



# NEWSLETTER



**The Great Fire of London** began on the 2<sup>nd</sup> September 1666. The people of London who had managed to survive the [Great Plague](#) in 1665 must have thought that the year 1666 could only be better, and couldn't possibly be worse!



## 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!

From

*The Forget Me Not Team*





They could not have imagined the new disaster that was to befall them in 1666. A fire started on September 2nd in the King's bakery in Pudding Lane near London Bridge. Fires were quite a common occurrence in those days and were soon quelled. Indeed, when the Lord Mayor of London, Sir Thomas Bloodworth was woken up to be told about the fire, his reply was dismissive and mocking. However, that summer had been very hot and there had been no rain for weeks, so consequently the wooden houses and buildings were tinder dry. The fire soon took hold: 300 houses quickly collapsed, and the strong east wind spread the flames further, jumping from house to house. The fire swept through the warren of streets lined with houses, the upper stories of which almost touched across the narrow winding lanes. Efforts were tried to bring the fire under control by using buckets of water.

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

Contact us on:

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quickly failed. Panic quickly began to spread through the city. As the fire raged on, people tried to leave the city, they poured down to the River Thames in an attempt to escape by boat.

Absolute chaos reigned, as thousands of 'sightseers' from the villages came to view the disaster. By the 4th September half of London was in flames. The King himself joined the fire fighters, passing buckets of water to them to quell the flames, but the fire raged on. As a last resort gunpowder was used to blow up houses that lay in the path of the fire, and so create an even bigger firebreak, but the sound of the explosions started rumours that a French invasion was taking place. This resorted into even more panic. Eventually the fire was brought under control, and by the 6th September had been extinguished altogether.



**PUDDING  
LANE EC3**

## Useful Contacts:

### Fenland Dental Laboratory Ltd

☎ 01775 724 974

✉ [info@fenlanddentallab.co.uk](mailto:info@fenlanddentallab.co.uk)  
• 111 Wardentree Lane,  
Pinchbeck, Spalding, Lincs,  
PE11 3UF

### CallConnect Bus Service:

☎ 0345 234 3344

✉ [Lincsbus.info](mailto:Lincsbus.info)

Crown House , Grantham  
Street, Lincoln LN2 1BD

### Off Lead Dog Walking:

**Email:** [info@offleadsleaford.co.uk](mailto:info@offleadsleaford.co.uk)

#### **Address:**

Dale Farm  
Westcliffe Road  
Sleaford  
Lincolnshire  
NG34 8RG



### Heckington Church

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

## Wordwheel Puzzle

A circular diagram with a thick yellow border. The circle is divided into five colored segments by black lines that meet at a central yellow circle. The segments are labeled with black letters: 'S' (light blue), 'E' (light red), 'E' (light green), 'A' (light red), and 'V' (light green). The central yellow circle contains the letter 'L'.

More than 1 leaf.

The 6 letter word is: .....

[illegible]





# Fall Word Scramble

Unscramble the words and write the letters in the boxes. Use the letters in the shaded boxes to form a new word that answers the riddle.

ULQIT

--	--	--	--	--



LAVEES

--	--	--	--	--	--

BEEESTRMP

--	--	--	--	--	--	--	--

SVRTAEH



--	--	--	--	--	--	--

TECTHUNS

--	--	--	--	--	--	--	--

AUMUTN

--	--	--	--	--	--



ATOLFLOB

--	--	--	--	--	--	--	--



Q. What do you get when you drop a pumpkin?

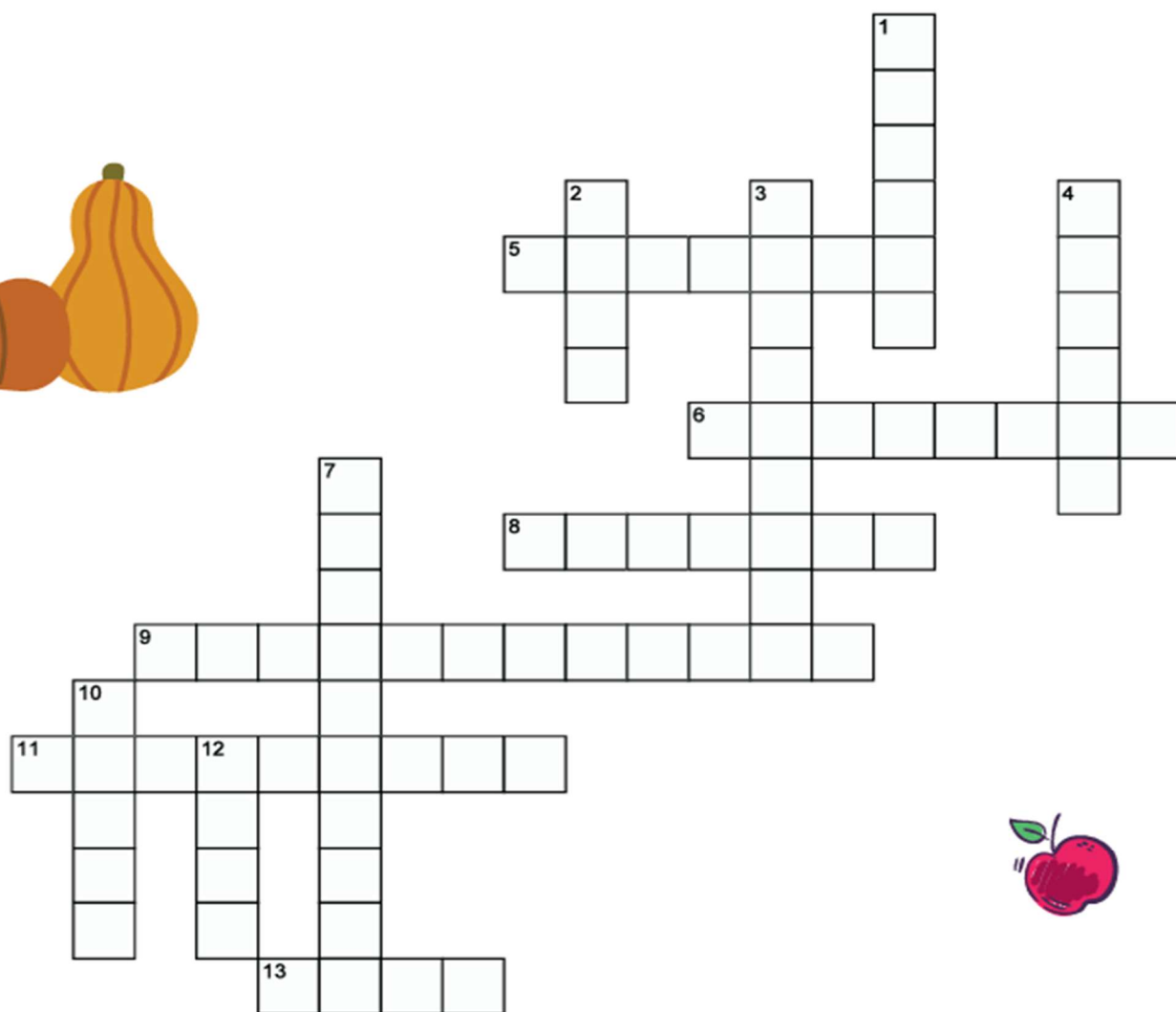
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# AUTUMN CROSSWORD



Solve the following puzzle based on the clues given!

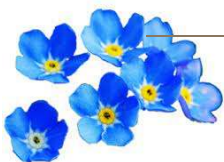


## Across

- [5] Leaves on tree
- [6] Last Month of fall
- [8] To gather; to reap
- [9] Holiday for giving thanks
- [11] Scares birds from cornfields
- [13] Another name for Autumn

## Down

- [1] Traditional Thanksgiving bird
- [2] Grows on tall stalks
- [3] Holiday on October 31
- [4] They change colors in the fall
- [7] Horn of plenty
- [10] Fruit of the oak tree
- [12] Used to gather leaves



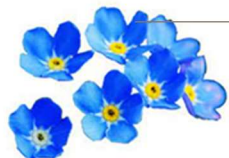
# August Quiz Answers:

## Answer Sheet

### Wordwheel possible words

The wordwheel word is: HEATWAVE

- |                   |                   |                    |                      |                      |                       |                   |
|-------------------|-------------------|--------------------|----------------------|----------------------|-----------------------|-------------------|
| aah<br>aha<br>eth | hat<br>haw<br>het | hew<br>the<br>hate | have<br>heat<br>thaw | thee<br>thew<br>waah | what<br>whee<br>heave | wheat<br>heatwave |
|-------------------|-------------------|--------------------|----------------------|----------------------|-----------------------|-------------------|



# Cooking Terms

## Word Scramble



UPOR

POUR

PEEUR

PUREE

ASTRNI

STRAIN

OEVRC

COVER

MNSOTEI

MOISTEN

LCIES

SLICE

EAZGL

GLAZE

STSO

TOSS

EMTL

MELT

CSRDIAD

DISCARD

CBRUS

SCRUB

NLDBE

BLEND

NMICE

MINCE

TEAB

BEAT

AORST

ROAST

MEURES

MEASURE

AERGT

GRATE

ASTUE

SAUTE

BRNWO

BROWN

CIED

DICE

TSAEB

BASTE

CHPO

CHOP

ILOB

BOIL

TSIR

STIR





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# August Word Search Puzzle



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

August

Hot

School

Camping

Barbecue

Ice Cream

Friends

Excitement

Beach

Vacation

Summer

Heat

Boat

Swimming

Smores

Picnic

Fishing

Month

Sunflowers

Reading



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# Easy Spaghetti Bolognese



Everyone needs a basic spaghetti bolognese recipe that still tastes great, no matter how simple. Get that depth of flavour by cooking the sauce very gently until it's super rich. This spag bol is designed to be a low cost recipe.

Preparation time less than 30 mins

Cooking time 30 mins to 1 hour

Serves Serves 4

## Ingredients

- 2 tbsp [olive oil](#)
  - 400g/14oz [beef mince](#)
  - 1 [onion](#), diced
  - 2 [garlic](#) cloves, chopped
  - 100g/3½oz [carrot](#), grated
  - 2 x 400g tins [chopped tomatoes](#)
-



- 400ml/14fl oz [stock](#) (made from [stock](#) cube. Ideally beet, but any will do)
- 400g/14oz dried [spaghetti](#)
- salt and pepper

### ***Method***

1. Heat a large saucepan over a medium heat. Add a tablespoon of olive oil and once hot add the beef mince and a pinch of salt and pepper. Cook the mince until well browned over a medium-high heat (be careful not to burn the mince. It just needs to be a dark brown colour).
  2. Once browned, transfer the mince to a bowl and set aside.
  3. Add another tablespoon of oil to the saucepan you browned the mince in and turn the heat to medium. Add the onions and a pinch of salt and fry gently for 5-6 minutes, or until softened and translucent. Add the garlic and cook for another 2 minutes. Add the grated carrot then pour the mince and any juices in the bowl back into the saucepan.
  4. Add the tomatoes to the pan and stir well to mix. Pour in the stock, bring to a simmer and then reduce the temperature to simmer gently for 45 minutes, or until the sauce is thick and rich. Taste and adjust the seasoning as necessary.
  5. When ready to cook the spaghetti, heat a large saucepan of water and add a pinch of salt. Cook according to the packet instructions. Once the spaghetti is cooked through, drain and add to the pan with the Bolognese sauce.
  6. Mix well and serve.
-





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# 2024 SEPTEMBER



Mon	Tue	Wed	Thu	Fri	Sat	Sun
26	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	29
30	1	2	3	4	5	6

## Diary Events:

- Thursday 5<sup>th</sup> to Sunday 8<sup>th</sup> September The Defender Burghley House Horse Trials - Burghley House Stamford PE9 4QN
- Saturday 7<sup>th</sup> September Sleaford Classic Car & Motorbike show -10.30am-4.00pm Boston Road Recreation Ground, Sleaford NG34 7HH
- Saturday 13<sup>th</sup> September Beginners Patch work Course 10.00am-3.00pm Lady Fraiser Room, Gosberton Rd. Surfleet. PE11 4AB,







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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 *Getting A good nights sleep.*



Our sleeping patterns naturally change as we get older, so it's not unusual to have trouble sleeping. This means that many of us can struggle to get to sleep or stay asleep, leaving us tired and grumpy the following day. Chronic sleep problems should not be regarded as either an inevitable, or a normal part of the ageing process. I want to look at the following points

1. How much sleep do I need each night?



2. How can insomnia affect me?
3. Top tips for sleeping well
4. Where can I get help for sleeping problems?

### How much sleep do I need each night?

Everyone needs different amounts of sleep, but on average, adults need between seven and nine hours of sleep. We need the same amount of sleep as we get older, but we are less able to stay asleep as we age.

### What is insomnia?

Most of us have trouble sleeping from time to time, especially if we're feeling stressed or anxious. However, if you frequently feel tired throughout the day, a lack of sleep could be a problem.

The main symptoms of insomnia are:

- difficulty falling asleep
- waking up in the night
- waking up early in the morning
- feeling tired, irritable and having trouble concentrating during the day.

Insomnia is more common in women than men and tends to increase with age.

It can also be triggered by a stressful event, anxiety, health problems and some medications.

### How can insomnia affect me?

While the occasional bad night's sleep is unlikely to affect you too much, insomnia can have a huge impact on your daily life.

Lack of sleep is associated with poor performance at work, and it can affect your mood, causing problems within your relationships. Poor sleep can also affect your



appetite, making you more likely to crave unhealthy foods and gain weight.

Regular poor sleep can lead to a higher risk of some health conditions, such as heart disease and diabetes. It can also affect your mental wellbeing, causing conditions such as depression and anxiety.

Sleep deprivation can lead to accidents and injuries and can also affect memory, because sleep cycles give your brain a chance to consolidate memories.

For all these reasons, it's important to talk to your GP if you're not getting the sleep you need.

### Keep your sleep patterns regular



Try to go to bed and get up at the same time each day. Ideally, you should be getting 7 to 8 hours of sleep a night.

If you struggle with your sleep, avoid lying in.

It's tempting when you're tired, but a lie in can mess with your body clock and make it harder to sleep the following night.

### Be active in the day

Try to tire yourself out by being physically active during the day. For some people, that means getting plenty of exercise, and for some that means pottering around the garden or walking to the local corner shop.

Spending time outside in the sun or sitting by a sunny window can also make you feel more tired when it comes to bedtime.



### Make bedtime feel like bedtime

You can make your brain feel like it's time to shut down by having some sort of evening ritual.

This is totally personal so try out some different things before you settle on what's right for you. You could try reading a book, having a bath, or doing some gentle stretching.

Once you're in bed, try not to look at your phone or tablet and avoid watching TV if possible.

That's because LED light from digital screens may prevent the brain from releasing the sleep hormone melatonin.

### Nap smart



If you feel like having a nap in the day, limit it to 30 minutes.

A quick nap can help with your alertness later in the day, but any longer and you risk not getting a good sleep at night.

### Watch what you eat and drink

Eating a heavy meal late at night can make it harder for you to get to sleep. Lighter meals earlier in the evening are ideal. A good rule of thumb is to eat dinner at least 3 hours before you go to bed.

Drinking coffee after lunch can mean you're too caffeinated to get to sleep, so it's good to stop as early as possible.

Alcohol affects your sleep too, so if you're used to unwinding with a glass of wine in the evening, why not





try cutting down for a bit and seeing if it makes a difference to your sleep?

### Make your bedroom a haven

Your bedroom should be a calm, relaxing environment to help you drift off. Fresh, clean bedding can help you feel cosy and sleepy, and you should have the right amount



of pillows to support your neck.

The ideal bedroom temperature is 18°C.

If you're struggling to heat your house because you're worried about your heating bills, see our tips to save money on your energy bills. In the meantime,

you could get a hot water bottle or a microwave heaty bag, or snuggle up in some fluffy socks.

A dark, quiet bedroom is also best for an unbroken sleep. If your bedroom is noisy, try using earplugs. If it's too bright, you could install some blackout blinds or curtains, or buy an eye mask.

### Don't lie awake if you can't sleep

Despite doing everything right, you still might wake up in the middle of the night and struggle to nod off again. If that happens, wait it out for 20 minutes. If you're still wide awake, get up and go into another room.

Find something relaxing to do like reading or listening to the radio – try to avoid any activities that are too involved, like housework or watching TV, as these can both wake you up too much. After 20 minutes, go back to bed and see if you can fall asleep again. If not, repeat the process.



## Top tips for sleeping well

Experts agree that practising good 'sleep hygiene' can make an important contribution to getting a good night's sleep. This is just another way of saying that you need to get into good habits:







- Go to bed and get up at the same time every day.
- Avoid lying in.
- Establish a bedtime routine – relax by reading a book or having a bath.
- Make sure that your bed and bedding are comfortable.
- Avoid caffeine, nicotine and alcohol in the evening.
- Don't eat a heavy meal late at night.
- Avoid exercise in the evening.
- Keep your bedroom cool and dark – the ideal bedroom temperature is 18°C.
- Ban TV and computers from the bedroom – the bright light can make you more awake.
- Try to avoid napping during the day. If you do enjoy a daytime nap, schedule this for roughly the same time each day.





# Paris Olympics 2024

The Olympics Games have FINISHED...

	Country	 Gold	 Silver	 Bronze	 Total
1	 <b>United States</b>	40	44	42	126
2	 <b>China</b>	40	27	24	91
3	 <b>Japan</b>	20	12	13	45
4	 <b>Australia</b>	18	19	16	53
5	 <b>France</b>	16	26	22	64
6	 <b>Netherlands</b>	15	7	12	34
7	 <b>Great Britain</b>	14	22	29	65

Great Britain had a strong showing at the 2024 Paris Olympics, finishing in seventh place overall with a total of **65** medals: 14 gold, 22 silver, and 29 bronze.

## Here are some highlights:

**Rowing:** Team GB excelled with three golds, two silvers, and three bronzes. Notable wins included Emily Craig and Imogen Grant in the lightweight women's double sculls and the men's eight team.

**Equestrian:** The eventing team, consisting of Ros Canter, Laura Collett, and Tom McEwen, defended their title from Tokyo 2020. The jumping team also secured gold.

**Cycling:** Katy Marchant, Emma Finucane, and Sophie Capewell won gold in the women's team sprint.

Team GB's athletes have continued to build on their legacy, achieving significant milestones and making the nation proud. **WELL DONE TEAM GB!**



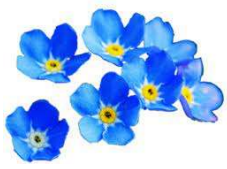
## FORGET ME NOT GARDENING TIPS

This month I received feedback from one of our Forget Me Not clients. Tom thought gardening tips would be a good idea for the newsletter. I couldn't agree more 😊 I thought this was a fantastic idea! .... Plus, I could also learn some tips for my own garden; I am new to the gardening world 😊.

From the month of October there will be a section dedicated to gardening tips for each month, plus, if anyone have any great tips and tricks I can use for the page please let the team know and they will feed back to either myself or Lee.

With this new page coming, I was also wondering if you managed to sow your Forget Me Not seeds that were issued with our first issue back in March; if so, we would love to see your works of art and I can display them in our October Newsletter.





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# Forget Me Not Team News



Training has still happened even with the busy holiday season in full swing.

Lynne and Karen completed their first aid training and Sara finished her Clinical skills training.



## Forget Me Not Staff

This month we were very lucky to have a night out, this was organised by our fantastic manager Lee. 😊

Some of us had a meal and then cinema and others had a meal and then went to an escape room.



Everyone had a fantastic time. On behalf of all the staff, we want to *Thank you Lee* for organizing these events and being an overall fantastic manager! You look after us all!

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Forget Me Not Newsletter Issue 7 – September 2024

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