



November 2025

Forget Me Not Home Care

NEWSLETTER

Welcome to Our



Hello, November!

As the vibrant colours of autumn fade into November's soft, muted tones, we find ourselves reflecting on the seasonal changes around us. This is a time for slowing down, appreciating the quiet moments, and preparing for the winter ahead. In this month's newsletter, we share some cozy inspiration to help you embrace the season of transition.

Welcome

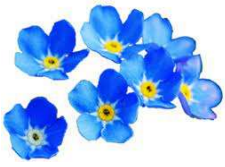
There is no place like home... with our CQC 'Outstanding' home care you can continue living safely in the comfort of your own home.



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



November 2025

From the crackle of bonfires on Guy Fawkes Night to the poignant poppies of Remembrance Sunday, November invites us to honour traditions that warm the heart as much as the hearth.

For many of us in later life, it's also a gentle nudge to nurture our well-being—perhaps with a steaming mug of tea and a favourite blanket, or by connecting with old friends over shared memories of Christmases past.

Inside, you'll discover simple recipes for hearty foods using seasonal British produce, easy mindfulness practices to ease into the shorter days, and stories from fellow readers who've found joy in small acts of kindness.

We hope these pages bring a little light to your November so settle in, dear reader, and let's savour the season together.

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

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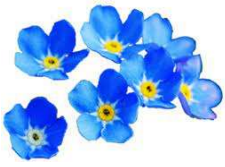
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New Starter

Most of you by now will have met our newest member of the team, Sarah.

Sarah comes to us with a wealth of knowledge and experience from her various adventures through her life (ask her about her walks).

Sarah has slotted into the team brilliantly and it is like she has always been with us.

Welcome Sarah!



Almost a new starter ...

Earlier this year Yvonne had to take some time off for personal reasons.... Well ... I am pleased to tell you all – She is coming back!

She is going to start on phased return from 24th October! Welcome back Yvonne!!





Team News

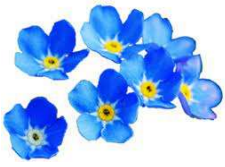
Baby Rochford

Baby is doing well and still growing, kicking and moving a lot but no signs of her yet.

Due date is 12th November but we are expecting her to be slightly early with the scans we have done so far.

The team spoilt our baby girl and we are so lucky to have the team we do around us. They gathered mid October and gave us more presents than we would have ever imagined! (told you there were a good bunch)





Work cars

Some of you will have heard one of our team unfortunately had an accident in one of the work cars. She is recovered and back with us now but the car was not fit to return to work.

We have added 2 Peugeots to the fleet this time round so you may see an unusual car on your drive.

Don't worry, it's just us.



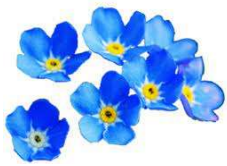


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Baby Ivy Jean

She is doing really well, and you can see how much she has changed recently! Chantelle doing well too and Ivy is certainly keeping our Chantelle on her toes





November 2025

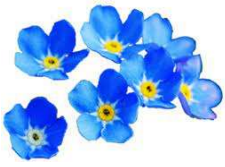
Training

Malnutrition and Oral Health

This was a brilliant session we took part in, refreshing our knowledge and the importance of oral health for overall physical and mental health.

Thank you for the session!





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

Look! It's the right year (Didn't notice last month's till it was pointed out to me)



Important Months, Weeks and Days

Bonfire Night 5th November

“Remember, Remember, the fifth of November

Gunpowder, treason and plot

I know of no reason

Why gunpowder treason

Should ever be forgot. ”

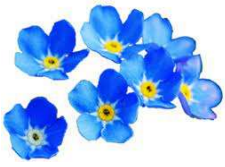
On the misty evening of November 5, 1605, a plot that could have reshaped British history unravelled in the cellars beneath the House of Lords.

This was the Gunpowder Plot, a desperate act of rebellion by a band of Catholic conspirators against the Protestant King James I. England, still raw from centuries of religious strife, simmered with resentment toward the monarch's policies that marginalized Catholics.

Led by the fiery Robert Catesby, the group— including the stoic soldier Guy Fawkes—hatched a audacious scheme: to assassinate the king, his family, and much of Parliament by igniting 36 barrels of gunpowder hidden in the palace undercroft.

Fawkes, a skilled explosives expert with a moustache and a penchant for the dramatic, was tasked with lighting the fuse during the State Opening of Parliament the following day. But fate—or providence, depending on one's view—intervened.

Days earlier, an anonymous letter to Catholic peer Lord Monteagle warned of "strange and bloody" peril. Suspicious guards searched the



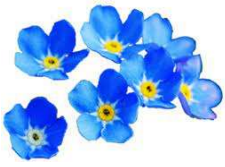
cellars that very night, November 5, and stumbled upon Fawkes, lantern in hand, surrounded by the arsenal. "A poor pilgrim," he quipped defiantly when caught, but his resolve crumbled under torture.

The plotters were rounded up, tried for treason, and gruesomely executed with Fawkes leaping from the gallows to hasten his end.

The failure became legend, birthing an annual rite of relief and remembrance: Bonfire Night. Across the UK and beyond, effigies of Fawkes—stuffed with straw and fireworks—are torched on bonfires, skies explode in colourful bursts, and children chant the enduring rhyme: Remember, remember, the fifth of November, gunpowder, treason, and plot.

What began as a brush with catastrophe endures as a celebration of survival, a flickering reminder that even the darkest schemes can fizzle out in the chill of an autumn night.

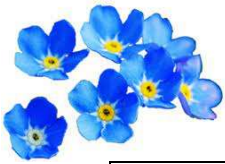




Traditional Foods for Bonfire Night

Bonfire Night (Guy Fawkes Night) on November 5th in the UK is as much about hearty, warming eats as it is about fireworks and bonfires. The chilly autumn weather calls for comfort food that's easy to munch outdoors, think sticky sweets, baked goods, and simple grilled treats. Based on popular traditions, here are some of the most common foods enjoyed during the celebrations:

Food	Description	Why It's a Staple
Toffee Apples	Crunchy apples coated in sticky toffee, often on sticks for easy eating.	A classic fairground treat symbolizing the "fire" of the night; kids' favourite for generations.
Parkin	A dense, sticky gingerbread cake made with oatmeal, treacle, and spices.	Quintessential northern English dessert that's chewy and warming—perfect post-fireworks.
Jacket Potatoes (Baked Potatoes)	Whole potatoes baked in the embers of the bonfire, topped with butter, cheese, or beans.	Simple, smoky, and filling—literally cooked over the flames for that authentic touch.
Sausages (Bangers)	Grilled or hot-dog style sausages, often in buns with onions.	Quintessential British street food, grilled over the fire for a quick, savoury bite.



Treacle Toffee	Hard, buttery toffee flavoured with black treacle—pull it, break it, and share.	A messy, nostalgic sweet that's all about the sticky fun around the bonfire.
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Other frequent mentions include warming soups (like pumpkin or butternut squash) , black peas (a Lancashire specialty of boiled peas with vinegar) , and mulled drinks for adults.

These foods tie into the event's roots in 17th-century England, blending practicality with festivity. If you're planning a gathering, start with parkin and toffee apples for that true nostalgic vibe!





King Charles' birthday 14th November – He will be 77 this year.

Movember: A month-long event for the whole of November. A global charity that raises funds and awareness for men's health issues, including prostate cancer, testicular cancer, mental health, and suicide prevention.

The campaign, which happens throughout November, encourages participants to "grow a mo" (moustache) or take on other physical challenges like walking or running to raise money and start conversations about these often-overlooked health concerns. These funds support a wide range of projects, from research to support programs.

Who do you want to see with one?





International Stress Awareness Week: Typically the first full week of November(03/11/25 - 07/11/25), with National Stress Awareness Day on November 5th.

A day dedicated to shedding light on the impact of stress and the importance of managing it effectively.

Remembrance Sunday: The second Sunday of November, which is held on the 9th this year.

Held on the second Sunday of November that commemorates British service members who have died in wars and other military conflicts since the onset of World War I. Remembering all those who gave their lives.



Armistice Day: Commemorates the end of World War 1 on November 11th.



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The service commemorates the signing of the Armistice which brought an end to the First World War and remembers all those who gave their lives in service to their country since 1914. The UK will go quiet for 2 minutes at 11.00am to remember all those lost. Don't forget your poppies!

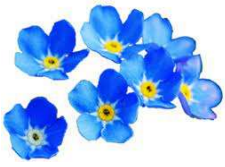
On the 11th minute,

Of the 11th hour,

Of the 11th day,

Of the 11th month We will remember them.





World Kindness Day: Celebrated on November 13th.

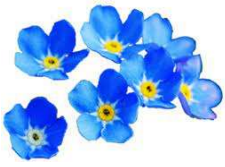
Kindness Day UK is a celebration of kindness, which aims to increase the value of kindness in society as well as increase the amount of kind acts that take place, making kindness a greater part in our daily life.

Anti-Bullying Week: Typically takes place in mid-November (13th-17th in 2025).

The anti-bullying week encourages people to wear blue to show support for bullying prevention and focuses on raising awareness about bullying and its harmful effects.

International Men's Day: (IMD) is a global awareness day for many issues that men face, including abuse, homelessness, suicide, and violence, celebrated annually on 19 November. The objectives of celebrating an International Men's Day are set out in 'All the Six Pillars of International Men's Day'. It is also an occasion to celebrate boys' and men's lives, achievements and contributions, in particular for their contributions to nation, union, society, community, family, marriage, and childcare.

Carers' Rights Day: will be on Thursday, November 20, with the theme "Know Your Rights, Use Your Rights". This is an annual campaign to raise awareness of the rights of unpaid carers, covering areas like hospital discharge, flexible working, and assessments for social care.



Road Safety Week: Mid-November (16th-22nd). Road Safety Week is an annual, week-long campaign in November organized by the road safety charity Brake to raise awareness about road death and injury. It involves schools, organizations, and communities in promoting life-saving messages and calling for safer roads. The week includes a different theme each year to focus on specific areas of road safety, and the 2025 theme is "Safe Vehicles Save Lives".

Other notable dates

World Diabetes Day: November 14th.

International Day for Tolerance: November 16th.

Transgender Awareness Week: November 13th-19th.

Disability History Month: November 22nd – December



Local Events

Sleaford Farmers Market

Eastgate Car Park -1 November at 9:00 am - 2:00 pm

On the first Saturday of each month, Sleaford Farmers Market is held alongside the regular Market. This brings in more stalls, all laden with local produce.

Halloween Weekend at Heckington Windmill

Heckington Windmill - 2 November at 11:00 am - 4:00 pm

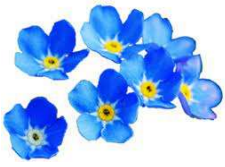
Join Heckington Windmill for their Halloween weekend of fun!

Discover pumpkins, spiders, competitions and a special hunt around the grounds for children.

Sleaford in Music Concert

Leasingham Village Hall– 13 November 2:30pm – 5:00pm

A regular live music concert on 2nd Thursday of each month 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.



Heckington Christmas Farmers and Artisan Market

Heckington Pavilion and Playing Fields – 29 November 10am – 2pm

Local traders selling fresh produce and handcrafted items.

Christmas at Doddington

Doddington Hall - 9 November at 11:00 am - 4:00 pm - £8.50 –
£16.00

A Fairytale Christmas at Doddington Hall

Immerse yourself in a truly mesmerising experience as you journey through 'A Fairytale Christmas' at Doddington Hall. From fables to folklore, step into a land of magical fairytales as the displays unfold over three floors of the Elizabethan Hall, with a Doddington twist of course!

Christmas at Belton Light Trail –

Belton House 21 November to 31st December

If you have never been before, (choose a dry evening) and head over to Belton House. The grounds are dressed to the nines and it's a wonderful stroll for all ages!

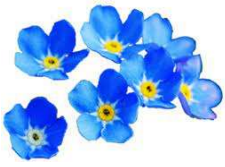
Christmas Lights Switch On

Sleaford 30 November 10:30 – 16:30

Bourne 29 November 12:00 – 18:00

Lincoln 27 November 16:00 – 19:10





Sara's Superstitions

A red rose in autumn is an indication that a wedding is on the way.

St. Andrew's Eve (November 29-30): This is a time when spirits are believed to roam freely.

Placing garlic on doors and windows is a way to keep evil spirits.

Placing branches in water to see if they bloom by Christmas is a way to predict future fruitfulness of the trees.

This year's Beaver Supermoon will take place on November 5, 2025, and will remain round for around three days. It will be the biggest and brightest supermoon of the year, appearing some 7.9% larger and 16% brighter than a classic full moon



Winter Preparedness

Stay warm: Make sure your home heating is working properly and set your heating to at least (18°C) in rooms you use most.

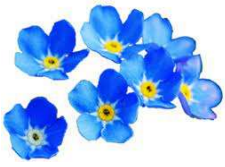
Wear multiple thin layers of clothing, which can be warmer than one thick layer.

Use draft excluders for doors and keep windows closed at night.

Prevent illness: Get your free flu jab from a doctor or pharmacy.

Wash your hands regularly, and cover coughs and sneezes to prevent the spread of germs.

Stay home if you feel unwell with symptoms of flu or COVID-19.



Recipes

Cauliflower cheese and potato bake

Ingredients

- 1 large [cauliflower](#) (about 1.3–1.4kg/3–3lb 3oz), leaves and stalk trimmed away, cut into small florets
- 4 [spring onions](#), trimmed, white parts and green parts separated and sliced
- 70g/2½oz [butter](#)
- 1 [onion](#), roughly chopped
- 70g/2½oz [plain flour](#)
- 1 tsp [English mustard](#) powder
- 750ml/1¼ pint [milk](#)
- 150ml/5fl oz [vegetable stock](#)
- 150g/5½oz mature [cheddar](#), grated, plus 2 tbsp extra for topping
- 25g/1oz [Parmesan](#), finely grated
- 4 tbsp [single cream](#)
- 2 tbsp finely chopped fresh flatleaf [parsley](#), plus extra to garnish (optional)
- ¼ tsp ground [white pepper](#)
- salt and freshly ground [black pepper](#)

For the topping

- 900g/2lb [potatoes](#), peeled or well scrubbed
- 1 tbsp [vegetable oil](#)





Method

1. Bring a large saucepan of water to the boil. Add the cauliflower and cover with a lid. When the water returns to the boil, cook for just 2 minutes. Drain well and leave in the colander to thoroughly steam dry while you make the sauce. The cauliflower should still have a lot of bite.
2. Place the white parts of the spring onions in a saucepan with a lid. Add the butter and onion and, once the butter has melted, put on the lid and cook until really soft but not coloured, stirring occasionally.
3. Stir in the flour and mustard powder, then gradually stir in all the milk followed by the stock. Cook over a gentle heat, stirring, until it just begins to bubble and has thickened. Remove from the heat and stir in both cheeses until melted. Add the cream, parsley, white pepper and ½ teaspoon of salt. Combine the sauce with the cauliflower in a large baking dish. Stir through the green parts of the spring onions.
4. To make the topping, bring a large saucepan of water to the boil and add the whole potatoes. Cook for 15 minutes, or until almost cooked. Drain and, when cool enough to handle, slice into 5mm/¼in-thick rounds. Layer the potatoes over the cauliflower mixture (you can cover and chill the bake for 1 day or freeze for up to 3 months).
5. Preheat the oven to 200C/180C Fan/Gas 6 and brush the topping with the oil. Season the top with salt and pepper, then bake for 30–40 minutes, or until golden and the sauce below is bubbling. Preheat the grill and scatter the extra cheddar over the top. Grill briefly to melt the cheese and brown the top. Garnish with parsley, if preferred and serve immediately.



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Blackberry and pear crumble

Ingredients

For the crumble topping

- 110g/4oz [butter](#), cubed, plus extra for greasing
- 180g/6½oz [plain flour](#)
- 110g/4oz [demerara sugar](#)

For the filling

- 5 [pears](#), peeled and left whole
- 150g/5½oz [caster sugar](#)
- 300g/10½oz [blackberries](#) (or frozen [blackberries](#))

For the custard

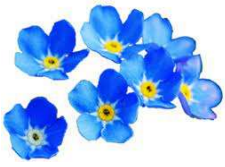
- 4 free-range [egg yolks](#)
- 40g/1½oz [caster sugar](#)
- 150ml/5½fl oz [milk](#)
- 150ml/5½fl oz [double cream](#)





Method

1. For the crumble, preheat the oven to 180C/350F/Gas 4. Grease an ovenproof dish with butter.
2. In a large bowl, rub the butter into the flour using your fingertips, until the mixture resembles breadcrumbs. Add the sugar, mix well, then set aside.
3. To make the filling, place the whole pears in a pan, cover with water and add 50g/1¾oz of the sugar. Bring to the boil, then reduce the heat to a simmer and cook for 10–12 minutes, or until the pears are tender. Drain well and set the pears aside to cool. Remove the pear cores and chop the flesh.
4. Spoon one-quarter of the pears in an even layer on the bottom of the prepared ovenproof dish. Scatter one-quarter of the blackberries over the pears and then sprinkle over 2 tablespoons of the remaining caster sugar. Repeat the layering process until all the pears, blackberries and sugar have been used.
5. Sprinkle over the topping and bake for 20–25 minutes, or until golden-brown and bubbling.
6. Meanwhile, make the custard. Place the egg yolks and sugar in a bowl and whisk until thick and pale.
7. Place the milk and cream in a saucepan and bring to the boil. Pour onto the egg mixture, whisk well, then return to the pan. Heat gently, until the custard is thick enough to coat the back of the spoon.
8. To serve, divide the crumble between serving bowls and pour the custard over.



Sara Quiz

Q: How many days are in November?

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

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

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

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

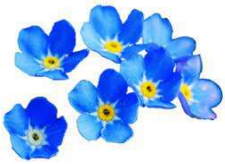
Q: What is the alternative name for All Saints' Day, celebrated on November 1st?

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

Q: What famous canal opened in November 1869?

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

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



Puzzles - Codeword Instruction on the Codeword Puzzles

Every letter of the alphabet (1-26) must be used and when determined, fill in the relevant numbered box and cross off in the listing. Doing this will get you to the end goal.

	2		7		21		15		10		11		25	
12 A	23	16	22	24 L	22	3	E		12 A	19	12 A	24 L	1 E	12 A
	16		2		10		23		11		2		21	
5	22	2	10	24 L	8	2	16	21	E		2	9	E	25
	21		8		10		22		21		22		25	
12 A	11	20	16	2	14		24 L	E	12 A	4	6	21	8	18
			3		E		12 A						24 L	
10	12 A	3	15	18 A	15	12 A		17	16	2	15	22	6	26
	3						14		11		1 E			
24 L	12 A	10	21	8	2	2	E		20	8	13	22	3	18
	10		12 A		9		13		21		15		16	
7	8	22	5		E	13	12 A	10	E	21	20	12 A	15	E
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~~X~~ 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

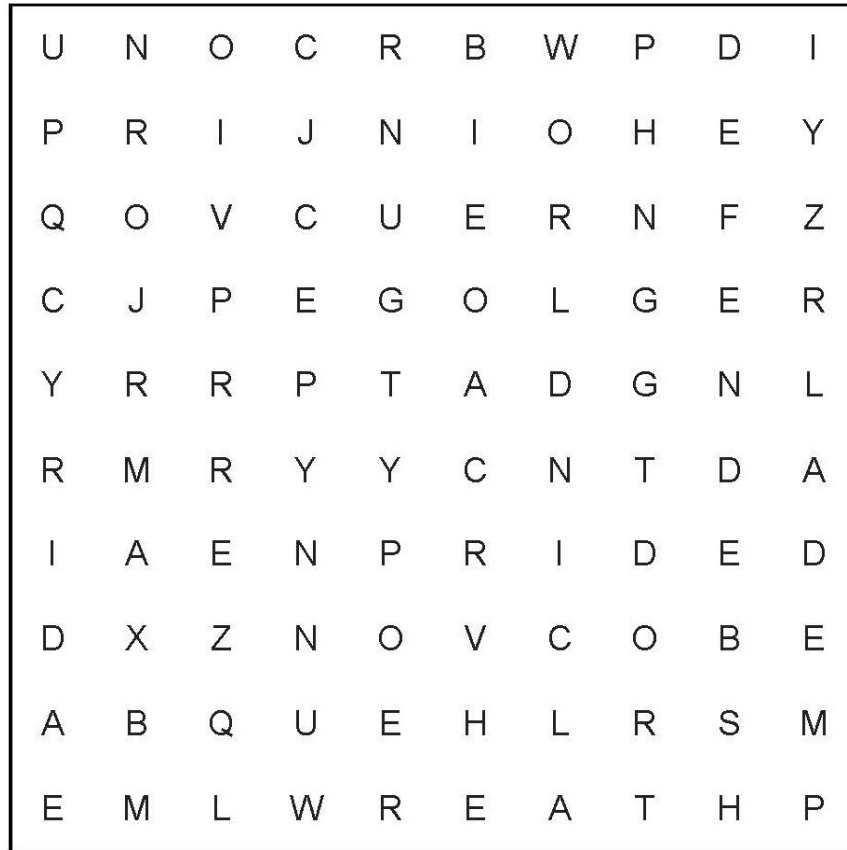
1 E	2	3	4	5	6	7	8	9	10	11	12 A	13
14	15	16	17	18	19	20	21	22	23	24 L	25	26



Puzzles - Wordsearch

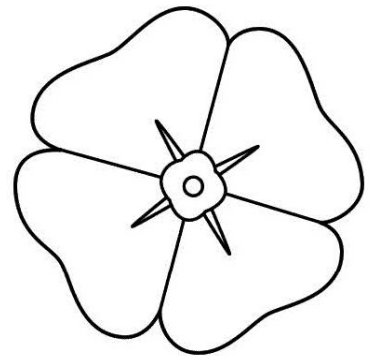
Instructions: Try to find all of the hidden Remembrance Day words in the word search puzzle below.

(Words can be spelled forwards, backwards, diagonally, up, or down.)



Word List

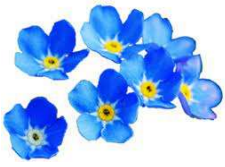
DEFEND	POPPY
ENEMY	PRIDE
GUN	WORLD
MEDAL	WREATH



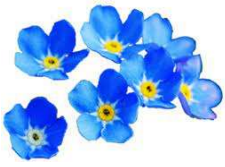


Puzzles – Pub Quiz

1. What name was given to the revolution that took place through an armed insurrection in Petrograd on 7 November, 1917?
2. What are the two zodiac signs for the month of November?
3. Which mineral is an eight on Mohs scale of hardness, with the orange variety being both the state gemstone of Utah and the birthstone for November?
4. Which group had a hit with 'November Rain'?
5. Which flower's name derives from the Greek words meaning golden flower? It's also the birth flower for November.
6. In literature, who was born in Wattenscheid, Germany, on November the 11th?
7. Bonfire Night is celebrated on the 5th of November, but in which year was the Gunpowder Plot?



8. Is Thanksgiving Day in America celebrated on the first, second, third or fourth Thursday in November?
9. The November class of submarine was a nuclear-powered attack submarine in service from 1958 to 1990 for which country?
10. The national Remembrance Sunday ceremony is held in the UK at 11 a.m. on the second Sunday in November at the Cenotaph on Whitehall. Who designed the Cenotaph?
11. On the 28th of November 1919, Nancy Astor becomes Britain's first woman MP. She was elected Member of Parliament for which city?
12. "The house was very quiet, and the fog—we are in November now—pressed against the windows like an excluded ghost." is a line from which book that was first published in 1910?



Puzzles – Word Scramble



November

Word Scramble

The mischievous squirrel Nutmeg was busy gathering autumn treasures. In her excitement, she accidentally jumbled the words of the season, scattering them across the forest! Now, it's up to you to unscramble the fallen letters before the first snowfall!

URCOOPINCA

RDECI

LGMRIIP

COLIEETN

LBOFOATL

NFSGTFIU

USIIASTATGR

CPISR

TOFSR

ESELAV

OBNEERMV

POCISOR

EMSITRACI

YRACREBRN

REKA

VTOE

ANUTUM

SVEHTAR

UTEYRK

UPKNMPI

VKHGNTIGSIA

ETVRAEN

BOBGL

EATWRSE



October Pub Quiz Answers Page 19

1) Which popular children's TV series, first aired on ITV in 1984, was based on the books of the Reverend W Awdry

Thomas the Tank Engine and Friends

2) Born in 1923, which sportscaster and journalist was the voice of Formula 1 motor racing on television, from 1976 through to 2001?

Murray Walker

3) The Siege of Sevastopol began in 1854 during which war?

Crimean War

4) Which Argentine marxist revolutionary was executed in October 1967 for inciting revolution in Bolivia?

Ernesto 'Che' Guevara

5) Founded in October 1804, Hobart is the capital of which state of Australia?

Tasmania

6) What was significant about the opening of the Dublin and Kingstown Railway in 1834?

It was the first public railway on the island of Ireland



7) In 1981 President Francois Mitterrand abolished capital punishment in which country?

France

8) Born in Oct 1931, Tony Booth was best known for his role in 'Til Death Us Do Part', but who was his famous son-in-law?

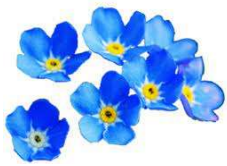
Tony Blair

9) In October 1846 Triton, the largest moon of which planet, was discovered by astronomer William Lassell

Neptune

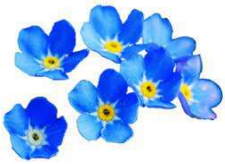
10) Britain's worst nuclear accident happened in 1957 at which nuclear facility?

Windscale (Sellafield)

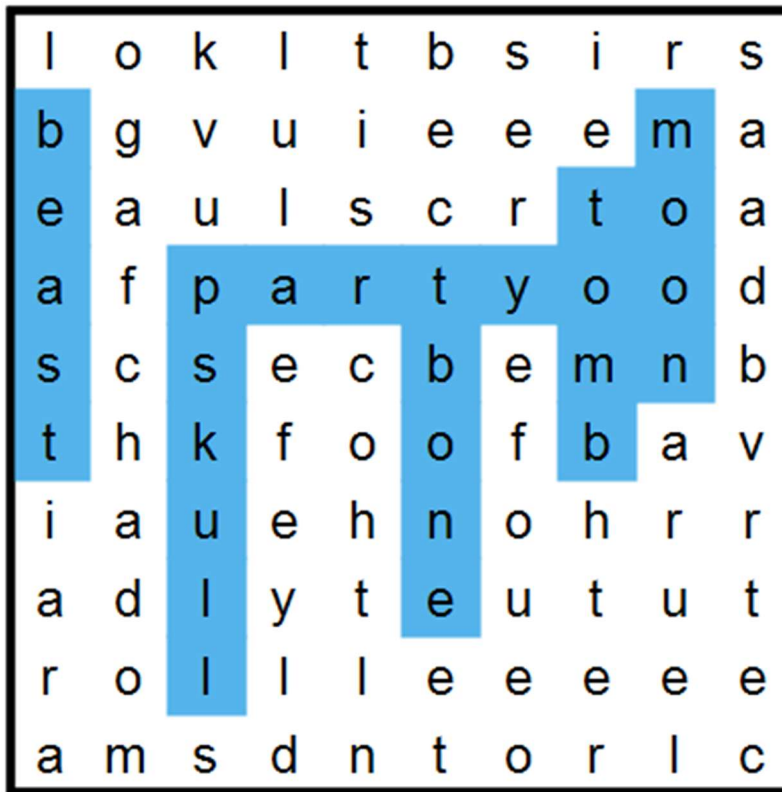


Code word answer October 2025 – Page 21

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



Wordsearch answer – October 2025 – Page 22





Fall Word Scramble

SOLUTION

ULQIT

Q U I L T

LAVEES

L E A V E S

BEEESTRMP

S E P T E M B E R

SVRTAEH

H A R V E S T

TECTHUNS

C H E S T N U T

AUMUTN

A U T U M N

ATOLFLOB

F O O T B A L L

Q. What do you get when you drop a pumpkin?

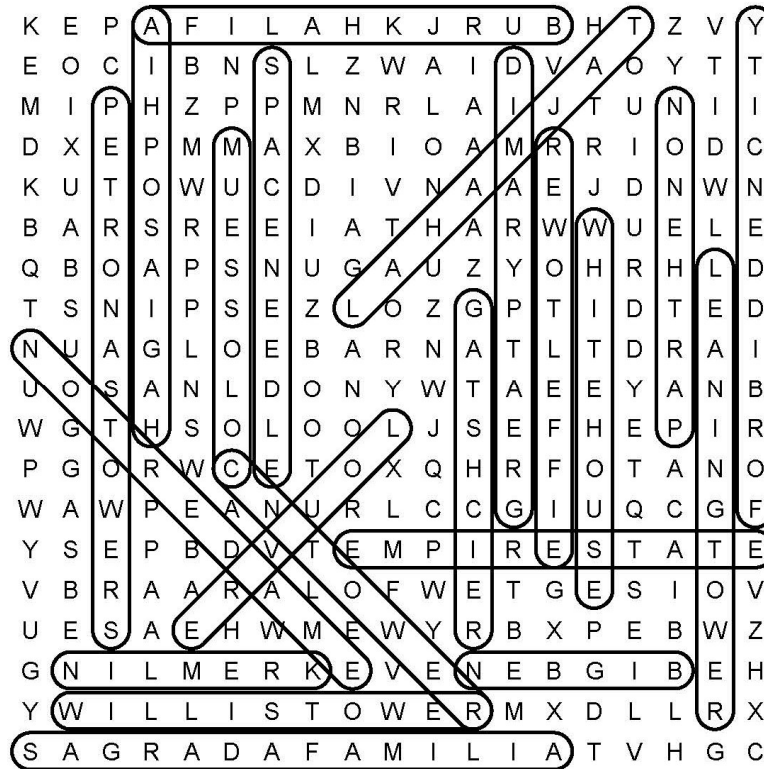
S Q U A S H

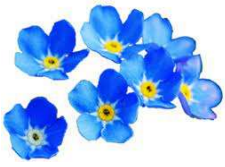


Famous Buildings

Word Search

SOLUTION





November 2025



The Forget Me Not Home Care Team

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