



Forget Me Not Home Care

NEWSLETTER

HELLO



December

The Christmas we know today took shape in Victorian times, when the rowdier celebrations of earlier periods were toned down into a quieter family-focused festival. Queen Victoria and her husband Albert, with their nine children, played a big part in these changes. The Christmas trees Albert popularised from his native home, Germany, in 1840 rapidly caught on, as did decking them with lights and presents, by now given on Christmas Day itself. Victorian children's presents were usually quite modest, such as sweets, nuts or oranges, although wealthier kids might hope for a gift echoing the latest technology, such as a toy

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.



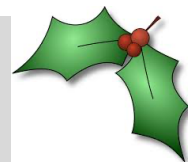
If there is something you would like to read about or would like further information on, please do not hesitate to speak to our care workers or call the office and ask for Michelle.

We hope you enjoy reading!

**WE WISH YOU A VERY
MERRY CHRISTMAS**

The Forget Me Not Team





train. 'Christmas Box' tips to servants and tradesmen were left until 26 December, hence called 'Boxing Day'. Many other now-familiar elements of Christmas also originated in this period, including printed Christmas cards, Christmas crackers, and eating turkey (instead of the traditional goose) and Christmas pudding. Even 'Santa Claus' and his reindeer sleigh first came here from America in the 1870s. Most Victorian families went to church at Christmas, and the words (if not always the tunes) of many popular carols (including 'Good King Wenceslas', 'Once in Royal David's City' and 'O Come All Ye Faithful') are Victorian.

People also provided gifts or Christmas feasts for poorer neighbours (a tradition promoted by Charles Dickens' 1843 'Christmas Carol' Scrooge story), and parties for tenants children were an annual Christmas event at many different mansions.

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:

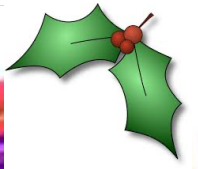
Dale Farm
Westcliffe Road
Sleaford
Lincolnshire
NG34 8RG



Heckington Church

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

December 2024



Christmas Coffee time Quiz...



Christmas Word Search



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

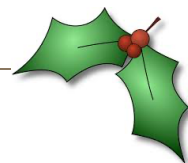
CAROL
CHESTNUT
CHRISTMAS
FAMILY
FROSTY
GREETINGS

JOLLY
MERRY
RIBBON
SLEIGH
STOCKING
TIDINGS



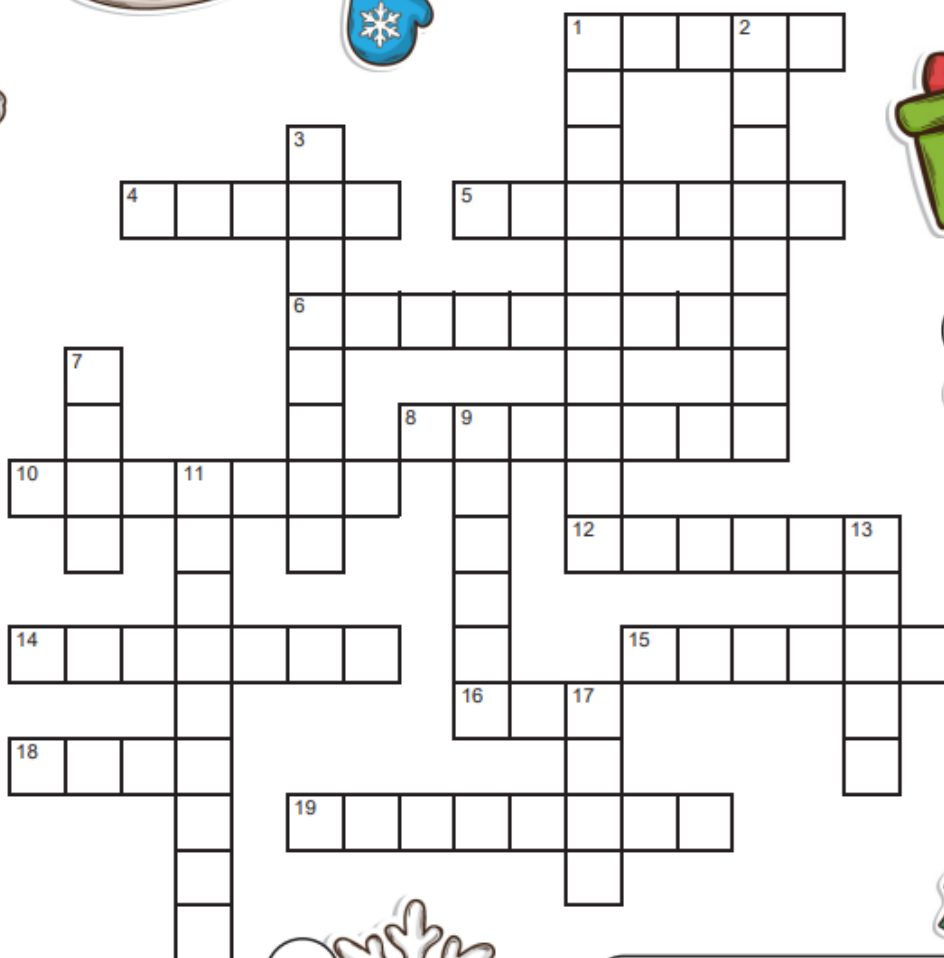
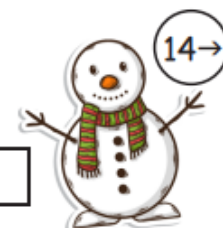
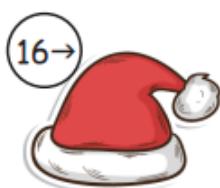


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Christmas Vocabulary

DIRECTIONS: Fill in the puzzle grid with the name of each Christmas item following the number and direction indicated. Use the word bank if you get stuck.



BELL
CANDLE
CANDY CANE
FIRE
HAT
HOLLY
MITTENS
ORNAMENT

SANTA CLAUS
SCARF
SKATE
SLEIGH
SNOWFLAKE
SNOWMAN
STOCKING
SWEATER



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4 Letter Words

BELL
SNOW

5 Letter Words

ANGEL
COCOA
ELVES
HOLLY

6 Letter Words

LIGHTS
SLEIGH
TINSEL
WINTER
WREATH

7 Letter Words

CHIMNEY
GARLAND
PAGEANT
RUDOLPH
SNOWMAN

8 Letter Words

CAROLING
DECEMBER
EXCHANGE
ORNAMENT
PRESENTS
REINDEER
WRAPPING

9 Letter Words

CHESTNUTS
CHRISTMAS
EVERGREEN
FRUITCAKE
MISTLETOE
NORTH POLE

10 Letter Words

POINSETTIA
SANTA CLAUS

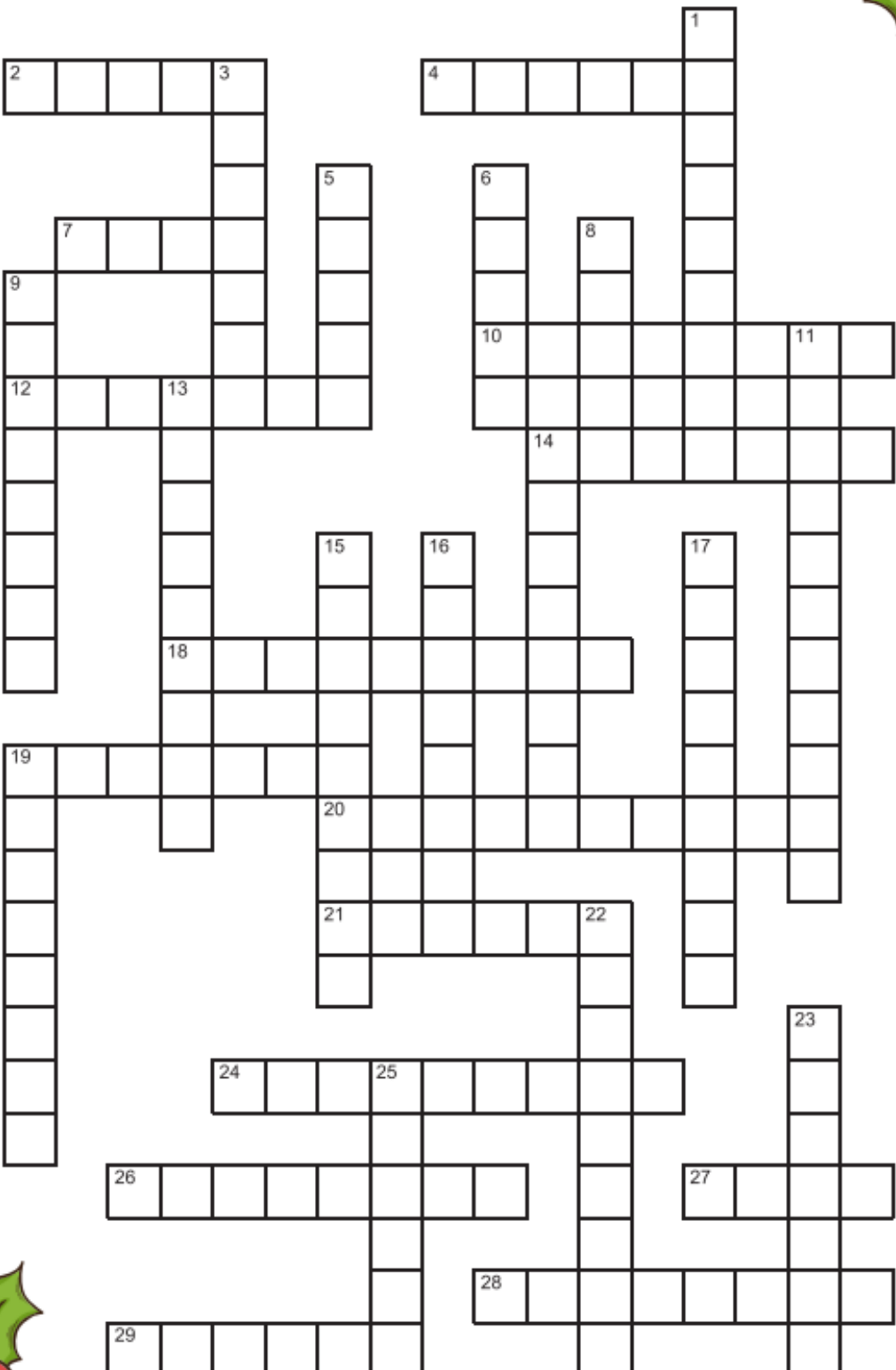
11 Letter Word

GINGERBREAD

Christmas Joy

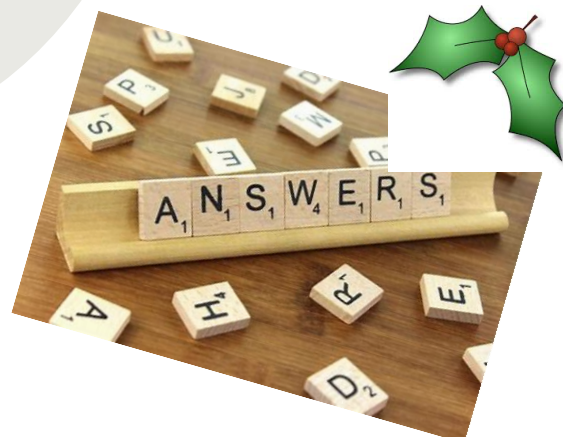


DIRECTIONS: Fill in the crossword grid with the provided words.





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November Quiz

Answers:



Campfire



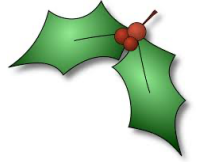
blanket

guitar

night



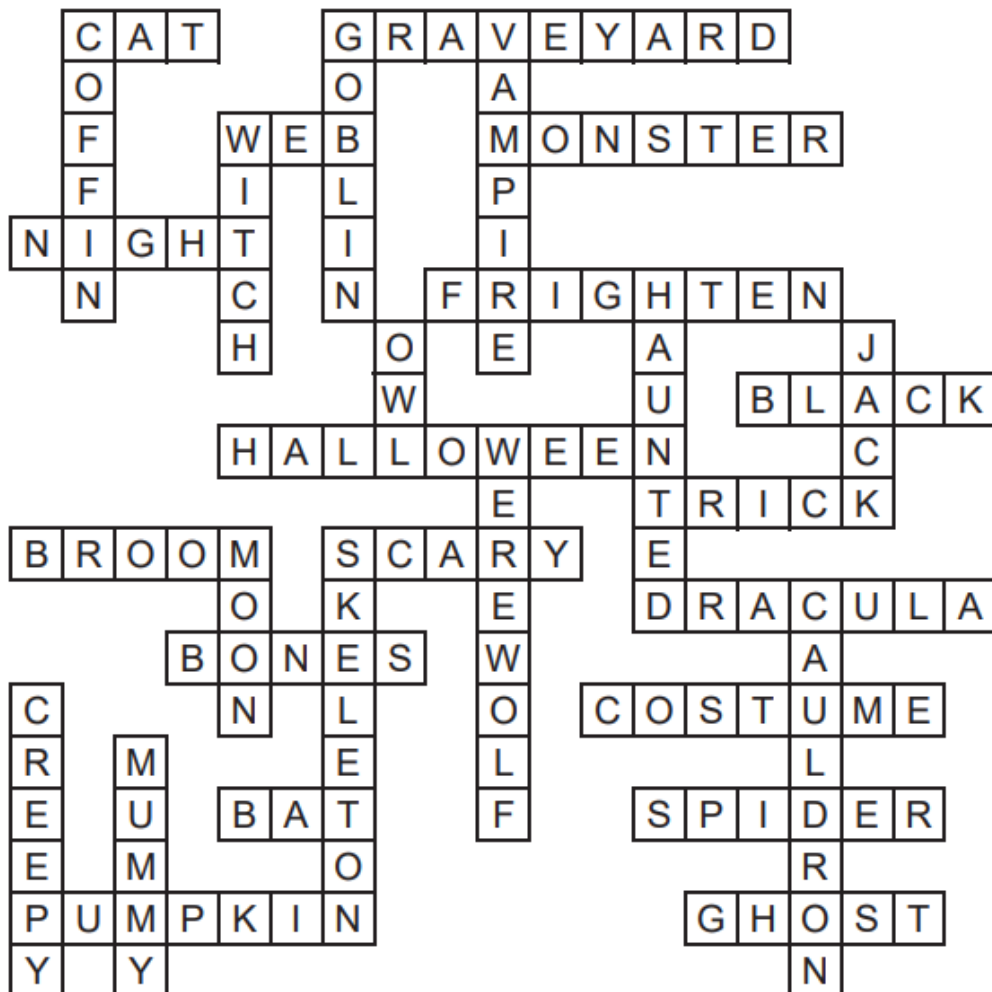
snacks



Halloween

Crossword

SOLUTION





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Answer Sheet

Wordwheel possible words

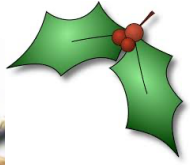
The wordwheel word is: SPARKLER

ars	alps	pars	apers	pares	saker	rapers
ask	apes	peas	apres	parks	sepal	rasper
asp	apse	pels	arles	parrs	seral	slaker
ers	ares	raps	asker	parse	slake	sparer
kas	arks	rase	earls	peaks	spake	splake
las	arse	rasp	eskar	peals	spare	larkers
pas	ears	reps	kales	pears	spark	parkers
pes	elks	sake	kelps	perks	speak	parrels
ras	eras	sale	laers	pleas	spear	reparks
sae	errs	salp	lakes	prase	spelk	sparker
sal	keas	seal	lapse	rakes	lakers	sparkle
sea	laps	sear	lares	rapes	lapser	sparkler
ser	lars	serr	larks	rars	parers	
ska	lase	sker	laser	raser	parles	
spa	leas	slap	leaks	reals	parser	
akes	leks	spar	leaps	reaps	pearls	
ales	pals	spek	pales	rears	rakers	

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Pigs in Blankets



Pigs in blankets are too delicious to be reserved for a one-off Christmas side dish - try them as a party snack or with roast chicken. They take no time to make and will be just how you like them.

Preparation time less than 30 mins

Cooking time 10 to 30 mins

Serves 8

Ingredients

- 8 thin slices streaky bacon
- 16 chipolata sausages
- cocktail sticks, to secure the bacon

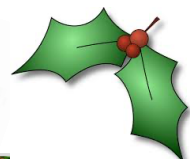
Method

1. Preheat the oven to 200C/180C Fan/Gas 6.
2. Place the bacon on a chopping board, then using the side of the knife, stretch and flatten the bacon until about half as long again.

3. Cut each strip of bacon in half across, then wrap each piece around a chipolata, securing with cocktail sticks.
4. Place in a roasting tray and roast for 15 minutes until golden-brown.



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DECEMBER 2024

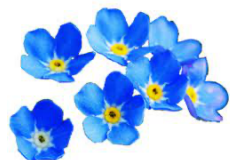
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
25	26	27	28	29	30	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	 24	 25	26	27	28	29
30	 31	1	2	3	4	5
						Homemade

Homemade
GIFTS MADE EASY

- 1st December - Bristol Arcade in Sleaford Christmas Market 10am
- 6th December - Move it or Lose it Exercise Class Billingborough Village Hall 10am
- 6th December - Adults only Christmas Late Night Pottery Painting at the Pottery Painting Cafe in Sleaford 6pm
- 24th December – Christmas Eve
- 25th December – Christmas Day
- 26th December – Boxing day (St Stephens Day)

- 7th December - Childrens Farm Club at Fairfield Community Farm Ruskington 2pm
- 21st December - Sleaford Choral Christmas Concert at St Denys Church Sleaford 7.30pm

- 31st December – New Years Eve



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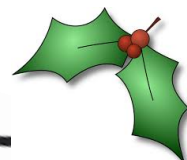
Let's Talk...

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 *Inclusion and Connection during the winter months, and during the Christmas celebratory period.*



During Christmas, it's important for people to feel included and connected with others.

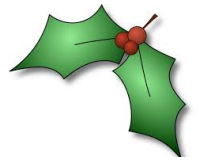
Inclusion is important for people because it can help them feel valued and part of their community. It can also help them maintain a sense of purpose and dignity, and improve their mental and physical health.



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Let's Talk
HEALTH



Here are some benefits of social inclusion for everyone:

- **Sense of purpose**

Social inclusion can help people feel valued and useful, and can give a sense of purpose and direction.

- **Better mental health**

Social interaction can help reduce the risk of depression and anxiety.

- **Reduced isolation**

Social inclusion can help prevent feelings of isolation, which can be caused by many factors including retirement, loss of loved ones, and decreased mobility.

- **Intergenerational connections**

Intergenerational connections can help people feel connected to the community and challenge ageist beliefs.

- **Lifelong learning**

Lifelong learning can help older people stay engaged with the community and feel valued.

- **Offer companionship:**

Spend time with loved ones and friends, or if you can't be together in person, call or video chat.

- **Listen:**

Provide a safe space for people to talk about their feelings or reminisce.

- **Help with practical tasks:**

Offer to help with putting up decorations, shopping, or stocking the fridge.

- **Respect peoples preferences:**

Find out how they like to celebrate and respect their choices.

- **Don't make assumptions:**

Some people are happy to spend the holidays alone, and it's not fair to assume they're lonely just because they are alone.



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FORGET ME NOT GARDENING TIPS **Garden Tips**

What to do during December in your garden and home.

Flowers

- Protect terracotta pots from cracking in freezing weather by bringing them indoors or wrapping in bubble polythene
- Rake up accumulated fallen leaves in borders that could be harbouring slugs and other pests
- Plant bare-root roses and other deciduous shrubs, plus ornamental trees
- Hang bird feeders near roses to attract hungry birds that will also pick off any overwintering pests



- Cut stems of berried winter shrubs, seasonal flowers and evergreen leaves for festive decorations and wreaths
- Move plants in pots to a sheltered spot if conditions turn very cold, as their roots are more exposed to the elements
- Pile straw or bracken around the base of tender shrubs and climbers to protect them from falling temperatures
- Prune climbing roses between now and February
- Hard prune overgrown shrubs and hedges while they're dormant.



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FORGET ME NOT GARDENING TIPS

Garden Tips

House plants

- Give houseplants extra humidity to combat the drying effects of central heating
- Repot moth orchids after flowering if they look like they're about to burst out of their pot
- Water house plants less frequently and move them off particularly cold windowsills at night.
- Repot any house plants that have become top heavy or pot bound into larger containers
- Move houseplants onto a sunny windowsill over the winter, to get as much light as possible during the

shorter days, or choose indoor plants suited to low light

- Some house plants, like snake plants, are particularly prone to collecting dust on their leaves. So be sure to give these a wipe regularly
- Put large-leaved house plants into the bath or shower and hose them down to clean off accumulated dust



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FORGET ME NOT GARDENING TIPS **Garden Tips**

Garden maintenance

- Top up bird baths with fresh water every day during frosty weather
- Bring all watering equipment indoors, including hoses and sprinklers, so they don't freeze and split
- Scoop fallen leaves and debris from ponds, leave on the side so pond life can escape, then add to the compost bin

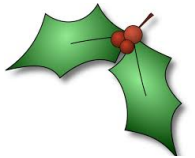
- Stand your Christmas tree in a bucket in a sheltered spot outdoors until it's time to move it indoors



- Clear out your shed, and organise and clean your tools
- REMEMBER – ask for help if you want your outside lights putting up 😊



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Forget Me Not Team News



This month's training focused on

Influenza and Norovirus –We learnt our role in preventing and managing influenza and norovirus. We were made aware of the symptoms and



how they are treated, how to prepare for this flu and norovirus season, and how to prevent the spread of the infections, and what to do if an outbreak occurred.

**DID YOU
KNOW?**



Did you know an outbreak is 2 or more people with the same symptoms that arise within the same 48-hour period within the same setting, whether in your own home or a care home setting.

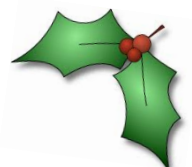
Forget Me Not Staff Christmas Events

This year for the staff Christmas party a survey was sent to everyone by Lee to see what everyone would like to do this year.

- ❖ 6th December - Christmas pantomime in Grantham
- ❖ 11th December – Escape Room
- ❖ 10th January 2025 – A pub meal

Everyone had option and the team would like to thank Lee for organizing these events, we really do appreciate and enjoy these activities. Photos will follow in January's issue. 😊

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The Forget Me Not Home Care Team



Wish you a very Merry Christmas!

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

Forget Me Not Newsletter Issue 10 – December 2024

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