



July 2025

Forget Me Not Home Care

NEWSLETTER



Welcome to July, a month that radiates the full splendour of summer! Here in our community, we're embracing the warm, longer days, and endless opportunities to connect, learn, and create lasting memories. Whether you're soaking up the sun at one of our outdoor picnics, joining a lively discussion group, or exploring a new hobby at our indoor workshops, July is all about celebrating life together.

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



July 2025

This month, we're thrilled to bring you a packed calendar of events designed with our cherished older adults in mind. From fitness classes to keep you moving, to storytelling sessions that spark joy and nostalgia, there's something for everyone to enjoy.

We'll also share tips for staying cool, healthy, and engaged during these sunny days, along with updates on local happenings and volunteer opportunities to give back to our wonderful community.

So, grab a refreshing drink, settle in, and let's make July 2025 a month to remember. Here's to laughter, friendship, and the simple pleasures of summer!

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

Contact us on:

01529 417791

forgetmenothomecare@hotmail.com

www.forgetmenothomecare.co.uk

Useful Contacts:

Fenland Dental Laboratory Ltd

01775 724 974

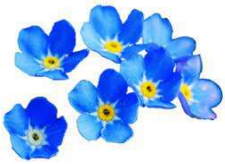
info@fenlanddentallab.co.uk

111 Wardentree Lane, Pinchbeck,
Spalding, Lincs, PE11 3UF

CallConnect Bus Service:

0345 234 3344

Lincsbus.info



QUIZ

PICTURE QUIZ

GUESS THE CAR BRANDS

CAN YOU IDENTIFY THE CAR BRAND FROM THE PICTURE?

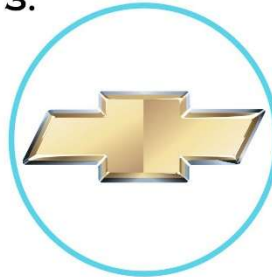
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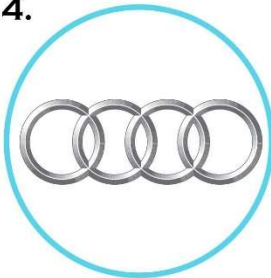
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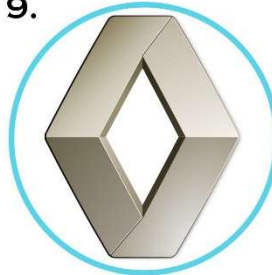
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NAME.....

SCORE.....



PICTURE QUIZ

GUESS THE CAR BRANDS

CAN YOU IDENTIFY THE CAR BRAND FROM THE PICTURE?

10.



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11.



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12.



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13.



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14.



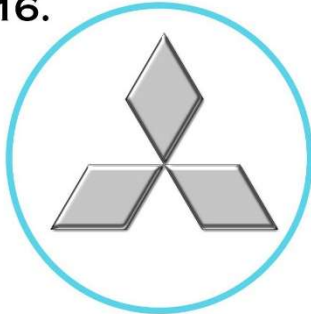
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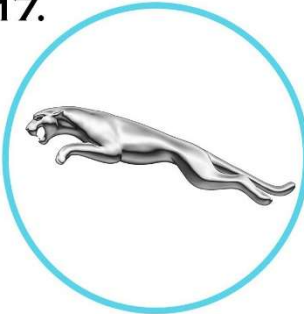
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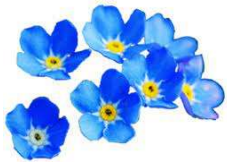
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JUST FAMILY FUN.com



July 2025

Name: _____ Date: _____



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

4TH OF JULY

ADAMS
AMERICA
BARBECUE
COLONIES
CONGRESS
DECLARATION
EQUALITY
FIREWORKS
FOURTH
FREEDOM
HOTDOGS
INDEPENDENCE
JEFFERSON
JULY
LIBERTY
NATION
PARADE
REVOLUTION
RIGHTS

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

STATES
THIRTEEN
UNITED



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July 2025

The Championships, WIMBLEDON

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

All England

All-white

BBGs

Catering

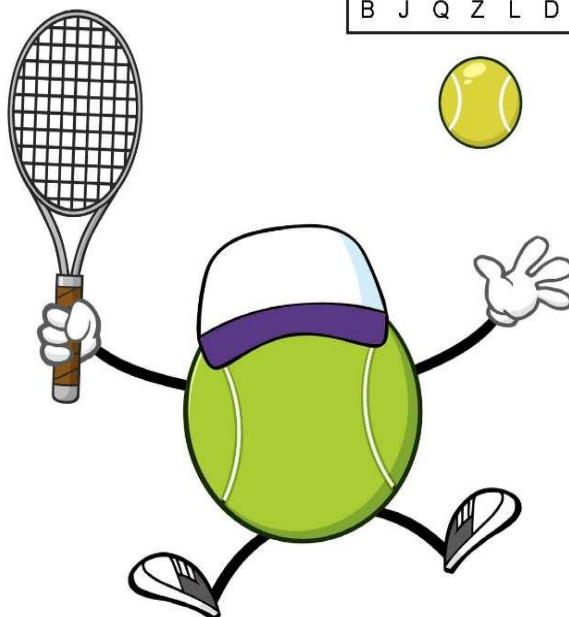
Centre Court

Club

Courts

Cream

Dress Code



Grand Slam

Grass

July

Lawn Tennis

London

No. One Court

Oldest

Pimm's Cup

Rolex

Rufus the Hawk

Strawberries

Sunburn

Televised

Tennis

The Championships

Tournament

Trophy

Wimbledon

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Forget Me Not Newsletter Issue 17 – July 2025



In the UK, July 2025 includes several awareness months and days.

Disability Pride Month

Disability Pride Month is an international annual celebration held in July to promote disability awareness, celebrate disabled people, and challenge negative attitudes. It's a time to recognize the achievements, identities, and contributions of people with disabilities, while also raising awareness of issues affecting them. The month encourages embracing disability identities and celebrating the diversity of the disabled community.



Alcohol Awareness Week (July 1-7)

Alcohol Awareness Week focuses on understanding the risks and harms associated with alcohol misuse, such as physical and mental health problems, relationship issues, and financial difficulties.

We all enjoy a drink, especially in these warmer evenings, but it is always a good idea to keep an eye on what you take.



Sarcoma Awareness Month (July 1-31)

Sarcoma Awareness Month is observed in July to raise awareness about these rare cancers that can develop in bone, soft tissues, or other parts of the body. The month-long campaign aims to educate the public about the signs, symptoms, and importance of early detection, as well as to support research and patient care.



Plastic Free July (July 1-31)

Plastic Free July is an annual campaign that encourages individuals, communities, and businesses to reduce single-use plastic waste throughout the month of July. It aims to raise awareness about plastic pollution and inspire people to find alternative ways to live with less reliance on single-use plastics.

Good Care Month (July 1-31)

Good Care Month is an annual UK event held in July to celebrate and recognize the work of social care professionals. It aims to highlight career opportunities in the sector, improve outcomes for those in care, and challenge negative perceptions of care work.



July 2025

We hope you agree – you get beyond ‘good care’ with your Forget Me Not Team – That is what we aim for!

World Population Day is on July 11

World Population Day is an annual event, observed on July 11 every year, which seeks to raise awareness of global population issues. The event was established by the Governing Council of the United Nations Development Programme in 1989.

World Hepatitis Day is on July 28.

World Hepatitis Day, observed on July 28 every year, aims to raise global awareness of hepatitis — a group of infectious diseases known as hepatitis A, B, C, D, and E — and encourage prevention, diagnosis and treatment.

July 2025, the UK will host a variety of events, including Wimbledon, the British Grand Prix, and numerous festivals. Additionally, many national holidays and awareness months will be celebrated.



Other Major Events:

Wimbledon Championships

The Wimbledon Championships, held annually at the All England Lawn Tennis and Croquet Club in London, is the oldest and most prestigious tennis tournament in the world, dating back to 1877. It's the third Grand Slam of the year, played on grass courts, and runs for two weeks from late June to early July. The 2025 edition, the 138th, will take place from June 30 to July 13.



Key highlights:

- Events: Includes men's and women's singles, doubles, mixed doubles, junior, wheelchair, and invitational tournaments.
- 2024 Recap: Carlos Alcaraz won the men's singles, defeating Novak Djokovic 6–2, 6–2, 7–6(7–4), securing his second Wimbledon title. Barbora Krejčíková won the women's singles against Jasmine Paolini. The tournament saw a record 37 five-set matches.



- **2025 Changes:** For the first time in its 147-year history, Wimbledon will replace line judges with electronic line-calling technology across all courts. Men's and women's singles finals will start at 4:00 PM instead of 2:00 PM to boost viewership in the Americas. Men's doubles matches are now best-of-three sets, while men's singles remain best-of-five.
- **Notable Features:** Wimbledon is known for its grass courts, all-white dress code, and traditions like a night-time curfew (11:00 PM). The 2024 prize money was £50 million, with singles winners earning £2.7 million each.
- **Players to Watch in 2025:** Top contenders include Novak Djokovic, Carlos Alcaraz, Jannik Sinner, Iga Swiatek, Aryna Sabalenka, and Elena Rybakina, based on current rankings and past performances.
- **Strawberries and cream** are a traditional food to eat during Wimbledon, often served to people whilst watching. Originated from a combination of factors, including the timing of the strawberry season coinciding with the tournament, the perceived luxury of the fruit, and the tradition of serving it to spectators.

The tournament is broadcast on the BBC for free in the UK, with tickets available via a ballot or "The Queue." Qualifying rounds start June 23, 2025



Henley Royal Regatta:

A prestigious rowing event will occur from July 1st to 6th. The Henley Royal Regatta is an annual rowing event held on the River Thames in Henley-on-Thames, England, typically in late June or early July. Established in 1839, it's one of the world's oldest and most prestigious regattas, attracting top rowers globally. The event spans five days, featuring over 300 races across various boat classes, including eights, fours, pairs, and singles, with categories for men, women, and juniors. Races are head-to-head knockouts over a 2,112-meter course. Known for its strict dress code and vibrant social scene, it draws thousands of spectators. The regatta is steeped in tradition, with events like the Grand Challenge Cup and Princess Elizabeth Challenge Cup among its highlights. It's a key fixture in the British social and sporting calendar, blending elite competition with historic charm.

British Grand Prix:

The Formula 1 race will be held from July 3rd to 6th.

The British Grand Prix, a cornerstone of Formula 1 since 1950, is held at Silverstone Circuit, known for its high-speed corners like Maggotts, Becketts, and Copse. First hosted in 1926 at Brooklands, it became a World Championship event in 1950, with Giuseppe Farina winning in an Alfa Romeo. The race has alternated between Silverstone, Aintree, and Brands Hatch



but has been permanently at Silverstone since 1987. Lewis Hamilton holds the record with nine wins, followed by Jim Clark and Alain Prost with five each. Ferrari leads Constructors with 18 victories. Notable moments include Nigel Mansell's 1987 overtake, Michael Schumacher's controversial 1998 win, and Hamilton's 2020 three-wheel finish. The 2024 race, attended by 480,000 fans, saw Hamilton win his ninth British Grand Prix, beating Max Verstappen and Lando Norris in a wet-dry thriller. The event, now a four-day festival with music and entertainment, is secured at Silverstone until 2034

RHS Hampton Court Palace Garden Festival



The RHS Hampton Court Palace Garden Festival, held from July 1-6, 2025, at Hampton Court Palace in East Molesey, Surrey, is the world's largest annual

flower show, celebrating gardening, horticulture, and nature. Set against the historic palace backdrop, it features:

- Show Gardens: Expertly designed by leading gardeners, showcasing innovative and inspirational ideas, including the RSPB and RHS Swift Garden, highlighting wildlife-friendly planting to support swifts.



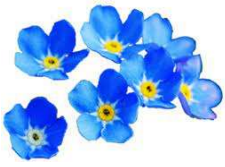
- Floral Marquee and Festival of Roses: Vibrant displays of plants and flowers from local nurseries, specialist growers, and rose exhibitors.
- Main Stage: Talks and demos by celebrity gardeners and experts, offering practical tips.
- Shopping and Dining: Stalls with gardening products, plants, and food, including organic options and English sparkling wines from Roebuck Estates.
- Family Activities: Hands-on experiences, free entry for under-16s, and pet-friendly policies (one dog per booking).
- Sustainability Focus: Emphasis on biodiversity, peat-free gardening, and environmental issues like growing your own food.

Other Events

Summer at Buckingham Palace:

The palace's State Rooms will be open to the public from July 10th to September 28th.

In July 2025, Buckingham Palace hosts several notable events and activities, primarily centred around its summer opening to the public. Here's a concise overview based on available information:



- Summer Opening of the State Rooms (July 10 - August 31, 2025):
 - The Palace opens its 19 magnificent State Rooms to visitors daily from 9:30 am to 7:30 pm.
 - Visitors can explore opulent rooms like the Throne Room, Ballroom, and Grand Staircase, featuring treasures from the Royal Collection, including paintings by Rembrandt and Rubens.
 - A special exhibition, "The King's Tour Artists," showcases artworks created by artists accompanying King Charles III on royal tours.
 - Tickets include a self-guided tour with a multimedia guide (available in nine languages) and a walk through the Palace gardens, offering views of the lake and the west front of the Palace.
 - Ticket prices: £32 for adults, £20.50 for ages 18-24, £16 for children 5-17, free for under 5 (must be booked).
 - Guided tours, including the East Wing Highlights Tour, are available for an additional fee, providing access to newly refurbished areas.
 - The Royal Mews and The King's Gallery can be visited separately or as part of a "Royal Day Out"



ticket, which includes the State Rooms, Mews, and Gallery at a 10% discount.

- Changing of the Guard:
 - This iconic ceremony occurs at Buckingham Palace on Mondays, Wednesdays, Fridays, and Sundays at 11:00 am, with additional Captain's Inspections on Tuesdays, Thursdays, and Saturdays at 3:00 pm.
 - In July 2025, the 1st Battalion Grenadier Guards, accompanied by the Band of the Grenadier Guards, is scheduled to perform.
 - The ceremony is free to watch, but arrive early for a good spot at the Palace gates, Victoria Memorial, or along The Mall

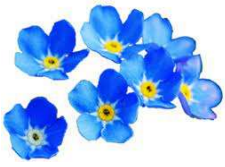
National Holidays, July features several national holiday months, including National Picnics Month, National Ice Cream Month, National Baked Beans Month.

4th July for our American cousins. The Second Continental Congress, in 1776 ratified the Declaration of Independence of the United States of America. This marked the official separation from Great Britain. The President of the Congress was John Hancock (but not a president in the modern sense).

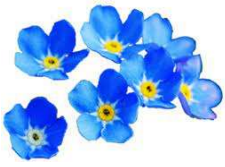


14th July is a National Holiday in France commemorating the storming of the Bastille Prison in 1789 resulting in the start of the French Revolution and the subsequent end of the French Monarchy and the birth of Republican Ideals.

The Day is celebrated with a tremendous firework display at the Eiffel Tower from 11pm and lasting 30 minutes. There have been many stories and films published highlighting the Revolution and “Madame la Guillotine”, Marie Antoinette etc. Napoleon Bonaparte was a 20 year old officer in the French army at this time in 1789.



July 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			



July 2025

Local Events

Wellbeing Walks

North Kesteven



MONDAY (excludes bank holidays)

North Hykeham, 10am - One NK Leisure Centre (inside foyer), Moor Lane, LN6 9AX
Whisby Visually Impaired Walk, 10.30am - Whisby Nature Park,
Natural World Centre, Moor Lane, LN6 9BW

TUESDAY

Heckington, 10.30am - St Andrews Church, NG34 9RF
Leasingham, 11am - Village Hall, Chapel Lane, NG34 8GQ
Sleaford, 1.10pm - The Hub, Navigation Wharf, NG34 7TW

WEDNESDAY




Ruskington, 1.30pm - Church Bridge, by All Saints Church, Chapel Street, NG34 9DX
Walcott, 9.30am - (1st & 3rd Wednesday of every month). St Oswald's Church, High Street, LN4 3SW
Martin, 9.30am - (2nd & 4th Wednesday of every month). Village Hall, High Street, LN4 3QT

THURSDAY

Waddington, 10am - Village Hall, Mere Road, LN5 9NX
Branston, 10am - (2nd and 4th Thursday of every month). Village Hall, Lincoln Road, LN4 1NS
Skellingthorpe, 11am - Community Centre, Lincoln Road, LN6 5UT
Sleaford, 1.30pm - Leisure Centre car park, Boston Road, NG34 7HH

FRIDAY

Metheringham, 10am - Sports Pavilion, Princes Street, LN4 3DE
Navenby, 10.15am - The Venue, Grantham Road, LN5 0JJ
Whisby, 10.30am - Whisby Nature Park, Natural World Centre, Moor Lane, LN6 9BW

-  Join our free and friendly short walk
-  At your own pace and suitable for all abilities
-  Friendship, fresh air and fitness



For more info contact: T: 01522 544 632 E: wellbeingwalks@lincolnshire.coop
W: lincolnshire.coop/wellbeing-walks



July 2025

Got Something
That's Broken?

We Can Help
You Fix It

Sleaford Repair Cafe

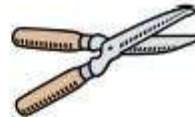
Riverside Church Hall
Southgate

25 Jan, 15 Mar, 24 May
19 Jul, 20 Sep, 15 Nov

12.30 - 3pm



Small Electricals
Clothing & Textiles
Tool Sharpening



Toys
Electronics
Other Bits n'Bobs



Repairs offered on the day depend on which
Repairers are available, email

sleafordcan@gmail.com or Call 07962360581

NKDC Community Awards Finalist 2024



More Repairers Needed TOO!





23rd and 24th July 7pm Opera on the Lawn at Doddington Hall

Performed by four fabulous singers and a world-class string quartet, follow our characters as they travel through 75 minutes of music – from arias and scenes by Handel, Mozart, Rossini, and Britten, to the songs of Richard Rodgers and Stephen Sondheim.

Presented in a mixture of English and the original languages, “Love, Actually” is a sparkling and mischievous summer treat.

Bring a chair and a picnic, or order a Doddington Farm Shop picnic bag, and prepare to be entertained and transported.

26th and 27th July - Heckington Show Held on the last full weekend in July, nothing quite matches **Heckington Show** for the relaxed way that it combines the intimacy of a village show with the expectation of the national stage. Heckington Show is a **true family day out**, a quintessentially English Summer occasion for families and friends to enjoy and take part in an event that brings competition and co-operation, pride and pleasure, sunshine and smiles to a Summer’s day. Run by volunteers for you to enjoy.

29th July 7:30pm – Local History Talk at Sleaford Music – About Mary Wedd

The Artist Mary Wedd and the Sleaford School of Art, presented by Robert Turner, local historian.

Robert has carried out a huge amount of original research on this very interesting topic and he is a real expert on the subject.



Training at Forget Me Not



This month has been focused on Health and Safety and also Dignity in Care.

We like to do little snippets to keep peoples interest instead of the boring 'death by PowerPoint' nobody enjoys.

Sara will be trained this month on Moving and Handling Train the Trainer to enable her to increase her skills and deliver a better service all round.





Baby Rochford update

On 24th June, Jason and Lee went to the 20-week scan. Baby is growing well and is very active currently.

We have been waiting with bated breath to find out if they make a grand entrance wearing an Armani suit or a Victoria Beckham, breath taking, ensemble, but whichever LOUBOUTIN shoes!!!



Baby Arnold update



Surely, we were all expecting this little princess to make her debut in a riding hat and jodhpurs.

She joined the world on 17th June at 9:56 am weighing 8lb 9oz.

Welcome to Ivy Jean who is the newest member of the forget me not team.

Training will start next month.



July 2025

6th July Billingborough American Car Show

It's BACK! Get your tickets to our very own villages American Car Show here!

The Billingborough American Car Show for a day filled with classic American cars, food, drinks, and fun!

You'll be able to enjoy drinks from Wriggly Tin Wine, don't worry if you're not a wine lover...they do other things! And a caterer on site, along with a charity raffle.

Whether you're a car enthusiast or just looking for a good time, this event is perfect for all ages. Head over to Billingborough Cars and Commercials, NG34 0QU on the event day and enjoy a display of some of the coolest American Classic Cars around. See you there!



Sara's Superstition

In the UK, one of the most well-known July superstitions is related to St. Swithun's Day (July 15th). Folklore says that if it rains on this day on St. Swithun's bridge in Winchester, it will rain for the next 40 days, and if it's dry, it will be dry for the next 40 days.

This belief stems from a story about the transfer of St. Swithun's relics in 971, where a storm followed that was said to be the saint's way of protesting.

St Swithin was a Bishop of

Winchester and died in 862ad. He was also a tutor to King Alfred the Great. He requested when he died to be buried outside the Cathedral and when his wishes were later disregarded, there was a great storm supposedly displaying his anger and so starting the legend.





Cooking

Pork chops with rhubarb & grains

- 190g [rhubarb](#) cut into 5cm lengths
- 1 [red onion](#) cut into wedges
- 3 [garlic cloves](#) bashed with skin on
- 1 tbsp [balsamic vinegar](#)
- [olive oil](#) for drizzling
- 1 tbsp [butter](#)
- 2 [rosemary sprigs](#)
- 2 [pork chops](#)
- 250g pouch mixed grains
- 100ml chicken stock
- [parsley](#) to serve



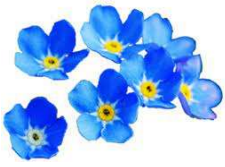
Method

Step 1

Heat oven to 200C/180C fan/gas 6. In a small [roasting tin](#), toss the rhubarb, onion wedges and garlic with the balsamic vinegar, a little olive oil and some seasoning. Roast in the oven for 20 mins.

Step 2

Meanwhile, melt the butter over a high heat and fry the rosemary. Add the pork and cook for 2 mins on each side until nicely browned, then remove from the heat. Take the roasting tin out of the oven and add the grains and chicken stock and mix together. Add the meat and the rosemary to the roasting tin, placing the chops on top. Roast for 10-12 mins further, or until the pork is cooked through. Serve each chop with a big spoonful of the grains, scattered with parsley.



July 2025

Cherry, custard & almond sponge cake

220g [unsalted butter](#) softened, plus extra for the tins

220g [golden caster sugar](#)

4 [eggs](#)

170g [self-raising flour](#)

50g [ground almonds](#)

1/4 tsp [baking powder](#)

3 tbsp [milk](#)

For the macerated cherries

250g [cherries](#) pitted

1 tsp [vanilla bean paste](#)

2 tbsp [golden caster sugar](#)

1/2 large [lemon](#) juiced

3 tsp [kirsch](#) or maraschino liqueur (optional)

For the custard cream

150g [double cream](#)

1 tbsp [icing sugar](#) plus extra for dusting

80g fresh shop-bought custard





Method

- **step 1**

Butter two 20cm loose-bottomed round sandwich tins and line with baking parchment. Heat the oven to 190C/170C fan/gas 4. Tip the butter and sugar into the bowl of a [stand mixer](#) and beat for 10 mins, or until light and fluffy. Add the eggs one at a time, beating well after each addition. Fold in the flour, ground almonds, baking powder, 1/4 tsp salt and the milk. Spoon the batter into the prepared tins and bake in the centre of the oven for 22-25 mins, or until risen and firm to the touch. Leave to cool in the tins for 5 mins before turning out onto a [wire rack](#) to cool completely.

- **step 2**

Put the cherries, vanilla, sugar, lemon juice and kirsch or liqueur (if using) in a pan and bring to a simmer over a low heat. Cook for 5 mins, turn up the heat to medium and cook for 5-7 mins more until the liquid becomes syrupy. If the cherries are softened but the liquid isn't yet syrupy, strain the liquid into a separate pan and simmer until slightly thickened. Remove from the heat and leave to cool.

- **step 3**

Beat the cream and icing sugar together using an electric [whisk](#) until the cream has thickened, then fold in the custard and chill for 1 hr.

- **step 4**

Put one of the sponges on a cake plate or stand and spread over the custard cream. Spoon over the cherries, then top with the second sponge. Dust with more icing sugar and serve immediately. *Leftovers will keep chilled for two days and are best served at room temperature.*



Important Information

Cyber, Bank pin.

The number 159 is a dedicated phone number in the UK to help people report scams and suspected fraud to their Bank.

It's designed to connect you directly with your Bank to report scams and suspected fraudulent activity.

It's a secure and easily remembered number. If you think you've been approached by a fraudster or have fallen victim to a scam, you can dial 159 to reach your Bank.



Items for sale



A clients family has asked me to advertise the following for them.
£40 for the adjustable bed grab rail -

www.manageathome.co.uk/pd/homecraft-bed-grab-rail_11092



£115 for the motorised bath chair lift

www.completecareshop.co.uk/bathroom-aids/bath-lifts-hoists/bath-lifts/bellavita-bath-lift-white



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£25 for the adjustable perch stool;

www.feneticwellbeing.com/all-purpose-adjustable-perching-stool

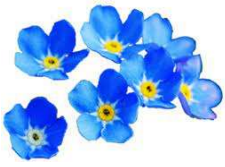


£1000 for the rise & recline handset controlled electric armchair;

It's the Beaumont Cloud Comfort 3-motor Riser Recliner Petite in Monza Plum fabric:

www.sherborneupholstery.co.uk/product/beaumont-petite-fabric-electric-riser-recliner/

Please contact Sarah on her mobile – 07912431470 if you are interested in any items.



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The Forget Me Not Home Care Team

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

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