

November 2025 [www.engage-uk.org](http://www.engage-uk.org)

## Engage Befriending Drop-In

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

**Thursday 13th November**  
in the Atrium Café

**Thursday 11th December**  
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



# Christmas Cake Party

Saturday 29th November 2025, 2pm - 3.30pm

Greyfriars Centre, Greyfriars Street, Reading, RG1 1EH



**Carol singing, Fun, Play games**  
**Meet old friends and make new ones**

Please RSVP to your coordinator or Sarah at the office on [engage@themustardtree.org](mailto:engage@themustardtree.org)  
or call: 0118 995 2102, or write to : 4 Sackville Street, Reading. RG1 1NT

There will be very limited lifts available for those who absolutely need them, so let us know if you may need a lift. We will confirm nearer the time if this is possible.

## Contact the Engage Befriending team

Main number: 0118 995 2102 | Email: [engage@themustardtree.org](mailto: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:



## Helping Hands in Berkshire: REMAP's Custom Solutions for Independent Living

At the October Engage Befriending drop-in, a representative from the charity REMAP came along to talk about what they do, and show some of the custom adaptations they had made.

**“I thought it was really interesting. They brought some gadgets in to show us. Some of the ideas and tips were simple to make things easier. It was good to learn what is out there. I later looked on their website and looked at other case studies.”** - IB, who was at the October drop-in



At the drop-in everyone was given a free gadget, a double clothes peg that could be used with one hand for attaching washing whilst being seated and then take the clothes and peg to the washing line to attach the other peg

If you or someone you know is living with a disability and facing everyday challenges, REMAP Berkshire might be just the helping hand you need. This local branch of the national charity REMAP offers a unique service: they design and build custom-made equipment to help people live more independently — and it's all completely free.

Whether it's adapting a wheelchair, creating a special kitchen aid, or inventing a gadget to help with hobbies, REMAP's skilled volunteers — including engineers, carpenters, and occupational therapists — step in when no commercial solution exists. Their creations range from motorised chair controllers to long-reach shower levers, all tailored to the individual's needs

REMAP Berkshire welcomes referrals from individuals, carers, and professionals. If you're struggling with a task due to a medical condition or disability, they'll work with you to find a practical solution that makes a real difference. If you have a friend or family member who needs support and lives in another part of the country, REMAP can be contacted for help as they are a national charity

And if you're handy yourself, they're always looking for volunteers. You don't need to be a professional — just someone with practical skills, a bit of creativity, and a desire to help others.

To learn more, request help, or get involved, visit [remap.org.uk/branches/berkshire](http://remap.org.uk/branches/berkshire) or contact Robert Monk on 07790 127123.

10:00 - 14:00

# FREE SERVICE

IN STORE 2ND FRIDAY OF EVERY MONTH



**Tea & Coffee**

- FREE Mini Service
- Biscuits and Cakes
- Chat and Meet the Community

0118 956 0800
Redland Mobility, RG30 1AP

### Coffee mornings and free servicing on mobility equipment



At the Engage Befriending drop-in Jennie said that once a month Redlands on Oxford Road service mobility aids and scooters for free. She thought everyone should know. Apparently hers was “like new” after!

On the 2nd Friday of every month, Redland Mobility offer free servicing on mobility equipment. On these days they offer advice and routine maintenance to anyone who comes along, if any parts are required then they quote the customer for the repair and then leave them to decide if they wish to proceed or not.

A general rule of thumb is, if they can fix a product at no cost (other than the labour) then they will do it for free. There is no need to book and the work is carried out on a first come first served basis.

The next session is on the 14th November and you are more than welcome to go along to check it out.

A new service launched on 1<sup>st</sup> November 2025 to provide accessible, flexible, and person-centred mental health support for men across Reading.



This new service provides flexible, community-based support to reduce loneliness and health inequalities among men in Reading. It creates safe spaces for engagement, empowering men to discuss well-being, and collaborates with faith and community leaders to combat stigma and promote mental health conversations across the community.

### What to expect

Participants can expect 12 personalized 1:1 support sessions, including an initial assessment and goal development, tailored to men's needs. Areas of focus include:

- Self-management and coping strategies
- Employment, training, or volunteering access
- Specialist housing, benefits, debt, or finance services
- Community opportunities to reduce isolation
- Crisis support assessment at the Breathing Space service

Sessions occur weekly or biweekly, either at the main hub or in community spaces. Additionally, group workshops will address local needs, offering:

- Wellbeing and coping strategy programs
- Training and experience sharing

Weekly sessions to combat isolation and foster peer support. Drop in sessions will be provided every other week in the community, there will be monthly **Health information and awareness** raising sessions.

### Making a referral

People can get in touch with us directly for self-referrals, or they can be referred to us by professionals. The service will be available to any Reading resident, or anyone registered with a Reading GP, and aged over 18.

### Contact and opening times

The service is open Monday to Friday from 9am – 5pm and is delivered from 1A Rupert Square in community premises, as well as various popup locations across Reading, and virtual options.

Visit our website: [www.together-uk.org/service-finder/reading-mens-mental-wellbeing-service/](http://www.together-uk.org/service-finder/reading-mens-mental-wellbeing-service/)

Call us directly on **0800 058 4414**

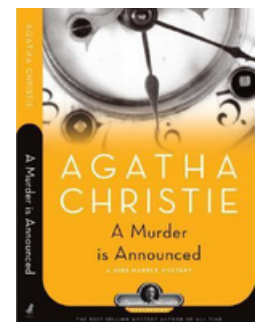
Email us at [readingmmh@together-uk.org](mailto:readingmmh@together-uk.org)

Referrals can be made to by health and social care professionals referring a person or people can self-refer using this QR code:



## A Murder Is Announced Agatha Christie

A classic for this month's book club - "A Murder is Announced" is a staple of crime fiction and often considered as the best Miss Marple novel. The villagers of Chipping Cleghorn, including Jane Marple who is staying nearby, are agog with curiosity over an advertisement in the local gazette which reads: 'A murder is announced and will take place on Friday October 29th, at Little Paddocks at 6.30 p.m.' Is this a childish practical joke? Or a hoax intended to scare poor Letitia Blacklock? Unable to resist the mysterious invitation, a crowd gathers at Little Paddocks at the appointed time when, without warning, the lights go out...



### 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](mailto:engage@themustardtree.org) or send your thoughts to: Engage Befriending, 4 Sackville Street, Reading, RG1 1NT.

# Word Search - Agatha Christie

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

Agatha Christie Nile  
 Dagger Orient Express  
 Detective Poirot  
 Gun Poison  
 Miss Marple Suspect  
 Motive  
 Mousetrap  
 Murder  
 Mystery

## October Word Search Answers

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

## Answers

"I speak without a mouth and hear without ears. I have no body, but I come alive with wind. What am I?" - **An echo**

"The more you take, the more you leave behind. What am I?" - **Footsteps**

### Jackie's Two Truths and a Lie

**FALSE** She's jumped out of an airplane    **TRUE** She's been up in a hot air balloon    **TRUE** She's been zip lining

## Two truths and a lie!



How well do you know The Mustard Tree CEO Katherine? Can you spot which one of the following facts about Katherine is untrue?

She can play the lord of the dance on the recorder

She has played tenor horn in the south area band

She has played the saxophone in a band

## Some words to use in November

**Rustic** – Evokes countryside scenes with fallen leaves, woodsmoke, and earthy tones.

**Reflective** – A time for introspection, especially around Remembrance events.

**Crisp** – Describes the fresh, cool air typical of November mornings.

**Somber** – Reflects the mood of Remembrance Day and the fading light of autumn.

**Golden** – Refers to the last of the autumn leaves before winter sets in.

**Misty** – Foggy conditions are common, especially in rural areas.

**Transitional** – November bridges autumn and winter, both in weather and mood.