



# 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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### DATES FOR YOUR DIARY

**FRIDAY 16TH MAY**  
7 pm—9pm

Our first  
VOLUNTEERS SOCIAL  
EVENING  
at 50 Nuxley Road  
Belvedere

**SATURDAY 7TH JUNE**  
9 am – 6 pm  
**SUNDAY 8TH JUNE**  
10.30 am —5pm

Evergreen Promotional  
Weekend at Asda Bexleyheath

**MONDAY 9TH JUNE**  
9am-4pm

At Hall Place  
an Oxleas event as part of  
the Carers Week

**SATURDAY 19TH JULY –**  
3 pm – 4.30 pm

Meeta Hans is giving a talk on  
Dementia at Belvedere Baptist  
Church.

Registration is required. For  
more details here is a link

[http://  
www.dementiafriends.org.uk/  
session/5404](http://www.dementiafriends.org.uk/session/5404)

**26 JULY-10TH AUG**  
LARK IN THE PARK-

We are hoping to have a stand  
at this event but this has not  
been confirmed.

### WE ARE LIVE!

At the beginning of the year Evergreen Bexley Care went live with our first volunteer befriender going out into the community to regularly visit an older person in their home – bringing to fruition months of work which was necessary before our volunteers could begin. But the good news is that at the time of printing this Newsletter we now have 17 active befrienders with more nearly ready to follow, and this will help to meet the needs of the many lonely older people in our Borough.

### INDUCTION TRAINING COURSE

Our third course was held on Saturday 22<sup>nd</sup> February, during which all modules were covered, with 15 people attending and which resulted in 13 volunteers now having completed all eight modules and ready to go forward to the next stages and hopefully be working as befrienders in the not too distant future.

Some comments from the evaluation forms which were completed at the end of the day:- "I really enjoyed all that I had learned today; it was good and the modules were very relevant." "Everything was organised and presented well and hand-outs given. Facilities excellent; food and refreshments very nice." "A very professional and well-presented training day." "We were treated very well and looked after in every way." "Good amount of breaks and variety of refreshments." "Good course – well planned and organised." And from a volunteer who led one of the modules on the day - "Second time round - still stimulating and food for thought."

### TALKS WITH ASDA

Two exciting developments which have arisen from talks with Bruce Levy, Community Champion, are that we will be one of the

**NOMINATE A CAUSE'** green disc charity recipients, in the Bexleyheath store so please keep your eye open for Evergreen and do make sure you put your discs in the correct container as the charity with the most votes is the one selected!

We have also been given the facility to have a **DISPLAY TABLE** set up over the weekend of 7<sup>th</sup> and 8<sup>th</sup> June in the Bexleyheath store, as well as collection buckets which will be placed at the end of the tills.

### CAN YOU HELP PROMOTE EVERGREEN?

There are two ways — by becoming a **CHURCH AMBASSADOR** and ensuring that information - leaflets, notices in newsletters and on notice boards—is always available, by talking to people and being the point of contact in your church.

Or by becoming a **CIVIC AMBASSADOR** and ensuring that libraries, community groups, GPs' surgeries, local clubs, sheltered accommodation for example in your area are fully informed about the services Evergreen offers.

**PRESS RELEASES** have been sent to the local media, resulting in the News Shopper interviewing Pete and Diane and an article appearing in a February edition.

### RECENT EVENTS



Pete and  
Chris

together with Freda recently had a table at a

### **SOCIAL INCLUSION EVENT**

arranged by Oxleas NHS Trust which resulted in meaningful and helpful conversations about Evergreen and they also learned about the services on offer by other charities and organisations in the borough .

Pete and Freda also took part at **TRINITY SCHOOL, BELVEDERE** in a BBC project and were interviewed by three of the pupils, about Evergreen. Hopefully this will raise the awareness about the needs of older people to the youngsters and to their parents .

**CHURCHES** can help by holding a "Chosen Charity" Day for Evergreen, **and we would like to thank those churches which have already sent such generous donations**, by providing rooms, ensuring up to date information is available or by inviting Pete and Diane to come along to one of your services. Visits to various churches have been taking place for which a big "Thank You" for the invitations but do let us know if you would like them to come to your church.



### PRAYER

Jill Grant and Christine Ives, who head up the Evergreen prayer, thought that it would be a good idea to look back at the vision that had inspired the beginning of Evergreen. It was given to Louise Marsh (the founder of Evergreen Stamford), and here it is in her own words:

*While employed with Social services, I was completing paperwork at my desk, all the while aware of an experienced social worker colleague who had been on the phone for some time trying to find a 'friend' for an elderly gentleman who had lost his wife some two months before. The social worker tried every possible organisation including the Forces, as the client was an ex serviceman, but there were no local organisations which could help. I heard my colleague's frustration as he tried to help this gentleman. At that point I looked up out of the office window which ran the length of the office, and was immediately struck with all of the church spires that dotted the skyline. I felt a cry come up from my heart, 'surely the churches could help with people who are lonely, and have no one to help them with little practical things like getting to doctors' appointments etc'. I sensed in my spirit that this was a defining thought and spoke to my Practice Manager about the possibility of the local churches providing volunteers to help with these unaddressed needs. He gave permission and I invited the local clergy to attend the social services conference room to discuss this possibility. Several did and this was the beginning of what became known to the Social Services Team as the Churches Together volunteers and which later developed into Evergreen Care Trust.*

Her vision was that all the churches would get involved with what God wanted to happen.

**We've got a job to do... together as one body!**

Jill and Christine write:

Prayer is a vital part of the work of Evergreen and we want as many people as we can get from all the churches praying.

We like to organise a monthly prayer meeting at any one of the churches in the Bexley Borough. We usually join in with their normal weekly/monthly prayer time, and just give an update of what's happening and points to pray about. It is nice to open this up to as many people as possible, therefore we send an e-mail out to those who have expressed an interest in praying for Evergreen.

Sometimes we also e-mail these people with specific prayer requests.

If you are interested in getting involved in the prayer side of Evergreen, then please give the office a ring for information on where and when the next prayer gathering will be. They may ask you for contact details e.g. name, e-mail address, phone number, home address etc. Also if you are able to include an Evergreen prayer slot in your church's weekly/monthly prayer time we'd love to hear from you, as we want to include all the churches in Bexley Borough in this exciting venture.

### FUNDRAISING AND WHY WE NEED TO DO IT

We are very grateful to those individuals and institutions who have already donated to the cause which has enabled us to set up an office base in Nuxley Village, but more funding is needed to pay for at least one member of staff to coordinate the volunteers, both befriending and administration, and keep records of older people seeking support from the charity.

By using **OUR WEBSITE** [www.evergreencarebexley.co.uk](http://www.evergreencarebexley.co.uk) you can

Donate online  Join "Give as you Live"  Donate by text  Make a will  Send a cheque.

Please check the "Support Us" page on our website for more information.

Or why not become a **FRIEND OF EVERGREEN**— For a minimum annual subscription of £12.00 each Friend will receive a welcome pack which includes a lapel pin and car sticker. Each quarter you will receive a newsletter to update you on the work of Evergreen. Friends will also be invited to all Evergreen social events.

### COULD YOU RAISE MONEY FOR EVERGREEN CARE BEXLEY? Here are some ideas:

- Hold a coffee morning/afternoon for friends and family.
- Organise a BBQ
- Do something daring – like skydiving— and get people to sponsor you
- Do a sponsored run or trek for Evergreen Care Bexley.
- Hold a quiz night.

Join up to My Donate and you can create your own Web Page to collect sponsorship donations which you can link to Evergreen Care Bexley

*We would like to wish you all a  
for the part you are playing*



*and to say a big "Thank You"  
in this exciting project.*

*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.*