

# 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](http://www.mealmakers.org.uk/Account/Register)