

Forget Me Not Home Care NEWSLETTER

Happy New Year!



The 1st January to many of us means a New Year. This offers a blank slate — an opportunity to get things right. We set New Year's resolutions; can we keep them? Some people use the New Year as a time to reflect on the past year and look forward to the future. It may be a sense of renewal, inspiring people to improve or change, establish good habits or develop new skills. Have improved health by eating better, exercising more, or watching less TV.

Question is do we keep these resolutions? Many people fail to keep them as the new goals set are unrealistic,

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.

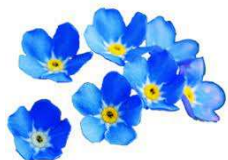


If there is something you would like to read about or would like further information on, please do not hesitate to speak to our care workers or call the office and ask for Michelle.

We hope you enjoy reading!

*Happy New Year
2025!*

The Forget Me Not Team



unplanned and the main reason is old habits soon kick in, if we set new goals. It's important to make sure a plan is in place, then focus on the reasons why we want to make the change and stay motivated. For example, if we want to eat healthier, rather than pushing ourselves into eating all the salad and vegetables that are in the shop. Take your time and replace some unhealthy foods with a healthier version to begin with. Changes take time, look for the future goal. What will be your New Year resolution? 😊



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

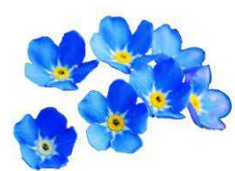
Address:

Dale Farm
Westcliffe Road
Sleaford
Lincolnshire
NG34 8RG



Heckington Church

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



January 2025



Coffee time Quiz...

NEW YEAR WORD SEARCH

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

Ball Drop
Celebrate
Confetti
Countdown
Eve

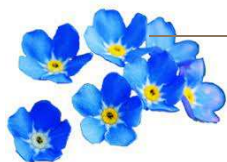
Family
Festive
Fireworks
Happy New Year
Hat
January

Kiss
Midnight
Parade
Party
Resolution



NEW YEAR'S EVE WORD SCRAMBLE

1. YLFIMA _____
2. AGLRTHEU _____
3. OUETSOLRIN _____
4. DCIGANN _____
5. KOSFREIWR _____
6. RAAUJNY _____
7. CATRIELBOEN _____
8. DNESFRI _____
9. NGNSIIG _____
10. MNHIDTIG _____
11. ERLNACDA _____
12. LBELS _____
13. NGNEGBNII _____
14. NNDWCTUOO _____
15. UCISM _____



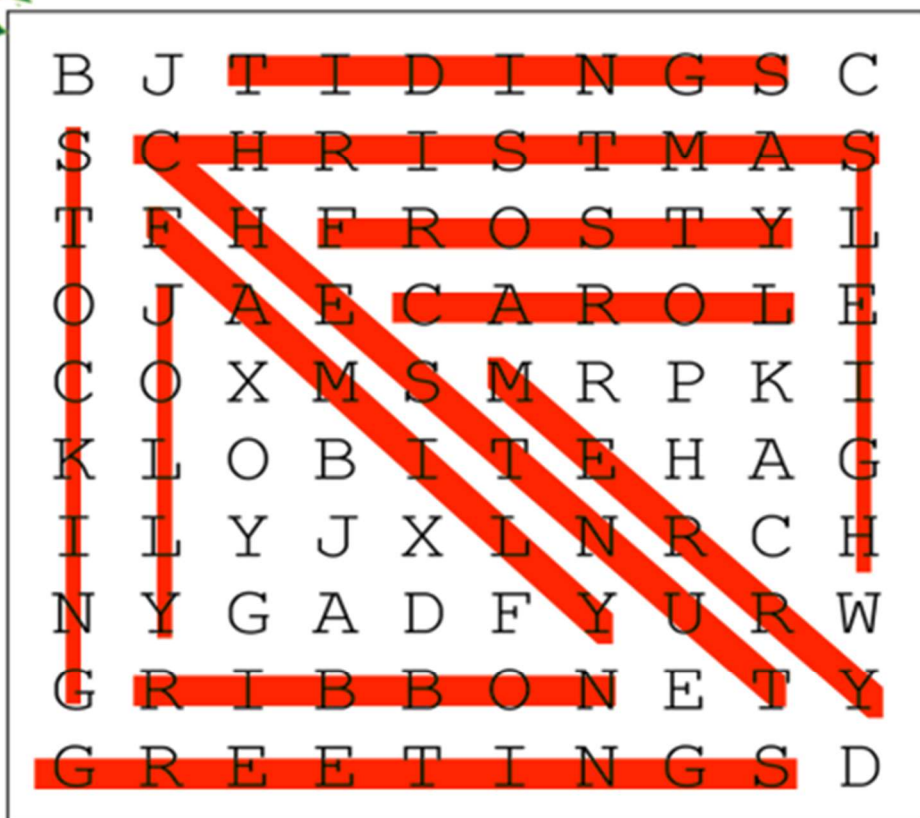
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December Quiz Answers:

Christmas

Word Search



CAROL
CHESTNUT
CHRISTMAS
FAMILY
FROSTY
GREETINGS

JOLLY
MERRY
RIBBON
SLEIGH
STOCKING
TIDINGS



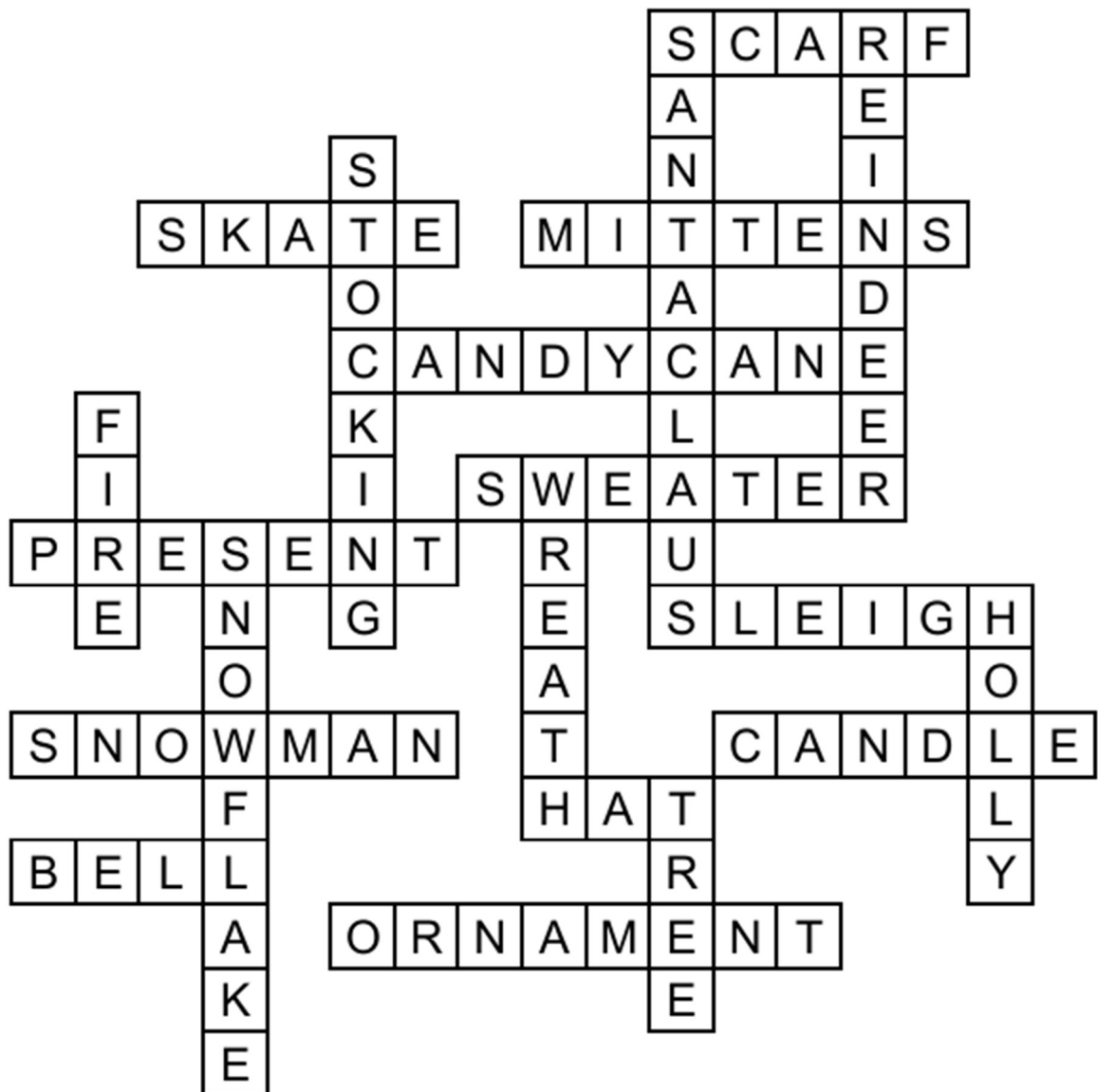


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Christmas Vocabulary

SOLUTION





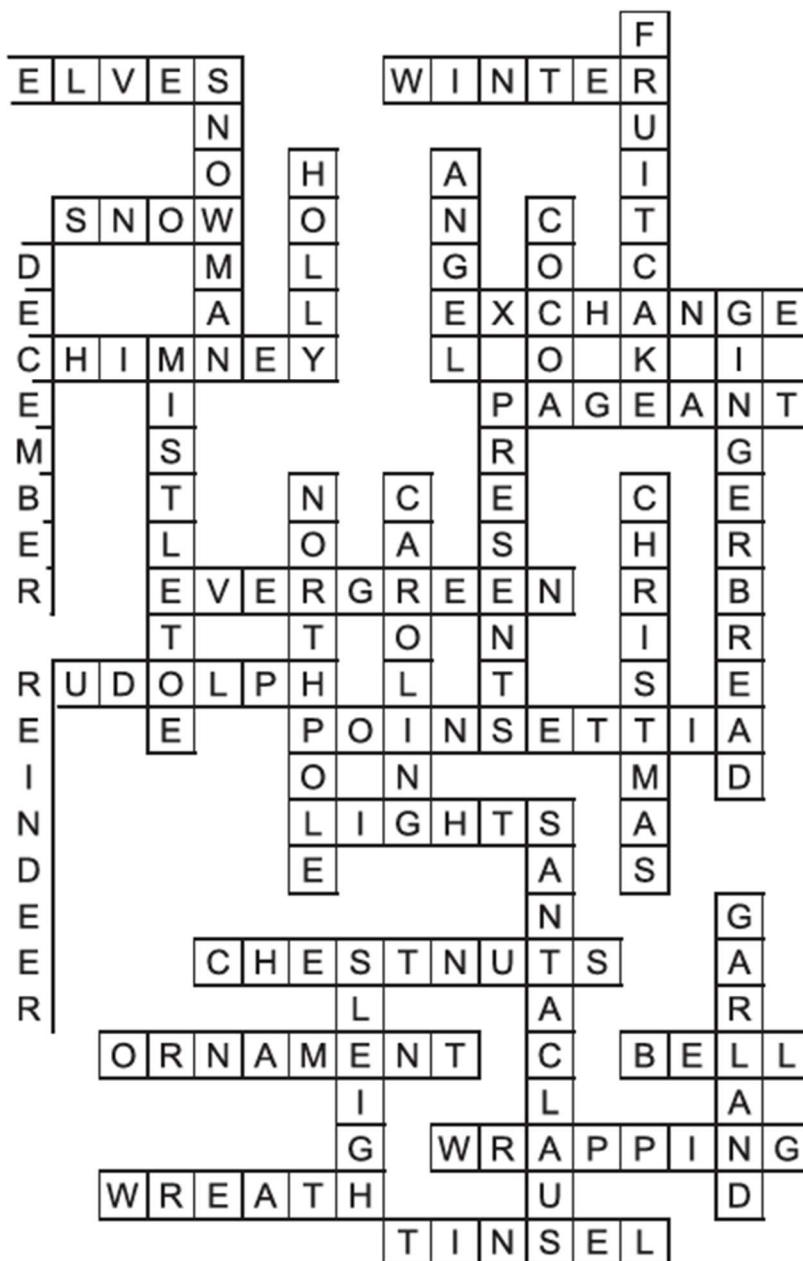
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Christmas Joy

Crossword Fill In

SOLUTION





January 2025



Easy Corned Beef Hash with Eggs & Beans

A classic British corned beef hash recipe using canned corned beef!

Diced crispy potatoes, meaty corned beef cubes, a dash of Worcestershire sauce, and fried eggs baked right in the pan! Serve the hash with baked beans for a hearty weekend brunch, or quick weekday dinner that everyone will love.

Prep Time: 10minutes minutes

Cook Time: 10minutes minutes

Total Time: 20minutes minutes

Equipment

- Chopping Board
- Knife
- Frying Pan
- Spatula

Ingredients

- 700 g White Potatoes (e.g. Maris Piper), peeled and diced into 2-3cm cubes
- 2 tablespoon Olive Oil
- 1 Onion peeled and finely chopped
- 1 Garlic Clove peeled and finely chopped
- 2 teaspoon Worcestershire Sauce
- 340 g Can of Corned Beef chopped into cubes
- 4 Eggs
- ½ teaspoon Salt
- ¼ teaspoon Black Pepper
- 1 tablespoon Parsley chopped





Instructions

1. Place the diced potatoes in a large pan of salted water and bring to the boil. Cook for 6-8 minutes until the potato cubes are tender and cooked (test with a sharp knife). Drain the potatoes in a colander and set aside to steam dry.
2. Heat the oil in large frying pan and cook the onion and garlic over a medium heat until soft and translucent. Stir in the Worcestershire sauce.
3. Turn the heat up to medium high and add the potatoes, diced corned beef, and press down with a spatular or potato masher so you have one layer. Cook for 5 minutes until crispy. Use a spatula to turn the hash over in segments and cook for a further 3 minutes.
4. Make 4 wells in the frying pan using a spoon and break an egg into each well. Place a lid over the pan and cook the hash for a further 3-4 minutes until the egg is cooked (runny yolk is best!). Season with salt and pepper before serving (and sprinkle with chopped parsley if you like).

To Store: Place leftovers in an airtight container and store in the fridge for up to 2 days.

To Reheat: Reheat in the microwave until piping hot.

To Freeze: Not suitable for home freezing.



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January 2025

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	2

Homemade

Diary Events:

- 1st January - New Year's Day
- 4th January - Michelle's Birthday!!!
- 5th January - 12th Night - Decorations to come down
- 6th January - Epiphany





January 2025



playwaze

Why not try chair-based exercise at Playwaze

Sleaford Leisure Centre, Boston Road,
Sleaford, NG34 7HH

Thursday 2nd Jan 1:30pm - 2:15pm

Tuesday 7th Jan 10:20am - 11:05am

Tuesday 14th Jan 10:20am - 11:05am

Tuesday 21st Jan 10:20am - 11:05am



Kesteven Morris

Lincolnshire's premier Morris team

Every Tuesday there is Morris Dancing
held at Scout Hut Reform Place, Sleaford,
NG34 7QR at 8.30 - 10.00pm



For more information email:
info@kestevenmorris.co.uk

Dance for Parkinson's at One NK - HUB

Every Thurs from Jan 2025.

At 1.30 — 2.45pm

£3, free for carers

Telephone: 01529 308710

Email: dance@hub-sleaford.org.uk

Navigation Wharf, Carre Street,
Sleaford, Lincolnshire, NG34 7TW



This relaxed dance class focuses on posture, strength, co-ordination and balance for people living with Parkinson's, their family and carers. Classes begin seated, later moving to standing and travelling exercises. The whole class can be done seated if desired and adaptations are offered throughout to suit different individual. The session will begin with 45 mins of dance based exercise followed by social time (refreshments included)

No experience necessary, please wear comfortable clothing you can move in. Click [here](#) to find out more about the benefits of dance for people living with Parkinson's. Supported by Parkinson's UK.

PARKINSON'S^{UK}
CHANGE ATTITUDES. FIND A CURE. JOIN US.

We are offering a FREE Dance for Parkinson's Taster session at One NK on Thurs 12 Dec, 1.30 - 2.45pm. Drop in and find out more about our programme and how we can support you to stay more active. For more info please contact the dance team dance@hub-sleaford.org.uk.



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 *Walking*

When you find exercise difficult or aren't sure how to be more active, walking is a great activity.

A daily walk, even if it's just a 15-minute stroll to the shops, is good for you.

A little every day

Don't feel that you must take long walks every day. It's better to make walking a part of your everyday routine. If your pace makes you feel a bit out of breath, but you can still hold a conversation, that's ideal. But if that's not manageable for you right now, any kind of activity is better than nothing!

To fit in a little extra walking every day, you could try:

- walking to the shops instead of driving
- using the stairs instead of the lift or escalator



- When driving, parking at the far end of the car park so you have further to walk
- planning a town or country walk at the weekend
- joining a walking group. It's fun to walk with other people and you might even make some new friends.

How walking can improve your health

It helps you lose weight - Being active is especially important as we get older and our metabolism slows down, making us more likely to put on weight.

The only way to lose weight is to use up more energy than we take in, and a daily walk can help to burn off some of those calories.

It keeps your heart strong - Brisk walking can help to keep your heart strong by increasing your heart rate. It can also reduce your risk of heart disease, high blood pressure, and stroke.

It reduces your risk of Type 2 diabetes - There are 4.7 million people living with diabetes in the UK. Most of these cases are Type 2 diabetes, which is more likely to affect adults and those who are overweight or obese.

However, you can reduce your risk of developing Type 2 diabetes with regular exercise and a healthy diet.



It strengthens your bones - Walking can help to prevent the onset of osteoporosis, which makes bones brittle and more likely to break.

It improves your mood and mental well-being - Being outside in the fresh air has been linked to better mental wellbeing and reduced stress. Regular exercise can even help to relieve depression.

Walking can also be a social activity when done in a group or with friends, so it can help to tackle feelings of isolation or loneliness.

It reduces your risk of dementia - Being physically active and leading a healthy lifestyle could reduce your risk of developing dementia.





Forget Me Not Team News



This month's training focused on the 12 questions of Christmas, for the 12 days leading up to Christmas day. Lee has been sending out questions relating to care. The first person to reply with the correct answer was lucky enough to win a prize. This was a great training exercise.



Forget Me Not Staff had options on what they would like to do for their Christmas party, so far everyone has had a fantastic time!

On the 6th December some staff went to a Christmas pantomime in Grantham. They went to watch Beauty and the

Beast. Then on the 11th December some staff went to the Escape Room; and on the 10th January 2025 the remaining staff will be going for a pub meal.





January 2025



The Forget Me Not Home Care Team
Wish you a [HAPPY NEW YEAR 2025!](#)

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

Forget Me Not Newsletter Issue 11 – January 2025

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