



Learn how to stay safe over the winter months with tips from Home Support

The Evergreen Times



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

EVERGREEN WISHES YOU A MERRY CHRISTMAS



From everyone at Evergreen, we'd like to wish you a joyful Christmas and a Happy New Year! In this newsletter, you'll find handy tips for staying warm this winter, along with details of upcoming events and festive activities you can take part in.

HARVEST HIGHLIGHTS



Over autumn we held our first ever Harvest Festival at the beautiful St John's Church. From reflections from founder Louise Marsh, music from the tuneless choir and many cake and book sales! It was an event to remember! Thank you to all who joined and the volunteers who made this event possible.

STUDENTS GET FESTIVE



A special thank you to all the students at Stamford Endowed School for their creativity and enthusiasm in designing a Christmas card fundraiser for us! You can find these wonderful designs at the school shop. Our members are delighted and look forward to joining the students at their annual Christmas Tea Party on 6th December.

CREATIVE AT CHRISTMAS



Our Friends together Group embraced the festive spirit with a special visit from Emilina Designs, who hosted a delightful watercolour class. Members took part in a Christmas card workshop and created a range of beautiful, hand-painted designs. The session was a wonderful opportunity to learn new skills, and enjoy the season together.



A FESTIVE MESSAGE FROM FOUNDER LOUISE MARSH

‘I am the light of the world, whoever follows Me won’t be walking in darkness, but have light fill their lives’ - John 8:12

Christmas is a lovely time of year for so many, a chance to get together with family and friends, often involving travel and always involving Christmas food and meals around the table or out in special eateries. It is easy in the commercial ramp up to Christmas to lose sight of the simple message Christmas brings each one of us, whether we find ourselves alone or in company, or whether we have something to look forward to or not.

Jesus came to bring light into our personal darkness and give us hope with the promise of His presence, love and care for us now and a much brighter future too. God’s first instruction was to bring light into what was dark and chaotic, He continues to do the same today for any who will look for Him or call on His name. He is the one who cares about our circumstances, our relationships or lack of, our loneliness, pain and the difficulties we face. He is the one who promised to never leave or forsake us, but whose Spirit remains with us, till His return. Journeying with Him has been the best decision of my life, a decision I made when a young teenager. Life has not always been rosy or worked out the way I would have chosen at times, but I do know that I have a peace and a rock solid confidence in what Jesus has done for us all, each one no matter who or what we are. He makes a way where there is no way at times, opens doors that astound and provides in ways we just wouldn’t believe.

I hope that you experience the real joy of Christmas, that you have fun, enjoy every opportunity to meet with others and celebrate this lovely season. I hope that as Evergreen members you will be reminded of how much you are loved and valued and join us in celebrating...we do love a party at Evergreen! But more than anything, I hope that you find the peace and joy that only the Christ can bring, everything else fades away and is temporary. God bless you with the knowledge of His great love for you, His faithful promises, His life changing grace and forgiveness, His peace in every situation.

A very Merry, peace filled Christmas to you all.

Evergreen Care Trust

DATES FOR THE DIARY

Morrison’s Gift Wrap Stall - 5th, 12th, 15th December- 10am-4pm - Stamford Morrison’s
Over the festive season we will have a gift wrapping station at the entrance of Morrison’s! We hope to spread some festive cheer whilst fundraising for Evergreen.

Art, Craft & Fairtrade Coffee Morning - 5th December - 10am-2pm - Barn Hill Methodist Church
Come along and enjoy a festive morning hosted by Evergreen Care Trust in partnership with Stamford Methodist Church. Browse and buy: Fair trade gifts & goodies, prints by John Bangay, greeting cards & unique textile creations.

Evergreen Christmas Party - 8th December 2pm-4pm - Free entry. Stamford Free Church, PE9 1SU
Join us for a festive party and celebration with all our staff, volunteers and Evergreen members. With a live performance from the Tuneless Choir, refreshments and more! It will be a day to remember. To find out more and to come along please email reception@evergreencare.org.uk or call 01780 765900.

Friends Together Group - Mondays & Thursdays - 2pm-4pm - 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.

Christmas Jumper Day - 8th December
This year we’re hosting our very first Christmas Jumper Day! We’re partnering with community groups, schools and local businesses to help raise funds for Evergreen Care Trust. Want to get involved? Email marketing@evergreencare.org.uk for your free fundraising pack.

One A’Chord Winter Concert - 6th December - 7:30pm Barn Hill Methodist Church
Join One A’Chord for a very special winter concert. There will be a 50-piece singing group and a 4-piece band. Entry is free with donations going to Evergreen Care Trust & Cancer Research UK.

St John’s Christmas Tree Festival - 28th Nov - 14th December - 10am -4pm - Free entry. St John’s Church, Stamford
From the 28th November to the 14th December we will have a festive tree on display as part of the Christmas Tree Festival. Make sure to pop down for a festive display and to select your Christmas cards of the year from Cards for Good Causes.

Friendship Lunch - 4th December & 8th January - 12pm-2pm at the Birch Tree Cafe, Easton on the Hill - £5 entry
Join us for our monthly friendship lunch filled with great food, games and company.

Charity no:1158271

PRACTICAL WAYS TO HELP THOSE IN NEED THIS CHRISTMAS TIME

Love your neighbour as yourself - Mark 12 v 31

At Christmas we often get distracted by the busyness of shopping, parties and wrapping gifts, but there are those close by to us who don’t look towards this season of joy due to isolation and illness.

Jesus came at Christmas for the lost and lonely and we need to share this vision as we seek to serve those around us who might not see anyone over the Christmas period or receive any cards/gifts.

1. Offer to take an elderly neighbour to an appointment for the Flu/Covid vaccine to help them stay healthy this winter.

2. If you see a vulnerable neighbour outside who isn’t properly wrapped up for the weather, ask them if they have a winter coat/gloves etc and do they need your help to go to the shops and buy one?

3. Offer someone who lives alone a cup of tea and take round a box of mince pies and share an hour of your time to make all the difference to someone else.

4. Give a small gift to a family who you know are struggling financially, or someone who lives alone.

5. Refer a neighbour or friend to Evergreen Care Trust for help from our Advocacy team, finding out if they are eligible for financial support with heating costs or pension credit. They may also want someone to pop in from Home Support to help with some cleaning or to do the food shopping. A befriender may be able to come alongside them in the New Year to help ease the burden of loneliness.

Be aware that as the weather worsens, so does social isolation. A lot of elderly or frail individuals fear walking on icy paths and slippery leaves, so it’s those times that your offer of friendship and help to grab them a pint of milk or to sit and have a cup of tea will make the real difference to their lives this Christmas.

Evergreen Care Trust



A MINI CHRISTMAS FEAST FOR ONE

The festive season is a time for joy, comfort, and connection — but for many elderly or vulnerable people, it can also feel overwhelming or isolating. That’s why this year, I’m sharing a simple, nourishing mini Christmas dinner that’s easy to prepare, gentle on the stomach, and full of seasonal cheer. Whether you’re cooking for yourself, a loved one, or a neighbour in need, this recipe brings the spirit of the holidays to every plate.

Turkey & Veggie Bake: A One-Dish Wonder

This soft, warming bake is packed with festive flavour and ideal for those with reduced appetite or chewing difficulties. It’s also a great way to use up leftover turkey.

Ingredients (Serves 2):

- 200g cooked turkey breast (shredded or finely chopped)
- 1 small sweet potato, peeled and diced
- 1 carrot, peeled and diced
- 50g frozen peas
- 1 tbsp cranberry sauce
- 100ml low-salt chicken stock
- 1 tbsp olive oil or butter
- 1 tsp dried sage or thyme
- Optional: 1 tbsp gravy granules for extra richness

Method:

1. Preheat oven to 180°C (160°C fan).
2. Steam or boil sweet potato and carrot until soft (about 10 minutes).
3. In a small ovenproof dish, combine turkey, cooked veg, peas, cranberry sauce, herbs, and stock.
4. Stir in gravy granules if using, and drizzle with olive oil or dot with butter.
5. Bake for 20 minutes until bubbling. Serve warm with soft bread rolls or mashed parsnips.

It’s festive, filling, and fuss-free — perfect for a quiet Christmas Eve or a gentle Christmas Day lunch.

Boxing Day: Leftovers with Heart

Don’t let those delicious trimmings go to waste. Here are three easy ways to turn leftovers into comforting meals: Turkey & Stuffing Sandwich Melt, Veggie Soup with Roast Trimmings, Mini Bubble & Squeak Patties.

Charity no:1158271

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://www.facebook.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 Hand & Nail team provides over 250 visits and 'pamper' sessions to care home 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.

PREPARING FOR A COLD WINTER



As the colder months approach, it's a good idea to make a few preparations to stay safe and comfortable. Winter weather can sometimes make it difficult for carers or visitors to reach you, so having a plan in place will give peace of mind.

Stocking up on essentials is a simple but effective step. Items such as long-life milk, tinned soup, pasta, rice, and frozen vegetables are useful to keep at home, as they last well and can provide nourishing meals if you're unable to get out or receive deliveries. It's also wise to ensure you have enough prescription medication and everyday supplies like tea, sugar, and toiletries. Keeping warm is just as important. Make sure you have extra blankets, hot water bottles, and warm

clothing close at hand. If possible, set aside a small emergency kit with a torch, spare batteries, and a list of important phone numbers.

Finally, let a trusted neighbour, friend or family member know that you may need extra support during bad weather. A quick phone call to check in can make all the difference. By preparing now, you'll feel more secure and ready to face whatever winter brings.

If you need a helping hand preparing for winter contact Evergreen for support and guidance at reception@evergreencare.org.uk.