



Learn our top tips for staying safe in the garden this spring

The Evergreen Times



Proud to be supporting older people across Stamford, Bourne & Deeping

SPRING AT EVERGREEN: A SEASON OF RENEWAL, CONNECTION AND COMMUNITY



As spring arrives across Stamford, Bourne, the Deepings and our surrounding villages, Evergreen Care Trust steps into the season with a renewed sense of purpose and possibility. Just as gardens begin to wake and colour returns to our streets, this is a time when our work shines brightest — supporting older people to stay active, connected and confident as the year opens up. From companionship and home support to nutritious meals, wellbeing activities and volunteer-led services, Evergreen continues to champion healthy ageing in every corner of our community.

BEFRIENDERS WANTED



Evergreen is currently looking for new Befriending Volunteers to support older people across Stamford, Bourne, the Deepings and the surrounding villages. If you have a little time to spare and a heart for companionship, Evergreen would love to hear from you — your kindness could make a world of difference to someone who needs a friendly voice and regular connection.

NEW SUPPORT SERVICES



Evergreen is pleased to launch a new **Care Co-ordination service**, offering clear guidance for anyone feeling unsure about health or social care. For a limited time throughout March & April, we're providing **FREE** Care Co-ordination Assessments with our Care Services Manager to help people understand their options and the support available.

ROLAND'S FUNDRAISER



Evergreen is delighted to share that Roland, one of our dedicated trustees, is taking on an incredible sporting fundraiser this year — cycling over 200 miles in just seven days, with the goal of raising more than £1,000 to support our work across the community! Head to our website to donate and find out more!



A SPRING MESSAGE FROM FOUNDER LOUISE MARSH

'The Lord is my Shepherd, I shall want for nothing...'
Psalm 23:1

This time of year, provides me with lovely pastoral scenes as my little village in the Leicestershire Wolds is surrounded by fields of sheep. It will not be long before the arrival of spring lambs will add to the natural beauty as they bounce and frolic with abandonment around their mothers. I look forward to seeing them, they suggest so much promise, energy and life after the long winter months. One can't help but smile watching them.

It puts me to mind of one of my favourite scriptures, Psalm 27 where we learn that we have a good Shepherd who looks out for us all the days of our lives; and affirms that His goodness and mercy will follow us throughout. We are invited to consider this, perhaps in a quiet moment of reflection, tracing God's hand on our lives. It is easy to forget in the pressures and stresses of life, that He journeys with us and that He is good. We have the promise of comfort that He is with us today in our current circumstances no matter how difficult and the promise that He will remain with us throughout, never leaving us.

And why? not because we are good, but because He is. We often fail to recognise His presence His goodness and comfort, but we are assured despite our forgetfulness, and wilful wanderings, that He is a trustworthy and faithful Shepherd who can be called on, and who will hear us and answer when we call.

I learned this as I listened to the stories my grandparents told me of God's faithfulness in their lives, my parents the same and now their stories have become a part of my own. God is good and He is the hope of this world; there is precious little we can put our hope in outside of Him.

I pray you have good days ahead filled with love and hope, that you know you are greatly loved by the Good Shepherd and you are loved and valued members of the Evergreen family.

Louise Marsh
Founder of The Evergreen Care Trust

DATES FOR THE DIARY

Evergreen Sponsored Walk - 19th April - 10am
Evergreen's Office

Our Evergreen staff, volunteers, friends and family will be coming together on the 19th April for a sponsored walk for Evergreen. If you would like to come along then email marketing@evergreencare.org.uk.

'Greening' Evergreen Coffee Morning - 5th May
Barn Hill Methodist Church - 10am-12pm

We invite you to save the date for our Evergreen Coffee Morning where we will be raising funds to install solar panels on our office. There will be tea, coffee, cake, tombola's, book sales and more! To find out more please email marketing@evergreencare.org.uk or call 01780 765900.

Evergreen's Gardening Club - Last Friday of the month
Evergreen's Office

Calling all gardening enthusiasts, we're launching a new gardening club with the aim of building friendships and creating a new green space for our members to enjoy. To find out more email marketing@evergreencare.org.uk

AllTech's Golf Day 2026

Are you a golfing enthusiast who would like to help raise money for Evergreen? We're currently on the look out for a talented team to join AllTech's Golf Day in our name! To find out more please email marketing@evergreencare.org.uk or call 01780 765900.

Friends Together Group - Mondays & Thursdays - 2pm-3:45pm - Free entry. Stamford Free Church, PE9 1SU

Our Friends Together Group offers a varied programme of activities from table games, exercises, arts and crafts, bingo and music. To find out more or to come along email socialengagement@evergreencare.org.uk or call 01780 765900.

To see more of our regular and free social groups, head to www.evergreencare.org.uk



JOIN OUR FRIENDS TOGETHER GROUP

Social Engagement Lead, Juliet Edwards-Morris, shared her thoughts on why Friends Together is so important: 'It doesn't just bring people together in a safe and welcoming environment; being part of a group can provide a sense of purpose, with something to focus on and look forward to, especially for those suffering from loneliness. There's plenty of opportunities to catch up with old friends and make new ones.'

What makes Evergreen Friends Together so special? Well, the delicious cakes freshly baked by our wonderful supporters, accompanied with a refreshing cup of tea or coffee, for starters! Then there's all the activities. Fancy a game of prize bingo, dominoes, or your favourite board games? Or do you want give Move It or Lose It a go, our chair-based exercise sessions for seniors? We've even got our spring Bring and Buy Sale coming up at the end of March to look forwards to!

We're always looking to the future as well, for new and exciting things to do with the group. A recent 'virtual' walking

tour with Stamford Sights and Secrets was a huge hit, as was an informative talk about all the services and resources on offer at Stamford Library. We are very fortunate to be supported by some wonderful and generous entertainers and artists who give their time for free, allowing us to take trips to Stamford Arts Centre's cinema for 'Classics with a Cuppa', and further afield to local garden centres for a browse and a refreshing cup of tea (and, of course, cake!)

The joy of Friends Together is that there is no pressure on anyone to partake in the activities and workshops, but as Juliet says: 'what could be better than trying new skills in the company of supportive friends and having a laugh at the same time?'

Evergreen Friends Together meets on Mondays and Thursdays from 2pm at Stamford Free Church on Kesteven Road. Everyone is welcome to join, so come by and see for yourself!

WELCOMING OUR HOME SUPPORT STAFF

Evergreen's Care Services Manager, Beth Ward, shared that she has settled into the charity "beautifully" since joining at the end of November last year. She spoke warmly about how welcoming the team had been and how quickly she felt part of the Evergreen family.

The team recently said a very fond farewell to Holly Deadman, who has moved on to new opportunities. Holly will be greatly missed by both members and colleagues, and the whole organisation wishes her the very best for the future. In her place, Evergreen is delighted to welcome Lucy Summerfield, who joined the team on 2nd March. After a week's handover with Holly, Lucy is already settling in wonderfully and finding her rhythm with new systems, processes and the day-to-day flow of the service.


Within the Home Support office, recruitment is actively underway to ensure Evergreen can continue meeting the growing needs of clients across Stamford, Bourne and the surrounding villages. Beth emphasised that Evergreen is always keen to hear from people with a genuine passion for caring and an interest in exploring a new career path. She welcomes informal conversations with anyone wanting to learn more about the support Evergreen provides to its members, as well as those considering joining the team.

To find out more about our current staff vacancies, please head to www.evergreencare.org.uk


Thanks to over **100 dedicated volunteers**, we provide a wide range of free services, including:

 Befriending

 Advocacy

 Community Support

 Hand & Nail Care

 Clean Teams & Decluttering

 Chaplaincy & Listening

 Social Groups & Friendship Lunches

 Soup Delivery Service

 Personal Alarm Supply & Fitting

Volunteer, support, or donate today:

www.evergreencare.org.uk

01780 765900

[@evergreen_care_trust](https://twitter.com/evergreen_care_trust)

VOLUNTARY SERVICES



Since 2005, the Evergreen Care Trust has provided compassionate care, friendship, and practical support to older people in Stamford, Bourne, the Deepings and nearby villages. Founded by nurse and social worker Louise Marsh, our charity fills the gaps left by stretched public services, offering a lifeline to some of the most vulnerable in our community.

To put some figures on our work, annually our volunteers provide over 5,000 hours of Befriending; 1,600

attendances at our Friends Together Group and Friendship Lunches; over 100 receive help from our Advocacy team; our had Hand Nails Team visit a local care home every other week and provide over 250 'pamper' treatments each year to the residents; our Community Support team actions over 150 requests for help; Chaplaincy & Listening carry out over 100 visits; our Clean Teams respond to many requests, and each week we visit and deliver a nutritious meal to some of the most vulnerable in the local area.

SPRING GARDENING IN LATER LIFE



Spring is a wonderful time to reconnect with the garden, especially as the days grow lighter and the first signs of colour begin to appear. For older gardeners, the key is to work with your energy rather than against it. Choose short, enjoyable sessions rather than long stretches, and focus on light tasks such as potting up containers, pruning back winter growth, or refreshing your borders with hardy spring plants. Raised beds, long-handled tools and kneelers with handles can make gardening far more comfortable, helping you stay active without straining joints or balance. Spring is also the perfect moment to check paths, pots and tools after winter — small bits of maintenance now make the whole season easier.

Gardening in older age is as much about wellbeing as it is about the garden itself. Take breaks often, keep a drink nearby, and choose tasks that bring you pleasure — sowing seeds, tending herbs, or simply sitting outside to enjoy the new growth. If bending or lifting is difficult, consider container gardening or raised planters, which allow you to grow flowers, vegetables and herbs at a comfortable height. And remember, you don't need to do everything at once. Spring unfolds slowly, and your garden will respond beautifully to small, steady bursts of care. The aim is to enjoy the fresh air, gentle movement and sense of achievement that gardening brings.

