

October 2026

www.engage-uk.org



October By Robert Frost

O hushed October morning mild,
Thy leaves have ripened to the fall;
Tomorrow's wind, if it be wild,
Should waste them all.
The crows above the forest call;
Tomorrow they may form and go.
O hushed October morning mild,
Begin the hours of this day slow.
Make the day seem to us less brief.
Hearts not averse to being beguiled,
Beguile us in the way you know.
Release one leaf at break of day;
At noon release another leaf;
One from our trees, one far away.
Retard the sun with gentle mist;
Enchant the land with amethyst.
Slow, slow!

For the grapes' sake, if they were all,
Whose leaves already are burnt with frost,
Whose clustered fruit must else be lost—
For the grapes' sake along the wall.



Engage Befriending Drop-In

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



Thursday 8th October
in the Atrium Café

Thursday 12th November
in the Atrium Café

Thursday 10th 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



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.

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:



Wheelchair Hire from the British Red Cross

A practical, affordable option for residents in Reading



For anyone in **Reading** who needs a wheelchair for a short period - perhaps after an operation, during recovery, or to help a loved one stay mobile - the **British Red Cross** wheelchair hire service offers a simple, reliable and budget-friendly solution. It's designed for everyday people who just need a bit of extra support, without the stress of long waiting times or complicated paperwork.

What's available

- Adult and child wheelchairs (age 5+)
- Self-propelled or transit models
- Bariatric options
- Free accessories: cushions, leg rests, stump supports

Costs

- £22 per week
- £35 delivery/collection
- No deposit
- VAT exemption available by phone

How to book

- Check availability with your postcode
- Choose the wheelchair type and size
- Select delivery date
- Minimum hire: one week
- Extend anytime by phone

Contact 📞 0300 456 1914

🌐 **Search online for British Red Cross wheelchair hire**



What people say about the service:

"It was absolutely effortless to hire a wheelchair for my elderly mother over the Christmas period."

"It has really helped the mental health of my partner after being confined to home. It has helped no end being able to see grandchildren and be more active."



Recycle your support equipment now at Reading Recycling Centre



What equipment can I take?

- ✓ Walking sticks
- ✓ Crutches
- ✓ Walking frames or rollators
- ✓ Perching stools
- ✓ Shower stools
- ✓ Toilet frames or raised toilet seats
- ✓ Pressure cushions
- ✓ Small bathing aids
- ✓ Small daily living aids (for example grabbers or non-slip mats)

Please make sure items are clean or placed in a clean bag.

Where can I take it?

There is a special metal cage at the re3 Recycling Centre, Island Road, Reading, RG2 0RP.

Book a slot now!

<https://bookings.bookinglab.co.uk/re3/locations>

What if I can't get there?

If you can't get there or your equipment is too big, call Millbrook Healthcare on 0118 228 8701 to arrange a collection from your home.

Don't throw it or store it - recycle it to help someone else in Reading!

Falls Prevention

Practical steps to help you stay steady,
confident and independent



As we get older, many of us notice changes in balance, strength or confidence when moving around. A fall can feel frightening, but the good news is that most falls can be prevented with small, sensible changes to daily habits and home surroundings. **Reading Borough Council** offers clear guidance to help residents stay safe and active.

Why Falls Happen

A fall is when someone unintentionally ends up on the ground or a lower level—not because of a medical event like a stroke, and not simply tripping over an obvious hazard. Falls are not an inevitable part of ageing. Understanding your own risk is the first step to staying safe.

You may be more at risk if you:

- Are 65 or over, or 50–64 with long-term health conditions
- Have had a fall in the past year
- Experience dizziness, balance problems or reduced strength
- Take multiple medications that may cause sleepiness or light-headedness
- Have difficulty getting up from a fall or moving around confidently

Find Out Your Personal Risk

The council offers a helpful **Falls Checklist**—a quick way to understand what actions may help you stay safe. If you feel unsteady or have concerns, completing the checklist is a good place to start.

You can also:

- Contact the **Falls Team** for guidance
- Refer yourself (or someone else) for a falls assessment
- Use the online care assessment form for further support

Simple Ways to Reduce Your Risk

Small changes can make a big difference:

- **Stay active** – Gentle exercise helps maintain strength and balance. Even short daily walks or seated exercises can help.
- **Check your home environment** – Good lighting, removing clutter, and securing loose rugs all reduce hazards.
- **Review your medications** – Some prescriptions can affect balance; speak to your GP or pharmacist if you're unsure.
- **Look after your eyesight and hearing** – Regular check-ups help you stay aware of your surroundings.
- **Use mobility aids if needed** – A walking stick or frame can offer extra stability.

Reading Borough Council also provides advice on home adaptations and equipment to help you stay living safely at home.

Staying Independent in Reading

Falls prevention isn't about limiting your life—it's about keeping you confident, active and able to enjoy your home and community for years to come. With a few thoughtful steps and the support available locally, you can reduce your risk and stay steady on your feet.

FURTHER INFORMATION & CONTACTS

To contact the council's **Falls Team** or to get a **Falls Checklist** visit:
www.reading.gov.uk/adult-care/help-living-at-home/falls-prevention/

Email: falls.prevention@reading.gov.uk
Phone: 0118 937 3747

MAKE YOUR MARK
BIG DRAW FESTIVAL 2026

FREE ARTIST-LED DRAWING WORKSHOPS

WEDNESDAY 28 OCTOBER
BRUNEL ARCADE READING STATION
Follow Big Draw signs or ask staff.

10.30am–12.30pm • 1.30pm–3.30pm
FREE DROP-IN WORKSHOPS
Materials provided • All ages • No experience needed

'LET THE WILD IN'
Explore mark making with natural materials in a creative space in the Brunel Arcade.

GET CREATIVE
Try different drawing techniques and discover new ways to make marks using natural materials.

ARTIST GUIDANCE
Artists will be there to guide you. Both sessions are drop-in and open to all.

COME ALONG • DROP IN • HAVE A GO
All sessions are free.
For more information: sara@southeastcrp.org

October Wordsearch

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

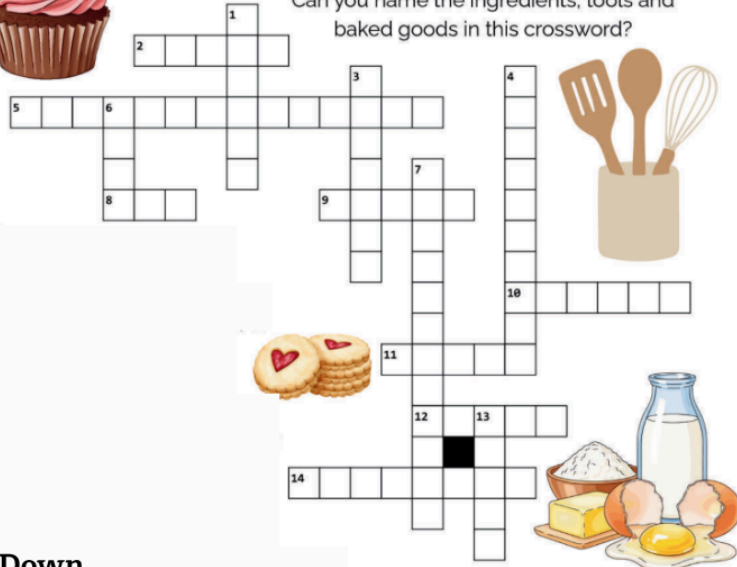
Apple
Blanket
Brambles
Cardigan
Casserole
Cinnamon
Cobbler
Crumble
Fireplace
Harvest

Hearth
Nutmeg
Orchard
Porridge
Pumpkin
Slippers
Squash
Stew
Toadstool
Woolly



Sweet Treats Crossword

Can you name the ingredients, tools and baked goods in this crossword?



Down

1. Natural pale yellow dairy product, made by churning cream or milk. (6)
3. A flat, crisp, and hard baked sweet snack made from flour and fat, usually enjoyed with tea. (7)
4. A wooden tool used to roll pastry. (7,3)
6. A sweet baked food made from flour, sugar, eggs, and butter. (4)
7. A dry raising agent containing sodium bicarbonate. (6, 6)
13. A sweet sugar mixture used to cover cakes. (5)

Across

2. A fine (usually white) powder made by grinding cereal grains, other seeds, or roots. (5)
5. Small, flat-bottomed, teardrop-shaped chunks of sweetened chocolate, used in baking. (9,5)
8. Natural ingredient that comes from hens, used for binding mixture. (3)
9. A sweet, crystalline substance derived from plants like sugarcane and sugar beet. (5)
10. A dough made from flour, fat and water. (6)
11. Tool of different sizes, with a shallow, curved bowl and a handle, used to measure and stir. (5)
12. A metal tool made of wire loops on a handle used to beat food like eggs or cream. (5)
14. Sweet baked fruit dish with a core filling of sliced or cooked apples enclosed in or topped with pastry dough. (5,3)

SEPTEMBER ANSWERS

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

$$5 \times 5 = 25$$

$$11 - 9 = 2$$

$$16$$

$$50 + 5 = 55$$

$$17 = 17$$

$$67$$

$$63 - 39 = 24$$

$$11 - 2 = 9$$

$$65 - 11 = 54$$

$$2 + 6 + 12 = 20$$

$$50 + 11 + 14 = 75$$

$$77 / 11 = 7$$