

EVERGREEN

"But blessed are those who trust in the LORD ... they are like trees planted along a riverbank ... their leaves stay green, and they never stop producing fruit." - Jeremiah 17:7-8 (NLT)

NEWSLETTER OF THE EVERGREEN CARE TRUST STAMFORD, BOURNE, DEEPINGS AND SURROUNDING VILLAGES October 2024

Evergreen Care Trust

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Dear Evergreen family,

As the beauty of Autumn unfolds and winter months approach, we are aware of a growing sense of anxiety in society generally, with pending energy bills set to rise and cuts in government assistance. Many are facing a tough season ahead. We are mindful that many of whom we support live on state pensions only meaning that their limited funds are being stretched in new and challenging ways.

Please be assured we are here for you. If you are feeling anxious about facing the winter alone or in challenging circumstances, please talk to us, you are Evergreen family.

We have lots of good things planned for the months ahead with our Friendship Together Group, Befriending activities, and of course Christmas to celebrate.

We are grateful to our wonderful volunteers and staff, our partners, supporters and Friends who work together to help create meaningful opportunities and supports when needed.

If you would like guidance or advice around benefits, blue badges, personal

alarms, help with little practical matters or simply need to talk to someone about anything that is important to you, our Advocacy, Chaplaincy and Community Support services are only a phone call away. We will always help you in a confidential and non-judgemental way.

If we can't help you, we know lots of wonderful supports, agencies and services that we can refer you to and help you in that process if needed.

Finally, I would like to take a moment to give thanks for the Evergreen team who give their time, expertise, love and friendship to those we serve in countless ways, to our Friends and supporters whose finances and resources enable Evergreen to continue with our wide range of free, volunteer-led services to growing numbers in our community, and to each of you who enrich our lives and experience as we share life and journey with you.

God bless and keep you, each one.



Louise Marsh

Founder

Visit to Arthur Mellows Village College



I have been visiting Arthurs Mellows Village College in Glington, annually in recent years. I visit to present to their BTEC Business Students working on their first assignment on how non-profit making organisations operate in today's business environment. They then compare and contrast the different features and characteristics with a profit-making organisation.

I always feel privileged to be invited and very proud to tell them about Evergreen. The students this year have been outstanding. Parents and teachers should be very proud. The school has agreed to fundraise for Evergreen and now students from the Health and Social Care Course are also keen to gain work experience with us.

Included above is a post from their Instagram account. The students are a great asset to the College.

Barbara Curtis
Evergreen Advocacy Lead

FREE, VOLUNTEER-LED SERVICES

In this edition of the Evergreen newsletter, we highlight three of our free, volunteer-led services that we provide in our local area. It's an impressive list of support and interventions and we strive to increase the numbers we reach. If you have a little spare time, please bear in mind that we are always on the lookout for more volunteers. It's as easy as phoning 01780 765900.

Advocacy

Growing older doesn't come with a manual. Our advocacy service can help you with those troubling day-to-day matters such as helping you to access important information, supporting you to complete forms for blue mobility badges or applications for benefits, dealing with utility companies, through to scam management and support.



So far this year we have provided Advocacy help for over 70 people. As well as successful applications for Attendance Allowance and Blue Badges, we have dealt with utility bill queries, housing issues and benefit claims. Where we have been unable to help, we have referred or accompanied members to other more appropriate agencies. It is always heartening to hear that we have improved people's lives and that they now know they are not alone when dealing with what they had initially thought were insurmountable problems blighting their lives.

Befriending

People experience loneliness for many reasons; perhaps you have

moved to a new home, lost a loved one or suffer from deteriorating health. Simply knowing someone will visit you each week for a cuppa and a chat can make all the difference. To be a befriender we ask that you be in a place where you are able to give as well as receive friendship and hopefully form a meaningful and lasting friendship which may last for many years.



During a recent review, we were delighted to hear from Mary (not her real name) how wonderful her friendship with her befriender had been and that it had been a lifeline to her. They got on so well and were like minded. She thanked us for finding her such a wonderful friend. It was with great sadness to both of them that Mary has now moved south to be near her daughter due to ill health. This friendship lasted several years, and both had gained so much from it.

Community Support

Evergreen supports many older and vulnerable people in our community, and we often receive one off 'help requests' from the people we serve. The 'help requests' are circulated to our Community Support volunteers who will respond to the call for help if they have the time and opportunity. Help requests are many and varied. They could be someone needing a lift to hospital, help putting up a shelf or

a little light assistance with their garden. Whilst the calls for help are 'ad hoc', the help is always appreciated and if transport is

required, volunteers can claim mileage which the member pays.



One such request was from Social Services asking if we could help an older lady who was especially anxious about having to move home at short notice but who had no-one to help. We visited on numerous occasions to help with decluttering, tip runs and packing as well as on the day of the move. The result was the lady happily settled in her new home. "I'm so grateful for all the support from Evergreen and your wonderful volunteers - you have been amazing"

In this newsletter, we have featured three of our many free services, but we offer so many more.

Chaplaincy & Listening
Clean & Declutter Operations
Friends Together Group
Hand & Nail Care
SHELS (Second Helpings Evergreen Lunch Support)
Birch Tree Café for young adults with Down's Syndrome

For more information, please call 01780 765900 or visit our website at www.evergreencare.org.uk

YOUR PERSONAL SAFETY IN AN EMERGENCY

We all know that there may be times when we need a helping hand, we are feeling unwell, have an urgent need or may have fallen. But if this happened to you and you needed help, with no one on hand, what would you do? The answer could be a personal alarm - worn either around your neck on a lanyard or on your wrist - with which you could quickly call for help.

Evergreen can supply and, if required, fit the Careline365 Appello SmartLife

personal alarm. By just pressing the button on your alarm, Careline365's emergency response team is on hand 24/7 to ensure you receive the help you need, whenever you need it.



The initial cost of the device is £185, a significant discount for those buying the alarm through Evergreen compared to the normal retail cost of £239.99. Careline365 have also agreed to waive the one-off connection fee of £45. That's a total saving of £99.99. After the initial 12 months, there is an annual recurring charge of £185.

In addition, where Evergreen provides a fitter, we ask the client to consider a voluntary administration fee of £10 to acknowledge our help in the process, which could involve two visits to the client's home.

Evergreen can also supply and fit the Police-approved Supra C500 Pro key safe so that those on your emergency contacts list - such as the emergency services - who do not possess a door key can gain access to your home when needed.

Evergreen can provide the key safe at a discounted price of £49.99 rather than the retail cost of £65. A further saving of £15.01. There is no recurring annual cost. Again, we will ask the client to consider a voluntary administration fee of £10 for supplying and fitting the key safe to an appropriate position on your house exterior wall.

Would you like to know more about these devices, please speak to Evergreen Reception on 01780 765900 who will arrange for one of our volunteers to get in touch. Alternatively, you can find out further information by going online to www.careline.co.uk.

DATES FOR YOUR DIARY

One World Week

October 21st – 26th
Stamford Arts Centre - Celebrating What Community Means to You. Evergreen will be there.

One A'Chord Winter Concert

Saturday 30th November @ 7 for 7.30
Stamford Methodist Church Barn Hill

Stamford School Christmas Tea Party

The date in December is yet to be confirmed. We will keep you posted.

Sale of Christmas goods and cards

11 November @ 2pm - 4pm
Stamford Free Church, Kesteven Road

Friends Together Group Christmas Party

19 December @ 2pm - 4pm
Stamford Free Church, Kesteven Road

NEW STAFF

We are delighted to welcome the following staff members to our team:

Helen Wells

Helen joined Evergreen in May 2024 as our Care Services Supervisor. Helen has a wide and impressive background in Health and Social Care.



As well as possessing a Level 5 Registered Managers Award, she spent 16 years with the Lodge Trust based near Oakham, a Christian charity supporting adults with learning disabilities. She has also taught Health and Social Care at Stamford College. And let us not forget a further qualification - Helen has spent a couple of years as the general manager of a pub!

Holly Deadman

Also starting in May 2024 was Holly Deadman who joined Evergreen then

as a Home Support Worker, before being appointed as the Care Services Administrator in July.



After completing her Level 3 in Health and Social Care and her Psychology with Criminology Degree at Leicester De Montfort University, Holly now combines her care and admin skills for Evergreen.

We also welcome two new Home Support Workers who both joined us in July 2024:

Tracy Perry



Tracy has a Level 3 qualification in Adult Care and having worked in the care sector for over 8 years, is a great asset to Evergreen.

Callie Mason

As a mother of four, Callie has her work cut out but thoroughly enjoys working with her Home Support members and appreciates the support she receives from Home Support office staff.

WOULD YOU BECOME A FRIEND OF EVERGREEN?

Those who value the work of Evergreen and support our aims might wish to become a 'Friend of Evergreen' by making a regular donation, be that monthly, quarterly, half-yearly or annually.

As a small charity we depend on the generosity of our Friends whose regular donations help lessen some of the financial pressures we currently face, and which enable us to continue our vital work during these challenging times.

From as little as £5 a month (the price of a cup of coffee and a biscuit in one of the many high street coffee shops) or any amount you can spare, your regular donations go a long way towards helping Evergreen maintain and expand our 'no-charge', volunteer-led services and projects. They make a meaningful difference to the lives of the local older people we support. Please do consider becoming a Friend of Evergreen.

Why not phone us on 01780 765900 and we will be in touch.

Do you enjoy working with people and making a real difference to people's lives? If so, why not join us. We offer flexible hours and conditions to suit.



As we grow, we need new dedicated staff to join our team and help us provide the very best service to the older people in our community. If you feel you have the skills, experience and values that it takes to become a valued member of staff, please contact us today. We are very happy to discuss our paid-for roles and career pathways.

over these past two decades in serving older people in our local community.

It is also an opportunity to raise the profile of Evergreen and renew our commitment to provide practical support, care and friendship to all those we serve. Evergreen has a proud history and an exciting future and we are hoping these events will reflect this.

We are looking for volunteers to help organise these anniversary events. You know where you can find us.

STOP PRESS

Earlier this year, the Stamford Singers enjoyed a 'Come and Sing with Bob Chilcott' Day in St Martin's Church, Stamford. They raised the magnificent sum of £900. That makes us want to burst into song!



In the picture (L to r) are:
Ed Bailey (Evergreen Volunteer Services Manager); Lesley Kirby, (Stamford Singers Administrator; Louise Marsh (Evergreen Founder); Paul White (Stamford Singers Musical Director); Ann Archer (Stamford Singers Treasurer)



Evergreen Leaves was printed by Versatile Venues of South Luffenham

AND BEFORE YOU GO ...

HAVE YOU CONSIDERED A CAREER IN SOCIAL CARE?



CAN YOU HELP US CELEBRATE OUR 20th ANNIVERSARY?

Founded in 2005 by Louise Marsh, Evergreen will reach its 20th anniversary in May 2025 when we will celebrate this milestone with a series of events including a Church service, Celebratory Ball and a family event. It is an opportunity for all those who have been involved during this time to celebrate and give thanks for all that Evergreen has achieved