

Helping to Spread the Festive Cheer!



Could you spare an extra portion of dinner
for an older neighbour?
Cooks needed in Dundee



Loneliness and isolation has been magnified for all of us this year and particularly at Christmas.

Meal Makers' volunteer cooks have been going the extra mile to do something special for an older neighbour.

Meal Makers is a subsidiary of the award winning Scottish Charity Food Train. It is a local neighbourhood food-sharing project that connects people who love cooking, and who are happy to share an extra portion of home cooked food, with an older neighbour who would really appreciate a freshly prepared meal and a friendly chat.

By turning an everyday activity into a volunteering opportunity, Meal Makers strengthens connections within communities and provides a flexible way for people to volunteer their time and skills locally in a way which suits them.

Meal Makers is looking for volunteers in our area – postcodes DD1 and DD2 – you can find out more and sign up at www.mealmakers.org.uk/Account/Register

Dundee in Level 4



www.dundee.gov.uk/
coronavirus-covid-19

Dundee is at Level 4

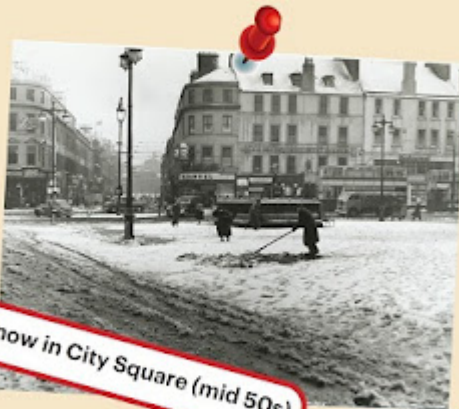
We can all help reduce the spread of Coronavirus. #KeepSafe

As of yesterday, Dundee entered Coronavirus Protection Level 4.

The City Council has a useful summary of the guidance which you can read [here](#).

[Happy Boxing Day!](#)

Christmas in Dundee



(with thanks to [Dundee Volunteer and Voluntary Action](#) for the image and photographs!)

[A very Happy Christmas to you and your](#)

family!





Our Bunty wishes you all a very Happy Christmas!

[PSYV guest blog: Helping communities](#)

through the festive season



This festive season Police Scotland Youth Volunteers (PSYV) in Lanarkshire have been working with local charities to provide essential food items to vulnerable people.

The PSYV programme develops strong relationships between the police and young people by breaking down barriers and encouraging young people to be positive role models within their communities.

Police Constable Martin Sweeney the PSYV Coordinator for Cumbernauld, Shotts and Hamilton tells us more about the appeal:

“Lanarkshire PSYV decided this year to undertake a ‘Reverse Advent Calendar’ festive appeal in support of local charities across our area. The charities selected were food poverty action group Paul’s Parcels in Shotts, Hamilton & District Foodbank and Freedom City Church, Cumbernauld which houses the Cumbernauld Foodbank.

The theory behind the reverse calendar was that instead of traditionally taking a daily item (as you would normally do from an advent calendar) you put a small food item away per day from Dec 1 to Dec 18.

Each charity gave us a shopping list of items they needed and our volunteers aimed to gather these items. Volunteers also added small luxury items given it’s a Christmas appeal, such as mince pies, Christmas puddings and selection boxes.

This appeal was a well received and supported initiative. It’s was a very worthwhile cause and offered our volunteers a great sense of achievement, particularly at this time when they were able to contribute to the wider Community.”



Read more about the PSYV, including information for anyone interested in becoming a Youth or Adult Volunteer, at [Youth Volunteers – Police Scotland](#).

The post [PSYV guest blog: Helping communities through the festive season](#) appeared first on [Justice and Safety](#).