



April 2025

Forget Me Not Home Care

Issue 14

NEWSLETTER



On **April 4, 1964**, The Beatles achieved a unique achievement within the music industry, occupying all five top positions on the Billboard Hot 100 chart with 5 different songs. The Beatles became the first and only act to hold the top five positions on the Billboard Hot 100.

The top 5 songs were

- "Can't Buy Me Love" (No. 1)
- "Twist and Shout" (No. 2)
- "She Loves You" (No. 3)
- "I Want to Hold Your Hand" (No. 4)
- "Please Please Me" (No. 5)



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!

The Forget Me Not Team



The Beatles were an English rock band formed in Liverpool in 1960. The lineup of the band comprised of John Lennon, Paul McCartney, George Harrison and Ringo Starr. They are widely regarded as the most influential band in Western popular music and were integral to the development of 1960s counterculture and the recognition of popular music as an art form.



The Beatles' success and the phenomenon surrounding them, known as "Beatlemania", was fuelled by appearances on television and media coverage, leading to an unprecedented level of fan frenzy and media.



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:

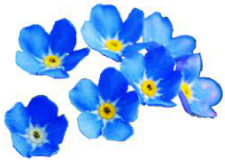
Dale Farm
Westcliffe Road
Sleaford
Lincolnshire
NG34 8RG



Heckington Church

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

April 2025



Coffee time Quiz...



April Fools Day

April First

DIRECTIONS:
Find and circle the
vocabulary words
in the grid. Look
for them in all
directions including
backwards and
diagonally.



APRIL
BAMBOOZLE
BEFUDDLE
BEMUSE
BEWILDER
BUSINESS
CAPER
DELUDE

FARCE
FIRST
HOAX
HOODWINK
JEST
JOKES
LAUGHTER
LEVITY

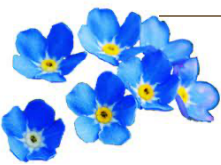
MONKEY
PRANK
PREPOSTEROUS
SHENANIGANS
SILLY
SURPRISE
TOMFOOLERY
TRICK

April 2025



WORD SCRAMBLE
DIRECTIONS:
Unscramble each set
of letters to discover
a vocabulary word
relating to the lovely
month of April.

OFLO	_____	LLAMUBER	_____
BTFURTYLE	_____	LNAPT	_____
ARSSG	_____	UBNYN	_____
TPAEILRLACR	_____	UORPTS	_____
ERTDYAHA	_____	ATNREU	_____
ADRGNE	_____	PALRI	_____
ANIR	_____	OEKJ	_____
LAGUH	_____	OLFERW	_____
LUIPT	_____	SEBLAABL	_____
RENGE	_____	NSPRGI	_____



In the Garden

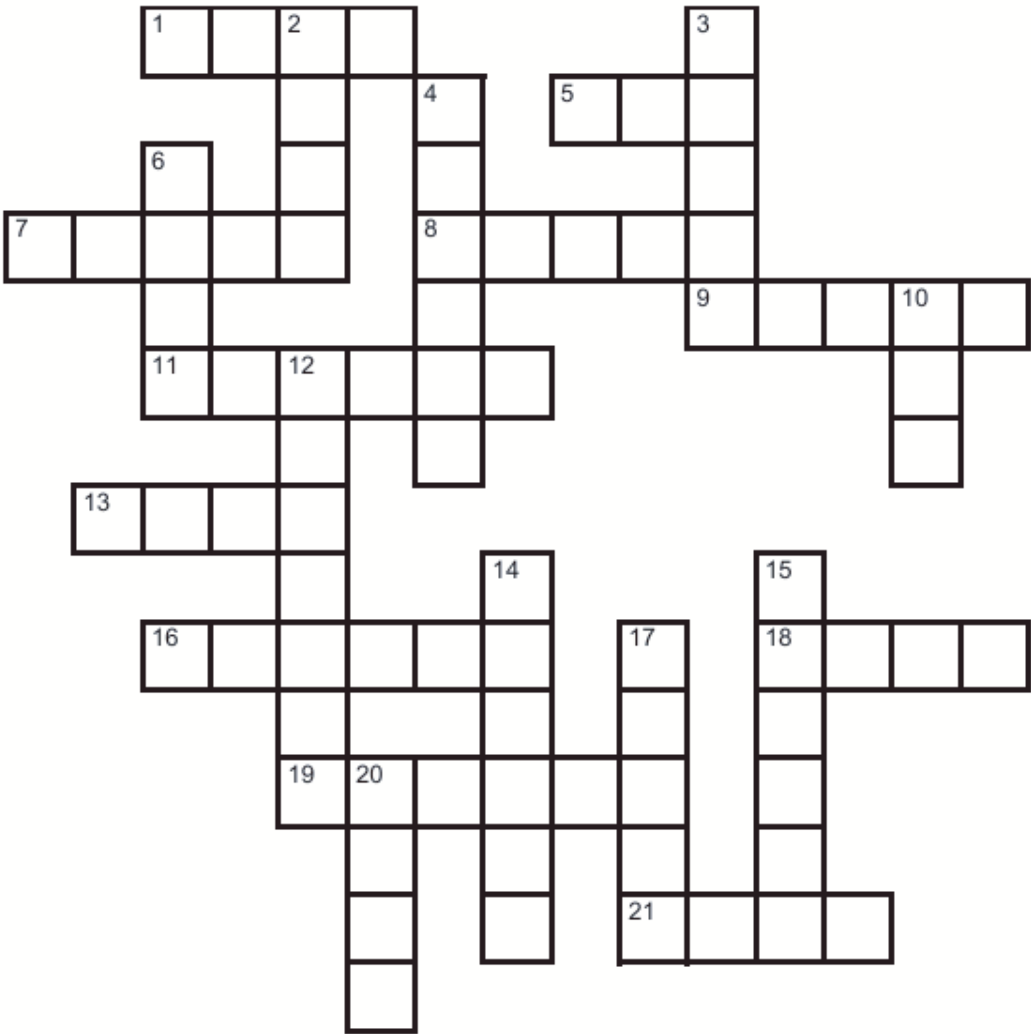


ACROSS

- 1. Top layer of soil.
- 5. Tool with a flat blade used for turning soil.
- 7. To trim or remove parts of a plant for better growth.
- 8. Small insect that feeds on plants.
- 9. We put these in the ground and plants grow from them.
- 11. Container used for carrying water or soil.
- 13. Long, slender invertebrate that lives in soil.
- 16. Tool used to dig holes.
- 18. Area of grass.
- 19. Small handheld tool used for digging.
- 21. Flexible tube used for watering plants.

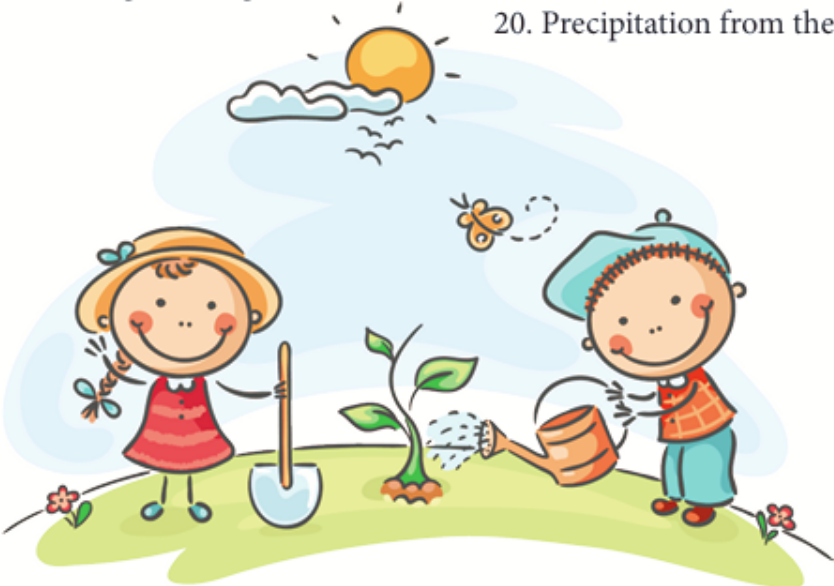
DOWN

- 2. Tool with teeth used for collecting leaves.
- 3. Unwanted plants that compete with desired plants.
- 4. Green, flat structures of a plant.
- 6. Underground storage organ of some plants, such as a tulip.
- 10. Break up and turn over soil with a tool.
- 12. Decomposed organic matter used to enrich soil.
- 14. Colorful and fragrant part of a plant.



- 15. Protective gear worn on the hands while gardening.
- 17. Organic material used to cover the soil surface.
- 20. Precipitation from the sky.

- | | |
|---------|--------|
| Aphid | Leaves |
| Bucket | Mulch |
| Bulb | Prune |
| Compost | Rain |
| Dig | Rake |
| Dirt | Seeds |
| Flower | Shovel |
| Gloves | Trowel |
| Hoe | Weeds |
| Hose | Worm |
| Lawn | |





March

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



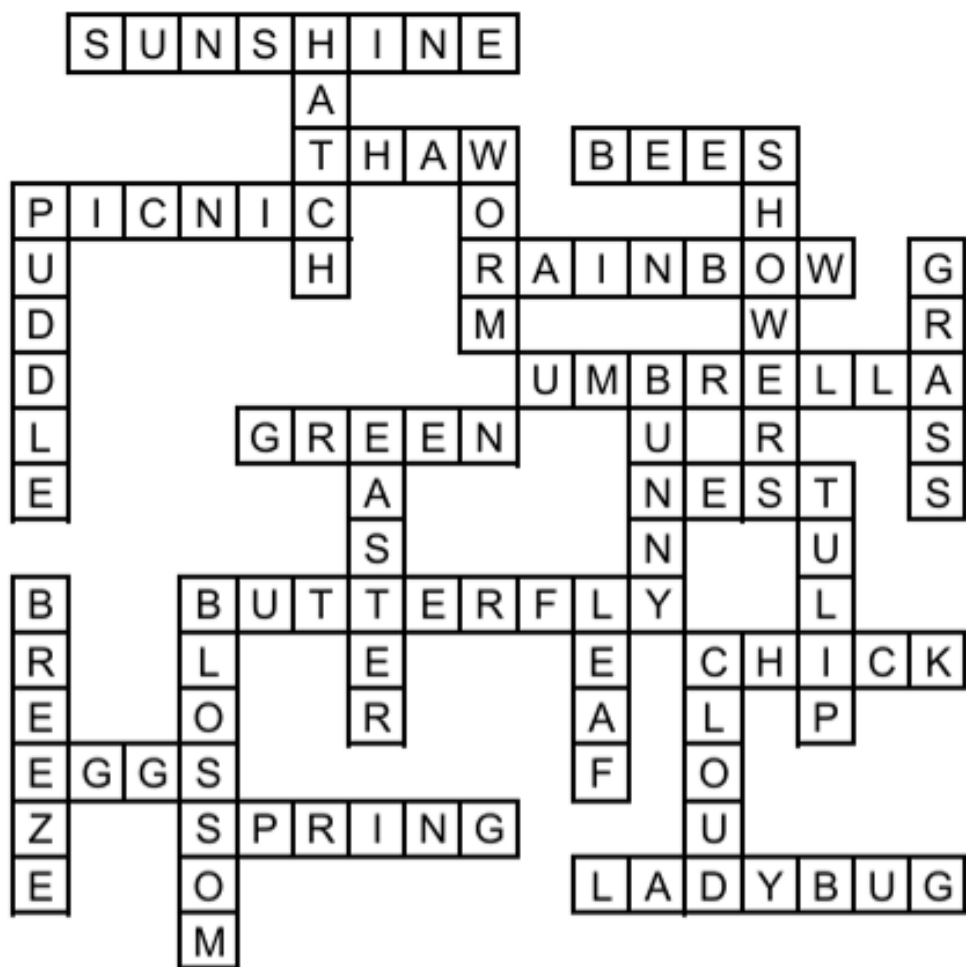
Spring is Here!

Across

1. It warms and brightens everything.
3. Warm up from a freeze.
5. They make honey.
7. Meal in the park.
8. Colorful arc in the sky.
10. It keeps the rain off you.
12. The color of spring grass.
14. Where a bird lives.
17. An adult caterpillar.
19. A baby chicken.
20. What chicks hatch from.
21. It comes after winter.
22. Red insect with black spots.

Down

2. Come out of an egg.
4. Wiggly creature that lives in the ground.
6. Short rainfalls.
7. Small pool of rain.
9. What the lawn is made of.
11. Another name for a rabbit.
13. A spring holiday.
15. Holland is famous for this flower.
16. Just a little wind.
17. Flower on a tree.
18. It is green and on a plant.
19. It might hide the sun.



Word Bank: Bees, Blossom, Breeze, Bunny, Butterfly, Chick, Cloud, Easter, Eggs, Grass, Green, Hatch, Ladybug, Leaf, Nest, Picnic, Puddle, Rainbow, Showers, Spring, Sunshine, Thaw, Tulip, Umbrella, Worm



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Answer Sheet

Wordwheel possible words

The wordwheel word is: DAFFODILS

add
ado
aid
did
dis
dol
dos
dso
fad
fid
ido

lad
lid
lod
odd
ods
old
sad
sod
adds
ados
aids

alod
dado
daff
dais
dali
dial
dido
diol
disa
doff
dols

fads
fido
fids
foid
fold
idol
lads
lido
lids
load
lods

loid
odal
odds
olds
olid
said
slid
soda
sold
alods
dados

daffs
dalis
dials
didos
dildo
diols
doffs
fidos
foids
folds
idola

idols
lidos
loads
loids
odals
slaid
solid
dildos
disload
daffodil
daffodils



Easy Easter Nests



These easy chocolate nests are the perfect Easter treat. They're simple enough for kids to get involved and they need just three ingredients:

- 200g [milk chocolate](#) broken into pieces
- 85g shredded wheat crushed
- [2 x 100g bags mini chocolate](#) eggs
- cupcake cases

No Shredded Wheat? why not try Rice Crispies or Corn Flakes 😊

Method

Step 1

Melt the chocolate in a small bowl placed over a pan of barely simmering water. Pour the chocolate over the shredded wheat and stir well to combine.



Step 2

Spoon the chocolate wheat into 12 cupcake cases and press the back of a teaspoon in the center to create a nest shape. Place 3 mini chocolate eggs on top of each nest. Chill the nests in the fridge for 2 hours until set.

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APRIL 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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	2	3	4 <i>Homemade</i>

Diary Events:

- Tuesday 1st April - April Fools Day
- Friday 18th April - Good Friday
- Sunday 20th April - Easter Sunday
- Monday 21st April - Easter Monday
- Wednesday 23rd April - St. Georges Day



SPRING MARKET



5TH APRIL

SOMETHING FOR EVERYONE

BILLINGBOROUGH VILLAGE HALL

10-2

HAND CRAFTED, LINO PRINTS BAGS
CLOTHES FOR LITTLE PEEPS.
BUTTONS. PATCHWORK QUILTS.
CHOCOLATES. PICKLES. DOGGY TREATS.
FUSSED GLASS. JEWELLERY. CARDS.
FRENCH BEADED & COLD PORCELAIN
FLOWERS. ORIGINAL ART. DRIED FLOWERS.
PLANTS. VINTAGE. EASTER GIFTS. AND

April 2025



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 *Eye Health*.

Having problems with your vision doesn't just make day-to-day life more difficult – it can also put you at risk of falls, driving accidents, and much more. The best way to make sure your eyes are healthy is to have regular eye checks. Many eye diseases can be treated successfully if they're detected early.

What are some common eye diseases that can affect me?

Certain eye diseases are more common as we age.

These include:

- glaucoma
- cataracts
- age-related macular degeneration (AMD).



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During an eye test, your optician doesn't just check to see whether you need glasses – they also check the health of your eyes. They can detect eye diseases at an early stage, often before you've noticed any changes yourself. And some eye diseases don't always cause obvious symptoms. This is why it's important to have regular eye tests.

How often should I get my eyes tested?

You should have an eye test every 2 years or as often as your optician recommends. If you notice any changes in your vision, get your eyes checked as soon as possible.

An eye test checks your vision straight ahead, as well as your side vision (called 'peripheral' vision).

Where can I get my eyes tested?

Lots of opticians provide free NHS eye tests if you're eligible.

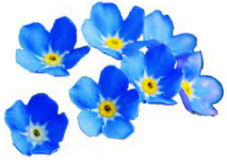
If you're unable to leave the house, you may also be able to get a free mobile eye test, where the optician comes to your home.

The NHS has a postcode checker where you can find an NHS sight test local to you.

Am I entitled to free eye tests?

There are a few reasons you may be entitled to free eye tests:

- If you're aged 60 and over, you can receive a free eye test every 2 years, but you may be advised to test more frequently.



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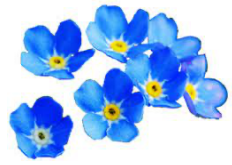
- If you've been diagnosed with diabetes, you'll also get a free eye test every 2 years, or more often if clinically necessary. You should also be offered an additional eye test every 1-2 years, depending on previous results, to check for signs of diabetic retinopathy (eye problems caused by diabetes).
- You're also entitled to free eye tests if you or your partner receive certain benefits, such as Income Support.

How can I keep my eyes healthy?

There are lots of simple things you can do to keep your eyes healthy:

- Get regular eye tests.
- Wear sunglasses to protect your eyes from the sun.
- Let your optometrist know if you have a family history of certain eye conditions, as it may put you at higher risk.
- Try to eat healthily and, where possible, get lots of fruits and vegetables in your diet – they have specific nutrients that are important for your eye health. Healthy eating can also help to prevent you from developing conditions like diabetes, which can negatively affect your eyes.
- Stop smoking. Research has shown that smoking increases the risk of age-related macular degeneration, glaucoma and cataracts. Cigarette smoke also irritates the eyes and will worsen dry eyes.

- Protect your eyes if you're doing activities that may damage your eyes, such as DIY or playing sports.



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Forget Me Not Team News



Training

This month we focused on dementia and Positive Wellbeing, we learnt about Doll therapy, or the use of dolls or soft toy animals. Doll therapy can be a therapeutic intervention for some people with dementia, potentially improving mood, well-being, and communication skills, as well as reducing distress and agitation. Some people with dementia find comfort and pleasure in holding, playing with, or even just having a doll nearby, which can lift their mood and improve their overall well-being. It's more than just offering a toy; it's about validating the person's feelings and engaging with them through the doll. Dolls can serve as

a focal point for interaction and conversation, potentially improving communication skills, even for those who have difficulty communicating otherwise.

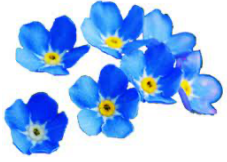




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Forget Me Not Community News

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 14 – April 2025

Writer & Editor: Michelle Tobin

Proofreader: Christina Anderson

