



April 2026
Issue

Forget Me Not Home Care

NEWSLETTER



Welcome to April!

As the fourth month of the year begins, it brings a renewed sense of energy, growth, and change. With spring now well underway, the days are becoming longer and brighter, and we start to see more colour returning to gardens, parks, and outdoor spaces.

April is often associated with new beginnings. Flowers begin to bloom, trees regain their leaves, and wildlife becomes more active, all reflecting the shift into a lighter and more vibrant season. The well-known saying “April showers bring May flowers” highlights the important role this month plays in preparing for the weeks ahead.

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.

Inspected and rated

Outstanding 



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



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Did you know that the name April comes from the Latin word *aperire*, meaning “to open”? This links closely to the opening of buds and blossoms at this time of year. In the ancient Roman calendar, April was dedicated to **Venus**, the goddess of love and beauty, further connecting the month with themes of growth and renewal.

April is also a month full of tradition and seasonal moments. From Easter celebrations and community events to awareness campaigns and national days, there are many opportunities to reflect, take part, and connect with others.

As we move through the month, the lighter evenings and milder weather offer a gentle reminder to enjoy the outdoors, embrace small changes, and take time for wellbeing in everyday life.

This month brings a range of awareness events, important dates, and opportunities to get involved, all of which we have highlighted below.

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

Contact us on:

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Spalding, Lincs, PE11 3UF

CallConnect Bus Service:

0345 234 3344

Lincsbus.info



Staff update.



Chantelle's maternity leave

Chantelle had initially planned to return to work around March/April. However, she is thoroughly enjoying her time as a new mum and has chosen to extend her maternity leave to spend more precious time with Ivy.

We are delighted she is able to enjoy this special period and look forward to welcoming her back when she is ready.

Welcome back, Kali

We are pleased to share that Kali has returned from his holiday and is back supporting our wonderful clients.

It is great to have him back as part of the team.

Training & development

This month, Sara delivered a Falls Prevention training session for both our team and colleagues at The Old Hall. These sessions are vital in helping us continue to provide safe, high-quality care.



Looking ahead, we have an Infection Prevention training session scheduled for: 23rd April, The Old Hall, 9:00am | 2:00pm | 7:00pm.

Families are very welcome to attend, so please feel free to join us at a time that suits you.



Our CQC Report – Rated Outstanding

We are incredibly proud to share that following our latest inspection, Forget Me Not Home Care has been awarded an **Outstanding** rating by the Care Quality Commission (CQC).

This is the highest rating a care provider can achieve and reflects the dedication, compassion, and professionalism shown by our entire team.

Inspected and rated

Outstanding 



What this means

The CQC assesses services across key areas including safety, effectiveness, care, responsiveness, and leadership.

In our most recent report, Forget Me Not Home Care was recognised as **Outstanding in Caring and Well-led**, with **Responsive improving from Good to Outstanding**.

Care at the heart of everything we do

The report highlights our focus on delivering person-centred care. Every individual we support is treated with dignity and respect, with care tailored to their needs, preferences, and routines.

Building meaningful relationships remains central to our approach, supporting wellbeing, independence, and quality of life.

A shared achievement

This recognition belongs to our entire team. From care staff in the community to those working behind the scenes, every role contributes to the high standards of which we are so proud.

We also thank our clients and their families for their continued trust and support.

Looking ahead

While we are proud of this achievement, our focus remains on continuing to improve and provide the highest standard of care possible.

This Outstanding rating reflects the values we will continue to uphold every day.



Awareness dates

Stress Awareness Month

April marks Stress Awareness Month, a time to gently pause and think about how stress affects us in our day to day lives.

We all experience stress in different ways. Sometimes it builds quietly over time, and other times it can feel overwhelming without much warning. This month offers an opportunity to better understand those feelings and find small, manageable ways to look after ourselves.

This year's theme is #BeTheChange. Rather than simply recognising stress, the focus is on making small, meaningful changes that support our wellbeing, whilst also being mindful of those around us.

This might include recognising early signs of stress or burnout, taking small steps each day to support your mental and emotional wellbeing, or feeling more comfortable talking about how you feel.

There is no single approach that works for everyone. For some, it may be a short walk, a quiet cup of tea, or simply taking a moment to slow down. Even the smallest changes can make a difference over time.

World Autism Acceptance Month

April is also World Autism Acceptance Month, which focuses on creating a more understanding and inclusive society for autistic people.

In recent years, there has been an important shift from simply raising awareness to encouraging true acceptance. This means taking the time to understand different experiences and making everyday changes that help people feel included and supported.





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Across the country, communities come together through events, conversations, and shared experiences. These moments help to build understanding and remind us of the importance of kindness, patience, and respect.

Many organisations also provide helpful guidance for families, workplaces, and schools, making it easier to offer the right support in day to day life.

For many autistic individuals, challenges can still exist in areas such as education, employment, and social situations. This month is an opportunity for all of us to reflect on how we can play a part in making things more inclusive and supportive.

National Pet Month

From 1 April to early May, National Pet Month celebrates the joy and companionship that pets bring into our lives.

For many people, pets are more than just animals. They are part of the family. They provide comfort, routine, and often a sense of purpose, especially during quieter or more difficult times.



This month is also a reminder of the importance of caring for them properly. This includes ensuring they have the right food, a safe and comfortable environment, and the companionship they need to thrive.

It is also a time when many people choose to support local animal charities or simply share stories and photos of their pets, celebrating the happiness they bring.



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MS Awareness Week (20 April to 26 April 2026)

MS Awareness Week shines a light on multiple sclerosis and the often unseen challenges faced by those living with the condition.

MS can affect people in very different ways. Whilst some symptoms may be visible, others, such as fatigue, pain, or difficulties with memory and concentration, are not always obvious to those around them.

This week is about building understanding. By learning more about these less visible symptoms, we can all become more patient, supportive, and aware of what others may be experiencing.

It is also a time when individuals share their personal experiences, helping others feel less alone and encouraging more open, informed conversations.

Special Dates and Moments in April

April is filled with a variety of important dates, cultural moments, and lighter occasions.

1 April – April Fool’s Day

A light hearted tradition that brings a bit of humour to the start of the month, often through gentle jokes and pranks. It has been celebrated for centuries, although its exact origins are still unclear.

1 to 9 April – Passover

An important Jewish festival remembering the story of the Exodus, marked through meaningful traditions and time spent with family. It is one of the most widely observed Jewish holidays across the world.

2 April – World Autism Awareness Day

A day that continues the conversation around autism, with a growing focus on acceptance, understanding, and inclusion. It was established by the United Nations in 2007.



3 April – Good Friday (Bank Holiday)

A significant day in the Christian calendar, marking part of Holy Week. It commemorates the crucifixion of Jesus Christ and is observed by many through reflection and church services.

5 April – Easter Sunday

A time of hope and reflection, often spent with loved ones. It celebrates the resurrection of Jesus Christ and is considered the most important day in the Christian calendar.

6 April – Easter Monday (Bank Holiday)

A chance to rest, spend time with family, and enjoy the long weekend. It has been recognised as a public holiday in the United Kingdom for many years.

7 April – World Health Day

A reminder of the importance of both physical and mental wellbeing. It marks the founding of the World Health Organization in 1948.

7 April – National Beer Day

A more light hearted occasion, often enjoyed socially and in moderation. It recognises the Cullen–Harrison Act of 1933, which allowed the sale of beer again in the United States.

10 April – Siblings Day

A chance to appreciate the unique bond between brothers and sisters. Although not officially recognised in the United Kingdom, it is widely celebrated in many countries.

11 April – World Parkinson’s Day

A day to raise awareness of Parkinson’s and recognise those living with the condition. It marks the birthday of Dr James Parkinson, who first described the condition, and the red tulip symbolises hope and progress.



15 April – World Art Day

Celebrating creativity and the ways art can bring people together and support wellbeing. The date honours the birthday of Leonardo da Vinci, a symbol of artistic and intellectual expression.

21 April – National Tea Day

A lovely excuse to pause and enjoy a cup of tea, one of life's simple comforts. It celebrates the United Kingdom's long-standing love of tea and its place in everyday life.

22 April – Earth Day

Encouraging small, positive actions to care for our environment. First celebrated in 1970, it is now recognised worldwide.

22 April – Stephen Lawrence Day

A day that remembers the life of Stephen Lawrence and raises awareness of the impact of racism. It encourages reflection, education, and open conversations about equality, while inspiring individuals and communities to stand up for fairness, respect, and inclusion. To create a positive change for future generations.

23 April – St George's Day

Celebrating English heritage and traditions. St George has been recognised as the patron saint of England since the 14th century.

25 April – World Malaria Day

Raising awareness of global efforts to prevent and treat malaria. It was established by the World Health Organization in 2007.

27 April to 3 May – National Gardening Week

A wonderful opportunity to enjoy the outdoors, whether that is gardening, visiting green spaces, or simply spending time in nature. It is organised by the Royal Horticultural Society to encourage people of all ages to get involved.



The Boat Race

The Boat Race will take place on Saturday 4 April 2026 on the River Thames in London. This historic event sees Oxford and Cambridge universities compete in one of the most well-known rowing races in the United Kingdom.

The Women's Boat Race is scheduled for 2:21pm, followed by the Men's Boat Race at 3:21pm.

Key Information

- **Location**

The race takes place along the Championship Course, stretching from Putney to Mortlake along the River Thames.

- **Watching the Race**

The event will be broadcast live on Channel 4, making it easy to watch from home.

- **Community Atmosphere**

For those attending in person, there are public viewing areas along the river with a lively and welcoming atmosphere.

The Boat Race is a long-standing tradition and a highlight of the sporting calendar, bringing people together to enjoy a shared national event.



What's on locally?

April brings a variety of local events across Sleaford and the surrounding villages, with a strong focus on gentle activity, social connection, and seasonal celebrations. Alongside regular wellbeing walks and coffee mornings, there are opportunities to enjoy Easter-themed activities, local markets, and community groups. Many events are free or low-cost and are well suited to older adults, those supported by carers, and anyone looking to stay active and connected within the community.

Wednesday 1st April - Ruskington Wellbeing Walk

Church Bridge by All Saints Church, Ruskington, Lincs, United Kingdom

Join our free and friendly short walk and gain friendship, fresh air and fitness!

Enjoy at your own pace, and suitable for all abilities. For info, contact: T: 01522 544632

Thursday 2nd April – Sleaford Wellbeing Walk

Sleaford Leisure Centre Car Park, Boston Road, Sleaford, Lincs, United Kingdom

Join our free and friendly short walk and gain friendship, fresh air and fitness!

Enjoy at your own pace, and suitable for all abilities. For info, contact: T: 01522 544632

Friday 3rd April – Easter Activities at Navigation House

Navigation House Navigation Yard, United Kingdom

To celebrate Easter, we'd like to invite you to pop into Navigation House and make your own Easter Bonnet and Easter Wreaths with us. The activity is free and suitable for all ages.

Friday 3rd April – Easter Opening

Heckington Windmill Hale Road, Heckington, Sleaford, Lincs, United Kingdom

Delicious cakes in the Miller's House Tea Rooms, with windmill & shop open.

FREE Easter Trail around the grounds for children.



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Saturday 4th April – Sleaford Farmers' Market

Eastgate Car Park

On the first Saturday of each month, Sleaford Farmers' Market is held alongside the regular Market. This brings in more stalls, all laden with local produce.

Sunday 12th April – Traditional Milling Day

Cogglesford Watermill 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!

Monday 20th April – Silk Willoughby Art Group

The Horseshoes London Road, Silk Willoughby, United Kingdom

Silk Willoughby Art Group meet on Mondays at 10am at The Horseshoes Silk Willoughby. New members are welcome so please come along.

Tuesday 28th April – Simply Social Coffee Morning

Silk Willoughby Village Hall School Lane, Silk Willoughby, United Kingdom

Meet at St Denys Church in Silk Willoughby every Tuesday from 10am-12pm for the weekly Simply Social Coffee morning. Tea, coffee and biscuits are included!



Eliza update

Eliza continues to be as gorgeous as ever and, of course, perfect in every way. She is still loving coming into work, although we are now entering a new chapter as teething begins to come into full force.

Growing beautifully, Eliza now weighs **19lb 7oz**, keeping everyone on their toes as she becomes more active, curious, and eager to explore the world around her.



A special milestone this month was attending her very first wedding. Dressed for the occasion, she behaved wonderfully throughout the day and quickly became a favourite among guests, making lots of new friends along the way.

Swimming lessons remain a highlight, where she is always the star of the show. Her personality is really starting to shine through, with plenty of chuckles, silly faces, and a lovely sense of humour developing.

With teething in full swing, she has taken quite a liking to gnawing on raw vegetables to help soothe her gums, which seems to be doing the trick. She continues to thrive with her feeding routine, keeping her energy levels up for all the exploring and entertaining she does throughout the day.





Recipes

One Pan Salmon with Roast Asparagus

Ingredients

- 400g new potatoes, halved if large
- 2 tablespoons olive oil
- 8 asparagus spears, trimmed and halved
- 2 handfuls of cherry tomatoes
- 1 tablespoon balsamic vinegar
- 2 salmon fillets (approximately 140g each)
- A handful of fresh basil leaves



Method

1. Preheat the oven to 220°C (200°C fan, gas mark 7). Place the potatoes in an ovenproof dish with 1 tablespoon of olive oil and roast for 20 minutes, until they begin to turn golden.
2. Add the asparagus to the dish, gently mixing with the potatoes so everything is coated, then return to the oven for a further 15 minutes.
3. Add the cherry tomatoes and balsamic vinegar, then place the salmon fillets amongst the vegetables. Drizzle with the remaining olive oil.
4. Return to the oven for 10 to 15 minutes, or until the salmon is cooked through. Scatter over the fresh basil leaves and serve.



Simnel Cupcakes

Ingredients

- 450g marzipan
- 275g caster sugar
- 150ml sunflower oil
- 50g honey
- 1 teaspoon vanilla extract
- 75g cream cheese
- 4 eggs
- 150g currants
- 75g raisins
- 200g plain flour
- 2 teaspoons baking powder
- 2 teaspoons mixed spice
- Icing sugar (for rolling)
- Edible gold balls (to decorate)



Method

1. Preheat the oven to 180°C (160°C fan, gas mark 4) and line a muffin tray with 12 cases.
Roll out the marzipan with a little icing sugar and cut 12 small discs and 12 larger discs.
2. Beat together the sugar, oil, honey, vanilla and cream cheese until smooth.
Add the eggs, then mix in the currants and raisins. Fold in the flour, baking powder and mixed spice.
3. Spoon a little mixture into each case, add a small marzipan disc, then top with more mixture until three quarters full.
Bake for 25 to 30 minutes until cooked through.
4. While still warm, place a larger marzipan disc on top of each cake and press gently. Decorate with gold balls and leave to cool.



Veggie Roast Yorkshire Pudding Wrap

Ingredients

- 1 red onion, cut into wedges
- 1 small courgette, halved lengthways and cut into 2cm pieces
- ½ red and ½ yellow pepper (or 1 whole pepper), deseeded and cut into chunks
- 8 cherry tomatoes, halved
- 1½ tablespoons extra virgin olive oil
- 100g mozzarella pearls, drained and roughly torn
- 2 tablespoons fresh pesto
- A large handful of fresh basil leaves
- Flaked sea salt and freshly ground black pepper



For the batter

- 2 tablespoons extra virgin olive oil
- 1 free-range egg
- 50g plain flour
- 150ml semi-skimmed milk

Method

1. Preheat the oven to 220°C (200°C fan, gas mark 7). Place the prepared vegetables onto a baking tray, season with salt and pepper, drizzle with olive oil, and toss to coat.
2. Pour the oil for the batter into a 20cm square tin or small roasting tin and place on the top shelf of the oven for 5 minutes to heat. Place the vegetables on the shelf below.
3. Meanwhile, make the batter by whisking together the egg, flour, half the milk, and a pinch of salt until smooth. Gradually add the remaining milk, continuing to whisk.



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4. Carefully remove the hot tin from the oven and pour in the batter. Return to the oven and cook for around 25 minutes, or until well risen and golden.
5. Remove from the oven, spoon over the roasted vegetables, and scatter with mozzarella. Return to the oven for 3 to 5 minutes, until the cheese has melted.
6. Drizzle with pesto, scatter over fresh basil, and season with black pepper. Serve directly from the tin, or roll up and cut in half.



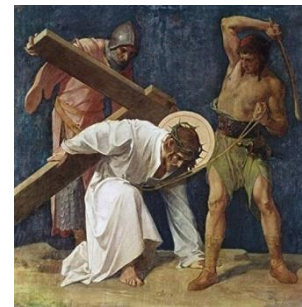
Easter Traditions

Easter is a time of reflection, hope and new beginnings. For many, it marks the arrival of spring, longer days and the chance to come together with loved ones. While Easter is most commonly associated with the Christian faith, different traditions and cultures observe this time of year in meaningful and varied ways.

For Christians, Easter is the most important celebration in the calendar. It marks the resurrection of Jesus Christ, symbolising hope, renewal, and the promise of new life. In the weeks leading up to Easter, known as Lent, many people take time for quiet reflection, prayer or giving something up.



One well-known Christian tradition, particularly within the Catholic Church and some other denominations, is the **Stations of the Cross**. This involves a series of fourteen images or carving displayed around a church, each representing a moment from Jesus' journey to the cross on Good Friday. People move from one station to the next, pausing to reflect and pray. It is a powerful and thoughtful way of remembering the events leading up to Easter.



Across the wider Christian community, Easter is also celebrated in different ways. Some churches hold sunrise services, special hymns or community gatherings. In many homes, traditions such as decorating eggs, sharing chocolate or enjoying a roast dinner have become part of the celebration, blending faith with family customs.

At a similar time of year, other faiths also observe important periods of reflection and community. In Judaism, **Passover** is a time of remembrance and storytelling, centred around family gatherings and shared meals. In Islam, when the holy month of **Ramadan** falls around this season, it is marked by fasting, prayer, and acts of kindness, ending with a joyful celebration.



Sara's Superstitions

April has long been associated with traditions, sayings, and a touch of folklore. Here are a few well-known superstitions linked to the month:

April Fool's Day (1 April)

April Fool's Day is known for light-hearted jokes and playful traditions.

- **A Morning Tradition**

It is often said that jokes should only be played before midday, with anything after that considered bad luck for the prankster.

- **Taking It in Good Spirit**

There is a long-standing belief that enjoying the humour of the day helps keep things positive.

- **"Hunt the Gowk"**

In Scotland, this tradition involved sending people on harmless errands, adding to the fun of the day.

Weather and Seasonal Sayings

Folk traditions often link April weather to the seasons ahead. One well-known saying suggests that April's rainfall helps bring new life and growth in the months to come.

Signs of Spring

The arrival of certain birds, such as the cuckoo, has long been seen as a sign that spring is underway. In folklore, these natural changes were often linked to luck and changing seasons.

Walpurgis Night (30 April)

In parts of Europe, 30 April is traditionally marked with gatherings and bonfires. Historically, these were believed to offer protection and mark the transition into spring.



Calendar



APRIL 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		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			



Month Pub Quiz

Test your knowledge with these April-themed questions...

1. What does *Aperire* mean?
2. On what date do we celebrate the annual tradition of April Fool's Day?
3. Which flower is recognised as the symbol of Parkinson's disease?
4. Which environmental awareness day is celebrated on 22 April?
5. What are April showers said to bring?
6. Which European tradition is celebrated on 30 April?
7. Hearing a ___ bird before a ___ is said to bring bad luck. Can you fill in the blanks?
8. On which day do we traditionally celebrate Easter?
9. Simnel cake is a traditional bake from which country?
10. On which day is it traditional to eat hot cross buns?



Codeword April 26

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

1	2	3	4	5	6	7	8	9	10	11	12	13
			B									

14	15	16	17	18	19	20	21	22	23	24	25	26
				Q				C				

Enter the letter in each circled cell in the order given below to reveal a themed answer:

11A	5J	8L	12G	10I	4K	1B	4I	1C	4D	1I	9I



Crossword April 26

1		2			3	4		5		6		7
				8								
9								10				
11						12						
13		14					15					
						16						
17								18		19		
20						21						
22										23		

Across

- 1 Depressions (4)
- 3 Type of pasta often eaten with cheese (8)
- 9 Insanitary (7)
- 10 Musical speeds (5)
- 11 Roles (anag.) (5)
- 12 Takes into custody (7)
- 13 Accuse; run at (6)
- 15 Selected (6)
- 17 Approve or support (7)
- 18 Complete; absolute (5)
- 20 Well cared for (5)
- 21 Restrain (7)
- 22 White flakes in the hair (8)
- 23 Mineral powder (4)

Down

- 1 Verified again (6-7)
- 2 Fills a suitcase (5)
- 4 Yearly (6)
- 5 Reconsideration; item added later (12)
- 6 Diffusion of molecules through a membrane (7)
- 7 Peculiar or individual (13)
- 8 Cooling device (12)
- 14 Insect body segment (7)
- 16 Trust or faith in (6)
- 19 Leg bone (5)

Unscramble the letters in the shaded squares to reveal a themed word:

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



Sudoku April 26

	6	5			2		7	
		4				3	1	
			3		7			
		6	2	4	9			
	4						2	
			7	3	6	8		
			9		1			
	5	1				2		
	3		6			5	8	



Wordsearch Month 26



BASKET

BIBLE

CHICK

CHOCOLATE

CHRIST

FASTING

FLOWERS

HOT-CROSS BUN

HUNT

LAMB

LENT

PARADE

REBORN

SACRIFICE

SPRING



March 2026 Answers

Pub Quiz (page 24)

Answers

1. Daffodil
2. St. David
3. Finnish
4. Alice's Adventures in Wonderland (by Lewis Carroll)
5. World Hearing Day
6. Aquamarine or bloodstone
7. War
8. Pisces (until March 20) and Aries (March 21 onwards)
9. 15th March
10. Lamb
11. An Iron Curtain
12. 17th march
13. Lady Day

Codeword (page 25)



Keyword: CELEBRATION



Crossword (page 26)

N	E	R	O		S	U	P	P	L	I	E	S
O		E		D		P		A		N		P
N	U	C	L	E	U	S		R	A	D	I	O
A		A		L		E		T		E		N
T	I	P		I		T		I	N	P	U	T
T				B	A	S	I	C		T		A
E		H		E				U		H		N
N		Y		R	E	P	E	L				E
D	O	G	M	A		R		A		C	O	O
A		I		T		I		R		I		U
N	I	E	C	E		S	A	L	U	T	E	S
C		N		L		O		Y		E		L
E	V	E	R	Y	O	N	E		I	D	L	Y

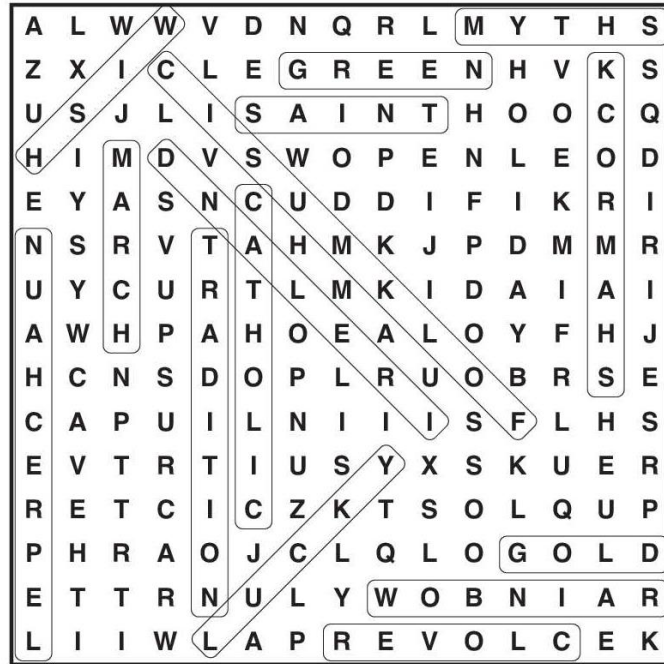
Keyword: SEVENTEENTH

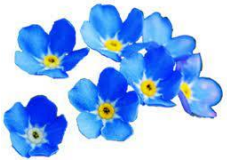
Sudoku (Page 27)

8	9	4	5	6	3	2	1	7
7	6	5	1	2	4	3	8	9
3	2	1	9	8	7	4	6	5
2	5	6	8	7	9	1	3	4
4	1	7	2	3	5	8	9	6
9	8	3	4	1	6	7	5	2
5	7	9	3	4	1	6	2	8
1	4	8	6	5	2	9	7	3
6	3	2	7	9	8	5	4	1



Wordsearch (Page 28)





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The Forget Me Not Home Care Team

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

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