

Engage Befriending Drop-In

The Engage team would like our volunteers and Engage friends to come to our Engage Befriending drop-in



Thursday 13th February
in the Atrium Café

Thursday 13th March
in the Atrium Café

Thursday 10th April
in the Atrium Café

From 10.30am to 12 noon
Pop in for a cuppa, say hello and meet other volunteers, Engage Befriending friends, and the team.

We'd love to see you there.

The **Atrium Café** is at Greyfriars Church, Friar Street, RG1 1EH

THIS
month

February Drop-In

Thursday 13th February, 10.30am to 12 noon
In the Atrium Café at Greyfriars Church

At our February drop in, a member of the **energy team** from the **citizens advice** will be briefly joining us for some of the time together. Bring any questions you have for them, or just come along and listen. There will also be plenty of time for our normal chat and friendly welcome.

**citizens
advice**



May Drop-In - Summer Holidays!

Thursday 8th May, 10.30am to 12 noon
In the Atrium Café at Greyfriars Church

At the May Drop-In the theme will be **Summer Holidays**.

So if you want to bring in a memento or photo or memory to share that would be great. Or just bring yourself and enjoy a cuppa and a chat.



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 let us know.

Engage is part-funded by many organisations including:





The Marmalade Diaries

Ben Aitken

When hunting for a room in London, Ben Aitken came across one for a great price in a lovely part of town. There had to be a catch. And there was. The catch was Winnie: an 85-year-old widow who doesn't suffer fools.

Full of warmth, wit and candour, *The Marmalade Diaries* tells the story of an unlikely friendship during an unlikely time. Imagine an intergenerational version of *Big Brother*, but with only two contestants. One of the pair a grieving and inflexible former aristocrat in her mid-eighties. The other a working-class millennial snowflake. What could possibly go wrong? What could possibly go right?



Meet the team... Jo W



Jo joined the Engage Befriending team in February 2020. She has working experience in both counselling settings, and providing support for vulnerable adults.

She enjoys seeing people flourish through the benefits of positive relationships.

In her spare time she loves seeing friends and family, swimming, spending time outdoors, and card making.

ROYAL BERKSHIRE FIRE AND RESCUE SERVICE

Stay Safe and Warm During the Cold Weather

Royal Berkshire Fire and Rescue Service (RBFRS) is urging people to be careful in the cold weather by following their safety advice.

When trying to keep warm:

- Be careful when using open fires to keep warm – make sure you always use a fireguard to protect against flying sparks;
- Make sure hot embers are under control and properly extinguished before going to bed or leaving the property;
- Always unplug electric heaters when going to bed or leaving the property;
- Keep heaters away from curtains and furniture and never use them for drying clothes;
- Only use gas or paraffin heaters in well-ventilated areas and always have in place a carbon monoxide detector.

To help prevent your pipes from freezing, it's important to:

- Know where the internal stop/tap valve is (usually under the kitchen sink) and how to turn it off;
- Keep your home as warm as possible even if you are out;
- Lag pipes in exposed or draughty places;
- Leave the trap door to the roof space open to let warm air flow in during extreme weather conditions when there is the chance that un-lagged water tanks and pipes could freeze;
- See that taps are turned off properly;
- Have contact details for a plumber.

Tell Tony!



Tony is eager to hear from you! He is a member of the Engage team responsible for assembling this newsletter. Feel free to share any local happenings, suggest content ideas, write an article, or ask a question that we can address for you—just reach out!

You can contact us via email at engage@themustardtree.org or send your thoughts to: Engage Befriending, 4 Sackville Street, Reading, RG1 1NT.

Warm Spaces in Reading



Whether it is to find physical warmth in the cold weather, or to find a warm welcome and friendship, there are lots of places you can go in Reading. Here are just a few. Please check that they are open before travelling as details and circumstances do changes.

Up to date details of warm spaces in Reading can be found online:

- www.reading.gov.uk/benefits-and-financial-support/money-matters/warm-spaces-in-reading/
- www.warmwelcome.uk/find-a-space

Or ask someone in the Engage Befriending office, a regional coordinator or your volunteer if you need help with more information.

Reading Museum

Reading Museum, in Reading Town Hall, is free to visit and is open 10am to 4pm Tuesday to Friday and 10am to 5pm on Saturday.

Libraries

There are seven libraries throughout Reading, open for free book lending with no late fees, free computers, free wifi and free study spaces – as well as free rhymetimes for preschool children. Central, Southcote and Tilehurst all have free on-site tablet lending.

Palmer Park Leisure Centre

Palmer Park are offering a Warm Welcome on Monday's 12.30pm – 3pm from 18 November 2024 to March 2025. A complimentary tea, coffee and biscuits are provided as well as access to magazines, newspapers and books and the TV, you can also charge your devices.

Weller Centre Warm Space Café

Monday to Friday 9.30am to 12 midday. Tea, coffee and biscuits available. Pay if you can. Electrical points and wifi available for those who want a different space to work from. Access to community bookshelf and local publications. Printing and scanning also available.

110 Amersham Road, Reading, RG4 5NA
0118 947 5828
<https://wellercentre.co.uk/services>

Norcot Mission Church: Oasis Café

We cater for people of all ages! All are welcome to our warm, friendly, Oasis Cafe, where we provide a range of light-refreshments from 10.00 - 14.00 every Friday.

Brockley Close, Rg30 4YP. norcot.org

All Nations Christian Centre

Warm space 12 midday to 4.30pm. A warm welcome space that is free, welcoming, and safe for our local community.

1 Berkeley Ave Reading RG1 6JE
Tel: 0118 950 5661

LifeSpring Church Café

Tuesday to Friday 10am to 2pm, Thursday lunch for the over 60's.

The Pavilion, 143-145 Oxford Road, RG1 7UY
warmhub@lifespringchurch.org.uk
0118 983 9080

Winter Warming Wednesday

Wednesdays 12pm to 2:30pm. Over 50s (open to all), unlimited tea and coffee £1, free soup, board games and chat.

Whitley Community Café, 252 Northumberland Avenue, RG2 7QA
0118 374 0052

Caversham Warm Welcome Space

Open on Fridays, 10:00-13:30. Everyone welcome to our café style space; all refreshments free of charge. Tea, coffee and cakes provided. Hot soup and rolls served from 12:00. A friendly place to come and meet others and chat, with a place for quiet contemplation for those who would like. Subject to availability, there is free food to take away, provided by the Co-op Foodshare scheme.

Caversham Baptist Church
Reading, Berkshire RG4 8HY

Craft Clubs

The Crafty Space

St Catherine's Church Centre

Wittenham Avenue, Tilehurst, RG31 5LN

Once a month on Saturday from 1:30pm - 5:30pm
February 8th, March 8th, April 12th

We provide time, space, tea, coffee and some company. You bring along those craft projects you've always meant to do:

- Scrap booking
- Card making
- Jewellery making
- Sewing,
- Cross stitch, etc....

Come along and join in the fun!

All we ask is a donation of around £2 per person per hour to cover the cost of hall hire, tea and coffee.

www.facebook.com/CraftySpace/

Coley Craft

Coley Park Baptist Church

Wensley Road, RG1 6DU

3rd Saturday of every month, 10am - 12pm

A friendly drop in session where you can work on your own craft projects in good company. Suggested donation of £1 to cover the cost of tea/coffee and homemade cake!

Contact Alison on 07739 393278

alison@coleychurch.org.uk

www.coleychurch.org.uk/regular_event/coley-craft/

If you attend or know of other clubs in Reading that you think overs might be interested in then let us know!

Bereavement Support

Grief can be a very sad, lonely and difficult time, sometimes it can be hard to know where to find comfort and help. There are various places in Reading that provide support. Here are just a few.

St Barnabas, Emmer Green

St Barnabas Parish Centre, Emmer Green, RG4 8RA.

We have two groups that offer support to anyone who has lost a loved one. For more information about either group, please contact Gillian Wilson (0118 9478772), or Irene Lindsay, (0118 3480485).

Bereavement Café – 1st Friday of each month, 2pm – 3.30pm

The Bereavement Café is drop-in for anyone who has been bereaved, either recently or some time ago, to meet together for an informal chat and mutual support. You are very welcome to drop in.

Living with Loss – 3rd Friday of each month, 2pm – 3.30 pm

Living with Loss is a monthly group that provides the opportunity for anyone affected by any kind of loss to find support from others who understand from their own experience how overwhelming feelings of loss can be. You will receive a very warm welcome.

Side by Side Compassion Café

Southlake Lounge (top floor of Greyfriars Centre)
Friar Street, RG1 1EH



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.

Join us for informal Saturday mornings in the Southlake Lounge (top floor of Greyfriars Centre) at 10:30-11:30AM the last Saturday of each month.

February Fun And Games

Spring Bulbs Word Search

U I S X I A D N C U Y B G P W
 A I S Y Y T F J M X L J P F A
 X R G A R N U R V B I W U X F
 O A V M A M W L M F D L S Z J
 D C L S L L V J I A O L C Z D
 O S M N L N W B C P F E H O L
 N U U O I Z A X R D F B K A C
 O M J W T N S R O O A E I L A
 I Z O D I O G B C O D U N L M
 H Q C R R M A T U I U L I I A
 C S U O F Q O P S V S B A U S
 D I E P E N O I E L P S U M S
 P R L B D A C O N I T E U G I
 Z I H T N I C N A Y H P K S A
 F V G A Q I W Q A T U R A M X

Aconite

Allium

Bluebell

Camassia

Chionodoxa

Crocus

Daffodil

Fritillary

Hyacinth

Iris

Leucojum

Muscari

Narcissus

Pleione

Puschkinia

Snowdrop

Tulip

Some word facts



Alphabet comes from the first two letters of the Greek alphabet: alpha + beta.

Computer has been used to refer to a person since 1613, to a machine since 1869 and to an electronic device since 1946.

Daisy is a contraction of “day’s eye”, because the flower opens in the morning and closes at night.

Deeded is the only word that is made using only two different letters, each used three times.

Feedback is the shortest word that contains the letters ABCDEF

“**He believed Caesar could see people seizing the seas**” demonstrates seven different spellings of the ‘ee’ sound.

Listen contains the same letters as **silent**.

Rhythms is the longest word without any of the five regular vowels (although the ‘y’ functions as a vowel).

February Facts

February comes from the Latin word februa, which means “to cleanse.” It was named after Februalia, the Roman festival of purification



February is the only month with fewer than 30 days, typically having 28 days and 29 in leap years. Originally, all months were 29 days due to Roman beliefs about even numbers being unlucky. To maintain an even total, February, associated with honouring the dead, was designated as the unlucky month with 28 days.

For us, February is the third month of winter. Meanwhile, in the Southern Hemisphere, February is the last month of summer - the equivalent of August.



In Welsh, February is sometimes known as “y mis bach,” which means “little month.”



The Saxons called February “Sol-monath” which means “cake month,” because they would offer cakes to the gods during February.

The odds of being born on February 29th are about 1 in 1,461. Those born on a leap day can be called a “leaper” or “leapling.”



February 2nd is Play Your Ukulele Day worldwide, a day to celebrate this versatile and entertaining instrument.

Christmas Word Search Answers

A J F S Y V Y K P E E O C X P O Y W W R
 R G V K N B O D E C E M B E R O P V E X M
 T J G W G V W Z B Q A L T K S O A T S T
 F H I R B F G P R E I N D E E R B H I H
 L O I N A W A Y I N A M A N G E R R L E
 H I I O G T R E E Z F K C M T M V E E F
 Z O T N Y L S O Q B C W M M W A O E N I
 W M W T G T E T C M D M E V E R P K T R
 C G A C L D O B O R Y D V O L Y R I N S
 A G N R V E O T E C L D F A V S E N I T
 R C V A S B D N H L K F Q B E B S G G N
 O M O C I G F O G E L I G K D O E S H O
 L E V K C G P X N M W S N Y A Y N C T E
 T G X E F T N B Q K E O C G Y C T A A L
 C O Y R H V D E R S E R F S H S K Y R
 B M O S U A T K Q T K Y R L D I A E F K
 D E C K T H E H A L L S S I D L T Q C T
 G W R A N Z R J B X Z Z G U L D K O J M
 I C X O H O L Y N I G H T X Q Y T N X J
 T L C U E B C X D D S X W Q Z Y E I F A

January Word Search Answers

B P A T C H E S E M R U B
 R E N I L E F S E A T S F
 O E O R H C T A R C S H U
 W L G I T R T O G S K O R
 N S S N I N G O N I R I
 E S E P I N I A D O T T A
 C I E Y A G M O E O T H H
 N S S E E E M S P C E A G
 U R U S S E V I L E N I N
 O B E E S H U X E N U R O
 P R E T T I L L N I L L L
 O C I L A C Y B B A T L B
 E C N A L A B L A M M A M