

News and views from the Engage Befriending team

January 2023

www.engage-uk.org



Happy New Year!

From the Engage team – happy new year and we hope that 2023 is filled with peace, happiness and fun.

Jackie, Jo, Sheila, Kath and Christine



The Engage team would like our volunteers and Engage friends to come to our Engage Befriending Drop-in at The Atrium Café on

Thursday 12th January
Thursday 9th February
Thursday 9th March
Thursday 13th April
Thursday 11th May
Thursday 8th June
Thursday 13th July

From 10.30am to 12 noon

Pop in for a cuppa, say hello and meet other volunteers, Engage friends and the team. We'd love to see you.

Contact the Engage Befriending team

Main number: 0118 995 2102 | Email: engage@themustardtree.org

Jackie Curtis: 07887 395115 | Jo White 07437 01164 | Sheila Cox 07516 254916

If you would like a large print version of this newsletter, please call us.

Welcome to the latest edition of the newsletter from the Engage Befriending team for our service users. We hope you will find it interesting and fun to read. We will include some useful information, some facts and fun things to know and if there is anything that you would like us to include, please let your Befriender or your Regional Co-ordinator know or call us on 0118 955 2102.

Ideas for places to go

Brekkie and Brew At Wycliffe Baptist Church, 233 Kings Road, Reading, RG1 4LS

Breakfast will be available from 7.30am to 9.30am on Tuesday and Thursday mornings.

Boiled eggs, toast, porridge, tea and coffee.



Winter warming Wednesday

Over 50's
(Open to All)

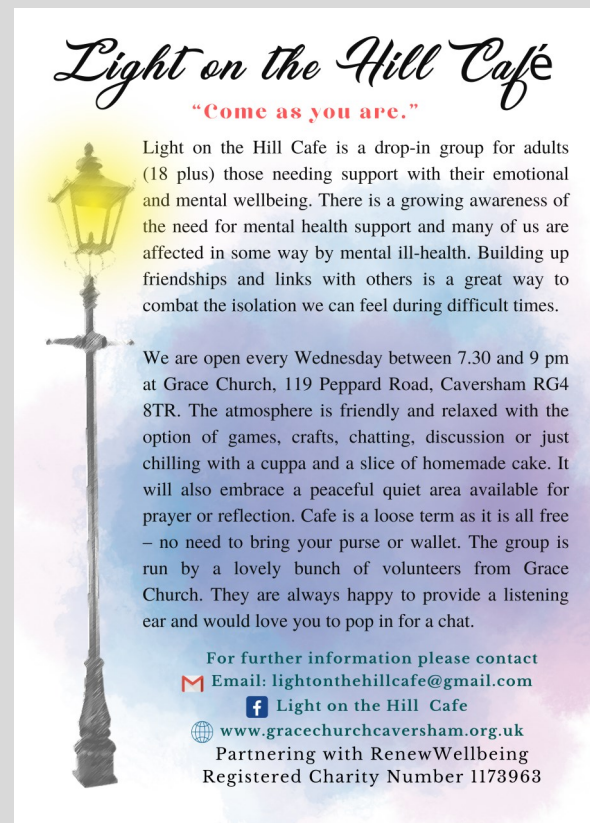
Every Wednesday from 2nd November
12pm - 2:30pm

Unlimited tea & coffee
£1

Free soup

Board games & chat

 **Whitley community cafe**
252 northumberland avenue
RG2 7QA



Light on the Hill Cafe

"Come as you are."

Light on the Hill Cafe is a drop-in group for adults (18 plus) those needing support with their emotional and mental wellbeing. There is a growing awareness of the need for mental health support and many of us are affected in some way by mental ill-health. Building up friendships and links with others is a great way to combat the isolation we can feel during difficult times.

We are open every Wednesday between 7.30 and 9 pm at Grace Church, 119 Peppard Road, Caversham RG4 8TR. The atmosphere is friendly and relaxed with the option of games, crafts, chatting, discussion or just chilling with a cuppa and a slice of homemade cake. It will also embrace a peaceful quiet area available for prayer or reflection. Cafe is a loose term as it is all free – no need to bring your purse or wallet. The group is run by a lovely bunch of volunteers from Grace Church. They are always happy to provide a listening ear and would love you to pop in for a chat.

For further information please contact
✉ Email: lightonthehillcafe@gmail.com
📘 Light on the Hill Cafe
🌐 www.gracechurchcaversham.org.uk
Partnering with RenewWellbeing
Registered Charity Number 1173963

Side-by-side Café: Helping you cope with grief

Side-by-side Café - For anyone who has been bereaved, either recently or some time ago, we welcome you to a warm, loving, non-judgemental space, to reflect and share with others 'side by side', strengthening, encouraging and supporting each other over tea, coffee and cake.

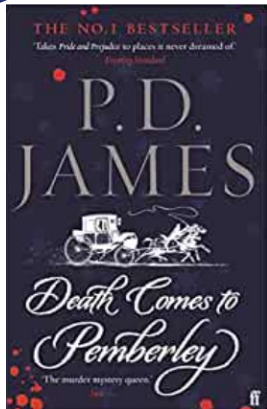
Informal Sunday afternoons in the Atrium (part of Greyfriars Church) at 2-3pm on Sunday 29th January and Sunday 27th February.

Did you know? 10 facts about January

- The name for January comes from the Roman god, Janus, who is always depicted with two heads. He uses one head to look back on the year before, and the other head to look forward into the New Year!
- Things that started or opened in January include the opening of the first operational underground railway in London (the Tube) in 1863. In 1959, Alaska became the 49th state of the USA and Ellis Island opened in 1892 welcoming 20 million people through its doors. Back in 1788, the first penal colony in Australia was established by the British.
- In leap years, January always starts on the same day as April and July.
- Some historical names for January include “Wulfmonath,” which came from the Anglo-Saxons because it was the month hungry wolves would come scavenging. King Charlemagne would call it “Wintermanoth” meaning “winter/cold month.”
- Originally, the Roman calendar had only 10 months, and it excluded January and February.
- King Numa Pompilius, the second king of Rome, is responsible for adding both January and February to the Roman calendar. He did this so calendars would be equivalent to a lunar year. Even so, it only had 30 days.
- Julius Caesar added the 31st day to the month and completed it to the full month of January we practice now!
- The dianthus caryophyllus is the birth flower of January – more commonly known as the carnation!
- Generally, January is the coldest month of the year in the Northern Hemisphere.
- Referring back to the Julian and Gregorian calendars, January is the first month of the year, and the first of seven months to be 31 days long.



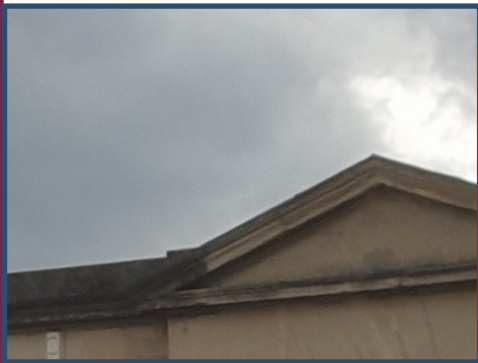
Book club: Death comes to Pemberley (P D James)



There are many sequels to Pride and Prejudice by Jane Austen but this is one of our favourites. The famous crime writer PD James writes about a murder on the Pemberley Estate a few years after Mr Darcy and Elizabeth Bennett marry. The devious George Wickham with his wife Lydia also make an appearance but are they involved?

It's a fab read and the BBC made it in to a three part series a few years ago.

How well do you know Reading?



Using a quiz created by Sheila, over the next few months we will be sharing with you a close up of a building in Reading.

The next edition of the newsletter we will share with you where it is. Do you know where this is? The clues are that it's in east Reading and Ricky Gervais as mentioned it from time to time.

Increase in the cost of living – there is help

We know that the increase in the cost of living, and in particularly the rising cost of utility bills is worrying many of you. To help and advice, please call Communicare (www.communicare.org.uk), they can give advice and refer to other organisations. The telephone number is 0118 926 6392 or email office@communicare.org.uk

Stay warm this winter

Winter Watch is run by the Council and a number of local voluntary and health services to make sure you do not suffer from cold in your home during the winter months.

Winter Watch is available to Reading residents who are on a low income and either over 60, have very young children, have a disability or health concerns, have never lived independently, or struggle financially.

You can apply for Winter Watch all year round by phoning 0118 937 3747.

And finally... if you would like to suggest content and or write something for this newsletter we would love to hear from you. You can email us at engage@themustardtree.org or post it to Engage, 90 London Street, Reading, RG1 4SJ.