



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

Can you help us participate and promote our cause in these events (or future events)? Please call for details.

**Sainsbury's Crayford
Carers Week
Wednesday 8th June**

**Queen Elizabeth
Hospital, Woolwich
Dementia Week**

**Monday 16th May—
Friday 20th May**

FUNDRAISING

By visiting our website: 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.

Testimonial from a Befriender

I first heard about Evergreen when it was very much in its infant stages and was very impressed with Pete and Diane's vision and passion. I knew I wanted to be involved and Befriending was something I was interested in.

Evergreen work very hard to ensure the befriender and client are suitably matched before any introductions, and it was evidently clear on meeting the lady I visit, nearly two years ago, that we were going to get along. We often just sit and chat over a cup of tea, about not very much and sometimes we put the world to right or discuss things that may have been bothering her. Sometimes hearing her worries said out loud, to someone impartial, can make everything clear for her, and knowing there will be a regular opportunity for this is very helpful to her.

Although my friend tells me often how much our chats help her, I often come away feeling that I have been the one who has benefited from the visit.

A lot of wisdom and perspective can be gained on many things when seen through the eyes of an older person, an opportunity a lot of us are not privileged to encounter. I consider this lady to be someone special in my life now, and thank Evergreen for the opportunity. **K.A.**

Clean Team Update

Evergreen would like to officially welcome Colin Grant on board as our Clean Team Lead.



Colin has been serving with the Clean Team since we first launched this service, and his leadership and help has been invaluable as we work to clear, clean and restore the homes of elderly people whose living conditions have deteriorated.

The Clean Team has now helped 14 elderly members of the Bexley Borough!

Volunteers needed for this service!

We are always looking for new volunteers to join so we can keep expanding this service, which is the only one of its kind in Bexley. Any of our volunteers will tell you how rewarding this amazing work is. Changing lives, restoring an elderly person's home to a dignified and sanitary environment. It can be hard at times, and even upsetting, but there is nothing more rewarding than knowing you have made such a difference, such an improvement to someone else's life and well-being.

Home Support Update

Just a quarter of a way through 2016 and already we have taken on another four Home Support Workers to cater for the increasing demand we have for this service. This means we now have 10 Home Support Workers helping our clients with tasks such as shopping, cleaning and laundry, or just popping in to check on their well-being and have a chat.

Befriending Open for Referrals

Overwhelming demand for this service last year meant we had to hold from taking referrals. We are delighted to announce that we are once again taking on new clients.

Volunteers needed for this service!

We rely on volunteers to provide this simple, yet highly rewarding service so please get in touch if you'd like to give an hour or two a week to improve someone's life, and find yourself a new friend in the process!

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

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Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up. (Galatians 6:9)

Did you know that 'doing good' is good for you? It's true.

Recent studies show people who volunteer regularly have healthier hearts, less ongoing pain, and bolstered immune systems. They battle addiction better and are less likely to get dementia with age. They also live longer.

When generosity is practiced face-to-face, levels of oxytocin (the calming hormone released when a mother nurses her infant) and pain-killing endorphins rise.

Meanwhile, as we shift our minds away from our own troubles to focus on the needs of others, levels of stress hormones like cortisol fall. One 2013 study of 1,654 older adults found that those who volunteered at least 200 hours per year were 40% less likely to get high blood pressure than non-volunteers. (src: www.webmd.com/balance/features/volunteering-physical-benefits)

In today's society where the poverty of loneliness and isolation is everywhere, just a small act of kindness, a smile or a kind word, can make such a difference to that older person.

So let us not become weary in doing good, but let's seek out those we can help, and it will make you feel better for doing so.

If you don't know where to start, try looking out for an elderly neighbour, or give us a call. We are always looking for volunteers for our befriending service and other roles within Evergreen.

What are you waiting for??

Pete.



Our Volunteers' Family Evening

We held our Volunteers' Family Evening on 29th April. This is an evening where we bring our wonderful family of hard working volunteers together to show our gratitude and say **"thank you"** for the hard work and generosity they offer, giving up their spare time in the interest of helping to reach the elderly members of our community. We shared experiences over a cup of tea and snacks whilst a live musician provided the evening's entertainment.

Two of our volunteers shared experiences about the work they do through Contact the Elderly, helping people over 75 get out of the house and engage with the local community, dressing up to go places, meeting with others and sharing in a pot of tea and sandwiches. It is great to hear about other organisations and how we can all work together to make a lasting difference.

We shared a short clip from this video which we urge you to watch. How amazing life would be if everyone treated the elderly with the respect and love they deserve!

<https://youtu.be/MogyKUGPr0>

It was another great evening and, with over 60 volunteers, friends and family able to attend, we were really taken aback—after launching our first service in 2014, we did not expect to see so many people working with us in such a short space of time.

Together, we can tackle the poverty of loneliness.

Our Services

Evergreen Care Bexley seeks to improve the lives of our elderly citizens here in Bexley. We provide a range of services, and we're always considering how we can grow and expand in the future so that we can find new ways to support our clients.

Home Support

Evergreen's Home Support Workers provide assistance with cleaning, shopping and laundry, as well as making well-being calls to check that the client is managing. They will have a chat with the client while they work, and try to get the client involved if possible. This is a paid for service.

Befriending

Our Befriending service aims to create mutually rewarding and enriching relationships between our clients and our volunteer befrienders. We believe that just an hour or so a week can reduce loneliness and improve the quality of life for our clients.

Clean Team

The Clean Team volunteers provide one-off deep cleans for clients whose living conditions have deteriorated. They work hard to restore a sanitary and dignified environment for the client.

Contact the office for more information.

Gardeners Wanted!

We are currently looking for gardeners to help maintain the gardens of our elderly clients, but also encourage participation and monitor their clients' well-being. Monday to Friday, good rates of pay, uniform and equipment provided. **Please get in touch if you're interested!**

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.