

News and views from the Engage Befriending team



August 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 13th August
in the Atrium Café

Thursday 10th September
in the Atrium Café

Thursday 8th October
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 Tony is taking a well earned break, I'm sorry if the newsletter isn't up to his usual high standard! This edition has been put together by Rebekah (with a bit of help from the rest of the Engage team) we hope that you enjoy it.

First Aid Training

You may be aware over the last few months we have been attending first aid training. Thank you to everyone that has joined us!

Some useful information that we'd like to pass on is recognising a stroke and getting help FAST can save someone's life.

We have also learnt that the British Red Cross have a hire a wheel chair programme that is affordable and can be used on a short term basis if needed.



To find out more go to

<https://www.redcross.org.uk/get-help/hire-a-wheelchair>
or call 0300 456 1914

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:



Did you know August 16th is National Tell a Joke Day?

Here are a few to get you started!

Why did the picture go to jail?

Because it was framed!

Why couldn't the pony sing?

Because it was a little horse!

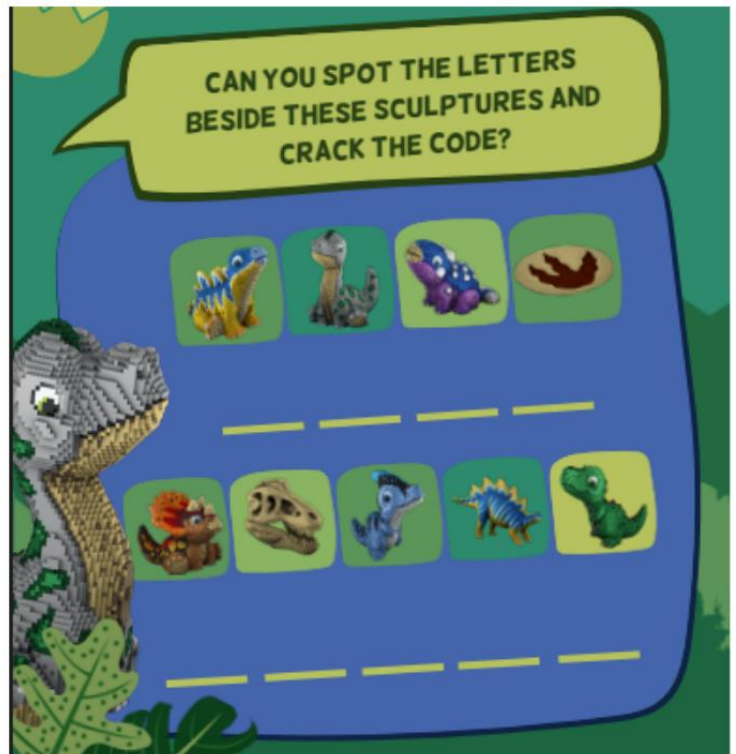
What do you call a magic dog?

A labracadabrador.

Summer Fun on the Dinosaur trail!

If you enjoy getting out and about in Reading this summer you might notice some dinosaurs made of lego bricks in the town centre. This is the Dino Trail, 18 colourful dinosaur sculptures around the town. You can get a free map to find all of them at the Oracle (Lower and Upper Levels), Broad Street Mall customer service desk, Reading Station tourist information stand, Reading Museum, and the new Reading Central Library.

The Dino Trail runs until 23rd August!



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.

Reading Then & Now Exhibition

Looking for a great day out this summer but want to escape the heat? Why not spend a few hours at Reading Museum? Admission is completely free, and with its cool air-conditioned galleries and fascinating exhibitions, it's the perfect place to explore on a warm day.

Start your visit downstairs in the Story of Reading gallery, where you can discover the history of our town from Roman times right through to the present day. The exhibition features a wonderful collection of artefacts, photographs and easy-to-read displays that bring Reading's past to life. One particularly interesting section explores the different wards of Reading, showing how everyday objects can reveal the story of each area.

Then make your way up to the Sir John Madejski Art Gallery on the second floor (there's a lift available for anyone who prefers not to use the stairs). Here you'll find the engaging Reading: Then & Now exhibition, which tells the story of the town through art. Historic paintings, sketches and photographs are displayed alongside more recent images of the same locations, allowing you to see how Reading has changed over the years. It's a fascinating way to view familiar streets from a fresh perspective, while also enjoying a nostalgic trip down memory lane.

Whether you're interested in local history, art, or simply looking for somewhere cool and enjoyable to spend an afternoon, Reading Museum has something for everyone.

Opening hours:

Tuesday to Friday: 10:00am – 4:00pm

Saturday: 10:00am – 5:00pm

Why not pay a visit this summer and discover (or rediscover) the rich history of our wonderful town?



Seaside Word Search

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

Arcades	Lighthouse
Breeze	Pebbles
Deckchair	Pier
Donkey	Promenade
Driftwood	Punch And Judy
Fish N Chips	Rock Pool
Groyne	Sandcastle
Harbour	Seagull
Ice Cream	Shells
Life Guard	Windbreak

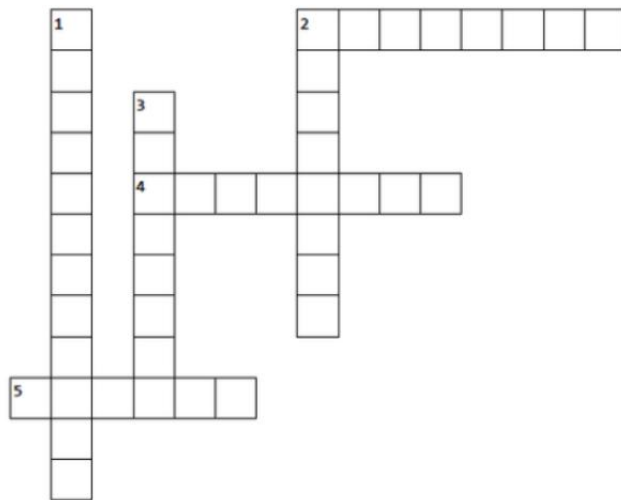
Summer Holidays

Across

- Look out they might steal your chips!
- Do you prefer strawbrrry, vanilla or chocolate?
- The perfect alfresco meal

Down

- We used to eat them out of the newspaper
- Always apply your factor 50!
- Seaside city known for the Royal Pavilion



JULY ANSWERS

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

Teatime seating puzzle

Alice, Brian, Clara, David

Mini crossword

Across

- Home
- Tea
- Also

Down

- Hat
- Meal
- Knot
- Eat