



November 2026

www.engage-uk.org

You are invited to our
**CHRISTMAS
TEA PARTY**

Saturday 28th November 2026
From 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 the Engage team
engage@themustardtree.org
or call: 0118 995 2102
or write: 4 Sackville Street, Reading, RG1 1NT

Engage Befriending Drop-In

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



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:



Engage Befriending News

Older People's Day

Every year Reading board street Mall hosts older peoples day. Where everyone who works to support older people have stalls and share the work they are doing.

This year the Engage Befriending team were there. Here are photos of Rebekah, Shiela and Jackie manning the stall.



Dementia Information at the Drop-in



At our recent September Drop in we had a guest Speaker. Hayley, the new dementia friendly coordinator at Age Uk Berkshire , came to share about dementia and the support available in Reading.

If you needed to find out more info the number is 0118 9594242



Congratulations to Bobby

Bobby came 56th out of 2,335 walkers in the Shine Moon Walk for Cancer Research in September.

Greyfriars have launched a new social drop in group for the over 60s. Open to everyone. Held the first Wednesday afternoon of the month.



Wednesday Welcome.

A space for the Over 60s to be together, be social, bring their friends and grow together as a community.

First Wednesday of the Month
1-3pm | Southlake Lounge

Contact wedwelcomegf@gmail.com
for more information.



November by Thomas Hood

*No sun, no moon!
No morn, no noon
No dawn, no dusk, no proper time of day.*

*No warmth, no cheerfulness, no healthful ease,
No comfortable feel in any member
No shade, no shine, no butterflies, no bees,
No fruits, no flowers, no leaves, no birds!
November!*

Advice from Age UK on preparing for winter

Age UK have published a leaflet on how to prepare for the winter. Some of that information is reproduced here. To get the full leaflet, or other advice, visit their website **ageuk.org.uk**, or call their advice line on **800 678 1602** to order free of charge.

Prepare for bad weather

- Keep some extra food in the cupboard or freezer in case you can't get out to the shops. You could do your food shopping online and get it delivered to your door.
- Water pipes can freeze and burst when it's cold, so it's important to know where your mains stopcock is – and to check that it's easy to turn in case you need to turn the water off. If it's jammed, you might need to replace it.
- Keep a mixture of salt and sand handy to put on steps or paths when it's icy – this can help you avoid slips and falls. Visit your local DIY shop or ask your local council to see if they can provide you with free bags.
- If you're worried about walking your dog in icy weather, contact the Cinnamon Trust. They might be able to match you with a dog-walking volunteer in your area.

Think about your health

- Make sure you have your yearly flu jab. It's free if you're aged 65 or over, you're a carer or you have certain long-term health conditions – just ask your doctor or your pharmacy. It's worth asking whether you're eligible for any other winter vaccines too.
- Order repeat prescriptions in plenty of time, particularly if the weather might stop you getting out to pick them up. Ask your pharmacy if it offers a prescription delivery. There may be a charge for this.
- Keep simple cold, flu and sore throat remedies at home.
- Take simple hygiene measures, such as regularly washing your hands and keeping your distance from anyone with symptoms of illness.

Write down handy phone Numbers

It's worth jotting down a few important numbers that might come in handy over winter. That way, you're prepared and you can get support quickly if you need it.

Gas supplier:

Electricity supplier:

Water supplier:

Plumber:

Pharmacy:

Doctor:

Other:

Stay safe

- Check your smoke alarms are working. Your local fire service might be able to come round and do a free home fire safety check for you – and you might even be eligible to get free smoke alarms fitted. They'll also offer useful information leaflets. You can find the contact details of your local fire service at **www.fireservice.co.uk**.
- Install a carbon monoxide alarm in each room with a gas or solid fuel-burning appliance.
- Consider fitting outdoor lighting, and perhaps a grab rail if you have steps at your front or back door.
- Keep a torch handy in case there's a power cut. You could also keep things like a radio, mobile phone or laptop charged, just in case.
- Could you ask someone to pop over to check in if there's a long period of particularly cold weather?

Wordsearch - All 8 Letters Long

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



Eight



Birthday

Blobfish

Calendar

Ceremony

Computer

Elephant

Governor

Hospital

Humanity

Keyboard

Medicine

Mountain

National

Pipeline

Princess

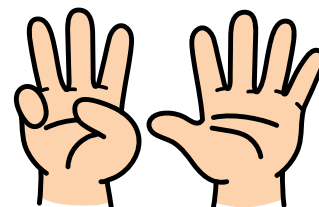
Saucepan

Sunshine

Symphony

Tomorrow

Workshop



Tricky Logic Puzzles

1. In a stable there are men and horses. In all, there are 72 feet and 22 heads. How many horses and how many men are in the stable?

2. Dr Watson has a new card puzzle for Sherlock Holmes. He picks four cards out of the pack of 52 cards and lays them face down on the table. He offers the following five clues to Sherlock:

- 1) The card to its left cannot be a greater value than any card to its right.
- 2) The difference in value between the 1st and 3rd cards is equal to eight.
- 3) No Aces are among the four cards.
- 4) No face cards (i.e., Kings, Queens and Jacks) are included
- 5) The difference between the 2nd and 4th cards is equal to seven.

Sherlock smiles and tells Dr Watson all four cards correctly. From the same clues, determine the values of the four cards and in order?



Riddles

June has it once, November has it twice, but May has it never. What is it?

I can coat a field in silver without using a brush. I can bite your fingers without using teeth. I arrive with the crisp autumn mornings but vanish when the sun climbs high. What am I?

OCTOBER ANSWERS

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 O 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