



*Learn how to host the best
tea party for your friends
and family*

The Evergreen Times



*Proud to be supporting
older people across Stam-
ford, Bourne & Deeping*

EVERGREEN CELEBRATE THEIR 20TH ANNIVERSARY



We hope you will enjoy this special eight-page anniversary edition of our newsletter in which we look back at an eventful 20th anniversary year; explore the services we provide for those who need a little help, and look forward to what the future holds. So far this year, our celebrations have included an outstanding celebratory ball, a spirited tea party to honour and acknowledge the support of our volunteers, and a very well-attended commemorative church service at All Saints. But our festivities don't stop there. On 28th September we are holding a 'Harvest Festival' service at St John's Church. We also plan on having a range of joyful activities leading up to the Christmas period. So please stay tuned and join us for a year to remember.

HEALING THROUGH ART



Meet Ward a familiar face in our Friends Together Group. Ward recently discovered a new passion for painting following the loss of his wife. Through each brush stroke, he shows us that healing can come in many forms—and reminds us all that it's never too late to explore something new.

ALLTECH'S GOLF DAY



Alltech UK hosted a charity golf event on 4th July at Toft Golf Club in support of Evergreen Care Trust. Guests enjoyed a sunny day of golf, raffles, and games with prizes like champagne and golf gear. The event raised just over £1,800 to fund free, volunteer-led services for older people in the community.

WE'RE ON JUST GIVING



Evergreen are delighted to be newly added to Just Giving making it easier than ever to host a fundraiser for us. Whether you love hosting bake sales or prefer to achieve a sporting accomplishment. Your hard work and dedication will help support the vulnerable across your local community.

A CELEBRATION TO REMEMBER: 20 YEARS



As part of our 20th anniversary celebrations in 2025, Evergreen hosted a series of memorable events—but none more glamorous or spirited than our celebratory ball. Held on Saturday 26th April at the beautifully refurbished Rutland Hall Hotel, the evening was a welcome highlight in many social calendars, especially after the challenging years following lockdown. Nestled on the north shore of Rutland Water, midway between Stamford and Oakham, the venue provided an elegant and picturesque setting for the occasion.

Beyond the glitz and dancing, the ball served as a heartfelt tribute to the staff, volunteers, and friends who have helped Evergreen flourish over the

years. From Louise’s early days driving her trusty Micra—armed with a bucket and marigolds—to our present-day organisation offering a broad range of essential services to older people in our community, the evening celebrated every step of our journey.

We were delighted to welcome 110 guests who enjoyed a sparkling reception, a delicious three-course meal, and—if energy allowed—some enthusiastic moves on the dance floor.

Of course, the ball was also an opportunity to raise vital funds to support our charitable work—and our supporters did not disappoint. The tombola table was a hive of excitement, with guests

eagerly seeking tickets ending in zero or five to win from a dazzling array of donated prizes. Meanwhile, the silent auction sparked friendly competition as guests vied for top bids on generously donated items from local businesses and individuals.

As the evening drew to a close just after midnight, the feedback was unanimous: it had been a truly enjoyable and uplifting event. Several guests even asked when the next ball might be!

And the final result? We raised just over £5,000—a fantastic achievement that will go directly toward supporting Evergreen’s mission. Thank you to everyone who made the night such a success.

A BIG THANK YOU TO OUR SPONSORS

Evergreen Care Trust would like to extend its heartfelt thanks to all those who made our recent ball such a resounding success. The incredible amount raised simply wouldn’t have been possible without the generous sponsorship and support of local companies and individuals who share our vision of care and connection.

We are deeply grateful to the following company sponsors for their essential contributions: Allison Homes, Alltech, Gummer Leathes, Hegarty Solicitors, MorePeople, Peterborough Telecoms, and Stamford Rotary. Their partnership not only helped fund the event but truly elevated the atmosphere, allowing us to celebrate in style while raising vital funds.

We also wish to sincerely thank the many individual sponsors whose generosity was equally vital: John and Tina Bunker, Averil Chapman, Paul Chappell, Roland and Viv Higgins, Mary Miller, The Ross Family, and Bob and Pip Webster. Your kindness and belief in our work continues to make a real difference in the lives of those we support. To all our sponsors—thank you for helping us make this occasion one to remember.

REFLECTING ON 20 YEARS: LOUISE MARSH

Anniversaries are a good time to stop and reflect, I have had cause to do this as Evergreen celebrated in May of this year, the 20th anniversary of the establishment of the work of a group of volunteers from across the Churches in Stamford. These volunteers responded to a request for help from Social Services with supports that were outside of Social Services remit.

For two and a half years, the initial group of 12 volunteers which grew month on month, responded to 146 referrals from the Older Persons Team for practical support of local older people most of whom had no family locally or at all. Activities included transporting people to GP and hospital appointments, supporting people home from hospital, deep clean and de-cluttering which enabled people to be discharged home from hospital or Care services to enter the home. They supported with form filling and befriending, which often became life changing for those who found themselves alone.

One morning, on my way to the Stamford office, I felt a clear and compelling CALL to step away from Social Services and formally establish the work our volunteers had begun. It was time to professionalise our efforts and ensure proper safeguarding for those we served. I chose to act on that call, and in May 2005, launched our Home Support service—offering domestic help, laundry, and shopping assistance—operating from the back of my trusty Nissan Micra for the first two years. In time, we opened a small office on the Stamford Hospital site, and Evergreen Care Trust was officially registered as a charity.

It was a huge step of faith leaving paid employment, a good job I enjoyed, which was part time and school hours which worked well with my twin daughters aged 10 at the time; as I did not receive a wage for what was to be 7 years. During this time, I relied on God’s promise to provide all that the girls and I needed, and the new work of Evergreen. In this I can declare that He was amazingly faithful through the many kindnesses and generosity of family, friends, strangers and the local community. There have been numerous miracles of provision along the way.

Evergreen has sought to tackle loneliness and isolation from its beginning, supporting those especially who have no one. It has been a joy as we together have developed services and interventions that focus on providing advocacy, friendship, practical support and which honours old age.

Remembering the wonderful people we have supported, and their families has been a huge privilege. Likewise, the army of volunteers who have served the local community in countless ways, giving of their own resources and often finances in helping others. They have been and continue to be amazing. So too, has been the privilege of working with a wonderful team of employees from Care Managers, Care & Volunteer

Coordinators, Supervisors and Leads and the extraordinary team of front line Care Workers who have provided Home Support, Wellbeing services and for a short season Evergreen Angels and Florence Care.

We are thankful for all that has been accomplished, for generous donors and Friends of Evergreen, for partnership working and the mutual blessing of making a difference. Please see our current range of volunteer-led, no-charge supports and services as well as our Paid for Home Support Service. We are here to help.



Founder Louise Marsh and Kelham Cooke

DATES FOR YOUR DIARY

Come and join us for a range of fun filled events:

Stamford Dog Show - Sunday 14th September - 10am-4pm - Free Entry. Stamford Meadows
We have a stall at the wonderful Stamford Dog Show this September. It's guaranteed to be a day of entertainment, lots of pups and all show proceeds will go to Stamford Town Scouts.

Harvest Festival - Sunday 28th September - 10am-4pm - Free entry. St John’s Church, Red Lion Square, Stamford
Join us this September for our giving thanks and growing kindness festival at the beautiful St John’s Church. This will be a day to remember with live music, children’s games, floral displays, coffee, cakes and more!

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

Friendship Lunch - October 2nd - 12pm-2pm at the Birch Tree Cafe, Easton on the Hill - £5 entry
Our monthly friendship lunch supports seniors who would like to attend a social event but struggle to leave the house for transport or other reasons. Enjoy an afternoon of games, chats, sandwiches and of course tea and cake. To find out more and to come along please email reception@evergreencare.org.uk or call 01780 765900.

BOB BURDETT: 13 YEARS OF VOLUNTEERING

Volunteers are the backbone of the Evergreen Care Trust; without them we would be unable to provide our current range of practical volunteer-led services so appreciated by many older people. In future newsletters we will tell you a little more about our volunteers. In this edition we feature Bob Burdett.

After a 33-year career in the RAF and a further five years as the senior administrator at a local health centre, Bob was looking for a volunteer role during retirement.

In May of 2012, he found it by becoming Evergreen's volunteer Advocacy Lead. Over the next five years he and his team of volunteer advocates supported an average of 100 members a year during interviews and assessments, and any situation where they might benefit from non-judgemental support and guidance.

Since handing over that particular role, Bob has been involved in organising our annual Christmas Cracker raffle and recent 20th Anniversary Ball, as well as managing several of the free services that Evergreen provides. But whilst these services are 'free,' they are not cost-free to run, so five years ago he took on the lead role for Friends of Evergreen.

Evergreen Friends are those who support our aims and charitably donate a regular sum of money, which enables us to continue to provide these much valued and practical services. Although Bob will soon hand over this particular role, he remains a keen supporter of Evergreen and, whilst stepping back but not stepping away, will continue to be involved in managing a number of lesser, but nevertheless important, responsibilities.

When asked why he has remained at Evergreen for thirteen years, he replied



that he believes in what Evergreen does; the services it provides for those less fortunate, and he enjoys working with a great bunch of people. Having many happy memories of his time at Evergreen, he has no wish to single out one particular highlight but finds that volunteering provides a structure to life in retirement, and a very worthwhile use of his time.

SECOND HELPINGS & EVERGREEN CARE TRUST

Every Friday, Evergreen Care Trust, in partnership with Second Helpings - Stamford, brings comfort, connection, and care right to the doorsteps of vulnerable individuals in Stamford and Ryhall.

Since launching in November 2023, SHELS (Second Helpings & Evergreen Lunch Support) has grown into a life-line for many—supporting those who are elderly, housebound, socially isolated, bereaved, or recovering from illness. For some, it's the only friendly visit they receive each week.

At the heart of our weekly delivery is a homemade soup, lovingly prepared by volunteer chefs at Barn Hill Methodist Church. Each lunch bag is thoughtfully packed with soup, bread, fruit, and a sweet treat—simple touches that bring joy.

Our amazing Evergreen volunteers collect these bags and deliver over 30 meals every Friday. And with need on the rise, we're preparing to serve up to 50 meals weekly starting in September.

This isn't just about food—it's about offering a sense of belonging, a regular check-in, and a reminder that someone cares.

If you would like to get involved in delivering this vital care package or knows of someone that could benefit from this service, please head to: www.evergreencare.org.uk



HOW TO HOST A TEA PARTY TO REMEMBER

Sunshine, laughter, and the clink of tea-cups, there's something timeless about a tea party, and hosting one is a beautiful way to support Evergreen Care Trust while bringing people together. Whether you opt for a garden gathering or a cosy indoor affair, all it takes is a table full of treats, a few good friends, and a generous spirit. Dress the scene with floral touches, bunting or vintage crockery, and invite guests to wear summer

hats or contribute homemade bakes. Add games, gentle music or a raffle to keep things lively—every cup of tea and slice of cake helps raise vital funds for older people across Stamford and the surrounding area.

Tips for a tea party that leaves a lasting impression: Curate a charming spread with finger sandwiches, scones, and handwritten menu cards; Offer a

selection of teas to suit every taste; add name tags or icebreakers for guests who haven't met; use a "wishing well" jar or QR code to gather donations; include a short story or quote from Evergreen to connect guests with the cause.

Tea always tastes better when it brings people together—for laughter, for purpose, and for change.



LEMON & LAVENDER CUPCAKES

Ingredients:

For the cupcakes:

125g unsalted butter (softened)
125g caster sugar
2 medium eggs
150g self-raising flour
Zest of 1 lemon
2 tbsp milk
1 tsp dried culinary lavender (lightly crushed)

For the butter cream:

150g unsalted butter (room temperature)
300g icing sugar
1 tbsp lemon juice
½ tsp dried lavender (optional, for infusing)

Instructions:

For the cake:

Preheat oven to 180°C (160°C fan) / 350°F and line a 12-hole cupcake tin with cases.

Cream butter and sugar together until light and fluffy. Add eggs one at a time, mixing well.

Stir in lemon zest, milk, and lavender. Add flour gradually and mix until just combined.

Divide mixture evenly between cupcake cases and bake for 15–18 minutes until golden and springy to the touch.

Cool completely on a wire rack.

For the butter cream:

Beat butter until pale. Gradually mix in icing sugar, followed by lemon juice.

Optional: Infuse lavender in the lemon juice for a subtle floral note (strain before using).

Pipe or spread onto cooled cupcakes and garnish with lavender, zest, or flowers.

FREE TEA PARTY PACK

To help you plan your perfect event, Evergreen offers a free downloadable Tea Party Pack filled with tips, printable decorations, posters, recipe cards, donation forms and fun ideas. Whether you're a seasoned host or trying something new, our pack makes it easy and enjoyable.



Scan the QR code here or head to www.evergreencare.org.uk/evergreen-tea-parties-1

IN NEED OF A REGULAR HELPING HAND?

Support that starts with a knock at the door, whether it's the simple comfort of a morning cuppa or a steady hand during life's more challenging moments, Evergreen Care Trust's Home Support team is committed to helping individuals maintain their independence with dignity. Trained and compassionate support workers visit clients in the comfort of their own homes, listening closely to each person's preferences, needs, and routines during a tailored assessment. For those facing illness, bereavement, or simply in need of a regular helping hand, Evergreen's team offers not just assistance—but genuine care that makes a difference day-by-day.

Once agreed, we will allocate your own Home Support Worker. They will become your regular Home Support Worker whose aim is to 'make your day' in ways that are meaningful to you. Home Support Workers offer companionship, support with meals and meal preparation, help with spring cleaning, domestic chores, including laundry and ironing and changing bedding. They will assist you with shopping or undertake shopping on your behalf. They can unpack and put away shopping deliveries, collect prescriptions and help you stay connected to friends and activities that are important to you all to enable you

to remain in your own home. They can drive and escort you to appointments, trips out, special events, leisure activities, or just 'pop in' to check on your well-being and any needs.

Many people are finding themselves carers for people they love facing the challenge of juggling everyday life with finding time to care and support their loved ones. As their needs increase so does the time pressures and their dependence on you.

We recognise and understand these difficulties. Our Home Support staff can offer to stay with your loved one while you take some time out for things you need and would like to do.

As part of our companionship service, we can keep your loved one company, take them on an outing, or pop in to check that all is well and give you some much needed respite time. Our intent is to provide you with peace of mind while you take a few hours to have a break.

To find out more about this paid service—please email homesupport@evergreencare.org.uk or call 01780 765 900.



MAKING A DIFFERENCE: ONE CUP AT A TIME



One Cup, One Conversation, One Connection. In a world that moves fast, Evergreen Care Trust is pouring something slower into the community: friendship. Through its befriending programme, the Trust pairs volunteers with individuals who may be facing bereavement, loneliness or isolation, offering a vital lifeline through genuine companionship.

Often shared over a quiet cup of tea, these simple moments foster trust, laughter and human

connection. Evergreen believes that honest friendship isn't just comforting—it's life-affirming. Whether you have an hour to spare or a willingness to listen, you could be the reason someone smiles again.

If you have a spare hour or two every month or week, please email volunteer@evergreencare.org.uk

BECOME A FRIEND OF EVERGREEN TODAY



I hope you have found this newsletter to be a good and interesting read that gives you a better understanding of what we do. So let's pull together some of those free and volunteer-led services we have mentioned throughout, and consider how this small charity manages to offer, to an increasing number, such a wide and practical range.

Our Advocacy service helps those who are troubled to access information, advice and guidance on matters that are worrying them. Our Befrienders help overcome the loneliness felt by many older people. What we call Community Support helps with things like lifts to hospital where there are no family or friends to help, or with small DIY jobs. Our Chaplaincy service is there for those who want a listening ear.

Clean teams help those overcome by clutter, and care home residents welcome a pampering session from our Hand and Nails ladies. Our Social Engagement lead arranges friendship

lunches and the twice weekly Friends Together Group. We can supply and fit personal alarms and keysafes, and each Friday we deliver a nutritious meal to some of the most vulnerable in the local area.

We could go on, but - and this is the important bit - although we advertise our services as free, they are clearly not cost-free to deliver. As a small charity, we work hard to raise the necessary and vital funds that enable us to provide this much needed support. We do so with a mixture of our own fund-raising efforts and the generosity of the local community. But we also do so by receiving regular donations from those who understand what we do and support our aims.

If you appreciate what we do and want to help, then please consider making a regular donation, be that monthly, six-monthly or annually, and become a Friend of Evergreen. But how much? A cup of coffee perhaps with a biscuit

at one of the many cafés in our high streets will see little change from £5. Foregoing two coffees a month could make it £10. But we welcome and are grateful for any amount you might wish to donate.

To become a Friend of Evergreen all you need do is phone Evergreen Reception on 01780 765900 and ask for a Friends application form. We'll send it to you along with, if eligible, a gift aid declaration form. For those who are UK taxpayers, gift aid allows us to claim a further 25% of your donation from the HMRC at no cost to yourselves.

Friends of Evergreen is now being looked after by Ian Templeton who has had a successful commercial career during his working life, but is now retired and excited to look after this role and supporting the needs of our friends. To find out more please email him at epe@evergreencare.org.uk.

MEET OUR NEW INTERNS FROM STAMFORD COLLEGE



Meet our new student interns. We're thrilled to welcome Kacper, Amelia and Connor from Stamford College to the Evergreen family! These three talented students will be joining our marketing and data team over the coming year, bringing fresh perspectives and valuable skills. We can't wait to see the fantastic contributions they'll make as they help us champion care, connection and community.

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.instagram.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.

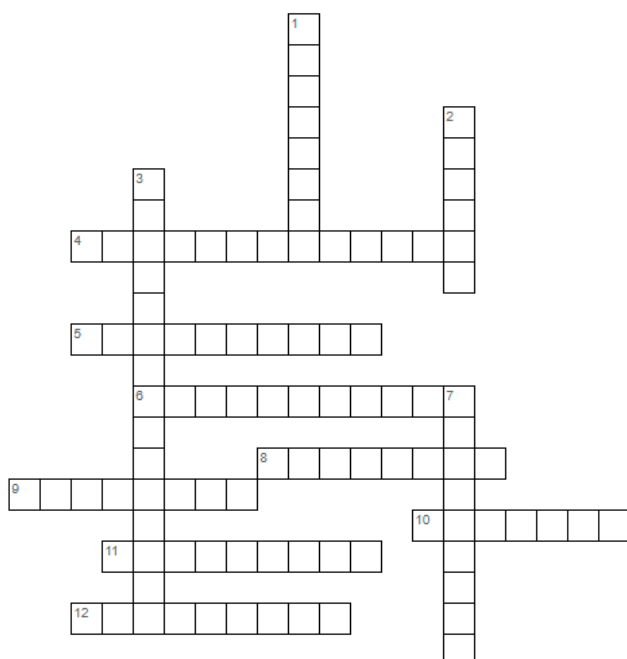
CROSSWORD

Across

4. Which historic landmark in Stamford is known for its grand architecture and beautiful gardens?
5. Which online platform allows individuals to create fundraising pages for charitable causes?
6. What is the term for collecting money or resources to support a charitable cause?
8. Which town is home to Evergreen Care Trust and known for its historic charm?
9. What is a long-distance running event often organised to raise funds for charity?
10. What activity involves enjoying books and expanding knowledge or imagination?
11. What is the name of the local charity dedicated to promoting healthy ageing and dignified care in Stamford?
12. What term describes someone who offers their time and effort to help others without expecting payment?

Down

1. What type of event involves gathering people to enjoy tea and cakes while raising funds for a cause?
2. What is a spiritual practice involving communication with a higher power, often through words or thoughts?
3. What event celebrates the gathering of crops and often involves giving thanks for the harvest?
7. What outdoor activity involves tending to plants, flowers, and vegetables?



1. Tea Party | 2. Prayer | 3. Harvest Festival | 4. Burgley House | 5. Just Giving | 6. Fundraising | 7. Gardening | 8. Stamford | 9. Marathon | 10. Reading | 11. Evergreen | 12. Volunteer

Evergreen Care Trust

