Learn how our Home Support team have been helping the community

The Evergreen Times

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

EVERGREEN WISHES YOU A MERRY CHRISTMAS



Welcome to our 2026 winter newsletter! Our staff and volunteers have been busy planning festive events for our members, organising fundraisers such as our Christmas Cracker raffle, and supporting local organisations and community events. In this edition, we'll share festive updates, key dates for your diary, and highlights from another wonderful season at Evergreen.

CHRISTMAS CRACKER



Our Christmas Cracker Raffle is now live! Head to our website or our office reception to grab your tickets. This year we have over 25 prizes up for grabs including £250 cash, Deluxe M&S Hampers, Virgin Experience Vouchers and much more. This is a raffle you do not want to miss!

VOLUNTEERS NEEDED



Do you love wildlife and want to support your local community? We're looking for winter wildlife companions to support our new bird feeding programme. All you need to do is top up bird feed in an older person's garden once every two weeks - providing a wellbeing check in and nature to their doorstops. email volunteer@evergreen-care.org.uk or call 01780 765 900

CHRISTMAS CARDS



Our Charity Christmas Cards are back! This year, we're delighted to be partnering with Cards for Good Causes, with our Christmas cards available to purchase throughout the festive season at St John's Church. By choosing our cards, you'll not only be spreading Christmas cheer to friends and family, but also supporting the work of local charities.



CHRISTMAS...a time when we can be an answer to someone's prayer

'Do not merely look out for your own personal interests, but also for the interests of others' Philppians 2:4

Christmas is traditionally the time for gift giving and blessing others, finding little ways to remember our friends and family, neighbours and colleagues. For too many however, it can be a reminder of what they don't have or have lost. It can be a time of sadness and a very lonely and isolating period particularly, if the winter weather is harsh restricting travel and access to places where people meet. Not everyone has family, or family close by, and loneliness is often exacerbated when everyone else is gathering with friends and loved ones to celebrate the season of good will.

Christmas was intended to provide an opportunity to reflect during this special time, on the giving that God gave to mankind in His Son, Jesus. God is a giver of good things, and we are encouraged to enjoy the benefits that come in being like Him in this.

What is really lovely, in the giving and blessing of others is the inner joy and happiness, even hope, that rises when we help someone else. Jesus said, 'it is more blessed to give than it is to receive' Something extraordinary happens not only at an emotional level but also in our physical being as endorphins and stress releasing hormones flood into the blood stream following an action that lifts, helps or blesses another person.

So often, I hear our staff and volunteers say that they get so much out of being there for other people, it is what makes what they do, so rewarding. It seems that if we want to experience happiness ourselves the best thing we can do is to find ways to help others. It sounds a little counterintuitive, but as many will testify, it really works. When we take our focus of ourselves and look for ways to bless others, it takes our minds of our own problems and issues. In the giving of hope or kindness through our words or acts of service, we end up with a harvest of everything we give multiplied many times over. It is an amazing promise and truth when God says ' we reap what we sow' If we want or need something, we can start by giving away to others that very thing in the sure knowledge that the blessing will come back to us with increase.

On behalf of everyone at Evergreen, have a safe, happy and blessed Christmas season, and with every good wish for the new year.

Louise Marsh



BE SCAM AWARE THIS WINTER

As the festive season approaches, many of us look forward to Christmas shopping, special offers and spending time with loved ones. Unfortunately, it's also a time when scammers become increasingly active, using convincing emails, text messages, phone calls and even doorstep visits to target unsuspecting people.

Scams are becoming more sophisticated, often appearing to come from trusted organisations, delivery companies, banks or even friends and family. Taking a moment to pause, check and think before responding can help keep you safe. Never feel pressured to share personal information, bank details or make immediate payments.

If something doesn't feel right, trust your instincts. The Evergreen Care Trust's Advocacy Team is here to offer information, advice and support if you're unsure about a message, phone call or situation. Sometimes a second opinion is all it takes to avoid becoming a victim of fraud. If in doubt please call 01780765900 or email advocacy@evergreencare.org.uk.

DATES FOR YOUR DIARY

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

Christmas Cracker Raffle *Our online charity raffle is now live with some incredible prizes to be won! You can now purchase tickets online via our website or through Evergreen's reception for cash and card payments.*

Festive Fundraising Fair - Friday 20th November - 10am-2pm - Free entry. Barn Hill Methodist Church

Join Evergreen and a range of local charities for a day of festive refreshments, gifts, raffles and information on how to support local good causes.

Festive Walk - Sunday 29th November - 10am - 12pm - Evergreen Office

Join us on the 29th November for a festive walk around Burghley House followed by Festive refreshments in the office. To find out more and to come along please email marketing@evergreencare.org.uk or call 01780 765 900.

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 - December 3rd - 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.

One A'Chord Concert - Saturday 5th December - 7pm at Barn Hill Methodist Church

Join One A'Chord for a festive concert to remember at Barn Hill Methodist Church. Free to attend with donations going to Evergreen & Cancer Research UK.

FAB Fitness - Every Tuesday - 2pm-3pm at the Community Room, St Edmond's Close - £5 a class - First session is free

Join our weekly FAB Fitness class designed for adults over 55 looking to improve their wellness, confidence and mobility. To find out more and to come along please email reception@evergreencare.org.uk or call 01780 765900.

Senior Swim- Every Friday - 3:30-4:30pm at Stamford Leisure Centre - £5.20 a session

Join our weekly swimming group at Stamford Leisure Centre. This class offers a relaxing session followed by refreshments and a social by the pool side. To find out more and to come along please email reception@evergreencare.org.uk or call 01780 765900.



HOME SUPPORT X SHELS

At Evergreen, we love seeing creative community spirit in action, and this wonderful story is a perfect example.

Bill, one of Evergreen's dedicated Support Workers, recently helped bring a fantastic "garden-to-table" idea to life for some of the older people we support.

Bill's father-in-law, Dr John Burnett, tends a thriving vegetable garden that regularly produces more fresh vegetables than he can use. Rather than letting this surplus go to waste, Bill connected with the team at Second Helpings, who transformed the harvest into delicious, homemade soup.

Just days later, those freshly prepared meals were delivered to housebound older people supported by Evergreen, providing not only nutritious food but also a warm reminder of the care and generosity within our local community.

This simple yet powerful initiative demonstrates how working together can create meaningful impact, turning surplus produce into nourishing meals for those who need them most.

A huge thank you to Bill and Dr John Burnett for their kindness, creativity and commitment to supporting others. Stories like these show how small acts of generosity can make a real difference in the lives of older people across our 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

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.



Evergreen Care Trust

SOCIAL ENTERPRISE OF THE YEAR - THE MERCURY AWARDS

We are delighted to share that Evergreen Care Trust has been named Best Social Enterprise of the Year, recognising our commitment to supporting older people to live well, stay connected and remain independent.

This award is a testament to the dedication of our staff, volunteers, trustees and supporters, who make a real difference in communities every day. From tackling loneliness and providing practical support, to creating opportunities for friendship and wellbeing, Evergreen continues to put older people at the heart of everything we do.

We would like to thank everyone who has supported our work and helped us achieve this fantastic recognition. Together, we're building stronger, more connected communities for older people across the region.

Evergreen care trust
promoting healthy ageing