



June 2026

Forget Me Not Home Care

NEWSLETTER



WELCOME TO JUNE

June always feels like the month where summer finally starts to settle in. The days stretch a little longer, gardens burst into colour, and there is something lovely about opening the curtains to brighter mornings and lighter evenings. It feels like the perfect time to slow down and enjoy the simple things, from sitting in the sunshine with a cuppa to spending time with loved ones or admiring the flowers beginning to bloom.

Welcome

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

Inspected and rated

Outstanding 



If there is something you would like to read about or would like further information on, please do not hesitate to speak to our team.

We hope you enjoy reading!

The Forget Me Not Team

Your story matters.

Take part in a relaxed, anonymous interview and be featured in our newsletter. Just let one of the team know you're interested

Forget Me Not Newsletter Issue 28 – June 2026



As we move into the warmer months, June brings plenty of opportunities to enjoy the world around us. Time spent outdoors, visits with family and friends, or simply taking a quiet moment to yourself can make this season feel especially special.

Inside this edition, you will find updates, celebrations, special moments, and some exciting new additions, including our very first client interview, seasonal recipes, community dates for the month ahead, and a calendar to help keep track of important moments. We hope it brings a smile to your face, sparks a little inspiration, and helps you feel connected with everything happening.

As we jump into June, we hope the month ahead brings some sunshine, plenty of reasons to smile, and moments of comfort and happiness.



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

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Lincsbus.info



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STAFF UPDATES

We are pleased to share that **Karen has now had her shoulder surgery** and is recovering well. Recovery takes time, but she is doing really well and is due to begin physiotherapy in June as part of the next stage of getting back to full strength. We are sure many of you will join us in wishing her well as she continues to recover.

There has also been a proud moment for **Lee and Alysha**, who recently had Alysha's review with the **University of Nottingham**. Alysha is progressing really well and has just completed her first placement, where she particularly enjoyed learning about **tissue viability**. She has gained lots of valuable knowledge and transferable skills, and it has been lovely to see her confidence continue to grow.

Lee also recently attended the Care Show, a fantastic opportunity to hear directly from **CQC**, connect with other professionals in the care industry, and explore new ideas and ways to continue improving care. There were plenty of useful conversations and lots of inspiration brought back.

Behind the scenes, the team has also been busy completing their **Mental Capacity Act (MCA) and Deprivation of Liberty Safeguards (DoLS) training**, alongside **Autism Awareness and Support training**, helping to continue building knowledge and confidence across the team.

Upcoming Training

Dementia Care Training

Thursday 11th June – The Old Hall

Sessions available at **9:00am, 2:00pm and 7:00pm**

All clients, families and friends are welcome to join, please let **Lee** know if you would like to attend.



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ELIZA UPDATES



Somehow, **Eliza is already 6 months old**, and keeping everyone very busy!

This month has brought lots of exciting milestones, including starting to explore food, with plenty of new tastes, funny faces, and messy moments along the way. She is still loving swimming, which remains one of her favourite activities, and is very much still trying to cut those first teeth.

Like many little ones, Eliza recently had a bit of a cold, but she has not let it slow her down one bit. Unfortunately, we cannot quite say the same for Lee, who caught a rather nasty case of man flu from her and definitely seemed to suffer far more than she did!



Eliza has also discovered her own rather unique way of getting around. While crawling can wait for now, her favourite method of travel is rolling in circles until she reaches where she wants to go, which is proving very entertaining for everyone watching.

There has also been an exciting new addition as Eliza now has a new car (although her chauffeur still does most of the driving!).

And finally, a little milestone to celebrate, at 6 months old, Eliza weighed an impressive 10.5kg and is growing stronger every day.





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AWARENESS DATES

Volunteers' Week | 1st–7th June 2026

Volunteers' Week is a chance to celebrate the kindness, time, and support given by volunteers across the UK. From community groups to charities and local organisations, volunteers make a real difference to people's lives every day. It is also a lovely reminder of how small acts of kindness, support, and companionship can have a lasting impact on others.

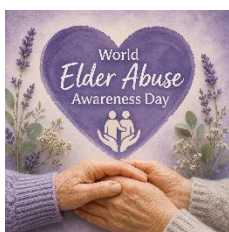


Carers Week | 8th–14th June 2026

Carers Week shines a light on the incredible work carried out by unpaid carers who support family members, partners, and friends. Caring for someone can be rewarding, but it can also come with challenges, making support and recognition especially important. This week encourages conversations around wellbeing, support, and taking time to look after yourself too.

Men's Health Week | 15th–21st June 2026

Men's Health Week encourages open conversations around physical and mental wellbeing. The week highlights the importance of regular health checks, staying active, and speaking up when something does not feel right. It is a reminder that looking after our health matters at every age.



World Elder Abuse Awareness Day | 15th June 2026

World Elder Abuse Awareness Day helps raise awareness of the importance of dignity, safety, and respect for older people. It encourages communities to recognise the signs of abuse or neglect and promotes kindness, understanding, and speaking up if something does not feel right. Everyone deserves to feel safe, listened to, and valued.



Summer Solstice | 21st June 2026

The Summer Solstice marks the longest day of the year and the official start of summer. For many, it is a lovely time to enjoy brighter evenings, time outdoors, and the beauty of the season. Whether it is a stroll in the sunshine, tending to the garden, or simply enjoying a lighter evening, it is a wonderful moment to welcome the season ahead.



Make Music Day | 21st June 2026

Music has a wonderful way of bringing back memories, lifting spirits, and bringing people together. Make Music Day celebrates the joy of music in all its forms. It is the perfect opportunity to revisit favourite songs, share musical memories, or simply enjoy a singalong.

National Picnic Week | 20th–28th June 2026

National Picnic Week celebrates simple pleasures and time spent together. Whether it is a picnic in the garden, a favourite sandwich, or sharing stories over a cup of tea outdoors, it is a lovely reminder to make the most of the warmer weather and enjoy the little moments.





WHAT'S ON LOCALLY

Heckington Windmill

Where: Hale Road, Heckington, near Sleaford

When: Open throughout June, usually Wednesday to Monday

One of Lincolnshire's best-loved landmarks, Heckington Windmill makes for a lovely afternoon out. Visitors can enjoy a wander around the historic eight-sailed windmill, browse the little shops, and stop for tea and cake in the tea room. A great option for anyone who enjoys local history, gardens, or simply a relaxed day out.

Grimsthorpe Castle Gardens & Grounds

Where: Grimsthorpe Estate, near Bourne

When: Open selected days throughout June

If you enjoy beautiful gardens and scenic surroundings, Grimsthorpe is well worth a visit. The estate offers lovely walks, impressive grounds, and plenty of peaceful spots to sit and take in the scenery. It is the perfect excuse for a summer afternoon out, especially when the weather is kind.

RiverLight Festival

Where: Various locations around Sleaford town centre

When: Mid June

This much-loved community festival brings art, performances, music, and creative displays to Sleaford. Whether you enjoy browsing exhibitions or simply soaking up the atmosphere with a coffee, there is usually something for everyone to enjoy.

Sleaford 1940s Day

Where: Sleaford town centre

When: Saturday 27th June

Step back in time with a wonderful day celebrating the 1940s. Expect vintage vehicles, music, costumes, and plenty of nostalgic charm throughout the town. A lovely event for reminiscing, and one grandchildren often enjoy too.



Summer Concert: *A Night at the Musicals...and More!*

Where: Sleaford

When: Saturday 27th June

A lovely evening for music lovers, featuring well-known songs from musicals and familiar favourites performed by local musicians. Perfect for anyone who enjoys live performances and a relaxed evening out.

Bourne Weekly Market

Where: Bourne town centre

When: Every Thursday throughout June

Sometimes the simple outings are the loveliest. Bourne's weekly market is ideal for a gentle wander, picking up fresh produce, and enjoying the atmosphere of a busy market town.

Village Coffee Mornings & Summer Events

Where: Villages including Billingborough, Horbling, Heckington, and Ruskington

When: Throughout June

Many local villages host coffee mornings, church events, summer fairs, and small community gatherings during the warmer months. These are often lovely opportunities for a catch-up, homemade cake, and a gentle outing close to home. Keep an eye on local noticeboards and community Facebook pages for dates.

Please check with organisers before travelling, as event details can occasionally change.





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RECIPES

Mini Crustless Quiches

Perfect for summer lunches, picnics, or a light tea, use any fillings of your choice.

You will need:

- 6 eggs
- 100ml milk
- 75g grated cheddar cheese
- 4 slices ham, chopped (optional)
- 1 small tomato, finely chopped
- 2 spring onions, sliced (optional)
- Salt and pepper
- A little butter or oil for greasing



Method:

1. Preheat the oven to 180°C (160°C fan).
2. Grease a muffin tin or use paper cases.
3. In a bowl, whisk together the eggs and milk.
4. Stir in the cheese, ham, tomato, and spring onion if using. Season lightly with salt and pepper.
5. Pour the mixture into the muffin tray, filling each section about three-quarters full.
6. Bake for 18–22 minutes until golden and set in the middle.
7. Leave to cool slightly before serving.

Enjoy warm or cold with salad, crisps, or a little chutney.

Top Tip:

These are great for using up leftovers. Try swapping the ham for cooked bacon, peppers, mushrooms, or extra cheese.



No-Bake Apple Crumble Cheesecake Pots

A simple twist on a classic apple crumble, perfect for warmer days

You will need:

For the crumble layer:

- 150g digestive biscuits or shortbread, crushed
- 50g melted butter
- 1 teaspoon cinnamon (optional)

For the cheesecake filling:

- 200g soft cheese
- 150ml double cream
- 2 tablespoons icing sugar

For the apple topping:

- 2 apples, peeled and diced
- 1 tablespoon butter
- 1 tablespoon brown sugar
- ½ teaspoon cinnamon



Method:

1. In a bowl, mix the crushed biscuits with melted butter and cinnamon. Set aside.
2. Add the diced apples to a pan with butter, brown sugar, and cinnamon. Cook gently for 8–10 minutes until soft, then leave to cool.
3. Whisk together the soft cheese, cream, and icing sugar until smooth and thickened.
4. In small glasses or bowls, layer the crumble mixture, cheesecake filling, and cooled apples.
5. Repeat the layers if you like and finish with a sprinkle of biscuit crumbs on top.
6. Chill in the fridge for at least 30 minutes before serving.

A lovely dessert that has all the comforting flavours of apple crumble, with a lighter, summery twist.



A LIFE OF ENGINES, DANCING SHOES AND NEVER STANDING STILL

Sitting down for a chat this month, it quickly became clear that this was not going to be a short conversation, and thankfully so.

Between stories of Army life, farming, dancing competitions, family memories and model making, there was plenty to talk about, mixed with a lot of humour and a genuine “just get on with it” attitude towards life.

Born in Weston, life began with a challenge from the very start. He spent the first six months of his life in hospital after being unable to open his mouth.

“They say I haven’t shut it since,” he joked.



Growing up was very different to today. His father worked as a farm foreman and was often busy, meaning life revolved around school, family and the countryside. One of six children, perfectly balanced with three boys and three girls, or as he called them, “pigeon pairs every time”, there was always something going on.

The family lived down in the fens, where much of childhood was spent outdoors. Local farmers and their sons would get together for cricket and football matches, and there was plenty of harmless mischief amongst the local children.

“We were a gang of lads, but we never fought or caused trouble,” he said proudly. “We played darts and even won a couple of shields.”

School life, however, was strict.

“I’ve had the cane a few times, that’s just the way life was then.”

He remembered standing nervously during morning assembly, hoping his name wouldn’t be called out to see the headteacher. Discipline at home could be just as memorable too, recalling how his father rarely even needed to say much.



"You knew if you'd done something wrong," he laughed. "A few hours later, you'd pick yourself up again."

At 13, the family moved to the area when his father took another foreman's role, and he has lived here ever since.

Work started young, as it often did in those days. At just 15, he began working, taking on physically demanding farm jobs. By the age of 17, he was carrying heavy sacks of wheat on his back.

"It was hard work in them days," he reflected.

At 18 came a whole new chapter, joining the Army with the Royal Electrical and Mechanical Engineers (REME). As a craftsman, his role involved keeping military vehicles operational, work that eventually took him to East Africa during the Mau Mau period in the 1950s, a time of conflict and uprising against British colonial rule in Kenya.

"I wasn't really in the war," he explained modestly. "There were six of us keeping the vehicles going."

Stationed there for two years, his role involved maintaining lorries and military vehicles to keep operations moving. It was practical, hands-on work that suited him perfectly and the beginning of what would become a lifelong connection with engines and engineering.

After leaving the Army, he continued working with machinery of all kinds, tractors, forklifts, crawler vehicles and engines sent away for refurbishment. He later worked caring for thousands of chickens on a farm, looking after around 180,000 birds from hatching right through to the day they left the farm. Engineering remained part of his life right up until retirement following ill health.

Yet amongst all the hard work, one story was spoken about more fondly than any other, meeting his wife.





Their story began through farming life. He worked on the land while she worked in the office, and local farm dances slowly brought them together.

“It took three years before she’d marry me,” he smiled.

The two went on to share an incredible 66 years together, building a life filled with companionship, hobbies and plenty of laughter. Fishing and golf became shared pastimes, and one evening at a formal farmers’ dinner dance changed things unexpectedly.

“Everyone else got up dancing and we didn’t know how,” he said. “So we thought we’d better learn.”



What started as lessons soon turned into a love of ballroom and Latin dance, something they enjoyed together for many years.

“We travelled a lot and made a lot of friends,” he said warmly. “We had a good life together.”

He spoke fondly of how much they enjoyed life together, with his wife often joining him fishing and playing golf too. Family became another great source of pride, and today he is a proud father, grandfather and great-grandfather.

Though he sadly lost his wife last November, she remains very much part of everyday life.

“I talk to my wife every morning,” he said.

It was one of those moments in conversation that quietly says everything about a love that lasts.

Despite loss and significant health challenges in recent years, including a major emergency operation several years ago after complications during a hospital procedure, his outlook remains remarkably positive.



"I'm a happy-go-lucky person," he said simply. "Always have been. I don't dwell on problems."

Family continues to play a huge part in daily life. Meals are lovingly prepared, appointments are supported, and there is always someone checking in to make sure he is alright. Friends regularly pop by too, and he enjoys getting outside when he can, especially a Thursday wander around the garden with his walker.

And while he may no longer be able to spend time at a lathe as he once did, creativity still keeps his hands busy.

For many years, he turned wood on a lathe for an antiques dealer, creating detailed pieces with incredible skill and patience. During our chat, he proudly showed some of the tiny wine glasses he had once made for a dolls' house, unbelievably small and beautifully detailed, the sort of craftsmanship that leaves you wondering how on earth anyone made them.

These days, his attention has turned to model making.

Already completed are a detailed truck model and an impressive Ferris wheel, complete with moving parts that actually spin, both built with incredible care and precision. With photographs of both proudly shared during our chat, it was easy to see the patience and craftsmanship behind them. Waiting in the wings for future projects are a motorbike with sidecar, two vintage-style cars and a large steam engine with its distinctive funnel front.

It is easy to see the lifelong engineer is still very much at work.

When asked what he enjoys most now, the answer was simple, family photographs, seeing what everyone is up to, and keeping connected with the people he loves.

"I don't bother with the news," he said. "I'd rather keep up with family."





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And perhaps that sums him up perfectly: practical, warm, quietly funny, deeply family-oriented, and someone who has faced life's challenges with resilience, humour and a determination to simply keep going.



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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 Father's Day Summer Solstice
22	23	24	25	26	27	28
29	30					

Volunteers' Week
1st – 7th June

Careers Week
8th – 14th June

Men's Health Week
15th – 21st June

National Picnic Week
20th – 28th June



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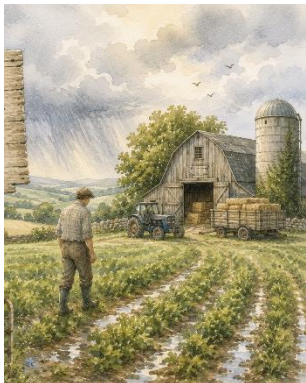
GRANDMA USED TO SAY...

“Marry in June and your life will be sweet”



June has long been thought of as a lucky month for weddings. The saying comes from ancient Roman times and is linked to Juno, the goddess of marriage, women, and family. Many believed marrying during her month would bring happiness, prosperity, and a lasting marriage. As the years went on, June weddings became even more popular thanks to warmer weather, blooming flowers, and longer days. Even today, many couples still choose June to say “I do”.

“If June is warm and wet, the farmer fills his barn”



Long before weather forecasts, people relied on sayings like this to predict the seasons. A warm and rainy June was thought to help crops grow strong, leading to a good harvest later in the year.

Many old weather sayings were passed down through families and farming communities, especially in rural areas like Lincolnshire.

“A swarm of bees in June is worth a silver spoon”



This old countryside saying comes from farming communities and means that seeing bees thriving in June was a sign of a healthy summer ahead. Bees were incredibly important for crops, flowers, and food, so a busy hive often meant good fortune for farmers. The phrase reminds us just how closely people once watched nature for clues about what the months ahead might bring.



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QUIZ TIME

1. Which awareness week takes place from 8th–14th June?
3. Which local event lets visitors step back in time with vintage vehicles and costumes?
4. In this month's client interview, what did local farmers and their sons play as children?
5. Which branch of the Army did this month's interview feature join at age 18?
6. What hobby did he and his wife learn after a farmers' dinner dance?
7. In Grandma Used to Say..., what was believed to bring good luck in marriage?
8. Complete the saying: "A swarm of bees in June is worth a..."
9. Which local attraction is famous for its eight sails?
10. True or False: The Summer Solstice is the shortest day of the year.
11. What did this month's interview guest enjoy making for a dolls' house?





CODEWORD

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

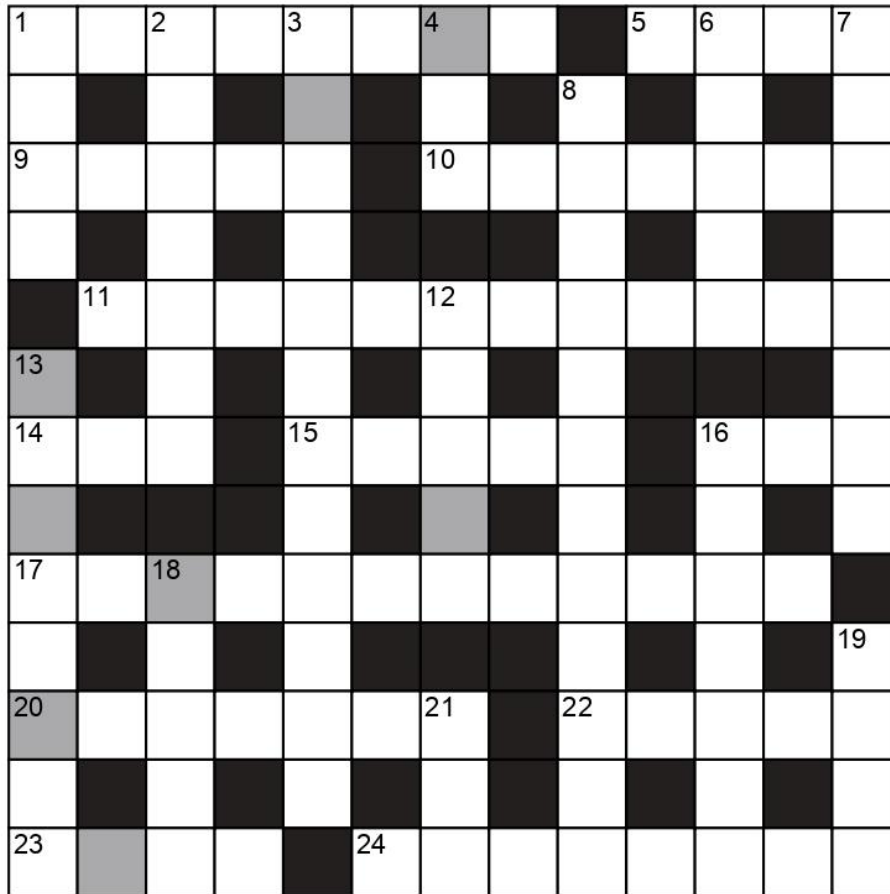
14	15	16	17	18	19	20	21	22	23	24	25	26

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

9J	11G	3C	11E	3M	2I	7H	12L



CROSSWORD



Across

- 1 Muddled (8)
- 5 Falls back (4)
- 9 Satisfied a desire (5)
- 10 Character in Hamlet (7)
- 11 Give a false account of (12)
- 14 Deer (3)
- 15 Garbage or drivel (5)
- 16 Female chicken (3)
- 17 Vehemently (12)
- 20 Tracers (anag.) (7)
- 22 High renown (5)
- 23 Cook slowly in liquid (4)
- 24 Military post (8)

Down

- 1 Money in notes or coins (4)
- 2 Quibble (7)
- 3 Inadequately manned (12)
- 4 Sense of self-esteem (3)
- 6 Lump or bump (5)
- 7 Oblique (8)
- 8 Fast food item (12)
- 12 Earlier (5)
- 13 Shots that start tennis points (8)
- 16 Small valleys (7)
- 18 Stop (5)
- 19 Church song (4)
- 21 Belgian town (3)

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

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



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SUDOKU

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



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WORDSEARCH



BANDS

CELEBRATION

CONCERTS

CREATIVITY

FESTIVAL

GENRES

INSPIRE

INSTRUMENT

JUNE

LIVE MUSIC

MAKE MUSIC

MUSICIAN

PARIS

PERFORMERS

WORLDWIDE



April Quiz Answers

1. C. 20 tonnes
2. Nat
3. Nicola
4. Mental Health Awareness Week
5. Face
6. Heckington Windmill
7. St Denys' Church
8. C. 8th May
9. Warm Strawberry Shortcake Pots
10. Blowing raspberries

Codeword



Keyword: CHURCHILL

Crossword



Keyword: SURRENDER

Sudoku

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

Wordsearch





June 2026

The Forget Me Not Home Care Team

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

Writer & Editor: Chloe Newsome and Lee Rochford

Proofreader: Christina Anderson

Forget Me Not Newsletter Issue 28 – June 2026