



Evergreen Leaves

"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 EVERGREEN CARE BEXLEY

EVERGREEN CARE BEXLEY

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Charity No. 1154595



DATES FOR YOUR DIARY

Induction Training

16th January 2016.

Please get in touch if you are interested in volunteering.

FUNDRAISING

By visiting our website:
Evergreencarebexley.org
you can find ways to support us.

Donate online or by text,
join Give As You Live,
make a will, hold a
sponsored event, or send
a cheque.

Introducing our New Befriending Lead:



Jane Goddard

I've been working in Social Care for 24 years with a Local Authority, in the Occupational Therapy Rehabilitation Team. I was drawn to Evergreen by Peter and Diane being so passionate about the elderly and providing a real community led support service that is so necessary, extremely worthwhile, and one that I share a common goal with. The only way I could continue working in the care sector was if I could have real opportunities to make a difference to someone's life. For me this position is a great opportunity to share my knowledge amongst the team, help to continue to develop the Evergreen ethos in the local community, build strong connections and a significant support network of caring individuals who share our passions and vision.

Jane's profile can be viewed on our website in News & Events.

Up And At 'Em!

The Up And At 'Em pilot (held in conjunction with Refresh, Charlton Athletic FC and the Upton Centre) has come to an end, and we would like to thank all those who helped make it such a success! We feel it was a positive and rewarding experience for all those involved and we hope to continue the project in some form in the 2016.

Get Involved

Befriending Service



Want to make a lasting difference in someone's life? Please call us if you can volunteer one or two hours per week to visit an elderly person and make a lasting friendship.

Clean Team Service

Changed or deteriorating circumstances sometimes prevent a struggling older or vulnerable adult from managing and improving their home situation without supportive and non-judgemental help. Join our team and work to reinstate cleanliness and order, restoring a sanitary and dignified environment for the client.

Wanted! Home Support Workers

Our Home Support service has been steadily growing, and so we are now recruiting new Home Support Workers to meet the needs in the Bexley Borough.



The Home Support Service provides assistance in the areas of shopping, cleaning, laundry and meals. We do not promote dependency but encourage each client to participate where they are able. Home Support does not include personal care such as washing, dressing and toileting.

Home Support Workers are paid £9.15 an hour, plus mileage. Full training will be provided. Applicants must have a heart and passion for supporting older people, be able to drive and have their own car.

If you are interested in becoming a Home Support Worker please contact the office where we will be able to provide you with further information.



God Vs Dementia

The other day I was rushing around my home getting ready to go to work. As normal, I went to put the house alarm on and... couldn't remember the number. I stood for what seemed like ages but the number just wouldn't come to my mind. In the end I had to phone Diane, and just as she answered the phone the number came back to me. Of course, I was busy and had a lot on my mind, and thankfully it has not happened since (as far as I can remember??).

But for someone who is in the early stages of dementia, these memory lapses can be quite frightening and, over time, become more frequent. I had experienced a small taste of the world of dementia.

Dementia is a cruel disease. It robs people of their confidence, their ability to make decisions and puts people into solitary confinement where even loved ones are not recognised. It is merciless and cold and a place where fear reigns in a bewildering world. For family members, the mother or father who looked after them as a child, who were always there for them in times of need, disappear and are lost long before death has its final say.

I have never heard of anyone being healed of dementia, either by science or by faith. So, through all the suffering we see through this terrible disease, where is God?

I have a friend who is a Pastor, whose mother-in-law, whom I shall call Jean, entered the battle with dementia. Being a non-believer all her life, salvation seemed to be lost, as making sense of this world was way beyond her understanding.

On occasions, my friend would take Jean to one of his outreaches, as she liked music. On this occasion, at the end of the meeting, he gave an altar call, to which Jean responded, and, to the day she died, had a friend called Jesus, and was so grateful to the charming young man who preached that day.

Dementia is no barrier to God, and neither should it be to the church. God's hand can reach through the fog of confusion, and our arms should be open wide to welcome those who, once upon a time, may have fellowshipped alongside of us. With a kind and gentle word, a touch and a smile, we can let them know they are loved and cared for, and not alone. Let us pray that the Holy Spirit will truly be their comforter as it speaks life through the confusion.

And what of us, God's children, we who have been called to faith? Don't we also have memory loss? Do we not forget God's promises in difficult times? All through the Bible, after all the miraculous things God had done, the words 'they forgot' can be found. Do we not forget what He has done for us? Even thinking back on times when God has really been involved in our situations, don't we sometimes even doubt ourselves as to what really happened?

Thankfully for us all, God, who created us, is fully aware of how unreliable our memories can be. That is why one evening, not long before His death, Jesus stood and broke bread, offered wine, and said 'do this in remembrance of Me' - lest we forget. **Pete**

“ I have been a befriender for Evergreen for a relatively short period of time and would be happy for you to use the following in a newsletter: The gentleman that I visit every week is 85 and has acrophobia, with no living relatives. When I visit I like to take him some cake that I have usually baked and a meal that I have saved a portion for him, we share an interest in cooking that he is unable to do any more! We always have something to talk about and the time just flies by as we talk about so many different things, he is interesting and interested in everything. It has given me a huge amount of satisfaction to introduce him back into the local church where the vicar has visited him at home and even taken him to a service. I look forward to seeing him every week as I know that he looks forward to my visiting. ” **D.H.**



A thank you from Co-founders: Pete and Di

As we reflect on the work and support that Evergreen has been providing to our older citizens in Bexley, it seems impossible to think we are almost 2 years old already. Where has the time gone?

We would like to thank all our volunteers and employees for the incredible hard work and dedication they have shown over this time.

For our amazing **befrienders** who are out there week after week, building wonderful friendships and changing lives with a smile and a touch of kindness ... For those who volunteer with the **Clean Team**, who get stuck in clearing and cleaning, transforming peoples' living conditions to the amazement of the clients, who never thought they would be able to find help anywhere. The feedback we receive is wonderful to

read ... For our **Home Support Workers**, who through encouragement, support and kindness, provide a care which I believe is second to none ... For all those who provide support with **administration**, keeping the wheels of Evergreen turning, working under extreme pressure sometimes ... For our **Reviewing Officer, Service Leaders and Ambassadors**, who bring people together and ensure all is well, and keep the name of Evergreen out there in the public ... For our power house, the **prayer supporters**, whose fuel of prayer keeps us going ... Our **Trustees**, for their guidance and direction ... For all our **supporters, churches and others who have caught the vision of Evergreen** ... Words cannot express our thanks and gratitude to you all for making the vision of Evergreen a reality.

As we look to the coming year, and all the challenges that we are facing in social care, what with further cutbacks, lack of domiciliary support, hospitals under extreme pressure and a growing population of older people, I wonder how we are going to cope with the needs.

[Philippians 4:19](#) - But my God shall supply all [our] need according to his riches in glory by Christ Jesus.

Thank you all once again, and may His peace be with you this Christmas, and His blessings throughout the coming year. **Pete & Diane**

Evergreen Care Bexley is committed to serving the older and vulnerable people in the local community, by developing and sustaining useful, appropriate and excellent services to support and honour them.