



August 2025

## *Forget Me Not Home Care*

# NEWSLETTER



### **Welcome to August!**

August is one of the warmest months in the UK, alongside July, with average temperatures ranging from 18°C to 22°, with about 6 hours of sunshine daily and 12 days of rain, totalling around 56mm of rainfall.

Bank Holiday: The August Bank Holiday, also known as the Summer Bank Holiday, occurs on the last Monday of August (August 25, 2025) in England, Wales, and Northern Ireland, but on the first Monday (August 4, 2025) in Scotland.

## *Welcome*

*There is no place like home...* with our CQC 'Outstanding' home care you can continue living safely in the comfort of your own home.



If there is something you would like to read about or would like further information on, please do not hesitate to speak to our care workers or call the office and ask for Sara, Michelle or Lee

We hope you enjoy reading!

## *The Forget Me Not Team*



Events and Festivals: August hosts major cultural events, particularly in London. The Notting Hill Carnival is a highlight

**Travel and Activities:** August is a peak travel month due to school summer holidays and favourable weather, leading to crowded coastal areas, national parks, and attractions like London's Tower Bridge and the Lake District.

**Cultural Observances:** August features awareness days like Yorkshire Day (August 1), World Photography Day (August 19), and International Dog Day (August 26) alongside historic site events organized by English Heritage, such as Roman and medieval re-enactments.

August 2025 in the UK offers a mix of warm weather, significant cultural festivals, and a key public holiday, making it an ideal time for travel, outdoor pursuits, and community celebrations, though planning ahead is advised due to high tourist volumes.

Our newsletter will be available to view on our website and social media site.

Contact us on:

01529 417791

[forgetmenothomecare@hotmail.com](mailto:forgetmenothomecare@hotmail.com)

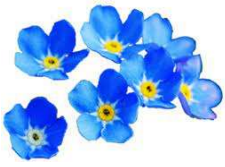
[www.forgetmenothomecare.co.uk](http://www.forgetmenothomecare.co.uk)

### Useful Contacts:

**Fenland Dental Laboratory Ltd**  
01775 724 974

[info@fenlanddentallab.co.uk](mailto:info@fenlanddentallab.co.uk)  
111 Wardentree Lane, Pinchbeck,  
Spalding, Lincs, PE11 3UF

**CallConnect Bus Service:**  
0345 234 3344  
[Lincsbus.info](http://Lincsbus.info)



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# PICTURE QUIZ

## GUESS THE CAR BRANDS

### ANSWERS

1. VOLKSWAGEN
2. TOYOTA
3. CHEVROLET
4. AUDI
5. CARDILLAC
6. PORSCHE
7. BMW
8. PEUGEOT
9. RENAULT
10. LEXUS
11. NISSAN
12. HONDA
13. MERCEDES
14. FERRARI
15. SUBARU
16. MITSUBISHI
17. JAGUAR
18. SUZUKI



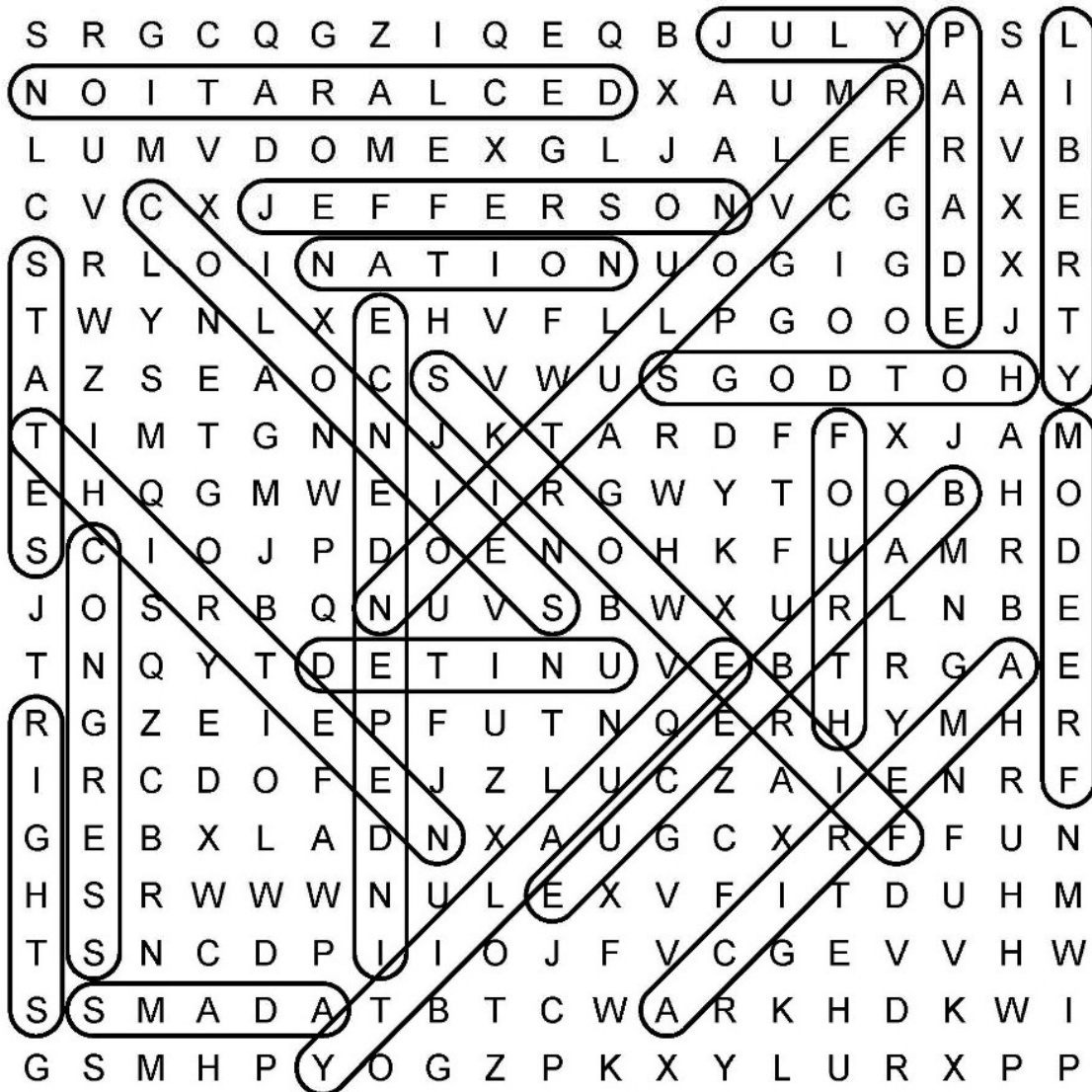
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# 4<sup>TH</sup> OF JULY

## Word Search

### SOLUTION



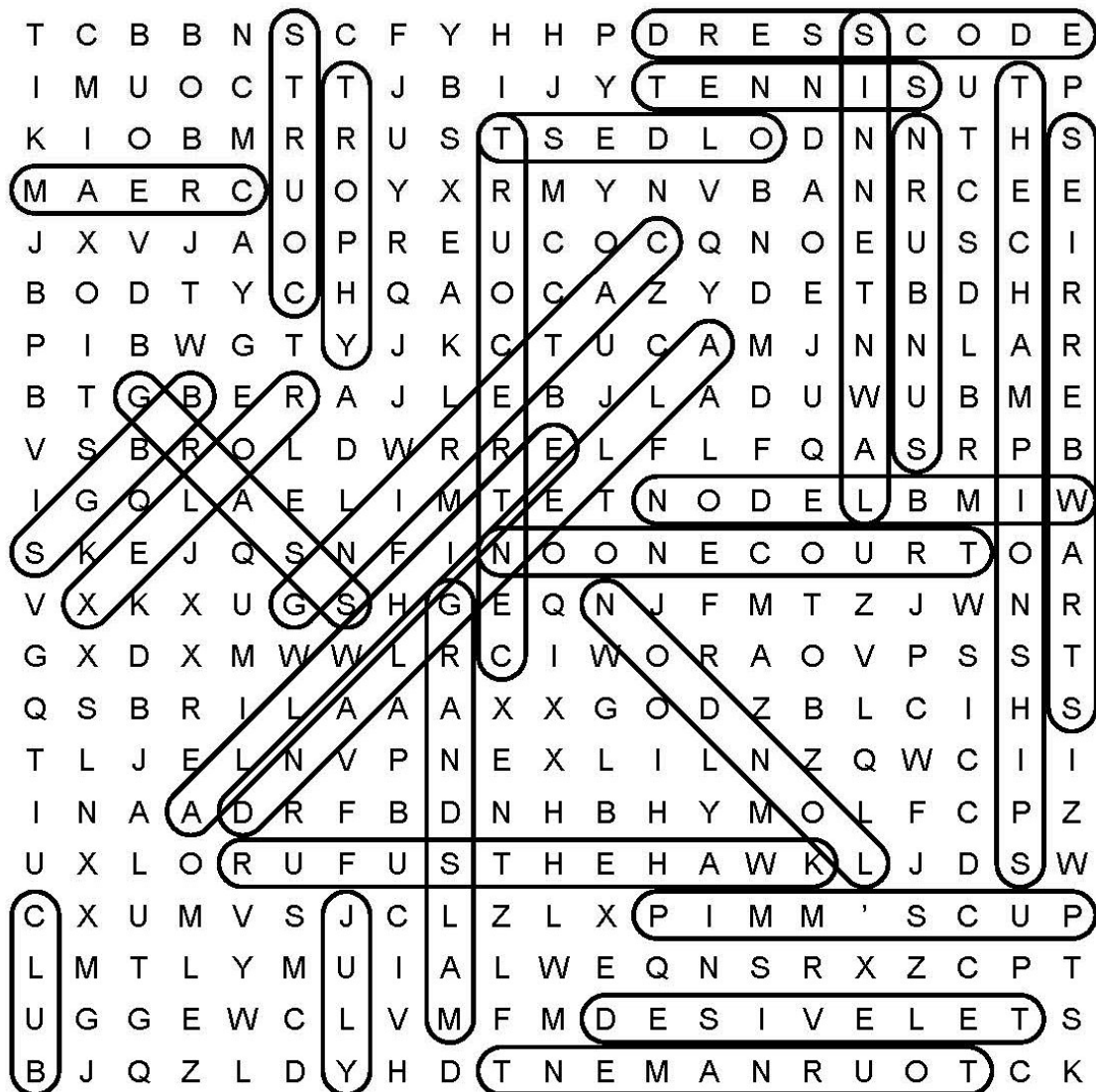


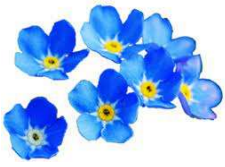


# WIMBLEDON

## Word Search

### SOLUTION





## **Awareness Months and Days in August 2025**

### **National Road Victim Month (August 1-31)**

This month honours those affected by road traffic collisions, raising awareness about road safety and supporting victims and their families. It promotes campaigns for safer driving and better support for those impacted by road accidents.

### **Cycle to Work Day (August 7)**

Cycle to Work Day encourages people to commute by bicycle, promoting health, fitness, and eco-friendly travel. It highlights the benefits of cycling for physical well-being and reducing carbon emissions. *(I don't think I will make the team use their bikes or if I do .... Expect them to be very late)*

### **Psoriasis Awareness Month (August 1-31)**

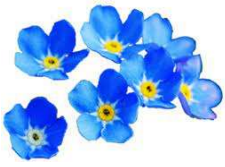
This month focuses on raising awareness about psoriasis, a chronic skin condition, to educate the public about its symptoms, treatments, and impact on quality of life. It also supports those living with the condition.

### **International Youth Day (August 12)**

Observed globally, this day celebrates the contributions of young people and addresses challenges they face, such as education, employment, and mental health. It promotes youth empowerment and inclusion.

### **World Humanitarian Day (August 19)**

This day honours humanitarian workers and raises awareness of global humanitarian crises. It encourages action to support vulnerable populations and promote peace and aid efforts.



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### **Summer Bank Holiday (August 25)**

A UK public holiday, perfect for family outings, barbecues, or a relaxing day off. Many use this long weekend to enjoy the last of summer, with events like Notting Hill Carnival coinciding.

### **National Dog Day (August 26)**

Celebrate our furry friends with this day dedicated to raising awareness about dog adoption and care. Share your pet stories with the Forget Me Not team – we love hearing about your pups! *(in fact, we love hearing about all your pets)*

One of our clients wanted to share their pets too so meet Ruby (Dog) and Mr Antolini (Donny the horse) a few years ago, who won the imperial cup at Sandown 2018

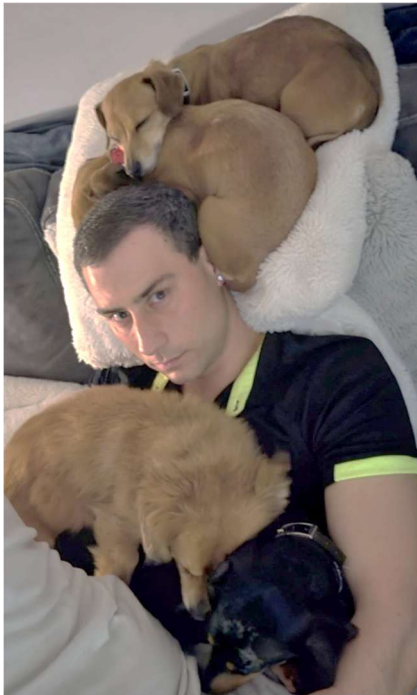






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*(Yes there are 4 piled on me here, from top to bottom Phoebe, Lexie, Leo and Pria)*



*And not wanting to miss the cats out this is Apollo (right) and Jaina (Left)*

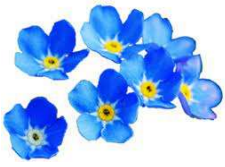


*I will not bore you all with the many other pets I have .... Well, I shall not do that this month anyway.*



*Sara wanted to share her fur babies too.*

*(Top 'Barney Rubble'  
Left – 'Bridget'  
Right – 'Bambam' )*



## Glorious Twelfth

The Glorious Twelfth is August 12th, the official start of the red grouse shooting season in the United Kingdom. It marks the opening of the game bird shooting season, particularly in upland areas like the moors of Scotland and northern England.

The date is significant for its cultural and economic ties to rural traditions, with estates hosting shooting parties that attract wealthy participants, often boosting local economies. The term comes from the 1890s and is tied to the Grouse (Scotland) Act, which set the season's start to balance sport and conservation.

Weather, bird populations, and regulations can affect the day's success, and in recent years, environmental concerns like habitat management and wildfire risks have sparked debate about its sustainability.







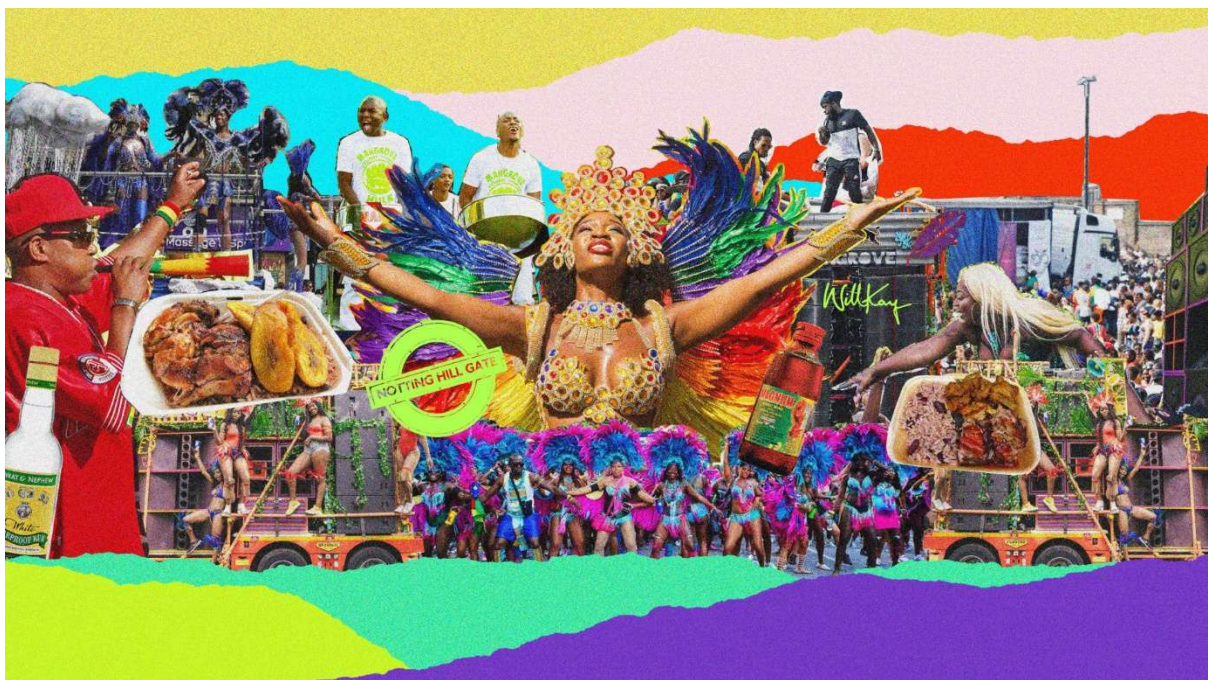
## What does August hold for us with Major Events?

### Edinburgh Festival Fringe (August 1-25)

The world's largest arts festival returns to Edinburgh, showcasing thousands of performances, including comedy, theatre, music, and dance. Expect vibrant street performances, unique shows, and a lively atmosphere. Tickets are available online or at venues across the city. *(If you cannot get there and are a fan of comedy there will be lots streamed on the internet, so ask one of the team to help you look for some.)*

### Notting Hill Carnival (August 23-25)

Held over the August Bank Holiday weekend, this iconic London event celebrates Caribbean culture with colourful parades, live music, and street food. Join millions in West London for this vibrant, free festival. Arrive early for the best spots!



### Cowes Week (August 2-8)

One of the world's oldest sailing regattas, held in Cowes, Isle of Wight. This week-long event features competitive sailing, social



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events, and fireworks. Spectators can watch from the shore or join boat trips for a closer view.

### **Reading and Leeds Festivals (August 22-24)**

These twin music festivals bring top artists across rock, indie, pop, and electronic genres to Reading and Leeds. Expect headline acts, emerging bands, and a lively atmosphere. Tickets sell out fast, so book early!

### **What is going on in our area ....**

#### **August 16th: Lincoln Pride (Lincoln City Centre)**

A vibrant celebration of the LGBTQ+ community with live music, stalls, and a colourful parade. Free to attend, this family-friendly event promotes inclusivity and joy.



#### **August 9: 80s Silent Disco at Nottingham Castle**

A Silent Disco like no other is coming to the Nottingham Castle (Outdoor Event Space) for the first time 🏰 Saturday 9th August for a spectacular 80s Silent Disco 🎧 Expect 3 epic DJs playing all your favourite 80s tunes in stunning, illuminated surroundings 🌈







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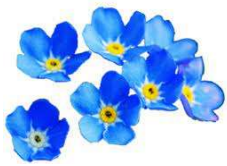
## Training

This month we all took completed food hygiene training.



We all set aside time to meet at The Old Hall and completed and then passed with flying colours!





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Julie and Sara spent some time this month being trained by Lee on a 'train the trainer course' in moving and handling. Meaning they are now able to conduct their own training sessions fully qualified too! We also took a couple of the lead team from The Old Hall and trained them in this

important skill too! We find that working together is always better than doing it on our own.



Last but by no means last, Lucy and Sue had a session on catheter care and observations. Well done ladies.







## Baby update

Ivy Jean, born on June 17, is thriving at 8lb 9oz. She's already stealing hearts at Forget Me Not. Look out for her in her tiny riding hat – future equestrian champion in the making!

During July Chantelle and Baby Ivy Jean came to visit Lee at our office. Ivy was very well behaved and much quieter than most of the staff, until it was time to take a photo .....



Baby Rochford is still growing well and we have now had all our nursery furniture delivered (*just have to actually get it all together now*)





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## New starters

Most of you will have met Kali and Sheron as our newest starters but we also have another new starter, Sarah, who will be joining us at the end of August.

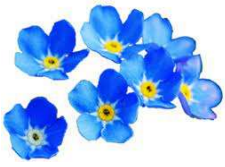


Kali

Sheron

We know you will recognise these faces, but a formal introduction is always good.

Welcome to the team both.



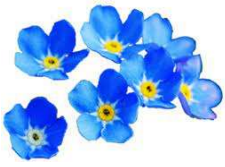
## Sara's Superstition

### 1<sup>st</sup> August

In the UK, an August superstition involves the “Lammas Day” tradition. It’s said that baking bread on this day, historically linked to the harvest, brings good fortune for the coming year.

The name comes from the Anglo-Saxon “loaf-mass,” celebrating the first wheat harvest. **Share your homemade bread recipes with us!**





## Lets get cooking!

### Summer Vegetable Traybake

- 200g courgettes, sliced
- 1 red pepper, chopped
- 1 red onion, cut into wedges
- 200g cherry tomatoes
- 2 tbsp olive oil
- 2 garlic cloves, crushed
- 1 tsp dried oregano
- 4 skinless chicken breasts
- 100ml vegetable stock
- Fresh basil, to serve



### Method

- Preheat oven to 200°C/180°C fan/gas 6. Toss courgettes, pepper, onion, and tomatoes with olive oil, garlic, oregano, and seasoning in a roasting tin. Roast for 20 mins.
- Add chicken breasts and stock to the tin. Roast for 20-25 mins until chicken is cooked through. Scatter with basil and serve with crusty bread.



## Lemon & Blueberry Cake

- 200g unsalted butter, softened
- 200g golden caster sugar
- 3 eggs
- 150g self-raising flour
- 50g ground almonds
- Zest and juice of 1 lemon
- 150g blueberries
- 100g icing sugar (for glaze)



## Method

- Preheat oven to 180°C/160°C fan/gas 4. Grease and line a 20cm round tin. Beat butter and sugar until fluffy, then add eggs one at a time.
- Fold in flour, almonds, lemon zest, and 2 tbsp lemon juice. Gently stir in half the blueberries. Spoon into tin and bake for 25-30 mins.
- Cool, then mix icing sugar with 1-2 tbsp lemon juice for a glaze. Drizzle over cake and top with remaining blueberries.



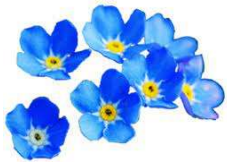
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## **Important Information**

### **Scam Awareness**

**If you suspect fraud or a scam, call 159 to connect directly with your bank. It's a secure, easy-to-remember number to report suspicious activity. Stay vigilant!**





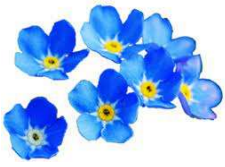
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ADVENTURE  
AMUSEMENT PARK  
AUGUST  
BACK TO SCHOOL  
BACKYARD  
BICYCLE  
CAMPFIRE  
CAMPING  
CORN ON THE COB  
FARMERS MARKET  
FIREFLY  
FLOWERS  
FRUIT  
FUN  
GRILLING  
HOT  
HUMID  
LAKE  
PLAYGROUND  
POPSICLE  
RELAXATION  
ROAD TRIP  
SAILBOAT  
STATE FAIR  
SUMMER  
SUNFLOWER  
SUNNY



WORD SEARCH DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

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

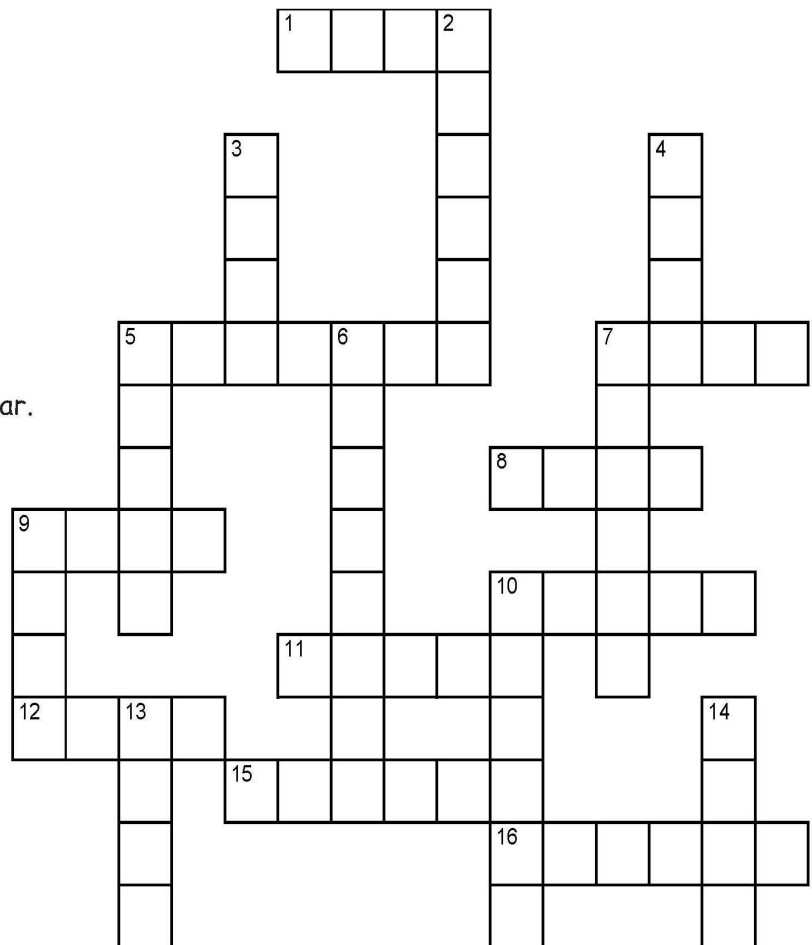


Across

1. Grains on the beach.
5. Living in a tent.
7. It warms you up.
8. Two wheeled transportation.
9. Comes with a shovel.
10. Full of daylight.
11. A sandy shore.
12. Area of inland water.
15. Warmest 3 months of the year.
16. Top for warm weather.

Down

2. Plunging into the water.
3. Move through the water.
4. Summer hazard.
5. House in the woods.
6. Frozen treat.
7. Trail walking.
9. A place to swim
10. Pants for hot weather.
13. Toy for a windy day.
14. Mildly hot.



**Word Bank**


BEACH, BIKE, CABIN, CAMPING, DIVING, FIRE, HEAT, HIKING, ICE CREAM, KITE,  
LAKE, PAIL, POOL, SAND, SHORTS, SUMMER, SUNNY, SWIM, T-SHIRT, WARM



# Sudoku

	8	9			5	1	4	
3			8	1	7			6
7	1		6		4	3	8	
	4	3	9					
9	7						1	4
					8	7	3	
	9	6	4		2		7	1
4			1	5	9			2
	2	1	7			4	9	





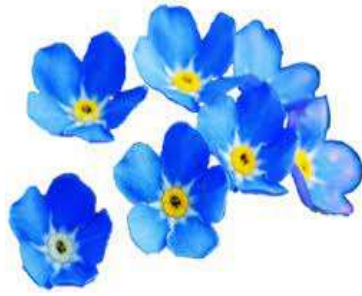
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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31



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# The Forget Me Not Home Care Team

\_\_\_\_\_ **We work around you, for you and with you** \_\_\_\_\_

Writer & Editor: Sara Paton and Lee Rochford

Proofreader: Christina Anderson