



March 2026

Issue 25

Forget Me Not Home Care

NEWSLETTER



Welcome to March! As we leave the last traces of winter behind, we are embracing a month of significant transitions.

From the official start of astronomical spring on 20th March to the clocks springing forward on the 29th, the days are becoming notably brighter as the daffodils begin to bloom and brighten our days!



Welcome

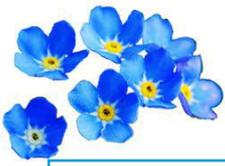
There is no place like home... with our CQC 'Outstanding' home care you can continue living safely in the comfort of your own home.



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

We hope you enjoy reading!

The Forget Me Not Team



Did you know the word "March" originates from the Latin Martius (the first month of the Roman calendar), named after Mars, the Roman god of war?

Want to know some interesting origins of the month of March?

- Roman Calendar: In the original 10-month Roman calendar, March was the first month of the year.

- Latin Roots: The name evolved from Martius to Old French marz, eventually becoming March in Middle English.

- Symbolism: Because Mars was the god of war, the month was dedicated to him, signifying a time to resume military, agricultural, and political activities.

- Previous Names: Before adopting the Roman name, the month was known in Old English as Hreðmonaþ (referring to a goddess) or Lide (referring to noise/wind).

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



Staff update.

On 12/02/26 we took part in some Safeguarding training along with some of the staff at The Old Hall. A few fun quiz questions too!



Sam has completed her Clinical Skills training in Lincoln now which gives her more in-depth knowledge of different areas of specialist skills, which include wound care, venepuncture and anaphylaxis, Diabetes with blood monitoring and insulin administration, peg feeding, oxygen and nebuliser therapy, syringe driver with verification of expected death and catheterisation.

Alysha is getting on well with her University qualification, training to be a nurse alongside working with us still, she has probably never been so busy



Karen is going off for a few months in March to have her shoulder operated on. As many of you know she has carried on longer than most would have and found ways around, but the time has come to let the surgeons work their magic and she will be back as soon as she is allowed to. We will all miss you Karen x

Kali is due back from his break, he has been back home to Fiji and I am certain he would rather be here than there, I mean look at the lovely weather we have been having.

Valentines

Our Nat kindly made some lovely little boxes we were able to fill with a nice, sweet treat as a valentine's gift for our wonderful clients. Hope you all enjoyed. (here are a couple)





CQC Inspection

No news yet on a result, but I did get an email saying that the draft is ready and going through their management structure at CQC before coming to us.

Eliza update

Eliza is growing well and is now above 60cm in length and over 14lb too!

Doing great at her swimming and hoping to get her on a few more outings as time allows.

She continues to come to work with Lee and learn the ropes and its lovely seeing her meet you all too.

Eliza made a special trip to see our proofreader, Christina and enjoyed some cuddles.





Awareness dates

Firstly, in the UK, March is predominantly recognised as Ovarian Cancer Awareness Month and Brain Tumour Awareness Month, both focused on raising funds, awareness, and highlighting symptoms. It is also the month for Prostate Cancer UK's "March the Month" walking challenge and frequently coincides with Endometriosis Awareness Month. Also sharing the month with National Nutrition Month, Women's History Month and Sleep Awareness Month.

Ovarian Cancer Awareness Month

This special month helps everyone learn about ovarian cancer. It is important because finding it early can help women live longer and feel better.

Watch for these signs (they sometimes feel like ordinary tummy troubles, like IBS):

- Ongoing bloating or a bigger tummy that doesn't go away
- Tummy pain or pelvic pain that stays
- Feeling full very quickly when eating (even small meals)
- Needing to wee (urinate) more often or more urgently

If these last for more than a couple of weeks, please tell your doctor. Don't wait—early checks make a big difference.

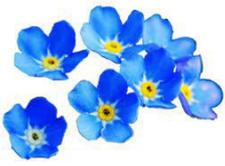
Many women find out about ovarian cancer late, so knowing these signs helps save lives.

Talk to family or friends about it too.

The special colour for ovarian cancer awareness is teal (a lovely blue-green).

You might see teal ribbons or clothes this month to show support and care.

Together, we can help more women stay healthy. 



Brain Tumour Awareness Month

This special month in March helps everyone learn about brain tumours.

It is important because brain tumours can affect anyone, including children. In the UK, someone is diagnosed every 33 minutes.

The month raises money for research to find better treatments and a cure.

It also helps support people and families who are living with a brain tumour.

Watch for these signs (they can sometimes be caused by other things too, but if they last or get worse, please see a doctor):

- Headaches that are new, frequent, or worse in the morning
- Feeling sick or being sick (especially in the morning)
- Seizures or fits
- Changes in vision (like blurred or double vision)
- Feeling very tired or changes in memory, mood, or behaviour

If you notice these for more than a short time, tell your doctor or family. Early checks can help a lot.

A fun way to join in is Wear A Hat Day (usually the last Friday in March).

People wear a hat, silly or colourful, and raise money or share on social media with #WearAHatDay or #BTAM.

Grey is often the colour for brain tumour awareness (like a ribbon or grey outfits).

Together, we can help more people get support and hope. 



March the Month

This fun challenge happens every March with Prostate Cancer UK. It helps raise money and awareness for prostate cancer – the most common cancer in men.

The Challenge

Walk or wheel 11,000 steps every day in March.

This number remembers the more than 11,000 men who sadly die from prostate cancer each year in the UK.

It's a kind way to stay active, feel good, and help save lives.

Anyone can join – walk, use a wheelchair, or go at your own gentle pace.

Join by signing up for free on the Prostate Cancer UK website:

marchthemonth.prostatecanceruk.org

Ask a friend to help you do this if you need to.

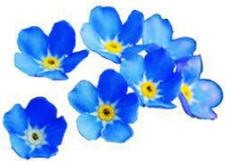
Even a little bit helps! If 11,000 feels too much, do what you can and enjoy moving. Any steps are better than none and in older age keeping active is extremely important as we know.

Prostate cancer often has no early signs, so raising money helps with better checks and treatments.

Light blue is the colour for prostate cancer awareness (like a ribbon or blue outfits).

Together, we can support more men and their families. ❤️





Endometriosis Action Month

This special month helps everyone be more aware about endometriosis.

It is a long-term condition that affects about 1 in 10 women. It can cause a lot of pain and tiredness.

Many people wait a long time for a diagnosis – on average about 8 to 9 years in the UK.

That's why this month is now called Endometriosis Action Month – to push for quicker help, better care, and to stop thinking severe period pain is "normal".

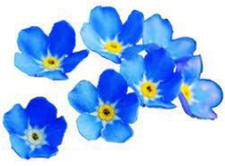
****Watch for these signs**** (they can be more than just usual period troubles):

- Ongoing pain in the lower tummy or pelvic area
- Very painful periods
- Pain during or after sex
- Feeling very tired all the time
- Trouble getting pregnant (infertility)
- Pain when going to the toilet (bowel or wee)

****If these happen a lot and affect your daily life, please talk to your doctor or nurse. Don't think it's just "normal" – getting checked early can make things easier.**

How to join in and help

- Wear yellow (the special colour for endometriosis awareness) – a ribbon, scarf, or yellow clothes to start conversations and show support.
- Take part in the 1 in 10 Challenge – do something 10 times, like walking 10 miles over the month or knitting 10 items, and raise a little money if you can.



Yellow is a bright, sunny colour that helps people notice and talk about endometriosis kindly.

Together, we can help break the silence and support those who live with it every day. 

National Nutrition Month

The theme this year is "Discover the Power of Nutrition" – showing how the right foods help us feel strong, stay healthy, and enjoy life more.

Good eating and a bit of moving each day can make a big difference as we get older.

It helps keep energy up, bones strong, and minds sharp.

Simple tips to try

- Eat a variety of colours ("eat the rainbow") – lots of different fruits and vegetables every day for vitamins and goodness.
- Read food labels if you can – look for less sugar, salt, and bad fats.
- Try new healthy foods gently – maybe add one new fruit or veg each week.
- Keep active – a short walk or gentle exercise helps your body use food well.

No need to change everything at once – small steps add up!

Talk to your doctor, nurse, or a dietitian if you need help with meals or eating.

There isn't one official ribbon colour, but bright, colourful foods (like red apples, green greens, yellow bananas) remind us of healthy eating.

Together, we can enjoy food that helps us thrive every day.  



Women's History Month

This special month celebrates the amazing things women have done in history, culture, and everyday life.

It remembers women who helped change the world – many whose stories were not told enough in old history books.

The month reminds us all to value gender equality – so women and men have the same chances and respect.

Key moments in British history to think about:

- 1918 and 1928: Women won the right to vote (suffrage success – what a big step!).
- 1970: The Equal Pay Act – it became against the law to pay women less than men for the same job.

Some inspiring women to remember:

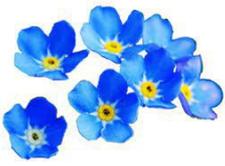
- Ada Lovelace – helped start ideas for computers long ago.
- Mary Anning – found important fossils and helped us understand dinosaurs.
- Florence Nightingale – improved nursing and saved many lives in hospitals.

There are so many more wonderful women – leaders, inventors, carers, and fighters for fairness.

This year's focus (2026 theme): "Leading the Change: Women Shaping a Sustainable Future" – it honours women who are helping build a better, fairer, and greener world for everyone.

The special colours for Women's History Month are purple, green, and white (from the old suffrage movement).

Purple for dignity and equality, green for hope and new starts, white for purity and truth. You might see these colours in ribbons, flags, or clothes this month.



Talk about these stories with family or friends. Share a memory of a strong woman in your life!

Together, we can keep remembering and supporting women's important roles. ❤️ ❤️ ❤️



Neurodiversity Week (16-20 March)

Neurodiversity is the concept that differences in human brain function are natural, normal variations rather than deficits or disorders. Coined in the 1990s, this perspective promotes the acceptance and inclusion of all neurological types, including autism, ADHD, and learning disabilities, treating them as variations in human wiring rather than illnesses to be cured.

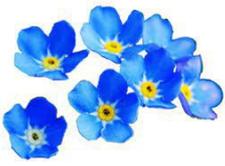
Founded in 2018 by advocate Siena Castellon, the week aims to shift the narrative from "deficits" to "talents" for conditions like Autism, ADHD, Dyslexia, Dyspraxia, and Tourette's.



Other important dates:

1 March

St. David's Day, International - is the national day of Wales, marking the anniversary of the 6th-century patron saint's death.



Wheelchair Day - a global celebration recognizing the positive impact wheelchairs have on the lives of millions of people. Founded in 2008 by Steve Wilkinson, "WheelchairSteve"

Zero Discrimination Day - a global campaign dedicated to celebrating the right of everyone to live a full and productive life with dignity, regardless of their background or identity.

3rd March

World Wildlife Day - a United Nations-designated day to raise awareness about the world's wild fauna and flora, highlighting their beauty, diversity, and vital roles in ecosystems.

World Hearing Day - the largest global awareness campaign dedicated to preventing deafness and promoting ear and hearing care.

5th March

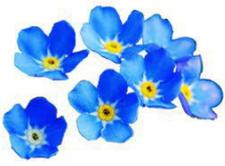
World Book Day - a major annual celebration dedicated to promoting reading for pleasure among children and young people.

8th March

International Women's Day - a global day recognizing the social, economic, cultural, and political achievements of women.

11th March

Commonwealth Day - Celebrates the 56 nations of the Commonwealth. It highlights shared values like peace, sustainability, and democracy among 2.7 billion people.



15th March

Mother's Day - has dual roots in the 16th-century UK "Mothering Sunday" (a church-based, mid-Lent family reunion) and a 1908 US campaign by Anna Jarvis to honour mothers.



Laylat al-Qadr ~ Night of Destiny (Muslim) - the holiest night in the Islamic calendar, occurring within the last ten nights of Ramadan, often observed on the 27th night.

Ides of March - On the Ides of March, 44 BC, Roman dictator Julius Caesar was assassinated by a group of senators, including Brutus and Cassius, in Rome.

16th March

Disabled Access Day - is a biennial, international initiative, originally started by Euan's Guide in 2015, designed to celebrate, highlight, and improve accessibility in public spaces.

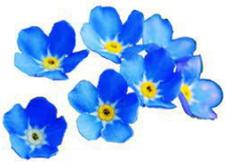
17th March

St. Patrick's Day - honors the patron saint of Ireland who died on this day in the 5th century. Originally a solemn religious feast day, it evolved over 1,000 years from Irish church traditions into a global celebration of Irish culture, featuring parades, wearing green, and festivals, largely shaped by Irish immigrants in the United States.

18th March

Global Recycling Day - to promote the, "resource, not waste" concept. Established in 2018, it aims to raise awareness about the environmental importance of recycling, reduce carbon emissions, and highlight the role of "#RecyclingHeroes" in preserving the planet.

19th-20th March



Eid al-Fitr - marks the end of Ramadan, the Muslim holy month of fasting, and is celebrated during the first three days of Shawwāl, the 10th month of the Islamic calendar.

20th March

Spring Equinox (First Day of Spring) - The spring Equinox this year will occur on Friday, 20 March, at 14:46 UTC. This event, also known as the vernal equinox, marks the official start of astronomical spring in the Northern Hemisphere and autumn in the Southern Hemisphere.

Comic Relief - a major UK-based charity founded in 1985 by screenwriter Richard Curtis and comedian Lenny Henry to fight poverty and injustice through the power of entertainment and comedy.

World Storytelling Day - a global event dedicated to the oral tradition of storytelling.

21st March

World Down Syndrome Day - an official UN-observed day that raises global awareness, advocates for rights, and celebrates the lives of people with Down syndrome.

22nd March

World Water Day - focusing attention on the importance of freshwater and advocating for the sustainable management of freshwater resources.

28th March

Earth Hour Day - Earth Hour is an annual global grassroots movement organized by the WWF (World Wide Fund for Nature) that encourages individuals, businesses, and communities to turn off



non-essential electric lights for one hour—from 8:30 p.m. to 9:30 p.m.

29th March

Clocks go forward! - An extra hour of day light!



31st March

International Trans Visibility Day - celebrating the lives, contributions, and resilience of transgender and non-binary people.



What's on Locally

In March 2026, The Hub in Sleaford features several, exhibitions, workshops, and weekly classes. Highlights include the Through The Window exhibition, Winter Film Series, and new free dance classes for adults with additional needs (Unify) starting March 2. Activities also include Hub Tinies (craft/dance) and Wellbeing Walks.

The Hub, Sleaford Exhibitions:

Through The Window (Sleaford Embroiderers): Until March 8.

Morenikeji Textiles (Kemi Ajose): Until March 15.

Tender Vessels (Lola Bennett): Until March 15.

Beneath the Surface (Design Nation): Until March 15. Contact the Hub Sleaford for more information.

Regular weekly markets in Spalding, Sleaford, and Bourne, these towns offer traditional, regular markets with a variety of goods, including local produce and artisan items.

Bourne Market: Held every Thursday behind the Corn Exchange.

Sleaford Market: Held every Monday, Friday, and Saturday, temporarily located in Eastgate Car Park.

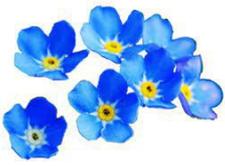
Spalding Market: Held every Tuesday and Saturday in the town centre.

Specialty Markets

Sleaford Farmers' Market: First Saturday of every month.

Spalding Farmers' Market: First Saturday of every month.

Spring into Spalding (March 28): A town centre event (11am-3pm) featuring live entertainment in Hall Place, market stalls, free rides in the Sheep Market, and flower arranging competitions.



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Spring Makers Market (March 14): Held at Springfields Events Centre, Spalding, featuring over 90 local Lincolnshire makers, food, and workshops.

Sunday 1 March 2026: Buns n Roses Day at Hale Magna Village Hall (near Sleaford). A community or themed event starting around 12:00 pm.

Friday 13 March 2026: The Singing Windmill Steampunk Society event (evening, 6:00 pm - 9:00 pm)

Friday 20 March 2026: Leading Change, Inspiring Music - Next Level Curriculum and Assessment at Sleaford New Life Centre. A professional/educational workshop or conference focused on music education/curriculum

Wednesday 25 March – Sunday 29 March 2026: James Richards Circus in Sleaford. A family-friendly circus show with new acts for 2026



Recipes

Honey & mustard chicken thighs with spring veg

- 1 tbsp [honey](#)
- 1 tbsp [wholegrain mustard](#)
- 2 [garlic cloves](#) crushed
- zest and juice 1 [lemon](#)
- 4 [chicken thighs](#) skin on
- 300g [new potatoes](#) unpeeled, smaller left whole, bigger halved
- 1 tbsp [olive oil](#)
- 100g [spinach](#)
- 100g [frozen peas](#)



Method

- **step 1**

Heat oven to 200C/180C fan/gas 6. In a small bowl, mix together the honey, mustard, garlic and the lemon zest and juice. Pour the marinade over the chicken thighs and season.

- **step 2**

Put the chicken, skin-side up, on a large baking tray, then dot the new potatoes in between them. Drizzle the oil over the potatoes and sprinkle with sea salt. Roast in the oven for 35 mins until the chicken skin caramelises and is charred in places.

- **step 3**

Add the spinach and peas to the roasting tray. Return to the oven for 2-3 mins until the spinach has begun to wilt and the peas are hot and covered in the mustardy sauce.



Lentil Casserole with Sweet Potato & Leek

- 500 g sweet potatoes
- 250 g medium trimmed leeks
- 200 g Puy lentils or French Green Lentils
- 1 onion
- 3 garlic cloves
- 400 g can of chopped tomatoes
- 600 ml vegetable stock
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp turmeric
- 1 tsp fenugreek seeds
- 1 Tbsp curry powder
- 1 generous Tbsp freshly grated ginger
- 2 Tbsp raw virgin coconut oil
- juice of 1 lemon
- salt & pepper
- bunch of coriander to serve

Method

- **step 1**

Heat the coconut oil in a saucepan. Add the finely chopped onion, crushed garlic, cumin, coriander, fenugreek seeds, turmeric, ginger and curry powder. Fry gently until soft to release aromas.

- **step 2**

Peel the sweet potatoes and cut in 1cm dice [0.4 inches]. Cut the trimmed leeks in 1/2cm slices [0.2 inches]. Wash to remove dirt. Drain.

- **step 3**

Add the sweet potatoes, leeks, lentils and can tomatoes to the onion mixture. Top with the vegetable stock. Bring to a boil then lower to a medium heat and covered for 20-30 mins until the vegetables and lentils are soft. They should still have a bite.

- **step 4**

When the casserole is cooked, add lemon juice and season to taste. Serve with some warm pitta bread and fresh coriander leaves sprinkled on top.





Banoffee Cheesecake

- 150g salted butter - plus 1 tbsp for the tin, plus 2 tbsp for frying
- 300g digestive biscuits
- 3 bananas - sliced
- 200g caramel sauce
- 500g full-fat soft cheese
- 2 tbsp icing sugar
- 150ml double cream

Method

- **step 1**

Butter and line the base and sides of a loose-bottomed 20cm springform tin. Heat the remaining butter in a small pan or by pulsing it in the microwave. Tip the biscuits into a food processor and whizz to fine crumbs, then add the melted butter and whizz again. Tip into the tin and use a spoon to make an even, compressed layer. Chill for 30 minutes.

- **step 2**

Heat 2 tbsp of the butter in a non-stick frying pan over a medium-high heat and fry two of the sliced bananas on both sides for 1-2 minutes or until caramelised. Cool completely, then drizzle with 3 tbsp of the caramel sauce. Put the banana slices and any caramel in an even layer on top of the biscuit base. Chill.

- **step 3**

Put the cheese, sugar and 5 tbsp of the caramel sauce into a bowl and whisk until smooth and creamy. In a separate bowl whisk the double cream to soft peaks, then fold this into the cheese mixture. Spoon into the tin and level the top. Chill for at least 6 hours.

- **step 4**

Carefully remove the cheesecake from the tin and transfer to a serving plate. Garnish with the remaining sliced banana and a good drizzle of the caramel sauce, before cutting into slices to serve.





Sara's Superstitions

Beware the Ides of March (March 15th)

Due to the assassination of Julius Caesar on this date, the 15th of March is considered particularly unlucky, originating from the Roman calendar and popularized by Shakespeare.

A single magpie seen in spring is considered a bad omen, often associated with a 19th-century rhyme: "A single magpie in spring, foul weather will bring". It is customary to greet a single magpie (e.g., "Good morning, Mr. Magpie") to avoid bad luck.

March Weather Lore:

"If March comes in like a lion, it goes out like a lamb" (starts stormy, ends calm).

"A dry March and a wet May, fill barns and bays with corn and hay".

"As it rains in March, so it rains in June".



Calendar



March 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
23	24	25	26	27	28	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	5



March Pub Quiz

1. What is the birth flower of March?
2. Which UK Saints Day is on March 1st?
3. March is called maaliskuu in which European language?
4. The March Hare is a character from which book?
5. Which annual health awareness day takes place on the 3rd March?
6. Symbolising courage, name March's birthstone?
7. March is named after Mars; what is Mars the Roman god of?
8. What's the zodiac signs for early March until March 20? And what about the sign for the latter part of March?
9. The Ides of March is a day on the Roman calendar that corresponds to which date?
10. Complete the saying: 'March comes in like a lion and goes out like a'?
11. On the 5th of March 1946, what did Churchill warn was falling across Europe?
12. On what date in March is Saint Patrick's Day?
13. In British tradition, which quarter day falls on March 25th?



Codeword March 26

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

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

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

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

13M	13I	7F	5K	11I	5E	10G	13K	13L	1B	3I



Crossword March 26

1		2			3	4		5		6		7
				8								
9								10				
11								12				
				13								
		14										
				15		16						
17										18		
19						20						
21									22			

Across

- 1 Emperor of Rome 54-68 AD (4)
- 3 Provides with (8)
- 9 Central cell part (7)
- 10 Wireless (5)
- 11 Helpful hint (3)
- 12 Data entered into a system (5)
- 13 Simple (5)
- 15 Push back (5)
- 17 Principle laid down by an authority (5)
- 18 Sound of a dove (3)
- 19 Female relation (5)
- 20 Military gestures (7)
- 21 All people (8)
- 22 In an inactive way; with no particular purpose (4)

Down

- 1 Absence (13)
- 2 Go over again (5)
- 4 Surprise results (6)
- 5 Especially (12)
- 6 Thoroughly (2,5)
- 7 Impulsively (13)
- 8 Intentionally (12)
- 14 Cleanliness (7)
- 16 Jail (6)
- 18 Quoted (5)

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

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



Sudoku March 26

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



Wordsearch March 26



CATHOLIC

CLOVER

FOLK MUSIC

GOLD

GREEN

IRELAND

LEPRECHAUN

LUCKY

MARCH

MYTHS

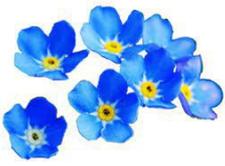
RAINBOW

SAINT

SHAMROCK

TRADITION

WISH



February 2026 Answers

Pub Quiz (page 31)

Answers

1. Amethyst
2. Purification (Februum)
3. Venus
4. Leaping, Leaper, or Leap-year baby.
5. Groundhog Day
6. Nelson Mandela
7. Buddy Holly
8. Mike Tyson
9. Violet or Gardenia
10. The Academy Awards (Oscars)

Codeword (page32)

Codeword 6

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

Keyword: ROMANCE



Crossword (page 33)

R	H	E	A		A	L	L	O	T	T	E	D
A		N		O		O		T		A		A
T	U	N	E	F	U	L		H	E	F	T	Y
I		U		F		L		E		F		S
F	A	I	N	T	H	E	A	R	T	E	D	
I				H		D		W		T		P
E	R	A	S	E	S		R	O	T	A	T	E
D		T		R		O		R				R
	C	H	E	E	R	F	U	L	N	E	S	S
S		E		C		F		D		L		I
C	A	I	R	O		I	L	L	N	E	S	S
A		S		R		C		Y		G		T
R	E	M	E	D	I	E	S		E	Y	E	S

Keyword: CHOCOLATE

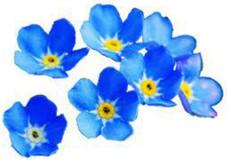
Sudoku (Page 34)

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



Wordsearch (Page 35)

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



March 2026

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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