

June 2026

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 11th June
in the Atrium Café

Thursday 9th July
in the Atrium Café

Thursday 13th August
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

“Biscuit Town”



Huntley & Palmers was a globally famous British biscuit company founded in 1822 in Reading, Berkshire. Growing into the world's largest biscuit manufacturer by 1900, the firm transformed Reading into "Biscuit Town". Though the King's Road factory closed in the 1970s, the brand still produces luxury biscuits today.

At the end of May was **National Biscuit Day**, which is celebrated on May 29 annually. It that allows us to appreciate the biscuit and all its various types and flavours.

The Engage Befriending team has been indulging in their favourite biscuits. Can you work out whose favourite is whose?



Ginger nut



Chocolate hobnob



Chocolate digestive



Digestive

Sheila Jo Jackie Rebekah



Britain is the country with the most biscuit consumers in the world. According to reports, the average person buys about 500 biscuits a year.

Contact the Engage Befriending team

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

Jackie Curtis: 07887 395115 | Jo White 07437 011764 | 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:



Experience the life-changing benefits of gardening



Thrive is a leading gardening for health charity and we have been transforming lives through gardening for over 45 years. The life-changing benefits of therapeutic gardening and nature support us physically, mentally and socially, and are especially valuable for disabled people and those experiencing ill-health and disadvantage.

We deliver therapeutic gardening programmes at our three gardens in Reading, London and Birmingham, and also provide training for practitioners, and online gardening advice for disabled people and people living with health conditions.

The garden is a brilliant place to improve your wellbeing. From physical exercise, and learning new skills, to improving how you feel, gardening and nature have something to offer for everyone. Our client gardeners and many volunteers are part of a vibrant community here at Reading.

The gardening programmes we run support people to overcome challenges and barriers they face providing hope, purpose and meaningful activities. They offer extensive opportunities for choice, ownership and responsibility which can help people gain or increase self-confidence, self-esteem and build resilience.

The gardens at Reading provide an accessible, supportive, safe and tranquil environment in which to work and there is a strong sense of positivity, pride and community here.

People come to us by many different paths. Some are referred by Social Services or support workers, or via another health care professionals such as their GP.

We also welcome people who come independently or are referred by a family member, school or another charity. Whatever the referral route, we can discuss individual needs to ensure the programme options are appropriate. The currently running sessions are:

General Sessions

Supportive gardening sessions for adults with a wide range of physical, mental, or social needs, helping build confidence, skills, and wellbeing through structured horticultural activities.

Pots & Petals

A gentle, sensory-rich gardening programme for people with dementia or memory loss, focusing on calm activities, reminiscence, and maintaining independence.

Life Changers

A tailored programme for people adjusting to life after a major health event (such as stroke, injury, or illness), using gardening to rebuild strength, confidence, and routine.

Garden Explorers

A nature-based programme for children and young people with social, emotional, or behavioural needs, helping them grow confidence, communication, and resilience through outdoor activities.



Want to find out more?

If you are interested in attending, or want to refer someone who could benefit, please get in touch:

Tel: 0118 988 4844

Email: trunkwell@thrive.org.uk

Website: www.thrive.org.uk

Reading Central Library Update



Reading Central Library will be open in its new home at the Civic Centre, Bridge Street, from **9am on Thursday 18 June**. The King's Road library is now closed. No borrowed items are due back to Central Library during this transition period. The six community libraries: Battle, Caversham, Palmer Park, Southcote, Tilehurst or Whitley Libraries, remain open. We'll have more on the library move next month.

Men's Loneliness - Organisations that can help

In April Jackie attended RVA's quarterly Befriending forum. The focus at this time was mens loneliness. We heard from a few local charities, some info of which can be seen below

Andy's Man Club — A free, confidential peer-support group where men can talk openly without judgement, helping reduce loneliness through conversation and weekly connection. <https://andysmanclub.co.uk/>

#ANDYSMANCLUB

SUICIDE IS THE BIGGEST KILLER OF MEN UNDER 54
1 MAN EVERY 2 HOURS

ALL OUR GROUPS MEET MONDAY 7PM EXCEPT BANK HOLIDAYS

TO FIND YOUR NEAREST GROUP VISIT OUR WEBSITE WWW.ANDYSMANCLUB.CO.UK

JOIN THE CONVERSATION

- info@andysmanclub.co.uk
- andysmanclub
- andysmanclubuk
- @andysmanclubuk

#ITSOKAYTOTALK

We are a peer to peer support group for men. Come have a brew and a chat!

#ITSOKAYTOTALK

ANDYSMANCLUB LTD is a Registered Charity in England and Wales (1179647) Scotland (SC051485) and a Company Limited by Guarantee, registered in England and Wales (11118153)

Reading Men's Shed — A friendly workshop space where men make, mend and create together, offering companionship, shared purpose and a relaxed way to build friendships. <https://thesilversworkshop.org.uk/>



MAN v FAT Football – Reading — A supportive football league for men who want to lose weight, combining team sport, coaching and camaraderie to boost wellbeing and reduce social isolation. <https://manvfatfootball.com/club/reading/>

MAN v FAT NEEDS YOU!

READING

WHERE?
Goals Reading,
Woodlands Avenue,
Reading, RG5 3EU

WHEN?
Monday, 7.30pm to 8.30pm

MAN v FAT FOOTBALL

FUNDED PLACES AVAILABLE!

FUNDED PLACES ARE PROVIDED BY Reading Borough Council Working better with you

Reading Men's Mental Wellbeing Service (Together UK) — A community-based service offering 1-to-1 support, drop-ins and group workshops to help men build confidence, reduce isolation and develop supportive social networks. <https://www.together-uk.org/service-finder/reading-mens-mental-wellbeing-service/>

Reading Men's Mental Wellbeing Service

- 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

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.



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.

PUZZLE PAGE

June Word Search

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

Barbecue	Lemonade
Beach	Nature Walks
Campfires	Picnics
Concerts	Roses
Daisies	Sandals
Fireflies	Strawberries
Gardening	Sunshine
Hammock	Tennis
Hydrangeas	Wildflowers
Ice Cream	Wimbledon

Thinking Logically

Three friends - **Alice**, **Ben**, and **Chloe** - each own a different pet (**Cat**, **Dog**, **Fish**) and have a different favourite hobby (**Gardening**, **Cooking**, **Reading**).

Can you match each person to their pet and hobby?

Clues:

- The person who loves Gardening owns the Fish.
- Ben loves Cooking.
- Alice does not own a Cat.
- The Dog owner does not like Reading.

Spot the Difference

See if you can see the 5 differences between these two pictures



MAY ANSWERS

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

Words in Spring Flowers

There are over 600 words. Here are some of the longest: flowerings, professing, prisoners, glossier, lowering, spoilers, wingless, progress

Say What You See

- | | |
|--|--------------------|
| 1. For once in my life
(four ones in my life) | 4. Travel overseas |
| 2. Forget it | 5. Breakfast |
| 3. Try to understand | 6. Downtown |