



June 2025

Forget Me Not Home Care

NEWSLETTER



June is special because it marks the start of summer in the Northern Hemisphere, features the longest day of the year, the summer solstice and is the month for celebrations such as, Father's Day, Pride month and National Doughnut Day!



It also contains the Strawberry Moon, the last full moon of Spring. Though it's not named after colour which is usually the assumption but actually named

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

after the rather short strawberry harvesting period in the month.

Throughout the year, key days, weeks and even months are dedicated to bringing awareness to important health topics and professions. They provide opportunities to share information about health issues you care about and show some appreciation to professionals you know in the healthcare field!

Whether you are a healthcare professional, employer, educator, patient or a client, mark these dates on your calendar to help you plan for awareness activities.

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

Contact us on:

- Tel: 01529 417791
- Email: forgetmenothomecare@hotmail.com
- Website: 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

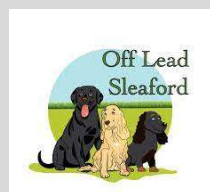
Crown House , Grantham
Street, Lincoln LN2 1BD

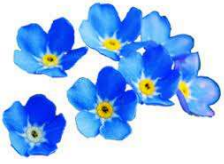
Off Lead Dog Walking:

Email: info@offleadsleaford.co.uk

Address:

Dale Farm
Westcliffe Road
Sleaford
Lincolnshire
NG34 8RG





Diary Events:

National Age Without Apology Month is an annual campaign held every June to celebrate aging and challenge negative stereotypes about growing older. Initiated in 2017 by the UK skincare brand Willowberry, it aims to shift the narrative around age in the beauty industry and beyond, promoting self-acceptance and confidence at every stage of life. The campaign encourages embracing natural signs of ageing, like wrinkles and grey hair, as symbols of a life well-lived rather than flaws to be hidden.

1st – National Cancer Survivor's Day – Celebrating the resilience and achievements of cancer survivors

5th – World Environment Day – Focusing on environment protection and sustainable living.

6th National Doughnut Day. No one really knows who invented the donut, or even when! One of its earliest ancestors may be the 15th century German dessert, gefüllte Krapfen, a fried-dough pastry made without sugar.

9th-15th Mens health week. This week-long event, organized by the Men's Health Forum, aims to raise awareness of preventable health issues and encourage men and boys to seek professional advice.

9th-15th also shares this week for National Carers week which is a time we recognise all those unpaid carers.

11th Strawberry Moon - a captivating full moon named by Native American tribes, for the time when wild strawberries ripen, signaling a period of abundance. This moon often appears low in the sky, casting a warm, golden hue due to atmospheric scattering, though it isn't actually pink or red. In 2025, the Strawberry Moon will peak on June 11th, coinciding with the summer solstice in some cultures, enhancing its spiritual and cultural significance. It's a time associated with growth, renewal, and harvesting, inspiring awe and reflection under its glowing light.



15th – Father's Day - Father's Day, celebrated annually on the third Sunday of June in many countries, including the UK and US (falling on June 15 in 2025), is a special occasion dedicated to honouring fathers and father figures for their love, support, and contributions to family and society. Originating in the early 20th century, the day encourages expressions of gratitude through heartfelt gestures like handmade cards, gifts, or quality time spent together.

17th is the start of the national nursing assistant week to honour the dedication and hard work of nursing assistants. It's a time to recognize the vital role they play in providing quality patient care. These professionals work alongside nurses, helping patients with daily living tasks and other healthcare needs. The celebration also includes a full week of appreciation, starting on the first day of National Nursing Assistants Week.

Sara's Superstition

A common superstition for June, particularly tied to the Strawberry Moon, is that making a wish under its light brings good fortune, especially for love or prosperity. This belief stems from Native American and folklore traditions, viewing the June full moon as a potent time for manifesting desires due to its association with abundance and renewal.

Other Events

Willoughby Art Group meet on Mondays at 10am at The Horseshoes Silk Willoughby.

Folkingham Pop in – at the village hall in Folkingham for coffee, cake games and lots of chat. This is held every Monday from 10am.

Billingborough Coffee Morning – Held at the village hall in Billingborough each Wednesday from 10am. This is for a good



catch up coffee/tea and cakes! Also the first Wednesday every month there is soup and sherry Worth trying!

Horbling 10:30am – every Wednesday at the Horbling St Andrew's Church for coffee morning and catch up

Heckington Church - Afternoon Tea for all on the last Saturday morning of each month 10am-2pm

The local wellbeing walks are still taking place if you want to join

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

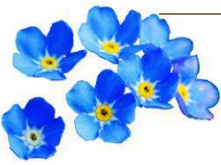
Ruskington, 1.30pm – Church Bridge, by All Saints Church. Chapel Street, NG34 9DX
Walcott, 9.30am - (1st & 3rd Wednesday of every month). St Oswald's Church, High Street, LN4 3SW
Martin, 9.30am - (2nd & 4th Wednesday of every month). Village Hall, High Street, LN4 3QT

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



Recipes

Asparagus & new potato frittata

- 200g new potatoes quartered
- 100g asparagus tips
- 1 tbsp olive oil
- 1 onion finely chopped
- 6 eggs beaten
- 40g cheddar grated
- Rocket or mixed leaves, to serve



Method

step 1

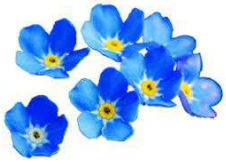
Heat the grill to high. Put the potatoes in a pan of cold salted water and bring to the boil. Once boiling, cook for 4-5 mins until nearly tender, then add the asparagus for a final 1 min. Drain.

step 2

Meanwhile, heat the oil in an ovenproof frying pan and add the onion. Cook for about 8 mins until softened.

step 3

Mix the eggs with half the cheese in a jug and season well. Pour over the onion in the pan, then scatter over the asparagus and potatoes. Top with the remaining cheese and put under the grill for 5 mins or until golden and cooked through. Cut into wedges and serve from the pan with salad.



Eton mess scones

400g self-raising flour plus extra for dusting
¼ tsp salt
1 tsp baking powder
100g butter cut into cubes
3 tbsp caster sugar plus extra for sprinkling
200ml buttermilk
1 tsp vanilla extract
5 tbsp milk plus extra for brushing
good handful small strawberries halved
small jar good strawberry jam
2 meringue nests , crumbled into chunks
200ml tub clotted cream



Method

step 1

Heat oven to 220C/200C fan/gas 7. Mix the flour, salt and baking powder together in a large bowl. Rub in the butter or whizz the lot in a food processor to fine crumbs, then stir in the sugar.

step 2

Warm the buttermilk, vanilla and milk to hand temperature, then quickly stir it into the flour mixture with a knife. Using your hands, bring the dough together, being careful not to overwork the mix.

step 3

Turn dough out onto a lightly floured work surface and pat out to a 2.5cm thick round. Stamp out 12 x 5cm rounds, dusting the cutter with flour as you stamp – you'll need to re-pat trimmings to make 12. Put the rounds onto floured baking sheets, brush the tops with milk and sprinkle with a little more sugar. Bake for 12-15 mins until golden.

step 4

To serve, lightly mash the strawberries with the jam, and fold the meringues into the clotted cream. Dollop some strawberry mixture onto each split scone, and top with a dollop of meringue cream.



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Staff Introductions

We have some new starters you will have met recently. Sue and Lucy!

I am sure you are giving them all a huge warm welcome already but nevertheless, welcome to the team!



My family are very important to me. Love having a good catch up with the girls. Enjoy getting away in my motorhome. My favourite character is Eeyore from Winnie the Pooh



Hi my name is Lucy, I'm very pleased to be back with the team. I was previously a carer here at FMN but moved out of the area.



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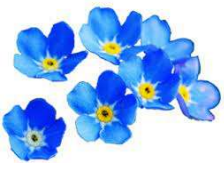
Beach

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S	I	B	A	E	G	J	R	T	E	L	A	R	O	C
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BAY
BIKINI
CLAM
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CURRENTS
FAMILY
FINS
FISH

FRISBEE
LAGOON
LIMPET
LOW TIDE
PALM TREE
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TRUNKS
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WHITECAPS
YACHT



Let's Talk...

Health and Wellbeing

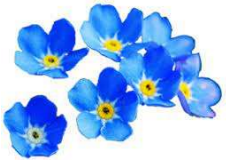
Your Life, Your Style....



Maintaining an active lifestyle is crucial for older adults to promote physical health, mental well-being, and overall quality of life as they age. For those over 65, regular exercise can significantly enhance mobility, strength, and balance, reducing the risk of falls—a leading cause of injury in this age group. Low-impact activities like walking, swimming, chair yoga, or tai chi are ideal, as they are gentle on joints while improving cardiovascular health, muscle tone, and flexibility. For example, a 30-minute walk five days a week can meet the recommended 150 minutes of moderate aerobic activity. Strength training, using light weights or resistance bands, can also help maintain bone density and combat age-related muscle loss.

Beyond physical benefits, exercise boosts mental health by releasing endorphins, which can alleviate symptoms of depression and anxiety, common among seniors. Activities like dancing or group fitness classes foster social connections, combating loneliness and enhancing emotional resilience. Even everyday tasks—gardening, climbing stairs, or stretching—count as exercise and contribute to energy and vitality. For those with limited mobility, seated exercises or physical therapy can still provide meaningful benefits.

Older adults should consult a healthcare provider before starting a new routine, especially if managing chronic conditions like arthritis or heart disease. The key is to



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choose enjoyable, sustainable activities tailored to individual abilities, ensuring consistency. By staying active, seniors can maintain independence, improve sleep, and embrace ageing with confidence and vitality. Incorporating small, fun habits—like a morning stretch or an evening stroll under June's Strawberry Moon—can make exercise a rewarding part of daily life.

One of our lovely clients, Ann, has agreed to be in this newsletter with her newest exercises. Lee bought Ann a bike to build some strength in her legs. Ann has said she is finding this useful.

Bonus being, it's exercise without feeling like it!





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Forget Me Not Team News

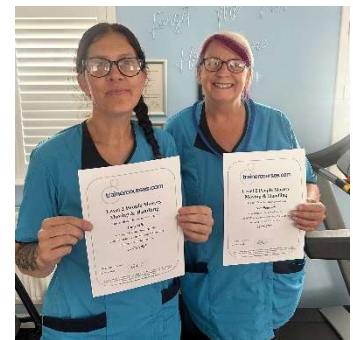


Training

Sam and Sara went to Lincoln on the 14th May to do a Handling difficult situations course. This was interesting and taught them lots to do with communication and body language. On the 15th May both Sam and Sara also sat in on a Dignity training meeting with the Dignity Charity.

The team, as a whole, looked at an online training session regarding falls and the elderly. There is also new guidance issued by NICE if you would like to read this.

Sue and Lucy completed their office based moving and handling training in May too!



Other News ...

Chantelle's little baby has been working her very hard indeed and she has now gone to put her feet up whilst she can and is due towards the end of June – We will update you all when we can

And the Rochford baby is currently measuring a few days bigger than expected but all good. Next time round we are there for 20 week scan end of June.



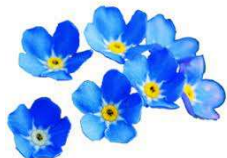
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SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14 Flag Day
15 Father's Day	16	17	18	19 Juneteenth	20	21
22	23	24	25	26	27	28
29	30					

Goals & Notes

If you have some exciting news you want to share with the Forget Me Not Community, please send me your pictures and I will share the news 😊.



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The Forget Me Not Home Care Team

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

Forget Me Not Newsletter Issue 16 – June 2025

Writer & Editor: Sara Paton and Lee Rochford

Proofreader: Christina Anderson