



August 2026

Forget Me Not Home Care NEWSLETTER



Welcome to our August newsletter!

Did you know August is named after Augustus Caesar, the first Roman Emperor? Originally called *Sextilis* as it was the sixth month in the old Roman calendar, it was later renamed in his honour over 2,000 years ago. It's funny to think that something we say every day has such a long history behind it!

For many of us, August is a month to enjoy the last full stretch of summer. Whether it's sitting out in the garden with a cuppa, making the most of the lighter evenings, spending time with loved ones, or simply enjoying a slower pace, it's a lovely time to appreciate the little things.

Your story matters.

Take part in a relaxed, anonymous interview and be featured in our newsletter. Just let one of the team know you're interested

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.

Inspected and rated

Outstanding 



If there is something you would like to read about or would like further information on, please do not hesitate to speak to our team.

We hope you enjoy reading!

The Forget Me Not Team



As always, we've filled this month's newsletter with plenty to keep you entertained. From local events and seasonal recipes to puzzles, interesting facts and things to look out for this month, we hope there's something for everyone to enjoy.

I'd also like to say a huge thank you to all our amazing staff. Your compassion, dedication and hard work make such a difference every single day, and we're incredibly grateful for everything you do.

To our clients and their families, thank you for continuing to place your trust in us. It is a privilege to support you, and we're proud to work for you, with you and around you.

We hope you enjoy this month's newsletter and wish you all a happy, healthy and relaxing August.

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

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Lincsbus.info



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Staff Updates

We're very happy to welcome **Karen Barrack** back after her surgery. It's lovely to have her back with the team and we're sure many of our clients will be pleased to see her too. Welcome back, Karen!

We're also pleased to have **Kali** back doing a few hours whenever he can fit us in. It's great to have his support again.

Earlier this month, Julie, Lee and I attended the LinCA Conference, where we spent the day learning about some of the biggest issues affecting the care sector. We attended talks on cyber security, proposed changes to adult social care funding, upcoming changes to CQC assessments, and the 2026 Care Awards. We also met a range of organisations supporting the care sector, from specialist solicitors to providers of accessible equipment. We came away with plenty of ideas and knowledge that will help us continue providing the highest standard of care.



As well as attending the LinCA Conference, **Lee and myself** recently took on the Tough Mudder 5K. Despite the mud, obstacles and a few aching muscles afterwards, we both made it across the finish line and are already planning to do it all again next year.

Health & Safety Training

Our July Health & Safety training was another great success. Thank you to everyone who attended and continues to invest in keeping their knowledge up to date.

Coming up next: Stroke Awareness Training

Monday 10th August

The Old Hall Care Home

Sessions at 9:00am, 2:00pm and 7:00pm

The training is open to staff, clients, family members and friends. If you'd like to attend, simply let **Lee** know so he can book you a place. We look forward to seeing you there!





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Awareness Dates



Month Long | Happiness Happens Month

A month dedicated to celebrating joy, positivity and the little moments that make life brighter. It's a wonderful reminder that even the smallest acts of kindness or a simple smile can have a lasting impact on someone's day.

Month Long | Immunisation Awareness Month

This month highlights the importance of vaccinations in protecting people from preventable illnesses. It encourages everyone, particularly older adults and those with underlying health conditions, to stay up to date with recommended vaccinations and make informed decisions about their health.

Month Long | Sickle Cell Awareness Month

An opportunity to raise awareness of sickle cell disorder, improve understanding of the condition and encourage better support for those living with it. It also shines a light on the importance of early diagnosis, effective treatment and tackling health inequalities.

Month Long | MedicAlert Awareness Month

This campaign raises awareness of the benefits of wearing medical identification jewellery. MedicAlert IDs can provide vital health information to emergency services, helping ensure people receive safe and appropriate treatment when every second counts.

Learn more about MedicAlert: www.medicalert.org.uk



1 August | World Lung Cancer Day

A day to raise awareness of lung cancer, encourage people to recognise the signs and symptoms, and highlight the importance of early diagnosis and treatment.



8 August | International Cat Day

Celebrating cats around the world and recognising the companionship, comfort and happiness they bring to millions of people, including many of our own clients and residents.

12 August | International Youth Day

A day recognising the achievements of young people and encouraging opportunities for them to make a positive difference in their communities and beyond.

13 August | Left-Handers Day

A fun awareness day celebrating left-handed people while highlighting some of the everyday challenges they can face in a world designed primarily for right-handed individuals.



19 August | World Humanitarian Day

This day honours humanitarian workers who provide support during crises and conflicts around the world. It also reminds us of the importance of compassion, kindness and helping those most in need.



26 August | International Dog Day

A celebration of dogs and the many ways they enrich our lives, whether as loyal companions, working dogs, assistance animals or simply much-loved family pets.

31 August | International Overdose Awareness Day

The world's largest campaign focused on preventing overdose, reducing the stigma surrounding addiction and remembering those whose lives have been lost. It also encourages greater awareness, education and support for those affected.



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Events Near You

1 August | Milling & Steaming Day

Heckington Windmill | Adult entry around £5 | Child entry around £3

See the historic windmill in action with traditional flour milling and steam-powered demonstrations. Afterwards, enjoy homemade cakes in the tearoom, browse the gift shop or visit the brewery next door.

1 - 23 August | Cecil's Summer of Discovery

Burghley House | Included with admission (Adults from around £10)

Although designed with families in mind, there's plenty for visitors of all ages to enjoy. Explore the beautiful gardens, take part in guided house tours, enjoy storytelling, trails and discover the history of one of Lincolnshire's finest country houses.

1 - 2 & 15 - 16 August | Sounds of the 40s in the Gardens

Burghley House | Included with gardens admission

Relax in the beautiful gardens while listening to live performances of much-loved songs from the 1940s. A wonderful afternoon for anyone who enjoys wartime classics and a nostalgic atmosphere.

Throughout August | Summer Exhibitions

The Hub, Sleaford | Free entry

Browse a selection of inspiring exhibitions, including *Common Ground: Sleaford's Shared Stories*, celebrating local history and community alongside contemporary artwork. The on-site café is also perfect for a coffee and cake.

6 August | Morning Stroll

National Trust - Belton Estate | Normal admission applies

Join one of Belton's volunteer walk leaders for a gentle guided stroll around the estate, learning about the wildlife, history and beautiful surroundings at a relaxed pace.





8 - 9 August | Jazz in the Gardens

Burghley House | Included with Gardens Admission (Adults from £11)

Spend a relaxing afternoon listening to the Stamford Stompers performing classic New Orleans jazz in Burghley's beautiful Sculpture Garden. Bring a picnic blanket or simply sit back and enjoy the music surrounded by stunning gardens

13 August | Belton Circular Walk

National Trust - Belton Estate | Normal admission applies

Enjoy a leisurely ranger-led walk through Belton's gardens and parkland, discovering the River Witham, woodland areas and local wildlife along the way.

19 August | Outdoor Theatre: Othello

National Trust - Belton Estate | Tickets from around £20

Watch Shakespeare's *Othello* performed outdoors by The Lord Chamberlain's Men. Bring a picnic chair or blanket and enjoy an unforgettable evening in the beautiful surroundings of Belton Estate.

23 August | Influential Women of Belton Guided Walk

National Trust - Belton Estate | Normal admission applies

Learn about the remarkable women who shaped Belton's history on this informative guided walk through the estate. Perfect for anyone with an interest in local history.

29 - 31 August | Summer Fine Food Market

Burghley House | Free entry

Browse stalls selling artisan food, local produce, handmade gifts and sweet treats while enjoying live entertainment in the beautiful grounds of Burghley House.





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Eliza Update

As I'm sure many of you expected, this month's update has to start with **swimming lessons**. We think it's safe to say Eliza was made for the water! She absolutely loves being in the pool and enjoys every minute of splashing around.



This month has also brought a couple of exciting milestones. Eliza now has **her two bottom teeth** and has been loving exploring lots of new foods and textures with her new little weapons!



She's becoming more mobile by the day too. Alongside plenty of shuffling and rolling, she's now rocking on her knees and pulling herself up on anything she can reach. It won't be long before she's keeping everyone on their toes.

Eliza has also been making regular visits to the office to make sure everything is running as it should. She enjoys supervising Julie and myself while we work and isn't afraid to let everyone know if she thinks something isn't quite right. We think she may have her sights set on management already!



As always, Eliza has been lucky enough to enjoy more adventures away in the caravan with her Dads and the dogs. She loves getting out and about, exploring new places and making lots of happy memories with her little family.



Creamy Chicken & Bacon Pasta

Serves: 2

Prep Time: 10 minutes

Cook Time: 20 minutes

Ingredients

- 2 chicken breasts, diced
- 4 rashers of bacon, chopped
- 200g pasta
- 150ml reduced-fat crème fraiche
- 1 tsp garlic granules
- 50g grated Cheddar
- Salt and pepper
- Handful of spinach (optional)

Method

1. Cook the pasta according to the packet instructions.
2. Fry the bacon until crispy, then add the chicken and cook until golden and cooked through.
3. Stir in the garlic granules and crème fraiche.
4. Add the cooked pasta and grated cheese, stirring until everything is coated.
5. Add the spinach, if using, and cook for another minute before serving.

Top Tip: Serve with garlic bread or a side salad.





Cheesy Tomato & Courgette Tray Bake (Vegetarian)

Serves: 2

Prep Time: 10 minutes

Cook Time: 30 minutes

Ingredients

- 1 courgette, sliced
- 2 large tomatoes, sliced
- 1 red onion, sliced
- 100g mozzarella, torn into pieces
- 30g grated Cheddar
- 1 tbsp olive oil
- 1 tsp mixed herbs
- Salt and pepper

Method

1. Heat the oven to 190°C.
2. Arrange the vegetables in a small baking dish.
3. Drizzle with olive oil and season with the herbs, salt and pepper.
4. Scatter over both cheeses.
5. Bake for 25-30 minutes until golden and bubbling.

Top Tip: Delicious served with crusty bread or new potatoes.





No-Bake Lemon Cheesecake Pots

Serves: 2

Prep Time: 15 minutes (plus chilling)

Ingredients

- 100g digestive biscuits
- 40g butter, melted
- 150g soft cream cheese
- 100ml double cream
- 2 tbsp icing sugar
- Zest of 1 lemon
- 1 tbsp lemon juice

Method

1. Crush the biscuits and mix with the melted butter.
2. Divide between two glasses or dessert bowls.
3. Whisk together the cream cheese, double cream, icing sugar, lemon zest and lemon juice until smooth.
4. Spoon over the biscuit base.
5. Chill for at least one hour before serving.

Top Tip: Decorate with fresh raspberries or blueberries for an extra splash of colour.





Sempringham Priory: The Lincolnshire Village That Changed Medieval England



When people think of great religious landmarks, places like Canterbury Cathedral or the Holy Island of Lindisfarne usually spring to mind. Yet hidden away in our own corner of Lincolnshire is a village that quietly shaped English history in a way very few people realise.

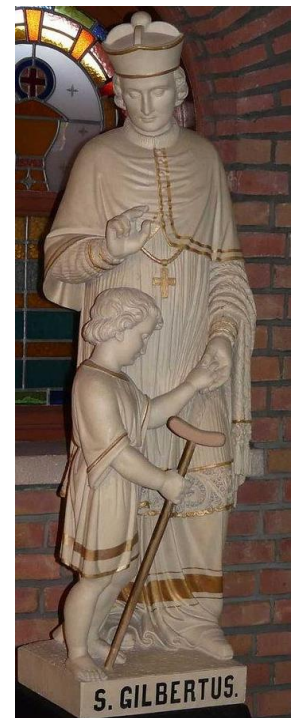
Just a short drive from Billingborough lies Sempringham. Today, it's a peaceful rural village, but nearly 900 years ago it was one of the most important religious centres in England. It was here that **England's only native monastic order** was founded, making this small South Kesteven village unlike anywhere else in the country.

A Priest with a Big Idea

The story begins in the early 1100s with **Gilbert of Sempringham**, a local priest known for his kindness and compassion.

At a time when women had very few opportunities to dedicate their lives to religion, Gilbert helped seven local young women who wished to live a life of prayer. He built them a simple home beside the village church, creating a small religious community that would become the foundation of something extraordinary.

As word spread, more people arrived wanting to join. Rather than following one of the well-known European religious orders, Gilbert created an entirely new one. It became known as the **Gilbertine Order** and, unlike every other religious order in medieval England, it was founded here, on English soil.





A Village at the Heart of Medieval England

What began as a modest religious house soon grew into a vast priory that dominated the village.

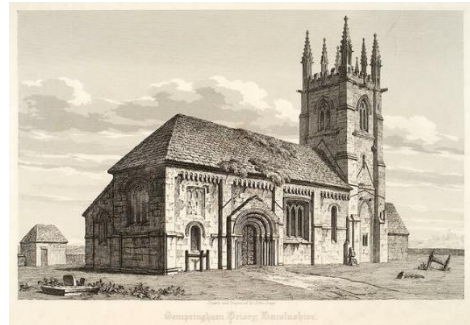
Over the centuries, Sempringham Priory expanded to include a magnificent church, cloisters, kitchens, workshops, orchards, fishponds, barns and farmland. Hundreds of people lived and worked there, while many more local families relied on the priory for employment and support.

The monks and nuns weren't isolated from village life. They cared for the poor, welcomed travellers, educated children and offered help to those in need. The priory became the beating heart of the local community.

It's difficult to imagine today, but the quiet fields surrounding Sempringham would once have echoed with church bells, horses, craftsmen at work and pilgrims arriving from across England.

Pilgrims Travelled for Miles

Following Gilbert's death in 1189, stories of his kindness spread far and wide. Many believed he had performed miracles during his lifetime, and people travelled great distances to visit his shrine.



For a small Lincolnshire village, this brought an incredible amount of activity. Visitors filled local inns, bought food from nearby traders and helped the local economy thrive. Sempringham became an important place of pilgrimage, attracting people from all walks of life.

Life Inside the Priory

Life within the priory followed a strict daily routine.

The day began before sunrise with prayers, followed by hours of work. Everyone had their part to play, whether farming the land, baking bread, caring for livestock, copying manuscripts or tending gardens.



The Gilbertines believed that work and worship belonged together. Life was simple, disciplined and centred on serving both God and the local community.

The End of an Era

For almost four centuries, the Gilbertines flourished.

Everything changed during the reign of **Henry VIII**. As part of the Dissolution of the Monasteries in the 1530s, religious houses across England were closed and their wealth taken by the Crown.

Sempringham Priory was surrendered in **1538**, bringing the Gilbertine Order to an end. The monks and nuns left, valuable treasures were removed and the buildings were gradually dismantled. Much of the stone was reused in nearby homes and churches, meaning one of England's greatest monasteries slowly disappeared from the landscape.

What Remains Today?



Although little of the original priory is still standing, the site remains a fascinating place to visit. Archaeological remains reveal just how large the complex once was, while the nearby parish church still connects visitors to the place where Gilbert's remarkable story first began.

Standing there today, it's hard to believe that this quiet village once welcomed pilgrims from across the country and became the birthplace of England's only home-grown religious order.

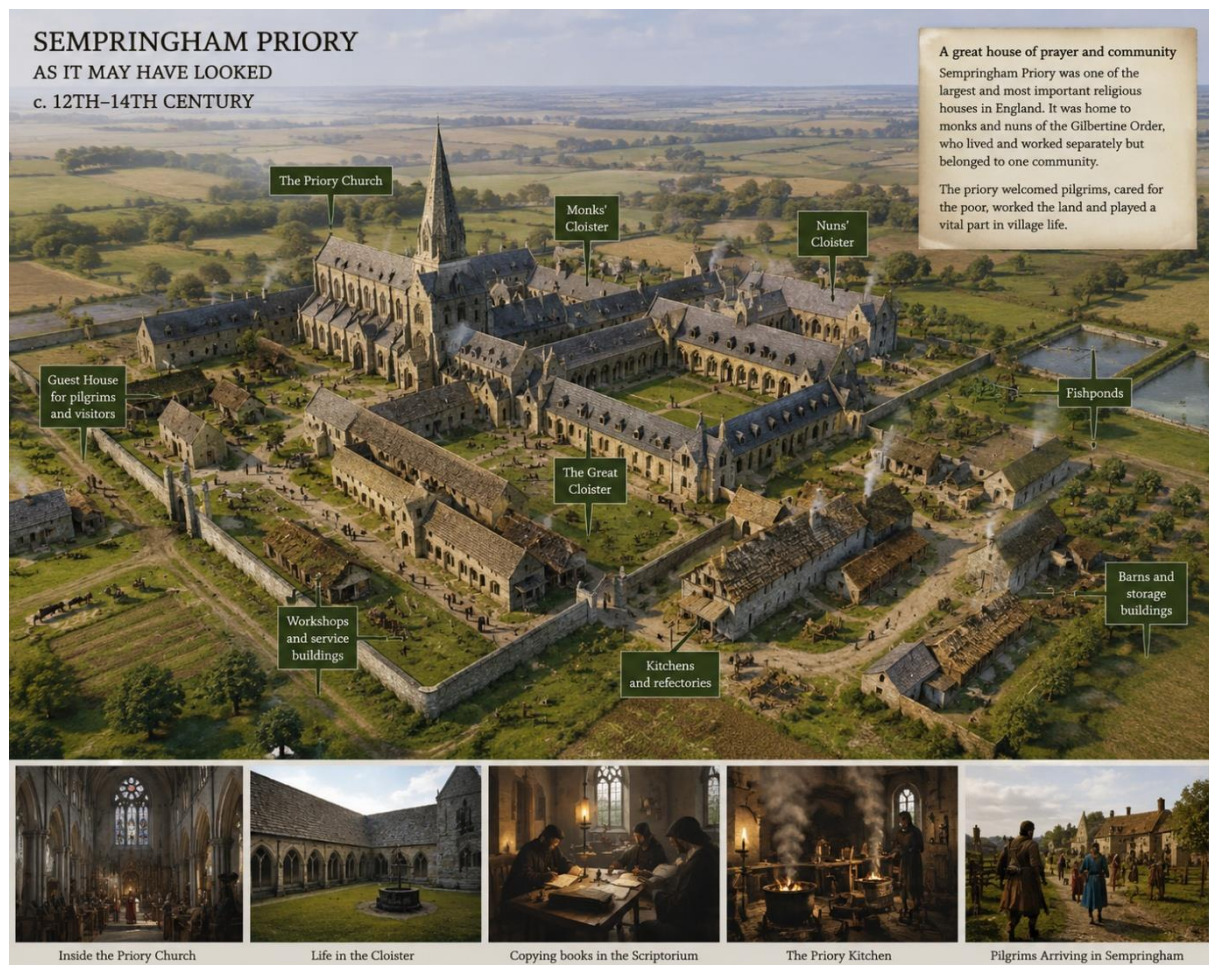
Much of **The Old Hall in Billingborough** is believed to have been built using stone salvaged from nearby **Sempringham Priory** after Henry VIII dissolved the monasteries in the 1530s. During later repair work, builders even discovered stones bearing medieval carvings and decorative mouldings, providing a fascinating reminder of the priory's former grandeur. So, when you walk around The Old Hall today, you're quite literally walking through a piece of medieval Lincolnshire history.



Did You Know?

- St Gilbert of Sempringham founded **England's only native religious order**.
- The Gilbertine Order eventually established **26 monasteries** across England.
- Gilbert is believed to have lived to **over 100 years old**, an extraordinary age for the 12th century.
- The Gilbertines were unique because monks and nuns lived as part of the same community, while remaining strictly separate.
- The order never spread beyond England, making it a truly English piece of history.

Sempringham may look like an ordinary Lincolnshire village today, but its story is anything but ordinary. It's a reminder that some of England's greatest achievements didn't happen in bustling cities or grand castles. Sometimes, they began in the quiet villages right on our doorstep.





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Grandma's Sayings

"Make hay while the sun shines."

Make the most of good weather or a good opportunity while you have it. A saying that dates back to harvest time when dry weather was essential.



"As August, so February."

An old weather proverb suggesting that the weather in August may give clues about what February will be like.

"August must be hot and dry if many of the farmer's barns are to be filled."

A reminder that warm, dry weather was vital for bringing in a successful harvest.



"When the oak bears many acorns, expect a hard winter."

A traditional countryside superstition suggesting that a bumper crop of acorns meant a cold winter was on the way.

"The first apple to fall belongs to the birds."

An old orchard tradition that encouraged people to leave the first fallen apple for wildlife as a sign of respect for nature and the harvest.



As we enjoy the last of the summer, it's also worth remembering the incredible hard work of our farmers. This year's growing season has brought its own challenges, with spells of very dry weather followed by heavy rain in some areas, making harvesting more difficult. Their dedication helps keep food on our tables, whatever the weather brings.



August 2026

August

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					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						



August 2026

Quiz

1. Which member of staff are we delighted to welcome back after surgery?
2. Where will our Stroke Awareness Training be taking place on 10th August?
3. What new hobby has Eliza completely fallen in love with?
4. How many teeth does Eliza have now?
5. What challenge did Lee and Chloe complete together this month?
6. Which local stately home is hosting both *Jazz in the Gardens* and *Sounds of the 40s* this August?
7. Which vegetable features in this month's vegetarian recipe?
8. Which international awareness day is celebrated on 26th August?
9. According to this month's traditional saying, what should you do while the sun shines?
10. What important role has Eliza taken on during her visits to the office?



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Codeword

	A	B	C	D	E	F	G	H	I	J	K	L	M
1	14		5		12					11		3	14
2	11	24	22	25	11	7		5	6	7	21	16	5
3	22		14		21		1		5		4		1
4	5	22	1	19	19	7	24		15	21	1	9	7
5	1		10		19		13		7		3		25
6	18	7	21	20		6	11	6	6	23			
7	7		20		9		5		22		17		5
8				17	1	22	22	23		8	20	11	22
9	14		21		10		1		26		21		7
10	25	7	5	7	22		10	25	11	1	5	7	25
11	1		26		14		7		3		22		24
12	17	20	7	21	25	23		17	21	22	7	21	11
13	1		24		23				24		2		3
	A	B	C	D	E	F	G	H	I	J	K	L	M

1	2	3	4	5	6	7	8	9	10	11	12	13
							G					

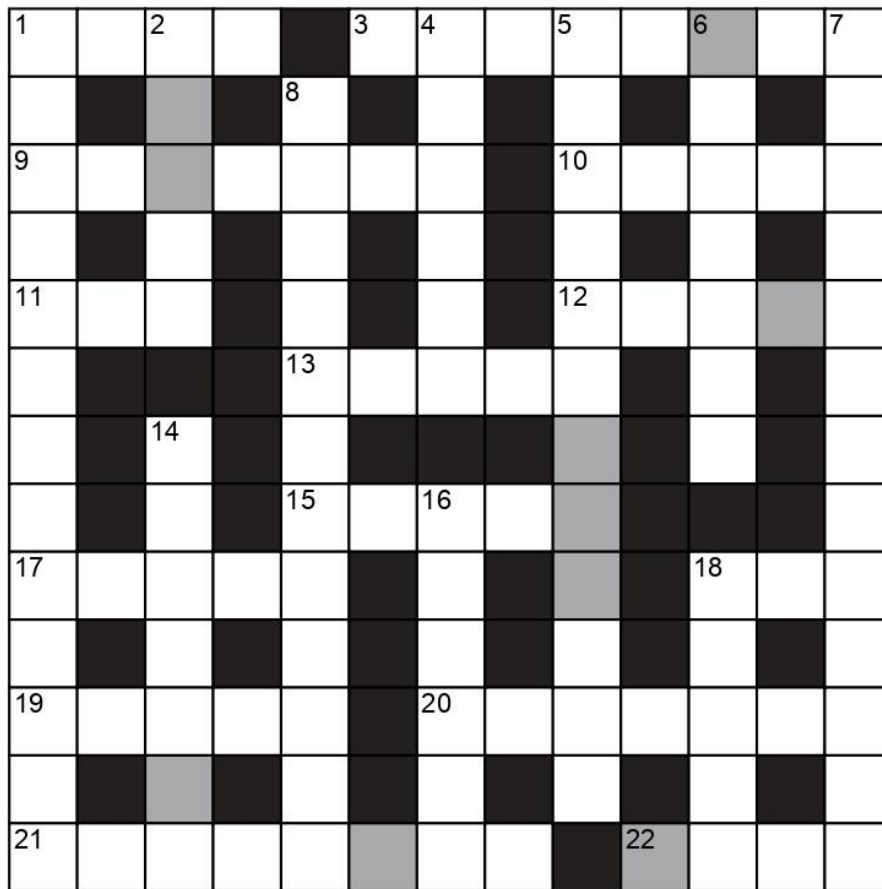
14	15	16	17	18	19	20	21	22	23	24	25	26
		K										H

Enter the letter in each circled cell in the order given below to reveal a themed answer:

3E	11I	12C	11M	13K	1K	5I	13I	4B



Crossword



Across

- 1 Salvage (4)
- 3 Intensified (8)
- 9 Disavowals; rebuttals (7)
- 10 Peers (5)
- 11 Quantity of money (3)
- 12 Supply with; furnish (5)
- 13 Spiked weapon (5)
- 15 Red-chested bird (5)
- 17 Prohibited by social custom (5)
- 18 Hearing organ (3)
- 19 Nationality of Oscar Wilde (5)
- 20 Eg from Rome (7)
- 21 Inconceivably large (8)
- 22 This place (4)

Down

- 1 Very funny (4-9)
- 2 Snake toxin (5)
- 4 Make certain of (6)
- 5 Advantageous; superior (12)
- 6 Bring up (7)
- 7 Act of vanishing (13)
- 8 Extremely harmful (12)
- 14 One of the archangels (7)
- 16 Minimal bathing suit (6)
- 18 Select group of people (5)

Unscramble the letters in the shaded squares to reveal a themed word:

--	--	--	--	--	--	--	--	--	--



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Sudoku

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



August 2026

Wordsearch



AUGUST

BELLA ABZUG

DISCRIMINATION

EDUCATION

EMPLOYMENT

EQUAL RIGHTS

FEMINISM

HISTORICAL

MOVEMENT

RIGHT TO VOTE

ROSA PARKS

SISTERHOOD

SOCIETY

SUFFRAGE

UNITED STATES



Quiz Answer

1. Heckington Show
2. 24th July
3. A personalised thermal drinks bottle
4. The Packhorse Bridge at Northbeck
5. Croatia
6. Courgette
7. Summer Berry Eton Mess
8. Lincolnshire
9. Teething
10. Visitors before the month is out

Codeword



Keyword: GROUNDSTROKE

Sudoku

20	7	16	2	13	3	8	7	1	9	4	5	13	6	23	9
	9		1		8		2		6		5		3		7
	4		5		6		3		23	7		9		1	8
11	3		7		4		9		22	5		2		17	6
	2		6		5		7		12	8		1		4	9
22	1		8		9		6		4		3		7		2
	8		4		2		12		1		3		26		13
21	5		9		10		1		4		2		7		8
	6		3		7		5		17		9		8		2

Crossword



Keyword: FOREHAND

Wordsearch





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The Forget Me Not Home Care Team

_____ We work around you, for you and with you _____

Writer & Editor: Chloe Newsome and Lee Rochford

Proofreader: Christina Anderson

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