



December 2025

Forget Me Not Home Care

NEWSLETTER



Baby Update – Page 3!

December is a month filled with a unique blend of coziness, celebration, and reflection. As the final chapter of the year, it offers a natural time to wind down, reconnect with loved ones, and prepare for the fresh start of January.

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



As the twinkling lights appear in windows and the air turns crisp and frosty, December wraps us all in that special feeling of warmth and togetherness. Whether you're looking forward to carols on the radio, a visit from loved ones, or simply enjoying a hot cup of tea by the fire, this is a month made for gentle joys and happy memories.

In this issue, we've kept everything simple and cheerful: easy recipes to try, a few familiar songs to hum along to, reminders about staying cosy and safe in the colder weather, and some lovely winter stories to share. There's no rush—just little things to make your days brighter.

Wherever you are, and however you celebrate, we send you our warmest wishes for a peaceful and happy December.

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

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Lincsbus.info



December 2025

Eliza Rose Rochford joined the world, in a super quick birth on 10th November at 16:50. Poppy, our surrogate, said she has never had such a quick birth (Eliza is her 4th). Poppy was on the way home within 2 hours heading for a KFC!

Eliza came home with us the following day on what seemed to be an extremely long car journey back.



She is an angel (if I don't speak too soon) and will be coming to visit you should you want a visit in the near future.





December 2025

Ivy is also doing well and is getting used to the country life with her Mum.

would you believe she is 6 months old this month!





DECEMBER 2025

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	1	2	3	4



Awareness dates

World AIDS Day: December 1st.



World AIDS Day 2025 is a global observance focused on "Overcoming disruption, transforming the AIDS response". It aims to raise awareness about HIV, highlight

challenges like funding cuts and stigma, showcase resilience in the face of these issues, and renew efforts to end new HIV cases by 2030. The day also serves to remember those lost to AIDS and support those currently living with HIV.

Anger Awareness Week: December 1st–7th.

Anger Awareness Week is an annual event, that promotes understanding of anger as a normal emotion and provides information on how to manage it constructively. Launched by the British Association of Anger Management, the week aims to address issues like road rage, relationship problems, and stress-related illnesses by highlighting causes, symptoms, and coping strategies. It encourages individuals, schools, and workplaces to find healthier ways to express anger instead of suppressing it.

National Grief Awareness Week: December 2nd–8th.

National Grief Awareness Week is an annual event held from December 2nd to December 8th to raise awareness of grief and to normalize conversations around loss. Led by organisations like The



Good Grief Trust, the week aims to highlight support services, reduce stigma, and provide resources for those who are grieving. Each year has a specific theme, such as "Shine a Light" in 2022 or "Growing with Grief" for 2025, and encourages the use of hashtags like #BeGriefAware.

Please join us and arrange for local landmark buildings to light up orange or simply light a candle at 6pm, on the 8th of December.



International Day for the Abolition of Slavery: December 2nd.

The International Day for the Abolition of Slavery is observed to raise awareness about modern forms of slavery and promote its eradication. It commemorates the adoption of the UN Convention for the Suppression of the Traffic in Persons and the Exploitation of the Prostitution of Others and focuses on combating contemporary issues like human trafficking, forced labour, and forced marriage. The day also serves to remember the history of the slave trade and the human rights abuses it represents.

International Day of Persons with Disabilities: December 3rd.

International Day of Persons with Disabilities is an annual observance, proclaimed by the UN in 1992, to promote the rights, dignity, and well-being of people with disabilities. The day aims to raise awareness of disability issues and mobilise support for their inclusion in all aspects of society, including political, social, economic, and cultural life. Each year has a specific theme that focuses on a particular aspect of this broader goal, such as inclusive development and leadership.



Encouraging governments, organisations, and communities to improve the lives of people with disabilities.



Highlighting the benefits of including persons with disabilities in every aspect of society.

Serving as a reminder to combat discrimination and work toward greater equality and accessibility.

International Volunteers Day: December 5th.

International Volunteer Day celebrates volunteers worldwide and promotes the importance of their contributions to development and peace. Mandated by the United Nations in 1985, the day serves to recognise volunteers, support volunteer organisations, and encourage people to participate in volunteerism to address local, national, and international challenges.



Human Rights Day: December 10th.

Human Rights Day commemorates the adoption of the Universal Declaration of Human Rights (UDHR) by the United Nations in 1948. The day is dedicated to promoting and celebrating the fundamental rights and freedoms that all humans are entitled to, regardless of their background. It serves as a day



to raise awareness, reflect on progress, and highlight ongoing challenges in upholding human rights globally.

International Human Solidarity Day: December 20th.

International Human Solidarity Day celebrates the importance of unity, cooperation, and shared responsibility in addressing global challenges like poverty, hunger, and climate change. Established by the United Nations in 2005, the day promotes the concept of solidarity as a fundamental value for human progress and reminds governments to respect international agreements. It encourages people to take action through supporting those in need, raising awareness, and participating in initiatives that lead to a more equitable world.

And needless to say we also have:

Christmas Day (25 December) is the heart of the holiday season in much of the world. Families wake early, children tear into presents under twinkling trees, and the air fills with the scent of roast turkey, spiced ham, or goose.

Churches hold services celebrating the birth of Jesus, while others simply gather for long lunches, board games, and too many mince pies. In the southern hemisphere it's barbecues on the beach under blazing summer sun; in the north it's snow (or at least the hope of it) and fairy lights glowing against the dark.





Boxing Day (26 December), mainly observed in the UK, Commonwealth countries, and parts of Europe, feels like Christmas's relaxed younger sibling. The name originally came from the Victorian custom of giving "Christmas boxes" (gifts or money) to tradespeople, servants, and the poor. Today it's a public holiday of leftovers, long walks, and sport: football matches pack stadiums, horse racing draws crowds, and in Britain the famous Boxing Day sales see queues forming before dawn. Many spend it curled up watching old films or visiting relatives they missed the day before.

New Year's Eve (31 December) closes the chapter with a bang. From Sydney's harbour fireworks to Times Square's glittering ball drop, from Hogmanay ceilidhs in Scotland to quiet family dinners in Spain eating twelve grapes at midnight, the world counts down together. Champagne corks pop, Auld Lang Syne rings out, and for one fleeting moment strangers kiss, friends embrace, and everyone dares to believe the next year might be kinder, brighter, better.

Three celebrations, twelve days apart, carrying us from gratitude and giving, through rest and reflection, to hope and fresh beginnings.



Local Events for December 2025

Sleaford will host the **WinterLight festival** in the Market Place on the **20th at 3-8pm**, featuring an incredible light installation, an ice rink, lively live music, curling, crafts and face painting and a lantern procession. To top this off – admission is FREE! Visit www.heartoflincs.com for more information.

Other events include the **Sleaford Little Theatre's *Mother Goose* panto** (3rd–13th), Some of the Forget Me Not Team are going to see this.

Sleaford Choral Christmas Concert on the 13th, and the **Great Hale Slightly Boozy Santa Run** on the 14th.

The Miller Magic Big Band is performing their annual Christmas concert on **21st**, at the **Masonic Centre on Watergate in Sleaford**, starting at 7:00 PM

Meet Mrs Clause – 6th at 2pm – Navigation House, Carre Street. Mrs Claus is busy helping Santa get ready for Christmas, and she would love to meet you and hear what you put on your list this year!

Sleaford in Music – 11th at 2:30-5:30pm – Leasingham Village Hall

A regular live music concert that plays music from the Beatles, Shadows, Andre Rieu, James Last, Glen Miller, Coldplay – a diverse selection with something for everyone. Free Parking and interval Refreshments are included in the £10 Entry Charge.

Soup & Bingo – 13th at 12-3pm – Hale Magna Village Hall, Great Hale

Come and join us for a light lunch, plus 4 books of 12 games of bingo – all for £6

Please phone Sue on 01529 462886 or select 'Going' to book your place



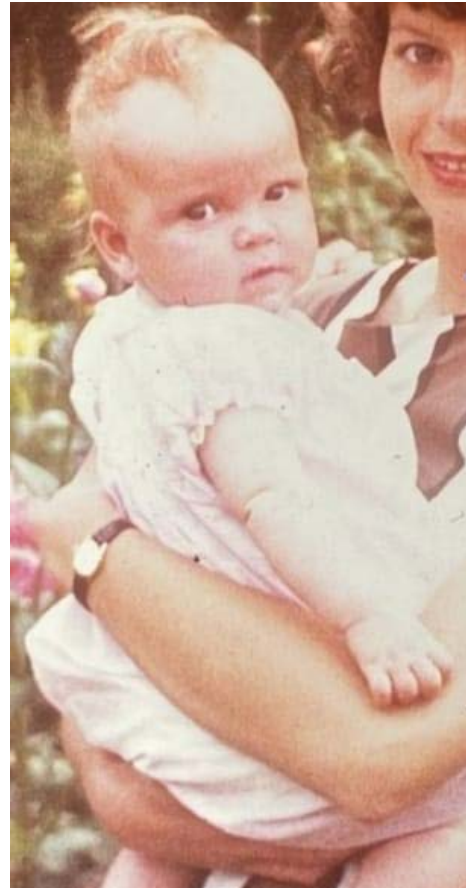
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Guess the Baby

To celebrate the birth of Eliza, we are going to ask you to have a play at 'Guess the Baby'

You will see several baby photos below of some of your Forget Me Not team – can you guess who is who?







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Answers in next January 2026 newsletter!

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Sara's Superstitions

Don't buy new shoes as a gift! Some believe it's bad luck to give someone new shoes for Christmas.

Hide brooms and brushes! 🧹 Norwegians hide their brooms and brushes on Christmas Eve to prevent witches from using them.

Take down decorations promptly! There is a superstition that leaving Christmas decorations up after Twelfth Night (January 6) can bring bad luck and let goblins move in!





December 2025

We have been out an about with some of our clients recently and have some festive snaps to share.





December 2025

November had us taking in some Sepsis and Infection Control Training, important any time of year but especially so in the winter.



And in December we will be completing part 2 of our End-of-Life training.



Forget Me Not pub quiz

Christmas Edition 🎄

1. What colour are mistletoe berries?
2. How many points does a snowflake traditionally have?
3. Where was St. Nicholas born?
4. What are the names of Santa's nine reindeer?
5. What country gifts the Christmas tree for Trafalgar Square in London?
6. In Home Alone, what city were the McCallisters going to when they left Kevin behind?
7. What is the name of the snowman in Frozen?
8. Which singer performed "Driving Home for Christmas"?
9. Which actress sang "Santa Baby"?
10. What is the best-selling Christmas song of all time?



December 2025 Codeword (1)

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

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

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

13I	2B	5C	2K	11K	3K	8C	1D



December 2025 Codeword (2)

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

14	15	16	17	18	19	20	21	22	23	24	25	26
									Q		F	

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

6E	5D	11J	3C	9E	2E	5K	8A	7E	10G	12K



ANGELS

CARD

CAROLS

ELVES

GARLAND

GIFTS

ICE SKATING

MARKET

MERRY

NATIVITY

REINDEER

STAR

TINSEL

TREE

YULE



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



Sara's November Quiz Answers from page 26

Q: How many days are in November?

A: 30

Q: What is the name of the day in the US that commemorates the end of World War I?

A: Veterans Day

Q: What is the name of the annual charity event where men grow their moustaches?

A: Movember

Q: Which actor, known for roles in Titanic and The Wolf of Wall Street, was born in November?

A: Leonardo DiCaprio

Q: What is the name of the UK event celebrated on November 5th?

A: Bonfire Night

Q: What is the alternative name for All Saints' Day, celebrated on November 1st?

A: All Hallows' Day

Q: In what year was the tomb of Tutankhamun discovered by Howard Carter?

A: 1922

Q: What famous canal opened in November 1869?

A: Suez Canal

Q: What is the name of the American holiday that always falls on the fourth Thursday of November?

A: Thanksgiving

Q: What constellation is the birth sign for those born between November 22nd and December 21st?

A: Sagittarius



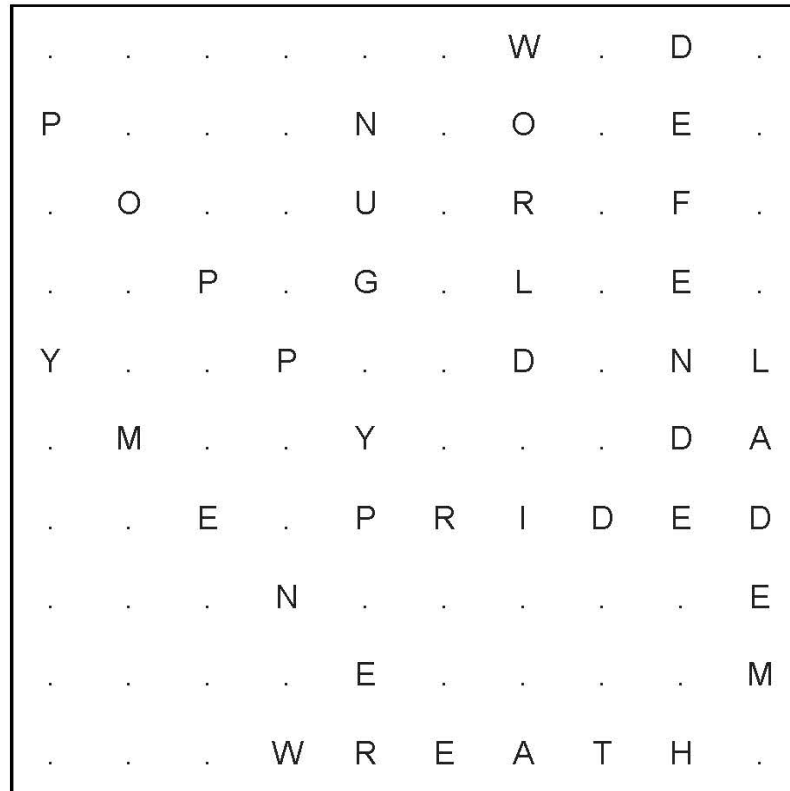
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Puzzle answers Codeword from page 27

	² S		⁷ V		²¹ R		¹⁵ T		¹⁰ C		¹¹ M		²⁵ W	
¹² A	²³ Q	¹⁶ U	²² I	²⁴ L	²² I	³ N	¹ E		¹² A	¹⁹ Z	¹² A	²⁴ L	¹ E	¹² A
	¹⁶ U		² S		¹⁰ C		²³ Q		¹¹ M		² S		²¹ R	
⁵ D	²² I	² S	¹⁰ C	²⁴ L	⁸ O	² S	¹⁶ U	²¹ R	¹ E		² S	⁹ K	¹ E	²⁵ W
	²¹ R		⁸ O		¹⁰ C		²² I		²¹ R		²² I		²⁵ W	
¹² A	¹¹ M	²⁰ B	¹⁶ U	² S	¹⁴ H		²⁴ L	¹ E	¹² A	⁴ P	⁶ F	²¹ R	⁸ O	¹⁸ G
			³ N		¹ E		¹² A						²⁴ L	
¹⁰ C	¹² A	³ N	¹⁵ T	¹² A	¹⁵ T	¹² A		¹⁷ J	¹⁶ U	² S	¹⁵ T	²² I	⁶ F	²⁶ Y
	³ N						¹⁴ H		¹¹ M		¹ E			
²⁴ L	¹² A	¹⁰ C	²¹ R	⁸ O	² S	² S	¹ E		²⁰ B	⁸ O	¹³ X	²² I	³ N	¹⁸ G
	¹⁰ C		¹² A		⁹ K		¹³ X		²¹ R		¹⁵ T		¹⁶ U	
⁷ V	⁸ O	²² I	⁵ D		¹ E	¹³ X	¹² A	¹⁰ C	¹ E	²¹ R	²⁰ B	¹² A	¹⁵ T	¹ E
	³ N		²² I		²⁵ W		¹⁸ G		²⁴ L		⁸ O		¹¹ M	
¹² A	⁵ D	¹⁷ J	¹⁶ U	²¹ R	¹ E		⁸ O	³ N	²⁴ L	⁸ O	⁸ O	⁹ K	¹ E	²¹ R
	¹² A		¹¹ M		²¹ R		³ N		¹² A		⁹ K		¹⁸ G	

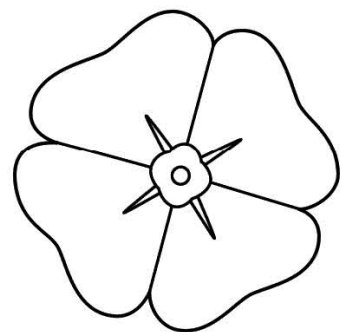


Remembrance Day Word Search Key



Word List

DEFEND	POPPY
ENEMY	PRIDE
GUN	WORLD
MEDAL	WREATH





Answers:

1. The October Revolution
2. Scorpio (October 24 – November 22) and Sagittarius (November 23 – December 21)
3. Topaz
4. Guns N' Roses
5. Chrysanthemum
6. James Bond
7. 1605
8. Fourth Thursday
9. Russia or the Soviet Union
10. Edwin Lutyens
11. Plymouth
12. Howard's End (by E.M. Forster)



November

Word Scramble

SOLUTION

URCOOPINCA	CORNUCOPIA	EMSITRACI	ARMISTICE
RDECI	CIDER	YRACREBRN	CRANBERRY
LGMRIIP	PILGRIM	REKA	RAKE
COLIEETN	ELECTION	VTOE	VOTE
LBOFOATL	FOOTBALL	ANUTUM	AUTUMN
NFSGTFIU	STUFFING	SVEHTAR	HARVEST
USIIASTATGR	SAGITTARIUS	UTEYRK	TURKEY
CPISR	CRISP	UPKNMPI	PUMPKIN
TOFSR	FROST	VKHGNNTIGSIA	THANKSGIVING
ESELAV	LEAVES	ETVRAEN	VETERAN
OBNEERMV	NOVEMBER	BOBGL	GOBBLE
POCISOR	SCORPIO	EATWRSE	SWEATER



December 2025



The Forget Me Not Home Care Team

_____We work around you, for you and with you_____

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