



September 2026

Forget Me Not Home Care

NEWSLETTER



September always feels like a month of change. Summer begins to gently give way to autumn, the evenings start drawing in, and there is something rather comforting about returning to familiar routines after the lighter, longer days of summer.

The name September comes from the Latin word *septem*, meaning seven. That may seem a little odd when September is the ninth month of our calendar, but in the ancient Roman calendar it was originally the seventh month of the year. When January and February were later added to the beginning of the calendar, the name stayed the same!

Welcome

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

Inspected and rated

Outstanding 



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

We hope you enjoy reading!

The Forget Me Not Team

Your story matters.

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



September marks four years since the death of Queen Elizabeth II on 8 September 2022. For so many of us, she was a familiar presence throughout our lives, having reigned for an extraordinary 70 years. In this month's newsletter, we take a moment to remember her remarkable reign and the place she held in our shared history.

September has been the setting for plenty of memorable moments throughout history. From the first publication of *The Hobbit* in 1937 to the opening of the first modern Olympic Games in 1896, the month has seen its fair share of events that have become part of our shared history. September certainly has plenty of stories to tell.

It is also a month of change, as summer begins to fade and the first signs of autumn appear. The days gradually become shorter, the evenings draw in and familiar seasonal traditions begin to return. It can be a lovely time to pause, reflect on the summer months and look ahead to the season to come.

As we welcome September and the first hints of autumn, we hope you enjoy this month's newsletter, with plenty to read, remember and enjoy.

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

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September 2026

STAFF UPDATES

Yvonne takes on Snowdon!

A huge well done to Yvonne, who took on the challenge of climbing Snowdon on 1st August! Yvonne set off at 10.30am and reached the summit around three hours later at 1.30pm, before making the two-hour journey back down. That is no small achievement!

She described the experience as amazing, with the views from the top being simply “wow”. She also said that the photographs really don’t do the views



justice compared to seeing them in person, although we think the pictures she sent us are pretty spectacular!

Well done, Yvonne! What an incredible achievement, and we hope you enjoyed a very well-earned rest afterwards!

We’re Recruiting!

We are currently recruiting, because more people want us to be their carers! We have had lots of interest from people wanting to join the team, so you may see some new faces joining us for taster shifts.

Please do let Lee know what you think, he really does value your opinions and feedback.



Behind the Scenes

It has been an admin-heavy few months, with policy updates, recruitment and plenty of jobs happening behind the scenes. This has meant keeping Lee in the office more than he would have liked, but he is looking forward to getting back out on the road and catching up with all our wonderful clients, which is his favourite part of the job!

Moving & Handling Training

We also had a great day of moving and handling training at The Old Hall on 10th August. The training took place in the garden, followed by some very competitive games of Blockbusters!

Upcoming Training at The Old Hall

Stroke Awareness – 3rd September

Fire Safety – 24th September

All training sessions are held at **9am, 2pm and 7pm**. Everyone is welcome, but please let Lee know in advance so he can secure your slot.

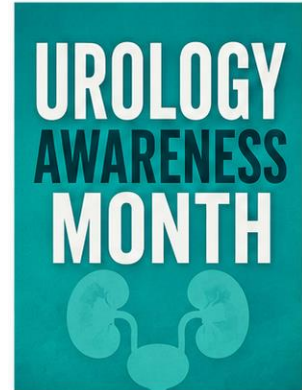




AWARENESS DATES

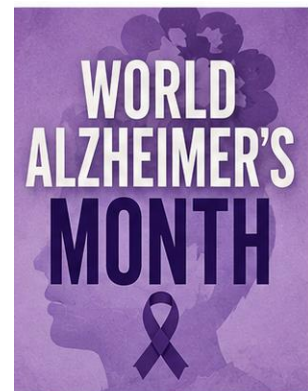
Urology Awareness Month

Urology Awareness Month takes place every September and shines a light on conditions affecting the bladder, kidneys and urinary system, including urinary tract infections, incontinence, kidney stones and urological cancers. It is a chance to encourage people to talk about symptoms they may otherwise feel embarrassed about and to seek medical advice when something doesn't feel right. This is particularly relevant as urological problems become more common as we get older, but many can be treated or managed effectively when help is sought early.



World Alzheimer's Month

September is World Alzheimer's Month, an international campaign to raise awareness of Alzheimer's disease and other forms of dementia, challenge misconceptions and reduce the stigma surrounding them. It also highlights the importance of understanding dementia and supporting people living with the condition, as well as their families and carers.



Organic September

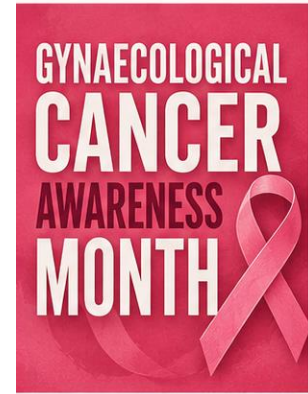
Organic September is a campaign led by the Soil Association, encouraging people to think about organic food, farming and the way our food is produced. It highlights the links between organic farming, nature, wildlife and the environment, while encouraging people to make informed choices about the food they buy.





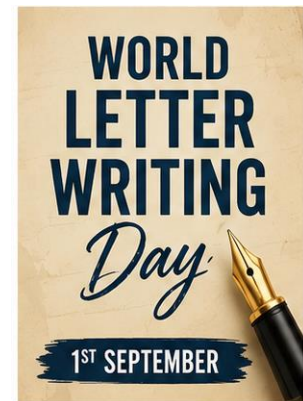
Gynaecological Cancer Awareness Month

September is Gynaecological Cancer Awareness Month, raising awareness of cancers affecting women, including ovarian, cervical, womb, vaginal and vulval cancers. It is an important opportunity to remind people not to ignore unusual or persistent symptoms and to speak to their GP if they have concerns.



World Letter Writing Day | 1st September

World Letter Writing Day celebrates the simple art of putting pen to paper. Before emails, texts and social media, writing letters was one of the main ways people kept in touch with family and friends, shared news and marked important occasions. For many of us, letters bring back memories of a different time, when receiving a handwritten envelope through the letterbox could be something to look forward to. It is a lovely reminder that sometimes the simplest ways of keeping in touch can mean the most.



International Day of Charity | 5th September

The International Day of Charity recognises the important role that charities and individuals play in helping others and supporting people in need. It is a chance to think about the difference that kindness, generosity and community spirit can make, whether through donating, volunteering or simply helping someone who needs a hand. The date was chosen to honour Mother Teresa, who died on 5 September 1997.

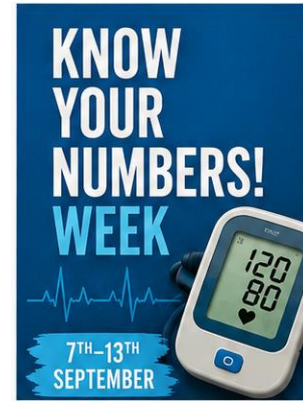




Know Your Numbers! Week | 7th–13th September

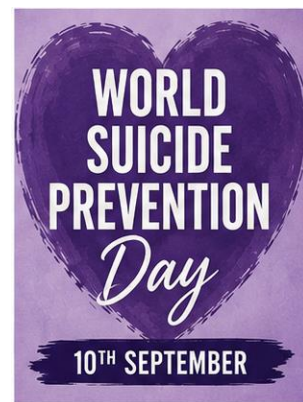
Know Your Numbers! Week, organised by Blood Pressure UK, encourages people to understand and keep track of their blood pressure. High blood pressure often has no obvious symptoms, so regular checks can help identify a problem before it causes more serious health issues.

Knowing your numbers is a simple step that can help you take better care of your heart and circulation.



World Suicide Prevention Day | 10th September

World Suicide Prevention Day raises awareness of suicide prevention and encourages people and communities around the world to take action. It is also a reminder that mental health matters at every age. Sometimes simply checking in with someone, listening without judgement or letting them know they are not alone can make a real difference.



World Patient Safety Day | 17th September

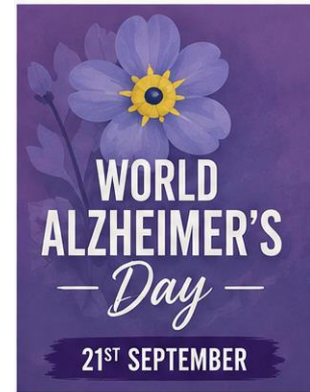
World Patient Safety Day highlights the importance of making healthcare as safe as possible and reducing avoidable harm. This year's theme is “**Safe care for life!**”, with a focus on people living with long-term conditions who may have regular contact with health and care services. For older people, who may have several appointments, medications or treatments to manage, being involved in their own care and feeling able to ask questions is particularly important.





World Alzheimer's Day | 21st September

World Alzheimer's Day takes place during World Alzheimer's Month and provides a particular focus on raising awareness of Alzheimer's disease and other forms of dementia. It is a chance to challenge the stigma surrounding dementia and recognise the experiences of people living with the condition, their families and their carers.



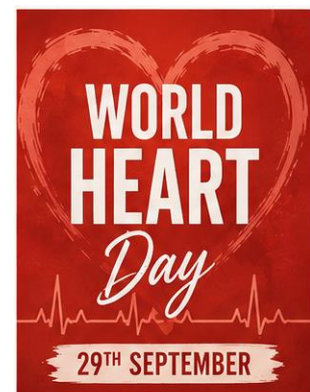
National Eye Health Week | 21st–27th September

National Eye Health Week highlights the importance of looking after our eyesight and having regular eye tests. Good eye health can help identify problems early, and changes in vision shouldn't simply be dismissed as part of getting older. For older people especially, looking after our eyesight can help us remain independent and continue enjoying everyday activities such as reading, watching television, getting outdoors and spending time with others.



World Heart Day | 29th September

World Heart Day raises awareness of cardiovascular disease and encourages people to take steps to look after their heart and circulation. Eating well, staying active where possible, keeping an eye on blood pressure and cholesterol, and attending regular health checks can all play an important part in maintaining heart health.





LOCAL EVENTS

Sleaford

Sleaford Classic Car & Motorcycle Show | Saturday 5th September

Boston Road Recreation Ground, Sleaford | 10.30am–4pm

A great one for anyone who enjoys classic cars and motorcycles. The annual show brings together a wide selection of vehicles and trade stands, with plenty to look around.

Heritage Open Days | 11th–20th September

Heritage Open Days take place across England from 11th–20th September, with lots of free opportunities to explore local history and places that aren't always open to the public. In Sleaford, Navigation House will be opening its doors and launching a new exhibition about Sir Joseph Banks, with the house and exhibition open on 11th–14th September.

Sleaford Festival | Saturday 19th September

Boston Road Recreation Ground

A free community festival organised by Sleaford Town Council and SHOCK Sleaford, with live music and family-friendly entertainment.

Sleaford Playhouse

There are several productions coming to the Playhouse in September, including *Blue Stockings* from 2nd–5th September, *Art* from 16th–19th September and *The Phantom Raspberry Blower of Old London Town* on 25th September.

Heckington

Milling & Steaming at Heckington Windmill | Saturday 5th September

10.30am–3pm

See the historic windmill in action, with milling demonstrations and the steam engine Maud running throughout the day. A lovely local day out for anyone interested in Lincolnshire's agricultural and industrial heritage.





Heckington Pavilion Farmers & Artisan Market | Saturday 19th September
A chance to browse local produce, crafts and handmade goods at the Pavilion.

Bourne

Heritage Open Days – R A Gardner Exhibition | 19th–20th September

The Red Hall, Bourne | 10am–4pm

This free exhibition explores the life and work of R A Gardner, a Bourne banker, magistrate, trustee and artist. His paintings include scenes of rural life in England, making this a lovely opportunity to step back into local history.

Discover Bourne Through Your Fingertips | 19th–20th September

Darby & Joan Hall | 10am–3pm

An immersive, multi-sensory exhibition inspired by R A Gardner's landscape paintings, created in partnership with Willoughby Academy. Admission is free.

Grantham

Sir Joseph Banks: A Lincolnshire Botanist's Explorations | Friday 11th September

Grantham Museum | 2pm

A fascinating afternoon talk about Sir Joseph Banks, the Lincolnshire botanist who sailed with Captain Cook on HMS Endeavour and helped shape the study of natural history.

The Plague | Monday 14th September

Grantham Museum | 7.30pm

A talk exploring the history of plague, its effect on communities and how people responded during times of fear and uncertainty.

The Collapse of the Third Reich | Friday 25th September

Grantham Museum | 2pm

Part of the museum's 20th Century International History series, this talk looks at the downfall of Hitler's regime and the events that brought an end to Nazi rule in Europe.





QUEEN ELIZABETH II

A Life of Service

Queen Elizabeth II was a constant presence throughout the lives of so many of us. For many people, it is difficult to remember a time when she was not Queen.

Born Princess Elizabeth Alexandra Mary on 21 April 1926, she was never originally expected to become Queen. Her father, George VI, became King unexpectedly following the abdication of her uncle, Edward VIII, in 1936, changing the course of Elizabeth's life forever.



She became Queen at just 25 years old, following the death of her father in February 1952. Her coronation took place on 2 June 1953 at Westminster Abbey and was watched by millions of people around the world. It was the first British coronation to be televised, marking the beginning of a reign that would span an extraordinary 70 years.



During those seven decades, Britain changed almost beyond recognition. Elizabeth II lived through the post-war years, the swinging sixties, the arrival of the internet and mobile phones, and into an entirely new digital age. She met countless world leaders, travelled extensively throughout the Commonwealth and welcomed generations of British citizens to royal events.

Her reign was filled with remarkable milestones. She became the longest-reigning British monarch, surpassing the record previously



held by her great-great-grandmother, Queen Victoria. She also celebrated her Silver, Golden, Diamond and Platinum Jubilees, with her Platinum Jubilee in 2022 marking an unprecedented 70 years on the throne.

Yet alongside the grand occasions, she was perhaps best known for her sense of duty and her commitment to the people she served. She carried out thousands of engagements during her reign, supporting charities, communities and organisations across the United Kingdom and the Commonwealth.



The Queen was also particularly fond of the countryside and the natural world. Her love of horses, dogs, gardens and the outdoors was well known, with Balmoral in Scotland being one of her favourite places to spend time away from the demands of public life.

Trees and planting also became an important part of her legacy. Throughout her reign, she planted trees across the United Kingdom and the Commonwealth, creating living reminders of her visits and service. A tree is, after all, something that continues to grow long after the person who planted it has gone, providing beauty and enjoyment for future generations.

Following the Queen's death in 2022, The Tree Council offered grants to help communities create orchards in her memory. It was one way for people to commemorate her life and create something that could be enjoyed for many years to come.



Over to Judith...

Queen Elizabeth II passed away peacefully, of old age, at her beloved Balmoral Castle on 8 September 2022.

Just days before, during her final public engagement, she was looking out of the window when she remarked to the Moderator of the General Assembly of the Church of Scotland, 'Who would not want to be here?'

She worked until just two days before her death, entering in her diary that Sir Edward Young, her Private Secretary, had visited her, writing, 'Edward came to see me', regarding the appointment of a new Prime Minister. Our late Queen fulfilled her constitutional duties to the very end, accepting the resignation of Boris Johnson and appointing Liz Truss as her 15th Prime Minister.



Queen Elizabeth had always been there throughout my whole life, and I have been very fortunate in having attended one of her garden parties at Buck House and been a guest in the House of Lords one year for the State Opening of Parliament. The Crown Jewels were truly dazzling on her!

I haven't met her, possibly for the best, as I might have said something ridiculous or swooned clean away!

But I did want to mark her passing and saw that The Tree Council were giving grants to plant orchards in QE's memory. I am a Billingborough allotment holder, so firstly approached the



committee, as I thought there was ample room on the field there for a modest fruit orchard.

I was refused, as the committee thought the ongoing care of the trees might be a challenge for busy plot holders and themselves.

My neighbour, Treasurer at that time for the Parish Council, suggested I approach them. So, I attended the public part of their next monthly meeting and was advised that my request would be considered if I agreed to be co-opted onto the Parish Council, which I then was.

But at the next Parish Council meeting, my request was refused, as there were already plans for a plaque to commemorate QE for the Village Hall Field.



Not to be thwarted, I thought again and then approached the local Primary School and arranged to meet with their lovely Head. He suggested I join 'Friends of Billingborough School', which I did, and have enjoyed very much, fundraising for and helping at their school functions, serving drinks at sports days and helping set up their hall for bingo fundraisers.

Billingborough School has a Forest School session weekly, where a trainer educates the children around hands-on practical skills outside of the classroom. So, I met with her, and she kindly invited me to join the children on one of her sessions at school.



The children were so excited about having their own small orchard and enthusiastically chose their fruit trees, though I couldn't promise mango or lemon trees would grow for them there!

So, finally, four years on from QE's passing, Billingborough Primary School now has seven fruit trees planted: Victoria plum, damson, pear and apple trees, for cooking and eating. Each of the seven classes will be responsible for a tree each and, hopefully, going forwards over the years, will see the fruits of their labours in her memory.



Written by Judith Tweddle



September 2026

ELIZA UPDATE



Now properly crawling, she is suddenly into everything and keeping everyone on their toes! She is also becoming very confident at pulling herself up and standing, so there really is no stopping her now. She absolutely loves music and simply can't sit still when she hears a good beat, with lots of bouncing, wriggling and dancing along whenever her favourite songs come on.

She also had a fab time with the family at a private swimming session. She loved having more of her favourite people in the water with her and was completely in her element. We're pretty sure we have a little mermaid on our hands!



As always, she is loving her caravan holidays and getting to see more of England along the way. There's nothing she seems to enjoy more than being out and about, discovering new places and making lots of happy memories with her family. It's lovely watching her grow in confidence and curiosity month by month, and we can't wait to see what she gets up to next!



Sausage, Apple & Onion Traybake

Serves: 1–2

Prep: 10 minutes

Cook: 40–45 minutes

You will need:

- 2 pork sausages
- 200g potatoes
- 1 small eating apple
- ½ red onion
- 1 tsp olive oil
- 1 tsp wholegrain mustard
- 1 tsp honey
- 50ml chicken stock
- Salt and black pepper
- A little fresh thyme, optional



Method:

1. Heat the oven to **200°C / 180°C fan / Gas Mark 6**.
2. Cut the potatoes into small chunks and place in a small roasting tin with the sausages and sliced onion.
3. Drizzle with the oil and season with salt and pepper. Roast for **25 minutes**.
4. Cut the apple into wedges and add to the tin.
5. Mix the mustard, honey and chicken stock together and pour over the sausages and vegetables.
6. Return to the oven for **15–20 minutes**, until the sausages are cooked through and the potatoes are golden.
7. Sprinkle with fresh thyme, if using, and serve.



Creamy Leek, Potato & Cheddar Bake

Serves: 1–2

Prep: 15 minutes

Cook: 45 minutes

You will need:

- 250g potatoes
- 1 large leek
- 1 tsp butter
- 75ml double cream
- 50ml milk
- 50g mature cheddar, grated
- ½ tsp mustard
- Salt and black pepper



Method:

1. Heat the oven to **190°C / 170°C fan / Gas Mark 5**.
2. Peel and thinly slice the potatoes. Wash and slice the leek.
3. Melt the butter in a frying pan and gently cook the leek for **5 minutes**, until softened.
4. Layer the potatoes and leek in a small ovenproof dish.
5. Mix the cream, milk and mustard together. Season with salt and pepper and pour over the vegetables.
6. Sprinkle the cheese over the top.
7. Cover with foil and bake for **30 minutes**.
8. Remove the foil and bake for another **15 minutes**, until golden and bubbling.
9. Leave to stand for 5 minutes before serving.



Easy Apple & Blackberry Crumble

Serves: 1–2

Prep: 10 minutes

Cook: 30–35 minutes

You will need:

- 1 large eating apple
- 75g blackberries
- 1 tbsp caster sugar
- 50g plain flour
- 25g porridge oats
- 40g butter
- 25g brown sugar



Method:

1. Heat the oven to **190°C / 170°C fan / Gas Mark 5**.
2. Peel, core and slice the apple and place it in a small ovenproof dish.
3. Add the blackberries and sprinkle over the caster sugar.
4. Put the flour, oats and brown sugar into a bowl.
5. Rub in the butter with your fingertips until the mixture resembles breadcrumbs.
6. Sprinkle the crumble mixture over the fruit.
7. Bake for **30–35 minutes**, until golden and bubbling.
8. Serve warm with custard, cream or ice cream.



September 2026

GRANDMA USED TO SAY

“September blow soft, till the fruit’s in the loft.”

A gentle September meant good weather for bringing in the fruit and finishing the harvest.

“September dries up ditches, or the farmer wishes.”

A dry September was welcomed because it made harvesting easier, while too much rain could cause problems.

“On Michaelmas Day, the devil puts his foot on the blackberry.”

Michaelmas falls on 29 September. Tradition said blackberries shouldn't be picked after this date because they would no longer be good to eat.

“When the September leaves fall, winter is not far behind.”

Early falling leaves were traditionally seen as a sign that colder weather and winter were approaching.

“Married in September’s shine, your life will be rich and fine.”

An old wedding rhyme suggesting that couples who married in September would enjoy a prosperous and happy life.

“September rain is good for the fields, but bad for the harvest.”

Rain could help the soil and crops, but too much wet weather made bringing in the harvest difficult.



September 2026

September is a bridge between summer's
end and autumn's beginning. ♡

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
31 August Bank Holiday	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	1 October	2	3	4

Notes



Crisp mornings, cosy
moments and the start
of something beautiful. ♡



September 2026

QUIZ

1. What does the word “September” mean in Latin?
2. In which year did Queen Elizabeth II become Queen?
3. How many years did Queen Elizabeth II reign?
4. What date is Michaelmas traditionally celebrated?
5. Which famous fantasy novel by J. R. R. Tolkien was first published in September 1937?
6. What is celebrated on World Letter Writing Day?
7. How many fruit trees were planted at Billingborough Primary School in memory of Queen Elizabeth II?
8. Which ingredient gives the Sausage, Apple & Onion Traybake its savoury mustard flavour?
9. What farmers’ and artisan market is taking place in Heckington on 19th September?



September 2026

CODEWORD

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

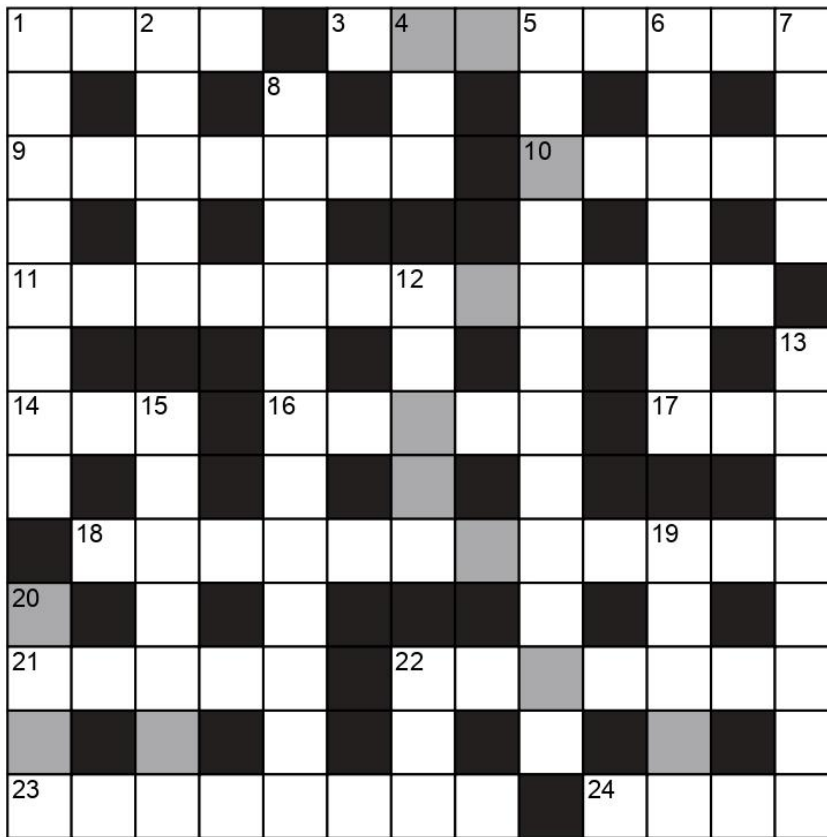
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		Z										
14	15	16	17	18	19	20	21	22	23	24	25	26
					K					F		

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

5F	12D	6L	8C	13L	13I	12M	13D	9B	12A	8L



CROSSWORD



Across

- 1 Settee (4)
- 3 Whirling motion (8)
- 9 Set aside for a purpose (7)
- 10 Despised (5)
- 11 Large Brazilian city (3,2,7)
- 14 Opposite of old (3)
- 16 Steered a car (5)
- 17 Silent (3)
- 18 Disregarding the rules (5,3,4)
- 21 Scheme intended to deceive (3-2)
- 22 Take back (7)
- 23 Smiling contemptuously (8)
- 24 Smudge (4)

Down

- 1 Navigating (8)
- 2 Relinquish (5)
- 4 Wild ox (3)
- 5 Accomplishments (12)
- 6 Time between events (7)
- 7 Protuberance on a plant (4)
- 8 Person who listens into conversations (12)
- 12 Select; choose (5)
- 13 Copycat (8)
- 15 Grapple with (7)
- 19 Electronic communication (5)
- 20 Cobras (4)
- 22 Flee (3)

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

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



September 2026

SUDOKU

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



September 2026

WORDSEARCH



AWARENESS

CAKE SALE

DONATION

FOOD BANK

FUNDRAISE

GLOBAL

PEACE

POVERTY

SEPTEMBER

SOCIETY

SOLIDARITY

SPONSORSHIP

SUPPORT

VOLUNTEER

VULNERABLE



September 2026

AUGUST ANSWERS

1. Karen Barrack
2. The Old Hall Care Home
3. Swimming lessons
4. Two
5. Tough Mudder 5K
6. Burghley House
7. Courgette
8. International Dog Day
9. Make hay while the sun shines.
10. Future manager

Codeword



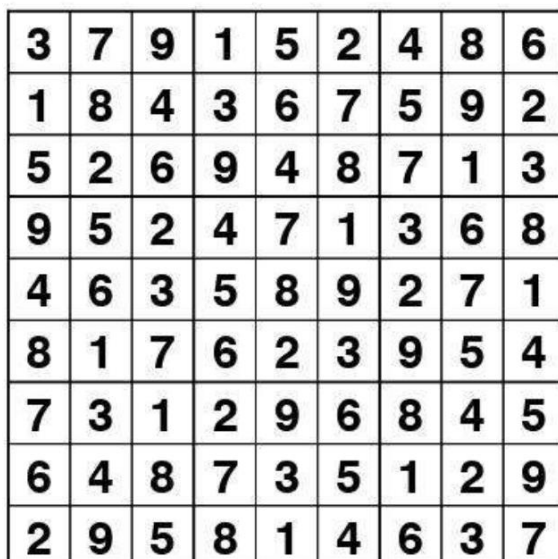
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Crossword

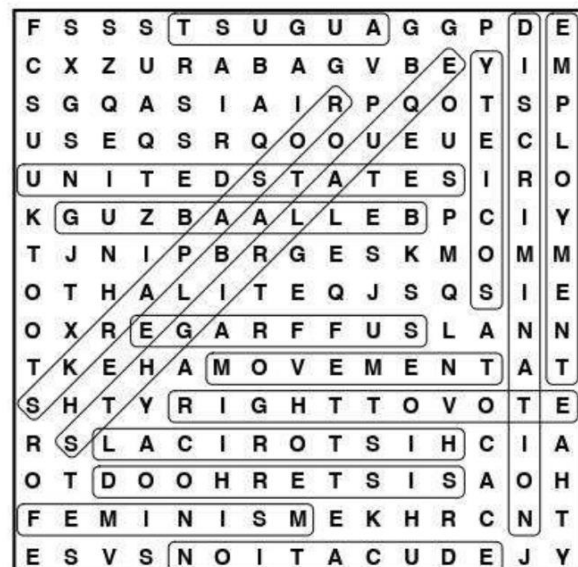


Keyword: NINETEENTH

Sudoku



Wordsearch





September 2026

The Forget Me Not Home Care Team

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

Writer & Editor: Chloe Newsome and Lee Rochford

Proofreader: Christina Anderson