Learn more about how to host your tea party fundraiser for Evergreen

The Evergreen Times

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

ACTIVE AGEING BEGINS HERE: FAB FITNESS



This summer, Evergreen is proud to announce the launch of two new wellbeing initiatives arriving this autumn as part of our renewed commitment to promoting healthy and independent ageing across our community. We're excited to introduce FAB Fitness (Flexibility, Aerobics & Balance), funded with the support of Stamford Town Council, offering gentle, confidence building movement for adults 55+. This will be launching on the 6th October 2:00-3:30pm at the Community Room at Edmonds Close, Stamford. Alongside this, we're launching Senior Swim with Evergreen at Stamford Leisure Centre, giving older adults a welcoming space to stay active, social and supported in the water.

MINDFUL MOVEMENTS



Join Julie Bickerton for her monthly Mindful Movement sessions at our Friends Together group. These gentle classes are ideal for anyone looking to boost their physical and mental wellbeing through light stretching, qigong and mindful relaxation. Email socialengagement@evergreencare.org.uk or call 01780 765 900.

ALLTECH'S GOLF DAY



Thank you to Alltech for hosting their second charity golf day in support of Evergreen. Companies enjoyed a morning of golf with side challenges including Beat the Pro and taking part in our online silent auction. The day ended with a heartfelt speech from volunteer Bob Burdett, who shared an overview of the services Evergreen provides.

FUNDRAISING HEROES



Huge thanks to Nick Adams, Roland Higgins and Robin Morrison, who raised over £3,000 for Evergreen this summer through a series of impressive physical challenges. Their support will help strengthen our services and drive forward the Greening Evergreen project. Feeling inspired? Set yourself a challenge and help fundraise for Evergreen, every effort makes a difference.

CELEBRATING OUR VOLUNTEERS IN JUNE





This summer, our Evergreen community came together for a truly special evening at our annual Volunteer Celebration BBQ, generously hosted by our new trustee, Steve Reiss, in the beautiful grounds of his home. It was a fantastic night filled with laughter, good food and the chance for volunteers to reconnect, catch up and celebrate everything they've achieved over the past year.

Throughout the evening, we heard heartfelt speeches from Louise Marsh, Evergreen's founder, and Ed Bailey, our Volunteer Services Manager. Both shared their gratitude for the incredible dedication shown by our volunteers and spoke about their hopes and aspirations for the future of Evergreen — a future built on compassion, community and the belief that small acts of kindness create lasting change.

One of the highlights of the night was presenting the Suzie Wheatley Award to Viv Higgins, recognising her outstanding commitment, warmth and contribution across our services. Viv's dedication embodies the very best of Evergreen, and we were thrilled to celebrate her achievements with the whole volunteer family.

If you'd like to become part of our Evergreen community whether through volunteering, supporting events or joining one of our groups, we'd love to hear from you. Please email volunteer@evergreencare.org.uk or visit our Evergreen website to find out how you can get involved.

DID YOU KNOW: ASSISTED BIN COLLECTION

Did you know local councils offer an assisted bin collection service for residents who have difficulty putting their bins out for collection due to health or mobility issues.

What is the Assisted Bin Collection Service?
The assisted bin collection service is designed to help residents who are unable to manage their waste bins due to physical limitations. This service ensures that bins are collected from a location that is more accessible for the resident, rather than requiring them to bring the bins to the curbside.

Eligibility Criteria
To qualify for the assisted bin collection service, residents typically need to meet certain criteria, which may include:

- Having a medical condition or disability that affects their ability to manage their waste bins.
- Being a permanent resident at the address where the service is requested.

How to Apply
Residents interested in the assisted bin collection service can apply through the Council's website. The application process usually involves filling out a form where you may need to provide details about your situation and any supporting documentation regarding your health or mobility issues.

If you need additional help, please contact Evergreen Advocacy
tel: 01780 765900
email: advocacy@evergreencare.org.uk

SUMMER THOUGHTS FROM LOUISE MARSH



Well friends what a summer we have experienced this year, it will go down as one like the summer of 76!! I wasn't living in England then, but I still hear people refer to the summer of 76 as memorable. Perhaps the 'summer of 26' will surpass it now?

I hope you coped with the heat wave after heat wave and managed to stay as cool as you were able. There are always things to learn when we pass through these exceptional spells of weather; keep the blinds or curtains closed to keep out the sunlight, allow a through draft of fresh air when the evening cools a little, drink plenty of water and don't exert yourself more than is healthy on a hot day, put your feet up if they tend to swell, a cool shower or bath helps and remember, this too will pass. Not always easy when the heat drains you of energy and enthusiasm for the day! I know our team of wonderful Home Support staff and our many volunteers did what they could to help relieve some of the pressure and share their tips on how to stay cool and get through a hot spell.

I'm reminded, of how important it is when we feel 'under the weather' to take little steps to care for ourselves and others when we can, perhaps a neighbour or friend who is struggling too. It is the little situations like this that help us build a personal resilience when the challenges come and to keep an eye out for or a phone call to encourage another.
These situations might seem insignificant but in truth it can make a very real difference. We are encouraged to 'love our neighbour as our self'. It starts with valuing and caring for our self and then extending this to others. I am so proud of our Evergreen team and always enjoy hearing their stories of not only self-care and self-value, but what flows from this to others in so many special ways, even during a series of heat waves.

Stay safe and well
Louise x



DATES FOR YOUR DIARY

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

Stamford Dog Show - Sunday 20th 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.

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 765 900

Friendship Lunch - Once a Month - 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 765 900.

Senior Swim with Evergreen - Weekly - 3:30pm-4:30pm at the Stamford Leisure Centre
Join us for our new Senior Swim classes at Stamford Leisure Centre. Please email socialengagement@evergreencare.org.uk or call 01780 765 900 to book your space. The group will meet for an hour swimming class, followed by refreshments and a chat after.

Fab Fitness - Weekly - Launching 6th October 2:00pm-3:000pm at Edmonds Close, Stamford
Join us for our new Fab Fitness classes at the Community Room. Please email socialengagement@evergreencare.org.uk or call 01780 765 900 to book your space. The group will meet for light fitness, followed by refreshments and a chat.



HOST A TEA PARTY FOR EVERGREEN

Hosting a Tea Party for Evergreen is a simple, joyful way to bring people together while supporting our work with older adults. Whether it's a cosy catch-up with friends, a neighbourhood gathering or a themed afternoon complete with homemade bakes, every cup poured helps raise vital funds and awareness for our services. It's a chance to connect, celebrate community and make a meaningful difference — all through the comfort of tea, conversation and kindness. If you're ready to get involved, explore tea party ideas or browse fundraising tips to help you get started.

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.

HELP SUPPORT THE EVERGREEN CARE TRUST

Volunteer with Evergreen
Volunteering with Evergreen is one of the most meaningful ways to make a difference in the lives of older adults. Whether you're offering a friendly chat, helping at groups, supporting our services or sharing a skill, your time brings connection, comfort and joy to people who need it most. Our volunteers are at the heart of everything we do, and we welcome anyone who wants to be part of a warm, supportive community.

Become a Friend of Evergreen
Becoming a Friend of Evergreen means giving a small, regular donation that helps us plan ahead and keep our services running smoothly. Monthly donations provide stability: allowing us to grow our activities, support more older adults and invest in new wellbeing initiatives. Friends of Evergreen are a vital part of our charity family, helping us create long-term impact through steady, reliable support.

Partner with Evergreen
Local businesses can play a powerful role in strengthening our community by partnering with Evergreen. From sponsorship and fundraising to shared projects and staff volunteering, business partnerships help us expand our reach and deliver more for older adults across Stamford and beyond. It's a chance to make a social impact, support a trusted local charity and build meaningful connections within the community.

Did you know Evergreen provides Home Support Services?
Evergreen has a team of dedicated home support workers helping those in need of regular support from assisting with cleaning, food shopping, wellbeing check-ins and much more. To find out more and to book your free care assessment please email reception@evergreencare.org.uk or call 01780 765 900

Evergreen Care Trust

Evergreen care trust
promoting healthy ageing