



NEWSLETTER



Celebrated on October 21st, Trafalgar Day marks the day on which Britain triumphed over the French in the Battle of Trafalgar in 1805. This historic marine conflict was fought off the Cape of Trafalgar, offshore from Spain, with forces from Spain and France clashing with Britain.



The Battle of Trafalgar made Lord Horatio Nelson one of Britain's most famous war heroes. As Admiral in the Navy, he led our British fleet to victory; a fleet then being composed of warships built from wood, powered by sails

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



and armed with cannons along both sides.

Nelson first joined the Navy at the age of 12, experiencing many adventures at sea throughout his life. This left him war-wounded – with only one arm and blind in one eye! But this did not prevent him moving up the ranks and becoming Admiral. As Admiral, he was much appreciated by his troops; he took great care of them and in return they showed him great loyalty. The Battle of Trafalgar was his most famous triumph, but he was well known and celebrated before that for winning important battles in Egypt, the Caribbean and Denmark.



Nelson's Column stands tall in the center of Trafalgar Square, London.

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

Contact us on:

- Tel: 01529 417791
- Email: forgetmenothomecare@hotmail.com
- Website: www.forgetmenothomecare.co.uk

Useful Contacts:

Fenland Dental Laboratory Ltd

☎ 01775 724 974

✉ info@fenlanddentallab.co.uk

- 111 Wardentree Lane,
Pinchbeck, Spalding, Lincs,
PE11 3UF

CallConnect Bus Service:

☎ 0345 234 3344

- Lincsbus.info

Crown House , Grantham
Street, Lincoln LN2 1BD

Off Lead Dog Walking:

Email: info@offleadsleaford.co.uk

Address:

Dale Farm
Westcliffe Road
Sleaford
Lincolnshire
NG34 8RG



Heckington Church

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



October 2024



Coffee Break Quiz...



A Spooky Tale

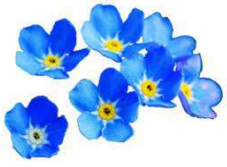


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AFRAID
BAT
BLACK
CEMETERY
CHAINS
CHILL
CREAK
CROW
DARK

GHASTLY
GRAVE
GROANS
HAUNTED
HOUSE
LANTERN
NIGHT
OBSCURE
OMINOUS

PHANTOM
SCARY
SCREAM
SHRIEK
SINISTER
SPOOKY
SUSPENSE
THUNDER
WRAITH



Halloween Word Scramble

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

OYPKSO

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

LABKC

--	--	--	--	--



OLSETENK

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

NTHAEDU EUHOS

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ATHPNOM

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

RIMG EPERAR

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

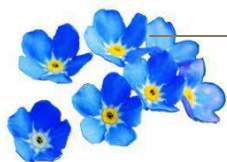
AUONDLCR

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



Q. What is a witch's favorite food?

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



October 2024



September Quiz

Answers:

Answer Sheet

Wordwheel possible words

The wordwheel word is: LEAVES

ale
eel
las
lea
lee

lev
sal
alee
ales
eels

else
lase
leas
leva
levs

sale
seal
seel
sele
slav

vale
veal
elves
lease
leave

levas
leves
salve
selva
slave

vales
veals
leaves
sleave



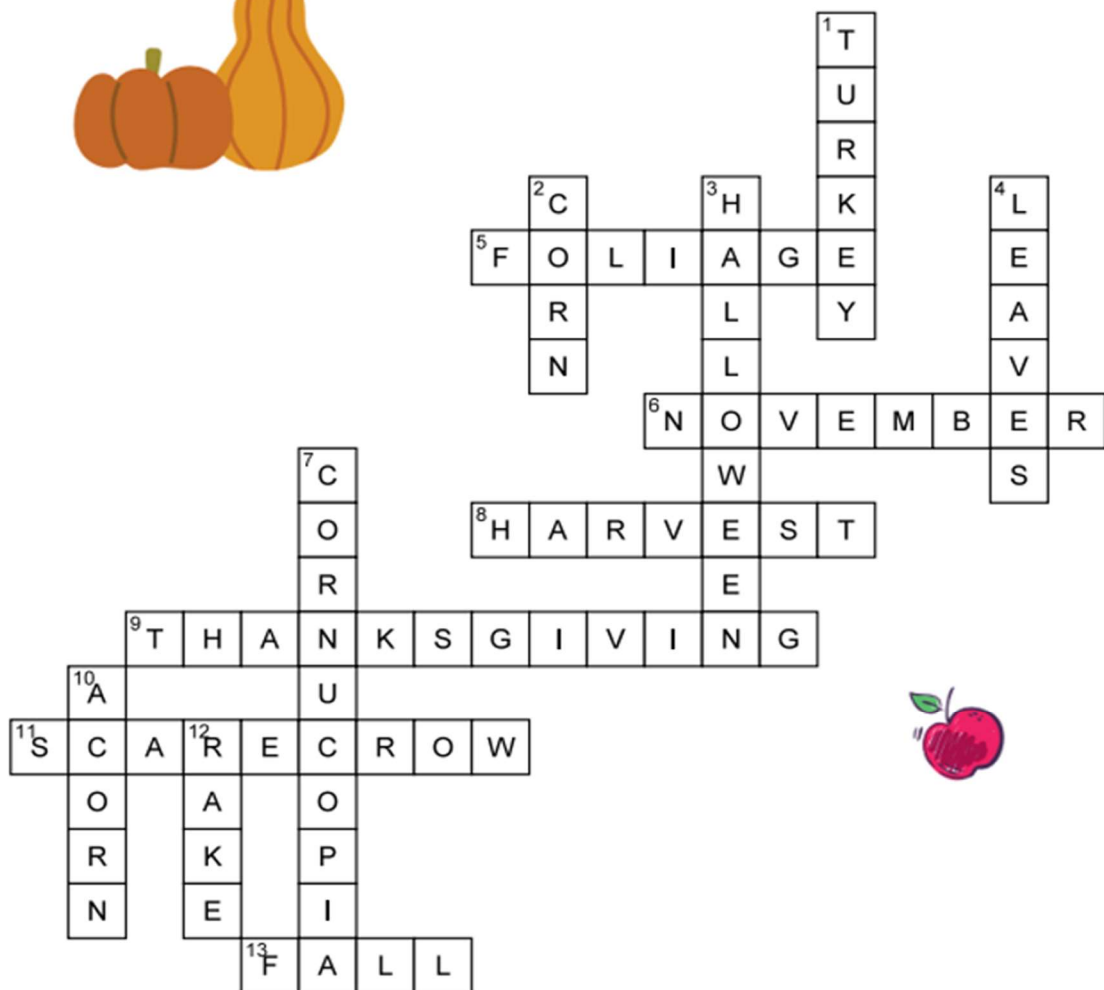
October 2024



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



October 2024



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

Q U I L T

LAVEES

L E A V E S

BEEESTRMP

S E P T E M B E R

SVRTAEH



H A R V E S T

TECTHUNS

C H E S T N U T

AUMUTN

A U T U M N

ATOLFLOB

F O O T B A L L



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

S Q U A S H



October 2024



Easy Cottage Pie



Preparation time less than 30 mins

Cooking time 1 to 2 hours

Ingredients for the cottage pie filling

- 50ml/2fl oz olive oil
- 1 large onion or 3–4 banana shallots, finely chopped
- 650g/1lb 7oz beef mince
- 2 tbsp tomato purée
- 1 tbsp plain flour
- 150ml/5fl oz red wine
- 4 sprigs fresh thyme, leaves only
- 400ml/14fl oz beef stock
- Worcestershire sauce, to taste
- salt and freshly ground black pepper

Ingredients for the mash

- 900g/2lb King Edward potatoes, peeled and chopped
 - 115g/4oz butter
 - 125ml/4½fl oz milk
-



To serve

- 150g/5½oz frozen [peas](#)
- 50g/1¾oz [butter](#)

Method

- Heat half the oil in a large heavy-based pan. Add the onion and cook until softened. Tip it onto a plate.
 - Return the pan to the heat and add the remaining oil. When it is hot, fry the mince, in batches if needed, for 4–5 minutes, or until browned all over.
 - Stir in the cooked onion and tomato purée and cook for 1 minute. Stir in the flour and cook for a further minute. Pour in the red wine, scraping up any caramelized bits with a wooden spoon, and add the thyme.
 - Add the stock and simmer for 45 minutes, or until the mince is tender and the mixture has thickened. Season to taste and add a few dashes of Worcestershire sauce. Keep warm over a very low heat.
 - Meanwhile, for the mash, put the potatoes in a pan of salted water and bring to the boil. Reduce the heat and simmer for 12–15 minutes, or until they are tender.
 - Drain and return the potatoes to the pan, then place over the heat for about 1 minute to drive off any excess moisture. Mash well, then add the butter and milk, beating to form a smooth mash. Season to taste.
 - Preheat the grill to high. Put the cottage pie filling in a baking dish and spoon the mash over the top. Grill for 8–10 minutes, or until golden-brown.
 - Meanwhile, boil the peas in boiling water in a small saucepan for 3–4 minutes, then drain and add the butter. Serve the cottage pie with the peas.
-



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	1	2	3

Homemade
GIFTS MADE EASY

Diary Events:

- Monday 6th October Spalding Tractor Show
Springfields Events & Conference Centre
- Monday 21st October – Trafalgar Day
- Thursday 31st October – Halloween



October 2024



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 *Eating Well*.



Eating well means enjoying your food and having plenty of variety in your diet, so you get all the nutrients you need and maintain a healthy weight.

It is never too late to start eating healthily, and a healthy diet does not have to be boring or expensive. Eating well does not have to mean giving up the less healthy things you enjoy – it just means eating them in moderation and as part of a balanced diet.



What are the best foods to stay healthy?

Fruit and vegetables -Fruit and vegetables contain a range of vitamins, minerals and fibre. Research shows



that people who eat plenty of fruit and vegetables are less likely to develop heart disease and certain cancers.

Aim for at least five portions of different-colored fruit and vegetables each day. These can be fresh, frozen or canned.

Beans, pulses, fish, eggs, meat and other proteins -These foods all contain protein, minerals and vitamins which help maintain and repair your body after an injury or surgery.



You do not need to eat meat every day – try eggs, beans, lentils or meat substitutes such as Quorn or tofu instead.

Potatoes, bread, rice, pasta and other starchy

carbohydrates - These foods give you energy and a



range of nutrients. Try to eat wholegrain versions such as brown rice, wholegrain bread or pasta. These are good sources of B vitamins, minerals and fibre which helps prevent constipation.



Dairy and alternatives -These foods contain protein and vitamins and are a good source of calcium, which helps to keep bones strong. Try to choose lower-fat versions, such as semi-skimmed milk and half-fat cheese.



Oils and spreads -We do need some fat in our diets, but only a small portion.



Try to keep an eye out for the type of fat that is in the oil or spread you use. Eating too much food high in saturated fat can increase the risk of heart disease, whilst food containing unsaturated fat can help reduce your risk. Other fats, such as omega-3 can protect against heart disease.

What foods are high in fat and sugar?

Diets that are high in fat, sugar and salt have been linked to common health conditions such as heart disease, some types of cancer, high blood pressure, stroke, obesity and tooth decay.

Many processed foods, ready meals and savoury snacks



can be quite high in fat, sugar and salt. These foods should be eaten in moderation as part of a balanced diet, it may be best to consider them as treats.

Eating too much salt can increase your risk of high blood pressure and stroke. Look for lower-salt versions of foods where you can.

Foods that are high in saturated fat such as cakes, sausages and cheese increase cholesterol levels in the blood and raise your risk of heart disease and stroke. Try to see these as a treat rather than an everyday snack.

How to read food labels

All major supermarkets have agreed to help make choosing healthy food easier with a standard label that lets you see how much fat, saturated fat (saturates), sugar and salt is inside.

What is a food label?

All food manufacturers must use a standard label on the front of food packaging.

Looking at the food labels found on most pre-packaged foods can help you make healthy choices. Try to get in the habit of reading pack labels and comparing brands before you buy.

What information should be on a food label?



Food labels can help you see which foods are high in fat, salt and added sugars. They can also show you how many calories are in a product.

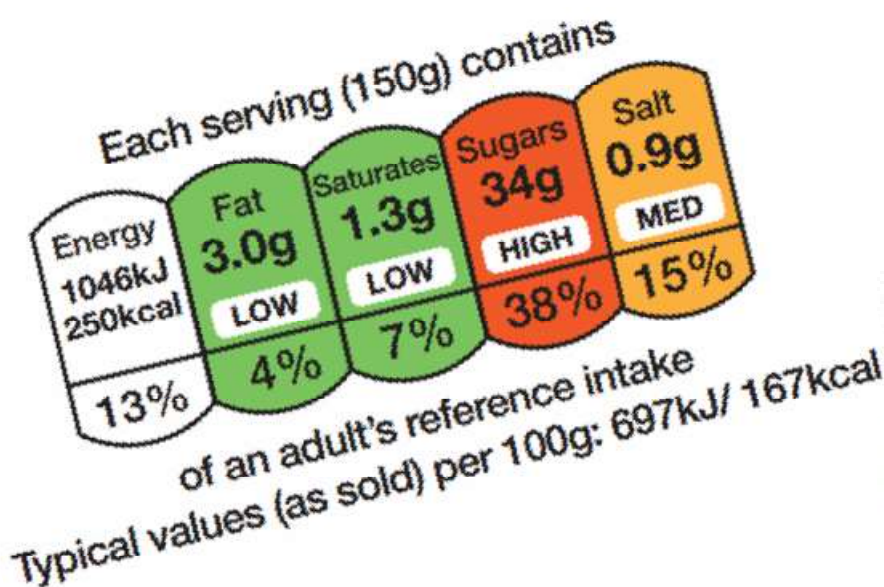
The traffic-light colours (red, amber and green) quickly show you levels of sugar, fat and salt in food.

Red: high levels - You should try to eat these less often and in small amounts.

Amber: medium (neither high nor low amounts) - You can eat these foods most of the time.

Green: low - This is the healthier choice.

Several red lights on the food label indicate you should eat the food less often or in small amounts. Please see below some examples of the traffic light labelling used on the food packaging.





October 2024



Paris Paralympics 2024

The Paralympics Games have FINISHED...

Paralympics GB rounded off a glittering Games in Paris with two gold medals on the final day of the competition to take their overall medal tally to 49 gold, 44 silver and 31 bronze – cementing their second-place finish in the medal table for the third consecutive Paralympic Games

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

Grand Prix Fixtures:



Austin, Texas, USA – 18th – 20th October
24



Mexico – 25th – 27th October

Cricket News



From the 3rd-20th October - Women's T20
World Cup, United Arab Emirates



FORGET ME NOT GARDENING TIPS

What to do during October with your plants and garden

Flowers

- Plant drifts of spring bulbs informally in a lawn, including crocuses, daffodils and fritillaries
- Plant evergreen shrubs and conifer hedges while the soil is still warm
- Remove any pot saucers and raise pots up onto feet to prevent waterlogging over winter.
- Move deciduous shrubs that are in the wrong place or have outgrown their current position.
- Empty spent summer pots and hanging baskets, and compost the contents



Garden Maintenance

- Rake up fallen leaves from lawns, borders, driveways and paths, and store in a leaf mould bin to rot down into leaf mould
- Build a log pile at the back of a border for wildlife to shelter in
- Check that your shed is secure and waterproof, so you can safely store tools and patio furniture in it over winter
- Give your pond some autumn maintenance, including removing barley straw, placed in the pond in spring to discourage algae, once it has turned black





October 2024



FORGET ME NOT GARDENING TIPS

- Empty ceramic and glazed pots that are not frost proof and store in a shed over winter.
- Spike compacted lawns and brush grit into the holes to improve drainage.
- Collect up hoses and drip-feed systems and store indoors over winter, so they don't freeze and split
- Clean out and disinfect bird boxes
- Gather up canes and plant supports that are no longer in use, and store indoors over winter.
- Go on regular snail hunts, especially on damp evenings, to reduce overwintering populations
- Give water butts a good clean and ensure they are free from obstructions.

House plants

- Water house plants less frequently and move them off particularly cold windowsills at night.
- Bring any house plants that you moved outside over summer back indoors before temperatures start to drop.
- Maximise the amount of light your house plants receive by moving to brighter spots, or choose indoor plants for low light





October 2024



NHS Health Leaflet



ARE YOU RSV AWARE?



Respiratory Syncytial Virus is a common cause of respiratory tract infections. RSV causes hundreds of infections across the UK each winter in the young and the old.

RSV usually causes a mild self-limiting respiratory infection in adults and children but can be severe in infants and older adults who are at increased risk of acute lower respiratory tract infection.

Signs & Symptoms of RSV can be:

A runny or congested nose

Sneezing

A Cough

Tiredness

Low grade fever

Health Prevention & Protection:

Prevention:



Vaccination through the routine offer of a single dose at age 75 years will help protect eligible older adults.

All pregnant women from 28 weeks' gestation will be offered the vaccine.

Protection:



The RSV vaccine gives good protection to individuals for at least two years.

For
further
information:

www.nhs.uk/rsv

healthprotection@lincolnshire.gov.uk



October 2024



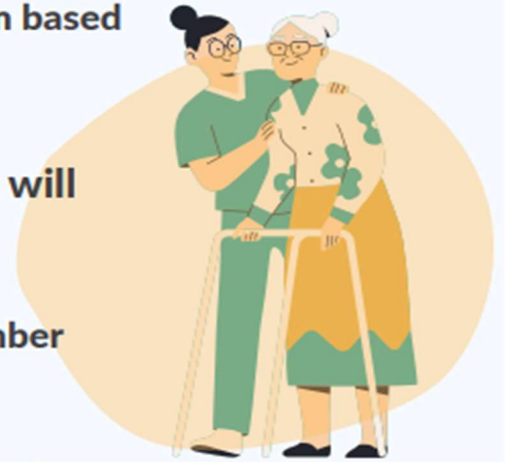
NHS Health Leaflet

Older Adults

To combat the significant health burden posed by RSV, a vaccination program is set to commence from 1 September 2024. The Joint Committee on Vaccination and Immunisation (JCVI) has recommended this program based on extensive clinical and epidemiological data.

The RSV vaccination program for older adults will target:

- Adults turning 75 years old on or after 1 September 2024 until their 80th birthday.
- Adults already aged 75 to 79 years as of 1 September 2024, until their 80th birthday or until 31 August 2025 if they turn 80 within the first year of the program .



RSV is a highly communicable virus, spreading through respiratory droplets from an infected person or contact with contaminated surfaces. The virus can survive on surfaces for several hours, increasing the risk of transmission.

Within our Adult Social Care settings we have one of the high risk groups of vulnerable adults. Care staff can take measures to help prevent the spread of RSV transmission, including:

- Practising good respiratory hygiene and encouraging residents/clients to also perform this,
- Regular hand washing with soap and water,
- Avoiding close contact with vulnerable individuals, especially those with weakened immune systems or existing health conditions if symptomatic.

RSV Alert!
Winter is RSV season.



October 2024



Forget Me Not Team News



Last month Sara completed her clinical skills training, Sara gained a lot of knowledge and skills and has been transferring all this to members of the Forget Me Not team. Thankyou Sara for all your hard work.



Forget Me Not Staff continue to have their first aid training. You never know when an emergency might happen, but with first aid training, we will be ready!



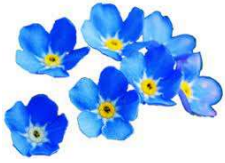
Forget Me Not Staff

This month some staff were lucky to have a night out, many of us



went to the cinema and the escape room last month and this month it was a murder mystery night. this was organised by our fantastic manager Lee. 😊





October 2024



Forget Me Not Team News

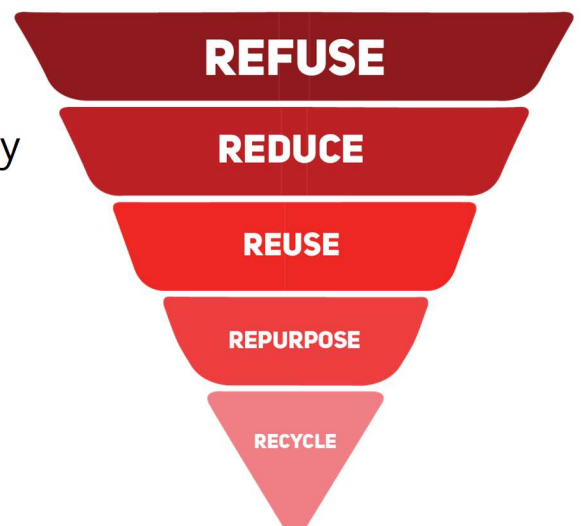


It was brought to our attention that one of our clients, Remo, had experienced his recycling not being disposed of correctly.



With more people recycling every day and with each council having different recycling guidelines, it can be very confusing if the staff live in another area. I met with Remo, and he made a lot of valid points regarding recycling, and at Forget Me Not it is important we contribute to the fight against climate change. With the information and help from Remo I produced a simple guideline for the Forget Me Not staff, covering South Kesteven Council and North Kesteven Council. I have included this in the newsletter as you may also find this useful.

Five actions should respectively be taken if possible before recycling any products. These R's include refuse, reduce, reuse, repurpose and finally, recycle.





Forget Me Not Home Care



SOUTH
KESTEVEN
DISTRICT
COUNCIL

Helping South Kesteven **Recycle** at Home

It is **important** we know what we can put in household bins.

Councils can have different recycling guidelines, so it is important to understand what is required by South Kesteven District Council.

Green Wheelie Bin
Garden waste
Your garden waste is composted in Lincolnshire

NO BAGS
Take additional waste to your nearest Household Waste Recycling Centre (HWRC)



No thanks

- Soil
- Food waste
- Fallen fruit
- Plastic bags
- Animal waste
- Large planks/pieces of wood

If you would like to sign up to the green waste collection scheme visit www.southkesteven.gov.uk/greenbin or telephone 01476 406544

Purple-lidded Wheelie Bin
Paper and cardboard
Processed at a dedicated paper mill

CLEAN, DRY AND LOOSE
Anything **wet** or **damp** please place in black bin



Flatpack all boxes and remove as much tape as possible. Staples in magazines are acceptable.

No thanks

- Takeaway pizza/food boxes
- Shredded paper
- Tissues/wipes/kitchen roll
- Books
- Cigarette packets
- Wrapping paper (glittery/foil)

October 2024



Forget Me Not Home Care



SOUTH
KESTEVEN
DISTRICT
COUNCIL

Helping South Kesteven **Recycle** at Home

Silver Wheelie Bin
Recycling items
Processed at a recycling plant in Lincolnshire

CLEAN, DRY AND LOOSE
Squash cans and plastic bottles


Glass bottles and jars


Metal cans/tins


Foil/aerosols


Plastic bottles


Cleaning product bottles


Toiletry bottles


Plastic pots, tubs and trays


Cartons


Bottle lids/tops

No thanks

- Soft plastics e.g. film/crisp packets/food pouches/plastic bags
- Paper & cardboard
- Batteries or electrical items
- Polystyrene
- Clothes/textiles
- Hard plastics e.g. old toys/plant pots
- Black or brown plastic food trays



Black Wheelie Bin
General waste
Majority turned into electricity in Lincoln

NON-RECYCLABLE ITEMS
No electricals


Soft plastics e.g. crisp packets, sweet wrappers, food pouches, plastic bags, film, food wrapping, pet food bags


Food waste


Kitchen roll/wipes/nappies


Takeaway packaging


Hard plastics, metal/plastic pots and pans


Shredded paper (bagged)/wet or dirty paper & card


Polystyrene packaging/bubble wrap

No thanks

- Batteries/disposable vapes
- Electrical items
- Hot ashes
- Hazardous waste e.g. gas cylinders, asbestos





Bin Colours in South Kesteven



Forget Me Not Home Care

Helping North Kesteven **Recycle** at Home



It is **important** we know what we can put in household bins.

Councils can have different recycling guidelines, so it is important to understand what is required by North Kesteven District Council.

Green Wheelie Bin Garden waste

Your garden waste is composted in Lincolnshire

NO BAGS

Take additional waste to your nearest Household Waste Recycling Centre (HWRC)



No thanks

- Soil
- Food waste
- Fallen fruit
- Plastic bags
- Animal waste
- Large planks/pieces of wood



If you would like to sign up to the green waste collection scheme visit www.southkesteven.gov.uk/greenbin or telephone 01476 406544

Purple-lidded Wheelie Bin Paper and cardboard

Processed at a dedicated paper mill

CLEAN, DRY AND LOOSE

Anything **wet** or **damp** please place in black bin



Flatpack all boxes and remove as much tape as possible. Staples in magazines are acceptable.

No thanks

- Takeaway pizza/food boxes
- Shredded paper
- Tissues/wipes/kitchen roll
- Books
- Cigarette packets
- Wrapping paper (glittery/foil)





Forget Me Not Home Care

Helping North Kesteven **Recycle** at Home



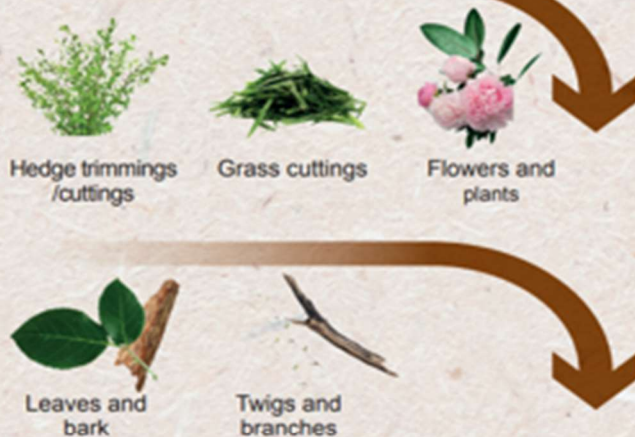
North Kesteven
DISTRICT COUNCIL

Brown Wheelie Bin Garden waste

Your garden waste is composted in Lincolnshire

NO BAGS

Take additional waste to your Household Waste Recycling Centre (HWRC)



No thanks

- Grass sods and turf
- Soil
- Food waste
- Plastic bags
- Animal waste
- Large planks/pieces of wood
- Rubble/stones



If you would like to sign up to the garden waste collection scheme visit
www.n-kesteven.gov.uk/gardenwaste
or telephone 01529 414155

Information correct at time of print.

Black Wheelie Bin General waste

Majority turned into electricity in Lincoln

NON-RECYCLABLE ITEMS

No electricals



Soft plastics e.g. crisp packets, sweet wrappers, food pouches, plastic bags, film, food wrapping, pet food bags



Food waste

Kitchen roll/wipes/
tissues/nappies

Takeaway
packaging



Hard plastics,
metal/plastic
pots and pans

Shredded paper
(bagged)/wet or
dirty paper & card

Polystyrene
packaging/
bubble wrap

No thanks

- Batteries/disposable vapes
- Electrical items
- Hot ashes
- Hazardous waste e.g. gas cylinders, asbestos



< Bin Colours in North Kesteven



Forget Me Not Newsletter Issue 8 – October 2024

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With *Special Thanks* to Remo for his valuable contribution to this newsletter.