



**engage**

Impact Statement **2022**





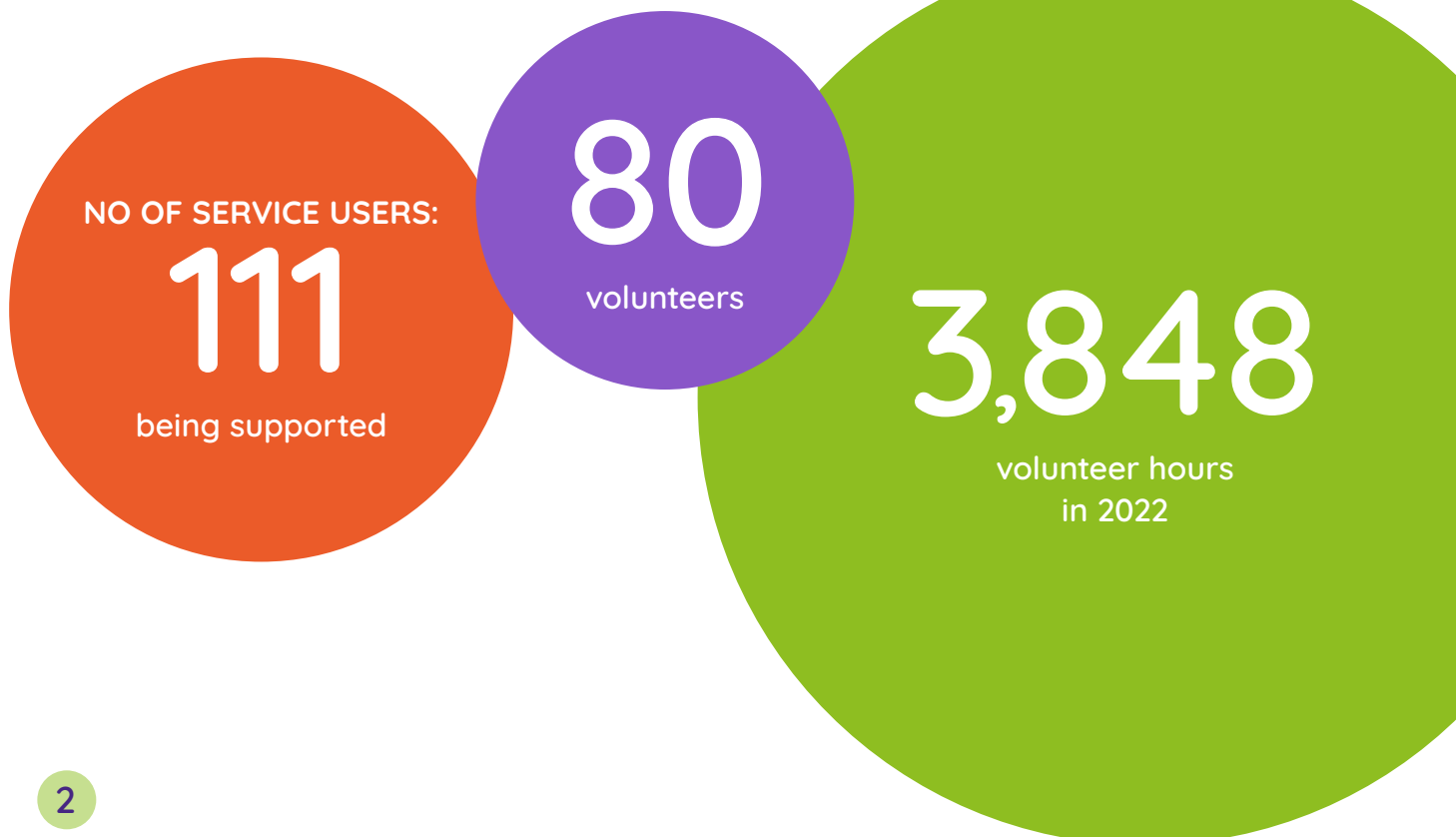
As part of The Mustard Tree Foundation, the Engage project supports those who are isolated and alone. This is done by connecting them to their local community, supporting improvements in their physical and mental wellbeing and offering befriending.

We believe that everyone should have the opportunity to thrive. No matter what stage or season of life, everyone should be given the chance to live life to the full. It is this principle that is at the heart of the Engage project.

Engage Befriending for those over 55 years.

Engage Wellbeing for those aged between 26 and 54 years.

## Engage in numbers



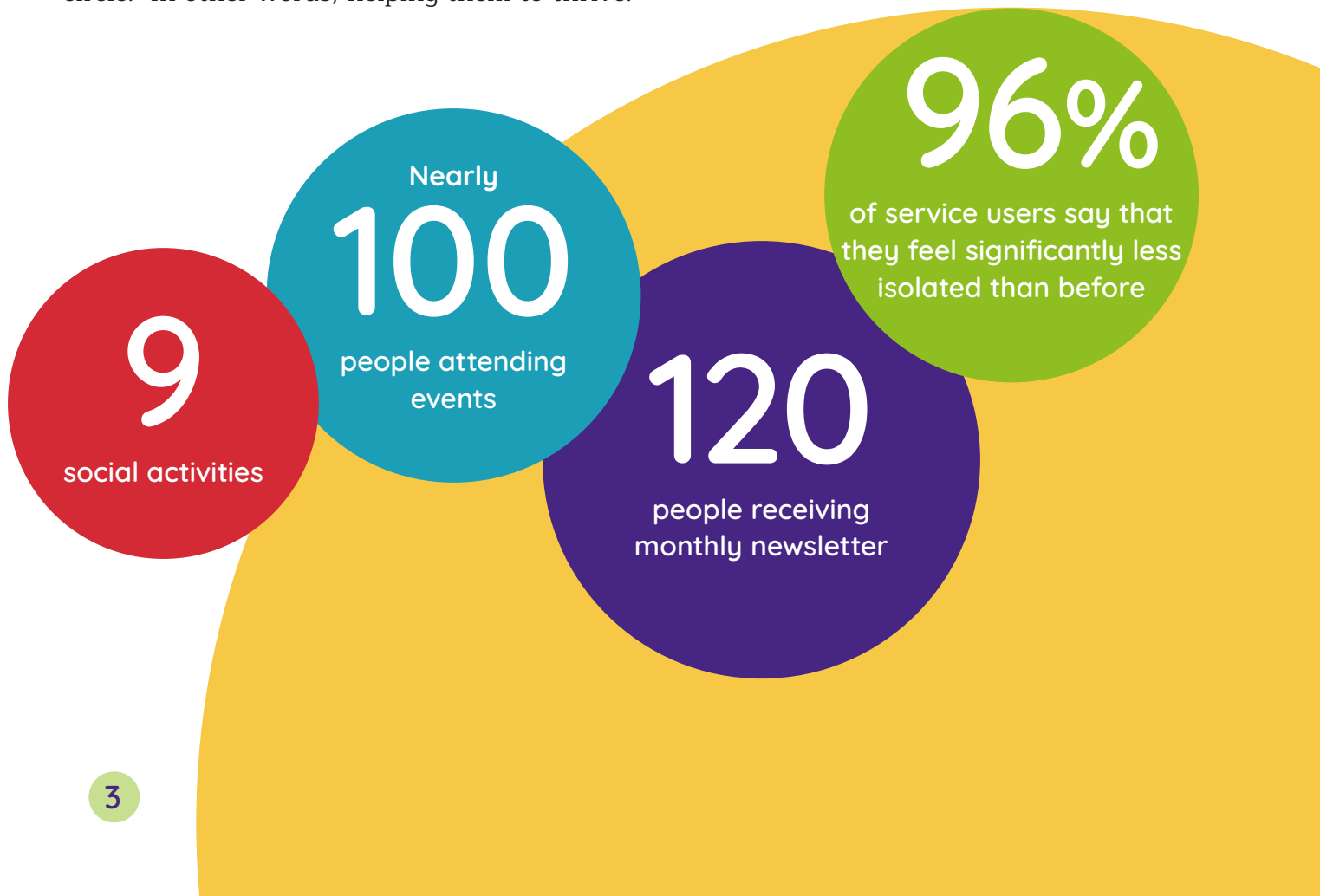


## Creating more opportunities

2022 was a year of challenge and opportunity with many service users still reeling from the impact of the pandemic, the isolation of lockdowns and the increased awareness of the impact of poor mental health and wellbeing. We desperately need more volunteers to befriend those in need and we know that there are more people in Reading who need befriending.

The Engage team are innovative and resourceful. They looked for additional ways in which a person can be befriended and introduced a monthly drop-in coffee morning, a monthly newsletter and regularly look for opportunities for peer befriending in their communities.

Our drop-in coffee morning has been successful in enabling our service users to develop new friendships and widen their social circle. In other words, helping them to thrive.





## Celebrating 10 years of befriending

We celebrated 10 years of Engage Befriending in September with an afternoon tea party which was enjoyed by many of our service users and past and present volunteers and staff.

The next excuse for cake was at Christmas when we were joined by 40 service users for our Christmas party.





## Developing our wellbeing service provision

With the easing of lockdown restrictions we were able to start meeting some of our wellbeing clients face-to-face. This service has an initial focus of six months, in which a plan is created by both the befriender and the service user and they work together to achieve the agreed aims. We are seeing positive results with this new process with one client 'T' who was left very depressed following a bereavement now more active socially.

One of our team supports a single mum whose daughter has complex mental health needs. Through just meeting once a week, the Mum, 'K', has the opportunity to talk to someone not involved in the situation and who is impartial. They have talked about everything – from family difficulties, challenging health care professionals and what other support is available to the news and funny family stories.

K has said that without that support, she would have struggled and the opportunity to talk to someone has helped with her own mental and emotional wellbeing.





**engage-uk.org**

**Telephone:** 0118 995 2102

**Email:** [engage@themustardtree.org](mailto:engage@themustardtree.org)

**Address:** 90 London Street, Reading, RG1 4SJ



PART OF THE  
**Mustard Tree**

Engage is part of The Mustard Tree Foundation (Reading)  
Company Ltd by Guarantee No. 4986086.  
Registered in England, Charity No. 1104631.  
Registered Charity Address: 90 London St, Reading, RG1 4SJ.