



NEWSLETTER



The Supermarine Spitfire took to the skies for the first time on **March 5, 1936**, marking the beginning of a legendary chapter in aviation history. This iconic British fighter aircraft first took to the skies at Eastleigh Aerodrome in Southampton, England. Eastleigh was the site of the Supermarine Aviation Works, where the Spitfire was designed and built. This aircraft flown on this historic day was the Supermarine Type 300, which was essentially the prototype of the Spitfire. It was designed to meet the requirements of the Air Ministry's specification F.7/30, which called for a high-

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!

The Forget Me Not Team



performance interceptor fighter. The Supermarine Type 300, later to be known as the Spitfire, featured several of the innovative design elements, its distinctive elliptical wing shape, retractable landing gear, and the powerful Rolls-Royce Merlin engine. The maiden flight of the Spitfire was a success. The iconic aircraft demonstrated excellent handling and performance characteristics, showcasing its potential as a top-tier fighter plane. During World War II, the Spitfire served in multiple roles, including as a fighter, interceptor, and reconnaissance aircraft. Its adaptability made it a versatile asset for the Allied forces. Spitfire's defining moment came during the Battle of Britain. The Supermarine Spitfire's contribution to the Battle of Britain, a pivotal air campaign during World War II, cannot be overstated. Spitfire played a crucial role in defending British airspace against the German Luftwaffe from July to October

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

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☎ 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

1940, earning its reputation as
a formidable adversary

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



March 2025



Coffee time Quiz...

- AWAKENING
- BASKETBALL
- BLOSSOM
- DAFFODIL
- DAYLIGHT SAVING
- EASTER.
- EQUINOX
- FLOWER
- FRESH
- GREEN
- GROWTH
- HOLI
- KITE
- LEPRECHAUN
- LUCK
- MADNESS
- MARCH
- PARADE
- POT OF GOLD
- RAIN
- REBIRTH
- RENEWAL
- SHAMROCK
- SHOWERS
- SPRING
- ST. PATRICK'S DAY



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

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

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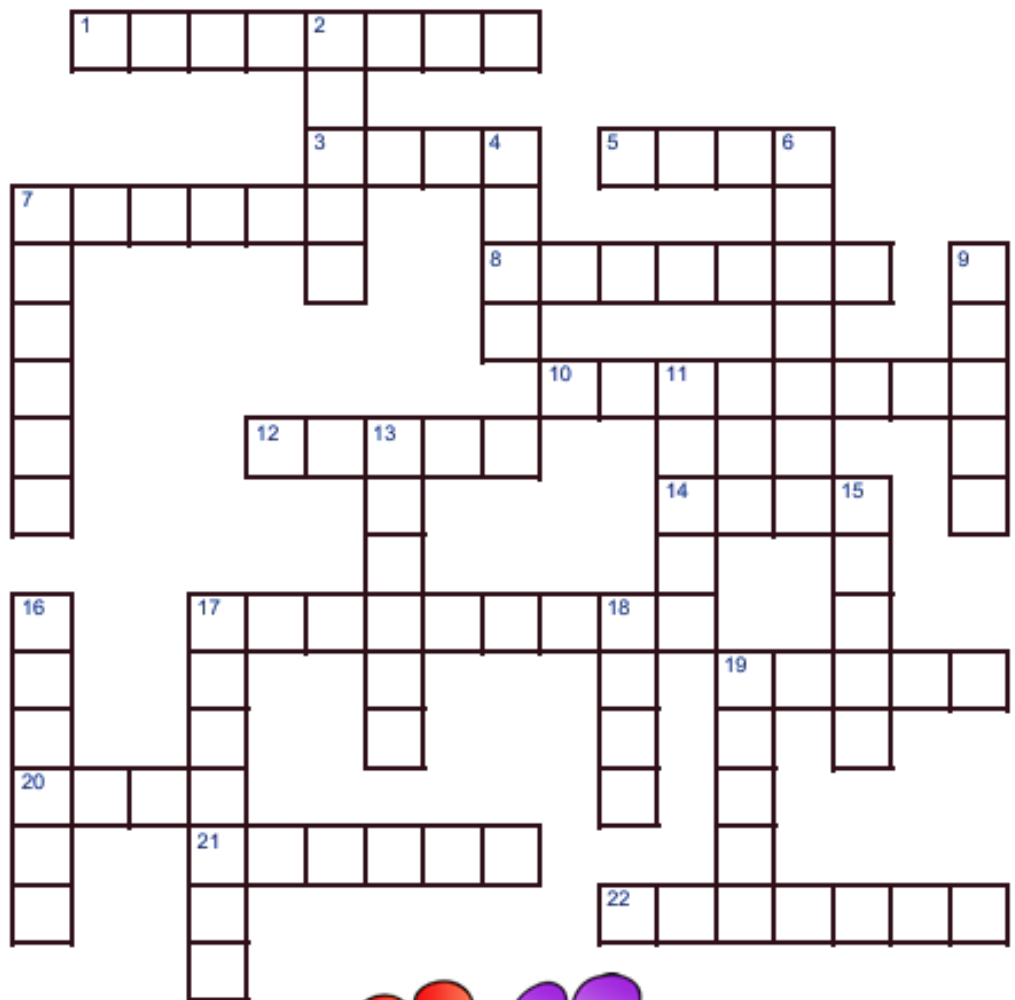
Spring is Here!

Across

1. It warms and brightens everything.
3. Warm up from a freeze.
5. They make honey.
7. Meal in the park.
8. Colorful arc in the sky.
10. It keeps the rain off you.
12. The color of spring grass.
14. Where a bird lives.
17. An adult caterpillar.
19. A baby chicken.
20. What chicks hatch from.
21. It comes after winter.
22. Red insect with black spots.

Down

2. Come out of an egg.
4. Wiggly creature that lives in the ground.
6. Short rainfalls.
7. Small pool of rain.
9. What the lawn is made of.
11. Another name for a rabbit.
13. A spring holiday.
15. Holland is famous for this flower.
16. Just a little wind.
17. Flower on a tree.

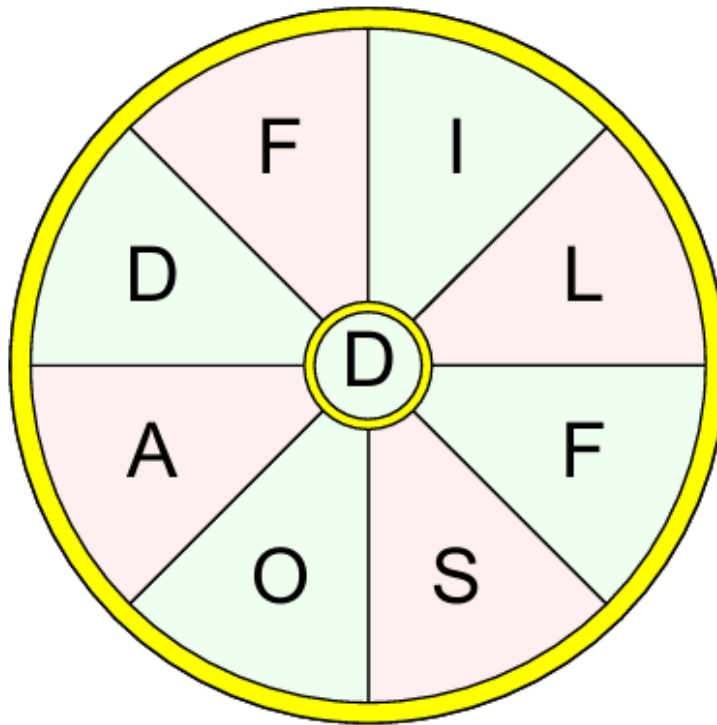


Word Bank: Bees, Blossom, Breeze, Bunny, Butterfly, Chick, Cloud, Easter,



Wordwheel Puzzle

Create as many words possible with the letters in the wordwheel. You can only use each letter once and every word must contain the letter in the center of the wheel.



A little help to find the 9 letter word:

A yellow flower that blooms in the spring and that has a center that is shaped like a long tube.

The 9 letter word is:

[illegible]



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February Quiz Answers:

Valentine's Day

Word Search

Name: _____



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

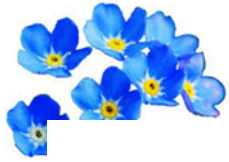
Word list:

AFFECTION
CRAZY
CUPID •
DATE •
EMBRACE •

FLOWERS
FRIENDSHIP
HEART •
HUG •
KISS •

LIKE
LOVE
ROMANTIC •
SWEETHEART •
VALENTINE •





Be My Valentine

Across

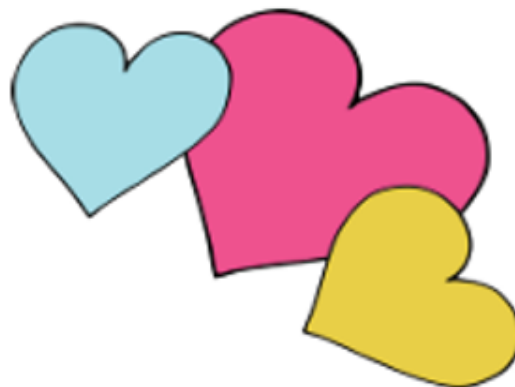
1. A special item given to show love and appreciation.
4. A symbol commonly associated with love and emotion.
5. The act of pursuing someone romantically.
6. Sweet treats that come in various flavors and shapes.
8. A color often associated with love and romance.
12. Beautiful and fragrant plants often associated with love.
13. A container for sending a special message or gift.
14. Symbolic birds representing love and peace.



Down

2. The month that celebrates love and Valentine's Day.
3. A close companion with whom one shares affection and trust.
4. A gesture of affection where two people embrace tightly.
5. A small piece of paper with a heartfelt message.
6. The Roman god of love, often depicted with bow and arrow.
7. A heavenly being often depicted with wings and a halo.
9. A gentle touch of lips as a sign of affection.

10. A heartfelt piece of writing expressing emotions.
11. A feeling of deep affection and care.
12. A vibrant color symbolizing love and passion.



Angel
Candy
Card
Courting
Cupid
Doves
Envelope
February
Friend
Gift
Heart
Hug
Kiss
Love
Pink
Poem
Red
Roses



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Answer Sheet

Wordwheel possible words

The wordwheel word is: FLOWERS

foe
for
fro
leo
low
ore
orf
ors
ose
owe
owl
roe

row
sol
sow
woe
floe
flor
flow
foes
fore
fowl
froe
fros

lore
lowe
lows
ores
orfs
orle
owes
owls
roes
role
rolf
rose

rows
sloe
slow
sole
sore
woes
wolf
wore
floes
flors
flows
forel

fores
fowls
froes
lores
loser
lower
lowes
orles
owler
resow
roles
rolfs

rowel
serow
sower
swole
swore
wolfs
worse
flower
forels
fowler
lowers
owlers

reflow
rowels
slower
swoler
wolfer
flowers
fowlers
reflows
wolfers



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Cowboy Pie



What says comfort food better than sausages and baked beans in a pie topped with cheesy, buttery mashed potato?

Preparation time 20 minutes and cooking time 1 hour

Ingredients

- 2 tsp sunflower oil
- 1 onion finely chopped
- 8 pork sausages cut into bitesize pieces
- 2 garlic cloves crushed or finely grated
- 2 tsp hot smoked paprika
- 2 x 410g cans baked beans
- 3 tbsp barbecue sauce



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For the mashed potato

- 1 kg potatoes peeled and roughly chopped
- 50g butter
- 4 tbsp milk
- 75g grated cheddar
- 2 tbsp chopped chives to garnish, optional

Method

Step 1

First, make the mashed potato. Bring a large pan of salted water to the boil over a medium heat, then carefully tip in the chopped potatoes. Cook for 15-20 mins until tender. Drain, then tip back into the pan and leave to air-dry for a couple of minutes before mashing. Tip in the butter and milk and stir through until combined. Set aside with the lid on to keep warm.

Step 2

Heat the oven to 200C/180C/gas 6. While the potatoes are cooking, heat the oil in a frying pan or saucepan over a medium heat and fry the onion for 6-8 mins until softened. Tip in the sausage pieces and fry for 4 mins until browned all over, then add the garlic and cook for 1 min before stirring in the smoked paprika and cook for 1 min more. Pour in the beans and barbecue sauce and cook until just about to simmer before removing from the heat.

Step 3

Spoon the sausage and bean mixture into an ovenproof tin or dish (ours was 20x20cm), then spoon over the mashed potato and sprinkle the grated cheddar on top. Bake in the oven for 25-30 mins until bubbling round the edges and the cheese is

golden. Remove from the oven and scatter over the chives, if using.

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
24	25	26	27	28	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	3	4	5	6

Homemade
GIFTS MADE EASY

Diary Events:

- Saturday 1st March – St Davids Day
- Tuesday 4th March – Pancake Day
- Saturday 8th March – International Women's Day
- Monday 17th March – St Patricks Day
- Sunday 30th March –Mother's Day
- Sunday 30th March – Clocks go forward 1 hour



INTERNATIONAL
WOMEN'S DAY
• 8 MARCH •



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The Sleaford Farmer's Market is held at Eastgate Car Park in Sleaford, Lincolnshire on Saturday, March 1, 2025 from 9 AM to 2 PM. The market is held on the first Saturday of every month

Silk Willoughby Art Group

The Horseshoes

10 March at 10:00 am - 12:00 pm

£5 - Silk Willoughby Art Group meet on Mondays at 10am at The Horseshoes Silk Willoughby.

New members are welcome so please come along if you'd like to join a group of lively and enthusiastic artists who support each other as they work. The sessions take place in our comfortable and spacious restaurant and it's just £5 per session. Bring your own materials which can include all media excepting oil paints. Join now to get to know the group. Any questions, please call Martin on 07595 260390

Cogglesford Watermill History Tours

Cogglesford Watermill

22 March at 12:00 pm - 3:30 pm

Free - Join us for a deeper look through time at Cogglesford Watermill, one of Sleaford's most iconic landmarks. Our free history tours, led by local historian Simon Pawley, offer a unique opportunity to delve deep into the fascinating past of this historic mill.

Tours usually take place on the fourth Saturday of each month.

Sleaford Wellbeing Walk

Hub Sleaford

4 March at 1:10 pm - 3:40 pm

Free - Join this free and friendly Short walk and benefit from friendship, fresh air and fitness! The walk is free and suitable for all abilities.

Meeting at 1:10pm every Tuesday at the Hub, Sleaford.

Got Something That's Broken?

We Can Help You Fix It

Sleaford Repair Cafe

Riverside Church Hall
Southgate

25 Jan, 15 Mar, 24 May
19 Jul, 20 Sep, 15 Nov

12.30 - 3pm



Small Electricals
Clothing & Textiles
Tool Sharpening
Toys
Electronics
Other Bits n'Bobs

Repairs offered on the day depend on which
Repairers are available, email
sleafordcan@gmail.com or Call 07962360581

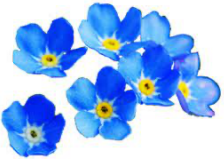
NKDC Community Awards Finalist 2024

More Repairers Needed TOO!



The tours are completely free but donations to Cogglesford Watermill are accepted with tha

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Let's Talk...

Health and Wellbeing

Your Life, Your Style....



Let's Talk
HEALTH

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 *Oral Hygiene*

Mouth care: A smile for life

Good oral health can have a huge effect on your quality of life. As well as making an important contribution to your general health it can ensure that you can eat what you want without discomfort, speak and socialise confidently, and smile comfortably.



Regular dental check-ups are important whether you have your own teeth or not. It lets your dentist see if you have any dental problems and helps you to keep your mouth healthy. It is best to prevent problems or treat them early or leaving them could mean that treatment is

more difficult in the future. At each check-up your dentist should:



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- Examine your teeth, gums and mouth.
- Ask about your general health and any problems you have had since your last visit.
- Ask about and give advice on your diet, tobacco and alcohol use, medications and teeth cleaning habits.
- Discuss with you a date for your next routine visit. This could be as short as 3 months or as long as 2 years depending on your oral health.

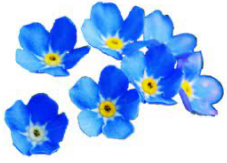
Community Dental Service

The Community Dental Service can help clients who need a dentist to visit them at home, or who need more time than a high street dentist may be able to provide.

Your healthy mouth

- Looking after your mouth, whether you have your own teeth or wear dentures is an important part of your personal hygiene. This page will give you some hints and tips on how to look after your mouth, gums and teeth or dentures to ensure your mouth stays healthy.
- You should brush your teeth thoroughly at least once a day with fluoride toothpaste to help prevent tooth decay and gum disease. A soft to medium bristle brush is best - make sure you replace it when the bristles get out of shape.

If you have mobility difficulties, you may find it difficult to brush your own teeth - don't be



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embarrassed to ask for assistance. There are also numerous oral hygiene aids that can be very helpful, such as electric toothbrushes and specially designed brushes with flexi-grip handles if you have problems holding a standard toothbrush. Fluoride gels and mouthwashes can be excellent supplements to brushing, helping in the prevention of dental disease.

Dealing with dentures

Like natural teeth, dentures must be looked after if they are going to last. Dentures should fit well and be comfortable. Whether you have complete or partial dentures you should:

- Brush gums, tongue and palate regularly with a soft bristle brush.
- See a dentist for regular check-ups.
- Brush your dentures daily to remove food deposits and plaque.

• Use a specialist denture cleaner or soap and water. Ideally, dentures should be left out of your mouth for between 4 and 8 hours every 24 hours. Dentures can break, chip or crack, or you could simply grow out of them as the shape of your mouth changes. Consult your dentist if you have any problems. At the top of this newsletter is a denture specialist number as well.



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Forget Me Not Team News



Happy 1 year Anniversary to our Newsletter!



I want to thank everyone for all your contributions to the newsletter this past year, it's important to have your input in all aspects of this newsletter; that's what makes it personal to you all.



*A special thank you to **Christina Anderson** for all her help proofreading the Newsletter each month and all your input.*

Training



This month we have focused on Safeguarding Adults & preventing CAUTIs (Catheter Associated Urinary Infections).



Safeguarding is the most important part of our job, because it protects people from abuse, neglect, and harm. It also helps people live their lives to their

fullest. We learnt who is responsible for safeguarding, how safeguarding is achieved and why safeguarding is so important.



Preventing CAUTIs is one of the most common healthcare-associated infections, leading to increased mortality, healthcare costs, and extended hospital stays for patients who require urinary catheters. Taking proactive measures to prevent CAUTIs can significantly improve patient outcomes.



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Forget Me Not Community News

We have a client who has been very patient building a beautiful Wooden Ferris Wheel from scratch, these are not the easiest 3D puzzles to build with plenty of fiddly Parts (120 parts). I am sure you will agree, this is truly exquisite. Well Done!





If you have some exciting news you want to share with the Forget Me Not Community, please send me your pictures and I will share the news😊.



March 2025

The Forget Me Not Home Care Team

_____We work around you, for you and with you_____

Forget Me Not Newsletter Issue 13 – March 2025

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