



# 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

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### DATES FOR YOUR DIARY

#### **\*\*LARK IN THE PARK\*\***

**SATURDAY 26TH JULY -  
SUNDAY 10TH AUGUST**

We will have an Information  
stall from 2 pm—3.45 pm every  
day in the Freedom Tent

#### **\*\*FUN DAY, ERITH\*\***

**SATURDAY 30TH AUGUST**

Riverside Gardens 12pm-5pm

#### **VOLUNTEERS' FIRST**

#### **ANNIVERSARY CELEBRATION**

FRIDAY 19TH SEPTEMBER  
Will include a Guest Speaker  
Venue and Times tba.

#### **\*\*FAITH, HOPE & LOVE EVENT AT BEXLEYHEATH CLOCK TOWER\*\***

SATURDAY 20TH SEPTEMBER

#### **BEFRIENDING**

#### **CONFERENCE, STAMFORD**

WEDNESDAY 5TH NOVEMBER

Pete and Diane will be the  
key speakers

#### **\*\* CAN YOU HELP? \*\***

We are very grateful to  
Lucy Parker, who has taken  
on the role of Events  
Co-ordinator, and who  
will be looking for people  
to help staff our stands at  
the events marked with \*\*

**If you can help please let  
the office know for which  
event and at what time  
you could be available.**

### WHY I ENJOY BEING A BEFRIENDER

"I enjoy being a Befriender because it gives me the opportunity to offer time and conversation to someone whose life can be very restricted by health problems, including mobility.

We do various things while I am with her and I just join in with what she wants to do that day. If there is a crossword puzzle to finish, a gadget to sort out or a birthday card to be bought for a grandchild, that is what we do. It often appears that nothing has been achieved but time will tell."

"Bexley Evergreen seemed such a good example of how God can use his followers, however insignificant, to accomplish His work. Would this initial view be challenged by the experience? No!

My wife and I have been visiting a lady for nearly five months. We visit on a weekly basis spending two hours each time. There have been gaps where illness has inevitably disrupted the visits and our first topic of conversation is normally to chat about health issues and treatments. The remainder of the two hours seem to fly as we talk over hobbies and interests.

**We would definitely recommend this voluntary work to others so that they may experience for themselves this enjoyable and rewarding initiative."**

### SO, WHAT HAS BEEN HAPPENING RECENTLY TO PROMOTE EVERGREEN?

We had a stand in May at Asda, Belvedere, which was extremely successful and which resulted in a number of people becoming volunteers, having interviews etc. and already going out into the community. Other valuable contacts were made when we were at Asda Bexleyheath, at an Oxleas Carers' Event at Hall Place, Belvedere Baptist 150 Year Celebration and when Pete and Diane went to speak at St Paulinus Church in Crayford during June. Our Church and Civic Ambassadors have also been busy in their churches and in the community to ensure people hear about our activities.

### WHAT IS THE POSITION?

At present we are supporting 28 people with our befriending service. BUT by the time this Newsletter goes out we will have a waiting list of 30+! We are building an admin team and hope to extend the office hours to 4 pm Monday to Friday.

### HERE IS ANOTHER REASON WHY WE NEED MORE BEFRIENDERS

Excerpts from an article in  
the Express newspaper

"Fifteen per cent of lonely pensioners say they resort to striking up conversations with strangers [GETTY]"

"Loneliness is now so widespread that in every region of the UK more than half

of older residents say they often feel isolated."

"London's pensioners are the loneliest in Britain with 75 per cent on their own for much of the time, despite living within an hour of a relative."

"The nationwide poll of 1,000 people aged 65 and over – commissioned by Stannah – found more than two thirds experience isolation. One in 10 women said this is often or always the case."

<http://www.express.co.uk/life-style/retirement/489341/Pensions-feeling-lonely-Loneliness-epidemic-for-elderly>

**IF YOU KNOW ANYONE  
WHO WOULD BE  
INTERESTED PLEASE  
ENCOURAGE THEM TO  
CONTACT US**

### TRAINING COURSES

A successful Induction Training Course was held on Saturday 21st June and 14 volunteers completed the eight modules. Feedback received indicated that this had been a good, helpful and informative day. The next Training Day is planned to be held on **SATURDAY 27 SEPTEMBER**

### DEMENTIA COURSES

All volunteers were advised about two events in July covering Dementia and a number took advantage to come along to learn more, which hopefully will be of help to them in the future. Further training courses will be held but no dates have yet been arranged.

## VOLUNTEERS EVENING HELD ON FRIDAY, 16TH MAY



This evening was very well attended and was a good time for us all to get to know each other, for newer volunteers to hear first hand from those people already involved as befrienders, in admin, on the Clean Team and from Chris Bryant as a Trustee. It also gave Pete and Diane Kot the opportunity to express their thanks to everyone for everything that was being done to make a difference in the lives of older people in the London Borough of Bexley. They also shared plans for the future when it is hoped that we will be able to offer a Home Support Service and provide Hospital transport.



## "MEMORIES" AN AFTERNOON TEA FROM THE BYGONE ERA—16TH JULY 2014

"Evergreen and the "Refresh" Community & Family Centre joined together to hold a back in time afternoon tea for the com-



munity. It was an amazing afternoon; "Refresh" was transformed into the 1940's, the decor had been recreated into a wonderful old fashioned tea shop with all the old China tea cups, teapots and all the trimmings. We arranged to have two waitresses dressed in black with aprons just like the 1940's and they served tea and homemade cakes. The event was a great success with over forty people in attendance. It



was a great honour to be involved in such a amazing afternoon and it would be lovely if we could make this a regular event to help publicise Evergreen and the Refresh Community Centre, and a wonderful opportunity for more Evergreen clients to take a trip down memory lane. (Charlotte Kenton, Refresh Community Centre Manager)

**A BIG "THANK YOU" ALSO TO ALL THOSE PEOPLE WHO KINDLY DONATED CROCKERY ETC. WHICH HELPED TO AUTHENTICATE THE OCCASION.**

## PRAYER

Jill Grant and Christine Ives head up the prayer support for Evergreen and here explain how they set about it. "Our aim is to encourage churches across the borough to come together in prayer. One of the ways we do this is to join in the regular prayer times of individual churches. We have found these visits to be a double blessing. Not only do we pray for Evergreen, we get to pray for the church we're visiting. We have also been encouraged. In one of the prayer meetings somebody had a vision of large green footprints with new shoots growing out of the soil. It was like God was saying "Bring life in all its abundance", with a feeling that everywhere Evergreen goes, brings new life. If we could join your prayer time then please let Evergreen know. It doesn't have to be in a church building, it could be in your home or where you work or in your local park, as long as it is in Bexley Borough. If you would like more information please contact the Evergreen office. **Here are some important prayer points: We need someone with Sage accounting experience and invoicing/scheduling experience; We are in need of volunteers for our befriending service and more help with administration to expand the office opening times. We need regular donations so we can plan for future services; More churches across the borough to support the work of Evergreen.**

Luke 6:38 Give, and it will be given to you. A good measure, pressed down, shaken together and running over, will be poured into your lap. For with the measure you use, it will be measured to you."

Please keep praying for Evergreen

God bless you, Jill and Christine

**DO VISIT OUR WEBSITE OR CONTACT THE OFFICE TO FIND OUT HOW YOU CAN SUPPORT US FINANCIALLY AS WE DO NEED MORE FINANCES TO ENABLE US TO PROVIDE MORE SERVICES. MANY, MANY THANKS**

*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.*