



May 2025

Forget Me Not Home Care

NEWSLETTER



A very busy month this month. Let's start with May Day! May Day is on May 1st. It's a European festival of ancient origins marking the beginning of summer. It includes traditions such as maypole dancing, gathering of wild flowers and crowning a May Queen.

May 1st is also associated with International Workers Day in many countries.

So, where does the origins come from?

May Day comes from ancient agricultural rituals, with celebrations in Greek and

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 Sara, Michelle or Lee

We hope you enjoy reading!

The Forget Me Not Team

Roman times, honoring fertility and spring.

The central tradition, one we are more accustomed to, the Maypole. A decorated pole in which people dance and sing around. It is traditional to gather wildflowers and green branches, weaving floral garlands.

The May Queen, sometimes with a male companion, is crowned to preside over the festivities, symbolising purity and spring.

Just to make May an even sweeter month – 1st May kicks off with being Global Love Day – This

year, tell someone you love, that you do, in fact, love them and see their world brighten up.



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

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- Email: forgetmenothomecare@hotmail.com
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☎ 0345 234 3344

✉ Lincsbus.info

Crown House , Grantham
Street, Lincoln LN2 1BD

Off Lead Dog Walking:

Email: info@offleadsleaford.co.uk

Address:

Dale Farm
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Sleaford
Lincolnshire
NG34 8RG



Heckington Church

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



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

BASEBALL

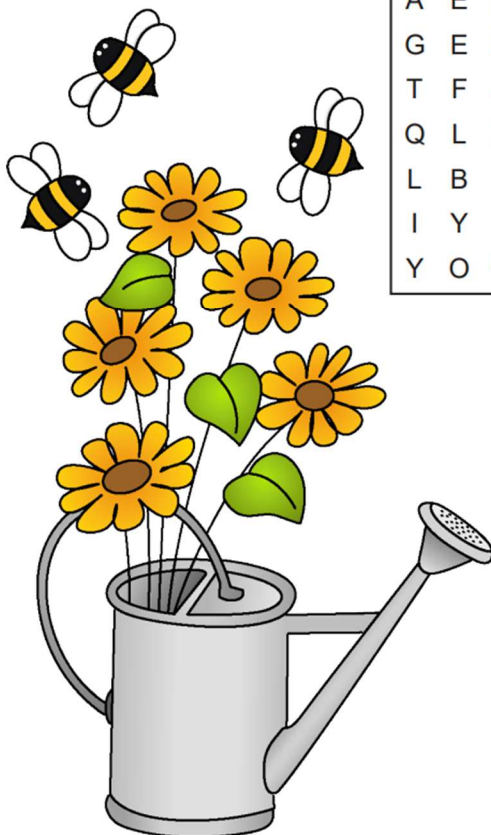
BLOSSOM

BUMBLEBEE

BUTTERFLY

CINCO DE MAYO

FLOWERS



MERRY MONTH OF MAY

Word Search

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

GARDEN

GEMINI

GREEN

LADYBUG

LAWNMOWER

MAYPOLE

MEMORIAL DAY

MOM

MOTHER'S DAY

PIÑATA

PLANT

SEEDS

SPRING

SUNSHINE

TAURUS

TEACHER

Merry Month of May

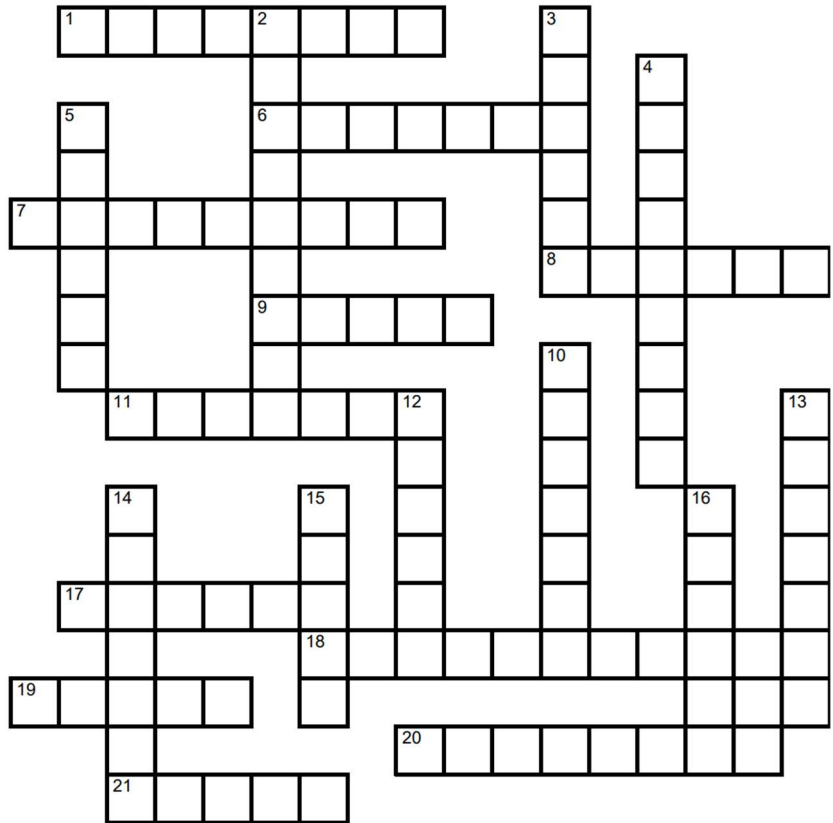


ACROSS

1. Sport played on a diamond.
6. ____ Appreciation Day falls on Tuesday of the first full week in May.
7. Buzzing insect.
8. Astrological sign for the end of May (twins).
9. May is the ____ month of the year.
11. Small red insect with black dots.
17. She is celebrated on the second Sunday in May.
18. Annual Mexican celebration on May 5th.
19. Most lawns are this color in May.
20. Celebrated on the last Monday in May: ____ Day.
21. Plant these and you may get some flowers.

DOWN

2. What a caterpillar becomes.
3. Season in which May falls in the Northern Hemisphere.
4. Use this to trim the lawn.
5. Astrological sign for the start of May (bull).
10. May birthstone.
12. Place where you might grow flowers.
13. Flower of a plant.
14. Tulips, daisies, roses, etc.
15. May the ____ be with you.
16. Might be filled with candy and broken as part of a May celebration.



Baseball	Green
Blossom	Ladybug
Bumblebee	Lawnmower
Butterfly	Memorial
Cinco de Mayo	Mother
Emerald	Pinata
Fifth	Seeds
Flowers	Spring
Force	Taurus
Garden	Teacher
Gemini	





Diary Events:

- 1st May – May Day
- 5th May – Early May Bank Holiday
- 8th May – VE day and this year marks 80 years!
- 12th May – Florence Nightingales Birthday, along with it being international nurses' day! Thank you to our nurses.



- 13th-19th May – Mental Health Awareness Week



- 18th May – International Museum Day – *Which is your favourite Museum?*
- 26th May – Spring Bank Holiday

This month is also one of your carer's birthdays Happy Birthday to Lynne for 4th May!



29th April – 1st May – Lee will be visiting the **Care Show** in London to learn, explore and take part in new ideas in our sector, looking to improve what we do.

Sara's Superstition

If you wash your face with the dew left on 1st May it will beautify the skin.

I know I am going to try this one



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The local wellbeing walks are still taking place if you want to join

MONDAY (excludes bank holidays)

North Hykeham, 10am - One NK Leisure Centre (inside foyer), Moor Lane, LN6 9AX

Whisby Visually Impaired Walk, 10.30am - Whisby Nature Park,
Natural World Centre, Moor Lane, LN6 9BW

TUESDAY

Heckington, 10.30am – St Andrews Church, NG34 9RF

Leasingham, 11am – Village Hall, Chapel Lane, NG34 8GQ

Sleaford, 1.10pm – The Hub, Navigation Wharf, NG34 7TW

WEDNESDAY

Ruskington, 1.30pm – Church Bridge, by All Saints Church. Chapel Street, NG34 9DX

Walcott, 9.30am - (1st & 3rd Wednesday of every month). St Oswald's Church, High Street, LN4 3SW

Martin, 9.30am - (2nd & 4th Wednesday of every month). Village Hall, High Street, LN4 3QT

THURSDAY

Waddington, 10am – Village Hall, Mere Road, LN5 9NX

Branston, 10am - (2nd and 4th Thursday of every month). Village Hall, Lincoln Road, LN4 1NS

Skellingthorpe, 11am - Community Centre, Lincoln Road, LN6 5UT

Sleaford, 1.30pm – Leisure Centre car park, Boston Road, NG34 7HH

FRIDAY

Metheringham, 10am – Sports Pavilion, Princes Street, LN4 3DE

Navenby, 10.15am – The Venue, Grantham Road, LN5 0JJ

Whisby, 10.30am - Whisby Nature Park, Natural World Centre, Moor Lane, LN6 9BW

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



What is May?

Embracing May in the UK: A Season of Renewal

May is a delightful month for us in the UK, as spring bursts into full bloom and longer days invite us outdoors.

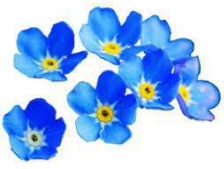
With average temperatures around 10-15°C, it's perfect for gentle walks in local parks, where bluebells and blossoming trees create a vibrant backdrop. Wrap up for cooler evenings, but enjoy the milder days!

This month brings Bank Holidays, offering chances to join community events or family gatherings. Look out for village fetes, gardening shows, or the Chelsea Flower Show's inspiring displays, even if just on TV.

May also marks Mental Health Awareness Week, a great time to connect with friends over tea or try a calming hobby like painting or journaling.

For a low-cost outing, visit a National Trust garden or a nearby nature reserve—many offer senior discounts. Or, simply tend your own garden; planting flowers or herbs can be both therapeutic and rewarding. If mobility is a concern, local libraries often host spring-themed talks or craft sessions.

May's longer days are a reminder to soak up the season's beauty and reconnect with what brings you joy. Check your community centre for local events, and let's make the most of this uplifting month!



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 *Mental Health*.

We all have mental health, sometimes its good, sometimes it can be bad and sometimes it can be indifferent...

It is important to recognise other peoples' mental health as well as our own and to ensure a safe space where people are not criticised.

I am sorry to say, but over the years mental health has been stigmatised and very often can be seen as a person fault if they are suffering. However over more recent years things have changed and people are more open to understanding what happens to people who suffer with a period of poor mental health.

It can happen to anyone, at anytime, and without warning.



We all need to have people around us that enable us to feel safe enough that we can open up with and explain what is in our heads.

This is healthy and sometimes people feel a weight lifted when they have shared.

Sometimes your GP can help by prescribing medication that can help people feel different. This medication works differently for everyone and there are several different ones from which your doctor can choose from. If one does not work for you, ask for a review and to try an alternative.

As we age, nurturing mental health is just as vital as physical health. Staying mentally sharp and emotionally balanced enhances our quality of life and keeps us connected to the world around us. Here are a few simple ways to support your mental well-being:

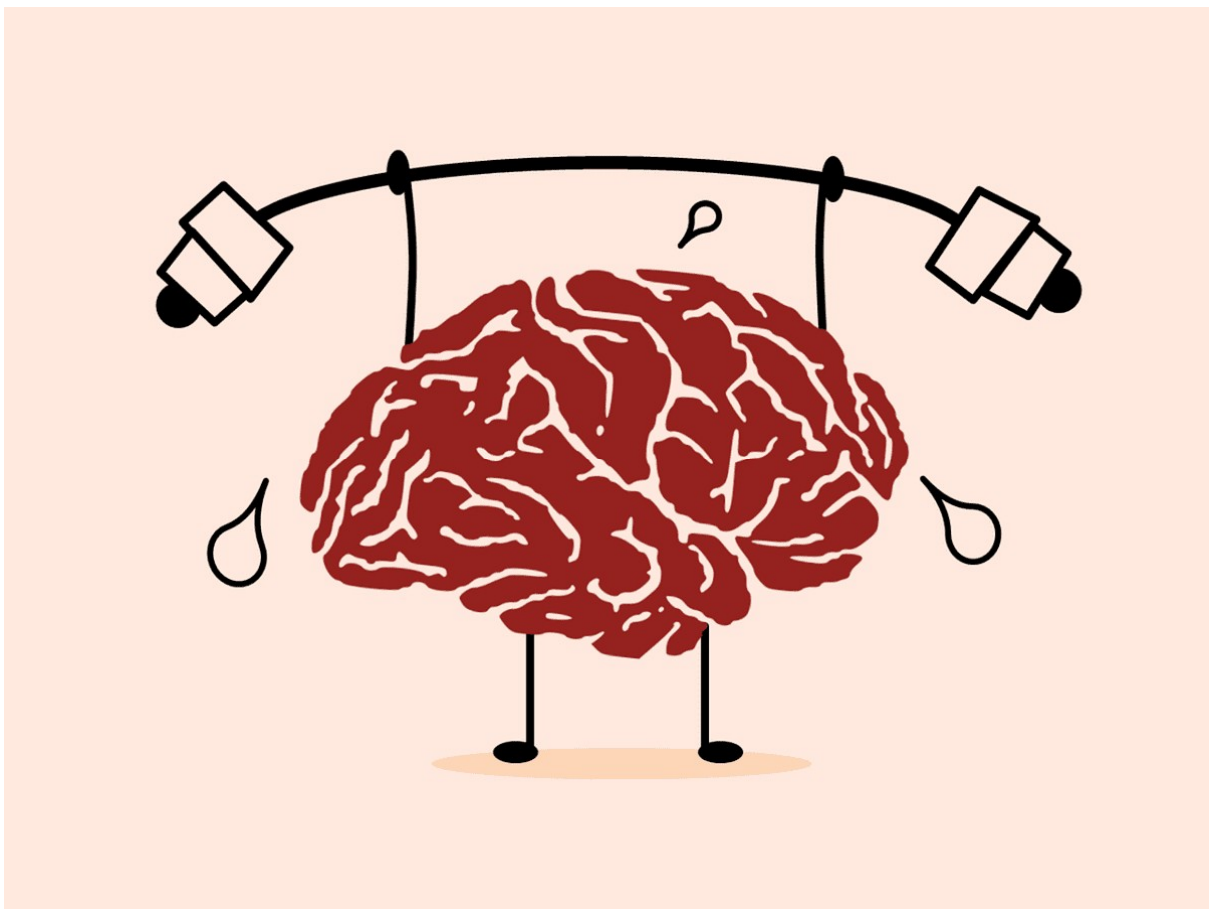
- **Stay Socially Engaged:** Join a local book club, volunteer, or simply chat with a neighbor. Regular social interaction can lift your mood and keep loneliness at bay.
- **Keep Your Mind Active:** Try puzzles, learn a new hobby, or take a class at a community center. Engaging your brain helps maintain cognitive health.
- **Practice Mindfulness:** Spend a few minutes daily on deep breathing or meditation. These practices can reduce stress and promote emotional calm.
- **Move Your Body:** A short walk or gentle exercise boosts endorphins, improving mood and mental clarity.



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- Seek Support When Needed: It's okay to talk to a trusted friend or professional if you're feeling overwhelmed. Asking for help is a sign of strength.

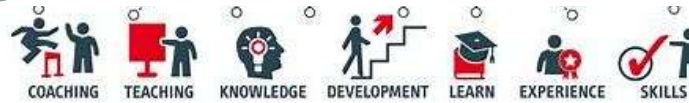
Small, intentional steps can make a big difference.
Prioritise your mental health today for a brighter, more fulfilling tomorrow!





May 2025

Forget Me Not Team News



Training

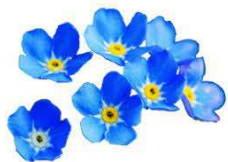
This month we focused on infection prevention and control. We had a few sessions together to share knowledge and learn together. Sara and Karen led on a session we all found informative and useful in our day to day lives.



Other News ...

As some of you may know, our manager Lee has been on quite a journey over the last few years, but he is pleased to share some very happy news. There will be a Baby Rochford in our lives November 2025





May 2025

Forget Me Not Community News

One of our greatest GP's, we work with, won the Lincolnshire Care Associations Special Recognition Award in the 2025 Lincolnshire Care Awards held earlier this year.



We also had our very own Michelle who came away from the awards as a winner of 'Behind the scenes' I am sure you will all agree, this is greatly deserved!

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 😊.



May 2025



The Forget Me Not Home Care Team

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

Forget Me Not Newsletter Issue 15 – May 2025

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