



October 2025

Forget Me Not Home Care

NEWSLETTER

Welcome to Our



Hello, October!

The air is getting crisp, the leaves are turning, and the scents of cinnamon and spiced cider are everywhere. It's officially the start of cozy season, and we're ready to embrace everything this month has to offer.

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 team

We hope you enjoy reading!

The Forget Me Not Team



October 2025

As the natural world shifts into stunning shades of gold and amber, October arrives to remind us of the beauty in change. Take a moment to breathe in the crisp autumn air and prepare for a month of transformation.

Whether you're strolling through falling leaves or reminiscing by the fireside, remember: every moment is a treasure worth cherishing.

CLOCKS GO BACK!

At 2am on 26th October the clocks move back 1 hour ... don't forget to make sure your clocks are changed.

Ask our team to support you with this.

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

Contact us on:

01529 417791

forgetmenothomecare@hotmail.com

www.forgetmenothomecare.co.uk

Useful Contacts:

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01775 724 974

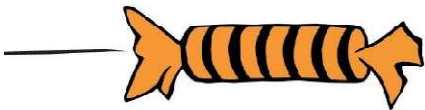
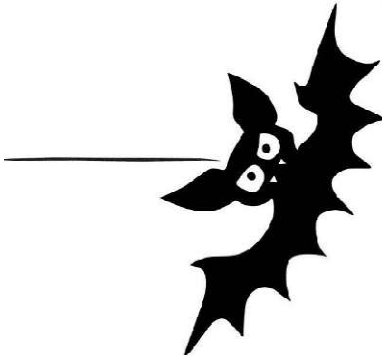
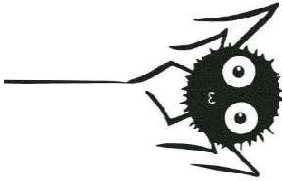
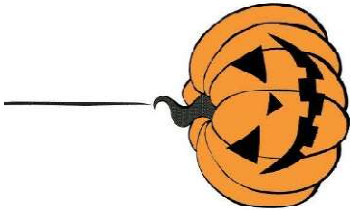
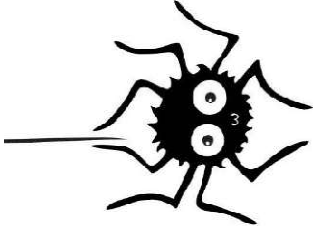
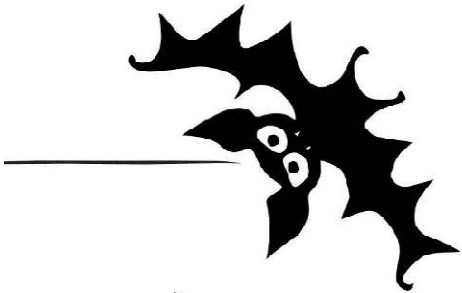
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OCTOBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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			



National Months

Here is a breakdown of some key October awareness initiatives in the UK:

- **Black History Month** in the UK, held every October, honours the heritage, achievements, and resilience of African and Caribbean communities through nationwide events like talks and exhibitions, promoting education and anti-racism. Adapted from the US in 1987 amid London's anti-racism efforts, it spotlights contributions from the Windrush era to contemporary figures in arts, politics, and sports, timed for school alignment. The 2025 theme, "Standing Firm in Power and Pride"
- **Breast Cancer Awareness Month**, observed every October, is an annual international health campaign organised by major breast cancer charities to increase public understanding of the disease, promote early detection through screening, and reduce risk factors. This vital initiative educates communities on symptoms and prevention while raising funds for research and support services, ultimately aiming to save lives by encouraging proactive health measures.
- October is **Down Syndrome Awareness Month**, a dedicated time to celebrate the unique abilities and accomplishments of individuals with Down syndrome while raising public awareness about the condition and advocating for greater acceptance and inclusion in society. Established to highlight the strengths and potential of people with Down syndrome, this annual observance encourages communities worldwide to promote education, shatter



stereotypes, and foster supportive environments that empower those affected.

- October is also **ADHD Awareness Month**, a dedicated time each year to raise public understanding of Attention-Deficit/Hyperactivity Disorder (ADHD), a neurodevelopmental condition that affects how the brain regulates attention, impulses, and activity levels. Led by coalitions including CHADD and the CDC, the month focuses on correcting misconceptions, sharing reliable resources, and highlighting the diverse experiences of individuals across all ages and backgrounds. For 2025, the theme "The Many Faces of ADHD" emphasises the unique strengths and challenges faced by those with the disorder, promoting empathy, support, and access to effective strategies in schools, workplaces, and communities.
- **National Cholesterol Month**, observed annually in October in the UK, is a campaign led by the charity Heart UK to raise awareness about the critical role cholesterol plays in heart health. High cholesterol affects around seven million people in the country and contributes to one in four premature deaths, making proactive management essential for preventing cardiovascular diseases. During the month, resources, advice, and tools are provided to help individuals understand their cholesterol levels, adopt healthier lifestyles, and make informed decisions—such as incorporating more fiber-rich foods and regular exercise—to lower risks. By empowering communities to "know their numbers" and take simple, sustainable steps, the initiative aims to drive down the incidence of cholesterol-related illnesses nationwide.



- **Menopause Awareness Month** in the UK, held every October, serves as a vital platform to educate and empower women navigating the physical, emotional, and hormonal changes of menopause, with World Menopause Day observed annually on the 18th. In 2025, the theme emphasises "lifestyle medicine," highlighting how nutrition, exercise, and holistic practices can alleviate symptoms like hot flashes, mood swings, and fatigue, while promoting access to treatments such as hormone replacement therapy (HRT). This annual campaign breaks longstanding taboos, fosters workplace support, and encourages open conversations to improve women's health and well-being during this life stage.

- **Speak Up Month** is an annual UK campaign held every October, organised by the National Guardian's Office to raise awareness of the Freedom to Speak Up initiative, which empowers individuals—especially in the NHS and public sectors—to voice concerns about patient safety, wrongdoing, or poor practice without fear of retaliation. The 2024 edition adopted the theme "Listen Up," highlighting the critical role of active listening in building trust and encouraging open dialogue to normalise whistleblowing as everyday business. This initiative fosters a culture of transparency and accountability, ultimately aiming to improve services and protect vulnerable people across organisations.

Awareness Weeks and Days

- **Baby Loss Awareness Week** is an annual UK-based initiative held from October 9 to 15, dedicated to raising awareness about pregnancy and baby loss, breaking the silence surrounding these



experiences, and providing a supportive space for bereaved families to remember their children. Organized by charities such as Tommy's, the Miscarriage Association, and Sands, the event encourages communities to come together through events, storytelling, and remembrance activities to honor the lives of babies lost too soon and foster greater understanding and empathy. In 2025, it falls just weeks from now, offering a poignant opportunity for global solidarity on this deeply personal topic.

- Back Care Awareness Week is an annual UK campaign led by the BackCare charity to raise awareness of back pain prevention, management, and the vital role of spinal health in everyday life. Taking place from October 7 to 12 in 2025, the event provides resources, expert advice, and community activities focused on practical strategies like improving posture, incorporating exercise, and addressing early symptoms to help reduce the widespread impact of back issues, which affect nearly everyone at some point.
- World Mental Health Day, observed annually on October 10, serves as a global platform to raise awareness about mental health issues, combat stigma, and advocate for better support systems. In the United Kingdom, organizations like Mind and Mental Health UK actively participate by hosting events, sharing resources, and promoting conversations around mental wellbeing. For 2025, falling on a Friday, the official theme set by the World Federation for Mental Health and the World Health Organization is "Access to Services: Mental Health in Catastrophes and Emergencies,"



Local events this October

- **T.E Lawrence Exhibition - Navigation House, Navigation Yard NG34 7TW**

3 October at 10:00 am - 2:00 pm

Lawrence once served as an aircraftman under the name T.E Shaw at Cranwell between 1925 & 1926. Dedicated to his life post war, come and learn more about the man affectionately referred to as 'Lawrence of Arabia'.

- **Traditional Milling Day - Cogglesford Watermill**

12 October at 12:00 pm - 3:30 pm

Join Cogglesford Watermill on the second Sunday of every month. See the whole mill in action as staff and volunteers work the machinery to grind flour. A great Living History lesson all ages will enjoy!

Light refreshments are also available.

Gift Shop/Cafe area is dog friendly, please use the entrance to the rear of the building.

- **Harvest Mouse Safari - Doddington Hall**

15 October at 10:00 am - 12:30 pm - £30

Learn all about these charismatic small mammals and join Ranger Heather on a hunt for their tiny woven nests.



October 2025

Explore the long grasses and woolly vegetation of [Wilder Doddington](#) for the sights and signs of harvest mice as you dive into their world and learn all about their incredible building skills, life cycle and the problems they face in the modern world. Stepping off the beaten path of Wilder Doddington with Ranger Heather, you can explore the world of these tiny mice and learn about Wilder Doddington and our efforts to increase habitats for a range of different species. By the time we carry out our search the nests will be empty and won't be used again, so there is no risk to the mice. Your search will also be a valuable contribution to the British Mammal Society's [National Harvest Mouse Survey](#).

No prior experience is needed, just a pair of eagle eyes as they are masters of disguise! A walking stick, if you have one, can be useful for searching.



October 2025



Halloween

31st October – Friday

There will be ghosts and ghouls wandering the streets and I am sure all sorts of other types of creatures.

You all must ensure you have a good stash of sweet treats for those that will be trick or treating this Halloween.

More to follow in next months newsletter.

Are you carving a pumpkin this year? Lets see what you have made!





Other regular events

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

Folkingham Pop in – at the village hall in Folkingham for coffee, cake games and lots of chat. This is held every Monday from 10am.

Billingborough Coffee Morning – Held at the village hall in Billingborough each Wednesday from 10am. This is for a good catch up coffee/tea and cakes! Also the first Wednesday every month there is soup and sherry Worth trying!

Horbling Coffee 10:30am – every Wednesday at the Horbling St Andrew's Church for coffee morning and catch up.

Gosberton Church Hall Coffee Morning - Starts at 10am until Noon in Gosberton Church Hall (behind the Church).

Heckington Church Afternoon Tea for all on the last Saturday morning of each month 10am.

Gosberton Church Hall Wednesday Coffee Morning

Starts at 10am until Noon in Gosberton Church Hall (behind the Church).



Wellbeing Walks



North Kesteven

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 3QI

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 5JT
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 0JU
Whisby, 10.30am - Whisby Nature Park, Natural World Centre, Moor Lane, LN6 9BW



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At your own pace and suitable for all abilities

Friendship, fresh air and fitness



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W: lincolnshire.coop/wellbeing-walks

**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
Repairs are available, email
sleafordcan@gmail.com or Call 07962360581

NKDC Community Awards Finalist 2024

More Repairers Needed TOO!



October 2025

Training

This month we gathered to complete some diabetes training.

At our company, we truly cherish the opportunity to invest in our team's growth through regular

training sessions—it's one of those rare perks that sparks genuine excitement and camaraderie among us all. This month's diabetes



awareness training was a standout, blending insightful expert-led discussions with practical takeaways that not only empowered our colleagues but also fostered meaningful

conversations about health and wellness. Moments like these remind us why we love showing up, learning together, and emerging stronger as a unit.





October 2025

Baby Rochford Update.



Baby Rochford is growing well and on the most recent scan on 23rd September, she was weighing an estimated 5.5lb and roughly 2 weeks ahead of average. So, she may be early or just a big ol' girl.

Lee is busy nesting at home and had the last week of September/ beginning of October off as a quick rest before

.....



Sara's September Superstition -

There are many superstitions in October but here are some of my favourites

Conkers:

Carrying a conker (a horse chestnut) is thought to help alleviate headaches and joint pain.

Falling Leaves:

If you catch a dozen falling leaves on a windy autumn day, you're in for a lucky year.

October Effect: Some investors are superstitious about October because of historical stock market crashes, such as the Panic of 1907 and the Black Monday crash of 1987, earning it the nickname the "Mark Twain Theory".



Recipe

Chicken, leek & mushroom pies

- 50g [butter](#)
- 3 [leeks](#) - washed and finely sliced
- 1 [thyme sprig](#)
- 100g [button mushrooms](#) - sliced
- 20g [dried porcini mushrooms](#) - roughly crumbled
- 6 [skinless and boneless chicken](#) - thighs, cut into chunks
- 30g [flour](#)
- splash of white wine
- 300ml chicken stock
- 100ml [double cream](#)
- ½ [lemon](#) - juiced
- 1 quantity pie pastry



Method

- **step 1**

Heat the butter in a shallow pan and gently cook the leeks with the thyme for 8 mins, or until soft. Add both types of mushrooms and cook for 5 mins more, then turn up the heat a little, add the chicken and stir until the chicken starts to brown. Scatter over the flour and stir to make a paste and continue to cook for 2 mins.

- **step 2**

Splash in the wine, if using, and sizzle for 1 min, stirring, then pour in the stock, cream and lemon juice, season and simmer for 10 mins until the chicken is cooked through. Leave to cool, then pop in the fridge to chill. *Can be made up to two days ahead.* Assemble the pies as directed in Tom's [pie pastry recipe](#), decorating the tops with any trimmings, if you like.



Mini dark chocolate, blackberry & bay pavlovas

For the meringue

- 80g [dark chocolate](#) - chopped
- 220g [caster sugar](#)
- ½ tsp cream of tartar
- 1 tsp cornflour
- 4 [medium egg whites](#)

For the blackberries

- 450g [blackberries](#)
- 1½ tbsp [caster sugar](#)
- 2 fresh bay leaves

For the yogurt-spiked cream

- 300ml [double cream](#)
- 150g [natural yogurt](#)

Method

• step 1

To make the meringue, melt the chocolate in a heatproof bowl over a pan of simmering water, or in quick bursts in the microwave. Allow to cool. Mix together the sugar, cream of tartar and cornflour.

• step 2

Put the egg whites in a [stand mixer](#) or a metal or ceramic bowl. Using an electric [whisk](#), whisk on a low-medium speed for a few mins until stiff peaks form, then slowly start to add in the sugar mixture, 1½ tbsp at a time, whisking between each addition until the sugar has dissolved and is well incorporated into the meringue. Once you have a thick, glossy meringue that holds its shape on the whisk, pour over the melted chocolate and swirl it in so you have a rippled meringue – avoid overmixing to retain the swirl effect.

• step 3

Heat the oven to 120C/100C fan/gas ½ and use a little of the meringue mix from the whisk to stick some baking parchment to two baking sheets, then dollop on little mounds of meringue, or, if you



prefer, make a nest shape by flattening the meringue down with the back of a spoon. Bake the meringues for 1 hr 10 mins until crisp and pulling away from the parchment. Leave to sit in the oven until completely cool.

- **step 4**

Meanwhile, weigh out 150g of the blackberries and put in a non-reactive pan (such as stainless steel) with the sugar and bay leaves. Cook over a gentle heat for a few mins, stirring so that the blackberries start to break down into a loose compote and release their juice. Leave the mixture to cool, then stir through the remaining blackberries. Set aside.

- **step 5**

Whip the cream until soft peaks form, then fold through the natural yogurt. Swirl through a couple of spoonful's of the blackberry and bay juices so you have a ripple effect. Add a spoonful of the cream mixture to each meringue and spoon over the blackberries and their juices. Discard the bay leaves. Best eaten on the day of baking.



October 25 Pub Quiz

- 1) Which popular children's TV series, first aired on ITV in 1984, was based on the books of the Reverend W Awdry
- 2) Born in 1923, which sportscaster and journalist was the voice of Formula 1 motor racing on television, from 1976 through to 2001?
- 3) The Siege of Sevastopol began in 1854 during which war?
- 4) Which Argentine marxist revolutionary was executed in October 1967 for inciting revolution in Bolivia?
- 5) Founded in October 1804, Hobart is the capital of which state of Australia?
- 6) What was significant about the opening of the Dublin and Kingstown Railway in 1834?
- 7) In 1981 President Francois Mitterrand abolished capital punishment in which country?
- 8) Born in Oct 1931, Tony Booth was best known for his role in 'Til Death Us Do Part', but who was his famous son-in-law?
- 9) In October 1846 Triton, the largest moon of which planet, was discovered by astronomer William Lassell
- 10) Britain's worst nuclear accident happened in 1957 at which nuclear facility?

Answers next month



October 2025

October 25 Puzzle



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

BIG BEN
BURJ KHALIFA
CN TOWER
COLOSSEUM
EIFFEL TOWER
EMPIRE STATE
FORBIDDEN CITY
GREAT PYRAMID
HAGIA SOPHIA
KREMLIN
LEANING TOWER



Famous Buildings

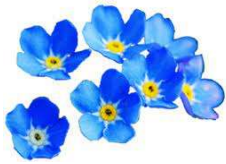
Word Search



LOUVRE
NOTRE-DAME
PARTHENON
PETRONAS TOWERS
REICHSTAG
SAGRADA FAMILIA
SPACE NEEDLE
TAJ MAHAL

WHITE HOUSE
WILLIS TOWER





October 25 Codeword

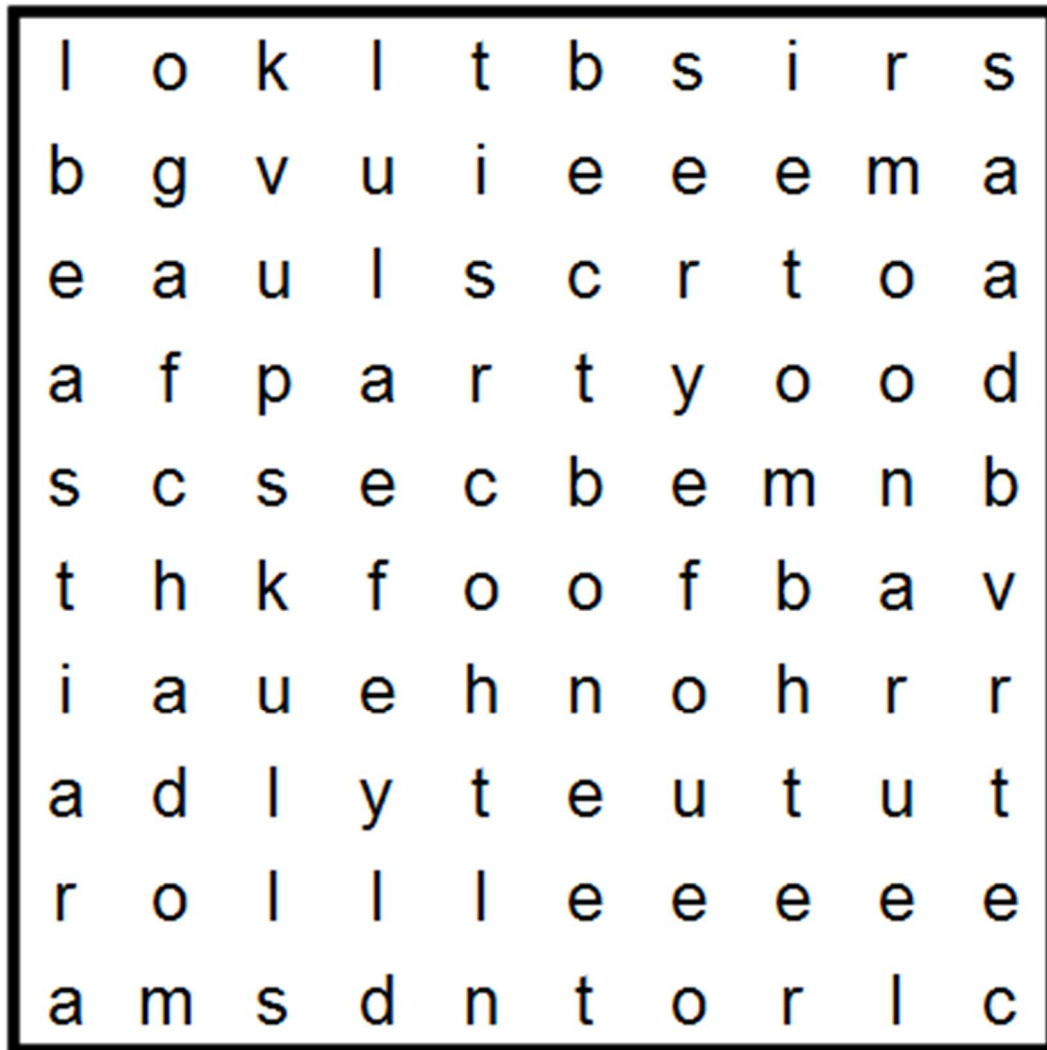
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5		16		5				24				23		25
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24		23		5		9		5		14		14		8
4	6	3	3	24	26	6	14	25		16	15	5	8	23

ABCDEF GHIJKLM
NOPQRST UVWXYZ

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



October 25 Puzzle



Word List

See if you can find the Halloween related words in our word search.

Beast

Bone

Moon

Party

Skull

Tomb



October 25 Puzzle

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?

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





September answers to the puzzles.

From page 25

Across:

3. Vegetable you can carve: PUMPKIN
4. Something people wear during autumn: SWEATERS
5. A little cold: CHILLY
6. Fruit of the oak tree: ACORN
7. Popular fall sport: FOOTBALL
8. Use one of these to tidy up fallen leaves: RAKE
9. The way trees look during autumn: BARE

Down:

1. A small rodent: SQUIRREL
2. A crisp red fruit: APPLE
3. The first Monday in September: LABORDAY
4. Where do children go in the fall?: SCHOOL
5. A drink you can make from apples: CIDER
6. Another autumn month: NOVEMBER



September 25 answers from page 27

Answers

1) What was the playwright
Shakespeare's first name?

William

2) On a standard UK Monopoly board,
which is the most expensive location?

Mayfair

3) Who is King Charles III's sister?

Princess Anne

4) Which US state is biggest by
population?

California

5) What position did footballer Peter
Schmeichel play for Manchester
United?

Goalkeeper

6) Complete the title of this George
Orwell novel "Nineteen Eighty ...?"

Four

7) Which 'C' is a place where people
are buried after death?

Cemetery

8) Which city is the capital city of
Spain?

Madrid



September 25 answers from page 28

Back to School Scramble

SOLUTION

IRCAH	CHAIR	CRTOLUALCA	CALCULATOR
FGAL	FLAG	RRAMEK	MARKER
BKOENOTO	NOTEBOOK	KACKCBAP	BACKPACK
CDLNARAE	CALENDAR	ROSSSICS	SCISSORS
REEARS	ERASER	CKALH	CHALK
LSARTPE	STAPLER	OLCKC	CLOCK
EGLU	GLUE	CATEEHR	TEACHER
IRFLEAAMR	FIRE ALARM	MSOACPS	COMPASS
CNLEPI	PENCIL	ENDUSTT	STUDENT
KSED	DESK	GLEBO	GLOBE
OASOCBEK	BOOKCASE	NIBDRE	BINDER
TXOKBTOE	TEXTBOOK	APPRE	PAPER



September 25 answers from page 29

12 J	5 U	3 M	4 B	16 L	24 E	1 D		4 B	23 A	3 M	4 B	15 I	8 N	26 O
23 A		23 A		5 U		23 A		15 I		24 E		6 R		13 V
11 C	26 O	6 R	18 K	20 S	11 C	6 R	24 E	25 W		23 A	3 M	23 A	17 Z	24 E
18 K		20 S		21 H		18 K		24 E		8 N		9 Q		6 R
23 A	9 Q	5 U	23 A		4 B	24 E	8 N	24 E	10 F	15 I	11 C	15 I	23 A	16 L
20 S		7 P		5 U		8 N		18 K		8 N				23 A
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3 M	5 U	16 L	22 T	15 I	3 M	24 E	1 D	15 I	23 A		17 Z	24 E	6 R	26 O
24 E		23 A		24 E		20 S		2 G		11 C		20 S		16 L
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16 L	24 E	14 X	15 I	11 C	26 O	8 N		25 W	21 H	24 E	6 R	24 E	4 B	19 Y



October 2025

September 25 answers from page 30

EASY SUDOKU #2

SOLUTION

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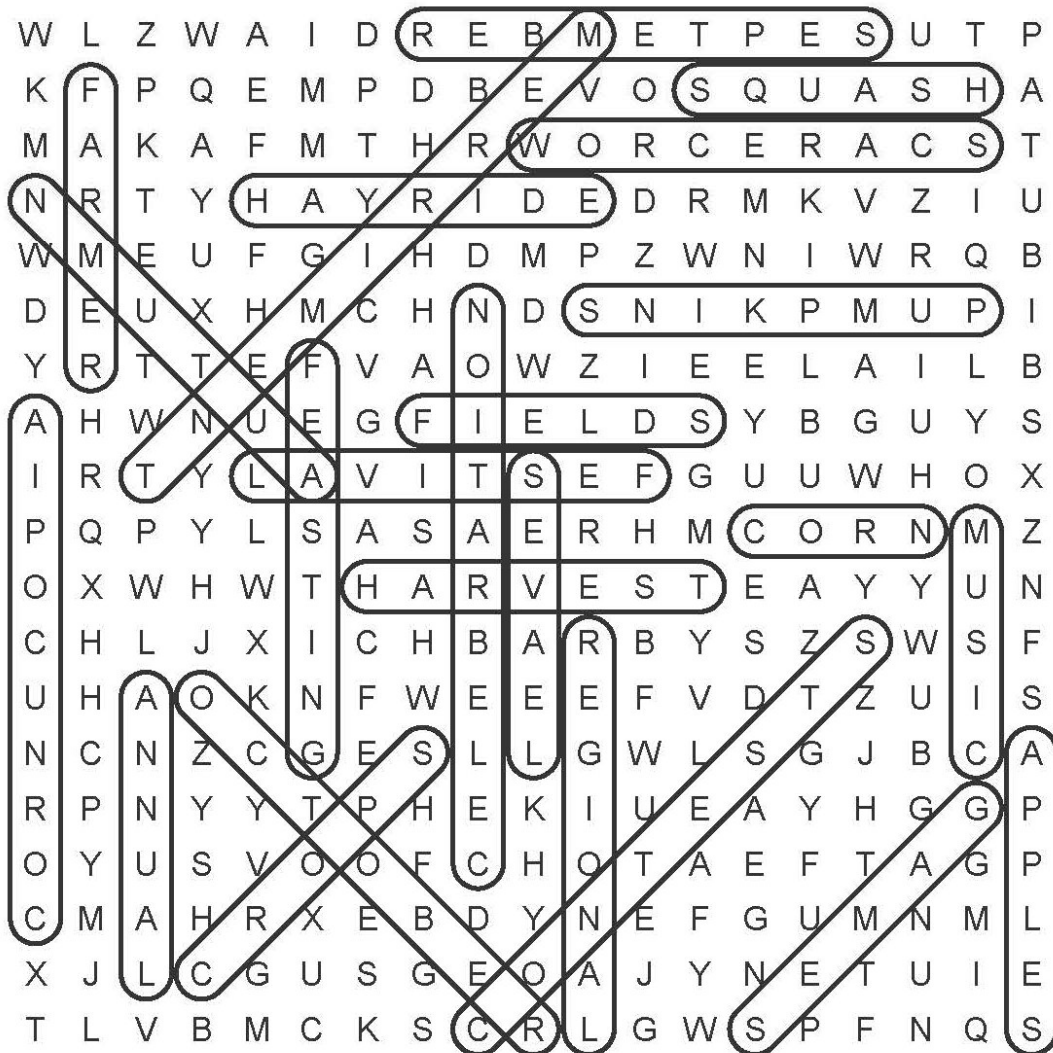


September 25 answers from page 31

Harvest festival

Word Search

SOLUTION





October 2025

The Forget Me Not Home Care Team

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

Writer & Editor: Sara Paton and Lee Rochford

Proofreader: Christina Anderson