



# 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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[www.evergreencarebexley.org](http://www.evergreencarebexley.org)

Charity No. 1154595

### DATES FOR YOUR DIARY

#### Health & Safety and First Aid Training

6th November at 9:00-  
15:30, Belvedere Baptist  
Church.

#### Erith Christmas Tree Festival

Friday 11th to Sunday 13th  
December 2015 at Christ  
Church, Erith.

#### Induction Training

16th January 2016.  
Please get in touch if you  
are interested in  
volunteering.

### FUNDRAISING

By visiting our website:  
[Evergreencarebexley.org](http://Evergreencarebexley.org)  
you can find ways to  
support us.

You can donate online,  
join Give As You Live,  
donate by text, make a  
will or send a cheque.

### Befriending Lead

We are currently in need of funding so that we can employ a Befriending Lead to assess and match our clients and volunteers. This is a truly vital role to Evergreen Care Bexley, and we ask that you please remember this need in your prayers. We are also in desperate need of more befriending volunteers.



### Winter is Coming!

As the nights draw in and the chill of winter starts to bite, please remember to check in on elderly neighbours, friends, and family members to make sure that they're managing all right and keeping warm.

### Up And At 'Em

On 28th September Charlton Athletic FC and the Upton Centre began a 12 week pilot scheme to support older people stepping back into independence and reconnecting with the community by joining clubs and groups. 6 weeks are based at Refresh while the other 6 weeks are spent visiting local attractions. Evergreen volunteers are helping with this pilot.

### Home Support

Our Home Support service has been a great success so far. Since its launch in April, we have supported thirty-one individuals who have benefitted from the unique care offered by our helpful, friendly Home Support Workers.

Recently, the service has been expanding and we have been recruiting more Home Support Workers. We now also provide "well-being calls" to check on the general well-being of our clients and provide them and their loved ones with peace of mind.

If you or someone you know could benefit from this service, please don't hesitate to get in touch.

### Lifeline24

Evergreen Care Bexley has partnered with Lifeline24 to provide an affordable telecare service in the Bexley Borough, offering pendants and alarms for the elderly and disabled, and others at risk of falling or just in need of reassurance.

Lifeline24 provides 24/7 support and being referred by Evergreen Care Bexley will entitle you to a discounted cost of £110 per year (plus a one-off set up fee of £35).

Please contact us if you are interested in this service, and we will provide you with further information.

### Changes to our Bank Details

For the last 20 months, Evergreen Care Bexley has been serving older people in the Bexley Borough, and we would like to thank all those who have provided their support. Evergreen is expanding rapidly to respond to the needs in our community.

We are now changing to a different bank which we feel is better suited to our future requirements.

We recently sent out new standing order forms to our valued supporters, and we ask that you return these to us at your earliest convenience so Evergreen can continue with its vital role in the community. You can call us or email us for the new bank details, or to discuss making a one-off gift or making regular donations as a Friend of Evergreen. As a Friend of Evergreen, you can make a regular donation from as little as £1 a month.

### Like us on Facebook

[www.facebook.com/  
EvergreenCareBexley](http://www.facebook.com/EvergreenCareBexley)

### Follow us on Twitter

[@EvergreenCareBY](http://www.twitter.com/EvergreenCareBY)

### Find us on Streetlife

[www.streetlife.com/page/  
evergreen-care-bexley](http://www.streetlife.com/page/evergreen-care-bexley)

## The Carers' Wellbeing Hub

Carers' Support, in partnership with Crossroads Care South East London, Age UK Bexley and The Alzheimer's Society, are launching a new service for carers called "The Carers' Wellbeing Hub".

The aim is to try and ensure carers are being supported in their caring roles. They would particularly like to hear from carers of adults or older people who do not currently receive any outside help or support in looking after the person they care for.

Contact Carers' Support on 020 8302 8011 or email them at [info@carerssupport.org](mailto:info@carerssupport.org)



## Ways to Support Us

### - Friends of Evergreen

Become a regular giver from as little as £1 per month. Call us or email us to request a form.

### - Give As You Live [giveasyoulive.com](http://giveasyoulive.com)

#### **At no extra cost to you**

A % of every pound you spend with your favourite online retailer will be donated to your favourite charity (that's us!) when you shop via this website.

### - Give A Car [giveacar.co.uk](http://giveacar.co.uk)

Sell your car via Give A Car and donate a % of the sale, GiveACar do the hard work - they'll collect your car, put it to auction or sell it for scrap and forward the proceeds.

### - BT MyDonate [mydonate.bt.com](http://mydonate.bt.com)

Start a fundraising project, sponsor a fundraiser, or send a donation.

### - Donate via Text

Text **EGCB14** £[amount]  
to 70070

## Smiling is Infectious

Smiling is infectious  
You catch it like the flu  
When someone smiled at me today  
I started smiling too  
I walked around the corner  
And someone saw me grin



When he smiled I realised  
I had passed it on to him  
I thought about the smile  
And then realised its worth  
A single smile like mine  
Could travel round the earth  
So if you feel a smile begin  
Don't leave it undetected  
Start an epidemic  
And get the world infected. *Anon*

## Free Home Fire Safety Check

Members of your local Fire and Rescue Service can visit your home to provide free checks covering areas such as electrical safety, smoking safety and the use of electric blankets. They will be happy to answer any additional queries you may have. You might also be eligible to have a smoke alarm fitted free of charge. If you would like to book one of these free checks, please phone 020 8555 1200.

## 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. We have clients waiting all over the Bexley Borough. Training & support provided.



### 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.

## Home Support Workers Needed

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, then please contact the office where we will be able to provide you with more information.