

During the hot, dry summer we have been watching Enrych Berkshire grow and establish itself further in West Berkshire. We are very pleased to be able to support such wonderful members throughout Reading and West Berkshire and are extremely grateful to our team of volunteers.



BBC Radio Berkshire Make a Difference Awards

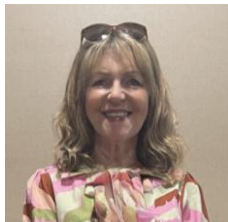
John Sykes Foundation kindly nominated Enrych Berkshire. To be recognised and make the final was truly humbling. As you can see from the photograph, we are the proud owners of the Highly Commended Award due to making the final four. Thank you to John Sykes Foundation and to BBC Radio Berkshire for a wonderful afternoon at the awards ceremony. I must also mention Danni and Sarah (member and volunteer) who were in a video for the ceremony and Sandy for doing a wonderful job being interviewed on the BBC Berkshire Breakfast show.

Walk to Enrych 2025 was a social event for Enrych volunteers and supporters. We were blessed with a dry day to enjoy a beautiful walk along the Thames Path from Caversham to Shiplake.

Thank you to all who took part in the walk and for the kind donations. The Baskerville Arms at Shiplake were extremely welcoming and gave outstanding service to all our walkers. A very tasty post walk lunch was enjoyed.



Please welcome June Graves



A new Trustee joining our friendly board. Her profile is on the website, please take a look and get to know the people who put in a lot of hard work behind the scenes.

Please **save the date** – Thursday 4th December 2025 for the **Enrych Festive Lunch**. Chance for members, volunteers, supporters and friends/family of Enrych to come together for great food and fun at the Novotel in Reading.

Enrych Berkshire match like minded volunteers on a one to one basis with their members. All members have some form of physical disability and having a volunteer brings an extra spark to their life. They can enjoy an interest or leisure activity of their choice, something they can share with the volunteer.

A selection of Members and Volunteers who have been paired

Alan visits **Steve** to talk everything music and enjoy exploring playlists and making music via voice activated software.

Helen takes **Margaret** out to walk her dog, something that Margaret cannot do on her own.

Helen is sharing her love of her allotment and is welcoming the help of her volunteer **Colin**, as she is no longer able to cope with the allotment on her own.

Sophie is walking with **Rita** every week. Having company distracts Rita from the pain she is suffering and ensures she has a regular walk to help with her mobility. It also helps having somebody with her if she needs to pause when walking due to her pain.

Enrych has a wonderful team of volunteers who are very empathetic and love to enjoy time with their matched member.

Should you know anybody who may gain from the support of a volunteer or would like to find out more information regarding volunteering, please do contact marie.garland@enrych.org.uk

Flexible volunteering opportunities in Reading and West Berkshire
Please get in touch to find out more information

What is it like to Volunteer? As explained by Anna



Anna has been a volunteer with Enrych for 5 years now and she absolutely loves it. She walks her dogs with her member each week, they read the paper together and enjoy a gossip. It doesn't take too much time and the rewards are immense; she highly recommends it.

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