



Forget Me Not Home Care

NEWSLETTER



15th February 1971, known as Decimal Day.

To prepare the nation for the changeover in currency systems, the Decimal Currency Board (DCB) was set up, running a public information campaign in the two years prior to the switchover on Monday 15 February 1971, also known as Decimal Day. Three years before changeover, new 5p and 10p coins were introduced; these were the same size and worth the same amount as the one and two shilling coins. In 1969 a new 50p coin was introduced to replace the old 10 bob (shilling) note.

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!

Happy Valentines Day



The Forget Me Not Team



The banks were closed for four days before changeover to prepare. Currency converters were available for everyone, and prices in the shops were shown in both currencies. This went some way to alleviate the feeling many people had, that shopkeepers might use the conversion from old money to new to increase prices!

'Decimal Day' ran without a hitch. Although the elderly generation found it more difficult to adapt to decimalisation, in general the population readily embraced the new currency and the oft-used phrase of the 1970's "How much is that in old money?" is now more commonly used in reference to metrication.

For a short time, the old and new currencies operated in unison, whereby people could pay in pounds, shillings and pence and receive new money as change. Originally it was planned that old money would be phased out of circulation

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

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Off Lead Dog Walking:

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NG34 8RG



Heckington Church

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



over eighteen months, but as it turned out, the old penny, halfpenny and three penny coins were officially taken out of circulation as early as August 1971.

It was originally intended that the new unit of currency would be referred to as 'new pence' to distinguish it from the old money, but this was quickly adapted to the abbreviation 'pee', which we still use today.



From left to right.

Shilling, Farthing & Three penny bit



From left to right.

Six Pence (Tanner), half-crown, & half penny

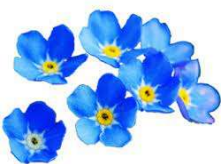


DECIMAL DAY

MONDAY 15th FEBRUARY 1971

- On this day—D Day—the United Kingdom will officially change to decimal currency.
 - The pound sterling (£) will be divided into 100 new pennies (100p). There will be a new halfpenny (½p).
 - The three bronze coins will not become legal tender until D Day. But the other coinage changes will be made gradually from 1968 onwards.
 - The 5p and 10p coins have the same size, weight, and metal content as shillings and florins and are interchangeable with them; they will come into circulation from 1968.
 - The sixth decimal coin will be the 50p. It will replace the 10s. note well before D Day.
 - The halfpenny will cease to be legal tender on 1st August 1969, the half-crown on 1st January 1970, and the penny, threepenny bit and sixpence after the changeover period.
 - The changeover period will last for several months after D Day; except on cheques, both currencies will be in use and £p will gradually replace £sd in shops and offices as cash registers, office machines, and slot machines are converted or replaced.
- Enquiries please to: The Decimal Currency Board, Standard House, 27 Northumberland Avenue, London WC2

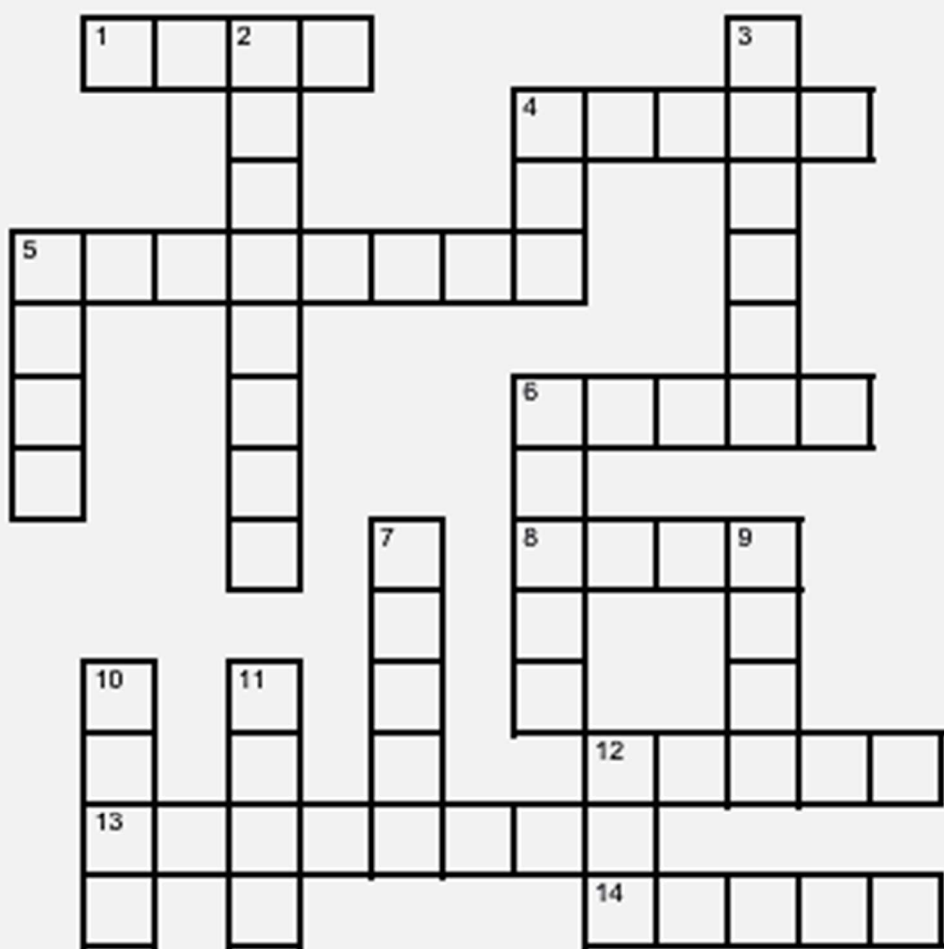
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Be My Valentine

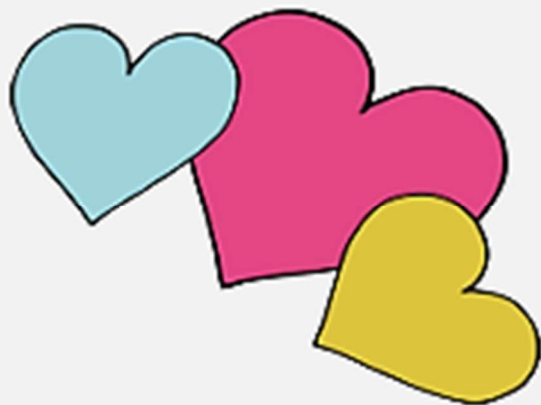
Across

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.

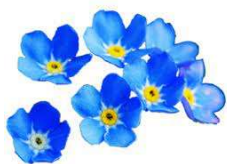


Down

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

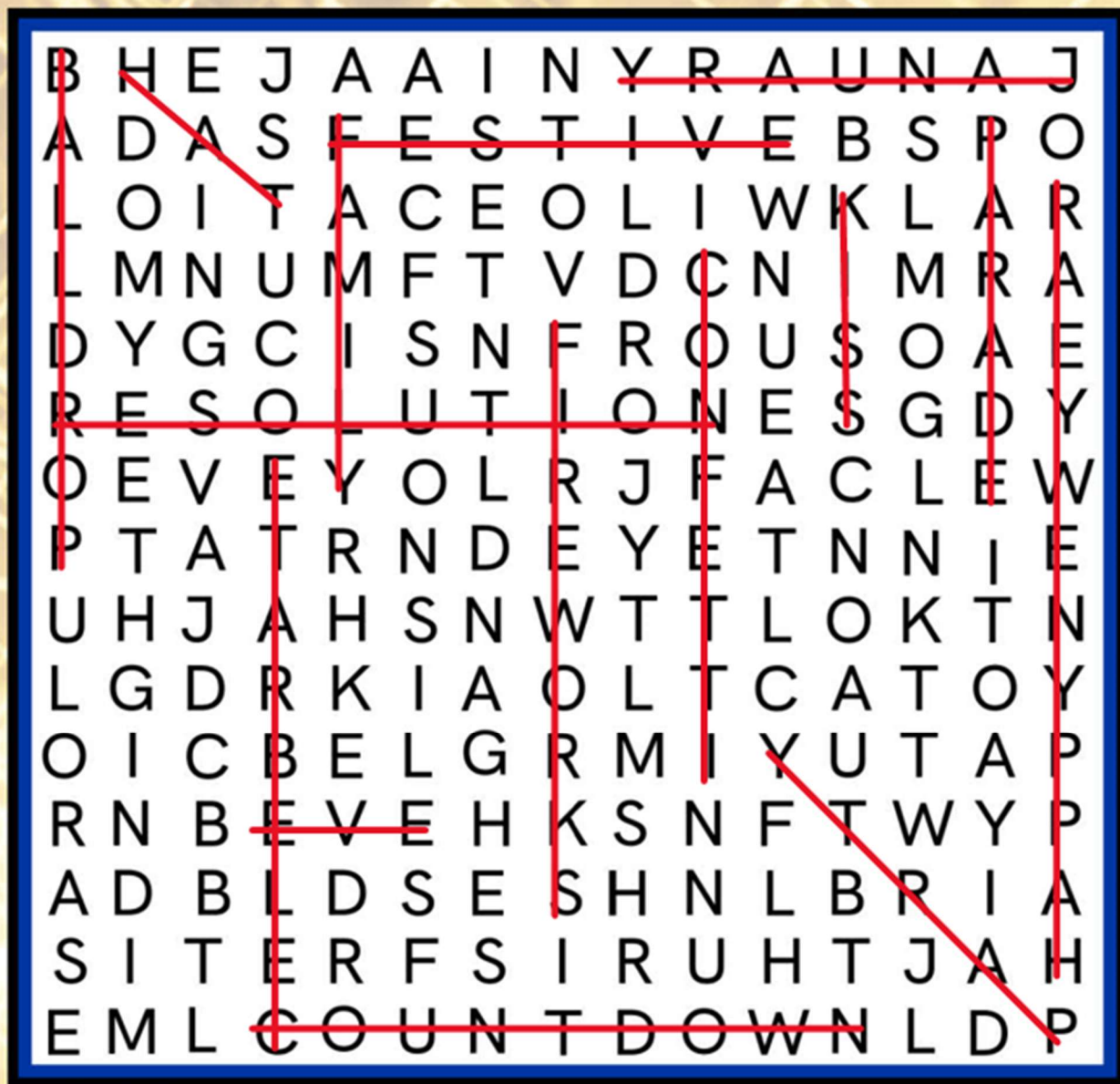


February 2025



January Quiz Answers:

NEW YEAR WORD SEARCH



Ball Drop
Celebrate
Confetti
Countdown
Eve

Family
Festive
Fireworks
Happy New Year
Hat
January

Kiss
Midnight
Parade
Party
Resolution



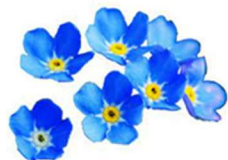
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NEW YEAR'S EVE

ANSWER KEY

1. YLFIMA FAMILY
2. AGLRTHEU LAUGHTER
3. OUETSOLRIN RESOLUTION
4. DCIGANN DANCING
5. KOSFREIWR FIREWORKS
6. RAAUJNY JANUARY
7. CATRIELBOEN CELEBRATION
8. DNESFRI FRIENDS
9. NGNSIIG SINGING
10. MNHIDTIG MIDNIGHT
11. ERLNACDA CALENDAR
12. LBELS BELLS
13. NGNEGBNII BEGINNING
14. NNDWCTUOO COUNTDOWN
15. UCISM MUSIC



Answer Sheet

Wordwheel possible words

The wordwheel word is: RESOLUTION

ers	role	loser	ruins	linter	sterol	outlers
ire	root	lours	rules	lister	stoner	outlier
lur	rose	lures	runes	liters	suiter	retinol
nor	rote	luser	runts	litres	sutor	retools
nur	rots	luter	rutin	loiter	sutler	riotous
ore	rout	nerol	serin	loners	tenors	rooties
ors	rues	nerts	seron	looser	tensor	rootles
ort	ruin	niter	siler	looter	tilers	rosinol
our	rule	nitre	siren	lourie	toiler	routine
rei	rune	noirs	slier	lunier	toners	ruliest
ret	runs	norse	snore	luster	tonier	runlets
roe	runt	noter	snort	lustre	tooler	rutiles
rot	ruse	nurls	stern	luters	tories	soilure
rue	rust	nurse	stoor	nerols	torose	sonlier
run	ruts	oiler	store	niters	torous	sootier
rut	sire	oners	sture	nitres	torsel	stonier
ser	slur	oriel	tenor	nooser	touser	surloin
sir	sore	orion	terns	norite	trines	tersion
sri	sort	orles	tiers	norsel	triols	toilers
tor	sour	orlon	tiler	nostro	triose	toolers
tri	stir	osier	tires	noters	triune	torsion
urn	suer	outer	toner	notour	tuners	torulin
erin	sure	outré	tores	nursle	tunier	tousier
erst	tern	outro	torso	oilers	ulster	triunes
euro	tier	reins	tours	oriels	uniter	troilus
ires	tire	reist	tries	orient	unrest	uniter
iron	tore	relit	trine	oriole	unroot	unroots
lier	torn	rents	trins	orison	urines	urinese
lore	tors	reoil	triol	ostler	urites	insulter
lour	tour	resin	trios	ouster	ursine	louriest
lure	trin	resit	trois	outers	elutors	lustrine
lurs	trio	riels	true	outler	enroots	nitreous
nurl	true	riles	tuner	outros	erosion	oestriol
nurs	turn	rinse	turns	relist	estriol	outliers
oner	urns	riots	urent	reols	isotron	outliner
ores	user	risen	urine	result	lienors	outsnore
orle	enrol	rites	urite	retool	linters	retinols
orts	euros	roils	uteri	roesti	loiters	routines
ourn	inert	roist	elutor	rootle	loonier	snootier
ours	inter	roles	enrols	rotons	looters	snoutier
reis	intro	roose	enroot	routes	louries	torulins
rent	inure	roost	erinus	runlet	lousier	torulose
rest	irone	roots	estrin	rusine	lustier	turnsole
rets	irons	rosin	inerts	rustle	nitroso	outliners
riel	liers	roiti	insert	rutile	nitrous	resolution
rile	liner	rotes	insure	rutins	norites	
riot	liter	roton	inters	senior	nostril	
rise	litre	rouse	inures	sinter	oestrin	
rite	loner	roust	irones	sooler	onerous	
roes	lores	route	lienor	sooner	orients	
roil	loris	routs	liners	sortie	orioles	



February 2025



Easy toad-in-the-hole recipe



The Classic and easy toad-in-the-hole. A fluffy Yorkshire pudding batter paired with hearty pork sausages, alongside a generous serving of rich onion gravy – all you need to add is your favorite vegetables on the side.

This Recipe Serves 4 and takes 10 minutes to prepare and 55 minutes to cook.

Ingredients

For the batter

- 100g plain flour
- 2 eggs
- 150ml semi-skimmed milk

For the toad

- 8 pork sausages
- 1 onion, finely sliced
- 1 tbsp vegetable oil

For the gravy

- 1 onion, finely sliced
 - 1 tbsp vegetable oil
-



January 2025

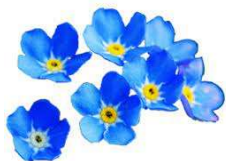


- 2 tsp plain flour
- 2 tsp English mustard
- 2 tsp Worcestershire sauce
- 1 vegetable stock cube, made up to 300ml

Method

1. Preheat oven to gas 7, 220°C, fan 200°C.
2. First make the batter. Put the flour in a bowl, add the eggs and slowly mix in the milk then beat until smooth.
3. Put the sausages in an ovenproof baking dish, scatter over the sliced onion and drizzle over the oil. Roast for 15 mins.
4. Remove the dish from the oven, pour the batter over and around the sausages then return to the oven and cook for a further 35 mins or until the sausages are cooked through and the batter is golden on top.
5. To make the gravy, heat a deep-frying pan or saucepan and fry the remaining onion in the oil for 5 mins until golden. Sprinkle over the flour and cook, stirring until thickened. Add the mustard, Worcestershire sauce and, gradually, the stock, stirring until smooth and thickened to your liking.
6. Serve the toad in the hole with the gravy to pour over.

Tip: You can easily adapt the sausages in this recipe to suit your family needs; try flavored pork sausages, lower fat alternatives or vegetarian sausages as you like



February 2025



FEBRUARY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
27	28	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	1	2

Homemade
GIFTS MADE EASY

Sleaford Market

Diary Events:

- 14th February – Valentines Day

Every Monday, Friday and Saturday is the Sleaford Market outside of St Denys Church

On the first Saturday in every month the Saturday market is swelled by the presence of the Lincolnshire Farmers Market. These specialist traders bring a wondrous range of foods to Sleaford.

Sleaford Town Council



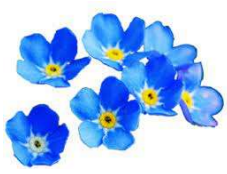
SLEAFORD MARKET



New temporary location from
Friday 19th July 2024 until further notice:
Eastgate Car Park, Sleaford, NG34 7DJ.

Regular Markets - Every Friday, Saturday and Monday.
Farmers' Market - First Saturday of every month.

www.sleaford.gov.uk



Let's Talk...

Health and Wellbeing

Your Life, Your Style....



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 *Skin Hydration*

Skin hydration is important because aging skin can become dry and itchy. This condition is called xerosis. The Causes of xerosis are:

- **Water loss:** As skin ages, it loses water more easily.
- **Bathing habits:** Frequent bathing with hot water and alkaline soaps can strip the skin of its natural protective oils.
- **Environmental factors:** Exposure to UV light from the sun can make skin less elastic.

Treatments

- **Moisturizers:** Apply a fragrance-free moisturizer within minutes of bathing and throughout the day. For very dry skin, use an ointment.
- **Skin cleansers:** Use cleansers with a low alkaline rating and moisturizing qualities.



- **Humidifiers:** Use a humidifier to add moisture to the air.
- **Face masks:** Use a face mask to hydrate your skin.

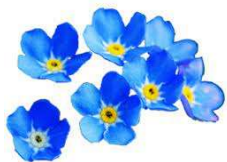
Here are some tips to help keep your skin moisturised.

- Stay hydrated and eat a healthy diet.
- Manage stress.
- Don't smoke.
- Wear sunscreen, protective clothing, and sunglasses when you're outside.
- Check your skin regularly for changes.



A recommendation is: Cetraben Cream. It's the number 1 GP recommended cream for dry skin. Cetraben Moisturising Cream, locks in moisture to help protect the skin against irritants and water loss. You can use it to help manage dry, itchy, eczema prone skin, psoriasis and dermatitis.





February 2025



Forget Me Not Team News



This month's training focused on SSKIN/ Pressure Sore training; we also completed a cream application competency. SSKIN care and pressure sore training is important because the training helps Forget Me Not Home Care Team prevent pressure ulcers/bedsores. Pressure ulcers can be painful and even life threatening if left untreated.



What is SSKIN care?

SSKIN is a five-step model for preventing pressure ulcers. It's a care bundle that helps Forget Me Not Home Care Staff monitor skin health and reduce the risk of pressure ulcers.

The five steps of SSKIN

1. **Surface:** Ensure patients have adequate support
2. **Skin inspection:** Regularly inspect skin for discoloration or sores
3. **Keep moving:** Encourage patients to change positions frequently
4. **Incontinence/moisture:** Keep patients clean and dry
5. **Nutrition/hydration:** Ensure patients have a healthy diet and drink plenty of fluids



The benefits of SSKIN help prevent pressure ulcers visible to all. It helps healthcare Forget Me Not Staff monitor skin health and reduces the risk of pressure ulcers.



We have also been completing an online course called: The Oliver McGowan Training, on Learning Disability and Autism. This a mandatory course. Learning about learning disabilities and autism allows Forget Me Not staff to understand and support people with these conditions, to ensure we are inclusive and learn how to adapt, as well as promoting positive and healthier interactions in everyday life.

[Welcome to the Team](#)

The Forget Me Not team are thrilled to welcome Alysha as our newest Home Carer, we're excited to have you join us and can't wait to see the fresh perspective and skills you'll bring.





February 2025

The Forget Me Not Home Care Team

_____We work around you, for you and with you_____

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