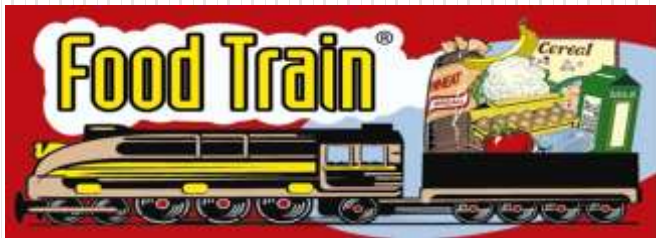


“ supporting local older people at home ”



MEAL
MAKERS



Who we are?

- Food Train is a registered charity, voluntary organisation and social enterprise, established in 1995.
- We provide vital services to older people, who may need some additional support due to age, ill health, frailty or disability.
- Our primary objective is to support older people to live independently within their own homes and communities for as long as possible.

Meal Makers

How it began! & 3 Years on!

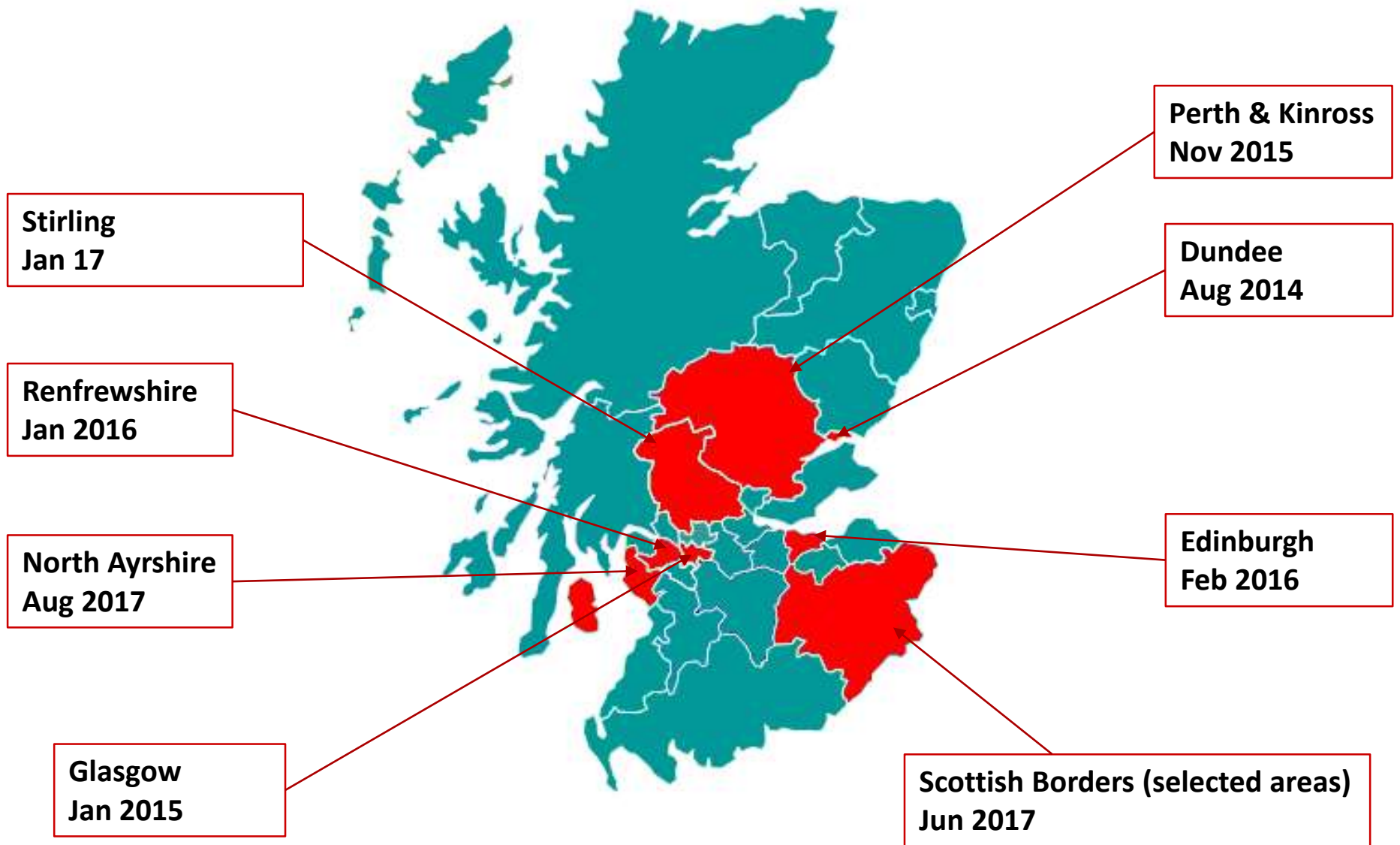
- Food Train customer survey
- 2013: Community Food and Health study tour in London
- An idea was born
- Scottish Government and Rank Foundation agree to fund Meal Makers
- 2014...



Fiona (Cook) & Norman (Diner)



Where are we?



Perth & Kinross
Nov 2015

Dundee
Aug 2014

Edinburgh
Feb 2016

Scottish Borders (selected areas)
Jun 2017

Glasgow
Jan 2015

North Ayrshire
Aug 2017

Renfrewshire
Jan 2016

Stirling
Jan 17

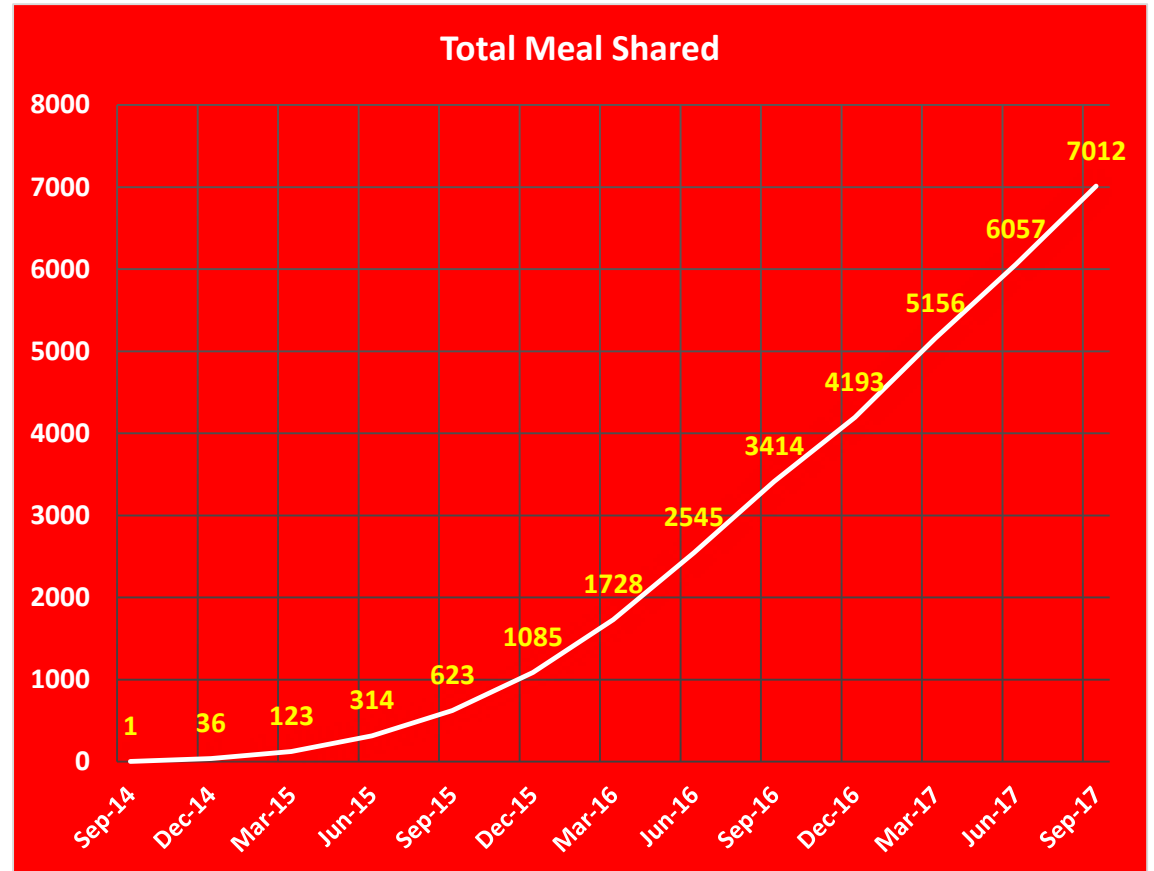
Progress so far

7,012
Meals shared

6,789
hours of befriending

463
'Cooks' and 'Diners'
matched

*Stats accurate as of 30/09/2017





Other services

- Food Train weekly grocery shopping and delivery service
- Food Train 'EXTRA' practical home support service
- Food Train Friends befriending and contact service
- Outreach library service
- We currently have nearly 600 volunteers supporting over 1700 older people.



Who can use the services?

- Available to any older person who could benefit from using these services. Both can be used long or short term and as regularly as required.
- No means or needs assessment
- All service users are company members with a vested interest and democratic say in shaping the charity and its objectives
- Referrals – Self Referrals, Family, Social Work, Health, Housing other voluntary organisations working with older people

Long Term Benefits

- Increased Independence
- Access to food / Tackle malnutrition
- Increased social contact
- Encourages intergenerational community cohesion
- Helps tackle the digital divide



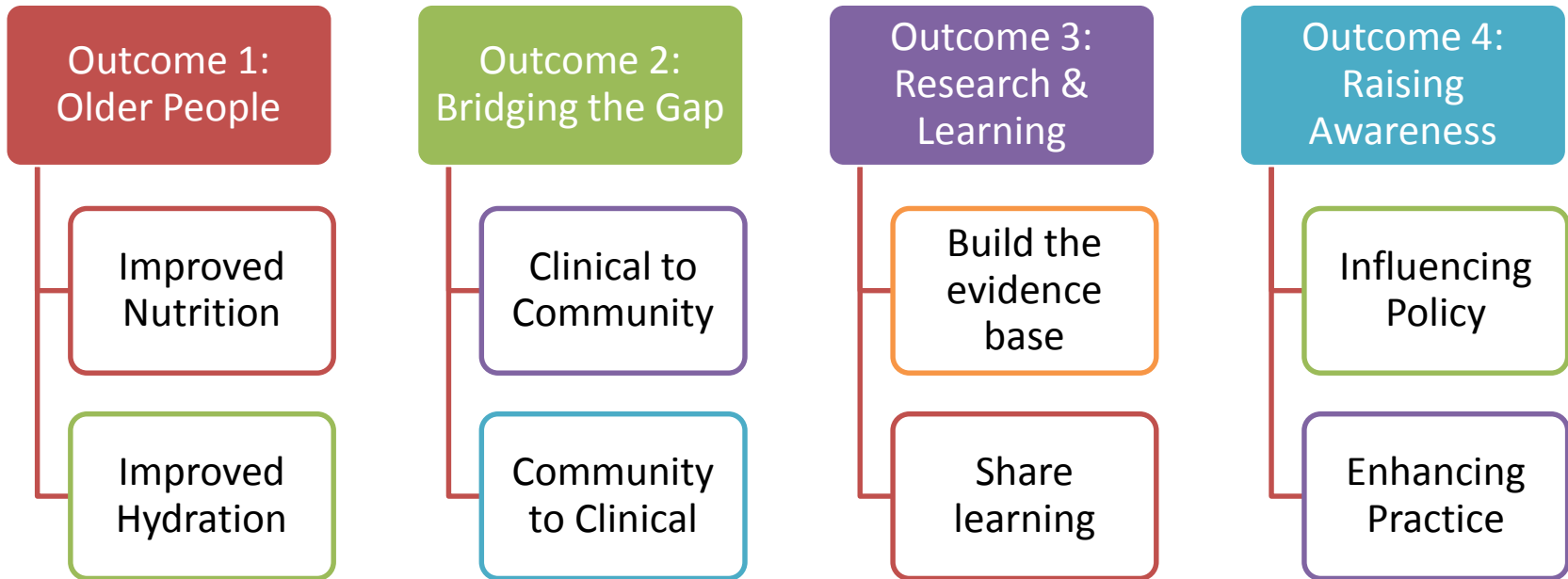


- National collaboration to help people eat well and maintain positive nutritional health in later life through preventing malnutrition, reducing prevalence of and treating malnutrition in both societal and clinical settings.
- Big Lottery funding for 3.5 years to work in partnership with the UK Malnutrition Task Force to share learning and best practice in order to collectively reduce the number of older people at risk of or suffering from malnutrition in the UK.

Project Delivery Strands



Project Outcomes



ANY QUESTIONS?



www.thefoodtrain.co.uk
www.mealmakers.org.uk

