, we hope to safely reinstate our other services such as Friends, Library and At Home.

Sadly, all our 25th Anniversary plans for local celebrations with members and volunteers are all cancelled for the foreseeable future. We may not be able to celebrate in person, but we can all be proud of how much Food Train has achieved in 25 years. Back on the 29th June 1995 the first 5 grocery deliveries were made in Dumfries,

since then we've made a staggering 445,000 deliveries with our volunteers clocking up 1.3 million hours over the years. The older people who founded Food Train created a wonderful legacy of kindness and support that continues today, helping older people to live well at home. Happy 25th Birthday Food Train, long may we stay on track!

*That's all for now, stay safe and stay well.*

*Michelle*





## How it all began

Now in its twenty fifth year, the Food Train has established itself as a nationally recognised, award winning service charity. How it has arrived at this point is a heart-warming and inspiring story.

A story about a group of people who had vision, drive, determination and an unshakable belief they could improve the lives of older people. This vision became The Food Train, and the story of Food Train begins in the Queen of the South, otherwise known as the town of Dumfries.

In 1995 the founding members of Food Train had a simple aim and a simple idea. They wanted to provide practical support to older people in need, enable them to eat well, enjoy more social contact and live independently at home for longer.

Turning this initial idea into a reality was no easy feat in these early days. Convincing onlookers was tricky, grants were hard to come by and everything was done on a very strict budget. The organisation started with only a handful of customers, and the support of a small group of willing volunteers. Word of mouth was the only advertising they could afford. Despite such challenges, Food Train persevered and moved forward, taking comfort in the fact that they knew the service they were providing was working and was very much needed.

A real driving force behind the establishment of Food Train in these early days was a lively lady named Jean Mundell. Jean was one of the founding members and was a well-known community activist who was unafraid to tackle the powers that be whenever she encountered inequality.



Jean worked tirelessly in the early years for Food Train, receiving a well-deserved MBE only three days before her death in May 2006.

In 2008 Jean was one of three local heroes selected in a public vote to be commemorated with a special portrait bench. Jean's statue and bench were built looking down the River Nith, a fitting tribute to a woman whose legacy can now be felt across Scotland.

JUN 1995

DUMFRIES



With funds and volunteers in place, Food Train opened its doors to help older people eat well.



Jean Mundell advocating free personal care.



Second Food Train van getting ready for deliveries.

2001

By 2001 Food Train had become a very popular service in Dumfries and the potential for expansion across Dumfries and Galloway was huge, but with just one van the volunteers were at full stretch. Help was at hand in the form of Dumfries & Galloway Council and the Better Neighbourhood Services, who invited Food Train to bid for funds from a Scottish Executive grant to develop the service.

2002

In 2002 Food Train was awarded a four-year funding package from the above grant to develop the shopping service for older people across the whole region. By securing this funding Food Train was suddenly in a great position to deliver food access to older people in need on a much greater scale than before. These funds allowed for a full time member of staff to be recruited, which was necessary to drive the service forward and grow the project to offer support to older people in need across the whole of Dumfries & Galloway. Michelle Carruthers was hired in the role of Development Officer in the latter part of 2002 and continues to work at Food Train today as the Chief Executive Officer.

2002

STRANRAER & RHINS



Michelle Carruthers

2003

NEWTON STEWART & MACHARS



2004

ANNANDALE & ESKDALE STEWARTRY



2005

NITHSDALE



2006

ANNANDALE & ESKDALE



2007

DUMFRIES STEWARTRY STRANRAER & RHINS

NEWTON STEWART & MACHARS



2009

By 2009 Food Train had established itself as a vital charity helping older people throughout Dumfries & Galloway. But with an ageing Scottish population, diminishing social care resources and evidence of increasing loneliness among older people, demand for their services were greater than ever before, and so their attention turned towards a national expansion program.



◀ Food Train Friends enjoy a day out.

# Keeping our growth on track



**2010**  
WEST  
LOTHIAN  
OPEN SHOPPING

**2011**  
STIRLING  
OPEN SHOPPING

**2012**  
DUNDEE  
OPEN SHOPPING

**2010**  
ANNANDALE  
& ESKDALE  
NEW SERVICE FRIENDS

**2012**  
DUMFRIES  
NEW SERVICE FRIENDS

**2012**  
WEST  
LOTHIAN  
NEW SERVICE AT HOME

**2014**  
WEST  
LOTHIAN  
NEW SERVICE LIBRARY

**2014**  
STEWARTRY  
NEW SERVICE FRIENDS

**2013**  
GLASGOW  
RENFREWSHIRE  
OPEN SHOPPING

**2013**  
NEWTON  
STEWART  
& MACHARS  
STRANRAER  
& RHINS  
NEW SERVICE FRIENDS

**2014**  
DUNDEE  
NEW SERVICE MEAL MAKERS

**2015**  
DUNDEE  
NEW SERVICE FRIENDS

**2015**  
GLASGOW  
PERTH &  
KINROSS  
NEW SERVICE MEAL MAKERS

**2019**  
EAST  
RENFREWSHIRE  
CLACKMANNAN-  
SHIRE  
OPEN SHOPPING

**2019**  
EAST  
RENFREWSHIRE  
CLACKMANNAN-  
SHIRE  
NEW SERVICE MEAL MAKERS

**2016**  
RENFREWSHIRE  
EDINBURGH  
STIRLING  
NEW SERVICE MEAL MAKERS

**2019**  
WEST  
LOTHIAN  
NEW SERVICE FRIENDS

**2017**  
SCOTTISH  
BORDERS  
OPEN SHOPPING

**2017**  
GLASGOW  
NEW SERVICE FRIENDS

**2020**  
SCOTLAND  
NEW SERVICE CONNECTS

**2017**  
WEST  
LOTHIAN  
FIFE  
SCOTTISH  
BORDERS  
NEW SERVICE MEAL MAKERS

**2017**  
GLASGOW  
NEW SERVICE AT HOME

**2018**  
SCOTLAND  
NEW SERVICE EAT WELL AGE WELL

**2018**  
LONDON  
OPEN Food You

**2018**  
DUMFRIES  
STRANRAER  
& RHINS  
NEWTON  
STEWART  
& MACHARS  
ANNANDALE  
& ESKDALE  
STEWARTRY  
NITHSDALE  
NEW SERVICE MEAL MAKERS



# Sun, Wind, Rain, or Snow..... FoodTrain is always on the go

For 25 years, 300 months, 1,300 weeks, 9,125 days. 219,000 hours 13,140,000 minutes and through variable weathers; summer heatwaves, winter snowfalls, autumn storms and spring cold winds Food Train volunteers have been out making vital grocery deliveries to older people in Scotland. On this page we explore some of the most memorable weather extremities we have faced throughout those years.



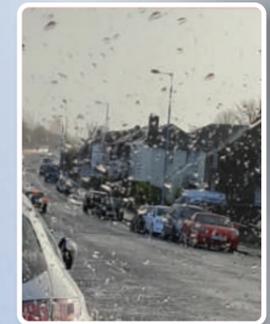
▲ One of our more scenic deliveries on a lovely Spring day.



▲ Local farmer to the rescue with grocery deliveries in East D&G when 3 weeks of horrific rainfall and flooding meant villages were cut off by floods.



▲ Winter Wonderland. Volunteers in West Lothian braved the icy conditions to deliver vital shopping to older people.



▲ The view from a delivery van! On a day where our volunteers across Scotland braved the storms in order to support older people.

## SPRING



MAY  
1996

Was an unusually cold month with enhanced wind chill and was recorded as the second coldest May of the 20th century.

JUNE  
2007

A series of large floods occurred in parts of the UK during 2007. The worst of the flooding occurred across Scotland on 14 June 07. It was one of the wettest months on record, the rainfall across the country was 5.5 inches; more than double the June average.

## SUMMER



JUL-AUG  
1995

The UK heat wave was a severe weather event that occurred between late July and late August. It was part of one of the warmest summers recorded in the UK with temperatures reaching over 30°C (86°F) in some locations.

JULY  
2012

The Environment Agency issued more than 1,000 river flood alerts/warnings across the UK between Jun - Jul, the most since 2007. For Scotland it was a summer to forget, statistics show it was the 7th wettest on record, with some areas seeing 250% of their normal rainfall.

## AUTUMN



NOV  
2012

Scotland saw intense rainfall which caused localised flooding, the Trossachs, South Argyll and parts of Dumfries and Galloway were particularly badly affected, with reports of local flooding from other towns. The Rest and Be Thankful section of the A83 road in Argyll saw a landslide of an estimated 150 tonnes of material, close the road for the fifth time in 6 years.

OCT  
2017

On 16 October 2017 hurricane Ophelia brought very strong winds to western parts of the UK. This date fell on the exact 30th anniversary of the Great Storm of 16 Oct 1987. The highest recorded gusts were 90 mph.

## WINTER

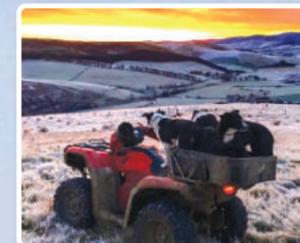


DEC  
1998

The Boxing Day Storm (Hurricane Stephen) was an Atlantic windstorm with gusts exceeding 90 miles per hour. Large parts of northern England and Scotland lost access to electricity for more than 24 hours.

FEB  
2018

Beginning on 22 February 2018, UK was affected by a cold wave, dubbed the Beast from the East by the media, which brought widespread unusually low temperatures and heavy snowfall to large areas.



◀ The Job always gets done whatever the weather in the Scottish Borders.



▲ Ten miles done and dusted – all as fresh as daisies!! Our Renfrewshire volunteers & staff on a well-deserved day out to Millport.



◀ Sunglasses & kilts in sunny Dundee at the Food & Flower Festival and Grant the manager leaves no stone unturned when it comes to volunteer recruitment.



▲ A lovely summer run through the beautiful countryside to St Mary's Loch made an enjoyable trip for our Annandale & Eskdale befriending group.



▲ Even in terrible weather, our volunteers still manage to take a selfie!



▲ A very thoughtful Easter gift for our customers in Stirling, these gorgeous hand-made Easter Chicks (all keeping a yummy cream egg warm)!!!



◀ Beast from the East - Volunteers in Glasgow & Renfrewshire loading up and out and about getting food to those most in need.

# Long Serving Food Train Volunteers

Food Train volunteers are vital to our success and without them we simply wouldn't be able to operate. Today we have over 1500 volunteers who have donated an amazing 1,330,000 volunteering hours across 5 services and 9 geographical locations. Here we meet some of our long-standing volunteers and ask them about some of their memories through the years.

## Bill Brack - DUMFRIES

Bill Brack was one of Food Train's longest serving volunteers and a former member of the board. Bill started volunteering in our Dumfries branch towards the end of 1999 and hung up his hat in 2016 after devoting 17 years of his time to Food Train. We asked him;

### In what ways was it different volunteering for Food Train in the early years?

In the early days we were gifted all sorts of furniture, no 2 chairs or desks that matched and a computer that had more bugs in it than a dog had flies.

The thing we needed was publicity, and we tried everything even advertising in the paper which wasn't a success, It wasn't until we moved to the shop in Nith Place, which had a window in it and we had a sign above the door that people started taking notice, and the vans getting the Food Train logo on them, people knew there was something going on.



Provost opening shop in Nith place



Bill Brack Retirement



First Food Train van

## Ant Williamson - GLASGOW

Ant Williamson has been volunteering with Food Train Glasgow since it opened in 2013. The former Production and Traffic Director of an Advertising Agency has done every role plus more in the 7 years she has been volunteering. From collecting shopping lists to shopping, driving and delivering, Ant has also helped customers hang curtains and even collected dry cleaning for them.

### Has anything funny happened whilst you have been volunteering with us?

Many! But my favourite moment was realising when we arrived at a customer's house one of her boxes was missing - we realised quite quickly we must have unpacked it in error at the previous customer's house. We were only a couple of minutes away - so back we went, rang the doorbell, to be greeted by Mr Lafferty with a big smile and fresh cream in his moustache. Needless to say - he hadn't ordered any cream cakes & enjoyed the free treat. We then had to race back via the supermarket to replace the cakes.

### What do you get from volunteering?

A feeling of being useful and appreciated and an extended circle of friends. We do so much more than just volunteer together.



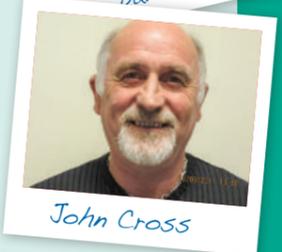
Ant Williamson

## John and Davie - STIRLING

In our Stirling branch two of the very first volunteers were John Cross a former joiner and Davie Turner a former construction worker. Both were looking for something to pass the time after they retired. They joined the Stirling branch in 2011 as delivery drivers, 9 years on and we ask them a few questions.....



Davie Turner



John Cross

### Do you have a most enjoyable volunteering moment?

**JOHN:** I used to really enjoy visiting a customer called Mrs Gray. One day we were in to collect her list and she used to reel off her entire shopping order in a single breath. The helper I was out with was desperately struggling to keep up, when Mrs Gray told me her radio was broken. I offered to look at it to let my helper get up to speed with the shopping list. After fiddling about with it for a bit I managed to get it working and to test it out I pressed play. Sydney Devine started blaring out and me and Mrs Gray joined in singing 'Tiny Bubbles' and declared 'let's have a party!' My poor helper wasn't as enthused - she was still scribbling away trying to catch up on the shopping list!

**DAVIE:** I always liked visiting a customer in Gartmore who used to play the fiddle, playing traditional Scottish music. He was very good and used to hand out CDs of his music.

### Has anything funny happened whilst you have been volunteering with us?

**JOHN:** Yes, I'm sure I'm not the only volunteer who has started unpacking a shopping order only to hear those words... "not for me son"

**DAVIE:** Ha ha, yes there is the occasional mishap!

### What do you get from volunteering?

**JOHN:** A good deal of satisfaction. You get blethering with the customers - some of them could tell you some stories!

**DAVIE:** I get a lot of satisfaction from it. I like it. It's good for me and it's good for the customers, I'm glad to be volunteering with Food Train, and I'll keep doing it for as long as I can.

## Pamela Lewis - RENFREWSHIRE

It is a privilege that we can support some of our volunteers when they become our members and Pamela Lewis is one of those. Pamela is in a unique position as she is both a volunteer and a member at the same time. Former shop Manager Pamela Lewis was one of the very first volunteers to join the Renfrewshire branch 7 years ago and these days you can find Pamela in the office coordinating the shopping lists on a Monday afternoon and receiving her shopping from the delivery drivers on a Tuesday.



Pamela Lewis

### We asked Pamela how that works....

I like doing my own shopping, but due to health issues I can no longer lift and carry heavy items, On a Tuesday morning I meet the shopping team at the supermarket, I do my own shopping, pack it up myself into delivery boxes, and off it goes with the delivery teams to be delivered to me later on in the day.

### What do the delivery teams make of that?

It's the same team I get every week, so I've known them for years and we get on well. We do have a wee joke that they do not need to check the shopping, because I've done it myself.

### What do you get from volunteering?

The social contact is a big thing for me, when I was out and about the best thing was meeting the customers.

# Fantastic Facts

Over the last 5 years our shopping service has almost doubled.



**2020 444,000**

**2015 228,000**

grocery deliveries made

**2020 14.2 million**

**2015 6.7mill**

groceries shopped

**2020 1,330,000**

**2015 631,000**

precious hours of volunteering given

In 1995, Food Train started life with a small group of volunteers, very little funds, one service and supported a handful of older people in Dumfries. Fast-forward 25 years and here we are with over 3000 members, 1500 volunteers, 5 services, 9 geographic branches, two national projects and 48 vehicles on the roads. Let's take a look at some of the things achieved to date.

The Eat Well Age Well team continue to do valuable work across the country raising awareness of how malnutrition is adversely affecting older people. **EAT WELL AGE WELL**

**47** grants funded in the community equating to **£160,000**

**461** carers, volunteers & staff trained to identify & raise awareness of malnutrition.

**623** older people screened for malnutrition

Our Friends, At Home and Library services continue to have a significant impact on our older members, supporting them to remain in their own homes and lead longer happier lives.

**12,600**

household support tasks completed



AT HOME

**OVER 1,000**

befriending outings



FRIENDS

**3173**

library books distributed



LIBRARY

Meal Makers, our community food sharing service continues to go from strength to strength, with many more people sharing and receiving meals. **MEAL MAKERS**

**952**

people paired

**25,792**

meals shared

**25,695**

befriending hours

Covid-19 has sadly brought a reduction in social contact for our members. In response, we have introduced a new check-in befriending calls service, which has proved to be very popular and well-received.

**4500**

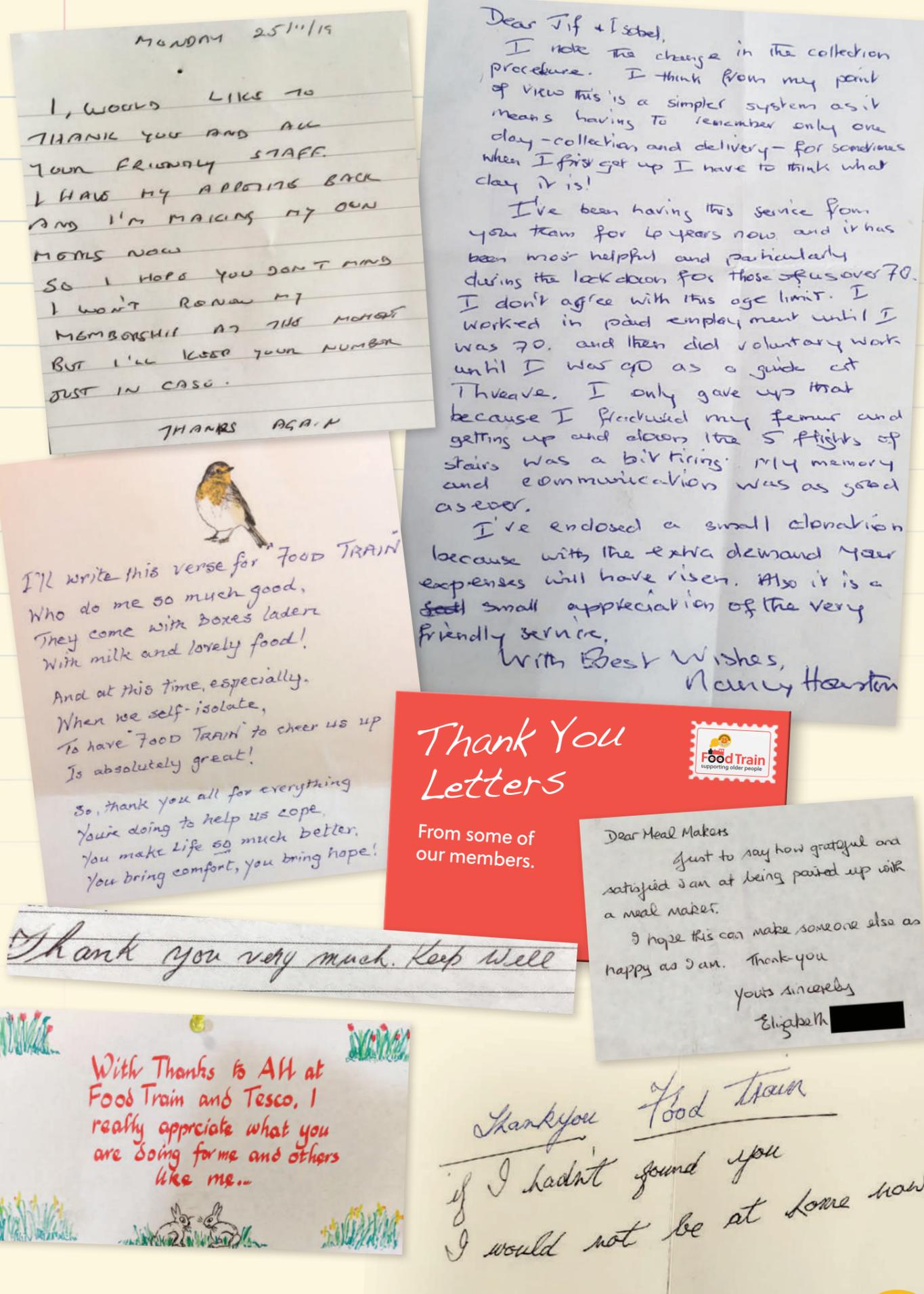
calls made

**111**

volunteer phone befrienders

**650**

blether hours





## EAT WELL AGE WELL CROSSWORD

Answers on back page

### DOWN

- 1 What can be added to soups or stews to increase the protein content; also popular baked?
- 3 An \_\_\_\_\_ a day keeps the doctor away
- 4 What gets loose when we lose weight?
5. Actually a vegetable this is great in crumbles and is tart to taste
- 8 You can lose your " \_\_\_\_\_ " when you are ill
- 9 Potatoes, rice, pasta, cereal are all in which food group; they should make up a third of your meal
- 10 What type of foods can be eaten raw or cooked and contain many of the vitamins and minerals that we need to keep us healthy?
- 11 What is the best source of Vitamin D?
- 14 A hot breakfast cereal can be served with honey and nuts on top for extra energy
- 15 A good way of staying active is to go for a " \_\_\_\_\_ " every day
- 16 What drink is a rich source of calcium?
- 21 From the legume family, great source of protein fibre and iron; great in soups and curry
- 22 This can be added to desserts and soups to add richness and calories
- 26 Fish that comes fresh and in tins - high in Omega-3
- 27 A handful of these is a great nutritious snack

### ACROSS

- 2 Which food group provides us with most of our dietary calcium – good for healthy bones?
- 4 Made from milk this food is high in fat, protein and calcium; tasty on toast or added to scrambled eggs
- 6 Being " \_\_\_\_\_ " every day and reducing sedentary behaviour has many health benefits including increased muscle and bone strength
- 7 What should you drink 6 to 8 glasses of a day?
- 12 Who should we visit every 6 months for a check up?
- 13 Which fats should be included as part of a healthy diet, they are considered the 'healthy' fats
- 17 A type of muscle strengthening exercise that originated in India
18. The addition of extra vitamins and minerals to foods
- 19 How many portions of fruit and vegetables are we recommended to eat a day?
- 20 A green vegetable that is served in florets – a good source of Vitamin C and Iron
- 23 How many portions of fish is it recommended we eat a week?
- 24 A summer fruit great in smoothies but also lovely with cream
- 25 This food group includes animal and plant-based foods like chicken, fish, beef and beans; important for the growth and repair
- 28 A white meat that is low in fat
- 29 Green fresh herb used in pesto

## BACK IN THE DAY QUIZ

Answers on back page

- Q1 In 2001, how much would you pay for a dozen eggs from a local UK supermarket?  
A: 80p B: £1.20 C: £1.72 D: £2
- Q2 In 2006, how much were people paying for a Cadbury's Freddo Frog chocolate bars?  
A: 5p B: 10p C: 15p D: 20p
- Q3 How much do you think a pint of milk was back in 1995?  
A: 10p B: 36p C: 70p D: £1
- Q4 How much were folk paying back in 2004 for a box of 80 teabags?  
A: 25p B: 46p C: 80p D: 99p
- Q5 How much would we have paid for a loaf of sliced white bread in 1998?  
A: 50p B: £1 C: £2 D: £1.39
- Q6 How much were people forking out for the tasty treat of fish and chips back in 1995?  
A: £1 B: £1.68 C: £3 D: £5
- Q7 A pork shoulder costs roughly £4 today, but what would this have cost you in 1999?  
A: 89p B: £1.70 C: £2.80 D: £3.50
- Q8 How much is a pint of draught lager in 2001?  
A: £1.50 B: £1.95 C: £2.04 D: £2.25
- Q9 How much would a 100g jar of instant coffee set you back in 1999?  
A: £1 B: £1.95 C: £2.90 D: £4
- Q10 In 1999 how much was a litre of petrol?  
A: 50p B: 95p C: 62p D: 42p

## MEAL MAKERS WORD SEARCH CHALLENGE



R	P	O	H	C	K	R	O	P	V	C	O	O	K
N	D	A	P	U	D	D	I	N	G	N	Y	A	E
O	H	K	T	E	C	N	I	M	B	U	R	G	A
A	C	E	E	K	D	S	E	M	P	A	T	H	Y
E	A	E	N	R	I	R	S	H	A	R	I	N	G
S	R	M	N	N	N	A	N	I	S	H	O	M	E
C	R	V	E	G	E	T	A	R	I	A	N	B	W
R	O	A	N	I	R	I	W	I	K	E	R	A	H
A	T	G	N	I	R	A	C	E	A	A	R	N	E
N	S	A	C	I	O	A	I	R	T	E	T	A	A
H	V	O	L	U	N	T	E	E	R	S	O	N	L
S	Y	A	R	P	A	T	S	A	O	R	T	A	T
C	O	K	I	N	D	N	E	S	S	S	I	R	H
R	A	D	S	U	O	I	C	I	L	E	D	D	Y

- DINER
- SCRAN
- VEGETARIAN
- CARROT
- PORKCHOP
- KINDNESS
- ROAST
- SHARING
- STEW
- HEALTHY
- PUDDING
- VOLUNTEER
- MINCE
- BANANA
- EMPATHY
- GRUB
- DELICIOUS
- HOME
- CARING
- COOK

Play this puzzle online at: <https://thewordsearch.com/puzzle/1183584/>



**Food Train**  
supporting older people



"We would love to congratulate the Food Train on their 25th Anniversary! I remember keeping the very first old Mazda van on the road with a wing and a prayer, as back then funds were tight."  
*Gordon*

"Well done to whoever thought this up. It's a tremendous service. Many would be lost without us."  
*John Cross, Volunteer*

"Keep on going!!!!"  
*Nancy Houston, Customer*

"Keep doing what you're doing. Everybody appreciates it."  
*Davie Turner, Volunteer*



"Solway Print have been privileged to work with such an amazing charity from its very beginnings in 1995. We wish you another successful 25 years."  
*Macc, John and Amanda*



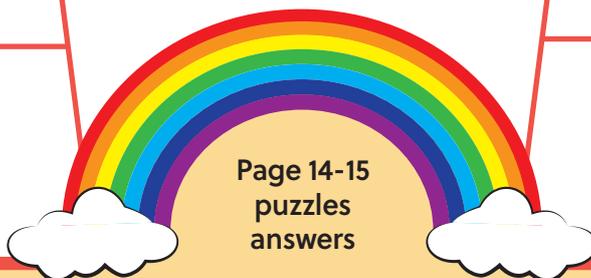
"Congratulations on 25 years! We know how valuable the services you provide are to the elderly community here in Dumfries. Your success comes as no surprise, knowing the team and how hard you all work. A fantastic achievement!"



"We in the Borders have had a long and happy relationship with Food Train and many who live here have reason to be very grateful for the meals and shopping services they provide for many of our less able older people. Happy Birthday and here's to the next 25 years!"  
*Diana*

"Keep going!!!! keep up the good work."  
*Pamela Lewis, Volunteer/Customer*

"Many Congratulations and let's keep going for at least another 25 years."  
*Ant Williamson, Volunteer*



Page 14-15  
puzzles  
answers

**ACROSS:** 2: Dairy 4: Cheese 6: Active 7: Water 12: Dentist 13: Unsaturated 17: Yoga 18: Fortification 19: Five 20: Broccoli 23: Two 24: Strawberries 25: Protein 28: Chicken 29: Basil  
**DOWN:** 1: Beans 3: Apple 4: Clothes 5: Rhubarb 8: Appetite 9: Carbohydrates 10: Vegetables 11: Sunlight 14: Porridge 15: Walk 16: Milk 21: Lentils 22: Cream 26: Tuna 27: Nuts

1:C, 5:A, 9:B,  
2:B, 6:B, 10:C  
3:B, 7:C,  
4:B, 8:C,