



July 2026

Forget Me Not Home Care

NEWSLETTER



July has arrived, bringing with it long days, warmer weather, colourful gardens, and plenty of opportunities to enjoy the outdoors. Whether it's sitting in the sunshine with a cup of tea, enjoying a family barbecue, taking a trip to the seaside, or simply watching the world go by from the garden, there is something special about this time of year.

For many of us, summer brings back fond memories. School holidays, village fetes, days spent outside until the streetlights came on, and making the most of every bit of sunshine.

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 XX –Month 2026



While July can sometimes be a little too warm for our liking, it is also a wonderful reminder to slow down, enjoy the longer days, and appreciate the simple things.

This month is packed with local events, community activities, and awareness campaigns, all of which you'll find throughout this newsletter. From the famous Heckington Show to International Self-Care Day, there are plenty of opportunities to get involved, learn something new, or simply enjoy what our local area has to offer.

Here at Forget Me Not Home Care, we've been as busy as ever supporting our clients, celebrating achievements, and continuing to find ways to go the extra mile. As always, we're incredibly grateful to our wonderful clients, their families, and our dedicated team who make what we do possible every day.

We hope you enjoy this month's newsletter and find something that makes you smile.

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

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Staff updates

Julie's Croatian Adventure

Julie recently enjoyed a well-earned holiday to Croatia. We hope she had a fantastic time and made plenty of memories during her trip.

Carers Week 2026

To celebrate Carers Week and thank our amazing team for everything they do; each member of staff was presented with a thermal drinks bottle engraved with their name and the Forget Me Not Home Care logo. A small token of our appreciation for the dedication, compassion, and hard work shown every day.

Training Update

Our commitment to learning continues, with staff recently completing Dementia Training and MASD Training to help ensure we continue providing the highest standard of care and support.

Health & Safety and COSHH Training

We are pleased to invite staff, clients, family members, and friends to our upcoming Health & Safety and COSHH training session at The Old Hall on Monday 10th August. Sessions will be available at 9:00am, 2:00pm, and 7:00pm. If you would like to attend, please let Lee know so we can reserve your place.

Karen's Recovery

Karen continues to make good progress in her recovery. While she is not quite ready to return to work, she is doing well and we look forward to welcoming her back when the time is right.



Understanding Care: Changes to Deprivation of Liberty Safeguards (DoLS)

Deprivation of Liberty Safeguards (DoLS) are legal protections designed to ensure that people who cannot make certain decisions for themselves still have their rights protected.

For example, if someone living with dementia needs constant supervision to keep them safe, DoLS may be used to make sure any restrictions are appropriate and regularly reviewed.

In June 2026, the Supreme Court changed the legal test used to decide whether someone is being deprived of their liberty. Rather than focusing mainly on whether a person is under continuous supervision and not free to leave, professionals must now consider the person's overall situation, including their wishes, feelings, and living arrangements.

For most people receiving care, there will be no noticeable day-to-day changes. Care providers and health professionals must still act in a person's best interests and ensure that any restrictions are necessary, proportionate, and designed to keep them safe.

If you have any questions about mental capacity, DoLS, or how decisions are made for someone who may struggle to make decisions themselves, please speak to a member of the Forget Me Not Home Care team.



Awareness Dates

Plastic Free July (All Month)

Plastic Free July is a global movement that encourages people to reduce their use of single-use plastics and make more environmentally friendly choices. Whether it's swapping plastic bags for reusable ones or choosing refillable products, every small change can make a difference.



The campaign takes place throughout July each year and was first launched in Australia in 2011. July was chosen simply as the month the original challenge began, and it has since grown into an international movement involving millions of people worldwide.

Alcohol Awareness Week (6th–12th July 2026)



Alcohol Awareness Week is an annual campaign designed to encourage conversations about alcohol, its effects on health, and the support available to those who may be struggling with alcohol-related issues.

The week is organised by Alcohol Change UK and aims to help people make informed

decisions about their drinking habits. The dates vary each year, with the campaign taking place during a dedicated week chosen by the organisers.



International Self-Care Day (24th July)

International Self-Care Day highlights the importance of looking after our physical, mental, and emotional wellbeing. Self-care can be as simple as staying hydrated, getting enough sleep, taking time to relax, or reaching out for support when needed.

The day is celebrated on 24th July because self-care is something we should practise 24 hours a day, 7 days a week. The date (24/7) serves as a reminder that looking after ourselves should be an ongoing priority.



Samaritans Awareness Day (24th July)



Also known as "The Big Listen", Samaritans Awareness Day raises awareness of the support available from the Samaritans and encourages people to check in on friends, family, colleagues, and neighbours.

The date of 24th July was chosen because the Samaritans' helpline is available 24 hours a day, 7 days a week. The day promotes the message that listening and talking openly can make a significant difference to someone's wellbeing.



International Day of Friendship (30th July)

Established by the United Nations, the International Day of Friendship celebrates the role that friendship, kindness, and understanding play in creating stronger communities and bringing people together.

The day was introduced to encourage friendship across cultures, backgrounds, and generations. It reminds us that simple acts of kindness and meaningful connections can have a positive impact on both individuals and society as a whole.



South Asian Heritage Month (18th July – 17th August)



South Asian Heritage Month celebrates the history, culture, achievements, and contributions of people with roots in countries including India, Pakistan, Bangladesh, Sri Lanka, Nepal, Bhutan, and the Maldives.

The celebration begins on 18th July because this date marks the anniversary of the Indian Independence Act receiving Royal Assent in 1947, which ultimately led to the independence of India and Pakistan. The month provides an opportunity to learn about and appreciate the rich diversity of South Asian communities.



International Joke Day (1st July)

International Joke Day is dedicated to laughter, humour, and sharing a smile with others. Research has shown that laughter can help reduce stress, improve mood, and strengthen social connections.

The day is celebrated on 1st July each year as a light-hearted way to start the second half of the year, encouraging people to spread a little happiness through humour. For care settings especially, a shared laugh can often brighten someone's entire day.



A man went to the doctor and said, "**Doctor, I'm shrinking!**"
The doctor replied, "**You'll just have to be a little patient.**"



What's on locally?

Heckington Show (25th–26th July 2026)

Often described as the largest village show in England, the Heckington Show is one of Lincolnshire's biggest annual events. Visitors can enjoy livestock displays, agricultural competitions, food and craft stalls, classic vehicles, entertainment, shopping opportunities, and family-friendly activities.

Summer Performances at Sleaford Playhouse (Throughout July)

July is traditionally a busy month for local theatre groups, with a variety of plays, musicals, and community productions taking place at Sleaford Playhouse. These performances showcase local talent and provide affordable entertainment for residents and visitors alike.

Local Farmers' Markets and Artisan Markets (Throughout July)

Markets held across Sleaford, Bourne, and surrounding villages offer an opportunity to support local businesses while enjoying fresh produce, handmade crafts, baked goods, and unique gifts.

Village Summer Fetes and Community Fairs (Throughout July)

Many villages across the area, including Ruskington, Billingborough, Gosberton, and neighbouring communities, host summer fetes during July. These events often feature games, raffles, refreshments, live entertainment, community stalls, and fundraising activities for local causes.

Heckington Windmill Open Days (Throughout July)

The historic Heckington Windmill is one of Lincolnshire's most recognisable landmarks and remains the only surviving eight-sailed



windmill in the United Kingdom. During the summer months, visitors can explore the site, learn about local history, and enjoy the surrounding facilities.

Bourne Summer Activities (Throughout July)

Throughout July, Bourne hosts a variety of community activities, local events, and outdoor attractions for residents and visitors to enjoy, providing plenty of opportunities to get involved and make the most of the summer months.

Exploring the Lincolnshire Countryside (Throughout July)

With longer days and warmer weather, July is an ideal time to enjoy the countryside surrounding Bourne, Sleaford, Ruskington, Heckington, Billingborough, and Gosberton, whether that's through gentle walks, picnics, or visits to local beauty spots.



Hidden History: The Packhorse Bridge at Northbeck



Tucked away near Screddington is one of Lincolnshire's most intriguing historic structures – the Packhorse Bridge at Northbeck.

The small stone bridge crosses North Beck and has stood in the landscape for centuries. Historians continue to debate its exact age, with some suggesting it may date back to medieval times, while others believe it could be somewhat later. Whatever its true age, it remains an important link to Lincolnshire's past.

The bridge is known as a "packhorse bridge" – a type of narrow bridge designed for horses carrying goods in panniers before the days of modern roads and transport. These routes helped connect

villages, markets, and communities, allowing people to travel, trade, and transport supplies across the county.



Today, the bridge is both a Grade II Listed Building and a Scheduled Monument, recognising its historical and archaeological importance. While it may not be as famous as a castle or cathedral, it tells us something equally valuable about the lives of ordinary people who lived and worked in the area hundreds of years ago.

Next time you're exploring the local countryside, spare a thought for the generations of travellers, traders, and farmers who may have crossed this very bridge on their journeys through rural Lincolnshire.



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Eliza Update

Eliza's big news this month is teeth, teeth, and more teeth! She's been busy teething and keeping everyone on their toes, but she's taking it all in her stride.

She's also loving exploring new foods and textures, with plenty of new tastes making their way onto the menu. It's safe to say she's becoming quite the little foodie!

The family have been making the most of their fancy new caravan too, enjoying holidays, days out, and adventures with the dogs. With lots more trips planned, Eliza is already becoming a seasoned traveller.

Rolls over lots and does a form of backwards crawling, loves anything with a screen.



Recipes

Lemon & Herb Chicken Tray Bake

Serves 2

Ingredients

- 2 chicken thighs or breasts
- 200g baby potatoes, halved
- 1 carrot, sliced
- ½ red onion, cut into wedges
- 1 tbsp olive oil
- Juice of ½ lemon
- 1 tsp mixed herbs
- Salt and pepper



Method

1. Preheat the oven to 200°C.
2. Place the potatoes, carrot, and onion in a roasting tin.
3. Add the chicken and drizzle everything with olive oil and lemon juice.
4. Sprinkle with herbs, salt, and pepper.
5. Roast for 35–40 minutes until the chicken is cooked through and the vegetables are tender.

A simple one-tray meal with minimal washing up.



Courgette & Tomato Frittata

Serves 2

Ingredients

- 4 eggs
- ½ courgette, diced
- 6 cherry tomatoes, halved
- 25g grated cheddar cheese
- 1 tsp olive oil
- Salt and pepper

Method

1. Heat the oil in a small frying pan and cook the courgette for 3–4 minutes.
2. Add the tomatoes and cook for a further minute.
3. Beat the eggs with the cheese and seasoning.
4. Pour over the vegetables and cook on a low heat until nearly set.
5. Place under a hot grill for 2–3 minutes until golden.



Perfect served with a side salad or crusty bread.



Summer Berry Eton Mess

Serves 2

Ingredients

- 100ml double cream
- 2 shop-bought meringue nests
- 100g strawberries, chopped
- Handful of raspberries or blueberries

Method

1. Whip the cream until it forms soft peaks.
2. Break the meringues into bite-sized pieces.
3. Fold the fruit and meringue through the cream.
4. Spoon into two bowls or glasses and serve immediately.



A quick and refreshing summer dessert with no baking required.



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Grandma used to say

"If the first twelve days of July are sunny, the next twelve months will be mild."

This old weather superstition comes from the belief that the weather at the beginning of July could predict the weather for the year ahead. Farmers would often watch the skies carefully and make notes, hoping to get an idea of what the coming seasons might bring.

"July flowers in the house bring good fortune to the family."

Bringing freshly picked summer flowers indoors was thought to attract happiness and prosperity. Many families would fill their homes with sweet peas, roses, and lavender during July.

"Never cut all your lavender in July, or you'll cut away your luck."

An old gardening superstition suggested that leaving some lavender flowering through summer would help bring good fortune and keep unwanted troubles away from the home.



"Butterflies in July mean visitors before the month is out."

In many parts of the country, seeing butterflies around the garden was thought to be a sign that friends or family would soon arrive with good news.





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		



Pub Quiz

July 2026



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Codeword Month 26

Crossword Month 26

Sudoku Month 26



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Wordsearch Month 26



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The Forget Me Not Home Care Team

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

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