



May 2026

Forget Me Not Home Care

NEWSLETTER



Welcome to May.

As spring reaches its peak, the world around us is filled with colour, warmth, and new life. Longer days and brighter skies offer the perfect opportunity to enjoy the simple pleasures of the season, whether that's a stroll in the sunshine, time spent with loved ones, or simply appreciating the beauty of blooming flowers.

At Forget Me Not Home Care, we are reminded each day that it is the little moments that matter most. A friendly chat, a reassuring presence, or a shared smile can bring comfort and joy.

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



This season of growth also inspires us to reflect on how we care for the world around us. We are proud to continue our commitment to sustainability by investing in carbon offsetting. After contributing 10 tonnes last year, we have doubled our impact in 2026 by purchasing 20 tonnes of carbon offsetting trees. It is a small step that supports a greener future for generations to come.

May is a wonderful time to celebrate connection, kindness, and community. In this edition, we are delighted to share updates, special moments, and important dates from the month ahead. We hope it brings a smile to your face and keeps you feeling connected with everything happening at Forget Me Not Home Care.

As we embrace the weeks ahead, we hope May brings you moments of sunshine, comfort, and joy. Whether it's enjoying the beauty of the season, spending time with loved ones, or simply savouring the longer, brighter days, we wish you a month filled with warmth and happiness.

Happy Birthday to one of our wonderful clients!

We celebrated with a sing-along of "Happy Birthday" and delicious chocolate cupcakes, ensuring he had a truly special day.



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

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Staff update.

We are delighted to share a few special moments and updates from our wonderful team.

Nat Renewed Her Vows

Nat renewed her wedding vows last month in a beautiful celebration of love and commitment. We are pleased to share this special occasion with you in this edition, along with a lovely photograph from the day. Congratulations to Nat, and we wish her every happiness for the years ahead.



Wishing Karen Barrack Well

Karen Barrack is due to undergo shoulder surgery at the start of May. We are thinking of her and wish her a smooth procedure and a comfortable, speedy recovery. We look forward to welcoming her back when she is ready.

A Warm Welcome to Nicola

We are pleased to welcome Nicola to the Forget Me Not Home Care family. Many of you will have already seen her out and about, and she has settled in wonderfully. Nicola is getting on very well and is already proving to be a valued member of the team.



Welcoming Chloe to the Office Team

We are also pleased to welcome Chloe Newsome to the office team as Personal Assistant to Lee. Chloe will be supporting day-to-day operations and working closely with Lee. You may see her around from time to time as she settles into her new role.



May 2026

Awareness dates

Stroke Awareness Month | Throughout May

Stroke Awareness Month is led by the Stroke Association and aims to raise awareness of stroke prevention, symptoms, and recovery. The campaign promotes recognition of the FAST acronym (Face, Arms, Speech, Time), helping people act quickly in an emergency. May was chosen to provide a dedicated period for education and advocacy, supporting improved treatment outcomes and long-term recovery for stroke survivors across the UK.

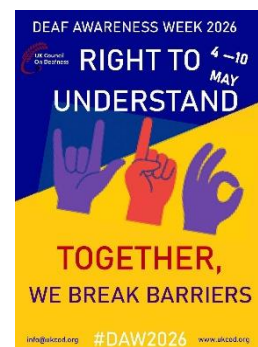


National Walking Month | Throughout May

Organised by Living Streets, National Walking Month encourages people to incorporate more walking into their daily lives. Established to promote healthier lifestyles and reduce environmental impact, the initiative highlights the physical and mental health benefits of walking. May's warmer weather and longer days make it an ideal time to embrace outdoor activity.

Deaf Awareness Week | 4th–10th May 2026

Deaf Awareness Week promotes understanding of hearing loss and the communication needs of the Deaf community. The 2026 theme, “Right to understand: together we break barriers,” emphasises accessibility and inclusion. Established in the UK to advocate for equal opportunities, the week raises awareness of the estimated 11 million people living with hearing loss. It encourages simple but meaningful actions, such as speaking clearly, facing someone when talking, and learning basic sign language.





May 2026



Mental Health Awareness Week | 11th–17th May 2026

Led by the Mental Health Foundation since 2001, this UK-wide campaign aims to reduce stigma and encourage open conversations about mental wellbeing. Held in May to align with the renewal and optimism associated with spring, the 2026 theme focuses on taking action to support mental health. Activities such as Wear it Green Day help raise awareness and encourage support within communities and workplaces.

ME Awareness Week | 11th–17th May 2026

ME Awareness Week raises understanding of Myalgic Encephalomyelitis, also known as Chronic Fatigue Syndrome. This serious, long-term condition affects multiple systems in the body and can significantly impact daily life. The week seeks to improve recognition, support research, and advocate for those living with the illness. 12th May marks International ME Awareness Day, chosen to coincide with the birthday of Florence Nightingale, who is believed to have suffered from a similar chronic condition. Supporters often wear blue and participate in initiatives such as Blue Sunday.





Local and Community History Month | Throughout May

Local and Community History Month is an annual celebration dedicated to exploring and preserving the heritage of towns and villages across the United Kingdom. Established to encourage public interest in local history, the month provides an opportunity for communities to reflect on their shared past, discover historical landmarks, and celebrate the traditions that have shaped their identities.

May was chosen for this observance as the longer, warmer days make it ideal for visiting historic sites, attending exhibitions, and participating in community events. From guided walks and heritage open days to museum visits and storytelling projects, the month inspires people of all ages to connect with the history around them.

Across Lincolnshire, this celebration highlights the rich heritage of local communities including Sleaford, Heckington, Billingborough, Northbeck, Gosberton, and Bourne. From historic churches and traditional windmills to market towns and rural landscapes, each area offers a unique glimpse into the past and reflects the enduring character of the region.

Sleaford



The historic market town of Sleaford dates back to the Anglo-Saxon period and is recorded in the Domesday Book of 1086. It flourished as an agricultural and trading centre due to its strategic position along the River Lea.

Among its most treasured landmarks is Cogglesford Watermill, one of the few remaining working watermills in England. Nearby, Navigation House tells the story of the Sleaford Navigation, which once transported grain and goods throughout the region. Dominating the skyline is St Denys' Church, often referred to as the "Cathedral of the Fens," renowned for its striking spire and medieval architecture.



Heckington



Heckington is home to the only eight-sailed windmill still standing in the United Kingdom. Built in 1830, Heckington Windmill is a remarkable symbol of Lincolnshire's agricultural heritage and remains a source of local pride.

The village is also known for the Heckington Show, one of the largest village shows in England, held annually in July, celebrating rural life and community spirit. With its historic charm and strong traditions, Heckington continues to play an important role in the region's cultural identity.

Billingham and Northbeck



Billingham is a historic village with origins dating back to the

Domesday Book. At its centre stands St Andrew's Church, a striking medieval landmark reflecting centuries of community life and architectural heritage.

Nearby, North Beck is a quiet rural hamlet surrounded by Lincolnshire's distinctive fenland countryside, offering a glimpse into the traditional way of life that has shaped the region for generations.

The area is also home to the historic Packhorse Bridge, once the only crossing over the beck for travellers heading towards Billingham. Often referred to as the "Roman Bridge" due to its proximity to Mareham Lane, it is believed by archaeologists to date from the 17th century. The bridge was restored in 2004 by Lincolnshire County Council, preserving this small but significant part of the area's heritage.

Gosberton





Gosberton is a picturesque Lincolnshire village steeped in rural tradition. At its heart stands the Church of St Peter and St Paul, a magnificent Grade I listed building dating back to the medieval period. With its impressive tower and elegant Gothic architecture, the church has long been a focal point of village life and a proud symbol of the area's rich heritage. The surrounding fenland landscape further highlights the area's historic connection to farming and horticulture.

Bourne and South Kesteven Area



The historic town of Bourne traces its origins back to Roman times and developed into an important medieval settlement.

Bourne Abbey, founded in the 12th century, remains one of the town's most iconic landmarks and a testament to its rich heritage.

Bourne is also known as the birthplace of Raymond Mays, founder of British Racing Motors. Today, attractions such as Baldock's Mill and Wellhead Gardens celebrate the town's history while offering tranquil spaces for visitors and residents alike.

Together, these landmarks and local heritage make Bourne a town that proudly honours its past while continuing to provide a welcoming and vibrant environment for the community today.



Celebrating Our Shared Heritage

Local and Community History Month offers a meaningful opportunity to reflect on the stories, landmarks, and traditions that define our communities. By exploring and preserving local history, we honour the generations that came before us while strengthening our connection to the places we proudly call home.

Key Dates in May

1st May – May Day

May Day, also known as Beltane in ancient Celtic tradition, celebrates the arrival of summer. Rooted in pagan festivals honouring fertility and renewal, it is traditionally marked by maypole dancing, Morris dancing, and the crowning of a May Queen. The day symbolises growth, prosperity, and the beauty of nature.

5th May – World Hand Hygiene Day

Led by the World Health Organization, this day highlights the importance of effective hand hygiene in preventing infections. The date, 5/5, symbolises the five fingers on each hand, reinforcing the message of proper handwashing, particularly within healthcare settings.



5th May – International Day of the Midwife

Established in 1991 by the International Confederation of Midwives, this day recognises the essential role midwives play in ensuring safe pregnancies and childbirth. It also raises awareness of the need for continued investment in maternity services worldwide.



8th May – VE Day (Victory in Europe Day)

VE Day commemorates the end of the Second World War in Europe on 8th May 1945, when Allied forces accepted Germany's surrender. Celebrated across Britain with street parties and national rejoicing, it remains a day of remembrance and gratitude for those who served and sacrificed.



8th May – World Red Cross and Red Crescent Day

This day marks the birthday of Henry Dunant, founder of the Red Cross and the first recipient of the Nobel Peace Prize. It celebrates humanitarian efforts worldwide and recognises volunteers who provide aid during conflicts and disasters.

12th May – International Nurses Day

Observed on the anniversary of Florence Nightingale's birth, this day honours nurses for their dedication, compassion, and vital contribution to healthcare across the globe.

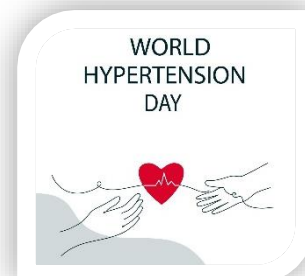


15th May – International Day of Families

Established by the United Nations in 1993, this observance highlights the importance of families in society and promotes awareness of issues affecting them, including health, education, and social wellbeing.

17th May – World Hypertension Day

Introduced by the World Hypertension League, this day raises awareness of high blood pressure, often referred to as the "silent killer," and promotes prevention and early detection.



17th May – International Day Against Homophobia, Biphobia and Transphobia (IDAHOBIT)

This day commemorates 17th May 1990, when the World Health Organization



declassified homosexuality as a mental disorder. It promotes equality, inclusion, and respect for LGBTQ+ individuals worldwide.

18th May – International Museum Day

Established by the International Council of Museums in 1977, this day highlights the role museums play in preserving cultural heritage, promoting education, and fostering community engagement.



19th–23rd May – RHS Chelsea Flower Show

Organised by the Royal Horticultural Society, this prestigious event showcases world-class garden design and horticultural innovation. First held in 1913, it remains one of the most celebrated gardening shows in the world.

20th May – World Bee Day

Chosen to mark the birthday of Anton Janša, a pioneer of modern beekeeping, this United Nations observance highlights the essential role bees play in pollination, biodiversity, and food production.



25th May – Spring Bank Holiday

Observed on the last Monday in May, this UK public holiday was formalised in 1971. It provides an opportunity for rest, recreation, and community events.

28th May – International Day of Action for Women's Health

Established in 1987, this day promotes women's health rights and equitable access to healthcare, encouraging global advocacy and awareness.



31st May – World No Tobacco Day

Led by the World Health Organization, this campaign highlights the dangers of tobacco use and encourages people to make healthier, smoke-free choices.



What's on locally?

There are plenty of opportunities to get out and about this May, with a range of local events taking place across Sleaford, Bourne, and the surrounding areas. From community gatherings to live entertainment and markets, there is something for everyone to enjoy.

Throughout May – National Centre for Craft and Design Exhibitions, Sleaford

The National Centre for Craft and Design host a range of contemporary art and craft exhibitions, workshops, and creative displays. Located in Navigation Wharf, it is a cultural highlight of the town.

Sundays in May – Cogglesford Watermill Open Days, Sleaford

One of the few remaining working watermills in England, Cogglesford Watermill opens to visitors offering demonstrations and insights into Sleaford's rich history.

Sundays in May – Heckington Windmill Open Days

The only eight-sailed windmill in the United Kingdom welcomes visitors for tours, exhibitions, and refreshments in its traditional tearoom.

2nd May – Heckington Farmers' Market

Held on the first Saturday of each month, this popular market offers fresh produce, baked goods, and locally crafted items.

4th May – Early May Bank Holiday Events

A perfect opportunity to explore local towns, enjoy countryside walks, and visit heritage sites across Lincolnshire.

8th May – VE Day Commemorations

Local communities across Lincolnshire mark Victory in Europe Day with services of remembrance and community tributes.

10th May – Navigation House Open Day, Sleaford

Discover the history of the Sleaford Navigation and its importance to the town's industrial past.



16th May – Bourne Abbey and Wellhead Gardens Visit

Enjoy a peaceful visit to Bourne Abbey and a springtime walk through the scenic Wellhead Gardens.

17th May – International Museum Day Activities

Local museums and heritage sites across Lincolnshire celebrate culture and history with special displays and open days.

19th–23rd May – RHS Chelsea Flower Show (National Event)

While held in London, this world-famous show inspires gardeners and flower enthusiasts across the UK.

23rd May – Sleaford Farmers' Market A popular monthly market in the Market Place featuring local produce, artisan goods, and handmade crafts.

25th May – Spring Bank Holiday

A wonderful opportunity to enjoy a day out with family and friends, visit local attractions, or explore the countryside.

Throughout May – Bourne Woods Walks

Famous for their natural beauty and cinematic history, Bourne Woods offer tranquil walking routes ideal for enjoying the warmer weather.

Throughout May – St Denys' Church, Sleaford

Often referred to as the "Cathedral of the Fens," this historic church welcomes visitors to admire its architecture and heritage.

Throughout May – Baldock's Mill Heritage Centre, Bourne

A restored watermill celebrating Bourne's industrial past and local history.

Throughout May – Local Walks in Billingborough, Northbeck and Gosberton

These picturesque Lincolnshire villages offer peaceful countryside walks and a glimpse into the region's rural heritage.



May 2026

Planting for the Future

As part of our commitment to sustainability, we continue to support carbon offsetting through tree planting. After contributing 10 tonnes of carbon offsetting trees last year, we have doubled our impact in 2026 by investing in 20 tonnes. It is a simple but meaningful step towards reducing our environmental footprint and supporting a greener future.



Working with Make It Wild

Our trees are planted in partnership with Make It Wild, a UK-based conservation organisation dedicated to restoring nature and protecting wildlife through rewilding and habitat creation. Their nature reserves provide safe environments where plants and animals can flourish.

Recent sightings at these reserves include tawny owls, European hares, kestrels, roe deer, frogs, and red admiral butterflies, reflecting the positive impact of conservation efforts.

What Is Carbon Offsetting?

Carbon offsetting helps balance the carbon emissions created by everyday activities. Planting trees absorbs carbon dioxide, improves air quality, and supports biodiversity, making it one of the most natural ways to care for our planet.

How You Can Get Involved

Small actions can make a meaningful difference:

- Plant flowers or shrubs to support wildlife
- Grow bee-friendly plants such as lavender and wildflowers
- Feed the birds or create a small wildlife-friendly space
- Recycle and save energy where possible

Together, even the smallest steps can help nurture a healthier environment for future generations.



Eliza update

Eliza is growing beautifully and bringing so much happiness to everyone around her. With rosy cheeks and plenty of dribble, her teeth are really trying to make an appearance. Despite the discomfort, she always manages to smile and chuckle her way through it.

Her cheeky little personality is shining more each day, and she has now mastered the art of blowing raspberries, much to the delight of her family.



Eliza is also loving holidays in the caravan, enjoying new sights and exploring the outdoors with the dogs. These special adventures are already creating precious memories.

She spends one day a week with Jason's parents and another with Lee's parents, where she is thoroughly spoilt with cuddles and attention. She is truly loved beyond belief.



Recipes

Lemon & Herb Chicken with New Potatoes

A light yet comforting springtime dish.

Serves: 1–2

Time: 30 minutes

Ingredients:

- 2 chicken thighs or 1 chicken breast
- 200g new potatoes, halved
- 1 tablespoon olive oil
- Juice of ½ lemon
- 1 teaspoon dried mixed herbs or thyme
- Salt and black pepper
- A handful of green beans or peas (optional)

Utensils: Baking tray, saucepan

Method:

1. Preheat the oven to 200°C (180°C fan).
2. Boil the new potatoes for 10 minutes, then drain.
3. Place the chicken and potatoes on a baking tray. Drizzle with olive oil and lemon juice.
4. Sprinkle with herbs, salt, and pepper, and toss gently.
5. Roast for 20–25 minutes until the chicken is cooked through and golden.
6. Add green beans or peas for the final 5 minutes, if using. Serve warm.





Creamy Spring Greens and Pea Pasta

A quick, comforting dish full of fresh seasonal flavour.

Serves: 1–2

Time: 20 minutes

Ingredients:

- 120g pasta (penne or fusilli)
- 75g frozen peas
- A handful of shredded spring greens or spinach
- 100ml single cream
- 30g grated cheddar or Parmesan
- 1 clove garlic, minced
- 1 teaspoon olive oil
- Salt and black pepper

Utensils: Saucepan, frying pan

Method:

1. Cook the pasta according to packet instructions. Add the peas for the final 2 minutes, then drain.
2. Heat the olive oil in a frying pan and gently cook the garlic for 1 minute.
3. Stir in the cream and greens, cooking until wilted.
4. Add the drained pasta and peas, then mix well.
5. Stir in the cheese and season to taste. Serve immediately.





Warm Strawberry Shortcake Pots

A simple and comforting spring dessert.

Serves: 1–2

Time: 15 minutes

Ingredients:

- 100g strawberries, halved
- 1 teaspoon sugar or honey
- 2 small scones, halved
- 2 tablespoons whipped or double cream
- A pinch of icing sugar (optional)

Utensils: Saucepan, serving bowls

Method:

1. Place the strawberries and sugar in a saucepan and heat gently for 3–4 minutes until softened and syrupy.
2. Warm the scones briefly in the oven or microwave.
3. Place the scone halves into bowls.
4. Spoon over the warm strawberries and their juices.
5. Top with cream and a light dusting of icing sugar, if desired.





May is full of old superstitions, many of which centre around welcoming spring, attracting good fortune, and avoiding a bit of bad luck along the way. From fairies to flowers, there are plenty of beliefs that have been passed down over time.

Some of the most well-known include washing your face in the morning dew on 1st May for a flawless complexion, avoiding May weddings, and even steering clear of buying a new broom in case you sweep away your good luck.

Marriage

Getting married in May has long been considered unlucky, with the old saying “Marry in May and you’ll rue the day” still recognised today.



Home & Habits

Tradition says not to buy a broom in May, and to avoid washing blankets, as it was once believed you could “wash a loved one away”.

Fairies & Folklore

May Day is often linked to increased fairy activity. In the past, people would place primroses at their doorways or use yellow flowers as a form of protection, particularly for children and homes.





Rituals & Traditions

Washing your face in May morning dew was believed to bring beauty and clear skin. This was often done at dawn, sometimes in places thought to have special significance.

In some parts of Europe, communities would also light fires and make loud noise to drive away evil spirits and welcome the new season.

Weather Lore & Sayings

There are also plenty of old sayings linked to May and the weather.

“A wet May makes a big load of hay” and “A swarm of bees in May is worth a load of hay” both suggest a strong farming season ahead.

“A cold May is kindly and fills the barn finely” is another, showing how even cooler weather was once seen as a good sign.



Hawthorn blossom is another well-known belief, with many saying it should not be brought into the home, as it has long been associated with fairies and bad luck.





*We work around you
for you and with you*

May 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
27	28	29	30	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	31



Pub Quiz

1. How many tonnes of carbon offsetting trees did Forget Me Not Home Care purchase in 2026?
 - A. 5
 - B. 10
 - C. 20
 - D. 25
2. Which staff member renewed her wedding vows?
3. What is the name of the new team member welcomed to Forget Me Not Home Care?
4. Which awareness week takes place from 11th–17th May and encourages people to “Wear it Green”?
5. What does the “F” stand for in the FAST acronym used during Stroke Awareness Month?
6. What is the name of the only eight-sailed windmill in the United Kingdom, located in Heckington?
7. Which historic church in Sleaford is often referred to as the “Cathedral of the Fens”?
8. On which date is VE Day celebrated each year?
 - A. 1st May
 - B. 5th May
 - C. 8th May
 - D. 12th May
9. What sweet treat is featured in this month’s recipes using strawberries, scones, and cream?
10. What new skill has baby Eliza recently mastered?



Codeword May 26

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

1	2	3	4	5	6	7	8	9	10	11	12	13
				A								

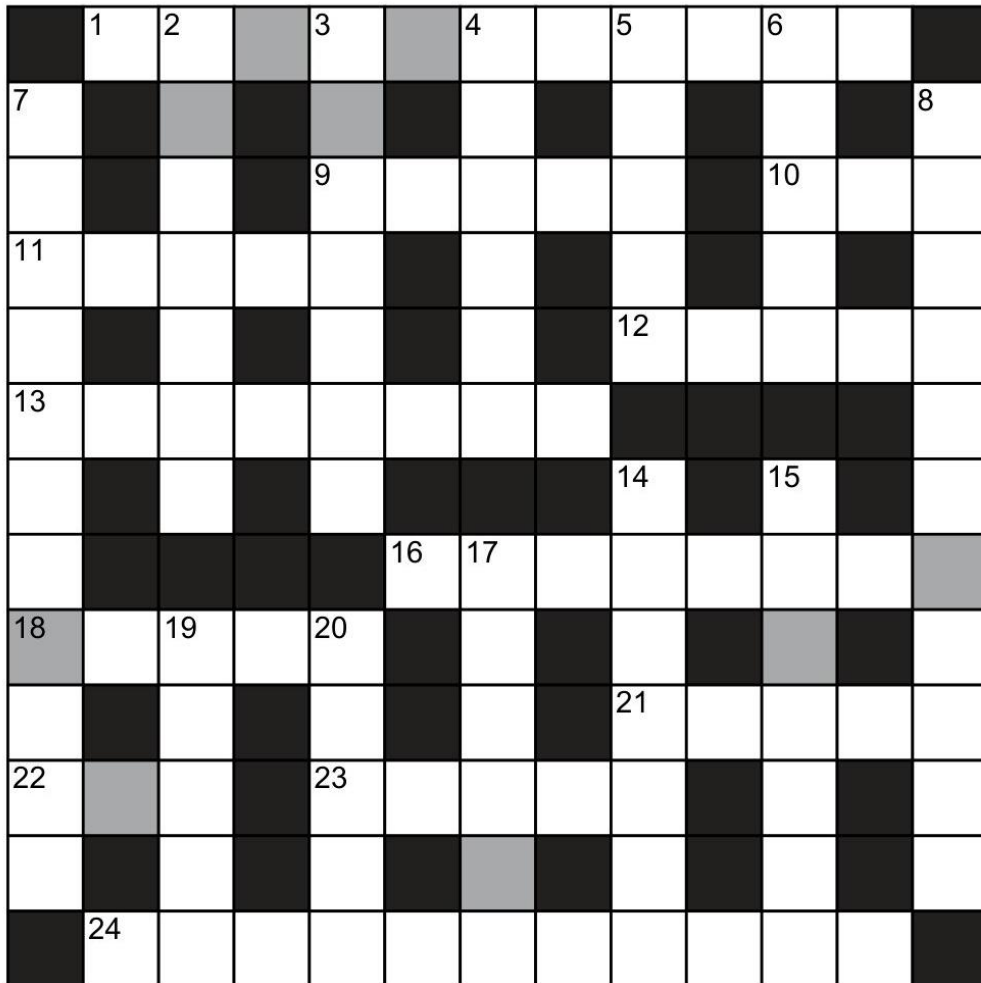
14	15	16	17	18	19	20	21	22	23	24	25	26
				J		R						

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

8A	11I	6A	5G	11H	2E	3E	9B	11D



Crossword May 26



Across

- 1 Joint business (11)
- 9 West Indian dance (5)
- 10 Feline animal (3)
- 11 Porcelain (5)
- 12 District council head (5)
- 13 Form of make-up (8)
- 16 Garment worn after a shower (8)
- 18 Judged; ranked (5)
- 21 Folded back part of a coat (5)
- 22 A man's dinner jacket (abbrev.) (3)
- 23 Tremulous sound (5)
- 24 Affiliation (11)

Down

- 2 Looked up to (7)
- 3 Large Israeli city (3,4)
- 4 Expensive white fur (6)
- 5 Violent weather (5)
- 6 Needing to be scratched (5)
- 7 Coordinate (11)
- 8 Narrator (11)
- 14 Small onion-like bulb (7)
- 15 Submarine weapon (7)
- 17 Birthplace of St Francis (6)
- 19 Levies (5)
- 20 Mark of repetition (5)

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

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



May 2026

Sudoku May 26

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



Wordsearch May 26



ALLIES

BELL RINGERS

CELEBRATE

CHEERING

CHURCHILL

DEFEAT

EUROPE

GERMANY

LIBERATION

SOLDIERS

STREET PARTY

SURRENDER

UNCONDITIONAL

VICTORY

WAR



April 2026 Answers

Pub Quiz (page 21)

Answers

- 1. To open**
- 2. 1st April**
- 3. Red Tulip**
- 4. Earth Day**
- 5. May flowers**
- 6. Walpurgis Night**
- 7. Cuckoo, Nightingale**
- 8. Sunday**
- 9. Good Friday**
- 10. Britain**



Codeword (page22)

Crossword (page 23)

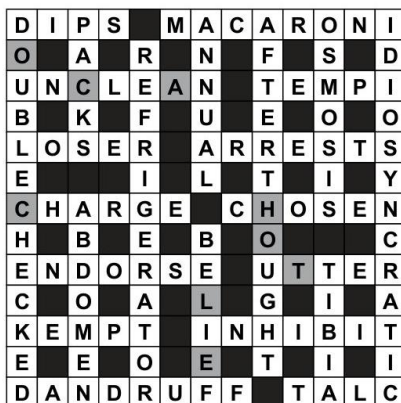
Sudoku (Page 24)

Wordsearch (Page 25)



Keyword: CHRISTIANITY

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



Keyword: CHOCOLATE





May 2026

The Forget Me Not Home Care Team

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

Writer & Editor: Sara Paton and Lee Rochford

Proofreader: Christina Anderson