



February 2026

## *Forget Me Not Home Care*

# NEWSLETTER



As the calendar turns, we bid farewell to the seemingly endless stretch of January and welcome February, a month that feels like a breath of fresh air with the promise of spring on the horizon.

Despite its reputation as the shortest month of the year (with either 28 or 29 days in a leap year), February is packed with significant dates and symbols for renewal.

## 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 team.

We hope you enjoy reading!

*The Forget Me Not Team*



From the historical Roman purification festival, Februalia, that gave the month its name, to modern celebrations like Valentine's Day and Black History (US and Canada), it is a time of both cosy reflection and joyous anticipation.

It's a "gateway" month where the first snowdrop and buds begin to appear, reminding us that warmer, brighter days are inching closer.



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

Contact us on:

01529 417791

[forgetmenothomecare@hotmail.com](mailto:forgetmenothomecare@hotmail.com)

[www.forgetmenothomecare.co.uk](http://www.forgetmenothomecare.co.uk)

### Useful Contacts:

**Fenland Dental Laboratory Ltd**

01775 724 974

[info@fenlanddentallab.co.uk](mailto:info@fenlanddentallab.co.uk)

111 Wardentree Lane, Pinchbeck,  
Spalding, Lincs, PE11 3UF

**CallConnect Bus Service:**

0345 234 3344

[Lincsbus.info](http://Lincsbus.info)



## Staff update.

We met with Chantelle (and Ivy) this month to talk about a plan for Chantelle to return to work in the near future. I am sure you will all agree we are looking forward to her coming back to work, but I shan't confirm any dates yet .....

Early this month we took part in medication training to refresh our knowledge and ensure we are doing all we should be, along with learning new things along the way.

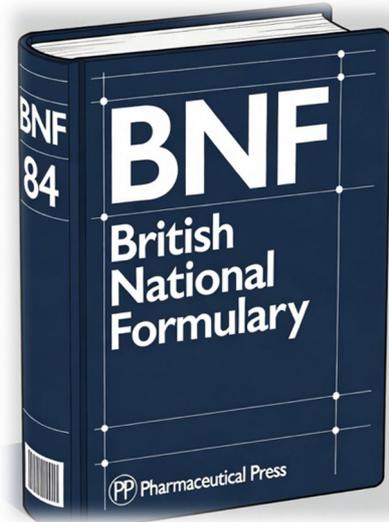
Nobody is above learning and we do love to encourage people to do this as much as possible.

Lucy has signed up for her Level 2 NVQ in Social care this month and I am certain she will fly through this and be on her Level 3 soon.

Sue and Sam are in the process of completing their NVQ's level 2 and level 4 respectively.

Alysha has been signed up to Nottingham Trent University (don't worry she is still working with us) and she will spend the next couple of years gaining her nursing degree. Alysha decided that nursing was the right choice for her after she started working with us and seeing all we do.

Best of luck to you all.





The last week of January saw our SSKIN training which is an interesting look at caring for vulnerable skin and how to maintain healthier skin for longer.



**The SSKIN Acronym Breakdown:**

**S - Surface:** Ensure patients have the right, high-quality mattresses and cushions to provide proper pressure relief.

**S - Skin Inspection:** Perform early and regular inspections to detect signs of pressure damage (redness, changes in skin tone, heat) early.

**K - Keep Moving:** Encourage regular movement and position changes to assist blood flow and relieve pressure.

**I - Incontinence/Moisture:** Keep the patient's skin clean and dry, as moisture increases the risk of damage.

**N - Nutrition/Hydration:** Ensure the patient maintains a proper diet and adequate fluids to promote skin health.



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Sara has gained her Level 4 in Adult Social Care! She has done amazingly and we cant be prouder. A few up's and downs along the route, but nothing we could not overcome as a team. Well done Sara!





## Awareness dates

### Heart Month

Focuses on raising awareness for heart health, particularly high cholesterol and cardiovascular disease, with campaigns like HEART UK's 10,000 Step Challenge and the British Heart Foundation (BHF)'s "Wear Red" and fundraising initiatives to promote healthier lifestyles, CPR training, and research.

- **Wear Red Day:** Encourage wearing red to show support and raise awareness, often tied to Valentine's Day.
- **10,000 Step Challenge:** Walk 10,000 steps daily to improve fitness and raise funds for heart charities like HEART UK.
- **Learn CPR:** Campaigns, like the EFL's partnership with the BHF, aim to teach more people life-saving CPR skills through tools like RevivR.
- **Check Your Numbers:** Focus on knowing your cholesterol and blood pressure levels.
- **HEART UK:** Focuses on high cholesterol with their Step Challenge and educational resources.
- **Heart Heroes:** Runs activities like "The Big Bounce" and "Wear Red" for congenital heart defects awareness.

### LGBT+ History Month

In the UK it will take place in February, celebrating LGBTQ+ history, lives, and achievements, with the official theme being "Science and Innovation," highlighting LGBTQ+ contributions to these fields, while also marking anniversaries like the abolition of Section 28 and advocating for continued progress. It's a month for education,



visibility, and community, with events planned across the UK in educational settings, businesses, and communities.

## Age related macular degeneration month (AMD)

### What is it?

February = Age-Related Macular Degeneration (AMD) Awareness Month 📅

### Main charities

RNIB & Macular Society lead the way in the UK ❤️

### What is AMD?

Common eye condition in people over 50

Damages the macula → blurs central vision (reading, faces, driving)

Usually doesn't cause total blindness

### Big risk factors

- Getting older
- Family history
- Smoking
- Poor diet

### How to help protect your eyes

Eat yummy foods: leafy greens, berries, oily fish 🥬 🐟

Quit smoking (huge help!) 🚭

Get regular eye checks

(especially 50+) 👤

### Spot it early

Watch for: blurry/wavy central vision or straight lines looking bent

Do quick at-home grid checks  
See your optician or GP ASAP if changes appear

### Treatments exist

Especially for "wet" AMD – anti-VEGF injections can help stabilise vision 📄

### Where to get help & info

Visit: [rnib.org.uk](http://rnib.org.uk) or [macularsociety.org](http://macularsociety.org)

Friendly helplines, guides & support available 📄 📞

Look after those peepers – your eyes deserve love to



## World Cancer Day – 4th February

This is a special day when people around the world come together to think about cancer.



This year's theme is "United by Unique".

This theme runs from 2025 to 2027. It means that every person's experience with cancer is different and special. But we are all joined together to help make care better and fairer for everyone.

The main focus is on people-centred care. This means putting the person – not just the illness – at the heart of everything. It looks at each person's own story, needs, feelings, and life. The aim is to make treatment and support kinder, more understanding, and easier to get for all.

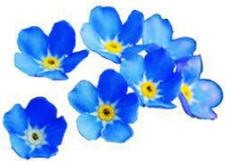
In 2026, we build on last year. We share real stories from people who have cancer, their families, and carers. We look at new ideas, good programmes, fair rules, and community help that make care better.

Groups like Macmillan Cancer Support and Children with Cancer UK take part. They talk about what patients really need. They share helpful resources and ways to get support. They also remind us how important it is to prevent cancer and spot it early.



World  
Cancer Day  
4 February

UNITED  
BY  
UNIQUE



## What the day is about

- Every cancer story is unique.
- Care should fit the person – their feelings, family, and daily life.
- We want to raise awareness, teach people more, and get everyone to take action.
- The goal is to lower the number of people affected by cancer worldwide.

## The main message

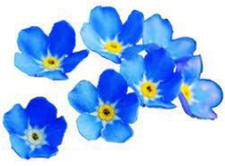
World Cancer Day is for all of us. We can unite, share our experiences, and speak up. Together, we can work towards better ways to prevent cancer, treat it, and support people. Always keep the person at the centre of care.



If you or someone you know needs help, organisations like Macmillan are there for you. You are not alone.

## Time to talk day 5th Feb

Time to Talk Day is the UK's biggest mental health conversation, encouraging everyone to open up about mental health to break stigma and build supportive communities, focusing on simple chats, listening, and sharing experiences to show people they're not alone, with campaigns run by charities like Mind and Rethink Mental Illness.



It's about making talking about feelings, whether big or small, normal in homes, schools, and workplaces, often on the first Thursday in February .

**What it's about:**

Breaking Stigma: Making it comfortable to discuss mental health, just like physical health.

Connecting: Fostering conversations between friends, family, colleagues, and communities.

Listening: Emphasising the importance of truly hearing someone when they share their struggles.

Support: Showing people they don't have to struggle alone and connecting them to resources.

**Children's Mental Health Week** is a special time each year in the UK. It happens every February. This year it runs from the 9th to the 15th of February.

A kind charity called Place2Be started this week. They want everyone to think more about how children feel inside their minds and hearts.

The week helps people talk openly about children's feelings. It gives simple ways to help children stay well and happy.

This year's special message, or theme, is "This is My Place". It means helping children feel they truly belong. They feel safe and wanted at home, with friends, at school, and in their community.





The main ideas are simple:

- It helps children speak up and feel stronger inside.
- It shows children how to notice their own feelings, what they are good at, and what is hard for them.
- It helps make places where children feel they fit in and are not alone.
- It reminds everyone that looking after children's minds is very important.

This week began back in 2015. It comes every February, and each year has its own gentle theme.

Place2Be gives out free help for everyone. They have easy guides, ideas for school gatherings, fun activities, and ways to raise a little money if people want to.

The activities are gentle things like:

- Thinking quietly about yourself.
- Being kind to others.
- Moving your body, like walking or playing.
- Eating healthy food.
- Spending time with people you care about.

Sometimes they use nice story books, such as *The Boy, the Mole, the Fox and the Horse*. Or they talk about films that show feelings, like *Inside Out 2*.

All of this is to help children grow up feeling calm, understood, and part of things.



## Safer Internet Day – Tuesday 10 February



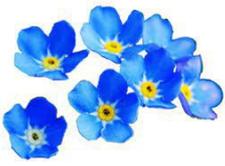
Safer Internet Day is an important annual event held each February to help make the online world safer and more positive, especially for children and young people. It's a global occasion where schools, families, community groups, and organisations come together to talk about staying safe on the internet and using it wisely.

This year's theme is "Smart tech, safe choices – Exploring the safe and responsible use of AI".

With artificial intelligence (AI) becoming part of everyday life—from chat tools and picture generators to helpful assistants—it's a good moment to think about how we all use these clever technologies safely and sensibly.

### Why it matters

The main aim is to create a kinder, safer internet for everyone, with extra attention on protecting children and teenagers. It encourages us to learn about potential risks online, such as unkind messages (cyberbullying), tricks and scams, unsuitable material, and now issues linked to AI, like understanding what is real and what might be created by machines.



What happens on the day

Across the UK and worldwide, thousands take part in simple activities:

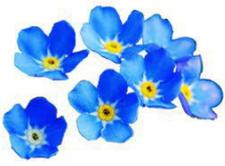
- Schools and youth groups hold talks and workshops.
- Families chat about safe online habits.
- Organisations share helpful tips and resources.

It's about education, working together, and building confidence so people of all ages feel more comfortable and capable online.

Even if your own grandchildren or great-grandchildren are the main focus, many older people now use the internet for staying in touch, banking, shopping, or entertainment. The same safety ideas apply to us all—being cautious with strange messages, protecting personal details, and thinking twice before clicking links or sharing too much.

If you'd like more information or resources (many are free and easy to read), you can visit the UK Safer Internet Centre website at [saferinternet.org.uk](https://saferinternet.org.uk). They have guides tailored for different ages, including advice for families and carers. If you are unsure – speak to one of us and we will support you to access this information.

Let's all do our bit to make the internet a safer place—starting with a bit of awareness on 10 February!



## International Day of Women and Girls in Science - 11 February

This special day, held every year on 11 February, celebrates women and girls in science. It was started by the United Nations in 2015 to help make sure women and girls have equal chances in science, technology, engineering, and maths (known as STEM).

The aim is simple: recognise the great work women do in science, inspire young girls to take up these subjects, and remove barriers that hold them back. When more women join in, science gets better ideas and helps solve big world problems more fairly.

This year (2026), the theme is “From Vision to Impact: Redefining STEM by Closing the Gender Gap”. It focuses on moving from just talking about equality to real actions and good examples that make STEM more open to everyone, including new technologies like AI.

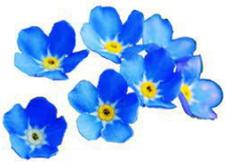


Why does it matter?

Science needs everyone's talents. Women make up only a small part of many science jobs, but their ideas are vital for progress and innovation.

Many famous women scientists, past and present, show what is possible. They inspire the next generation of girls to dream big in science.

Let's support equal chances in science – it helps us all build a brighter future.



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## Valentine's Day – Friday 14th February

Valentine's Day on 14th February is a gentle day to celebrate love in all its forms – romantic, family, and friendship. In the UK, it's long been a tradition to show affection to those dear to us.



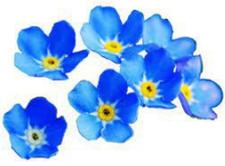
The day is named after Saint Valentine, a Roman priest who, according to legend, secretly married young couples against the Emperor's orders and was martyred for it around the year 270 AD. Over time, the date blended with older spring customs and became linked to romance, especially after medieval poets like Chaucer noted birds choosing mates around mid-February.

Here in Britain, the custom of sending Valentine's cards really took off in the 18th and 19th centuries, often anonymously at first, with pretty handwritten notes or lace-trimmed cards. Later came heart-shaped chocolate boxes from firms like Cadbury.

Today, many people exchange cards, flowers (especially red roses), chocolates, or small gifts. Couples might enjoy a quiet dinner at home, a favourite meal out, or just time together. But it's not only for sweethearts – it's lovely to send a card or ring a friend, sibling, or grown-up children to say "thinking of you" or share a memory.

For those on their own or remembering loved ones who've passed, it's a chance to look at old photos, enjoy a cuppa with family, or simply appreciate the love that's still around us.

A small gesture can brighten someone's day. ❤️



## Random Acts of Kindness Day – Tuesday 17th February

Random Acts of Kindness Day on 17th February is a gentle reminder to spread a bit of warmth and goodwill through small, thoughtful gestures. It's a worldwide encouragement to do something nice for someone – no strings attached – and see how it brightens their day (and often yours too).

The idea grew from a simple phrase in the 1980s: "Practice random kindness and senseless acts of beauty." It took off properly in the 1990s thanks to the Random Acts of Kindness Foundation in America, and now it's observed each February in the UK and many other places. The aim is straightforward: show that even tiny acts of compassion can create a ripple of positivity in our communities.

In Britain, this fits nicely with our quiet tradition of neighbourly help and politeness. On the day (and ideally beyond it), folk might:

- Smile and say hello to a stranger in the queue or on the bus
- Hold a door open, or offer a seat
- Pay for the person's tea or coffee behind you at the café
- Pop a kind note through a neighbour's letterbox, or ring an old friend for a chat
- Leave a small treat like biscuits for the postie or bin collectors
- Pick up litter on your walk, or help someone with their shopping bags

Many of the best acts cost nothing at all – just a moment of your time, a sincere compliment, or lending a hand. For those who prefer,



joining in with local groups, church coffee mornings, or charity collections counts too.

The beauty is in the ripple effect: one kind deed often inspires another. It can lift spirits, ease loneliness, and make everyday life feel a little gentler – especially welcome in these busy times.

So why not mark the day with one small act? It might just make someone's week. A little kindness goes a long way. 😊

### **Also 17th Feb - The Lunar New Year**

Lunar New Year is a celebration of the arrival of spring and the beginning of a new year on the lunisolar calendar. It is the most important holiday in China, and it is also widely celebrated in South Korea, Vietnam, and countries with a significant overseas Chinese population.

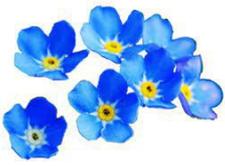


### **AND.... Shrove Tuesday (Pancake Day) – Tuesday 17th February**

Shrove Tuesday, fondly known as Pancake Day here in the UK, falls on Tuesday 17th February this year. It's the last day

before Lent begins – the 40-day Christian season of fasting and reflection leading up to Easter.

The name "Shrove" comes from the old word "shrive," meaning to confess sins and receive forgiveness. In days gone by, people would



go to church on this day to be "shriven" before the quieter, more solemn time of Lent.

Why pancakes? Back then, it was the final chance to use up rich ingredients like eggs, milk, butter, and sugar before the Lenten fast – nothing fancy was allowed during Lent. So, pancakes became the perfect, practical way to clear the pantry!

In Britain, we love our pancakes – thin ones flipped in the pan, sprinkled with sugar and lemon, or topped with whatever takes your fancy (jam, syrup, or even a bit of chocolate spread for the grandchildren).

A lovely old tradition is the pancake race: people dash through the streets tossing pancakes in frying pans without dropping them. The most famous one is in Olney, Buckinghamshire, dating right back to 1445 – ladies in aprons still take part each year!

For many of us, it's a simple, cheerful day: mix up a batter, gather round the stove for a flip or two, and enjoy a treat before things turn a bit more reflective. It's a nice excuse for a family gathering or a shared laugh over a wonky pancake.

Why not give it a go? A stack of warm pancakes can make any Tuesday feel special. 🥞 – **Ask one of the team to help you make some if you fancy them.**



**February 20th is a special day that marks two observances worth noting: the United Nations World Day of Social Justice and National Love Your Pet Day.**



### **World Day of Social Justice**

This important day, observed every year on February 20th, was established by the United Nations to remind us all of the need for fairness and equality across the world. It calls on governments, organisations, and everyday people to work together to reduce poverty, tackle exclusion, create better job opportunities, and address inequalities of all kinds — including those based on age, gender, background, or health.

The aim is simple yet profound: to ensure everyone has a fair chance at a decent life, with access to education, proper work, healthcare, social support, and respect for human rights. When we promote these things, we help build stronger, more peaceful communities and a better future for generations to come.

This year's theme is "Empowering Inclusion: Bridging Gaps for Social Justice". It emphasises the value of inclusive policies and stronger social protections to close gaps and support those who are often left behind, including older people, those on limited incomes, or anyone facing barriers.

It's a gentle nudge to reflect on how small acts of fairness — in our families, neighbourhoods, or through supporting charities — can contribute to a kinder world.



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## National Love Your Pet Day

On a lighter and warmer note, February 20th is also Love Your Pet Day — a lovely chance to give extra thanks to our animal companions who bring so much comfort, companionship, and joy into our lives.

Whether you share your home with a dog, cat, budgie, goldfish, rabbit, or any other creature great or small, this day celebrates the special bond we have with them. Pets often become true family members, offering unconditional love, helping to lift our spirits on quiet days, and even encouraging us to stay active with walks or playtime.



It's also a reminder of the responsibilities we take on as pet owners: providing good food, a safe and cosy home, regular exercise, vet care, and plenty of affection.

### Simple Ways to Celebrate Love Your Pet Day

- Treat them to a favourite snack or a small homemade treat (check it's safe for their species!).
- Enjoy an extra-long walk, gentle play session, or just a peaceful cuddle on the sofa.



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- Give them a good brush or grooming session — many pets love the attention.
- Buy or make a new toy, bed, or little surprise.
- Take a photo together and share it with friends or family (perhaps with #LoveYourPetDay if you're on social media).

These two observances on the same day remind us of the importance of kindness — whether towards our fellow humans in need of fairness and support, or towards the loyal pets who brighten our everyday lives.

Wishing you a thoughtful and joyful February 20th!

**Lucy's cat took a trip to visit Jeanette and Alysha's puppy visited Colin this month.**





### **CQC Inspection**

Some of you may be aware we have had CQC inspecting us recently. They spoke to some clients, staff and other medical teams we work with.

It does several weeks usually to get a final report and outcome so I can't tell you how it went yet but when we know, you shall know. It has proved hard work as this is the first inspection we have had under the new framework they have in place (which is due to change again due to it not being as it was planned to be) your guess is as good as mine.... Fingers crossed.

### **Eliza update**

She is still growing and started swimming lessons this month at the Grange in Pointon (highly recommended).





## Recipes

### Baked Bacon and Leek Winter Risotto

#### Ingredients

- 1 tbsp vegetable oil
- 100g smoked bacon medallions, roughly chopped
- 2 leeks, washed and finely chopped
- 120g Brussels sprouts, trimmed and quartered
- 2 cloves garlic, crushed
- 250g Arborio risotto rice
- 250ml semi-skimmed milk
- 800ml vegetable stock, made with 1 vegetable stock cube
- 45g reduced fat crème fraîche
- 100g curly leaf kale
- Zest and juice of 1 lemon
- 20g parmesan, grated



#### Method

##### Step 1

Preheat the oven to 180°C/gas mark 4. In a large, shallow, ovenproof casserole dish, heat the oil and fry the bacon for 2 minutes before adding the leeks, sprouts and garlic.

##### Step 2

Cook for 5 minutes before adding the rice, milk and vegetable stock. Put the lid on and transfer to the oven to bake for 30 minutes.

##### Step 3

Stir through the crème fraîche, kale and lemon zest and juice. Replace the lid and bake for a further 10 minutes, until the rice and vegetables are tender. Serve sprinkled with the parmesan and seasoned with freshly ground black pepper.



## Pancakes with Blood oranges and Greek Yoghurt

### Ingredients

- 100g plain flour
- 2 large eggs
- 1 tbsp caster sugar
- 1 tbsp orange liqueur
- 3 blood oranges, zested and juiced
- 250ml milk
- 2 tbsp melted butter
- 1 tsp cold butter, for frying

- 200g Greek yogurt with honey

### For the sauce

- 1 tbsp butter
- 2 blood orange, finely zested and juiced
- 1 lemon, zested
- 3 tbsp light muscovado sugar
- 3 tbsp orange liqueur
- 1 sprig of rosemary



### Method

#### Step 1

Sift the flour into a bowl with a pinch of salt and make a well in the centre. In another bowl, whisk the eggs with the sugar, orange liqueur, orange zest, milk and melted butter to combine, then pour into the well. Using an electric hand whisk, whisk the liquid into the flour until you have a smooth batter.

#### Step 2

Heat the butter in a small frying pan until hot and foaming. Add 2-3 tbsp batter for each pancake, swirling it around the pan as you add



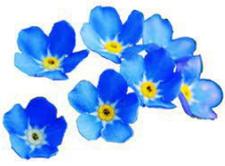
it. The batter should make 10-12 pancakes in total. Cook each pancake for 3-4 minutes, then flip over and cook for 1 minute on the other side. As the pancakes are ready, layer them between sheets of baking paper.

**Step 3**

Melt the butter in the (cleaned) frying pan. Add the orange zest and juice, lemon zest, sugar, orange liqueur and rosemary. Bubble everything together for 5-10 minutes or until syrupy. Remove the rosemary.

**Step 4**

Put a spoonful of Greek yogurt in the centre of each pancake, then fold the pancakes into quarters. Drizzle the hot sauce over the pancakes to serve.



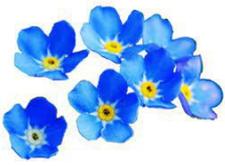
## Sara's Superstitions

February, historically linked to Roman purification rituals and considered an unlucky, "gloomy" month due to its short, even-numbered days, is steeped in specific folklore. Primarily, it is known for Leap Year traditions (when applicable) where women are encouraged to propose, while some cultures believe marrying in a leap year brings bad luck.

"Rabbit, Rabbit, Rabbit" (1st February): Saying "white rabbits," "rabbits," or "rabbit" three times upon waking on the first day of the month is believed to bring good luck for the next 28 (or 29) days.

Thunder in February: If it thunders in February, it is believed to foretell a frost in April.

Unlucky Birthdays: Those born on February 29th, or "leaplings," are sometimes considered to be unlucky in Scottish culture.



## Key Health & Safety Tips for February: Staying Warm and Well This Winter

As the colder days continue into February, here are some gentle, practical reminders to help you stay healthy, safe, and comfortable at home.

### Warmth & Health at Home

Aim to keep the main rooms you use — like your living room and bedroom — at a steady, comfortable temperature of at least 18°C during the day and evening. This is the level widely recommended by the NHS, Age UK, and the Met Office, especially important for those of us over 65 or with ongoing health conditions, to help avoid chills, colds, or other winter risks.

If you feel the cold more, a slightly warmer setting (perhaps 19–21°C in living areas) can make all the difference.

Also, make sure you've had your free **\*\*flu jab\*\*** (recommended for everyone aged 65 and over) and check if you're eligible for the COVID-19 booster, currently offered to those aged 75+, in care homes, or with weakened immunity. These vaccinations provide important protection against serious illness this season. Speak to your GP or pharmacy if you haven't had them yet.

### Preventing Falls in Icy Weather

Slippery paths, wet pavements, and black ice are all too common at this time of year.

- Clear and grit your paths or doorstep if you can (or ask a neighbour or family member for help). (Do you have salt left over from what we gave you last year? If you need more just ask us)



- Wear sturdy, non-slip shoes with good grip when going out.
- Take your time — better slow and steady than a nasty tumble.

### **Home Safety Aids**

If getting around the house feels trickier these days, simple additions can make a big difference:

- Grab rails by the bath, toilet, or stairs.
- A bath lift or shower seat for safer bathing.

These can help prevent slips and give you more confidence — many are available through local councils or charities with grants or low-cost options.

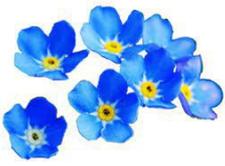
### **Well-being & Staying Connected**

The short, dark days can sometimes feel isolating, so let's make a special effort:

- Combat loneliness — Pick up the phone for a chat with friends or family, or pop next door to check on a neighbour. Even a quick "Hello, how are you?" can brighten someone's day (and yours!).
- Stay active — Gentle indoor exercises like chair-based stretches, seated marching, or following a simple TV workout help keep joints loose, strength up, and balance steady.
- Keep the mind sharp— Join in at your local community centre, library group, or try a new hobby like puzzles, reading, or an online class. Many places offer free or low-cost sessions tailored for older adults.

### **Important Safety Reminders**

- Test your smoke alarms and make sure you have working carbon monoxide detectors — change batteries if needed.



## February 2026

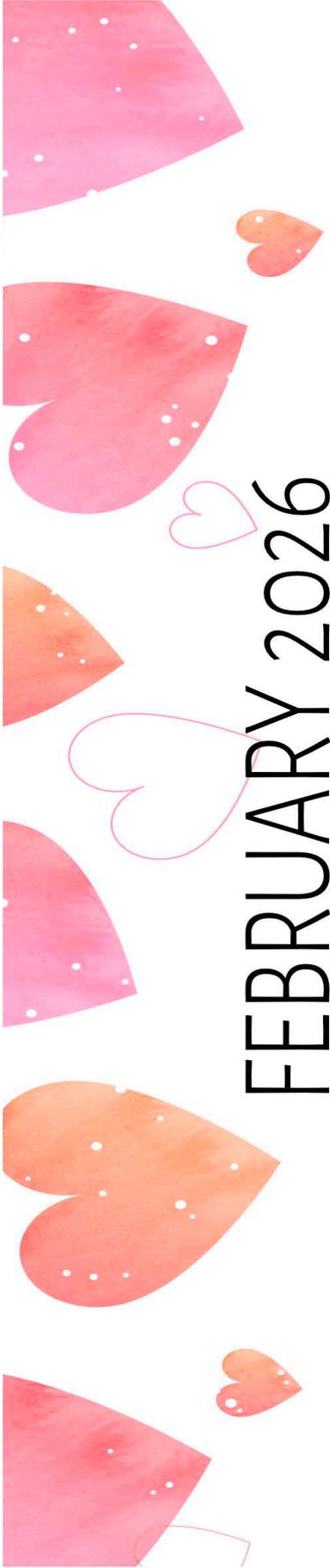
- Keep emergency contact numbers (including 999, your GP, and a trusted neighbour or relative, or us?) in an easy-to-see spot, perhaps by the phone.
- Order repeat prescriptions in good time before supplies run low — better early than sorry in bad weather.

Small steps like these can make February feel safer and more enjoyable. Look after yourselves — and each other — and stay warm and well! If anything worries you, don't hesitate to speak to your doctor, your family or care team.



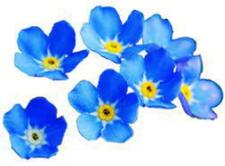
February 2026

Calendar



# FEBRUARY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
26	27	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	1



## February Pub Quiz

1. What is the traditional birthstone for February?
2. February is named after a Latin word meaning what?
3. What planet is often called Earth's twin and is associated with February's astrological signs?
4. What is the name for a person born on February 29th?
5. On February 2nd, what annual tradition in the US and Canada involves a groundhog predicting winter's end?
6. In 1990, F.W. de Klerk unbanned the ANC and released which iconic leader in South Africa?
7. What famous American singer died in a plane crash on February 3, 1959, an event known as "The Day the Music Died"?
8. Which boxer famously lost his world title to Buster Douglas on February 11, 1990?
9. What is the traditional flower for February?
10. What annual awards show typically happens at the end of February?



Codeword February 26

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

14	15	16	17	18	19	20	21	22	23	24	25	26
<b>E</b>												

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

6E	3I	10K	11K	2E	9F	6I



**Crossword February 26**

1		2			3	4		5		6		7
				8								
9								10				
11												
												12
13		14					15					
						16						
	17									18		
19												
20						21						
22									23			

**Across**

- 1 Ostrichlike bird (4)
- 3 Apportioned (8)
- 9 Melodious (7)
- 10 Weighty (5)
- 11 Lacking courage (5-7)
- 13 Deletes (6)
- 15 Revolve (6)
- 17 Happiness (12)
- 20 Capital of Egypt (5)
- 21 Sickness (7)
- 22 Curative medicines; sets right (8)
- 23 Sight organs (4)

**Down**

- 1 Made officially valid (8)
- 2 Dissatisfaction (5)
- 4 Drooped (6)
- 5 Dreamy; odd and unfamiliar (12)
- 6 Silklike fabric (7)
- 7 24 hour periods (4)
- 8 Unofficially (3,3,6)
- 12 Continues obstinately (8)
- 14 Belief that there is no God (7)
- 16 Workplace (6)
- 18 Mournful poem (5)
- 19 Skin mark from a wound (4)

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

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



### Sudoku February 26

	<b>6</b>		<b>8</b>					<b>7</b>
					<b>7</b>	<b>5</b>		
<b>5</b>				<b>9</b>			<b>4</b>	<b>3</b>
<b>1</b>			<b>7</b>	<b>8</b>	<b>4</b>			
<b>8</b>								<b>4</b>
			<b>3</b>	<b>6</b>	<b>1</b>			<b>5</b>
<b>6</b>	<b>2</b>			<b>7</b>				<b>1</b>
		<b>7</b>	<b>5</b>					
<b>4</b>					<b>6</b>		<b>8</b>	



### Wordsearch February 26



**ADMIRER**

**CHERUB**

**COMPANION**

**CONFESSION**

**CUPID**

**EMBRACE**

**HEART**

**KISS**

**LOVE**

**PARTNER**

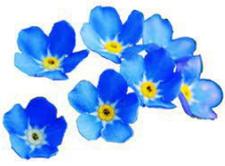
**POEMS**

**PROPOSE**

**ROSE**

**SAINT**

**SECRET**



### January 2025 Answers

#### Pub Quiz (page 26)

##### Answers

1. Auld Lang Syne
2. Hogmanay
3. Janus
4. The London Eye (or Big Ben/Houses of Parliament area)
5. Grapes
6. Twelfth Night (the evening of January 5th)
7. Jools' Annual Hootenanny
8. Time gone by (or "for old times' sake")
9. Danny Jones
10. Black-eyed peas

#### Codeword (page27)

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

Keyword: RESOLUTION



Crossword (page 28)

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

Keyword: MIDNIGHT

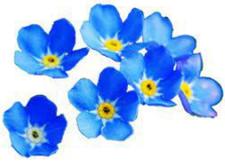
Sudoku (Page 29)

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



Wordsearch (Page 30)

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



February 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

Forget Me Not Newsletter Issue 24 –February 2026