



NEWSLETTER



Guy Fawkes Day (Bonfire Night) is celebrated on the 5th November to commemorate the failure of the Gunpowder Plot of 1605, when a group of Catholic conspirators attempted to blow up the Houses of Parliament and assassinate King James I.

The plot was foiled when Guy Fawkes was arrested while guarding the explosives. He was imprisoned and tortured at the Tower of London, and he and most of the other conspirators were executed for treason. The Parliament declared November 5th a national day of celebration, and the first of Guy

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.



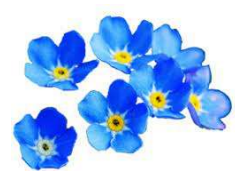
If there is something you would like to read about or would like further information on, please do not hesitate to speak to our care workers or call the office and ask for Michelle.

We hope you enjoy reading!

From

The Forget Me Not Team





Fawkes Day was held on that day in 1606. Today, Guy Fawkes Day is celebrated with bonfires, fireworks, and feasts. People also burn straw men called "guys" that are designed to look like Guy Fawkes.

*Remember, remember, the 5th of November,
Gunpowder, treason and plot.
I see no reason
Why gunpowder treason
Should ever be forgot.
Guy Fawkes, Guy Fawkes, 'twas his intent
To blow up the King and the Parliament
Three score barrels of powder below
Poor old England to overthrow
By God's providence he was catch'd
With a dark lantern and burning match
Holler boys, holler boys, let the bells ring
Holler boys, holler boys
God save the King!*



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



Heckington Church

Free Afternoon Tea for all on the 1st
of every month from 2-4pm



November 2024

Quiz time

Coffee Break Quiz...



Campfire



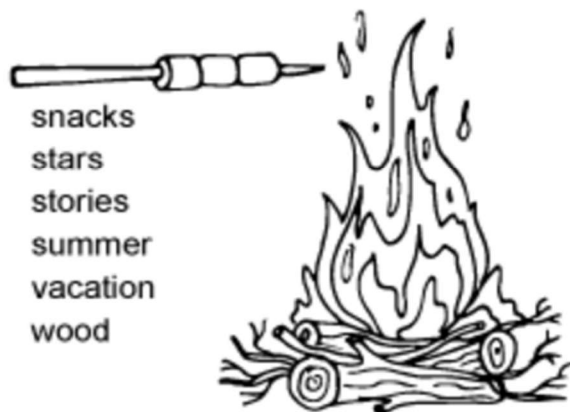
N H T S E R O F P L I X C J U Y A D
C K Q H Z X S V N O B F S E K O M S
S Y L E N G A J S U M M E R X F W H
T G B V O T K C G D R Q A Z I O P C
A X N D J E H S Y F N U B G L A T M
R W T I U Q P G M C Z S O L B S H L
S O F X K R N O I T A C A V E N U C
H O S E A O L B S N R M J W D A Q Z
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T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

blanket
bug spray
campfire
chairs
flame
forest

guitar
hot dogs
log
marshmallows
matches
nature

night
outdoor cooking
roasting sticks
s'mores
sing alongs
smoke

snacks
stars
stories
summer
vacation
wood





Name: _____ Date: _____



Halloween

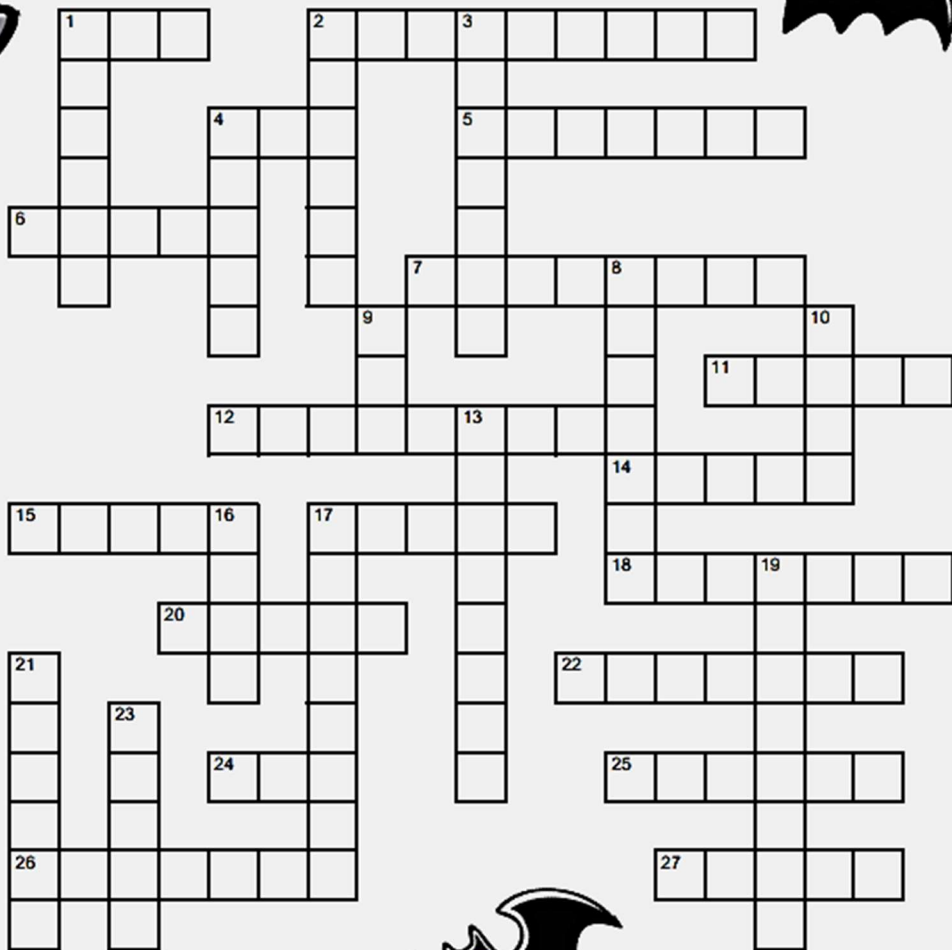


Across

1. He swallowed the canary.
2. Playground for ghosts.
4. What a spider spins.
5. Frankenstein has one.
6. When ghosts come out to play.
7. Scare.
11. What the pot might call the kettle.
12. October 31st.
14. ____ or treat.
15. Witch transportation.
17. Frightening.
18. The Count.
20. A skeleton is just a bunch of these.
22. Disguise.
24. Lives in the belfry.
25. Incey wincey is one of these.
26. Main ingredient in a popular pie.
27. ____ stories.

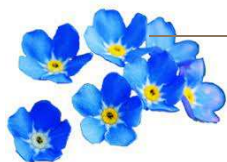
Down

1. Where a vampire sleeps.
2. Evil or mischievous creature.
3. He hates garlic.
4. Samantha for example.
8. ____ house.
9. Whoo? Whoo?
10. Mr. O'Lantern.
13. Comes out on full moon nights.
16. Might be full, half, or new.
17. A boney sort of fellow.
19. Fire burn, and ____ bubble.
21. When something makes our skin crawl, it's this.
23. Found in Egypt.



WORD BANK

BAT, BLACK, BONES, BROOM, CAT, CAULDRON, COFFIN, COSTUME, CREEPY, DRACULA, FRIGHTEN, GHOST, GOBLIN, GRAVEYARD, HALLOWEEN, HAUNTED, JACK, MONSTER, MOON, MUMMY, NIGHT, OWL, PUMPKIN, SCARY, SKELETON, SPIDER, TRICK, VAMPIRE, WEB, WEREWOLF, WITCH



October Quiz Answers:

A Spooky Tale



AFRAID

BAT

BLACK

CEMETERY

CHAINS

CHILL

CREAK

CROW

DARK

GHASTLY

GRAVE

GROANS

HAUNTED

HOUSE

LANTERN

NIGHT

OBSCURE

OMINOUS

PHANTOM

SCARY

SCREAM

SHRIEK

SINISTER

SPOOKY

SUSPENSE

THUNDER

WRAITH



November 2024



Halloween Word Scramble

Unscramble the Halloween words and write the letters in the boxes. Use the letters in the shaded boxes to form a new word that answers the riddle.

OYPKSO

S P O O K Y

LABKC

B L A C K



OLSETENK

S K E L E T O N

NTHAEDU EUHOS

H A U N T E D H O U S E

ATHPNOM

P H A N T O M

RIMG EPERAR

G R I M R E A P E R

AUONDLCR

C A U L D R O N



Q. What is a witch's favorite food?

G O U L A S H



November 2024



Answer Sheet

Wordwheel possible words

The wordwheel word is: PUMPKIN

imp
kip

nip
pin

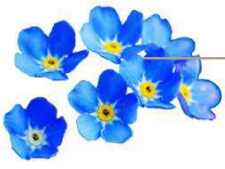
pip
pun

pup
pimp

pink
pump

punk
pinup

pumpkin



November 2024



Toffee Pear & Chocolate Loaf Cake



Preparation time 35 mins

Cooking time 1hour 25mins

Ingredients

For the loaf

- 150 g unsalted butter, softened, plus extra to grease
 - 175 g plain flour
 - 1 tsp. bicarbonate of soda
 - 40 g cocoa powder
 - 100 g dark brown soft sugar
 - 150 g caster sugar
 - 2 medium eggs
 - 1 tsp. vanilla bean paste
 - 75 g soured cream
-



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Ingredients

For the pears

- 50 g caster sugar
- 3 firm conference pears
- Pared zest 1 orange
- 2 Tbsp. cocoa powder

For the toffee sauce

- 100 ml double cream
- 40 g dark brown soft sugar
- 15 g unsalted butter
- 1/2 Tbsp. golden syrup

Directions

1 - First, poach the pears. Heat the caster sugar and 600ml water in a medium pan over low heat, stirring until sugar dissolves. Peel pears, leaving stems attached, then halve lengthways and core neatly (we used a melon baller). Add pears to the pan along with the orange zest, making sure pears are covered with liquid.

2 - Bring to the boil then simmer for 10min, until pears have started to soften. Remove from liquid and leave to cool. Once cool pat dry with kitchen paper and dust with cocoa powder.

3 - Preheat oven to 180°C (160°C fan) mark 4. Grease and line a 900g loaf tin with baking parchment. Whizz all loaf ingredients in a food processor until smooth. With the motor still running, slowly pour in 100ml freshly boiled water from the kettle, until combined.



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4 - Pour $\frac{1}{3}$ of the batter into the prepared tin. Cut a small slice off base of pear halves, then join two halves back together and push into the batter, stem up, so that the pears are touching side by side and sitting on the bottom of the tin. Spoon remaining batter around pears and then wrap the stems with foil to stop them burning. Bake for 1hr 10min, or until a skewer inserted into the center of the sponge comes out clean. Leave to cool completely in the tin.

5 - Meanwhile, make the toffee sauce: heat all ingredients in a pan over gentle heat until melted and smooth. Simmer for 5min; cool.

6 - To serve, transfer cake to a serving plate. Pour over toffee sauce and serve in slices.



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NOVEMBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
28	29	30	31	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

Homemade
GIFTS MADE EASY

Diary Events:



- 1st Nov 10am - Move it or Loose it session - Billingborough Village Hall - an hour of seated or standing exercise.
- 5th November – Fireworks Night
- 10th Nov Remembrance Sunday
- 11th Nov Remembrance Day
- 14th Nov King Charles 76th Birthday
- 16th Nov 12:00 for 12:30pm - Soup, Roll & Bingo - Great Hale Village Hall - Come and join us for a light lunch, plus 4 books of 14 games of bingo - all for £6.00 - Please phone Sue on 01529 462886 to book.



Move it or Lose it
an exercise class with a difference
Easy to follow exercises to improve your:

- ✓ mobility & flexibility
- ✓ balance & confidence
- ✓ strength & independence

"It's friendly & fun and it's given me my life back!"

Come & try your first class FREE

Billingborough Village Hall
Every Friday at 10 AM
£6.00 per class payable monthly
Exercise seated or standing
Come and join our friendly group
Contact Fiona - 07824554566





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- 30th Nov 1-4pm - Our monthly willow group is a friendly, regular group held in my own workshop in Walcott. The course is aimed at beginners who can expand their skills. In the group you can make your own project. Some projects may take several months to complete. The cost of materials is not included in the price. These are paid separately on site. Materials cost between £4 and £15 depending on the size of the project. We will contact you after booking to discuss what you would like to make. Please see the list below for project ideas.

Projects:

- Dragonfly
- Mushrooms
- Flower
- Bird feeder
- Angels
- Wreaths round/heart-shaped
- Baskets
- Obelisks
- Fences or trellises
- Birds
- Hares
- £18 - contact Blooming Crafty on 07850 455574 to book.
- 30th November – 1st day of advent tomorrow.





November 2024

Let's Talk
HEALTH

Let's Talk...

Health and Wellbeing

Your Life, Your Style....



At any age it is important to maintain and enhance our own health and wellness; ensuring our minds and bodies are healthy and balanced, focusing on physical well-being, happiness, fulfillment, and mental strength.

This month we will focus on the importance and benefits of *Keeping Warm*.



Keeping warm is important as we get older as cold weather and winter bugs can affect us more than they used to. Autumn and Winter weather can also stop us from getting out and about but there are things you can do to stay warm and well and prepare yourself and your home for the Autumn/ Winter period.



Keep Moving



A little bit of activity now and then is a great way to help you keep warm, as well as help you maintain strength and mobility. There's no one-size-fits-all approach when it comes to keeping moving, so it's important you do something that feels right – and safe – for you.

Eat Well



It can sometimes be difficult to keep up the motivation to prepare meals. But it's good to try and keep to a routine where you can. Eat warming foods and drink hot drinks. Warming foods, like soup and stews, and hot drinks like tea can help you to keep warm, so try to have at least one hot meal a day and as many hot drinks as you can.

Winter Vaccinations



Respiratory viruses are more widespread in winter, so it's especially important to get your vaccinations. Vaccinations are particularly important this winter as flu and coronavirus levels are expected to rise.



Make sure your home is warm enough



Try to heat your home to a steady and comfortable temperature throughout the day in the rooms you use most, such as the living room and bedroom – usually around 18°C (64°F) is ideal. If there are rooms you don't use, like a spare bedroom, turn off the radiators in that room and close the doors. This will help you save on energy costs while keeping warm in winter. Block out draughts.

Wrap Up



Wrapping up well, using jumpers, hats, scarves and blankets can help you stay warm over the colder months. Wear multiple layers. Wearing several thin layers will keep you warmer than wearing one thick layer, as layers trap warm air between them. If you're heading out, make sure you take some extra layers – even if you don't need them immediately. It's a good idea to be prepared because the temperature can drop significantly when the sun goes down. Wear warm nightwear, thick socks and slippers. Cold temperatures can disrupt our sleep. Wearing warm nightwear, as well as thick socks and slippers, can help you stay warm overnight.

Our bodies react to the cold by redirecting our blood away from our hands and feet and towards our vital organs, so part of keeping our hands and feet warm is about keeping our whole body warm.



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Are you interested in
this sports feature?

Is there a sport you are interested in?



Maybe it's your local/ National
football club or rugby club, cricket,
formula 1 etc... if so, speak to one
of our team and they can let me
know.



All sports ideas are welcome 😊.





FORGET ME NOT GARDENING TIPS

Garden jobs for November

Flowers

- Plant tulip bulbs in pots and borders, covering them with at least twice their depth of soil or compost
- Send off for seed catalogues and start planning what to grow next year
- Plant bare-root hedging, roses, trees and shrubs, before the weather turns really cold.
- Clear faded sweet peas, morning glory, thunbergia and other annual climbers from their supports
- Cut down faded perennials that are looking tatty, then mulch the surrounding soil with garden compost
- Gather up and bin the fallen leaves of roses affected by black spot, so they don't carry the disease over to next year
- Protect plants that are borderline hardy, such as agapanthus, with a thick mulch of straw or garden compost



Greenhouse



- Insulate the greenhouse walls and roof with bubble polythene
- Make sure all tender plants are safely under cover and kept frost free
- Scrub down greenhouse staging, glazing and the framework with disinfectant
- Water indoor pots of spring bulbs frequently so they never dry out



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FORGET ME NOT GARDENING TIPS

Garden jobs for November

- Bring potted herbs, such as parsley and chives, indoors to continue cropping into winter
- Give bird feeders a good clean



Pathways

Pathways and patios can become very slippery at this time of year with a build up of surface water, leaves, moss and weeds. Make sure you keep your pathways clear of leaves and debris to help prevent slips and falls. Create a pathway using a rake, leaf blower or spade





NHS Health Leaflet



NHS



Are you a health or social care worker? You are eligible for Covid and Flu Vaccinations this Autumn/Winter '24



Use the National Booking Service (search NBS covid booking) to access an appointment at a vaccination site near you or scan here:



If a convenient appointment is not available, please keep checking as sites only show if they have appointments available at the time of your search.

Remember to take your employer ID badge with you.

If you work in a **care home** you may also be offered a vaccination at your place of work when the GP Practice Team or LCHS's Vaccination & Rapid Response Team visit to vaccinate your residents.

If you work **at a hospital site** you can also access clinics in the Occupational Health Dept.

For **Pilgrim & Grantham** please scan here for details: ↓

<https://ulhttpilgrimhospital.nhsbookings.com/v2/#book/service/14/count/1/provider/any/>



Scan here for **Lincoln County** details.

<https://ulhttpilgrimhospital.nhsbookings.com/v2/#book/service/14/count/1/provider/any/>



If you **care for people in their own home**, a **care home** or are **eligible and employed by Lincolnshire County Council** you can also access clinics at these sites:

Mon 4th Nov - Horncastle Holmeleigh
Tues 5th Nov - Market Rasen Children's Centre
Weds 6th Nov - Sleaford Area Office
Thurs 7th Nov - Keily House, Louth
8th Nov - Norfolk Lodge Children's Centre, Boston
Mon 11th Nov - Roseberry House, Skegness (Tennyson)
Tues 12th Nov - Spalding The Vista
Weds 13th Nov - Stamford Area Office
Thurs 14th Nov - Market Arcade Children's Centre, Gainsborough
Fri 15th Nov - Swingbridge Children's Centre, Grantham
Mon 18th Nov - County Offices, Lincoln
Weds 20th Nov - Lexicon House, North Hykeham

To book an appointment please call
01522 301980 10am -4pm Monday to Friday
(if the line is busy please leave a voicemail and the team will call you back)





Government Covid-19 Leaflet



Government
Counter Fraud
Function

GOV.UK/coronavirus



Counter Fraud Authority

COVID-19: VACCINE FRAUD

Criminals are using the COVID-19 vaccine as a way to target the public by tricking them to hand over cash or financial details. They are sending convincing-looking text messages letting people know they are eligible for the vaccine or phoning people directly pretending to be from the NHS, or local pharmacy.



PEOPLE ARE WARNED TO BE ALERT TO THESE SCAMS:

The NHS will:

- ⊗ **NEVER** ask for payment - the vaccine is free
- ⊗ **NEVER** ask for your bank details
- ⊗ **NEVER** arrive unannounced at your home to administer the vaccine
- ⊗ **NEVER** ask you to prove your identity by sending copies of personal documents such as your passport

TOP 4 VACCINE SCAMS



TEXT MESSAGES

People are asked to press a number on their keypad or to send a text message to confirm they wish to receive the vaccine, doing so is likely to result in a charge being applied to their phone bill and fraudsters collecting personal information to use again.



PHONE CALLS

Victims receive a phone call from a fake caller offering the vaccine for a fee or asking for bank details



WEBSITES

Fake URL links to convincing-looking NHS vaccine booking forms, these look like official NHS forms and may contain some personal information already, at the end of the form it asks for their bank details.



IN PERSON

Fraudsters are calling unannounced at the homes of victims by pretending to be from the NHS to administer the vaccine there and then, in exchange for a cash payment.



Government Covid-19 Leaflet



Government
Counter Fraud
Function

GOV.UK/coronavirus



Counter Fraud Authority

LIKE OTHER SCAMS, THE SAME ADVICE APPLIES:

1

Challenge - Could it be fake? It's ok to reject, refuse or ignore any requests that don't feel right. Check **GOV.UK** to ensure it's genuine.

2

Do **not respond** to text messages that try to get you to send money, or important personal information such as bank details or passwords.

3

Use **official** government websites and refer to 'Contact Us' sections of websites to access information and service.

4

Challenge unannounced callers to your home, NHS visits if necessary will be agreed with you directly or via carers, they will never turn up unannounced.

EXAMPLES OF SCAMS



A

NHS: We have identified that you are eligible to apply for your vaccine. For more information and to apply, follow here : uk-application-form.com

FAKE

11:18

FURTHER GUIDANCE AND SUPPORT

Public Sector Organisations:

The Cabinet Office has formed a COVID-19 Fraud Response Team to assist the government with its counter fraud response. Requests for assistance should be emailed to: covid19-counter-fraud@cabinetoffice.gov.uk

Public:



National Cyber
Security Centre

If you receive a call you believe to be fraudulent, hang up. If you are suspicious about an email you have received, forward it to report@phishing.gov.uk. Suspicious text messages should be forwarded to the number 7726 which is free of charge.



If you believe you have been the victim of fraud or identity theft, you should report this directly to Action Fraud either online; actionfraud.police.uk or via phone 0300 123 2040.



If you have any information relating to vaccine fraud you can stay 100% anonymous by contacting Crimestoppers COVID Fraud Hotline online; covidfraudhotline.org or phone 0800 587 5030.



Forget Me Not Team News



This month's training focused on

GDPR – confidentiality and Privacy - At Forget Me Not Home Care GDPR is important. It limits access to personal data and allows us to ensure the correct security and storage methods are in place to ensure minimised data breaches. Data confidentiality is about protecting your data against unintentional, unlawful, or unauthorised access, disclosure, or theft. Confidentiality has to do with the privacy of information, including authorisations we view, share, and use within the office and the Forget Me Not Home Care community.

Catheter Cleanliness – It is important to maintain a good standard of hygiene to reduce the risk of infection. Not following the catheter cleaning guidelines can result in infection and other complications, such as blockages:

- **Infection risk:** Germs on the catheter can cause bladder or kidney infections. The longer a catheter is in place, the greater the risk of infection.
- **Other complications:** A catheter that's clogged or infected may need to be replaced immediately.

The remaining staff completed their training from Sara training on Catheterisation & Diabetes, Blood Glucose monitoring.

Thankyou Sara for sharing your knowledge with the team. 😊



Forget Me Not Team News

Last month Forget Me Not focused on recycling guidelines throughout South and North Kesteven. I had put the wrong leaflet up regarding North Kesteven, sorry about that! Please find below correct version for North Kesteven Council recycling guidelines.

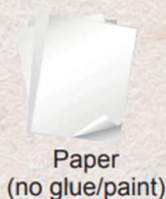
Purple-lidded Wheelie Bin

Paper and cardboard

Processed at a dedicated paper mill

CLEAN, DRY AND LOOSE

Anything wet or damp please place in **black bin**



Paper
(no glue/paint)



Cardboard
tubes/boxes



Food packaging
boxes (no grub)



Cardboard
egg boxes



Envelopes with/
without plastic
windows



Junk mail



Newspapers/
magazines



Household
packaging



Greeting cards
(no glitter)

Flatpack all boxes and remove as much tape as possible.
Staples in magazines are acceptable.

No thanks

- Takeaway pizza/food boxes
- Shredded paper
- Tissues/kitchen roll
- Books
- Cigarette packets
- Wrapping paper (glittery/foil)



Green-lidded Wheelie Bin

Recycling items

Processed at a recycling plant in Lincolnshire

CLEAN, DRY AND LOOSE

Squash cans and plastic bottles



Glass bottles
and jars



Metal cans/
tins



Foil/
aerosols



Plastic bottles



Cleaning
product bottles



Toiletry bottles



Plastic pots,
tubs and trays



Cartons



Bottle lids/tops

No thanks

- Paper and cardboard
- Batteries or electrical items
- Crisp packets or plastic bags
- Polystyrene
- Clothes/textiles
- Food pouches
- Black or brown plastic food trays
- Hard plastics e.g. old toys





Brown Wheelie Bin Garden waste

Your garden waste is composted in Lincolnshire

NO BAGS

Take additional waste to your Household Waste Recycling Centre (HWRC)



Hedge trimmings /cuttings



Grass cuttings



Flowers and plants



Leaves and bark



Twigs and branches

No thanks

- Grass sods and turf
- Soil
- Food waste
- Plastic bags
- Animal waste
- Large planks/pieces of wood
- Rubble/stones



If you would like to sign up to the garden waste collection scheme visit
www.n-kesteven.gov.uk/gardenwaste
or telephone **01529 414155**

Information correct at time of print.

Black Wheelie Bin General waste

Majority turned into electricity in Lincoln

NON-RECYCLABLE ITEMS

No electricals



Food waste



Crisp packets/
food pouches



Plastic bags/film/
food wrapping



Cigarette
packets/butts



Nappies/wipes/
soiled tissues



Takeaway
containers



Hard plastics,
metal/plastic
pots and pans



Shredded paper
(bagged)



Polystyrene
packaging/
bubble wrap

No thanks

- Batteries
- Electrical items
- Hot ashes
- Hazardous waste e.g. gas cylinders, asbestos





November 2024



Forget Me Not Newsletter Issue 9 – November 2024

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Proofreader: Christina Anderson