

Come aboard the North Ayrshire Food Train



Food Train works with volunteers to provide a grocery shopping and delivery service to older people who would otherwise struggle. If you are over 65 and need help with shopping, or if you could be a volunteer shopper, driver or helper, please contact us:

**Email: northayrshire@thefoodtrain.co.uk
or tel: 01294 271 025**

MEAL MAKERS



Meal Makers is a local food-sharing project that connects people who love cooking (cooks) and want to share an extra portion of their home cooked food, with an older neighbour (diner) who would really appreciate a freshly prepared meal and a friendly chat.

Visit mealmakers.org.uk

or tel: 01294 271 025

to find out more



**Supporting
local older
people at home**