



January 2026

Forget Me Not Home Care

NEWSLETTER



Welcome to January: A Month of Fresh Starts and Winter Wonder

Happy New Year! As the calendar flips to January, we embrace the first chapter of 2026—a time-honoured period of quiet reflection, new resolutions, and crisp winter beauty.

Named after Janus, the Roman god of beginnings, doorways, and transitions, January perfectly captures the spirit of looking both back at the year that has passed and forward to the possibilities that lie ahead.

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



To keep well this winter, remember a few simple tips tailored for us:

- Stay warm at home: Keep your living room at least 18°C and wear extra layers indoors if needed.
- Eat nourishing meals: Enjoy hearty soups, fruits, and vegetables to boost energy and immunity.
- Keep moving gently: Try chair exercises, a short daily walk, or stretching – even indoors – to lift your mood and maintain strength.
- Combat the January blues: Get natural daylight when possible, stay connected with friends or family via phone or visits, and indulge in cosy hobbies like reading or puzzles.
- Get your flu and COVID boosters if eligible – it's the best protection against winter bugs.

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

Contact us on:

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Useful Contacts:

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CallConnect Bus Service:

0345 234 3344

Lincsbus.info



January 2026

Staff update.

We were in trouble recently for missing an exciting piece of news in the team.

Lucy's Wedding! A massive congratulations to Lucy and Lucas!

So I promised her a full spread.





January 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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	29	30	31	1



Awareness dates

Veganuary is an annual global campaign that encourages people to adopt a fully plant-based (vegan) diet throughout January—blending the words "vegan" and "January."

Run by: A UK-based registered non-profit charity.

Core Challenge: Participants eat only vegan foods for 31 days, excluding meat, dairy, eggs, honey, and other animal-derived products.

Goals: To introduce veganism with minimal commitment, help people discover plant-based alternatives, and raise awareness of its health, environmental, and ethical benefits.

Support Provided: Free resources including recipes, meal plans, nutritional guidance, product recommendations, and discounts to ease the transition.

Impact: Millions of participants worldwide have joined since its inception, driving significant growth in vegan product availability and contributing to broader shifts toward plant-based eating.



Do you know which staff are vegetarians or vegans?



Dry January is a popular month-long challenge where participants abstain from alcohol throughout January. It's promoted by the UK charity Alcohol Change UK (running since 2012) to help people reset their drinking habits and experience health benefits.

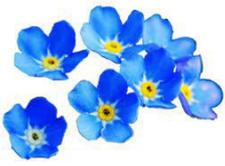
Key Aspects

- Duration: Completely alcohol-free for all 31 days of January.
- Organizer: Alcohol Change UK provides tools, apps, and support.
- Goals: Not necessarily permanent sobriety, but a temporary break to explore benefits and encourage long-term healthier drinking patterns.

Main Benefits

- Immediate/Noticeable: Better sleep, increased energy, brighter skin, clearer thinking, weight loss, and financial savings.
- Internal Health: Lower blood pressure and cholesterol, reduced diabetes risk, decreased cancer-related proteins, and liver regeneration.
- Long-Term: Studies show many participants maintain reduced or healthier alcohol consumption even six months later.

Overall, it's an accessible way to improve physical and mental well-being while reevaluating one's relationship with alcohol.



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Human Trafficking Awareness Day – 11th January

Marks the beginning of National Slavery and Human Trafficking Prevention Month in the UK.

Purpose:

- Raise public awareness about modern slavery (human trafficking), including sexual exploitation, forced labour, and domestic servitude.
- Educate on how traffickers groom and control victims.
- Highlight signs of exploitation and encourage vigilance.
- Promote the Modern Slavery Act 2015 and ongoing efforts to combat this hidden crime.
- Support victims and survivors.

Key Activities:

- Campaigns led by UK police forces (e.g., North Yorkshire Police) and anti-slavery charities to help the public spot potential victims.

What Individuals Can Do:

1. Learn the signs of trafficking and exploitation.
2. Report suspicions – contact the Modern Slavery & Exploitation Referral Line or the police.
3. Support organisations – volunteer or get involved with groups that rescue victims and prevent trafficking.

In short, 11th January serves as a call to action for greater awareness, reporting, and community involvement in ending modern slavery in the UK.

Forget Me Not Newsletter Issue 23 – January 2026



Blue Monday & start of Health Information Week. – 19th January



Blue Monday marks the supposed "most depressing day of the year" due to post-holiday blues, cold weather, and debt, though it originated as a PR stunt and is now used to promote mental health awareness, with charities encouraging tackling gloom with positivity and connection.

It's the third Monday in January, a time when factors like debt, failed New Year's resolutions, low motivation, and dark weather supposedly peak, leading to low mood.

It was coined by psychologist Cliff Arnall in 2004, based on a formula for a travel company.

How to Approach It -

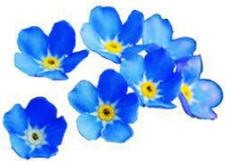
Focus on Wellbeing. Use it as a chance to check in on your mental health and others, notes Awareness Days.

Combat the Blues, Engage in activities that boost mood, like physical activity, healthy eating, and social connection, suggests The Centre for Addiction and Mental Health | CAMH.



Look for Alternatives! Some organisations promote "Yellow Tuesday" as a brighter alternative!

Whilst it is important to recognise that people do feel low and down, it's important not to focus on the negative feelings and be there for someone if and when they need you.



January 2026

Health Information Week (HIW) 19-25th January

Focus Themes: Children/Young People, Translated Information, Women's Health, Mental Health, and Winter Health.

Health Information Week is an annual UK campaign held in January to promote high-quality, trustworthy health information. Its main goals are to:

- Improve health literacy
- Raise awareness of reliable health resources
- Combat misinformation



Key Features:

- Daily themes addressing specific topics (e.g., mental health, winter health, wellbeing, digital literacy)
- Encourages collaboration among health organizations, libraries, and the public
- Strongly emphasises using trusted sources such as the NHS, reputable charities, and materials bearing the PIF TICK quality mark (Patient Information Forum)

How to Participate:

- Attend local events or access online resources provided by health charities and libraries
- Share reliable health information on social media using the hashtag #HIW
- Learn to identify misinformation by checking the source, credibility, and date of online health advice



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Penguin Awareness Day - 20th January

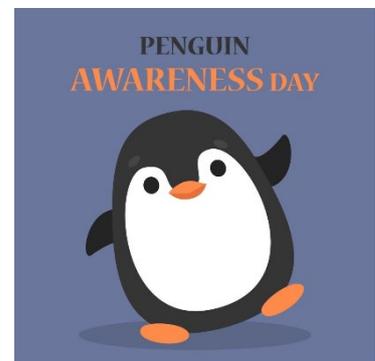
Penguin Awareness Day in 2026 falls on Tuesday, January 20th, and is dedicated to raising awareness about the challenges penguins face, like habitat loss and climate change, while also celebrating these unique birds.



It's a day to learn about their ecosystems and the threats to their survival, with many organizations promoting conservation efforts and educational activities to protect dwindling penguin populations. Its purpose is to educate the public about declining wild penguin numbers and the importance of conservation.

Understanding penguin habitats, threats (like climate change, pollution, overfishing), and how to help protect them.

There's also World Penguin Day on April 25th, which coincides with the Adélie penguins' northern migration and serves a similar purpose of celebrating and protecting penguins.





Holocaust Memorial Day – 27th January

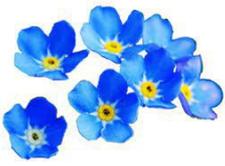
Holocaust Memorial Day is an annual date commemorating the victims of the Holocaust and subsequent genocides, with the 2026 theme being "Bridging Generations," focusing on passing remembrance and lessons to younger people. It marks the liberation of Auschwitz and serves to educate about hatred and persecution, with similar events like Yom HaShoah (Jewish Holocaust Remembrance Day) occurring separately in April 2026.

"Bridging Generations," emphasizing the responsibility to learn from survivors and carry lessons forward.

The purpose is to remember the six million Jews murdered in the Holocaust, other victims of Nazi persecution, and victims of later genocides (Cambodia, Rwanda, Bosnia, Darfur).

These are events observed worldwide, including ceremonies, lighting candles, and educational activities, to reflect on the past and prevent future atrocities.





January 2026



National Storytelling Week – 27th January – 2nd February

National Storytelling Week was created by a long standing member of the Society for Storytelling, Del Reid, in January 2000. It is a joyful, annual opportunity to celebrate the power of stories. The theme for 2026 is Speaking Story into the Darkness. We encourage everyone – storytellers, story lovers, story enthusiasts and those of you who are new to story – to take this week to immerse yourselves in telling, sharing and listening to stories.

Parent Mental Health Day – January 30th

Parent Mental Health Day focuses on the vital link between parental and child well-being, while the wider Mental Health Awareness Week (May 12-18, 2025) emphasises "community" to combat isolation, highlighting that support networks are crucial for parents to manage stress and feel less alone. Organizations like stem4 and the Mental Health Foundation provide resources, promoting connection, self-care, and peer support to build resilience in parents facing everyday challenges.

Why It Matters -

Reduces Isolation, Parenting can be isolating, and community helps parents feel heard, validated, and less alone.

Builds Resilience, Support networks ease pressure and build confidence, reminding parents they matter.

Impacts Children, A parent's strong mental health is crucial for a child's healthy development, as strong parent-child relationships buffer against stress.

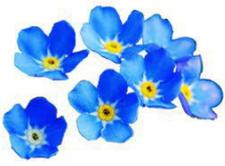


January 2026

The start of the Six Nations 31st January

France will host Wales in the first match of the 2026 Six Nations on 31 January, with England travelling to Dublin on the opening weekend.





Root Vegetable Soup

Ingredients

- 2 tbsp oil (any type)
- 2 onions, roughly chopped
- 800g/1lb 12oz root vegetables, any kind (see tip below), peeled and cut into roughly 2cm/¾in chunks
- 2 garlic cloves, thinly sliced
- 2 chicken or vegetable stock cubes
- ground black pepper
- freshly chopped parsley, to serve (optional)



Method

1. Heat the oil in a large non-stick saucepan and gently fry the onions for 6–8 minutes, or until softened and beginning to brown, stirring regularly.
2. Add the vegetable chunks and cook for 5 minutes more, stirring occasionally. Stir in the garlic and cook for a few seconds more.
3. Crumble over the stock cubes, add 1 litre/1¾ pints water and bring to the boil. Reduce the heat to a simmer, cover the pan loosely with a lid and cook for about 20 minutes or until the vegetables are very soft, stirring occasionally. Some will soften more quickly than others. Remove the pan from the heat.
4. Blitz the soup with a stick blender until very smooth and season with plenty of ground black pepper. Add a splash of just-boiled water if the soup is a little thick.
5. Ladle into bowls, top with freshly chopped parsley, if using, and serve with the bread.



Vegan Tiramisu

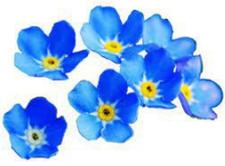
Ingredients

- 280g/10oz raw [cashew](#) nuts (plain not salted), soaked in water overnight and drained
- 175ml/6fl oz [cashew](#) or any non-dairy milk
- 1 tsp [vanilla extract](#)
- 3 tbsp [maple syrup](#) or agave syrup
- pinch [salt](#)
- 300ml/10fl oz brewed [coffee](#) or espresso
- 100ml/3½fl oz [coffee liqueur](#)
- 3 tbsp light [brown sugar](#)
- [vegan sponge](#) cut into even slices or fingers
- 135ml tinned [coconut milk](#), chilled, plus the cream from the top of the tin
- [cocoa powder](#), to decorate



Method

1. Blitz the cashews in a high-speed blender with the cashew milk, vanilla extract, maple syrup and salt until the mixture has the consistency of cream. You may need to scrape down the sides of the blender a few times to ensure everything is thoroughly combined. If the mixture is a little thick, add some water to loosen.



2. Meanwhile, mix together the brewed coffee, coffee liqueur and sugar in a shallow bowl and dip the sponge slices into the mixture, covering all sides. The sponge slices should absorb some of the coffee mixture but not be saturated as they need to hold their shape in the tiramisu. Repeat until all slices have been coated and set aside the coffee mixture.
3. Divide the cashew mixture between two bowls. Add the coconut milk to one bowl and whisk until creamy – the mixture should be thick not watery. Add some of the remaining coffee mixture to the other bowl, to taste. Whisk to combine – it should be a light coffee colour.
4. Layer the dessert in serving glasses or bowls. Lay one or two sponge slices on the bottom, top with the coconut cashew cream, followed by the coffee cashew cream. Repeat until the glasses are filled. Leave in the fridge to set for a good 1–2 hours, until set. Dust with cocoa powder and serve.



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Sara's Superstitions for January

Mostly centred on New Year's Day, focus on inviting luck and prosperity by avoiding chores like laundry and cleaning (to not "wash away" good fortune or loved ones), keeping cupboards full (for abundance), wearing polka dots (for money), and ensuring a first-foot (a tall, dark-haired man with gifts) brings good luck, while avoiding crying to prevent a sad year.

Do's for Good Luck

Stock up, Have full cupboards and a full wallet to ensure a prosperous year.

Eat lucky foods such as Black-eyed peas, collard greens, or 12 grapes (one for each month) are common choices.

Wear polka dots, this symbolises coins and financial luck.

First Foot, Have a dark-haired male be the first to cross your threshold after midnight, ideally bringing gifts like coal, bread, or coins.

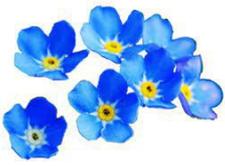
Open doors/windows to let the old year out and the new one in.

Don'ts for Bad Luck

No Laundry/Cleaning! Don't wash clothes or clean on New Year's Day, as it's believed to "wash away" good luck or a family member.

No Crying, try to avoid tears, as it predicts a year of sadness.

No Empty Pockets/Cupboards, This signifies scarcity.



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No Taking Things Out, Don't let fire, iron, or anything leave your home to avoid losing fortune.

Other January Folklore

Mistletoe - Placing it under a pillow on Old Christmas (Jan 6) might let you dream of your true love.

Weather Prediction - Some believe the number of frosts in December predicts January's rain.



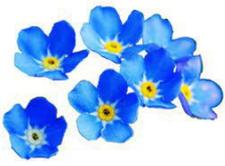
NHS App - Have you heard of the NHS app?

"Manage your healthcare the easy way with the NHS App! Your Health, in Your Hands"

The NHS App is a free, secure mobile application (and web service) that allows users in England to conveniently manage various NHS healthcare services on their smartphone, tablet, or via the NHS website. It puts control of health needs in users' hands, available 24/7, saving time by reducing the need for phone calls or visits to GP surgeries.

Key Features

- Repeat Prescriptions: Order prescriptions quickly and securely; nominate a preferred pharmacy for collection or delivery.
- Appointments: Book, view, manage, or cancel GP and (where available) hospital appointments; receive reminders and notifications.
- Health Records: Securely view GP records, including allergies, medications, test results, consultation notes, and clinic letters.
- Urgent Advice: Access NHS 111 online for immediate health advice or guidance to appropriate services.
- Messages: Receive secure messages and reminders from GP surgeries or other healthcare providers.
- Proxy Access: Manage services on behalf of others (e.g., family members or those you care for), subject to approval by their GP surgery.
- Other Functions: Register or update organ donation decisions; choose how the NHS uses your data for research and planning.



Benefits

These features make healthcare more efficient and accessible, allowing users to stay informed about their health, avoid waiting on calls, and handle routine tasks at their convenience.

How to Get Started

- **Eligibility:** Available to anyone aged 13 or over registered with a GP surgery in England (or the Isle of Man).
- **Download:** Free from the Apple App Store (iOS) or Google Play Store (Android). Services are also accessible via the NHS website.
- **Setup:**
 1. Create an NHS login with an email address and mobile number (verification codes sent via email/text).
 2. Prove identity: Typically via photo ID (e.g., UK passport or driving licence) plus a face scan/video (verification usually takes a few hours).
 3. Alternative (no photo ID): Request a linkage key, ODS code, and account ID from your GP surgery.
- For setup support, users can ask a carer or family member for help.

The app connects securely to GP records and continues to add new features for improved patient experience.

If this sounds like something you would be interested in and need any support to set it up, just ask your carer! I'm sure they would be happy to help!



Local Events

Jim's Gym Wellness Walk (3 miles): The first annual wellness walk organized by Jim's Gym will take place on Sunday, January 4, 2026, at 8:30 am, starting from Jim's Gym and Physiotherapy, 20c South Gate, Sleaford NG34 7RZ.

Sleaford Museum Reopening: After a winter break, the Sleaford Museum will reopen on Saturday, January 17, 2026, at 10:00 am. 81 South Gate, Sleaford NG34 7RQ

Grand Opening Cabaret Night: The Alchemy Room, 86B South Gate, Sleaford NG34 7RL, will host a cabaret performance on Saturday, January 31, 2026, at 8:30 pm. Note that the venue is not accessible to guests with mobility issues and the event is for ages 18 and over.

FREE Line dancing for Over 55s: A free "First Time for Everything" line dancing session will be held on Tuesday, January 13, 2026, from 6 pm to 8 pm at Project St. Thomas, 52 St. Thomas Road, Spalding, Lincolnshire, PE11 2XX, aimed at encouraging social activity for those over 55.

Ongoing Activities at The Hub, Navigation Wharf, Carre St, Sleaford NG34 7TW:

The Hub in Sleaford has a range of workshops and activities running throughout January 2026:



January 2026

Dance for Parkinson's: Weekly sessions every Monday at 11:30 am, starting January 5, 2026.

Open Pottery Hub: Drop-in pottery sessions every Wednesday at 1 pm, starting January 7, 2026.

Craft Club: A club for those aged 55+, held every Monday at 1 pm, starting January 12, 2026.

Winter Film Series: Free film screenings on Sundays at 1:30 pm, starting January 25, 2026.



January 2026

A few pictures of what we have been up to



Hairdressers visit
always makes us
feel good





Our Christmas treat.

This year we decided to do an escape room, pantomime and also a meal out in Silk Willoughby.



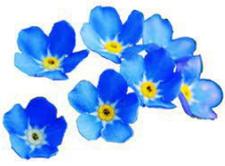


Sara was caught having a peek at the presents under the tree in the office.



It seems Sara quite fancies herself as a Santa, from rummaging through to being our delivery elf.





Forget Me Not Pub Quiz

1. What song is traditionally sung in the UK as the clock strikes midnight on New Year's Day?
2. In Scotland, the New Year's celebration is famously known by what name?
3. The Roman god of gates and doors, for whom the month of January is named, is called what?
4. Around which famous London landmark do crowds typically gather to watch the New Year's Eve fireworks display?
5. What do people in Spain traditionally eat twelve of when midnight strikes on New Year's Eve for good luck?
6. According to tradition, when should Christmas decorations, including the tree, be taken down?
7. Which TV show, hosted by Jools Holland, is a staple of New Year's Eve programming in the UK?
8. What phrase do the words "Auld Lang Syne" roughly translate to in English?
9. Which member of the pop band McFly entered the I'm A Celebrity Get Me Out of Here! jungle in the 2024 series?
10. In the Southern United States, eating what food on New Year's Day is considered good luck?



Codeword Jan 25

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

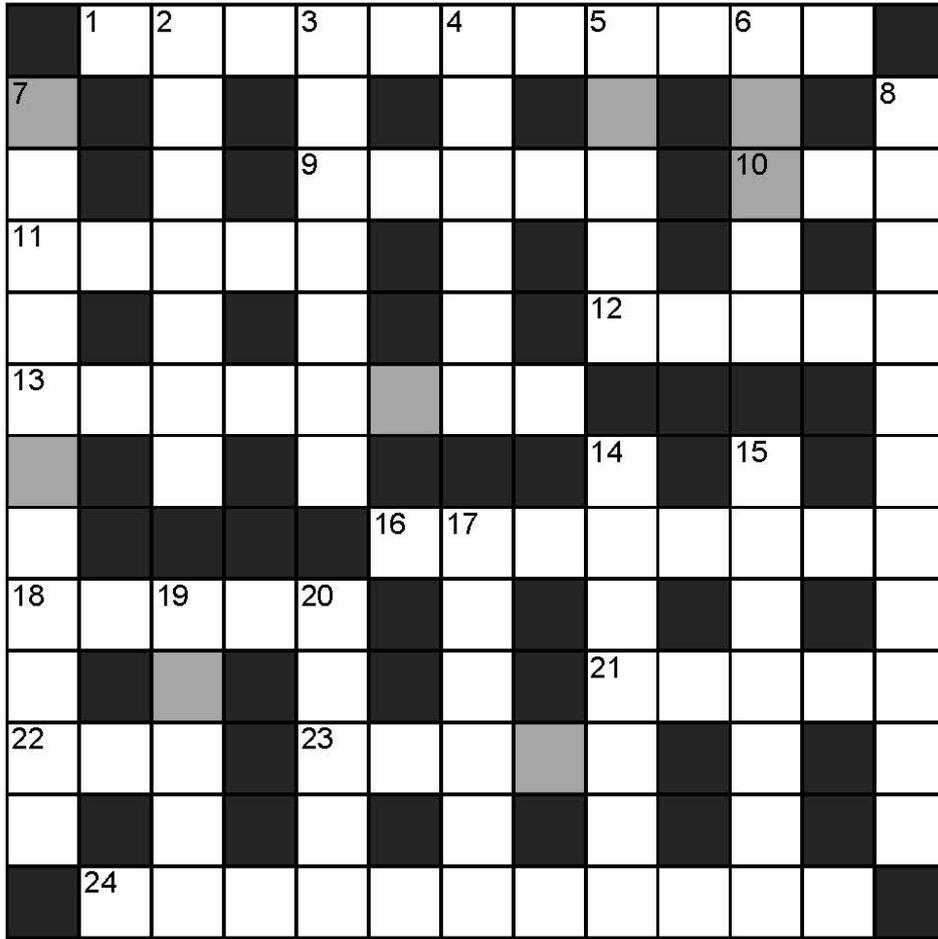
14	15	16	17	18	19	20	21	22	23	24	25	26
					E							M

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

9C	13D	11M	1K	4I	3B	3K	2A	1H	11E



Crossword Jan 25



Across

- 1 Landmark in Paris (6,5)
- 9 Academy award (5)
- 10 Pair of people (3)
- 11 Frame for holding an artist's work (5)
- 12 Stitched (5)
- 13 Where tents are pitched (8)
- 16 Dweller (8)
- 18 Send someone to a medical specialist (5)
- 21 Brief burst of bright light (5)
- 22 Type of vase (3)
- 23 Tiny pore on a leaf (5)
- 24 Double entendre (4,2,5)

Down

- 2 Annoying (7)
- 3 Daft (7)
- 4 Migratory grasshopper (6)
- 5 Unpleasant giants (5)
- 6 Equip (5)
- 7 Traitorous (11)
- 8 Correct to the last detail (4-7)
- 14 Bison (7)
- 15 Widened (7)
- 17 Silkworm covering (6)
- 19 Last (5)
- 20 Stiff with age (5)

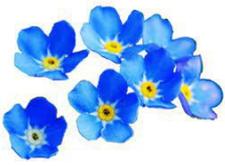
Unscramble the letters in the shaded squares to reveal a themed word:

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



Sudoku Jan 25

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



Wordsearch Jan 25

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

AULD LANG SYNE

DANCING

HEALTH

CLOCK

FIREWORKS

PARTIES

CONFETTI

FOOD

SUCCESS

COUNTDOWN

GOOD FORTUNE

TOAST

CROWD

HAPPINESS

TWELVE



Baby Staff Photos – Did you guess right?

Lucy



Inara



Julie



Lee



Lynne



Yvonne G





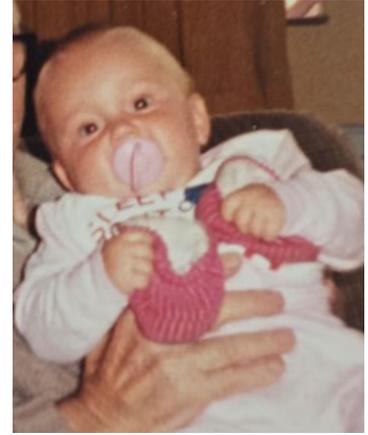
Karen B



Judith



Sara



Sue

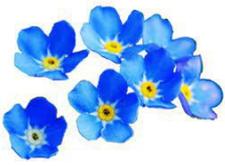


Alysha



Sarah





December 2025 Answers

Pub Quiz Christmas Edition

1. White
2. 6 points
3. Patara, Turkey
4. Dasher, Dancer, Prancer, Vixen, Comet, Cupid, Donner, Blitzen, Rudolph
5. Norway
6. Paris, France
7. Olaf
8. Chris Rea
9. Eartha Kitt
10. White Christmas" by Bing Crosby,



Codeword 1 (page 19)

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

Keyword: DECEMBER

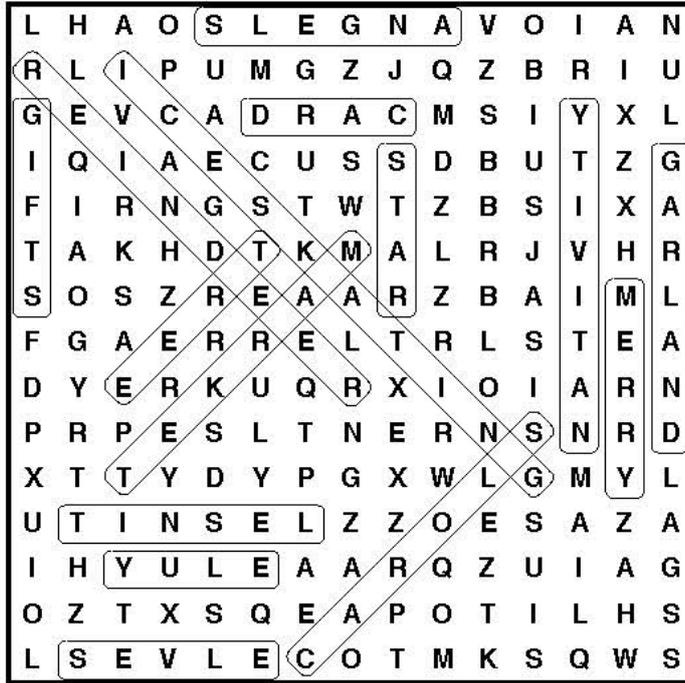
Codeword 2 (page 20)

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

Keyword: GINGERBREAD

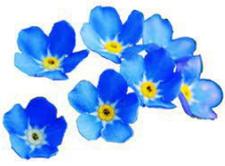


Wordsearch (page 21)



Sudoku (page 22)

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



January 2026

The Forget Me Not Home Care Team

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

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