

# NEWSLETTER



The Maypole is rich with symbolism, often associated with our springtime festivities and community celebrations on the 1<sup>st</sup> May each year.

Some of Maypoles key symbols are:

**Phallic Symbol:** The tall, upright maypole itself represents fertility and the male phallus. It's a nod to the renewal of life and the awakening of nature during spring.

**Ribbons and Streamers:** Colourful ribbons or streamers are attached to the top of the maypole. As dancers weave in and out, they create intricate patterns. These ribbons symbolize the intertwining of life forces,

## Welcome

I want to thank you all for your input and feedback about the April Newsletter

I value your feedback ideas.

*There is no place like home...*  
with our CQC 'Outstanding' home care you can continue living safely in the comfort of your own home.

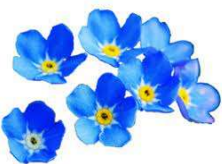


If there is something you would like to read about or would like further information on, please do not hesitate to speak to our care workers or call the office and ask for Michelle.

We hope you enjoy reading!

From

*The Forget Me Not Team*



unity, and the changing of the seasons

**Dance:** The circular dance around the maypole signifies the reoccurring nature of life, the eternal cycle of birth, growth, death, and rebirth. It also represents community spirit and togetherness.

**Flowers and Greenery:** Maypoles are often beautifully designed with flowers, leaves, and greenery. These natural elements symbolize the blossoming of spring, abundance, and the return of warmth after winter.

**May Queen and King:** In some traditions, a May Queen and King are chosen to lead the festivities. The May Queen embodies the feminine energy, while the King represents the masculine. Their roles symbolize the balance of male and female energies in nature.

**Pagan and Christian Syncretism:** The maypole's history reflects a blend of pagan and Christian religions. It's a harmonious fusion of ancient fertility rituals and Christian celebrations of spring.

The maypole is more than just a decorative pole—it's a vibrant symbol of life, love, and community! - like our Forget Me Not Community 😊

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

Contact us on:

☎ Tel: 01529 417791

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

✉ Website:  
[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)

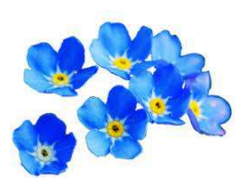
📍 111 Wardentree Lane,  
Pinchbeck, Spalding, Lincs,  
PE11 3UF

### Community Support:

If you know a local handy contact numbers please let us know, with your recommendations we can build a list of reliable helpful handy contact numbers.

### Sell your unwanted items:

if you have any unwanted items that we can pop on our news letter to the Forget Me Not community, please let us know.



May 2024



# Coffee Break Quiz...

Name: \_\_\_\_\_ Date: \_\_\_\_\_

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

## MERRY MONTH OF MAY Word Search



BASEBALL

BLOSSOM

BUMBLEBEE

BUTTERFLY

CINCO DE MAYO

FLOWERS



GARDEN

GEMINI

GREEN

LADYBUG

LAWN MOWER

MAYPOLE

MEMORIAL DAY

MOM

MOTHER'S DAY

PIÑATA

PLANT

SEEDS

SPRING

SUNSHINE

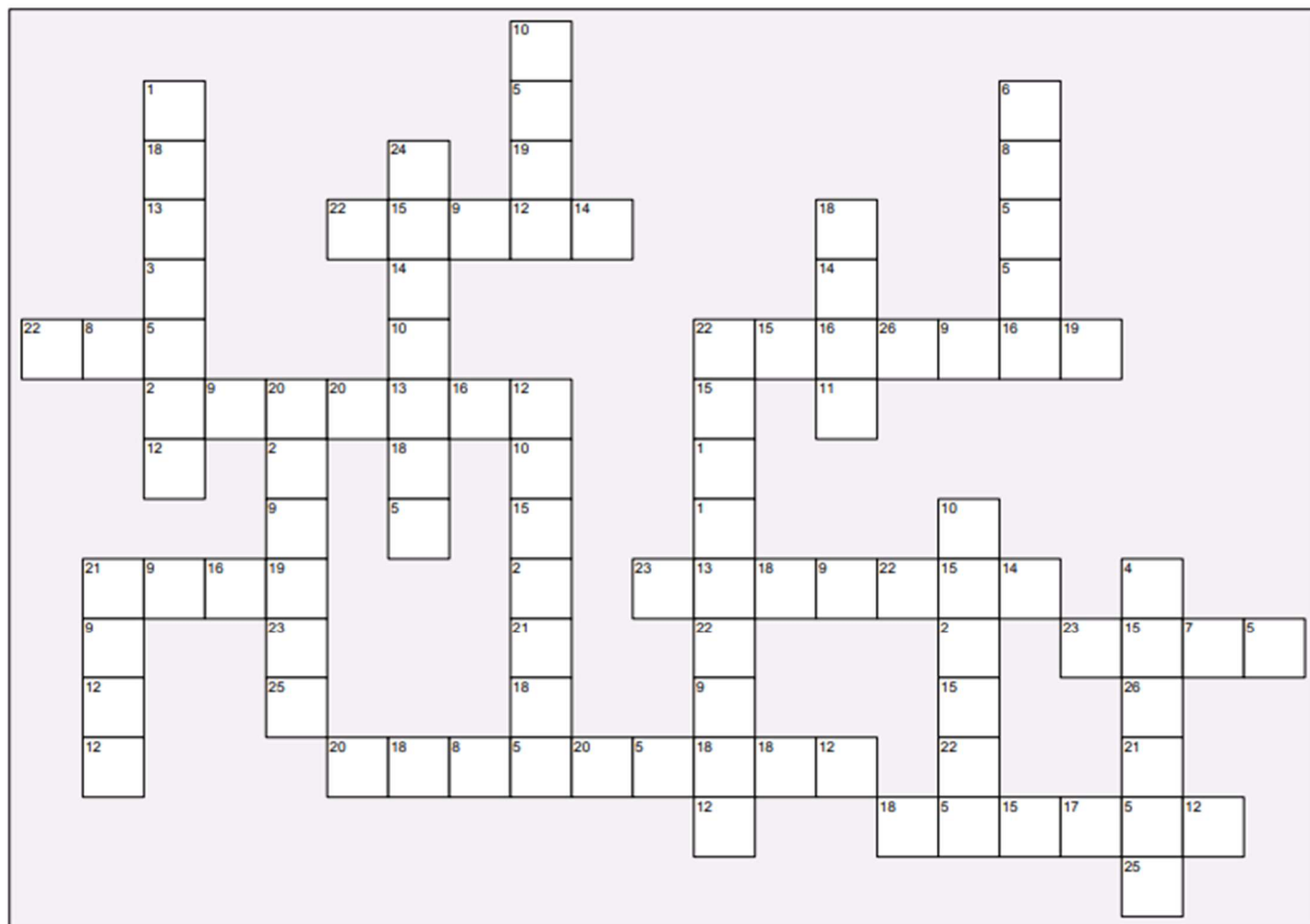
TAURUS

TEACHER



## codeword puzzle

Codewords are like crossword puzzles without clues: the letters have all been replaced by code numbers. Using the letters already provided, work out the remaining letters by identifying the words!

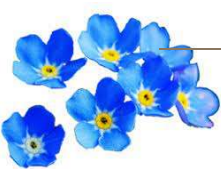


A B C D E F G H I J K L M

N O P Q R S T U V W X Y Z

### Code Key:

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
F				E			U							A			L	G					H		C



Sudoku

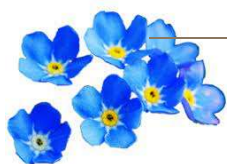
EASY

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

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

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

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



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# April Quiz Answers:

## Answer Sheet

### Wordwheel possible words

The wordwheel word is: EASTER

are  
ate  
ear  
eat  
era  
ere  
ers  
est  
eta  
ret  
sae

sea  
see  
ser  
set  
tae  
tea  
tee  
ares  
arse  
ates  
ears

ease  
east  
eats  
eras  
eres  
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etas  
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tees  
tree  
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aster  
earst  
easer  
eater  
erase  
ester  
rates  
reast

reate  
reest  
resat  
reset  
stare  
steer  
tares  
tears  
tease  
teers  
terse

trees  
easter  
eaters  
reates  
reseat  
seater  
teaser



## SPRING Word Search



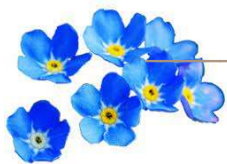
Search for the twelve Spring themed words below.

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

APRIL  
BIRDS  
BLOOM  
BUNNY

BUTTERFLY  
FLOWERS  
GARDEN  
MAY

RAINBOW  
SPRING  
SUNSHINE  
WARM



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# Pineapple upside-down cake

By GoodFood

Preparation time less than 15 minutes

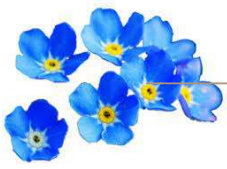
Cooking time 40 minutes

This retro pineapple upside-down cake makes a fun centre piece for afternoon tea and brings back many childhood memories.



## Ingredients - for the cake

- 100g softened butter
  - 100g golden caster sugar
  - 100g self-raising flour
  - 1 tsp baking powder
  - 1 tsp vanilla extract
  - 2 Eggs
-



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## Ingredients - for the topping

- 50g softened butter
- 50g light soft brown sugar
- 7 pineapple rings in syrup, drained and syrup reserved.
- 7 glacé cherries

## Method

1. Heat oven to 180C/160C fan/gas 4.
2. For the topping, beat 50g softened butter and 50g light soft brown sugar together until creamy. Spread over the base and a quarter of the way up the sides of a 20cm round cake tin. Arrange 7 pineapple rings on top (reserving the syrup for later), then place 7 glacé cherries in the centres of the rings.
3. Place 100g softened butter, 100g golden caster sugar, 100g self-raising flour, 1 tsp baking powder, 1 tsp vanilla extract and 2 eggs in a bowl along with 2 tbsp of the reserved pineapple syrup. Using an electric whisk, beat to a soft consistency.
4. Spoon into the tin on top of the pineapple and smooth it out so it's level. Bake for 35 mins. Leave to stand for 5 mins, then turn out onto a plate. Serve warm with a scoop of ice cream.

Why not try this pudding with Strawberries?!





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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		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		

### Diary Events:

Wednesday 1<sup>st</sup> May – May Day

Saturday 4<sup>th</sup> May – Star Wars day

Monday 6<sup>th</sup> May – Early May Bank Holiday

Monday 27<sup>th</sup> May – Spring Bank Holiday





May 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 our mental health - social activities. With help from the Forget Me Not Team, family and friends your social wellness can successfully continue.

### Social Interaction & Wellness

Day to day we talk about the importance of good nutrition & exercise. However, social wellness is equally important to our mental well-being, and this is often forgotten about. Social interaction is important,



regardless of a person's age or circumstance. As good as it is to be able to enjoy our own company, connecting with others gives us better mental health, lightens our mood, allowing us to feel happier and engage in exercise without even realising.

Social interaction is good for the brain, it acts as a kind of exercise. Keeping social connections and interactions with others has been found to increase blood flow to the



brain, which in turn encourages increased activity, encouraging us to get up and about.

Participating in social activities can help give that self-esteem a boost by giving us new chances to contribute in fun, creative ways. It also helps us realise that some of our most important traits – sharing, being kind, and spreading joy – don't disappear as we grow older.



It's important to feel we belong somewhere throughout our lives. Socialising gives our lives more meaning, by sharing special moments and celebrating important occasions with family and close friends. Active social wellness can enhance health benefit; we need to share experiences and activities with others to feel happy and fulfilled. Creating meaningful connections through socialisation also brings significant additional benefits, such as better mental health.





May 2024



## Forget Me Not Sports Page...



I wanted to ask you all if you would like the idea of a sports page, this could cover local teams as well as the international sports events.



Let Lee or a member of the Forget Me Not team know your thoughts.





May 2024

# *Forget Me Not*

## Training

This month at Forget Me Not we have all completed the Level 2 in Basic food Hygiene and our Safeguarding. Both of these training sessions were workbook and classroom based, so unfortunately there are no pictures this month.

Alongside our mandatory training we regularly complete competency training; this training can cover many different aspects within the care industry.

From last month's newsletter we mentioned our new Forget Me Not sign; we had several recommendations to possibly add a Forget Me Not flower to the sign. We loved this idea, and we are hoping to action this.

