



# *Forget Me Not Home Care*

# NEWSLETTER



***The Great Train Robbery 8<sup>th</sup> August 1963*** was the robbery of £2.61 million (calculated to present-day value of £69 million - or \$73,547,750), from a Royal Mail train heading from Glasgow to London on the West Coast Main Line in the early hours of 8 August 1963 at Bridego Railway Bridge, Ledburn, near Mentmore in Buckinghamshire, England. After tampering with the lineside signals to bring the train to a halt, a gang of 15, led by Bruce Reynolds, attacked the train. Other gang members included Gordon Goody, Buster Edwards, Charlie Wilson, Roy James, John Daly, Jimmy White, Ronnie Biggs, Tommy Wisbey, Jim Hussey, Bob Welch and Roger Cordrey, as well as three men known only as

## 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*

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

Contact us on:

- Tel: 01529 417791
- Email: [forgetmenothomecare@hotmail.com](mailto:forgetmenothomecare@hotmail.com)
- Website: [www.forgetmenothomecare.co.uk](http://www.forgetmenothomecare.co.uk)



August 2024

numbers "1", "2" and "3"; two were later identified as Harry Smith and Danny Pembroke. A 16th man, an unnamed retired train driver, was also present. With careful planning based on inside information from an individual known as "The Ulsterman", whose real identity has never been established, the robbers escaped with over £2.61 million. The bulk of the stolen money has never been recovered. The gang did not use any firearms, though Jack Mills, the train driver, was beaten over the head with a metal bar and suffered serious head injuries. After his partial recovery, Mills returned to work doing light duties. He retired in 1967 and died in 1970 due to an unrelated illness. Mills never overcame the trauma of the robbery. After the robbery, the gang hid at Leatherslade Farm. The police found this hideout, and incriminating evidence, a monopoly board with fingerprints, led to the eventual arrest and conviction of most of the gang. The ringleaders were sentenced to 30 years in prison.



#### Useful Contacts:

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✉ [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





August 2024



## Coffee Break Quiz...



## 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	H	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







# Cooking Terms

## Word Scramble



NLDBE

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NMICE

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UPOR

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PEEUR

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ASTRNI

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OEVRC

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MNSOTEI

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CHPO

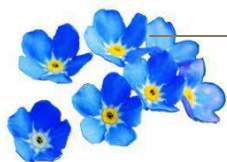
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ILOB

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TSIR

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# July Quiz Answers:

## Answer Sheet

### Wordwheel possible words

The wordwheel word is: FOOTBALL

- |                   |                   |                     |                      |                       |                         |          |
|-------------------|-------------------|---------------------|----------------------|-----------------------|-------------------------|----------|
| aft<br>fab<br>fat | fob<br>foo<br>oaf | oft<br>fall<br>flat | foal<br>fool<br>foot | loaf<br>loft<br>afoot | aloft<br>aloof<br>float | football |
|-------------------|-------------------|---------------------|----------------------|-----------------------|-------------------------|----------|



# SUMMER DAYS

## Word Scramble

### SOLUTION

cheab

B E A C H

ensrsecun

S U N S C R E E N

esbablal

B A S E B A L L

oplo

P O O L

iacnotva

V A C A T I O N

rbueecba

B A R B E C U E

reamwntelo

W A T E R M E L O N

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S C H O O L ' S O U T !



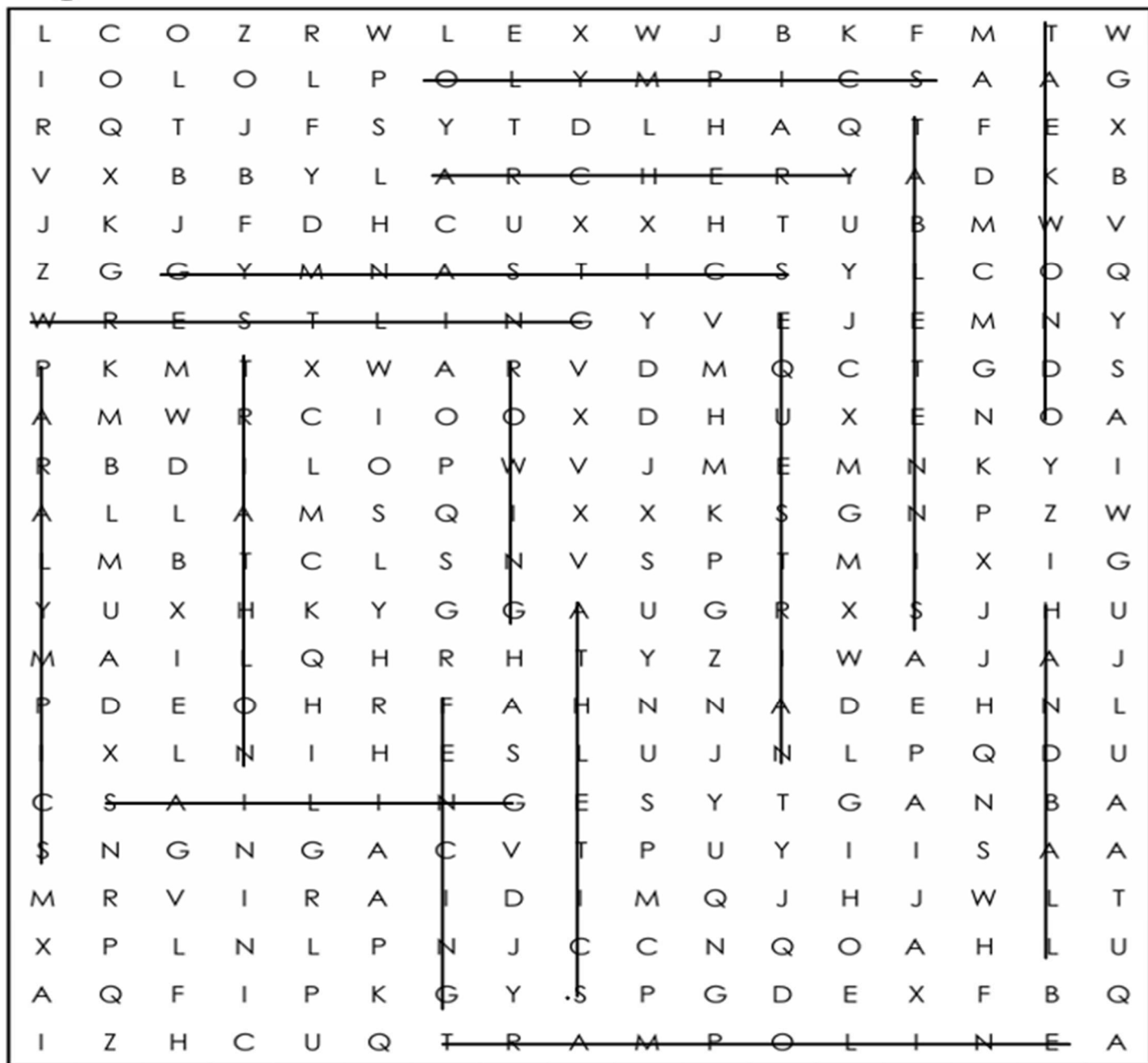


August 2024



# Olympics Word Search

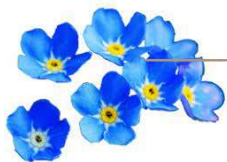
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WRESTLING · GYMNASTICS · HANDBALL ·  
TRIATHLON · PARALYMPICS · FENCING ·  
TABLETENNIS · ATHLETICS · OLYMPICS ·  
SAILING · EQUESTRIAN · ROWING ·  
TRAMPOLINE · TAEKWONDO · ARCHERY ·



© Monsterwordsearch.com



August 2024



# Raspberry Mousse



**Prep:** 15 mins

**Cook:** 10 mins

Plus cooling and setting

**Serves 6 – 8**

Egg-free

Gluten-free

Nut-free

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August 2024



Try making this summer berry mousse as a dessert, topped with whipped cream, or use it as a filling for a light sponge layer cake

## Ingredients

- 2 gelatine leaves
- 350g raspberries, plus extra for decorating
- 60g caster sugar
- 1 lemon, juiced
- 500ml whipping cream

## Method

### • STEP 1

Put the gelatine leaves in a bowl, cover with warm water and leave to soak for 5 mins. Drain and squeeze out any excess water.

### • STEP 2

Tip the raspberries into a pan over a medium-low heat along with the sugar and lemon juice. Cook for 5-6 mins until the berries have completely broken down. Push the mixture through a sieve set over a bowl, discarding the seeds. Stir in the gelatine leaves until dissolved (if they don't dissolve, pour the mixture into a clean saucepan and heat gently until dissolved). Set aside to cool for 15 mins.

### • STEP 3

Whip the cream to soft peaks using an electric whisk, then gently fold this into the raspberry mixture. Spoon into the ramekins or moulds and chill overnight, or for at least 6 hrs. Serve with raspberries scattered over the top.





August 2024



# AUGUST

# 2024

MON

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**Bank  
Holiday  
UK**

27

28

29

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31

1

*Homemade*  
GIFTS MADE EASY

## Diary Events:

- Saturday 3<sup>rd</sup> August – The Fortescue Arms Pub, Billingborough is having special open day
- Saturday 10<sup>th</sup> August – Annual Summer fete 2PM-4PM @ The Old Hall Care Home, Billingborough NG34 0QA
- The Glorious 12<sup>th</sup> – open day for Grouse Shooting.
- Sunday 18<sup>th</sup> August – Billingborough American Car Show 10AM-2PM @ Billingborough Cars & Commercials, West Road Billingborough NG34 0QU

- Monday 26<sup>th</sup> August – Bank Holiday



August 2024

Let's Talk  
**HEALTH**

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 *regular foot care and treatment*.



As we age, it is only natural our feet undergo wear and tear, with this can lead to various foot problems. It's essential that we all take good care of our feet. It lowers our risk of having a fall and reduces our risk of infection, as well as relieving pain and ensuring the best comfort.



Foot care is crucial due to several reasons.

Here are some common foot problems that can affect us all:

1. **Fallen Arches:** Loss of tendon elasticity can cause fallen foot arches. This may increase shoe size and lead to discomfort or painful foot sores.
2. **Bunions:** These bulges on the lower joint of the big toe can be painful and affect mobility.
3. **Corns:** Thickened skin areas on the sole of the foot or toes can make walking uncomfortable.
4. **Cracked Heels:** Accumulated hard skin can cause deep cracks, making shoe-wearing painful.
5. **Fungal Infections:** Seniors are more vulnerable to fungal infections affecting toenails and toe spaces.

Taking good care of your feet has many benefits for the elderly. These benefits include:

- Increasing your comfort
- Limiting the possibility of additional medical problems
- Reducing your chance of hospitalisation due to infection
- Keeping you active and mobile
- Improving blood circulation





August 2024

# Let's Talk HEALTH

- Improving mobility and independence
- Helping to detect health issues early
- Lowering risk of falls
- Improving balance



Wash daily



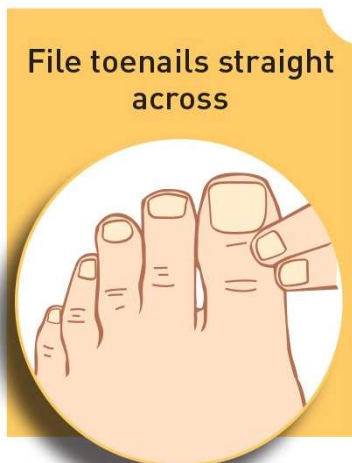
Dry well especially  
between toes



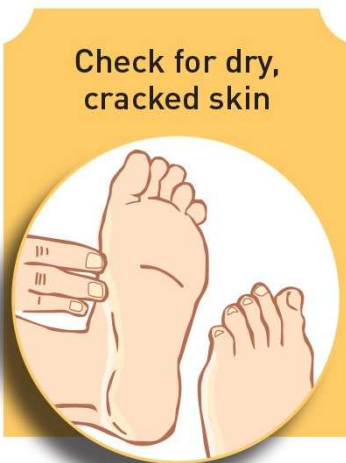
Feel for bumps or  
temperature changes



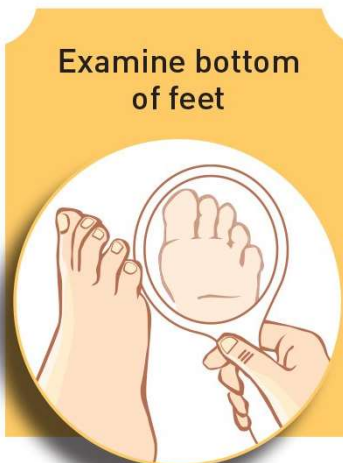
Look between toes;  
check each toenail



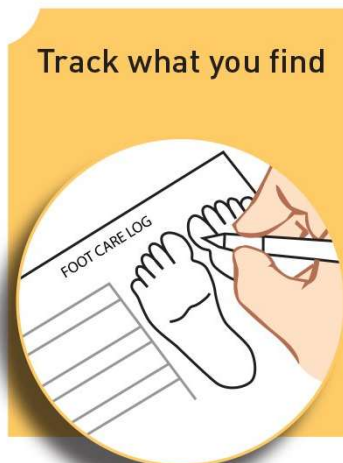
File toenails straight  
across



Check for dry,  
cracked skin

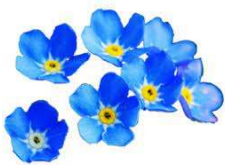


Examine bottom  
of feet



Track what you find





## Football Focus

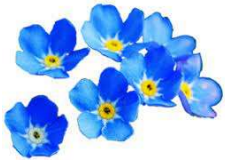


The UEFA EURO 2024 final took place between Spain and England at Olympiastadion Berlin on Sunday, July 14, 2024. Spain emerged victorious, defeating England with a 2-1 scoreline, securing their fourth European Championship title.

Congratulations to both teams!! And well done to Spain winning their 4<sup>th</sup> Euro championship title.

Here are some key details about the final:

- Venue: Olympiastadion Berlin, Germany, with a capacity of 71,000 spectators.
- Kick-off time: 21:00 CET.
- Referee: François Letexier from France officiated the match.



August 2024



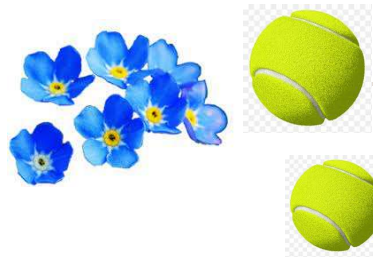
## Previous EURO finals:

- Spain had won the championship three times before (in 1964, 2008, and 2012)
- England finished as runners-up in the 2020 EURO, losing to Italy on penalties.

## Historical context:

- Spain became the most successful side in EURO history with their fourth title.
- Host nations have both won and lost EURO finals in the past.
- The highest-scoring EURO final was Spain's 4-0 victory over Italy in 2012.





August 2024



# Wimbledon 2024

## Wimbledon final analysis: Carlos Alcaraz beats Novak Djokovic for second Wimbledon title

Carlos Alcaraz's recent Wimbledon victory has been a major talking point. He became the first man since 2002, other than Novak Djokovic, Roger Federer, Rafael Nadal, or Andy Murray, to win the prestigious tournament<sup>1</sup>. Djokovic, who has an impressive record of 35 Grand Slam finals and 23 wins, faced Alcaraz in a thrilling five-set final. Here's what Djokovic had to say about the rising star:

- Alcaraz combines elements from all three tennis legends: Roger Federer, Rafael Nadal, and Djokovic himself. Djokovic praised Alcaraz's mental resilience and maturity, especially considering he's only 20 years old.
- Alcaraz possesses a "Spanish bull" mentality, reminiscent of Nadal's competitiveness and fighting spirit.
- Djokovic even noticed similarities between Alcaraz's sliding backhand and his own two-handed backhand, emphasizing adaptability and defensive skills<sup>2</sup>.

Alcaraz, on the other hand, humbly considers himself a complete player with the physical and mental strength to handle high-pressure situations. It's fascinating to witness this changing of the guard in men's tennis, as Alcaraz continues to make waves on the court. 🌟 🎾



# Olympics 2024

The Olympics Games have begun!



As the games commence let us take a look at the history of medals won from previous Olympic games.

Great Britain is ranked 3<sup>rd</sup> in the world for overall medals.

Good Luck to  
Team GB in the  
Paris 2024  
Olympic games.



GBR

Team	Summer Olympic Games				
Team (IOC code) ▾	No. ▾	 ▾	 ▾	 ▾	 ▾
 <b>United States</b> (USA) <sup>[P] [Q] [R] [Z] [F]</sup>	28	1,061	830	738	<b>2,629</b>
 <b>Soviet Union</b> (URS) <sup>[URS]</sup>	9	395	319	296	<b>1,010</b>
 <b>Great Britain</b> (GBR) <sup>[GBR] [Z]</sup>	29	284	318	314	<b>916</b>
 <b>France</b> (FRA) <sup>[O] [P] [Z]</sup>	29	223	251	277	<b>751</b>
 <b>Germany</b> (GER) <sup>[GER] [Z]</sup>	17	201	207	247	<b>655</b>





August 2024



# *Forget Me Not Team News*



In the month of July, we focused on best practice to reduce and manage Falls.

We learnt many areas:

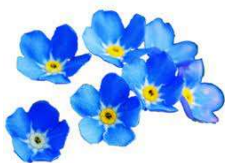
1. What is a fall and why it is important to think and react to prevent falls.
2. Why do people fall and what are the risks.
3. How to reduce the risk of falls.
4. What we as carers should be doing to react to falls.
5. Managing behaviors/ risks to reduce falls.

The Forget Me Not team joined The Old Hall Care Home team in Billingborough to complete this course, it was designed to enable staff to increase awareness of how to reduce risks of slipping, tripping and falling within homes and a care home environment.

## Staff News

Forget Me Not would like to welcome our newest member of the team Reece, welcome to the team Reece 😊

We also say farewell to old staff. Dayo has moved on to live near her partner and Jacqui has moved to the Peak District for her family. Good Luck with your next adventures!



August 2024



## Forget Me Not – Identity Badges



Badges have now been distributed to all staff. We hope you will find these much more helpful to recognise our Forget Me Not team when they come to visit. 😊

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Forget Me Not Newsletter Issue 6 – August 2024

Writer & Editor: Michelle Tobin

Proofreader: Tina Anderson

*With special thanks to Tina for all her efforts and time.*







# *Forget Me Not Home Care*

# NEWSLETTER



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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*

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

Contact us on:

- Tel: 01529 417791
- Email: [forgetmenothomecare@hotmail.com](mailto:forgetmenothomecare@hotmail.com)
- Website: [www.forgetmenothomecare.co.uk](http://www.forgetmenothomecare.co.uk)



August 2024

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PE11 3UF

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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	H	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







# Cooking Terms

## Word Scramble



NLDBE

\_\_\_\_\_

NMICE

\_\_\_\_\_

UPOR

\_\_\_\_\_

PEEUR

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ASTRNI

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CHPO

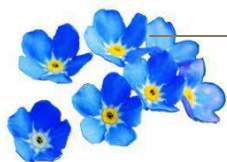
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ILOB

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# July Quiz Answers:

## Answer Sheet

### Wordwheel possible words

The wordwheel word is: FOOTBALL

- |                   |                   |                     |                      |                       |                         |          |
|-------------------|-------------------|---------------------|----------------------|-----------------------|-------------------------|----------|
| aft<br>fab<br>fat | fob<br>foo<br>oaf | oft<br>fall<br>flat | foal<br>fool<br>foot | loaf<br>loft<br>afoot | aloft<br>aloof<br>float | football |
|-------------------|-------------------|---------------------|----------------------|-----------------------|-------------------------|----------|



# SUMMER DAYS

## Word Scramble

### SOLUTION

cheab

B E A C H

ensrsecun

S U N S C R E E N

esbablal

B A S E B A L L

oplo

P O O L

iacnotva

V A C A T I O N

rbueecba

B A R B E C U E

reamwntelo

W A T E R M E L O N

© puzzles-to-print.com

S C H O O L ' S O U T !

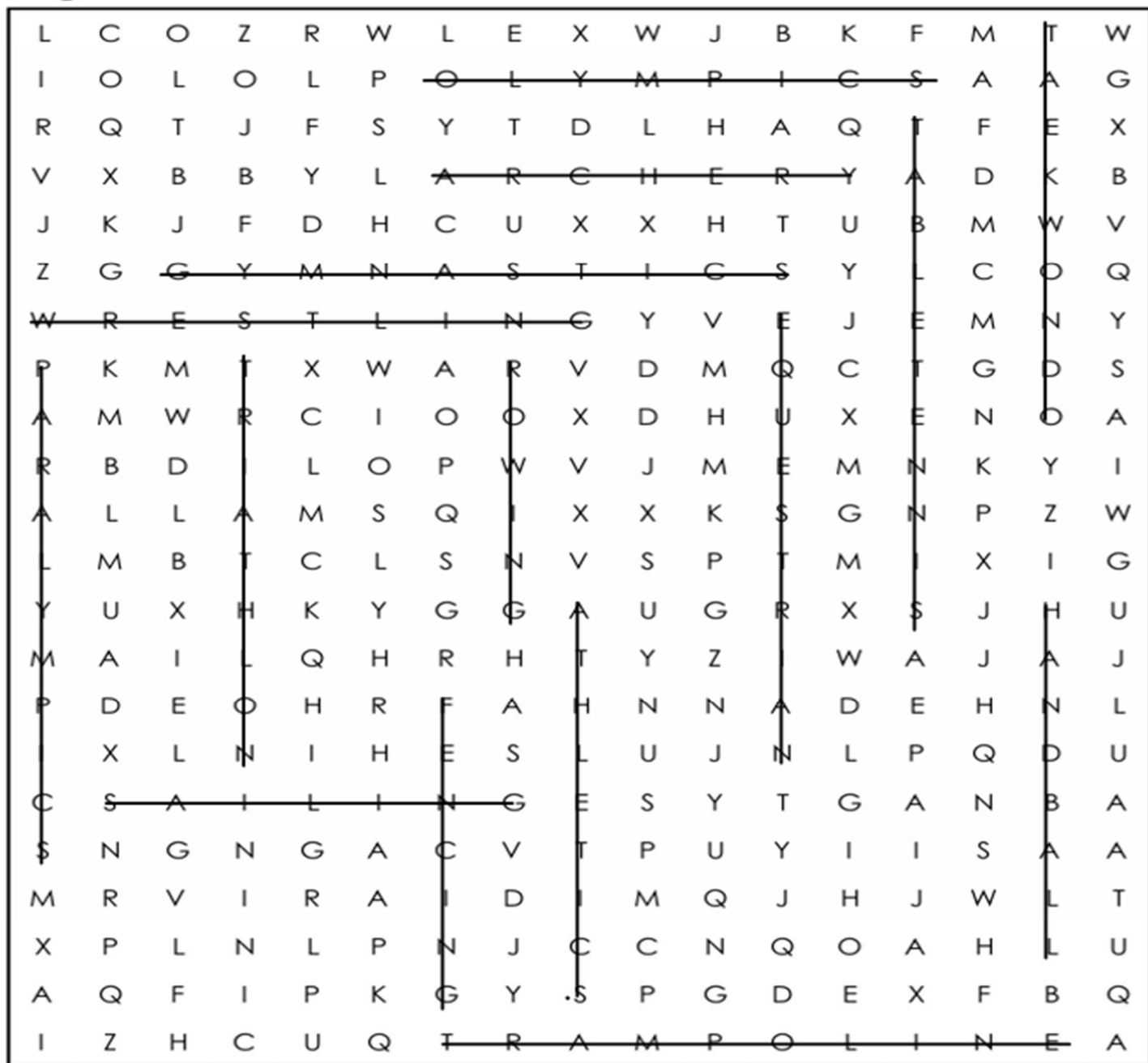


August 2024



# Olympics Word Search

O



WRESTLING ·

GYMNASTICS ·

HANDBALL ·

TRIATHLON ·

PARALYMPICS ·

FENCING ·

TABLE TENNIS ·

ATHLETICS ·

OLYMPICS ·

SAILING ·

EQUESTRIAN

ROWING ·

TRAMPOLINE ·

TAEKWONDO ·

ARCHERY ·

© Monsterwordsearch.com







August 2024



# Raspberry Mousse



**Prep:** 15 mins

**Cook:** 10 mins

Plus cooling and setting

**Serves 6 – 8**

Egg-free

Gluten-free

Nut-free

---



August 2024



Try making this summer berry mousse as a dessert, topped with whipped cream, or use it as a filling for a light sponge layer cake

## Ingredients

- 2 gelatine leaves
- 350g raspberries, plus extra for decorating
- 60g caster sugar
- 1 lemon, juiced
- 500ml whipping cream

## Method

### • STEP 1

Put the gelatine leaves in a bowl, cover with warm water and leave to soak for 5 mins. Drain and squeeze out any excess water.

### • STEP 2

Tip the raspberries into a pan over a medium-low heat along with the sugar and lemon juice. Cook for 5-6 mins until the berries have completely broken down. Push the mixture through a sieve set over a bowl, discarding the seeds. Stir in the gelatine leaves until dissolved (if they don't dissolve, pour the mixture into a clean saucepan and heat gently until dissolved). Set aside to cool for 15 mins.

### • STEP 3

Whip the cream to soft peaks using an electric whisk, then gently fold this into the raspberry mixture. Spoon into the ramekins or moulds and chill overnight, or for at least 6 hrs. Serve with raspberries scattered over the top.



August 2024



# AUGUST

# 2024

MON

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**Bank  
Holiday  
UK**

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1

*Homemade*  
GIFTS MADE EASY

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August 2024

Let's Talk  
**HEALTH**

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 *regular foot care and treatment*.



As we age, it is only natural our feet undergo wear and tear, with this can lead to various foot problems. It's essential that we all take good care of our feet. It lowers our risk of having a fall and reduces our risk of infection, as well as relieving pain and ensuring the best comfort.





Foot care is crucial due to several reasons.

Here are some common foot problems that can affect us all:

1. **Fallen Arches:** Loss of tendon elasticity can cause fallen foot arches. This may increase shoe size and lead to discomfort or painful foot sores.
2. **Bunions:** These bulges on the lower joint of the big toe can be painful and affect mobility.
3. **Corns:** Thickened skin areas on the sole of the foot or toes can make walking uncomfortable.
4. **Cracked Heels:** Accumulated hard skin can cause deep cracks, making shoe-wearing painful.
5. **Fungal Infections:** Seniors are more vulnerable to fungal infections affecting toenails and toe spaces.

Taking good care of your feet has many benefits for the elderly. These benefits include:

- Increasing your comfort
- Limiting the possibility of additional medical problems
- Reducing your chance of hospitalisation due to infection
- Keeping you active and mobile
- Improving blood circulation



August 2024

# Let's Talk HEALTH

- Improving mobility and independence
- Helping to detect health issues early
- Lowering risk of falls
- Improving balance



Wash daily



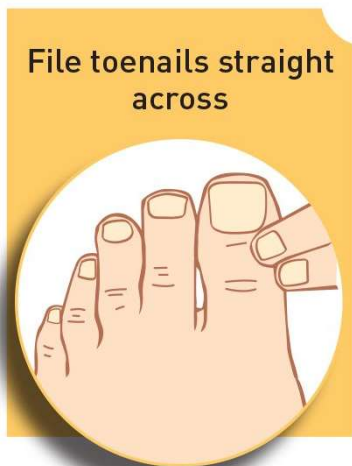
Dry well especially  
between toes



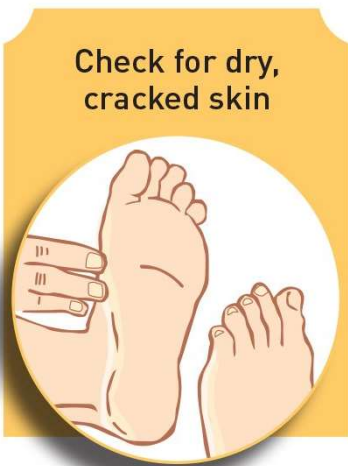
Feel for bumps or  
temperature changes



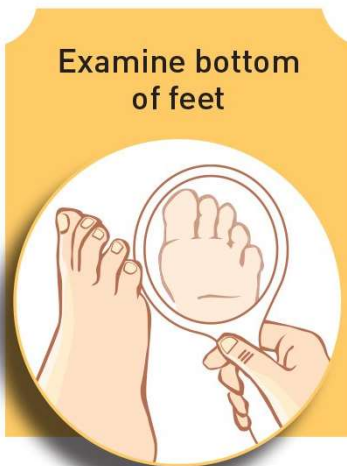
Look between toes;  
check each toenail



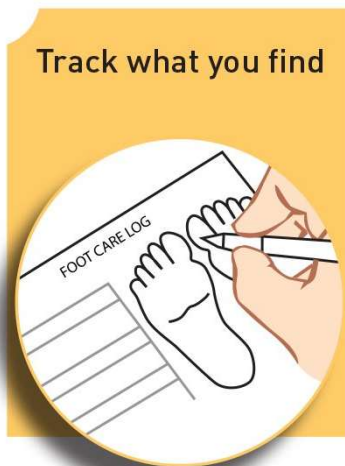
File toenails straight  
across



Check for dry,  
cracked skin



Examine bottom  
of feet



Track what you find





## Football Focus



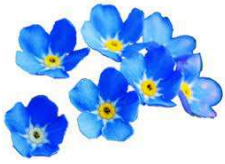
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Congratulations to both teams!! And well done to Spain winning their 4<sup>th</sup> Euro championship title.

Here are some key details about the final:

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- Kick-off time: 21:00 CET.
- Referee: François Letexier from France officiated the match.





August 2024

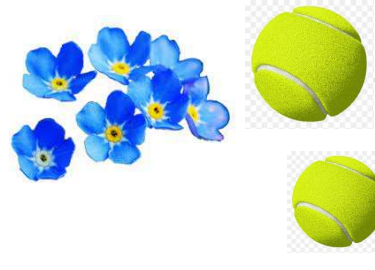


## Previous EURO finals:

- Spain had won the championship three times before (in 1964, 2008, and 2012)
- England finished as runners-up in the 2020 EURO, losing to Italy on penalties.

## Historical context:

- Spain became the most successful side in EURO history with their fourth title.
- Host nations have both won and lost EURO finals in the past.
- The highest-scoring EURO final was Spain's 4-0 victory over Italy in 2012.



August 2024



## Wimbledon 2024

### Wimbledon final analysis: Carlos Alcaraz beats Novak Djokovic for second Wimbledon title

Carlos Alcaraz's recent Wimbledon victory has been a major talking point. He became the first man since 2002, other than Novak Djokovic, Roger Federer, Rafael Nadal, or Andy Murray, to win the prestigious tournament<sup>1</sup>. Djokovic, who has an impressive record of 35 Grand Slam finals and 23 wins, faced Alcaraz in a thrilling five-set final. Here's what Djokovic had to say about the rising star:

- Alcaraz combines elements from all three tennis legends: Roger Federer, Rafael Nadal, and Djokovic himself. Djokovic praised Alcaraz's mental resilience and maturity, especially considering he's only 20 years old.
- Alcaraz possesses a "Spanish bull" mentality, reminiscent of Nadal's competitiveness and fighting spirit.
- Djokovic even noticed similarities between Alcaraz's sliding backhand and his own two-handed backhand, emphasizing adaptability and defensive skills<sup>2</sup>.

Alcaraz, on the other hand, humbly considers himself a complete player with the physical and mental strength to handle high-pressure situations. It's fascinating to witness this changing of the guard in men's tennis, as Alcaraz continues to make waves on the court. 🌟 🎾



August 2024



# Olympics 2024

The Olympics Games have begun!



As the games commence let us take a look at the history of medals won from previous Olympic games.

Great Britain is ranked 3<sup>rd</sup> in the world for overall medals.

Good Luck to  
Team GB in the  
Paris 2024  
Olympic games.



GBR

Team	Summer Olympic Games				
Team (IOC code) ▾	No. ▾	 ▾	 ▾	 ▾	 ▾
 <b>United States</b> (USA) <sup>[P] [Q] [R] [Z] [F]</sup>	28	1,061	830	738	<b>2,629</b>
 <b>Soviet Union</b> (URS) <sup>[URS]</sup>	9	395	319	296	<b>1,010</b>
 <b>Great Britain</b> (GBR) <sup>[GBR] [Z]</sup>	29	284	318	314	<b>916</b>
 <b>France</b> (FRA) <sup>[O] [P] [Z]</sup>	29	223	251	277	<b>751</b>
 <b>Germany</b> (GER) <sup>[GER] [Z]</sup>	17	201	207	247	<b>655</b>





August 2024



## *Forget Me Not Team News*



In the month of July, we focused on best practice to reduce and manage Falls.

We learnt many areas:

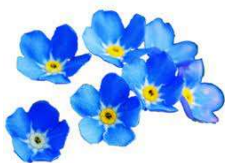
1. What is a fall and why it is important to think and react to prevent falls.
2. Why do people fall and what are the risks.
3. How to reduce the risk of falls.
4. What we as carers should be doing to react to falls.
5. Managing behaviors/ risks to reduce falls.

The Forget Me Not team joined The Old Hall Care Home team in Billingborough to complete this course, it was designed to enable staff to increase awareness of how to reduce risks of slipping, tripping and falling within homes and a care home environment.

### Staff News

Forget Me Not would like to welcome our newest member of the team Reece, welcome to the team Reece 😊

We also say farewell to old staff. Dayo has moved on to live near her partner and Jacqui has moved to the Peak District for her family. Good Luck with your next adventures!



August 2024



## Forget Me Not – Identity Badges



Badges have now been distributed to all staff. We hope you will find these much more helpful to recognise our Forget Me Not team when they come to visit. 😊

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Forget Me Not Newsletter Issue 6 – August 2024

Writer & Editor: Michelle Tobin

Proofreader: Tina Anderson

*With special thanks to Tina for all her efforts and time.*





# *Forget Me Not Home Care*

# NEWSLETTER



***The Great Train Robbery 8<sup>th</sup> August 1963*** was the robbery of £2.61 million (calculated to present-day value of £69 million - or \$73,547,750), from a Royal Mail train heading from Glasgow to London on the West Coast Main Line in the early hours of 8 August 1963 at Bridego Railway Bridge, Ledburn, near Mentmore in Buckinghamshire, England. After tampering with the lineside signals to bring the train to a halt, a gang of 15, led by Bruce Reynolds, attacked the train. Other gang members included Gordon Goody, Buster Edwards, Charlie Wilson, Roy James, John Daly, Jimmy White, Ronnie Biggs, Tommy Wisbey, Jim Hussey, Bob Welch and Roger Cordrey, as well as three men known only as

## 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

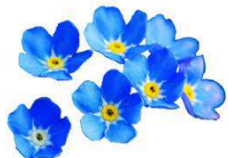
*The Forget Me Not Team*

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

Contact us on:

- Tel: 01529 417791
- Email: [forgetmenothomecare@hotmail.com](mailto:forgetmenothomecare@hotmail.com)
- Website: [www.forgetmenothomecare.co.uk](http://www.forgetmenothomecare.co.uk)





August 2024

numbers "1", "2" and "3"; two were later identified as Harry Smith and Danny Pembroke. A 16th man, an unnamed retired train driver, was also present. With careful planning based on inside information from an individual known as "The Ulsterman", whose real identity has never been established, the robbers escaped with over £2.61 million. The bulk of the stolen money has never been recovered. The gang did not use any firearms, though Jack Mills, the train driver, was beaten over the head with a metal bar and suffered serious head injuries. After his partial recovery, Mills returned to work doing light duties. He retired in 1967 and died in 1970 due to an unrelated illness. Mills never overcame the trauma of the robbery. After the robbery, the gang hid at Leatherslade Farm. The police found this hideout, and incriminating evidence, a monopoly board with fingerprints, led to the eventual arrest and conviction of most of the gang. The ringleaders were sentenced to 30 years in prison.



#### 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@offlead sleaford.co.uk](mailto:info@offlead sleaford.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



August 2024



## Coffee Break Quiz...



## 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	H	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







# Cooking Terms

## Word Scramble



NLDBE

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NMICE

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UPOR

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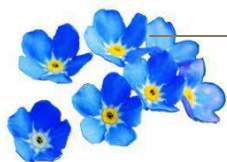
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ILOB

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TSIR

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# July Quiz Answers:

## Answer Sheet

### Wordwheel possible words

The wordwheel word is: FOOTBALL

- |                   |                   |                     |                      |                       |                         |          |
|-------------------|-------------------|---------------------|----------------------|-----------------------|-------------------------|----------|
| aft<br>fab<br>fat | fob<br>foo<br>oaf | oft<br>fall<br>flat | foal<br>fool<br>foot | loaf<br>loft<br>afoot | aloft<br>aloof<br>float | football |
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B A S E B A L L

oplo

P O O L

iacnotva

V A C A T I O N

rbueecba

B A R B E C U E

reamwntelo

W A T E R M E L O N

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S C H O O L ' S O U T !



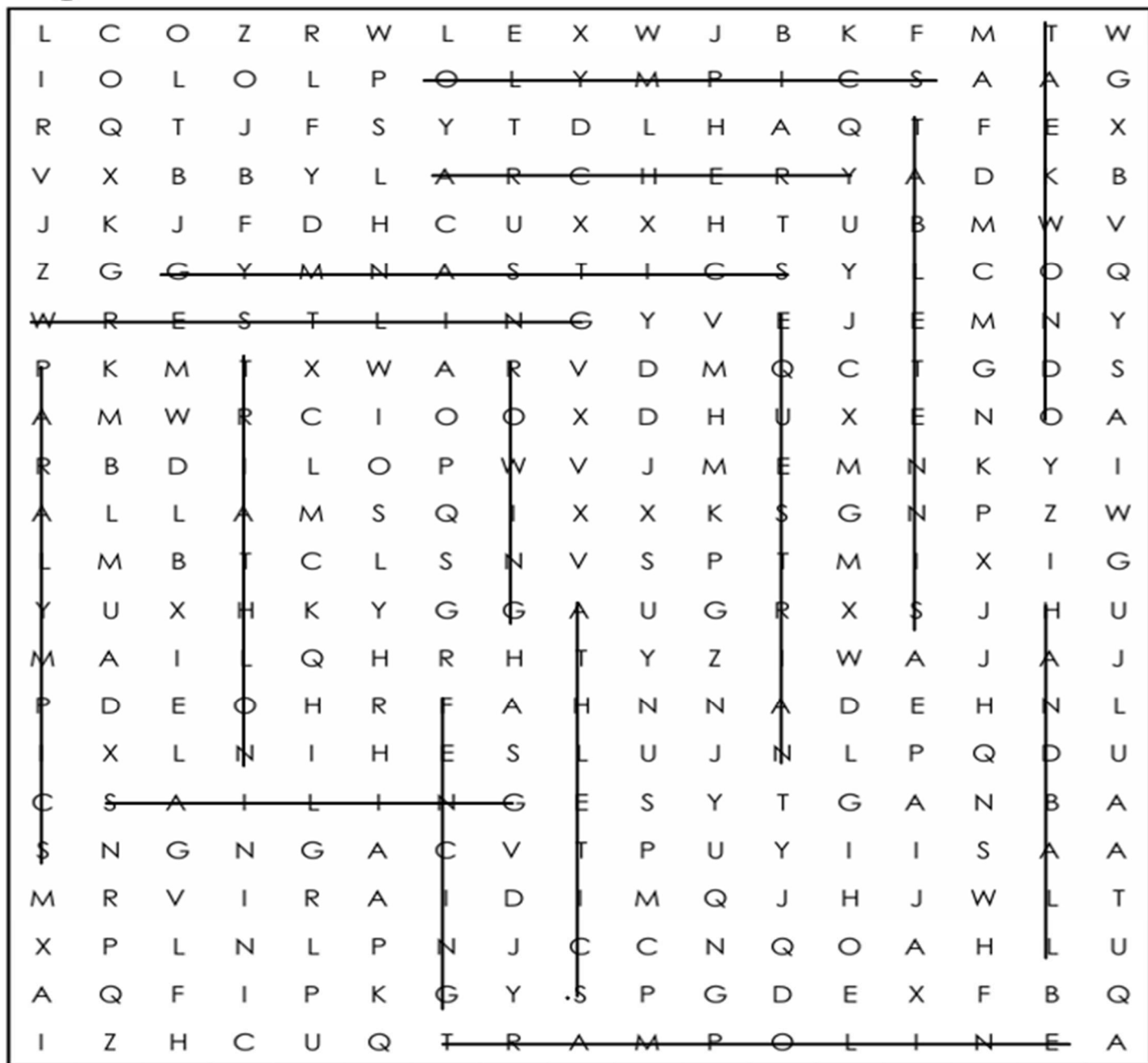


August 2024



# Olympics Word Search

O



WRESTLING · GYMNASTICS · HANDBALL ·  
TRIATHLON · PARALYMPICS · FENCING ·  
TABLETENNIS · ATHLETICS · OLYMPICS ·  
SAILING · EQUESTRIAN · ROWING ·  
TRAMPOLINE · TAEKWONDO · ARCHERY ·



© Monsterwordsearch.com



August 2024



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**Prep:** 15 mins

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**Serves 6 – 8**

Egg-free

Gluten-free

Nut-free

---



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August 2024

# Let's Talk HEALTH

- Improving mobility and independence
- Helping to detect health issues early
- Lowering risk of falls
- Improving balance



Wash daily



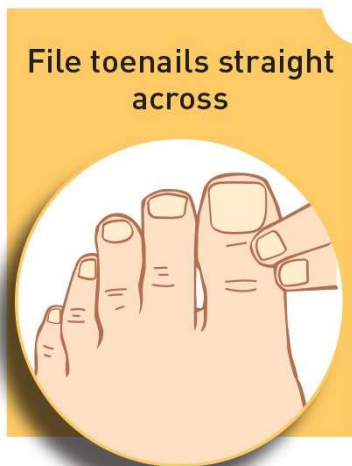
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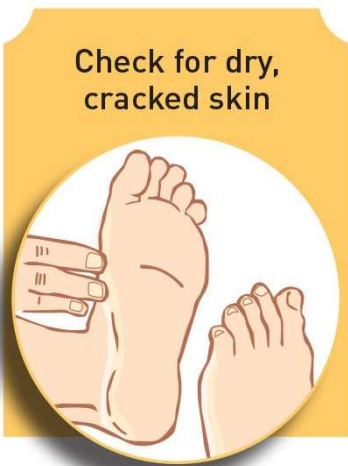
Feel for bumps or  
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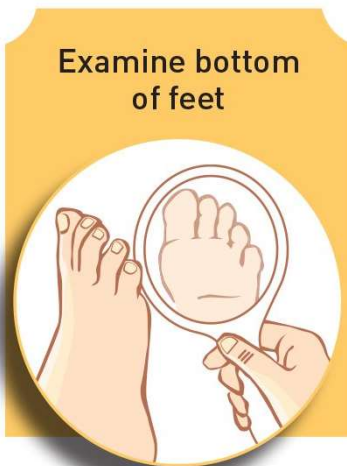
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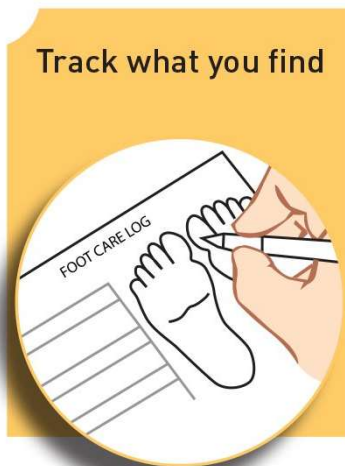
File toenails straight  
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Check for dry,  
cracked skin

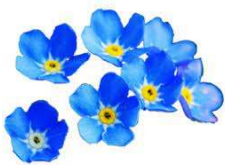


Examine bottom  
of feet



Track what you find





## Football Focus

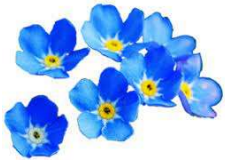


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August 2024



## Previous EURO finals:

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August 2024



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August 2024



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As the games commence let us take a look at the history of medals won from previous Olympic games.

Great Britain is ranked 3<sup>rd</sup> in the world for overall medals.

Good Luck to  
Team GB in the  
Paris 2024  
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GBR

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We also say farewell to old staff. Dayo has moved on to live near her partner and Jacqui has moved to the Peak District for her family. Good Luck with your next adventures!





August 2024



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Forget Me Not Newsletter Issue 6 – August 2024

Writer & Editor: Michelle Tobin

Proofreader: Tina Anderson

*With special thanks to Tina for all her efforts and time.*





# *Forget Me Not Home Care*

# NEWSLETTER



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## 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*

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

Contact us on:

- Tel: 01529 417791
- Email: [forgetmenothomecare@hotmail.com](mailto:forgetmenothomecare@hotmail.com)
- Website: [www.forgetmenothomecare.co.uk](http://www.forgetmenothomecare.co.uk)



August 2024

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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@offlead sleaford.co.uk](mailto:info@offlead sleaford.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





August 2024



## Coffee Break Quiz...



## 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	H	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





# Cooking Terms

## Word Scramble



NLD BE

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NMICE

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UPOR

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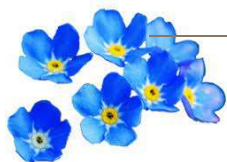
ILOB

\_\_\_\_\_

TSIR

\_\_\_\_\_





# July Quiz Answers:

## Answer Sheet

### Wordwheel possible words

The wordwheel word is: FOOTBALL

- |                   |                   |                     |                      |                       |                         |          |
|-------------------|-------------------|---------------------|----------------------|-----------------------|-------------------------|----------|
| aft<br>fab<br>fat | fob<br>foo<br>oaf | oft<br>fall<br>flat | foal<br>fool<br>foot | loaf<br>loft<br>afoot | aloft<br>aloof<br>float | football |
|-------------------|-------------------|---------------------|----------------------|-----------------------|-------------------------|----------|



# SUMMER DAYS

## Word Scramble

### SOLUTION

cheab

B E A C H

ensrsecun

S U N S C R E E N

esbablal

B A S E B A L L

oplo

P O O L

iacnotva

V A C A T I O N

rbueecba

B A R B E C U E

reamwntelo

W A T E R M E L O N

© puzzles-to-print.com

S C H O O L ' S O U T !

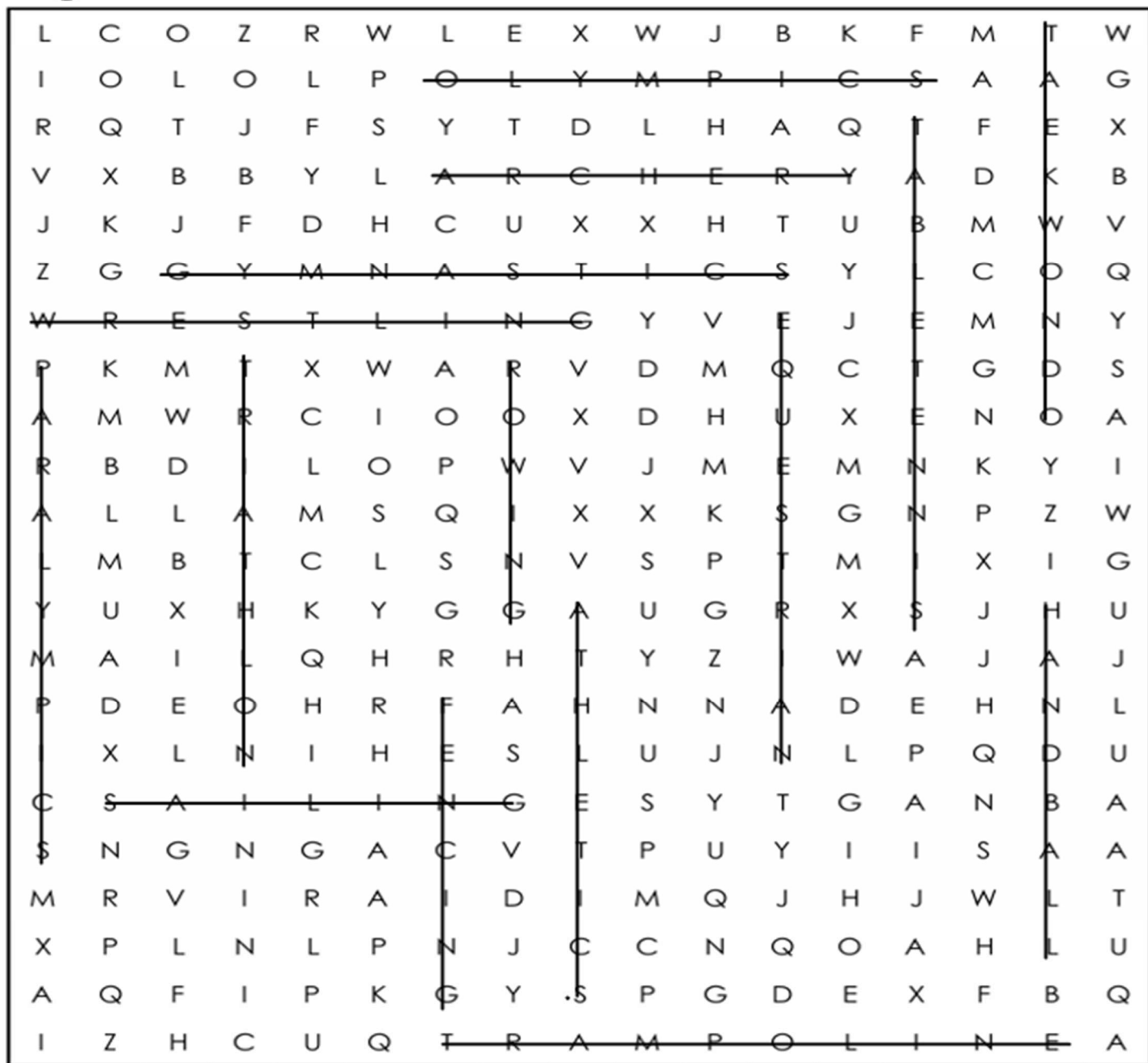


August 2024



# Olympics Word Search

O



WRESTLING ·

GYMNASTICS ·

HANDBALL ·

TRIATHLON ·

PARALYMPICS ·

FENCING ·

TABLE TENNIS ·

ATHLETICS ·

OLYMPICS ·

SAILING ·

EQUESTRIAN

ROWING ·

TRAMPOLINE ·

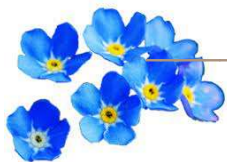
TAEKWONDO ·

ARCHERY ·

© Monsterwordsearch.com







August 2024



# Raspberry Mousse



**Prep:** 15 mins

**Cook:** 10 mins

Plus cooling and setting

**Serves 6 – 8**

Egg-free

Gluten-free

Nut-free

---



August 2024



Try making this summer berry mousse as a dessert, topped with whipped cream, or use it as a filling for a light sponge layer cake

## Ingredients

- 2 gelatine leaves
- 350g raspberries, plus extra for decorating
- 60g caster sugar
- 1 lemon, juiced
- 500ml whipping cream

## Method

### • STEP 1

Put the gelatine leaves in a bowl, cover with warm water and leave to soak for 5 mins. Drain and squeeze out any excess water.

### • STEP 2

Tip the raspberries into a pan over a medium-low heat along with the sugar and lemon juice. Cook for 5-6 mins until the berries have completely broken down. Push the mixture through a sieve set over a bowl, discarding the seeds. Stir in the gelatine leaves until dissolved (if they don't dissolve, pour the mixture into a clean saucepan and heat gently until dissolved). Set aside to cool for 15 mins.

### • STEP 3

Whip the cream to soft peaks using an electric whisk, then gently fold this into the raspberry mixture. Spoon into the ramekins or moulds and chill overnight, or for at least 6 hrs. Serve with raspberries scattered over the top.



August 2024



# AUGUST

# 2024

MON

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SUN

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**Bank  
Holiday  
UK**

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31

1

*Homemade*  
GIFTS MADE EASY

## Diary Events:

- Saturday 3<sup>rd</sup> August – The Fortescue Arms Pub, Billingborough is having special open day
- Saturday 10<sup>th</sup> August – Annual Summer fete 2PM-4PM @ The Old Hall Care Home, Billingborough NG34 0QA
- The Glorious 12<sup>th</sup> – open day for Grouse Shooting.
- Sunday 18<sup>th</sup> August – Billingborough American Car Show 10AM-2PM @ Billingborough Cars & Commercials, West Road Billingborough NG34 0QU

- Monday 26<sup>th</sup> August – Bank Holiday





August 2024

Let's Talk  
**HEALTH**

Let's Talk...

Health and Wellbeing

*Your Life, Your Style....*

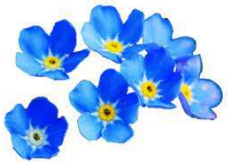


At any age it is important to maintain and enhance our own health and wellness; ensuring our minds and bodies are healthy and balanced, focusing on physical well-being, happiness, fulfillment, and mental strength.

This month we will focus on the importance and benefits of *regular foot care and treatment*.



As we age, it is only natural our feet undergo wear and tear, with this can lead to various foot problems. It's essential that we all take good care of our feet. It lowers our risk of having a fall and reduces our risk of infection, as well as relieving pain and ensuring the best comfort.



Foot care is crucial due to several reasons.

Here are some common foot problems that can affect us all:

1. **Fallen Arches:** Loss of tendon elasticity can cause fallen foot arches. This may increase shoe size and lead to discomfort or painful foot sores.
2. **Bunions:** These bulges on the lower joint of the big toe can be painful and affect mobility.
3. **Corns:** Thickened skin areas on the sole of the foot or toes can make walking uncomfortable.
4. **Cracked Heels:** Accumulated hard skin can cause deep cracks, making shoe-wearing painful.
5. **Fungal Infections:** Seniors are more vulnerable to fungal infections affecting toenails and toe spaces.

Taking good care of your feet has many benefits for the elderly. These benefits include:

- Increasing your comfort
- Limiting the possibility of additional medical problems
- Reducing your chance of hospitalisation due to infection
- Keeping you active and mobile
- Improving blood circulation



August 2024

# Let's Talk HEALTH

- Improving mobility and independence
- Helping to detect health issues early
- Lowering risk of falls
- Improving balance



Wash daily



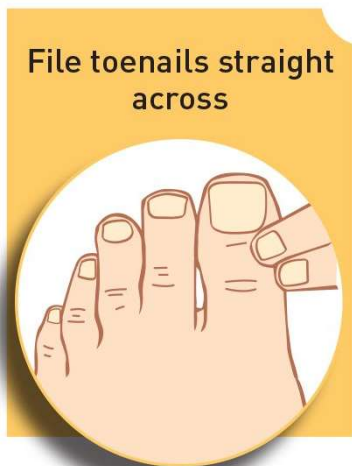
Dry well especially  
between toes



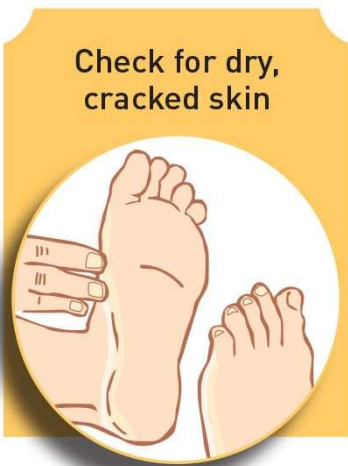
Feel for bumps or  
temperature changes



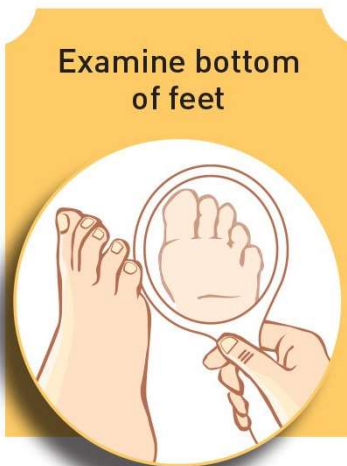
Look between toes;  
check each toenail



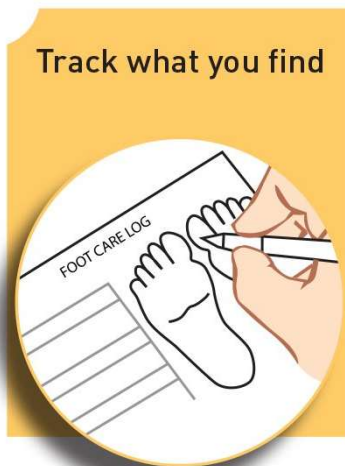
File toenails straight  
across



Check for dry,  
cracked skin



Examine bottom  
of feet



Track what you find







## Football Focus

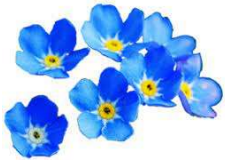


The UEFA EURO 2024 final took place between Spain and England at Olympiastadion Berlin on Sunday, July 14, 2024. Spain emerged victorious, defeating England with a 2-1 scoreline, securing their fourth European Championship title.

Congratulations to both teams!! And well done to Spain winning their 4<sup>th</sup> Euro championship title.

Here are some key details about the final:

- Venue: Olympiastadion Berlin, Germany, with a capacity of 71,000 spectators.
- Kick-off time: 21:00 CET.
- Referee: François Letexier from France officiated the match.



August 2024

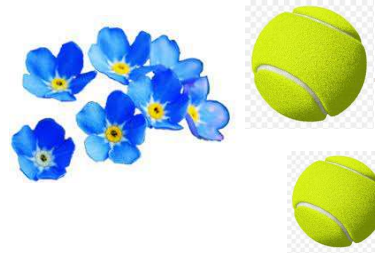


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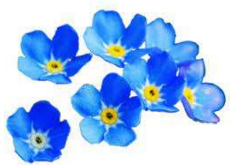
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We hope you enjoy reading!

From

*The Forget Me Not Team*

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

Contact us on:

- Tel: 01529 417791
- Email: [forgetmenothomecare@hotmail.com](mailto:forgetmenothomecare@hotmail.com)
- Website: [www.forgetmenothomecare.co.uk](http://www.forgetmenothomecare.co.uk)



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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@offlead sleaford.co.uk](mailto:info@offlead sleaford.co.uk)

#### **Address:**

Dale Farm  
Westcliffe Road  
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NG34 8RG



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August 2024



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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	H	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







# Cooking Terms

## Word Scramble



NLDBE

\_\_\_\_\_

NMICE

\_\_\_\_\_

UPOR

\_\_\_\_\_

PEEUR

\_\_\_\_\_

ASTRNI

\_\_\_\_\_

OEVRC

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MNSOTEI

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LCIES

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EAZGL

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STSO

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EMTL

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CSRDIAD

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CBRUS

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TEAB

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AORST

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MEURESA

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ASTUE

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BRNWO

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CIED

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TSAEB

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CHPO

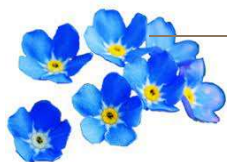
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ILOB

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TSIR

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# July Quiz Answers:

## Answer Sheet

### Wordwheel possible words

The wordwheel word is: FOOTBALL

- |     |     |      |      |       |       |          |
|-----|-----|------|------|-------|-------|----------|
| aft | fob | oft  | foal | loaf  | aloft | football |
| fab | foo | fall | fool | loft  | aloof |          |
| fat | oaf | flat | foot | afoot | float |          |





# SUMMER DAYS

## Word Scramble

### SOLUTION

cheab

B E A C H

ensrsecun

S U N S C R E E N

esbablal

B A S E B A L L

oplo

P O O L

iacnotva

V A C A T I O N

rbueecba

B A R B E C U E

reamwntelo

W A T E R M E L O N

© puzzles-to-print.com

S C H O O L ' S O U T !

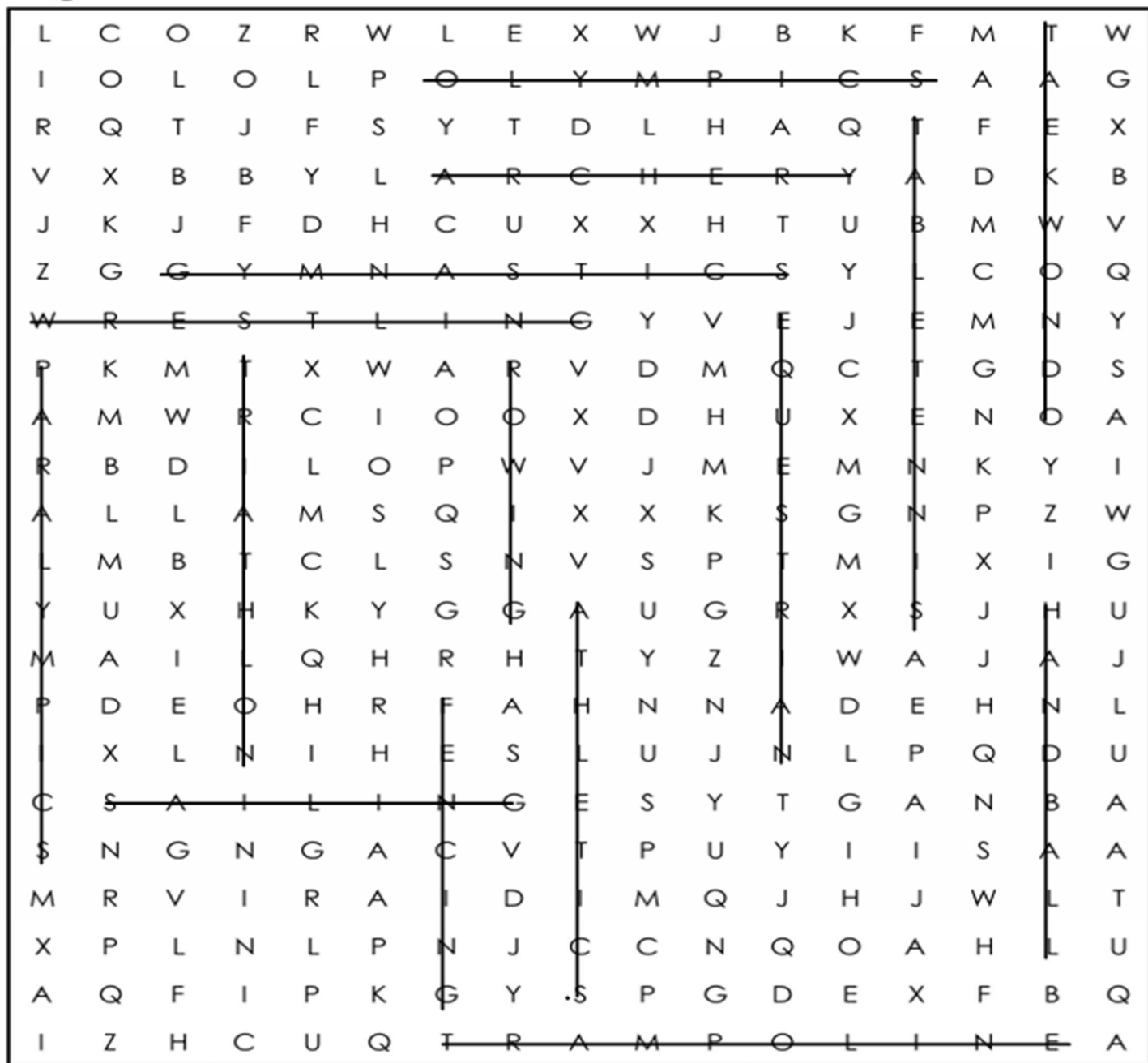


August 2024



# Olympics Word Search

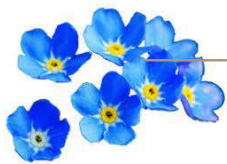
O



WRESTLING · GYMNASTICS · HANDBALL ·  
TRIATHLON · PARALYMPICS · FENCING ·  
TABLE TENNIS · ATHLETICS · OLYMPICS ·  
SAILING · EQUESTRIAN · ROWING ·  
TRAMPOLINE · TAEKWONDO · ARCHERY ·



© Monsterwordsearch.com



August 2024



# Raspberry Mousse



**Prep:** 15 mins

**Cook:** 10 mins

Plus cooling and setting

**Serves 6 – 8**

Egg-free

Gluten-free

Nut-free

---





August 2024



Try making this summer berry mousse as a dessert, topped with whipped cream, or use it as a filling for a light sponge layer cake

## Ingredients

- 2 gelatine leaves
- 350g raspberries, plus extra for decorating
- 60g caster sugar
- 1 lemon, juiced
- 500ml whipping cream

## Method

### • STEP 1

Put the gelatine leaves in a bowl, cover with warm water and leave to soak for 5 mins. Drain and squeeze out any excess water.

### • STEP 2

Tip the raspberries into a pan over a medium-low heat along with the sugar and lemon juice. Cook for 5-6 mins until the berries have completely broken down. Push the mixture through a sieve set over a bowl, discarding the seeds. Stir in the gelatine leaves until dissolved (if they don't dissolve, pour the mixture into a clean saucepan and heat gently until dissolved). Set aside to cool for 15 mins.

### • STEP 3

Whip the cream to soft peaks using an electric whisk, then gently fold this into the raspberry mixture. Spoon into the ramekins or moulds and chill overnight, or for at least 6 hrs. Serve with raspberries scattered over the top.



August 2024



# AUGUST

# 2024

MON

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**Bank  
Holiday  
UK**

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31

1

*Homemade*  
GIFTS MADE EASY

## Diary Events:

- Saturday 3<sup>rd</sup> August – The Fortescue Arms Pub, Billingborough is having special open day
- Saturday 10<sup>th</sup> August – Annual Summer fete 2PM-4PM @ The Old Hall Care Home, Billingborough NG34 0QA
- The Glorious 12<sup>th</sup> – open day for Grouse Shooting.
- Sunday 18<sup>th</sup> August – Billingborough American Car Show 10AM-2PM @ Billingborough Cars & Commercials, West Road Billingborough NG34 0QU

- Monday 26<sup>th</sup> August – Bank Holiday



August 2024

Let's Talk  
**HEALTH**

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 *regular foot care and treatment*.



As we age, it is only natural our feet undergo wear and tear, with this can lead to various foot problems. It's essential that we all take good care of our feet. It lowers our risk of having a fall and reduces our risk of infection, as well as relieving pain and ensuring the best comfort.





Foot care is crucial due to several reasons.

Here are some common foot problems that can affect us all:

1. **Fallen Arches:** Loss of tendon elasticity can cause fallen foot arches. This may increase shoe size and lead to discomfort or painful foot sores.
2. **Bunions:** These bulges on the lower joint of the big toe can be painful and affect mobility.
3. **Corns:** Thickened skin areas on the sole of the foot or toes can make walking uncomfortable.
4. **Cracked Heels:** Accumulated hard skin can cause deep cracks, making shoe-wearing painful.
5. **Fungal Infections:** Seniors are more vulnerable to fungal infections affecting toenails and toe spaces.

Taking good care of your feet has many benefits for the elderly. These benefits include:

- Increasing your comfort
- Limiting the possibility of additional medical problems
- Reducing your chance of hospitalisation due to infection
- Keeping you active and mobile
- Improving blood circulation



August 2024

# Let's Talk HEALTH

- Improving mobility and independence
- Helping to detect health issues early
- Lowering risk of falls
- Improving balance



Wash daily



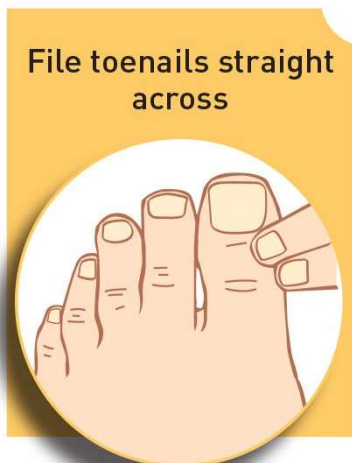
Dry well especially  
between toes



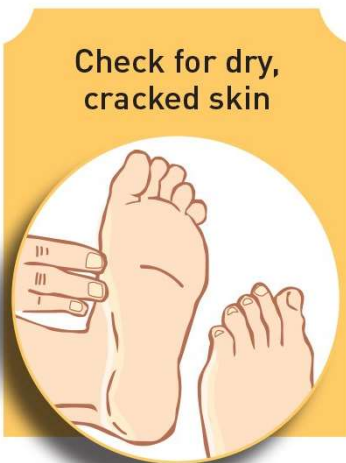
Feel for bumps or  
temperature changes



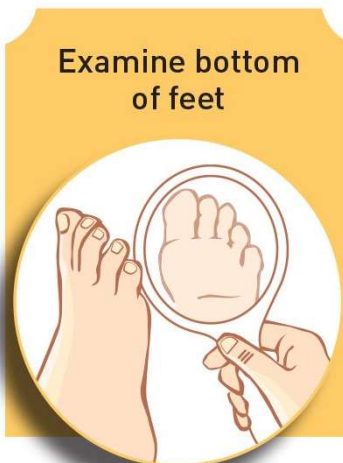
Look between toes;  
check each toenail



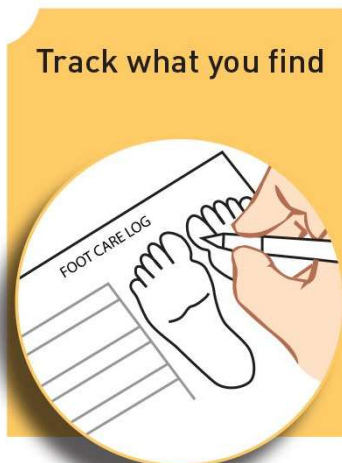
File toenails straight  
across



Check for dry,  
cracked skin



Examine bottom  
of feet



Track what you find





## Football Focus



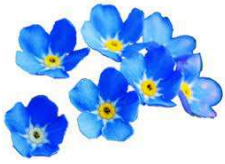
The UEFA EURO 2024 final took place between Spain and England at Olympiastadion Berlin on Sunday, July 14, 2024. Spain emerged victorious, defeating England with a 2-1 scoreline, securing their fourth European Championship title.

Congratulations to both teams!! And well done to Spain winning their 4<sup>th</sup> Euro championship title.

Here are some key details about the final:

- Venue: Olympiastadion Berlin, Germany, with a capacity of 71,000 spectators.
- Kick-off time: 21:00 CET.
- Referee: François Letexier from France officiated the match.





August 2024

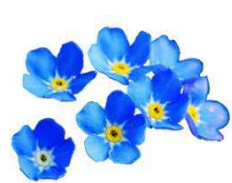


## Previous EURO finals:

- Spain had won the championship three times before (in 1964, 2008, and 2012)
- England finished as runners-up in the 2020 EURO, losing to Italy on penalties.

## Historical context:

- Spain became the most successful side in EURO history with their fourth title.
- Host nations have both won and lost EURO finals in the past.
- The highest-scoring EURO final was Spain's 4-0 victory over Italy in 2012.



August 2024



## Wimbledon 2024

### Wimbledon final analysis: Carlos Alcaraz beats Novak Djokovic for second Wimbledon title

Carlos Alcaraz's recent Wimbledon victory has been a major talking point. He became the first man since 2002, other than Novak Djokovic, Roger Federer, Rafael Nadal, or Andy Murray, to win the prestigious tournament<sup>1</sup>. Djokovic, who has an impressive record of 35 Grand Slam finals and 23 wins, faced Alcaraz in a thrilling five-set final. Here's what Djokovic had to say about the rising star:

- Alcaraz combines elements from all three tennis legends: Roger Federer, Rafael Nadal, and Djokovic himself. Djokovic praised Alcaraz's mental resilience and maturity, especially considering he's only 20 years old.
- Alcaraz possesses a "Spanish bull" mentality, reminiscent of Nadal's competitiveness and fighting spirit.
- Djokovic even noticed similarities between Alcaraz's sliding backhand and his own two-handed backhand, emphasizing adaptability and defensive skills<sup>2</sup>.

Alcaraz, on the other hand, humbly considers himself a complete player with the physical and mental strength to handle high-pressure situations. It's fascinating to witness this changing of the guard in men's tennis, as Alcaraz continues to make waves on the court. 🌟 🎾



August 2024



# Olympics 2024

The Olympics Games have begun!



As the games commence let us take a look at the history of medals won from previous Olympic games.

Great Britain is ranked 3<sup>rd</sup> in the world for overall medals.

Good Luck to  
Team GB in the  
Paris 2024  
Olympic games.

Team	Summer Olympic Games				
Team (IOC code) ▾	No. ▾	 ▾	 ▾	 ▾	 ▾
 <b>United States</b> (USA) <sup>[P] [Q] [R] [Z] [F]</sup>	28	1,061	830	738	<b>2,629</b>
 <b>Soviet Union</b> (URS) <sup>[URS]</sup>	9	395	319	296	<b>1,010</b>
 <b>Great Britain</b> (GBR) <sup>[GBR] [Z]</sup>	29	284	318	314	<b>916</b>
 <b>France</b> (FRA) <sup>[O] [P] [Z]</sup>	29	223	251	277	<b>751</b>
 <b>Germany</b> (GER) <sup>[GER] [Z]</sup>	17	201	207	247	<b>655</b>



GBR





August 2024



# *Forget Me Not Team News*



In the month of July, we focused on best practice to reduce and manage Falls.

We learnt many areas:

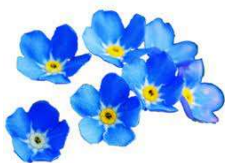
1. What is a fall and why it is important to think and react to prevent falls.
2. Why do people fall and what are the risks.
3. How to reduce the risk of falls.
4. What we as carers should be doing to react to falls.
5. Managing behaviors/ risks to reduce falls.

The Forget Me Not team joined The Old Hall Care Home team in Billingborough to complete this course, it was designed to enable staff to increase awareness of how to reduce risks of slipping, tripping and falling within homes and a care home environment.

## Staff News

Forget Me Not would like to welcome our newest member of the team Reece, welcome to the team Reece 😊

We also say farewell to old staff. Dayo has moved on to live near her partner and Jacqui has moved to the Peak District for her family. Good Luck with your next adventures!



August 2024



## Forget Me Not – Identity Badges



Badges have now been distributed to all staff. We hope you will find these much more helpful to recognise our Forget Me Not team when they come to visit. 😊

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Forget Me Not Newsletter Issue 6 – August 2024

Writer & Editor: Michelle Tobin

Proofreader: Tina Anderson

*With special thanks to Tina for all her efforts and time.*





# *Forget Me Not Home Care*

# NEWSLETTER



***The Great Train Robbery 8<sup>th</sup> August 1963*** was the robbery of £2.61 million (calculated to present-day value of £69 million - or \$73,547,750), from a Royal Mail train heading from Glasgow to London on the West Coast Main Line in the early hours of 8 August 1963 at Bridego Railway Bridge, Ledburn, near Mentmore in Buckinghamshire, England. After tampering with the lineside signals to bring the train to a halt, a gang of 15, led by Bruce Reynolds, attacked the train. Other gang members included Gordon Goody, Buster Edwards, Charlie Wilson, Roy James, John Daly, Jimmy White, Ronnie Biggs, Tommy Wisbey, Jim Hussey, Bob Welch and Roger Cordrey, as well as three men known only as

## 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

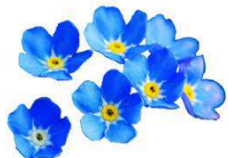
*The Forget Me Not Team*

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

Contact us on:

- Tel: 01529 417791
- Email: [forgetmenothomecare@hotmail.com](mailto:forgetmenothomecare@hotmail.com)
- Website: [www.forgetmenothomecare.co.uk](http://www.forgetmenothomecare.co.uk)





August 2024

numbers "1", "2" and "3"; two were later identified as Harry Smith and Danny Pembroke. A 16th man, an unnamed retired train driver, was also present. With careful planning based on inside information from an individual known as "The Ulsterman", whose real identity has never been established, the robbers escaped with over £2.61 million. The bulk of the stolen money has never been recovered. The gang did not use any firearms, though Jack Mills, the train driver, was beaten over the head with a metal bar and suffered serious head injuries. After his partial recovery, Mills returned to work doing light duties. He retired in 1967 and died in 1970 due to an unrelated illness. Mills never overcame the trauma of the robbery. After the robbery, the gang hid at Leatherslade Farm. The police found this hideout, and incriminating evidence, a monopoly board with fingerprints, led to the eventual arrest and conviction of most of the gang. The ringleaders were sentenced to 30 years in prison.



#### 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)

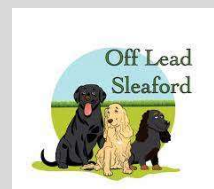
Crown House , Grantham  
Street, Lincoln LN2 1BD

#### Off Lead Dog Walking:

**Email:** [info@offlead sleaford.co.uk](mailto:info@offlead sleaford.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



August 2024



## Coffee Break Quiz...



## 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	H	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







# Cooking Terms

## Word Scramble



NLDBE

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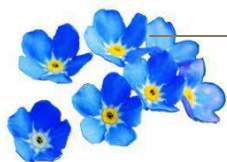
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ILOB

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TSIR

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# July Quiz Answers:

## Answer Sheet

### Wordwheel possible words

The wordwheel word is: FOOTBALL

- |                   |                   |                     |                      |                       |                         |          |
|-------------------|-------------------|---------------------|----------------------|-----------------------|-------------------------|----------|
| aft<br>fab<br>fat | fob<br>foo<br>oaf | oft<br>fall<br>flat | foal<br>fool<br>foot | loaf<br>loft<br>afoot | aloft<br>aloof<br>float | football |
|-------------------|-------------------|---------------------|----------------------|-----------------------|-------------------------|----------|



# SUMMER DAYS

## Word Scramble

### SOLUTION

cheab

B E A C H

ensrsecun

S U N S C R E E N

esbablal

B A S E B A L L

oplo

P O O L

iacnotva

V A C A T I O N

rbueecba

B A R B E C U E

reamwntelo

W A T E R M E L O N

© puzzles-to-print.com

S C H O O L ' S O U T !



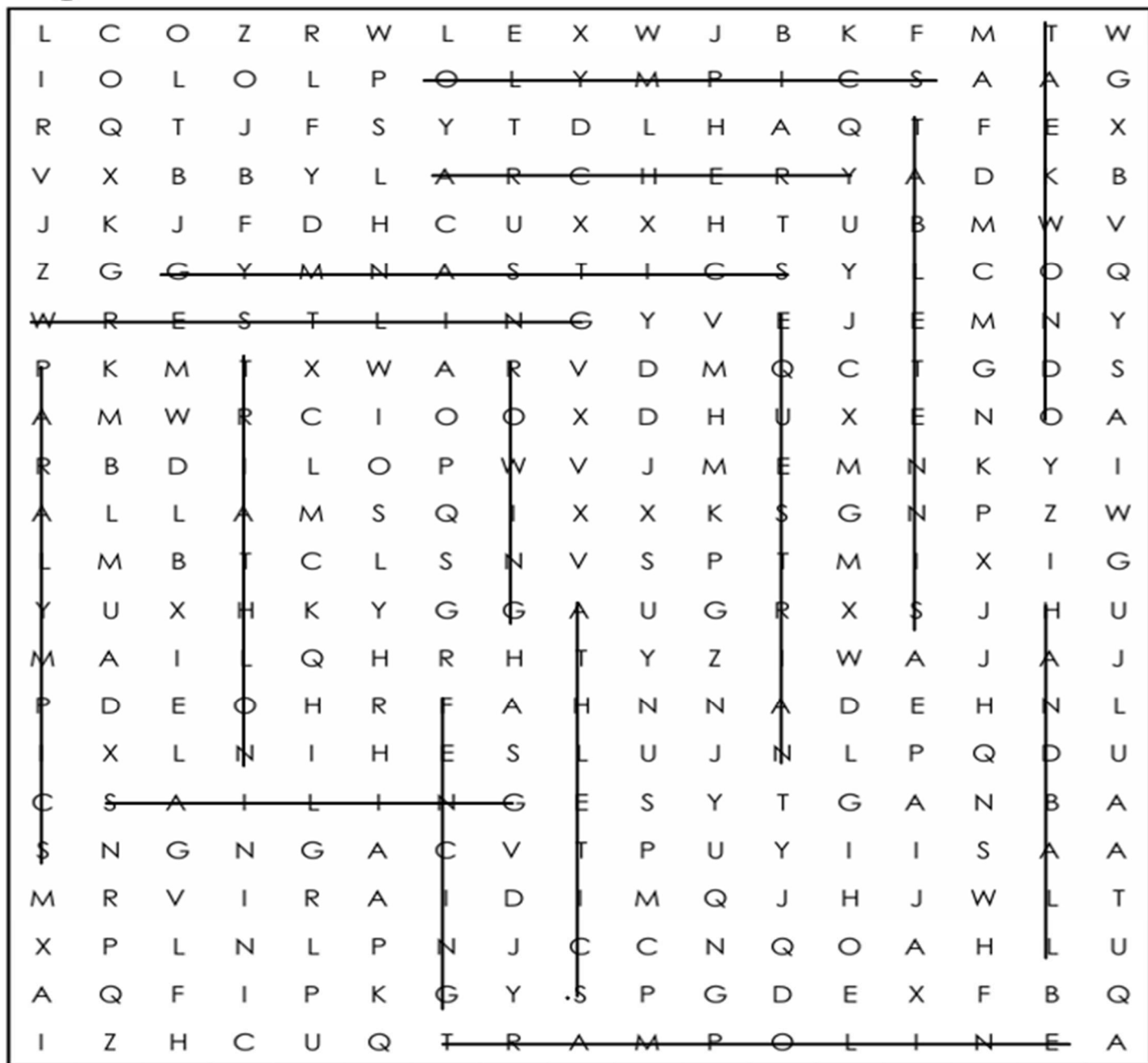


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# Olympics Word Search

O



WRESTLING ·

GYMNASTICS ·

HANDBALL ·

TRIATHLON ·

PARALYMPICS ·

FENCING ·

TABLE TENNIS ·

ATHLETICS ·

OLYMPICS ·

SAILING ·

EQUESTRIAN

ROWING ·

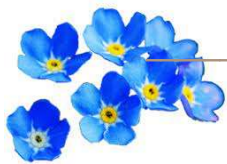
TRAMPOLINE ·

TAEKWONDO ·

ARCHERY ·

© Monsterwordsearch.com





August 2024



# Raspberry Mousse



**Prep:** 15 mins

**Cook:** 10 mins

Plus cooling and setting

**Serves 6 – 8**

Egg-free

Gluten-free

Nut-free

---



Try making this summer berry mousse as a dessert, topped with whipped cream, or use it as a filling for a light sponge layer cake

## Ingredients

- 2 gelatine leaves
- 350g raspberries, plus extra for decorating
- 60g caster sugar
- 1 lemon, juiced
- 500ml whipping cream

## Method

### • STEP 1

Put the gelatine leaves in a bowl, cover with warm water and leave to soak for 5 mins. Drain and squeeze out any excess water.

### • STEP 2

Tip the raspberries into a pan over a medium-low heat along with the sugar and lemon juice. Cook for 5-6 mins until the berries have completely broken down. Push the mixture through a sieve set over a bowl, discarding the seeds. Stir in the gelatine leaves until dissolved (if they don't dissolve, pour the mixture into a clean saucepan and heat gently until dissolved). Set aside to cool for 15 mins.

### • STEP 3

Whip the cream to soft peaks using an electric whisk, then gently fold this into the raspberry mixture. Spoon into the ramekins or moulds and chill overnight, or for at least 6 hrs. Serve with raspberries scattered over the top.





August 2024



# AUGUST

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**Bank  
Holiday  
UK**

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*Homemade*  
GIFTS MADE EASY

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August 2024

Let's Talk  
**HEALTH**

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 *regular foot care and treatment*.



As we age, it is only natural our feet undergo wear and tear, with this can lead to various foot problems. It's essential that we all take good care of our feet. It lowers our risk of having a fall and reduces our risk of infection, as well as relieving pain and ensuring the best comfort.



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Here are some common foot problems that can affect us all:

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Taking good care of your feet has many benefits for the elderly. These benefits include:

- Increasing your comfort
- Limiting the possibility of additional medical problems
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August 2024

# Let's Talk HEALTH

- Improving mobility and independence
- Helping to detect health issues early
- Lowering risk of falls
- Improving balance



Wash daily



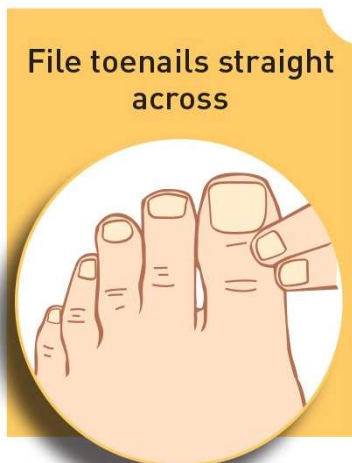
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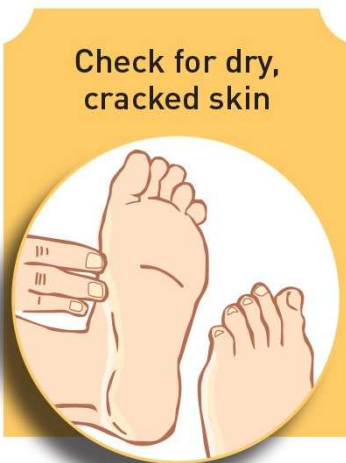
Feel for bumps or  
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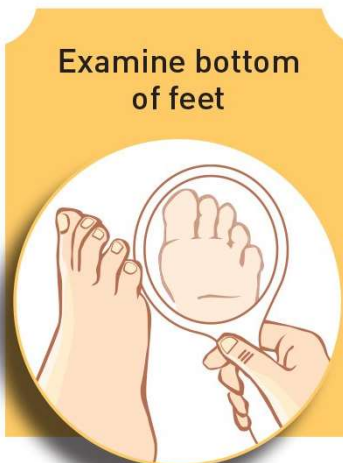
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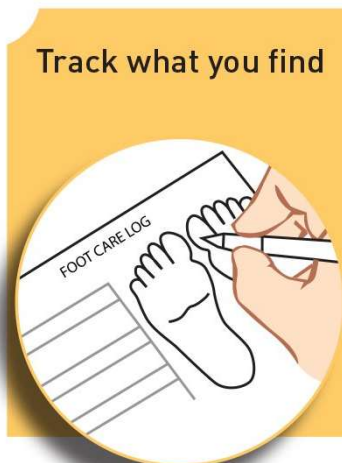
File toenails straight  
across



Check for dry,  
cracked skin

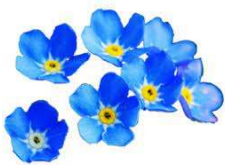


Examine bottom  
of feet



Track what you find





## Football Focus

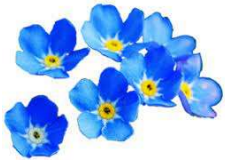


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August 2024



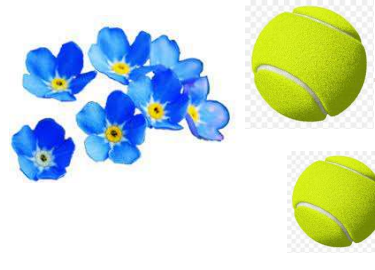
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August 2024



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Carlos Alcaraz's recent Wimbledon victory has been a major talking point. He became the first man since 2002, other than Novak Djokovic, Roger Federer, Rafael Nadal, or Andy Murray, to win the prestigious tournament<sup>1</sup>. Djokovic, who has an impressive record of 35 Grand Slam finals and 23 wins, faced Alcaraz in a thrilling five-set final. Here's what Djokovic had to say about the rising star:

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August 2024



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As the games commence let us take a look at the history of medals won from previous Olympic games.

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GBR

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August 2024



# *Forget Me Not Team News*



In the month of July, we focused on best practice to reduce and manage Falls.

We learnt many areas:

1. What is a fall and why it is important to think and react to prevent falls.
2. Why do people fall and what are the risks.
3. How to reduce the risk of falls.
4. What we as carers should be doing to react to falls.
5. Managing behaviors/ risks to reduce falls.

The Forget Me Not team joined The Old Hall Care Home team in Billingborough to complete this course, it was designed to enable staff to increase awareness of how to reduce risks of slipping, tripping and falling within homes and a care home environment.

## Staff News

Forget Me Not would like to welcome our newest member of the team Reece, welcome to the team Reece 😊

We also say farewell to old staff. Dayo has moved on to live near her partner and Jacqui has moved to the Peak District for her family. Good Luck with your next adventures!





August 2024



## Forget Me Not – Identity Badges



Badges have now been distributed to all staff. We hope you will find these much more helpful to recognise our Forget Me Not team when they come to visit. 😊

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Forget Me Not Newsletter Issue 6 – August 2024

Writer & Editor: Michelle Tobin

Proofreader: Tina Anderson

*With special thanks to Tina for all her efforts and time.*





# *Forget Me Not Home Care*

# NEWSLETTER



***The Great Train Robbery 8<sup>th</sup> August 1963*** was the robbery of £2.61 million (calculated to present-day value of £69 million - or \$73,547,750), from a Royal Mail train heading from Glasgow to London on the West Coast Main Line in the early hours of 8 August 1963 at Bridego Railway Bridge, Ledburn, near Mentmore in Buckinghamshire, England. After tampering with the lineside signals to bring the train to a halt, a gang of 15, led by Bruce Reynolds, attacked the train. Other gang members included Gordon Goody, Buster Edwards, Charlie Wilson, Roy James, John Daly, Jimmy White, Ronnie Biggs, Tommy Wisbey, Jim Hussey, Bob Welch and Roger Cordrey, as well as three men known only as

## 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*

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

Contact us on:

- Tel: 01529 417791
- Email: [forgetmenothomecare@hotmail.com](mailto:forgetmenothomecare@hotmail.com)
- Website: [www.forgetmenothomecare.co.uk](http://www.forgetmenothomecare.co.uk)



August 2024

numbers "1", "2" and "3"; two were later identified as Harry Smith and Danny Pembroke. A 16th man, an unnamed retired train driver, was also present. With careful planning based on inside information from an individual known as "The Ulsterman", whose real identity has never been established, the robbers escaped with over £2.61 million. The bulk of the stolen money has never been recovered. The gang did not use any firearms, though Jack Mills, the train driver, was beaten over the head with a metal bar and suffered serious head injuries. After his partial recovery, Mills returned to work doing light duties. He retired in 1967 and died in 1970 due to an unrelated illness. Mills never overcame the trauma of the robbery. After the robbery, the gang hid at Leatherslade Farm. The police found this hideout, and incriminating evidence, a monopoly board with fingerprints, led to the eventual arrest and conviction of most of the gang. The ringleaders were sentenced to 30 years in prison.



#### 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@offlead sleaford.co.uk](mailto:info@offlead sleaford.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





August 2024



## Coffee Break Quiz...



## 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	H	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





# Cooking Terms

## Word Scramble



NLD BE

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NMICE

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UPOR

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OEVRC

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CSRDIAD

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CBRUS

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AORST

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MEURESA

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AERGT

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BRNWO

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TSAEB

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CHPO

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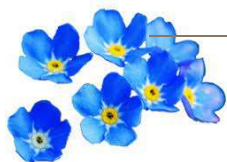
ILOB

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TSIR

\_\_\_\_\_





# July Quiz Answers:

## Answer Sheet

### Wordwheel possible words

The wordwheel word is: FOOTBALL

- |                   |                   |                     |                      |                       |                         |          |
|-------------------|-------------------|---------------------|----------------------|-----------------------|-------------------------|----------|
| aft<br>fab<br>fat | fob<br>foo<br>oaf | oft<br>fall<br>flat | foal<br>fool<br>foot | loaf<br>loft<br>afoot | aloft<br>aloof<br>float | football |
|-------------------|-------------------|---------------------|----------------------|-----------------------|-------------------------|----------|



# SUMMER DAYS

## Word Scramble

### SOLUTION

cheab

B E A C H

ensrsecun

S U N S C R E E N

esbablal

B A S E B A L L

oplo

P O O L

iacnotva

V A C A T I O N

rbueecba

B A R B E C U E

reamwntelo

W A T E R M E L O N

© puzzles-to-print.com

S C H O O L ' S O U T !

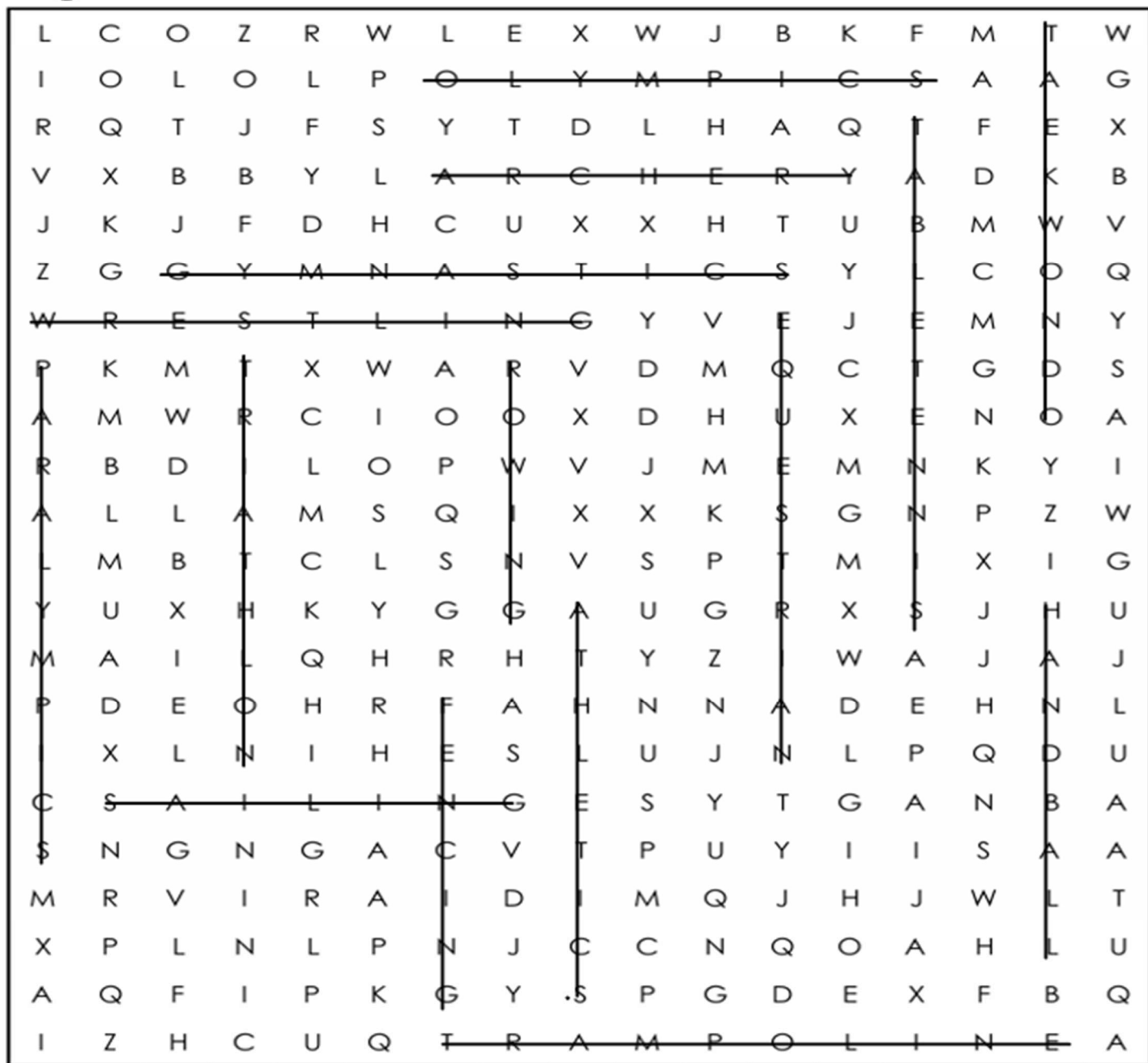


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# Olympics Word Search

O

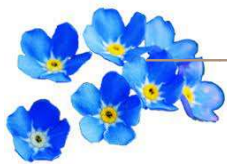


WRESTLING · GYMNASTICS · HANDBALL ·  
TRIATHLON · PARALYMPICS · FENCING ·  
TABLETENNIS · ATHLETICS · OLYMPICS ·  
SAILING · EQUESTRIAN · ROWING ·  
TRAMPOLINE · TAEKWONDO · ARCHERY ·



© Monsterwordsearch.com





August 2024



# Raspberry Mousse



**Prep:** 15 mins

**Cook:** 10 mins

Plus cooling and setting

**Serves 6 – 8**

Egg-free

Gluten-free

Nut-free

---



Try making this summer berry mousse as a dessert, topped with whipped cream, or use it as a filling for a light sponge layer cake

## Ingredients

- 2 gelatine leaves
- 350g raspberries, plus extra for decorating
- 60g caster sugar
- 1 lemon, juiced
- 500ml whipping cream

## Method

### • STEP 1

Put the gelatine leaves in a bowl, cover with warm water and leave to soak for 5 mins. Drain and squeeze out any excess water.

### • STEP 2

Tip the raspberries into a pan over a medium-low heat along with the sugar and lemon juice. Cook for 5-6 mins until the berries have completely broken down. Push the mixture through a sieve set over a bowl, discarding the seeds. Stir in the gelatine leaves until dissolved (if they don't dissolve, pour the mixture into a clean saucepan and heat gently until dissolved). Set aside to cool for 15 mins.

### • STEP 3

Whip the cream to soft peaks using an electric whisk, then gently fold this into the raspberry mixture. Spoon into the ramekins or moulds and chill overnight, or for at least 6 hrs. Serve with raspberries scattered over the top.



August 2024



# AUGUST

# 2024

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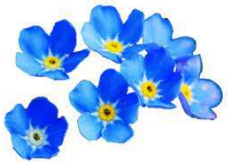


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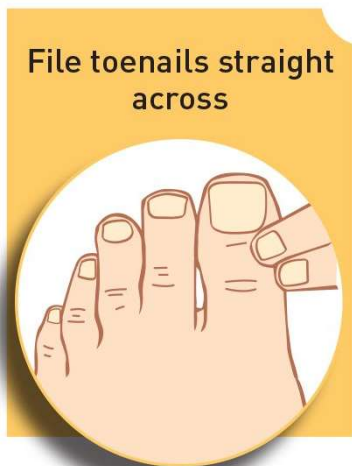
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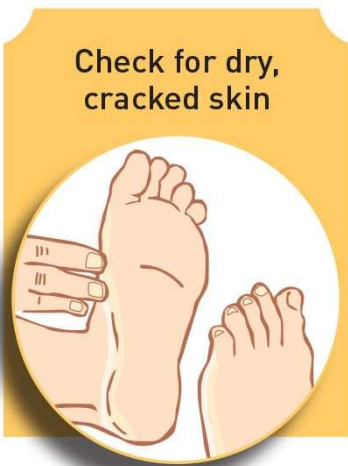
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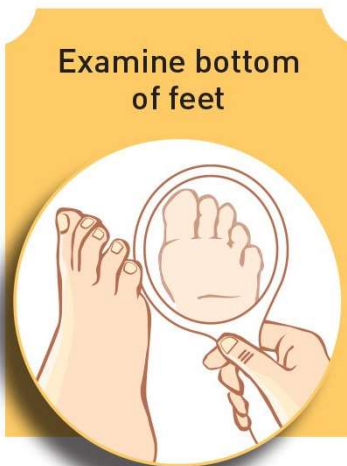
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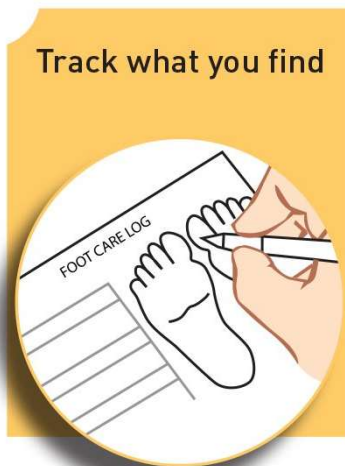
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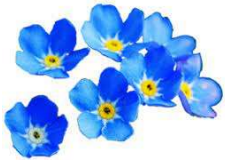


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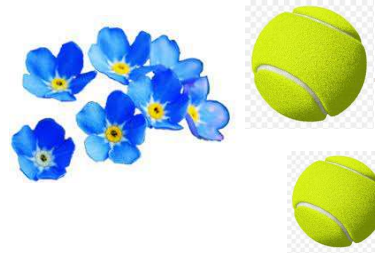


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August 2024



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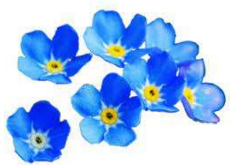
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GBR

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August 2024



# *Forget Me Not Team News*



In the month of July, we focused on best practice to reduce and manage Falls.

We learnt many areas:

1. What is a fall and why it is important to think and react to prevent falls.
2. Why do people fall and what are the risks.
3. How to reduce the risk of falls.
4. What we as carers should be doing to react to falls.
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## Staff News

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We also say farewell to old staff. Dayo has moved on to live near her partner and Jacqui has moved to the Peak District for her family. Good Luck with your next adventures!



August 2024



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Forget Me Not Newsletter Issue 6 – August 2024

Writer & Editor: Michelle Tobin

Proofreader: Tina Anderson

*With special thanks to Tina for all her efforts and time.*







# *Forget Me Not Home Care*

# NEWSLETTER



***The Great Train Robbery 8<sup>th</sup> August 1963*** was the robbery of £2.61 million (calculated to present-day value of £69 million - or \$73,547,750), from a Royal Mail train heading from Glasgow to London on the West Coast Main Line in the early hours of 8 August 1963 at Bridego Railway Bridge, Ledburn, near Mentmore in Buckinghamshire, England. After tampering with the lineside signals to bring the train to a halt, a gang of 15, led by Bruce Reynolds, attacked the train. Other gang members included Gordon Goody, Buster Edwards, Charlie Wilson, Roy James, John Daly, Jimmy White, Ronnie Biggs, Tommy Wisbey, Jim Hussey, Bob Welch and Roger Cordrey, as well as three men known only as

## Welcome

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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*

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

Contact us on:

- Tel: 01529 417791
- Email: [forgetmenothomecare@hotmail.com](mailto:forgetmenothomecare@hotmail.com)
- Website: [www.forgetmenothomecare.co.uk](http://www.forgetmenothomecare.co.uk)



August 2024

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

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Street, Lincoln LN2 1BD

#### Off Lead Dog Walking:

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#### **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





August 2024



## Coffee Break Quiz...



## 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	H	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







# Cooking Terms

## Word Scramble



NLDBE

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NMICE

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UPOR

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PEEUR

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ASTRNI

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OEVRC

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MNSOTEI

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LCIES

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CSRDIAD

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CBRUS

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AORST

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MEURESA

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AERGT

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ASTUE

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BRNWO

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CIED

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TSAEB

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CHPO

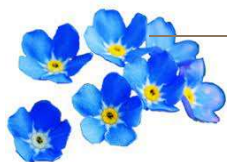
\_\_\_\_\_

ILOB

\_\_\_\_\_

TSIR

\_\_\_\_\_



# July Quiz Answers:

## Answer Sheet

### Wordwheel possible words

The wordwheel word is: FOOTBALL

- |                   |                   |                     |                      |                       |                         |          |
|-------------------|-------------------|---------------------|----------------------|-----------------------|-------------------------|----------|
| aft<br>fab<br>fat | fob<br>foo<br>oaf | oft<br>fall<br>flat | foal<br>fool<br>foot | loaf<br>loft<br>afoot | aloft<br>aloof<br>float | football |
|-------------------|-------------------|---------------------|----------------------|-----------------------|-------------------------|----------|





# SUMMER DAYS

## Word Scramble

### SOLUTION

cheab

B E A C H

ensrsecun

S U N S C R E E N

esbablal

B A S E B A L L

oplo

P O O L

iacnotva

V A C A T I O N

rbueecba

B A R B E C U E

reamwntelo

W A T E R M E L O N

© puzzles-to-print.com

S C H O O L ' S O U T !

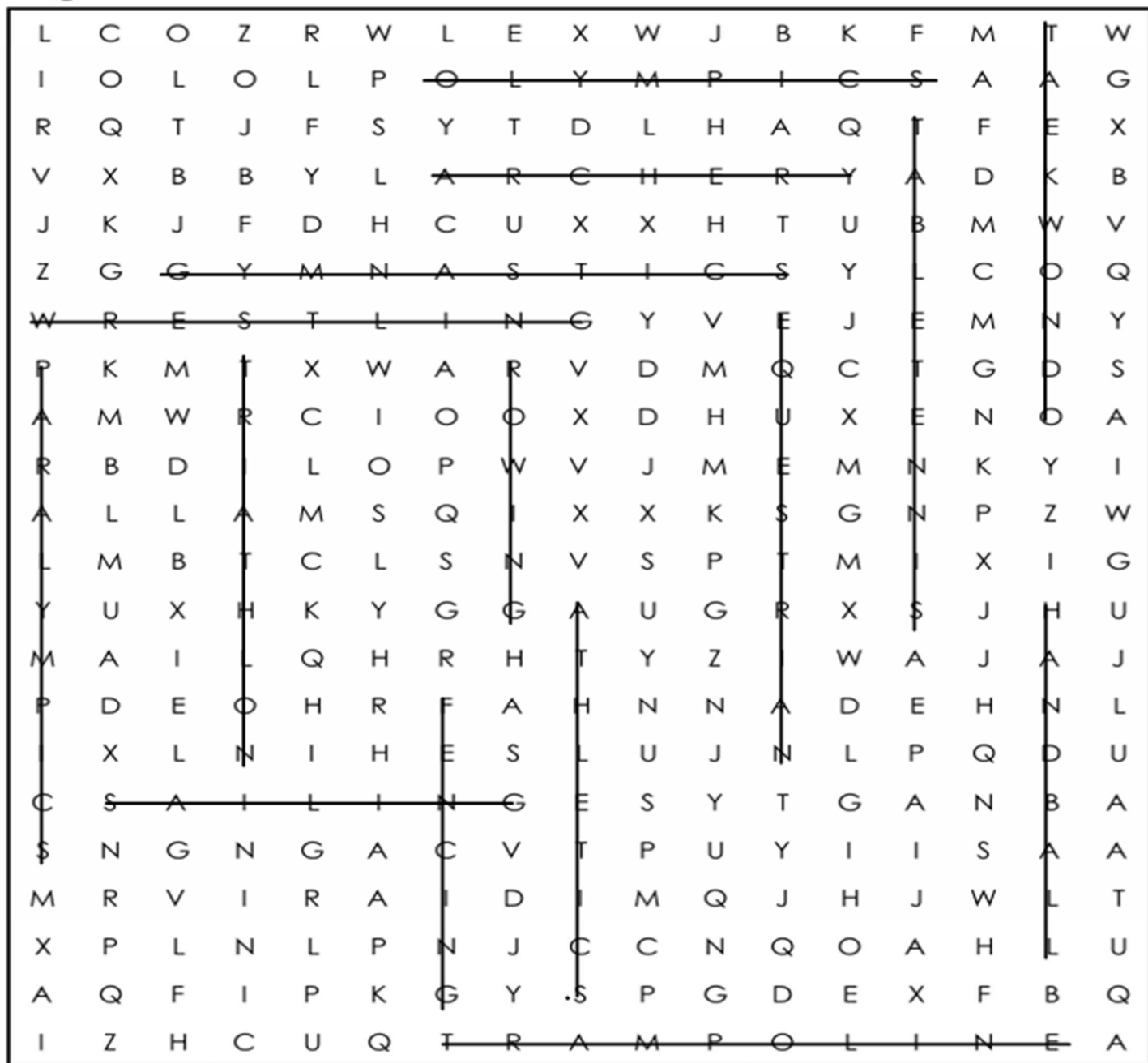


August 2024



# Olympics Word Search

O



WRESTLING ·

GYMNASTICS ·

HANDBALL ·

TRIATHLON ·

PARALYMPICS ·

FENCING ·

TABLE TENNIS ·

ATHLETICS ·

OLYMPICS ·

SAILING ·

EQUESTRIAN

ROWING ·

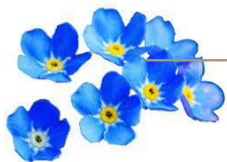
TRAMPOLINE ·

TAEKWONDO ·

ARCHERY ·

© Monsterwordsearch.com





August 2024



# Raspberry Mousse



**Prep:** 15 mins

**Cook:** 10 mins

Plus cooling and setting

**Serves 6 – 8**

Egg-free

Gluten-free

Nut-free

---





August 2024



Try making this summer berry mousse as a dessert, topped with whipped cream, or use it as a filling for a light sponge layer cake

## Ingredients

- 2 gelatine leaves
- 350g raspberries, plus extra for decorating
- 60g caster sugar
- 1 lemon, juiced
- 500ml whipping cream

## Method

### • STEP 1

Put the gelatine leaves in a bowl, cover with warm water and leave to soak for 5 mins. Drain and squeeze out any excess water.

### • STEP 2

Tip the raspberries into a pan over a medium-low heat along with the sugar and lemon juice. Cook for 5-6 mins until the berries have completely broken down. Push the mixture through a sieve set over a bowl, discarding the seeds. Stir in the gelatine leaves until dissolved (if they don't dissolve, pour the mixture into a clean saucepan and heat gently until dissolved). Set aside to cool for 15 mins.

### • STEP 3

Whip the cream to soft peaks using an electric whisk, then gently fold this into the raspberry mixture. Spoon into the ramekins or moulds and chill overnight, or for at least 6 hrs. Serve with raspberries scattered over the top.



August 2024



# AUGUST

# 2024

MON

TUE

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FRI

SAT

SUN

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**Bank  
Holiday  
UK**

27

28

29

30

31

1

*Homemade*  
GIFTS MADE EASY

## Diary Events:

- Saturday 3<sup>rd</sup> August – The Fortescue Arms Pub, Billingborough is having special open day
- Saturday 10<sup>th</sup> August – Annual Summer fete 2PM-4PM @ The Old Hall Care Home, Billingborough NG34 0QA
- The Glorious 12<sup>th</sup> – open day for Grouse Shooting.
- Sunday 18<sup>th</sup> August – Billingborough American Car Show 10AM-2PM @ Billingborough Cars & Commercials, West Road Billingborough NG34 0QU

- Monday 26<sup>th</sup> August – Bank Holiday



August 2024

Let's Talk  
**HEALTH**

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 *regular foot care and treatment*.



As we age, it is only natural our feet undergo wear and tear, with this can lead to various foot problems. It's essential that we all take good care of our feet. It lowers our risk of having a fall and reduces our risk of infection, as well as relieving pain and ensuring the best comfort.





Foot care is crucial due to several reasons.

Here are some common foot problems that can affect us all:

1. **Fallen Arches:** Loss of tendon elasticity can cause fallen foot arches. This may increase shoe size and lead to discomfort or painful foot sores.
2. **Bunions:** These bulges on the lower joint of the big toe can be painful and affect mobility.
3. **Corns:** Thickened skin areas on the sole of the foot or toes can make walking uncomfortable.
4. **Cracked Heels:** Accumulated hard skin can cause deep cracks, making shoe-wearing painful.
5. **Fungal Infections:** Seniors are more vulnerable to fungal infections affecting toenails and toe spaces.

Taking good care of your feet has many benefits for the elderly. These benefits include:

- Increasing your comfort
- Limiting the possibility of additional medical problems
- Reducing your chance of hospitalisation due to infection
- Keeping you active and mobile
- Improving blood circulation



August 2024

# Let's Talk HEALTH

- Improving mobility and independence
- Helping to detect health issues early
- Lowering risk of falls
- Improving balance



Wash daily



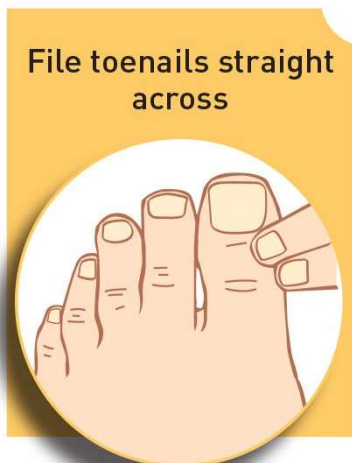
Dry well especially  
between toes



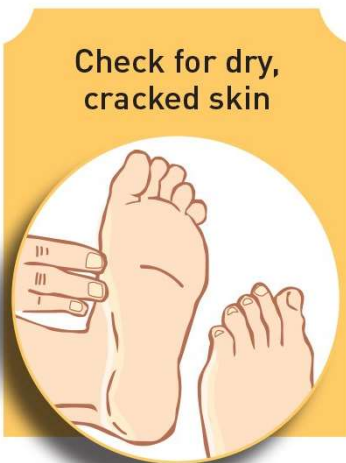
Feel for bumps or  
temperature changes



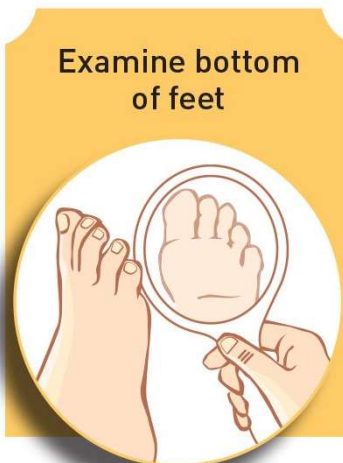
Look between toes;  
check each toenail



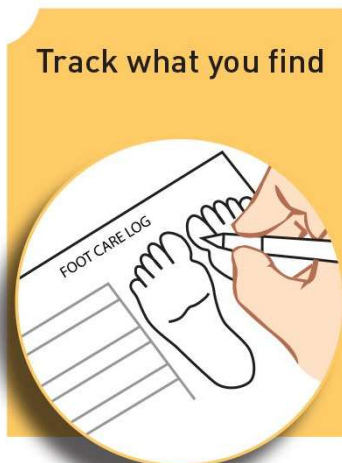
File toenails straight  
across



Check for dry,  
cracked skin



Examine bottom  
of feet



Track what you find





## Football Focus



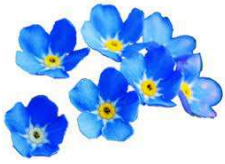
The UEFA EURO 2024 final took place between Spain and England at Olympiastadion Berlin on Sunday, July 14, 2024. Spain emerged victorious, defeating England with a 2-1 scoreline, securing their fourth European Championship title.

Congratulations to both teams!! And well done to Spain winning their 4<sup>th</sup> Euro championship title.

Here are some key details about the final:

- Venue: Olympiastadion Berlin, Germany, with a capacity of 71,000 spectators.
- Kick-off time: 21:00 CET.
- Referee: François Letexier from France officiated the match.





August 2024

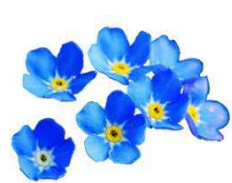


## Previous EURO finals:

- Spain had won the championship three times before (in 1964, 2008, and 2012)
- England finished as runners-up in the 2020 EURO, losing to Italy on penalties.

## Historical context:

- Spain became the most successful side in EURO history with their fourth title.
- Host nations have both won and lost EURO finals in the past.
- The highest-scoring EURO final was Spain's 4-0 victory over Italy in 2012.



August 2024



# Wimbledon 2024

## Wimbledon final analysis: Carlos Alcaraz beats Novak Djokovic for second Wimbledon title

Carlos Alcaraz's recent Wimbledon victory has been a major talking point. He became the first man since 2002, other than Novak Djokovic, Roger Federer, Rafael Nadal, or Andy Murray, to win the prestigious tournament<sup>1</sup>. Djokovic, who has an impressive record of 35 Grand Slam finals and 23 wins, faced Alcaraz in a thrilling five-set final. Here's what Djokovic had to say about the rising star:

- Alcaraz combines elements from all three tennis legends: Roger Federer, Rafael Nadal, and Djokovic himself. Djokovic praised Alcaraz's mental resilience and maturity, especially considering he's only 20 years old.
- Alcaraz possesses a "Spanish bull" mentality, reminiscent of Nadal's competitiveness and fighting spirit.
- Djokovic even noticed similarities between Alcaraz's sliding backhand and his own two-handed backhand, emphasizing adaptability and defensive skills<sup>2</sup>.

Alcaraz, on the other hand, humbly considers himself a complete player with the physical and mental strength to handle high-pressure situations. It's fascinating to witness this changing of the guard in men's tennis, as Alcaraz continues to make waves on the court. 🌟 🏸



August 2024



# Olympics 2024

The Olympics Games have begun!



As the games commence let us take a look at the history of medals won from previous Olympic games.

Great Britain is ranked 3<sup>rd</sup> in the world for overall medals.

Good Luck to  
Team GB in the  
Paris 2024  
Olympic games.

Team	Summer Olympic Games				
Team (IOC code) ▾	No. ▾	 ▾	 ▾	 ▾	 ▾
 <b>United States</b> (USA) <sup>[P] [Q] [R] [Z] [F]</sup>	28	1,061	830	738	<b>2,629</b>
 <b>Soviet Union</b> (URS) <sup>[URS]</sup>	9	395	319	296	<b>1,010</b>
 <b>Great Britain</b> (GBR) <sup>[GBR] [Z]</sup>	29	284	318	314	<b>916</b>
 <b>France</b> (FRA) <sup>[O] [P] [Z]</sup>	29	223	251	277	<b>751</b>
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GBR





August 2024



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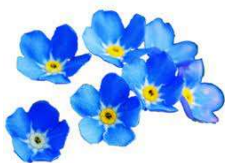
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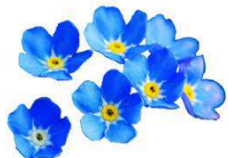
*The Forget Me Not Team*

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

Contact us on:

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- Email: [forgetmenothomecare@hotmail.com](mailto:forgetmenothomecare@hotmail.com)
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August 2024

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Crown House , Grantham  
Street, Lincoln LN2 1BD

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August 2024



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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	H	N	E	O	C	V	U	V	K	X	I	N	V	W	L	H	U	V
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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







# Cooking Terms

## Word Scramble



NLDBE

\_\_\_\_\_

NMICE

\_\_\_\_\_

UPOR

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PEEUR

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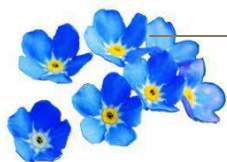
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ILOB

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TSIR

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# July Quiz Answers:

## Answer Sheet

### Wordwheel possible words

The wordwheel word is: FOOTBALL

- |                   |                   |                     |                      |                       |                         |          |
|-------------------|-------------------|---------------------|----------------------|-----------------------|-------------------------|----------|
| aft<br>fab<br>fat | fob<br>foo<br>oaf | oft<br>fall<br>flat | foal<br>fool<br>foot | loaf<br>loft<br>afoot | aloft<br>aloof<br>float | football |
|-------------------|-------------------|---------------------|----------------------|-----------------------|-------------------------|----------|



# SUMMER DAYS

## Word Scramble

### SOLUTION

cheab

B E A C H

ensrsecun

S U N S C R E E N

esbablal

B A S E B A L L

oplo

P O O L

iacnotva

V A C A T I O N

rbueecba

B A R B E C U E

reamwntelo

W A T E R M E L O N

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S C H O O L ' S O U T !



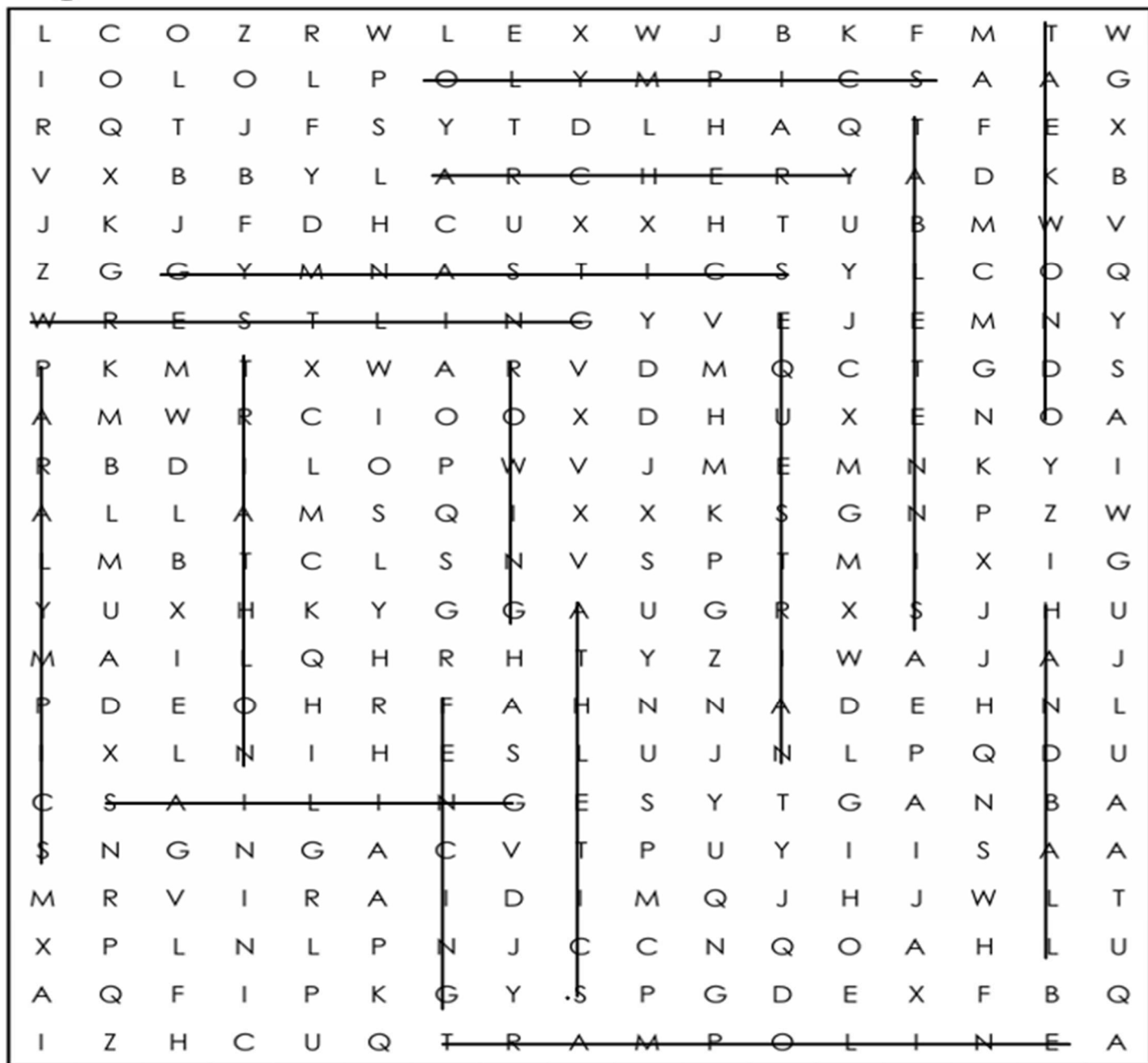


August 2024



# Olympics Word Search

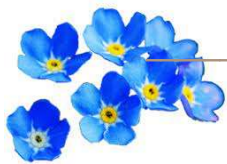
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WRESTLING · GYMNASTICS · HANDBALL ·  
TRIATHLON · PARALYMPICS · FENCING ·  
TABLE TENNIS · ATHLETICS · OLYMPICS ·  
SAILING · EQUESTRIAN · ROWING ·  
TRAMPOLINE · TAEKWONDO · ARCHERY ·



© Monsterwordsearch.com



August 2024



# Raspberry Mousse



**Prep:** 15 mins

**Cook:** 10 mins

Plus cooling and setting

**Serves 6 – 8**

Egg-free

Gluten-free

Nut-free

---



August 2024



Try making this summer berry mousse as a dessert, topped with whipped cream, or use it as a filling for a light sponge layer cake

## Ingredients

- 2 gelatine leaves
- 350g raspberries, plus extra for decorating
- 60g caster sugar
- 1 lemon, juiced
- 500ml whipping cream

## Method

### • STEP 1

Put the gelatine leaves in a bowl, cover with warm water and leave to soak for 5 mins. Drain and squeeze out any excess water.

### • STEP 2

Tip the raspberries into a pan over a medium-low heat along with the sugar and lemon juice. Cook for 5-6 mins until the berries have completely broken down. Push the mixture through a sieve set over a bowl, discarding the seeds. Stir in the gelatine leaves until dissolved (if they don't dissolve, pour the mixture into a clean saucepan and heat gently until dissolved). Set aside to cool for 15 mins.

### • STEP 3

Whip the cream to soft peaks using an electric whisk, then gently fold this into the raspberry mixture. Spoon into the ramekins or moulds and chill overnight, or for at least 6 hrs. Serve with raspberries scattered over the top.





August 2024



# AUGUST

# 2024

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**Bank  
Holiday  
UK**

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*Homemade*  
GIFTS MADE EASY

## Diary Events:

- Saturday 3<sup>rd</sup> August – The Fortescue Arms Pub, Billingborough is having special open day
- Saturday 10<sup>th</sup> August – Annual Summer fete 2PM-4PM @ The Old Hall Care Home, Billingborough NG34 0QA
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- Sunday 18<sup>th</sup> August – Billingborough American Car Show 10AM-2PM @ Billingborough Cars & Commercials, West Road Billingborough NG34 0QU

- Monday 26<sup>th</sup> August – Bank Holiday



August 2024

Let's Talk  
**HEALTH**

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 *regular foot care and treatment*.



As we age, it is only natural our feet undergo wear and tear, with this can lead to various foot problems. It's essential that we all take good care of our feet. It lowers our risk of having a fall and reduces our risk of infection, as well as relieving pain and ensuring the best comfort.



Foot care is crucial due to several reasons.

Here are some common foot problems that can affect us all:

1. **Fallen Arches:** Loss of tendon elasticity can cause fallen foot arches. This may increase shoe size and lead to discomfort or painful foot sores.
2. **Bunions:** These bulges on the lower joint of the big toe can be painful and affect mobility.
3. **Corns:** Thickened skin areas on the sole of the foot or toes can make walking uncomfortable.
4. **Cracked Heels:** Accumulated hard skin can cause deep cracks, making shoe-wearing painful.
5. **Fungal Infections:** Seniors are more vulnerable to fungal infections affecting toenails and toe spaces.

Taking good care of your feet has many benefits for the elderly. These benefits include:

- Increasing your comfort
- Limiting the possibility of additional medical problems
- Reducing your chance of hospitalisation due to infection
- Keeping you active and mobile
- Improving blood circulation





August 2024

# Let's Talk HEALTH

- Improving mobility and independence
- Helping to detect health issues early
- Lowering risk of falls
- Improving balance



Wash daily



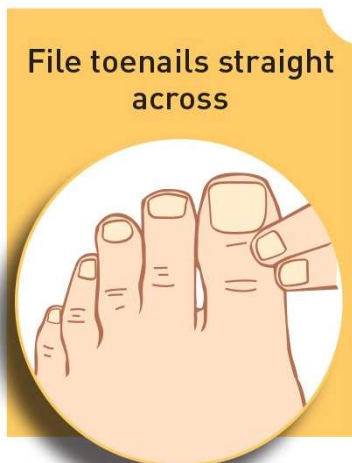
Dry well especially  
between toes



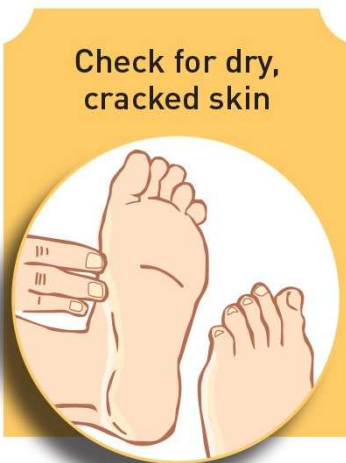
Feel for bumps or  
temperature changes



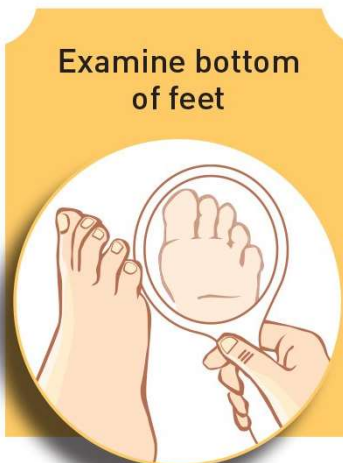
Look between toes;  
check each toenail



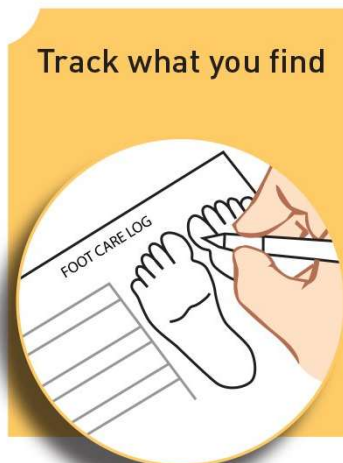
File toenails straight  
across



Check for dry,  
cracked skin

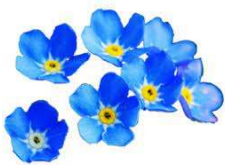


Examine bottom  
of feet



Track what you find





## Football Focus

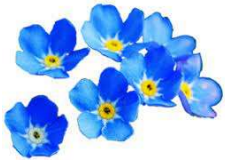


The UEFA EURO 2024 final took place between Spain and England at Olympiastadion Berlin on Sunday, July 14, 2024. Spain emerged victorious, defeating England with a 2-1 scoreline, securing their fourth European Championship title.

Congratulations to both teams!! And well done to Spain winning their 4<sup>th</sup> Euro championship title.

Here are some key details about the final:

- Venue: Olympiastadion Berlin, Germany, with a capacity of 71,000 spectators.
- Kick-off time: 21:00 CET.
- Referee: François Letexier from France officiated the match.



August 2024



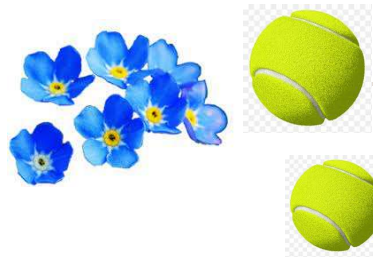
## Previous EURO finals:

- Spain had won the championship three times before (in 1964, 2008, and 2012)
- England finished as runners-up in the 2020 EURO, losing to Italy on penalties.

## Historical context:

- Spain became the most successful side in EURO history with their fourth title.
- Host nations have both won and lost EURO finals in the past.
- The highest-scoring EURO final was Spain's 4-0 victory over Italy in 2012.





August 2024



## Wimbledon 2024

### Wimbledon final analysis: Carlos Alcaraz beats Novak Djokovic for second Wimbledon title

Carlos Alcaraz's recent Wimbledon victory has been a major talking point. He became the first man since 2002, other than Novak Djokovic, Roger Federer, Rafael Nadal, or Andy Murray, to win the prestigious tournament<sup>1</sup>. Djokovic, who has an impressive record of 35 Grand Slam finals and 23 wins, faced Alcaraz in a thrilling five-set final. Here's what Djokovic had to say about the rising star:

- Alcaraz combines elements from all three tennis legends: Roger Federer, Rafael Nadal, and Djokovic himself. Djokovic praised Alcaraz's mental resilience and maturity, especially considering he's only 20 years old.
- Alcaraz possesses a "Spanish bull" mentality, reminiscent of Nadal's competitiveness and fighting spirit.
- Djokovic even noticed similarities between Alcaraz's sliding backhand and his own two-handed backhand, emphasizing adaptability and defensive skills<sup>2</sup>.

Alcaraz, on the other hand, humbly considers himself a complete player with the physical and mental strength to handle high-pressure situations. It's fascinating to witness this changing of the guard in men's tennis, as Alcaraz continues to make waves on the court. 🌟 🎾



August 2024



# Olympics 2024

The Olympics Games have begun!



As the games commence let us take a look at the history of medals won from previous Olympic games.

Great Britain is ranked 3<sup>rd</sup> in the world for overall medals.

Good Luck to  
Team GB in the  
Paris 2024  
Olympic games.



GBR

Team	Summer Olympic Games				
Team (IOC code) ▾	No. ▾	 ▾	 ▾	 ▾	 ▾
 <b>United States</b> (USA) <sup>[P] [Q] [R] [Z] [F]</sup>	28	1,061	830	738	<b>2,629</b>
 <b>Soviet Union</b> (URS) <sup>[URS]</sup>	9	395	319	296	<b>1,010</b>
 <b>Great Britain</b> (GBR) <sup>[GBR] [Z]</sup>	29	284	318	314	<b>916</b>
 <b>France</b> (FRA) <sup>[O] [P] [Z]</sup>	29	223	251	277	<b>751</b>
 <b>Germany</b> (GER) <sup>[GER] [Z]</sup>	17	201	207	247	<b>655</b>





August 2024



## *Forget Me Not Team News*



In the month of July, we focused on best practice to reduce and manage Falls.

We learnt many areas:

1. What is a fall and why it is important to think and react to prevent falls.
2. Why do people fall and what are the risks.
3. How to reduce the risk of falls.
4. What we as carers should be doing to react to falls.
5. Managing behaviors/ risks to reduce falls.

The Forget Me Not team joined The Old Hall Care Home team in Billingborough to complete this course, it was designed to enable staff to increase awareness of how to reduce risks of slipping, tripping and falling within homes and a care home environment.

### Staff News

Forget Me Not would like to welcome our newest member of the team Reece, welcome to the team Reece 😊

We also say farewell to old staff. Dayo has moved on to live near her partner and Jacqui has moved to the Peak District for her family. Good Luck with your next adventures!





August 2024



## Forget Me Not – Identity Badges



Badges have now been distributed to all staff. We hope you will find these much more helpful to recognise our Forget Me Not team when they come to visit. 😊

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Forget Me Not Newsletter Issue 6 – August 2024

Writer & Editor: Michelle Tobin

Proofreader: Tina Anderson

*With special thanks to Tina for all her efforts and time.*





# *Forget Me Not Home Care*

# NEWSLETTER



***The Great Train Robbery 8<sup>th</sup> August 1963*** was the robbery of £2.61 million (calculated to present-day value of £69 million - or \$73,547,750), from a Royal Mail train heading from Glasgow to London on the West Coast Main Line in the early hours of 8 August 1963 at Bridego Railway Bridge, Ledburn, near Mentmore in Buckinghamshire, England. After tampering with the lineside signals to bring the train to a halt, a gang of 15, led by Bruce Reynolds, attacked the train. Other gang members included Gordon Goody, Buster Edwards, Charlie Wilson, Roy James, John Daly, Jimmy White, Ronnie Biggs, Tommy Wisbey, Jim Hussey, Bob Welch and Roger Cordrey, as well as three men known only as

## 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*

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

Contact us on:

- Tel: 01529 417791
- Email: [forgetmenothomecare@hotmail.com](mailto:forgetmenothomecare@hotmail.com)
- Website: [www.forgetmenothomecare.co.uk](http://www.forgetmenothomecare.co.uk)



August 2024

numbers "1", "2" and "3"; two were later identified as Harry Smith and Danny Pembroke. A 16th man, an unnamed retired train driver, was also present. With careful planning based on inside information from an individual known as "The Ulsterman", whose real identity has never been established, the robbers escaped with over £2.61 million. The bulk of the stolen money has never been recovered. The gang did not use any firearms, though Jack Mills, the train driver, was beaten over the head with a metal bar and suffered serious head injuries. After his partial recovery, Mills returned to work doing light duties. He retired in 1967 and died in 1970 due to an unrelated illness. Mills never overcame the trauma of the robbery. After the robbery, the gang hid at Leatherslade Farm. The police found this hideout, and incriminating evidence, a monopoly board with fingerprints, led to the eventual arrest and conviction of most of the gang. The ringleaders were sentenced to 30 years in prison.



#### 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@offlead sleaford.co.uk](mailto:info@offlead sleaford.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





August 2024



## Coffee Break Quiz...



## 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	H	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





# Cooking Terms

## Word Scramble



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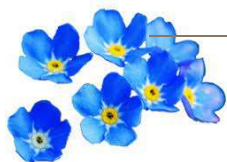
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# July Quiz Answers:

## Answer Sheet

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The wordwheel word is: FOOTBALL

- |     |     |      |      |       |       |          |
|-----|-----|------|------|-------|-------|----------|
| aft | fob | oft  | foal | loaf  | aloft | football |
| fab | foo | fall | fool | loft  | aloof |          |
| fat | oaf | flat | foot | afoot | float |          |



# SUMMER DAYS

## Word Scramble

### SOLUTION

cheab

B E A C H

ensrsecun

S U N S C R E E N

esbablal

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W A T E R M E L O N

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S C H O O L ' S O U T !

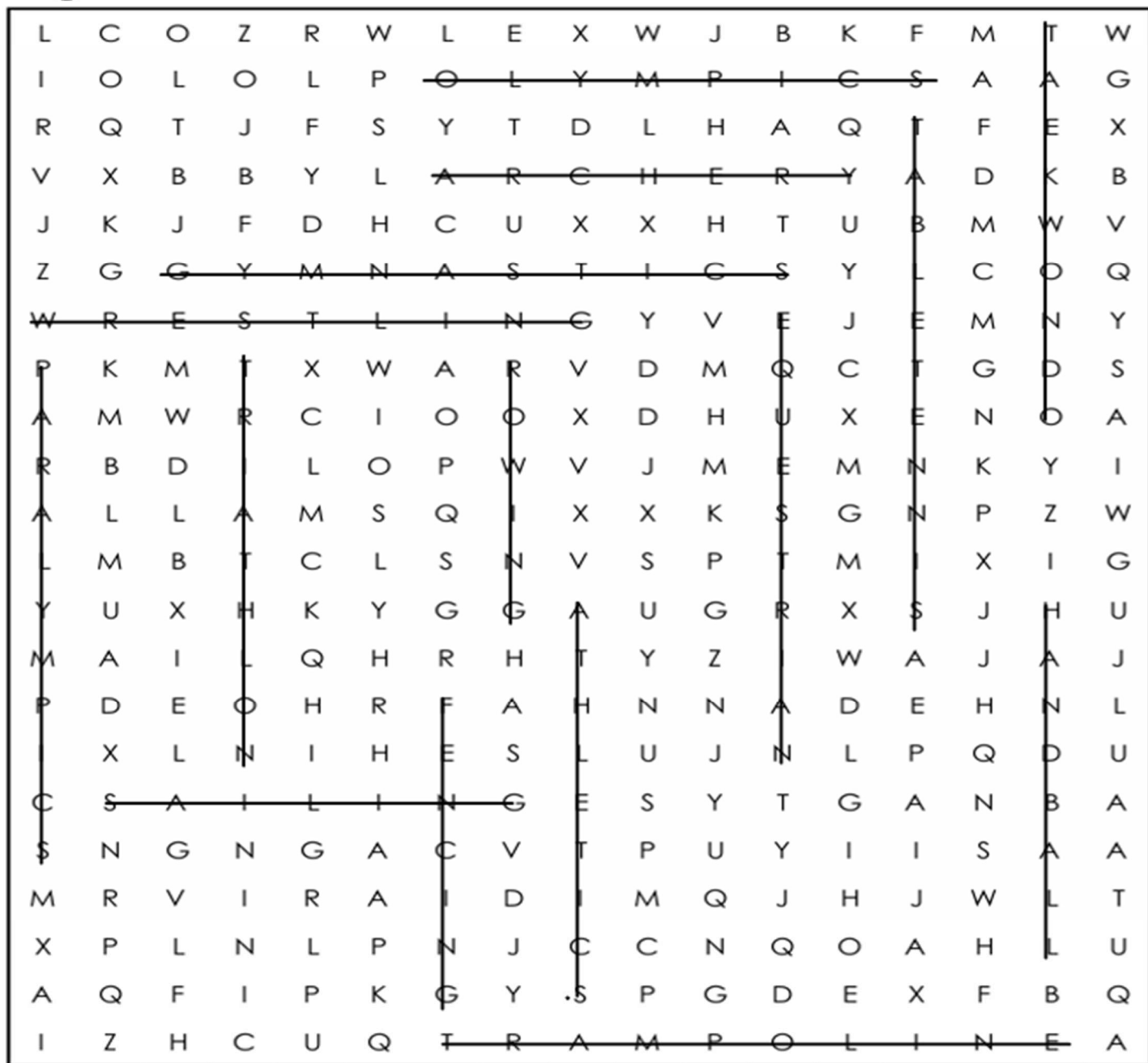


August 2024



# Olympics Word Search

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WRESTLING ·

GYMNASTICS ·

HANDBALL ·

TRIATHLON ·

PARALYMPICS ·

FENCING ·

TABLE TENNIS ·

ATHLETICS ·

OLYMPICS ·

SAILING ·

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ROWING ·

TRAMPOLINE ·

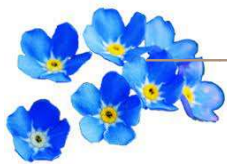
TAEKWONDO ·

ARCHERY ·

© Monsterwordsearch.com







August 2024



# Raspberry Mousse



**Prep:** 15 mins

**Cook:** 10 mins

Plus cooling and setting

**Serves 6 – 8**

Egg-free

Gluten-free

Nut-free

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August 2024



Try making this summer berry mousse as a dessert, topped with whipped cream, or use it as a filling for a light sponge layer cake

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### • STEP 1

Put the gelatine leaves in a bowl, cover with warm water and leave to soak for 5 mins. Drain and squeeze out any excess water.

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### • STEP 3

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August 2024



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**Bank  
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August 2024

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*Your Life, Your Style....*

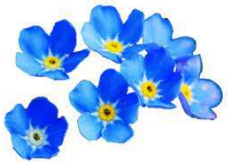


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- Improving blood circulation



August 2024

# Let's Talk HEALTH

- Improving mobility and independence
- Helping to detect health issues early
- Lowering risk of falls
- Improving balance



Wash daily



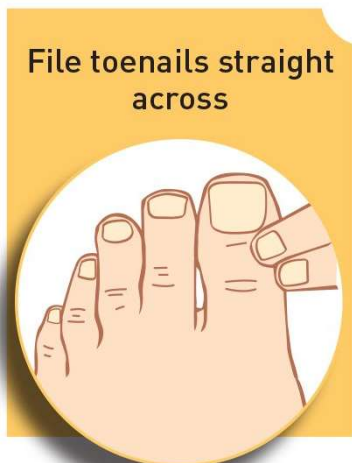
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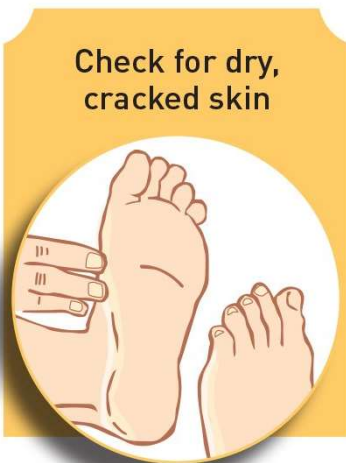
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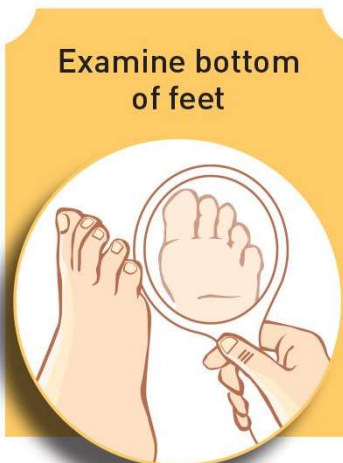
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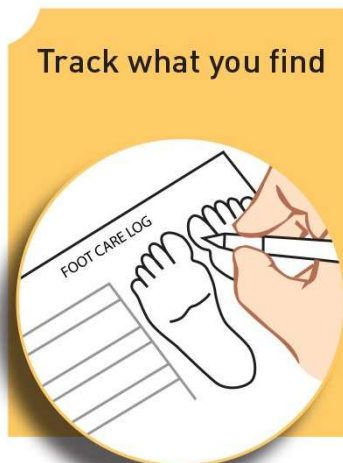
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Check for dry,  
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Examine bottom  
of feet



Track what you find







## Football Focus

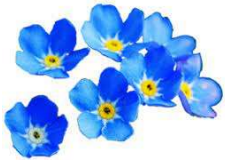


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Congratulations to both teams!! And well done to Spain winning their 4<sup>th</sup> Euro championship title.

Here are some key details about the final:

- Venue: Olympiastadion Berlin, Germany, with a capacity of 71,000 spectators.
- Kick-off time: 21:00 CET.
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August 2024

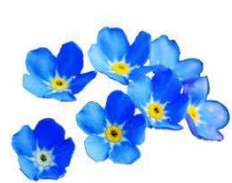


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August 2024



# Wimbledon 2024

## Wimbledon final analysis: Carlos Alcaraz beats Novak Djokovic for second Wimbledon title

Carlos Alcaraz's recent Wimbledon victory has been a major talking point. He became the first man since 2002, other than Novak Djokovic, Roger Federer, Rafael Nadal, or Andy Murray, to win the prestigious tournament<sup>1</sup>. Djokovic, who has an impressive record of 35 Grand Slam finals and 23 wins, faced Alcaraz in a thrilling five-set final. Here's what Djokovic had to say about the rising star:

- Alcaraz combines elements from all three tennis legends: Roger Federer, Rafael Nadal, and Djokovic himself. Djokovic praised Alcaraz's mental resilience and maturity, especially considering he's only 20 years old.
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August 2024



# Olympics 2024

The Olympics Games have begun!



As the games commence let us take a look at the history of medals won from previous Olympic games.

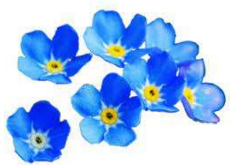
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Good Luck to  
Team GB in the  
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GBR

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August 2024



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August 2024



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Writer & Editor: Michelle Tobin

Proofreader: Tina Anderson

*With special thanks to Tina for all her efforts and time.*







# *Forget Me Not Home Care*

# NEWSLETTER



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## 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*

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

Contact us on:

- Tel: 01529 417791
- Email: [forgetmenothomecare@hotmail.com](mailto:forgetmenothomecare@hotmail.com)
- Website: [www.forgetmenothomecare.co.uk](http://www.forgetmenothomecare.co.uk)



August 2024

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#### 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@offlead sleaford.co.uk](mailto:info@offlead sleaford.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





August 2024



## Coffee Break Quiz...



## 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	H	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







# Cooking Terms

## Word Scramble



NLDBE

\_\_\_\_\_

NMICE

\_\_\_\_\_

UPOR

\_\_\_\_\_

PEEUR

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ASTRNI

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OEVRC

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MNSOTEI

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LCIES

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EAZGL

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STSO

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EMTL

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CSRDIAD

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CBRUS

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TEAB

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AORST

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MEURESA

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AERGT

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ASTUE

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BRNWO

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CIED

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TSAEB

\_\_\_\_\_

CHPO

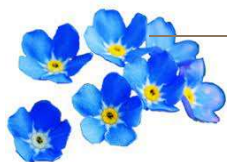
\_\_\_\_\_

ILOB

\_\_\_\_\_

TSIR

\_\_\_\_\_



# July Quiz Answers:

## Answer Sheet

### Wordwheel possible words

The wordwheel word is: FOOTBALL

- |                   |                   |                     |                      |                       |                         |          |
|-------------------|-------------------|---------------------|----------------------|-----------------------|-------------------------|----------|
| aft<br>fab<br>fat | fob<br>foo<br>oaf | oft<br>fall<br>flat | foal<br>fool<br>foot | loaf<br>loft<br>afoot | aloft<br>aloof<br>float | football |
|-------------------|-------------------|---------------------|----------------------|-----------------------|-------------------------|----------|





# SUMMER DAYS

## Word Scramble

### SOLUTION

cheab

B E A C H

ensrsecun

S U N S C R E E N

esbablal

B A S E B A L L

oplo

P O O L

iacnotva

V A C A T I O N

rbueecba

B A R B E C U E

reamwntelo

W A T E R M E L O N

© puzzles-to-print.com

S C H O O L ' S O U T !

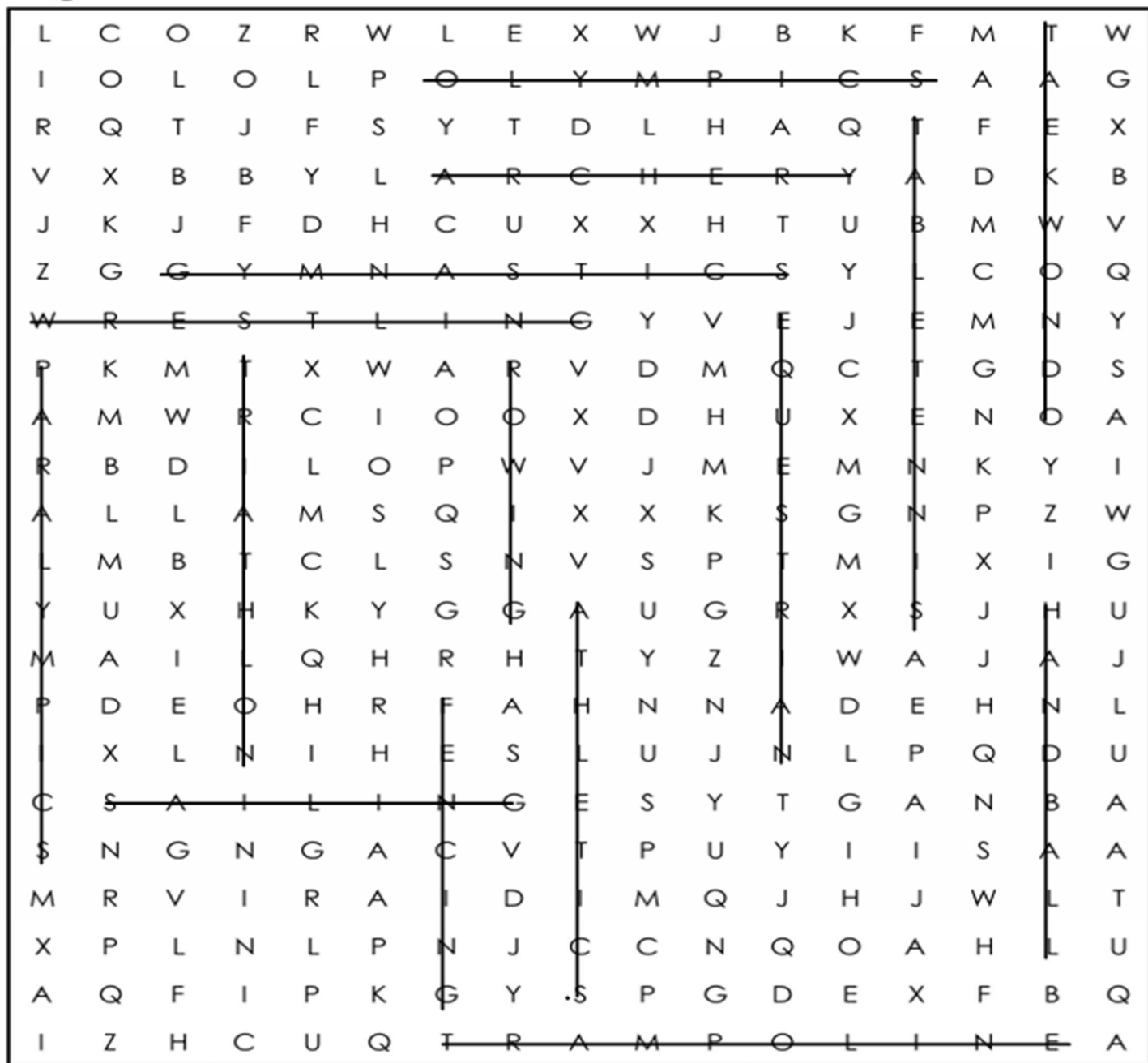


August 2024



# Olympics Word Search

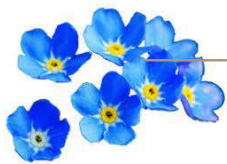
O



WRESTLING · GYMNASTICS · HANDBALL ·  
TRIATHLON · PARALYMPICS · FENCING ·  
TABLE TENNIS · ATHLETICS · OLYMPICS ·  
SAILING · EQUESTRIAN · ROWING ·  
TRAMPOLINE · TAEKWONDO · ARCHERY ·



© Monsterwordsearch.com



August 2024



# Raspberry Mousse



**Prep:** 15 mins

**Cook:** 10 mins

Plus cooling and setting

**Serves 6 – 8**

Egg-free

Gluten-free

Nut-free

---





August 2024



Try making this summer berry mousse as a dessert, topped with whipped cream, or use it as a filling for a light sponge layer cake

## Ingredients

- 2 gelatine leaves
- 350g raspberries, plus extra for decorating
- 60g caster sugar
- 1 lemon, juiced
- 500ml whipping cream

## Method

### • STEP 1

Put the gelatine leaves in a bowl, cover with warm water and leave to soak for 5 mins. Drain and squeeze out any excess water.

### • STEP 2

Tip the raspberries into a pan over a medium-low heat along with the sugar and lemon juice. Cook for 5-6 mins until the berries have completely broken down. Push the mixture through a sieve set over a bowl, discarding the seeds. Stir in the gelatine leaves until dissolved (if they don't dissolve, pour the mixture into a clean saucepan and heat gently until dissolved). Set aside to cool for 15 mins.

### • STEP 3

Whip the cream to soft peaks using an electric whisk, then gently fold this into the raspberry mixture. Spoon into the ramekins or moulds and chill overnight, or for at least 6 hrs. Serve with raspberries scattered over the top.



August 2024



# AUGUST

# 2024

MON

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**Bank  
Holiday  
UK**

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31

1

*Homemade*  
GIFTS MADE EASY

## Diary Events:

- Saturday 3<sup>rd</sup> August – The Fortescue Arms Pub, Billingborough is having special open day
- Saturday 10<sup>th</sup> August – Annual Summer fete 2PM-4PM @ The Old Hall Care Home, Billingborough NG34 0QA
- The Glorious 12<sup>th</sup> – open day for Grouse Shooting.
- Sunday 18<sup>th</sup> August – Billingborough American Car Show 10AM-2PM @ Billingborough Cars & Commercials, West Road Billingborough NG34 0QU

- Monday 26<sup>th</sup> August – Bank Holiday



August 2024

Let's Talk  
**HEALTH**

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 *regular foot care and treatment*.



As we age, it is only natural our feet undergo wear and tear, with this can lead to various foot problems. It's essential that we all take good care of our feet. It lowers our risk of having a fall and reduces our risk of infection, as well as relieving pain and ensuring the best comfort.





Foot care is crucial due to several reasons.

Here are some common foot problems that can affect us all:

1. **Fallen Arches:** Loss of tendon elasticity can cause fallen foot arches. This may increase shoe size and lead to discomfort or painful foot sores.
2. **Bunions:** These bulges on the lower joint of the big toe can be painful and affect mobility.
3. **Corns:** Thickened skin areas on the sole of the foot or toes can make walking uncomfortable.
4. **Cracked Heels:** Accumulated hard skin can cause deep cracks, making shoe-wearing painful.
5. **Fungal Infections:** Seniors are more vulnerable to fungal infections affecting toenails and toe spaces.

Taking good care of your feet has many benefits for the elderly. These benefits include:

- Increasing your comfort
- Limiting the possibility of additional medical problems
- Reducing your chance of hospitalisation due to infection
- Keeping you active and mobile
- Improving blood circulation



August 2024

# Let's Talk HEALTH

- Improving mobility and independence
- Helping to detect health issues early
- Lowering risk of falls
- Improving balance



Wash daily



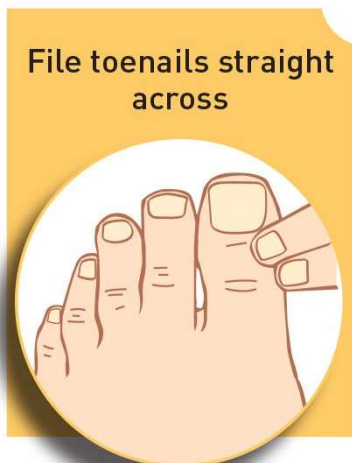
Dry well especially  
between toes



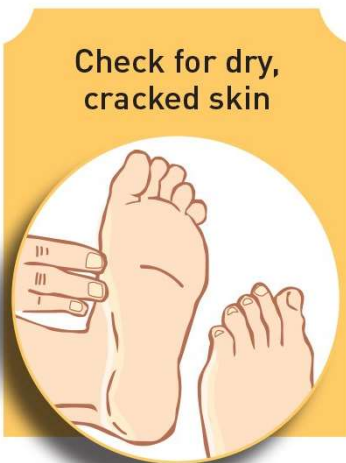
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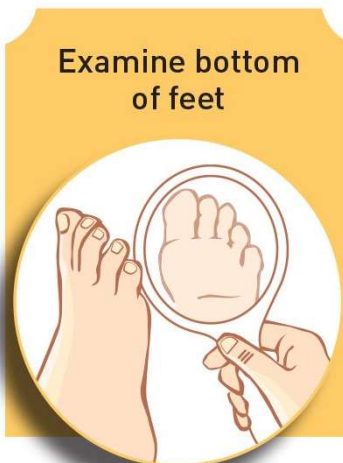
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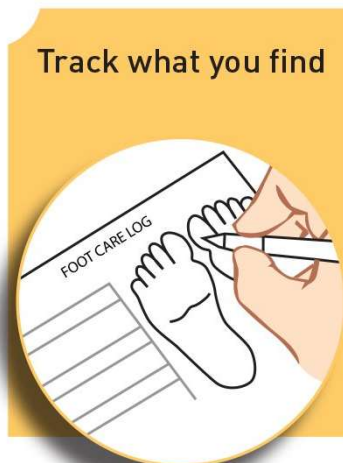
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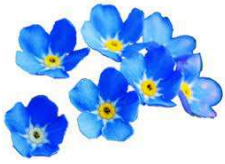
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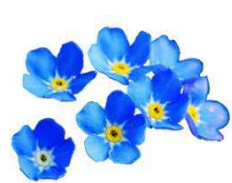


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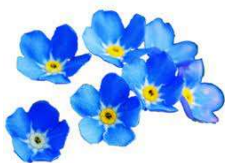
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We hope you enjoy reading!

From

*The Forget Me Not Team*

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

Contact us on:

- Tel: 01529 417791
- Email: [forgetmenothomecare@hotmail.com](mailto:forgetmenothomecare@hotmail.com)
- Website: [www.forgetmenothomecare.co.uk](http://www.forgetmenothomecare.co.uk)





August 2024

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#### Useful Contacts:

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✉ [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@offlead sleaford.co.uk](mailto:info@offlead sleaford.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



August 2024



## Coffee Break Quiz...



## 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	H	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







# Cooking Terms

## Word Scramble



NLDBE

\_\_\_\_\_

NMICE

\_\_\_\_\_

UPOR

\_\_\_\_\_

PEEUR

\_\_\_\_\_

ASTRNI

\_\_\_\_\_

OEVRC

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MNSOTEI

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LCIES

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EAZGL

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STSO

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EMTL

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CSRDIAD

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CBRUS

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TEAB

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AORST

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MEURESA

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AERGT

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ASTUE

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BRNWO

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CIED

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TSAEB

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CHPO

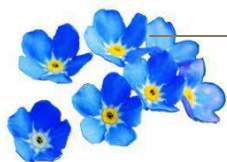
\_\_\_\_\_

ILOB

\_\_\_\_\_

TSIR

\_\_\_\_\_



# July Quiz Answers:

## Answer Sheet

### Wordwheel possible words

The wordwheel word is: FOOTBALL

- |                   |                   |                     |                      |                       |                         |          |
|-------------------|-------------------|---------------------|----------------------|-----------------------|-------------------------|----------|
| aft<br>fab<br>fat | fob<br>foo<br>oaf | oft<br>fall<br>flat | foal<br>fool<br>foot | loaf<br>loft<br>afoot | aloft<br>aloof<br>float | football |
|-------------------|-------------------|---------------------|----------------------|-----------------------|-------------------------|----------|



# SUMMER DAYS

## Word Scramble

### SOLUTION

cheab

B E A C H

ensrsecun

S U N S C R E E N

esbablal

B A S E B A L L

oplo

P O O L

iacnotva

V A C A T I O N

rbueecba

B A R B E C U E

reamwntelo

W A T E R M E L O N

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S C H O O L ' S O U T !



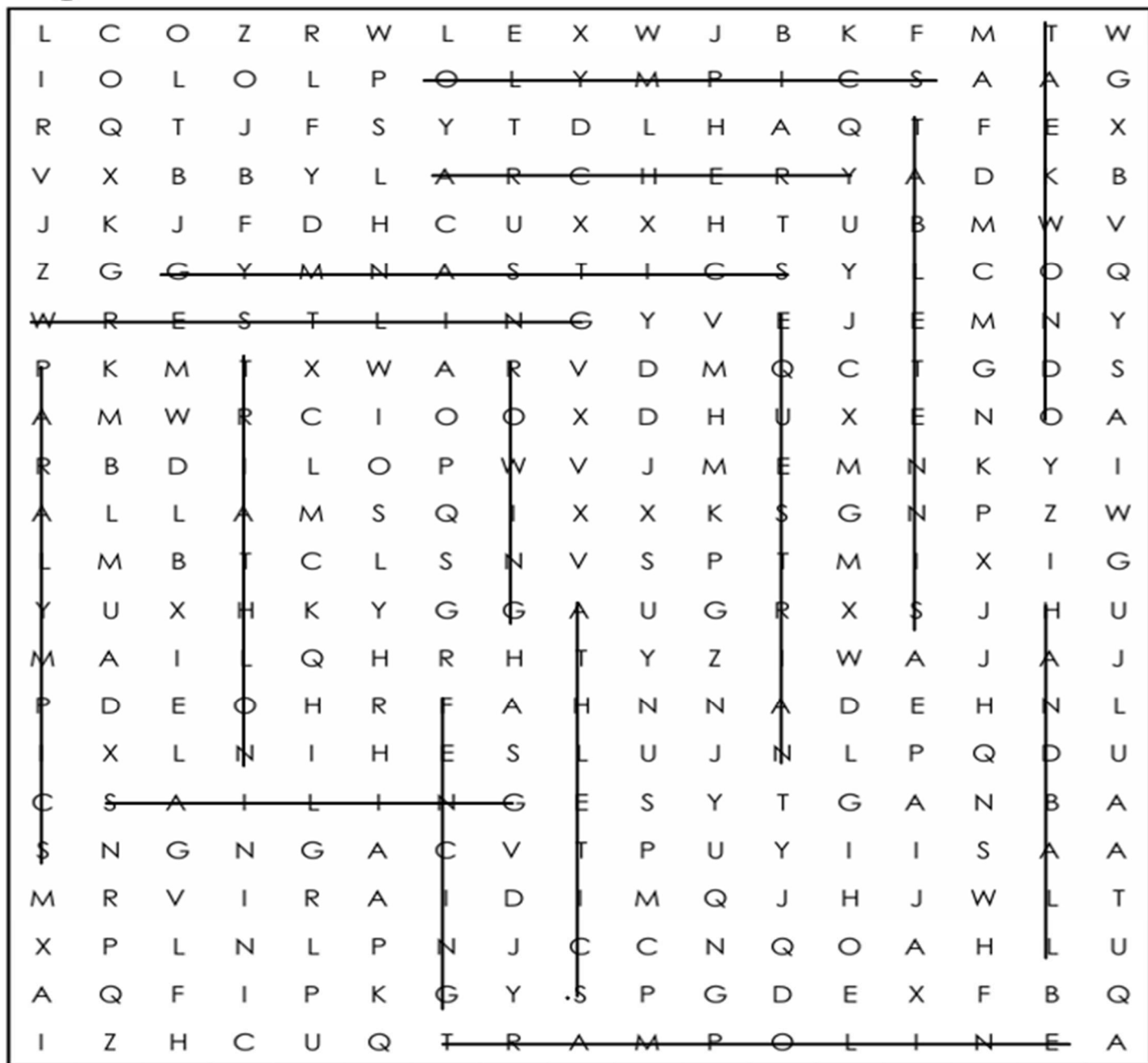


August 2024



# Olympics Word Search

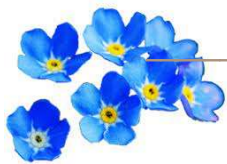
O



WRESTLING · GYMNASTICS · HANDBALL ·  
TRIATHLON · PARALYMPICS · FENCING ·  
TABLE TENNIS · ATHLETICS · OLYMPICS ·  
SAILING · EQUESTRIAN · ROWING ·  
TRAMPOLINE · TAEKWONDO · ARCHERY ·



© Monsterwordsearch.com



August 2024



# Raspberry Mousse



**Prep:** 15 mins

**Cook:** 10 mins

Plus cooling and setting

**Serves 6 – 8**

Egg-free

Gluten-free

Nut-free

---



August 2024



Try making this summer berry mousse as a dessert, topped with whipped cream, or use it as a filling for a light sponge layer cake

## Ingredients

- 2 gelatine leaves
- 350g raspberries, plus extra for decorating
- 60g caster sugar
- 1 lemon, juiced
- 500ml whipping cream

## Method

### • STEP 1

Put the gelatine leaves in a bowl, cover with warm water and leave to soak for 5 mins. Drain and squeeze out any excess water.

### • STEP 2

Tip the raspberries into a pan over a medium-low heat along with the sugar and lemon juice. Cook for 5-6 mins until the berries have completely broken down. Push the mixture through a sieve set over a bowl, discarding the seeds. Stir in the gelatine leaves until dissolved (if they don't dissolve, pour the mixture into a clean saucepan and heat gently until dissolved). Set aside to cool for 15 mins.

### • STEP 3

Whip the cream to soft peaks using an electric whisk, then gently fold this into the raspberry mixture. Spoon into the ramekins or moulds and chill overnight, or for at least 6 hrs. Serve with raspberries scattered over the top.





August 2024



# AUGUST

# 2024

MON

TUE

WED

THU

FRI

SAT

SUN

29

30

31

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**Bank  
Holiday  
UK**

27

28

29

30

31

1

*Homemade*  
GIFTS MADE EASY

## Diary Events:

- Saturday 3<sup>rd</sup> August – The Fortescue Arms Pub, Billingborough is having special open day
- Saturday 10<sup>th</sup> August – Annual Summer fete 2PM-4PM @ The Old Hall Care Home, Billingborough NG34 0QA
- The Glorious 12<sup>th</sup> – open day for Grouse Shooting.
- Sunday 18<sup>th</sup> August – Billingborough American Car Show 10AM-2PM @ Billingborough Cars & Commercials, West Road Billingborough NG34 0QU

- Monday 26<sup>th</sup> August – Bank Holiday



August 2024

Let's Talk  
**HEALTH**

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 *regular foot care and treatment*.



As we age, it is only natural our feet undergo wear and tear, with this can lead to various foot problems. It's essential that we all take good care of our feet. It lowers our risk of having a fall and reduces our risk of infection, as well as relieving pain and ensuring the best comfort.



Foot care is crucial due to several reasons.

Here are some common foot problems that can affect us all:

1. **Fallen Arches:** Loss of tendon elasticity can cause fallen foot arches. This may increase shoe size and lead to discomfort or painful foot sores.
2. **Bunions:** These bulges on the lower joint of the big toe can be painful and affect mobility.
3. **Corns:** Thickened skin areas on the sole of the foot or toes can make walking uncomfortable.
4. **Cracked Heels:** Accumulated hard skin can cause deep cracks, making shoe-wearing painful.
5. **Fungal Infections:** Seniors are more vulnerable to fungal infections affecting toenails and toe spaces.

Taking good care of your feet has many benefits for the elderly. These benefits include:

- Increasing your comfort
- Limiting the possibility of additional medical problems
- Reducing your chance of hospitalisation due to infection
- Keeping you active and mobile
- Improving blood circulation





August 2024

# Let's Talk HEALTH

- Improving mobility and independence
- Helping to detect health issues early
- Lowering risk of falls
- Improving balance



Wash daily



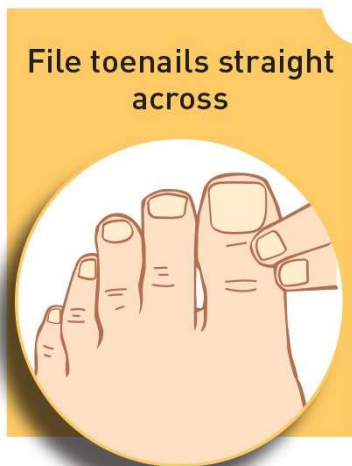
Dry well especially  
between toes



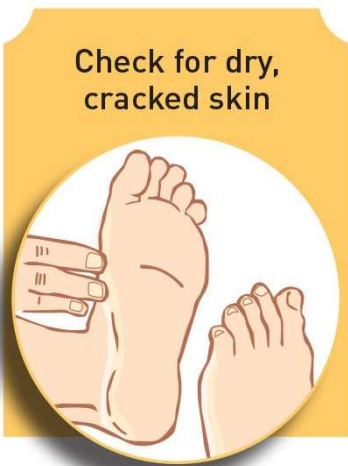
Feel for bumps or  
temperature changes



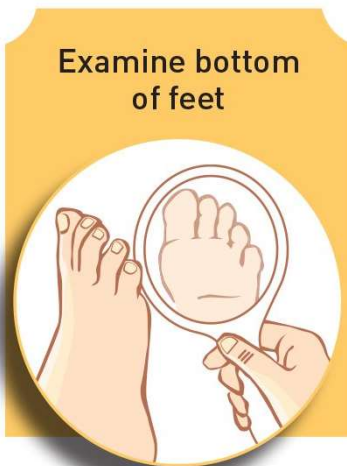
Look between toes;  
check each toenail



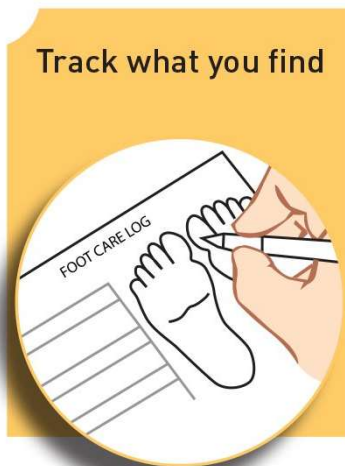
File toenails straight  
across



Check for dry,  
cracked skin

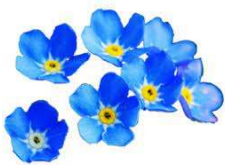


Examine bottom  
of feet



Track what you find





## Football Focus

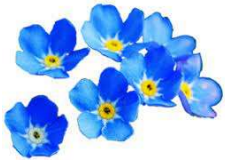


The UEFA EURO 2024 final took place between Spain and England at Olympiastadion Berlin on Sunday, July 14, 2024. Spain emerged victorious, defeating England with a 2-1 scoreline, securing their fourth European Championship title.

Congratulations to both teams!! And well done to Spain winning their 4<sup>th</sup> Euro championship title.

Here are some key details about the final:

- Venue: Olympiastadion Berlin, Germany, with a capacity of 71,000 spectators.
- Kick-off time: 21:00 CET.
- Referee: François Letexier from France officiated the match.



August 2024



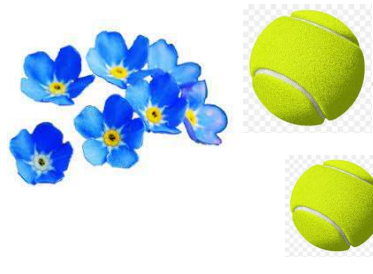
## Previous EURO finals:

- Spain had won the championship three times before (in 1964, 2008, and 2012)
- England finished as runners-up in the 2020 EURO, losing to Italy on penalties.

## Historical context:

- Spain became the most successful side in EURO history with their fourth title.
- Host nations have both won and lost EURO finals in the past.
- The highest-scoring EURO final was Spain's 4-0 victory over Italy in 2012.





August 2024



## Wimbledon 2024

### Wimbledon final analysis: Carlos Alcaraz beats Novak Djokovic for second Wimbledon title

Carlos Alcaraz's recent Wimbledon victory has been a major talking point. He became the first man since 2002, other than Novak Djokovic, Roger Federer, Rafael Nadal, or Andy Murray, to win the prestigious tournament<sup>1</sup>. Djokovic, who has an impressive record of 35 Grand Slam finals and 23 wins, faced Alcaraz in a thrilling five-set final. Here's what Djokovic had to say about the rising star:

- Alcaraz combines elements from all three tennis legends: Roger Federer, Rafael Nadal, and Djokovic himself. Djokovic praised Alcaraz's mental resilience and maturity, especially considering he's only 20 years old.
- Alcaraz possesses a "Spanish bull" mentality, reminiscent of Nadal's competitiveness and fighting spirit.
- Djokovic even noticed similarities between Alcaraz's sliding backhand and his own two-handed backhand, emphasizing adaptability and defensive skills<sup>2</sup>.

Alcaraz, on the other hand, humbly considers himself a complete player with the physical and mental strength to handle high-pressure situations. It's fascinating to witness this changing of the guard in men's tennis, as Alcaraz continues to make waves on the court. 🌟 🎾



August 2024



# Olympics 2024

The Olympics Games have begun!



As the games commence let us take a look at the history of medals won from previous Olympic games.

Great Britain is ranked 3<sup>rd</sup> in the world for overall medals.

Good Luck to  
Team GB in the  
Paris 2024  
Olympic games.



GBR

Team	Summer Olympic Games				
Team (IOC code) ▾	No. ▾	 ▾	 ▾	 ▾	 ▾
 <b>United States</b> (USA) <sup>[P] [Q] [R] [Z] [F]</sup>	28	1,061	830	738	<b>2,629</b>
 <b>Soviet Union</b> (URS) <sup>[URS]</sup>	9	395	319	296	<b>1,010</b>
 <b>Great Britain</b> (GBR) <sup>[GBR] [Z]</sup>	29	284	318	314	<b>916</b>
 <b>France</b> (FRA) <sup>[O] [P] [Z]</sup>	29	223	251	277	<b>751</b>
 <b>Germany</b> (GER) <sup>[GER] [Z]</sup>	17	201	207	247	<b>655</b>





August 2024



# *Forget Me Not Team News*



In the month of July, we focused on best practice to reduce and manage Falls.

We learnt many areas:

1. What is a fall and why it is important to think and react to prevent falls.
2. Why do people fall and what are the risks.
3. How to reduce the risk of falls.
4. What we as carers should be doing to react to falls.
5. Managing behaviors/ risks to reduce falls.

The Forget Me Not team joined The Old Hall Care Home team in Billingborough to complete this course, it was designed to enable staff to increase awareness of how to reduce risks of slipping, tripping and falling within homes and a care home environment.

## Staff News

Forget Me Not would like to welcome our newest member of the team Reece, welcome to the team Reece 😊

We also say farewell to old staff. Dayo has moved on to live near her partner and Jacqui has moved to the Peak District for her family. Good Luck with your next adventures!





August 2024



## Forget Me Not – Identity Badges



Badges have now been distributed to all staff. We hope you will find these much more helpful to recognise our Forget Me Not team when they come to visit. 😊

---

Forget Me Not Newsletter Issue 6 – August 2024

Writer & Editor: Michelle Tobin

Proofreader: Tina Anderson

*With special thanks to Tina for all her efforts and time.*





# *Forget Me Not Home Care*

# NEWSLETTER



***The Great Train Robbery 8<sup>th</sup> August 1963*** was the robbery of £2.61 million (calculated to present-day value of £69 million - or \$73,547,750), from a Royal Mail train heading from Glasgow to London on the West Coast Main Line in the early hours of 8 August 1963 at Bridego Railway Bridge, Ledburn, near Mentmore in Buckinghamshire, England. After tampering with the lineside signals to bring the train to a halt, a gang of 15, led by Bruce Reynolds, attacked the train. Other gang members included Gordon Goody, Buster Edwards, Charlie Wilson, Roy James, John Daly, Jimmy White, Ronnie Biggs, Tommy Wisbey, Jim Hussey, Bob Welch and Roger Cordrey, as well as three men known only as

## 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*

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

Contact us on:

- Tel: 01529 417791
- Email: [forgetmenothomecare@hotmail.com](mailto:forgetmenothomecare@hotmail.com)
- Website: [www.forgetmenothomecare.co.uk](http://www.forgetmenothomecare.co.uk)



August 2024

numbers "1", "2" and "3"; two were later identified as Harry Smith and Danny Pembroke. A 16th man, an unnamed retired train driver, was also present. With careful planning based on inside information from an individual known as "The Ulsterman", whose real identity has never been established, the robbers escaped with over £2.61 million. The bulk of the stolen money has never been recovered. The gang did not use any firearms, though Jack Mills, the train driver, was beaten over the head with a metal bar and suffered serious head injuries. After his partial recovery, Mills returned to work doing light duties. He retired in 1967 and died in 1970 due to an unrelated illness. Mills never overcame the trauma of the robbery. After the robbery, the gang hid at Leatherslade Farm. The police found this hideout, and incriminating evidence, a monopoly board with fingerprints, led to the eventual arrest and conviction of most of the gang. The ringleaders were sentenced to 30 years in prison.



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NG34 8RG



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August 2024



## Coffee Break Quiz...



## August Word Search Puzzle



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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	H	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





# Cooking Terms

## Word Scramble



NLD BE

\_\_\_\_\_

NMICE

\_\_\_\_\_

UPOR

\_\_\_\_\_

PEEUR

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ASTRNI

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OEVRC

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MNSOTEI

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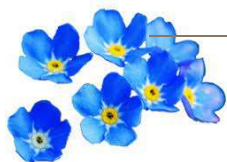
ILOB

\_\_\_\_\_

TSIR

\_\_\_\_\_





# July Quiz Answers:

## Answer Sheet

### Wordwheel possible words

The wordwheel word is: FOOTBALL

- |                   |                   |                     |                      |                       |                         |          |
|-------------------|-------------------|---------------------|----------------------|-----------------------|-------------------------|----------|
| aft<br>fab<br>fat | fob<br>foo<br>oaf | oft<br>fall<br>flat | foal<br>fool<br>foot | loaf<br>loft<br>afoot | aloft<br>aloof<br>float | football |
|-------------------|-------------------|---------------------|----------------------|-----------------------|-------------------------|----------|



# SUMMER DAYS

## Word Scramble

### SOLUTION

cheab

B E A C H

ensrsecun

S U N S C R E E N

esbablal

B A S E B A L L

oplo

P O O L

iacnotva

V A C A T I O N

rbueecba

B A R B E C U E

reamwntelo

W A T E R M E L O N

© puzzles-to-print.com

S C H O O L ' S O U T !

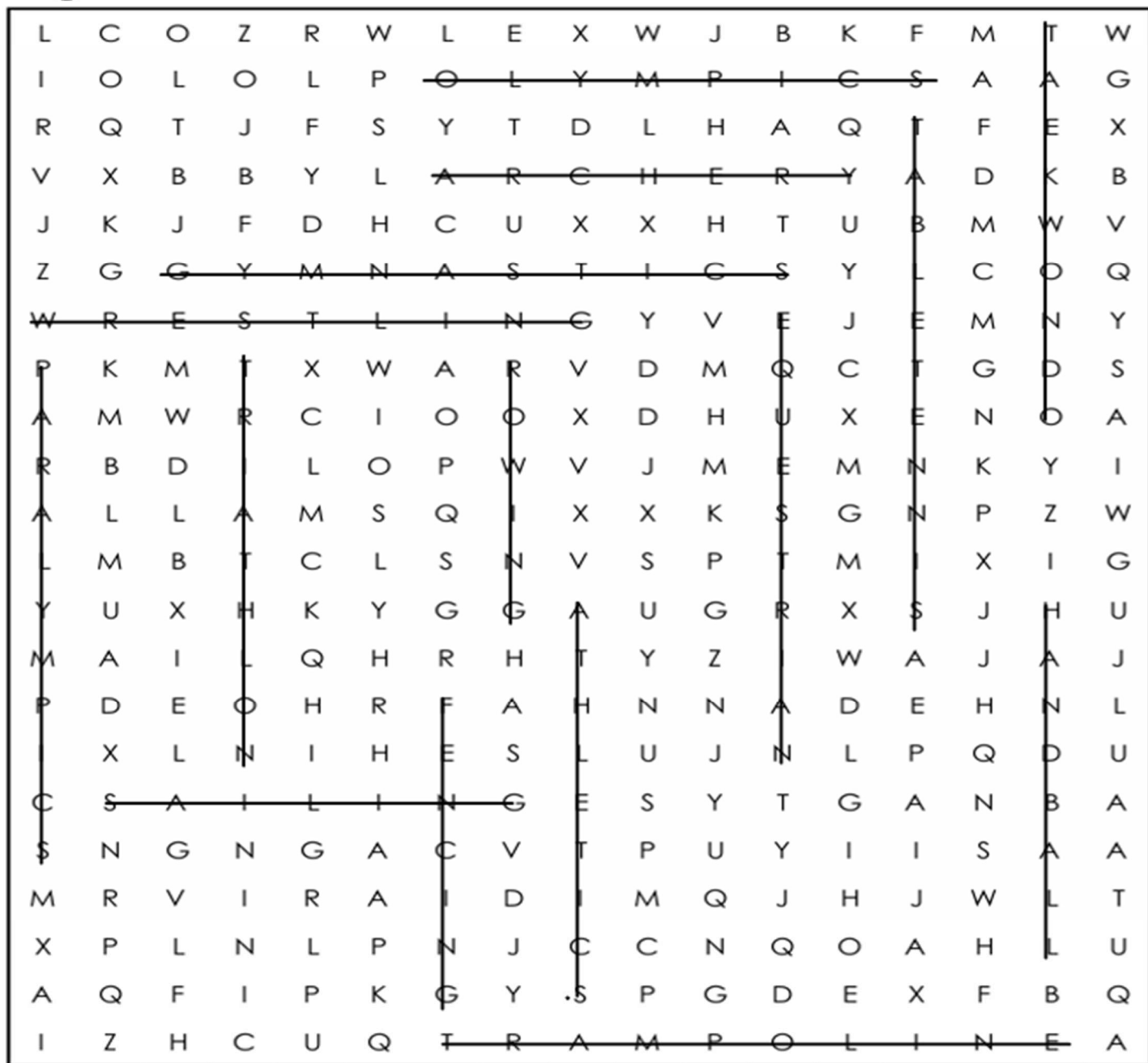


August 2024



# Olympics Word Search

O



WRESTLING ·

GYMNASTICS ·

HANDBALL ·

TRIATHLON ·

PARALYMPICS ·

FENCING ·

TABLE TENNIS ·

ATHLETICS ·

OLYMPICS ·

SAILING ·

EQUESTRIAN

ROWING ·

TRAMPOLINE ·

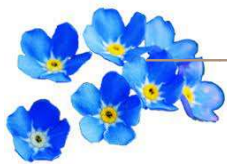
TAEKWONDO ·

ARCHERY ·

© Monsterwordsearch.com







August 2024



# Raspberry Mousse



**Prep:** 15 mins

**Cook:** 10 mins

Plus cooling and setting

**Serves 6 – 8**

Egg-free

Gluten-free

Nut-free

---



August 2024



Try making this summer berry mousse as a dessert, topped with whipped cream, or use it as a filling for a light sponge layer cake

## Ingredients

- 2 gelatine leaves
- 350g raspberries, plus extra for decorating
- 60g caster sugar
- 1 lemon, juiced
- 500ml whipping cream

## Method

### • STEP 1

Put the gelatine leaves in a bowl, cover with warm water and leave to soak for 5 mins. Drain and squeeze out any excess water.

### • STEP 2

Tip the raspberries into a pan over a medium-low heat along with the sugar and lemon juice. Cook for 5-6 mins until the berries have completely broken down. Push the mixture through a sieve set over a bowl, discarding the seeds. Stir in the gelatine leaves until dissolved (if they don't dissolve, pour the mixture into a clean saucepan and heat gently until dissolved). Set aside to cool for 15 mins.

### • STEP 3

Whip the cream to soft peaks using an electric whisk, then gently fold this into the raspberry mixture. Spoon into the ramekins or moulds and chill overnight, or for at least 6 hrs. Serve with raspberries scattered over the top.



August 2024



# AUGUST

# 2024

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**Bank  
Holiday  
UK**

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*Homemade*  
GIFTS MADE EASY

## Diary Events:

- Saturday 3<sup>rd</sup> August – The Fortescue Arms Pub, Billingborough is having special open day
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August 2024

Let's Talk  
**HEALTH**

Let's Talk...

Health and Wellbeing

*Your Life, Your Style....*

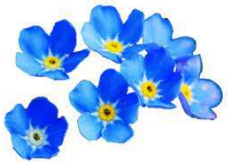


At any age it is important to maintain and enhance our own health and wellness; ensuring our minds and bodies are healthy and balanced, focusing on physical well-being, happiness, fulfillment, and mental strength.

This month we will focus on the importance and benefits of *regular foot care and treatment*.



As we age, it is only natural our feet undergo wear and tear, with this can lead to various foot problems. It's essential that we all take good care of our feet. It lowers our risk of having a fall and reduces our risk of infection, as well as relieving pain and ensuring the best comfort.



Foot care is crucial due to several reasons.

Here are some common foot problems that can affect us all:

1. **Fallen Arches:** Loss of tendon elasticity can cause fallen foot arches. This may increase shoe size and lead to discomfort or painful foot sores.
2. **Bunions:** These bulges on the lower joint of the big toe can be painful and affect mobility.
3. **Corns:** Thickened skin areas on the sole of the foot or toes can make walking uncomfortable.
4. **Cracked Heels:** Accumulated hard skin can cause deep cracks, making shoe-wearing painful.
5. **Fungal Infections:** Seniors are more vulnerable to fungal infections affecting toenails and toe spaces.

Taking good care of your feet has many benefits for the elderly. These benefits include:

- Increasing your comfort
- Limiting the possibility of additional medical problems
- Reducing your chance of hospitalisation due to infection
- Keeping you active and mobile
- Improving blood circulation



August 2024

# Let's Talk HEALTH

- Improving mobility and independence
- Helping to detect health issues early
- Lowering risk of falls
- Improving balance



Wash daily



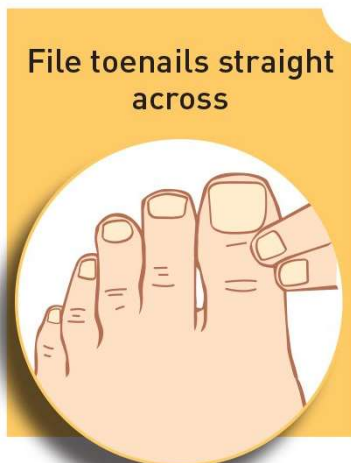
Dry well especially  
between toes



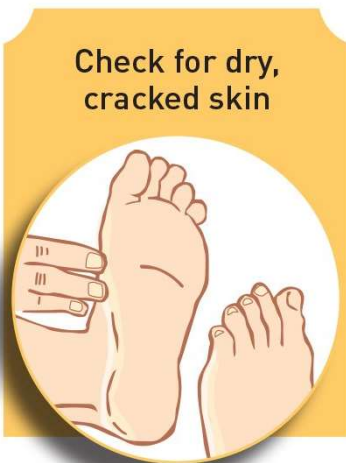
Feel for bumps or  
temperature changes



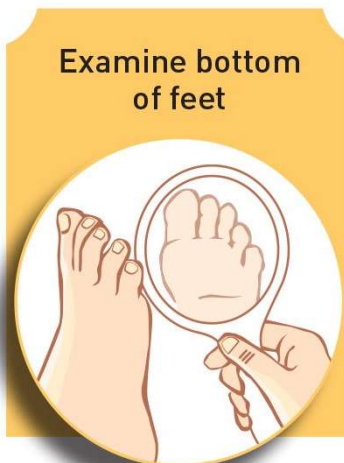
Look between toes;  
check each toenail



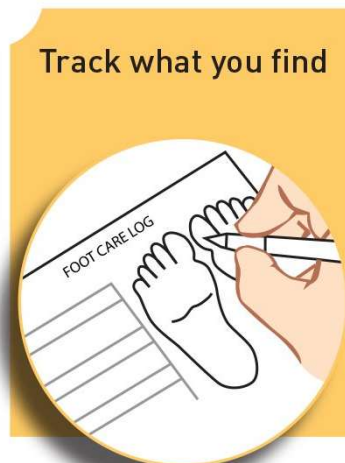
File toenails straight  
across



Check for dry,  
cracked skin



Examine bottom  
of feet



Track what you find







## Football Focus

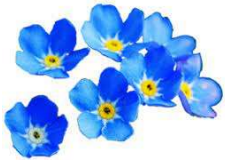


The UEFA EURO 2024 final took place between Spain and England at Olympiastadion Berlin on Sunday, July 14, 2024. Spain emerged victorious, defeating England with a 2-1 scoreline, securing their fourth European Championship title.

Congratulations to both teams!! And well done to Spain winning their 4<sup>th</sup> Euro championship title.

Here are some key details about the final:

- Venue: Olympiastadion Berlin, Germany, with a capacity of 71,000 spectators.
- Kick-off time: 21:00 CET.
- Referee: François Letexier from France officiated the match.



August 2024

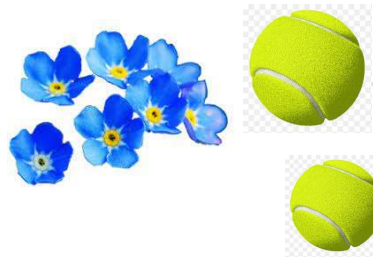


## Previous EURO finals:

- Spain had won the championship three times before (in 1964, 2008, and 2012)
- England finished as runners-up in the 2020 EURO, losing to Italy on penalties.

## Historical context:

- Spain became the most successful side in EURO history with their fourth title.
- Host nations have both won and lost EURO finals in the past.
- The highest-scoring EURO final was Spain's 4-0 victory over Italy in 2012.



August 2024



# Wimbledon 2024

## Wimbledon final analysis: Carlos Alcaraz beats Novak Djokovic for second Wimbledon title

Carlos Alcaraz's recent Wimbledon victory has been a major talking point. He became the first man since 2002, other than Novak Djokovic, Roger Federer, Rafael Nadal, or Andy Murray, to win the prestigious tournament<sup>1</sup>. Djokovic, who has an impressive record of 35 Grand Slam finals and 23 wins, faced Alcaraz in a thrilling five-set final. Here's what Djokovic had to say about the rising star:

- Alcaraz combines elements from all three tennis legends: Roger Federer, Rafael Nadal, and Djokovic himself. Djokovic praised Alcaraz's mental resilience and maturity, especially considering he's only 20 years old.
- Alcaraz possesses a "Spanish bull" mentality, reminiscent of Nadal's competitiveness and fighting spirit.
- Djokovic even noticed similarities between Alcaraz's sliding backhand and his own two-handed backhand, emphasizing adaptability and defensive skills<sup>2</sup>.

Alcaraz, on the other hand, humbly considers himself a complete player with the physical and mental strength to handle high-pressure situations. It's fascinating to witness this changing of the guard in men's tennis, as Alcaraz continues to make waves on the court. 🌟 🎾





August 2024



# Olympics 2024

The Olympics Games have begun!



As the games commence let us take a look at the history of medals won from previous Olympic games.

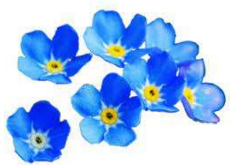
Great Britain is ranked 3<sup>rd</sup> in the world for overall medals.

Good Luck to  
Team GB in the  
Paris 2024  
Olympic games.

Team	Summer Olympic Games				
Team (IOC code) ▾	No. ▾	 ▾	 ▾	 ▾	 ▾
 <b>United States</b> (USA) <sup>[P] [Q] [R] [Z] [F]</sup>	28	1,061	830	738	<b>2,629</b>
 <b>Soviet Union</b> (URS) <sup>[URS]</sup>	9	395	319	296	<b>1,010</b>
 <b>Great Britain</b> (GBR) <sup>[GBR] [Z]</sup>	29	284	318	314	<b>916</b>
 <b>France</b> (FRA) <sup>[O] [P] [Z]</sup>	29	223	251	277	<b>751</b>
 <b>Germany</b> (GER) <sup>[GER] [Z]</sup>	17	201	207	247	<b>655</b>



GBR



August 2024



# *Forget Me Not Team News*



In the month of July, we focused on best practice to reduce and manage Falls.

We learnt many areas:

1. What is a fall and why it is important to think and react to prevent falls.
2. Why do people fall and what are the risks.
3. How to reduce the risk of falls.
4. What we as carers should be doing to react to falls.
5. Managing behaviors/ risks to reduce falls.

The Forget Me Not team joined The Old Hall Care Home team in Billingborough to complete this course, it was designed to enable staff to increase awareness of how to reduce risks of slipping, tripping and falling within homes and a care home environment.

## Staff News

Forget Me Not would like to welcome our newest member of the team Reece, welcome to the team Reece 😊

We also say farewell to old staff. Dayo has moved on to live near her partner and Jacqui has moved to the Peak District for her family. Good Luck with your next adventures!



August 2024



## Forget Me Not – Identity Badges



Badges have now been distributed to all staff. We hope you will find these much more helpful to recognise our Forget Me Not team when they come to visit. 😊

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Forget Me Not Newsletter Issue 6 – August 2024

Writer & Editor: Michelle Tobin

Proofreader: Tina Anderson

*With special thanks to Tina for all her efforts and time.*







# *Forget Me Not Home Care*

# NEWSLETTER



***The Great Train Robbery 8<sup>th</sup> August 1963*** was the robbery of £2.61 million (calculated to present-day value of £69 million - or \$73,547,750), from a Royal Mail train heading from Glasgow to London on the West Coast Main Line in the early hours of 8 August 1963 at Bridego Railway Bridge, Ledburn, near Mentmore in Buckinghamshire, England. After tampering with the lineside signals to bring the train to a halt, a gang of 15, led by Bruce Reynolds, attacked the train. Other gang members included Gordon Goody, Buster Edwards, Charlie Wilson, Roy James, John Daly, Jimmy White, Ronnie Biggs, Tommy Wisbey, Jim Hussey, Bob Welch and Roger Cordrey, as well as three men known only as

## 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*

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

Contact us on:

- Tel: 01529 417791
- Email: [forgetmenothomecare@hotmail.com](mailto:forgetmenothomecare@hotmail.com)
- Website: [www.forgetmenothomecare.co.uk](http://www.forgetmenothomecare.co.uk)



August 2024

numbers "1", "2" and "3"; two were later identified as Harry Smith and Danny Pembroke. A 16th man, an unnamed retired train driver, was also present. With careful planning based on inside information from an individual known as "The Ulsterman", whose real identity has never been established, the robbers escaped with over £2.61 million. The bulk of the stolen money has never been recovered. The gang did not use any firearms, though Jack Mills, the train driver, was beaten over the head with a metal bar and suffered serious head injuries. After his partial recovery, Mills returned to work doing light duties. He retired in 1967 and died in 1970 due to an unrelated illness. Mills never overcame the trauma of the robbery. After the robbery, the gang hid at Leatherslade Farm. The police found this hideout, and incriminating evidence, a monopoly board with fingerprints, led to the eventual arrest and conviction of most of the gang. The ringleaders were sentenced to 30 years in prison.



#### 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@offlead sleaford.co.uk](mailto:info@offlead sleaford.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





August 2024



## Coffee Break Quiz...



## 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	H	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







# Cooking Terms

## Word Scramble



NLD BE

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NMICE

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UPOR

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PEEUR

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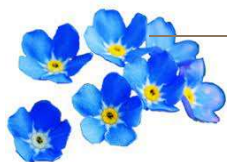
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ILOB

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TSIR

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# July Quiz Answers:

## Answer Sheet

### Wordwheel possible words

The wordwheel word is: FOOTBALL

- |     |     |      |      |       |       |          |
|-----|-----|------|------|-------|-------|----------|
| aft | fob | oft  | foal | loaf  | aloft | football |
| fab | foo | fall | fool | loft  | aloof |          |
| fat | oaf | flat | foot | afoot | float |          |





# SUMMER DAYS

## Word Scramble

### SOLUTION

cheab

B E A C H

ensrsecun

S U N S C R E E N

esbablal

B A S E B A L L

oplo

P O O L

iacnotva

V A C A T I O N

rbueecba

B A R B E C U E

reamwntelo

W A T E R M E L O N

© puzzles-to-print.com

S C H O O L ' S O U T !

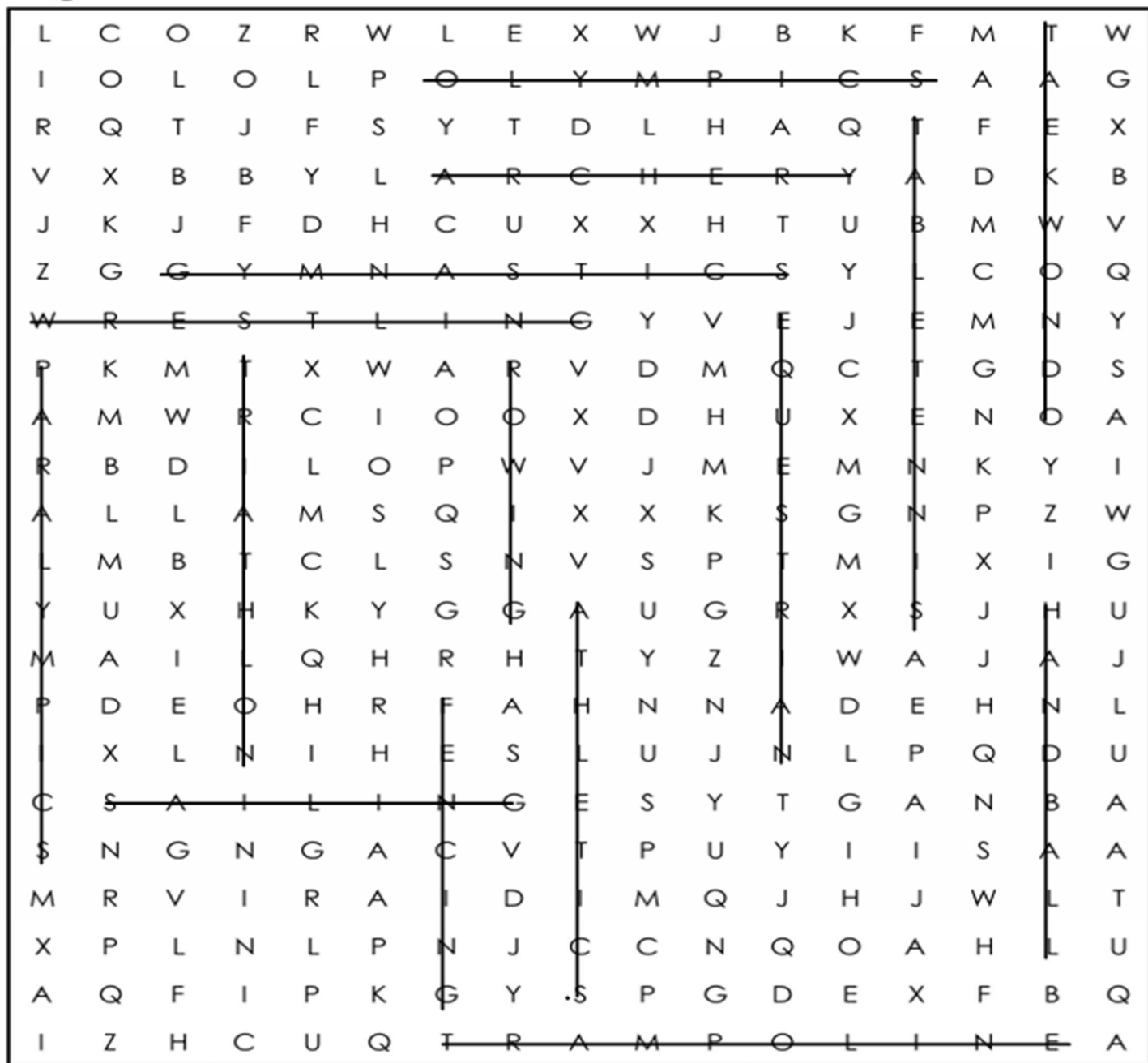


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# Olympics Word Search

O



WRESTLING ·

GYMNASTICS ·

HANDBALL ·

TRIATHLON ·

PARALYMPICS ·

FENCING ·

TABLE TENNIS ·

ATHLETICS ·

OLYMPICS ·

SAILING ·

EQUESTRIAN

ROWING ·

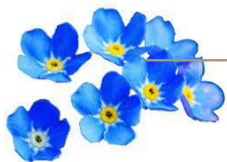
TRAMPOLINE ·

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August 2024



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Egg-free

Gluten-free

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August 2024



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August 2024

# Let's Talk HEALTH

- Improving mobility and independence
- Helping to detect health issues early
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Wash daily



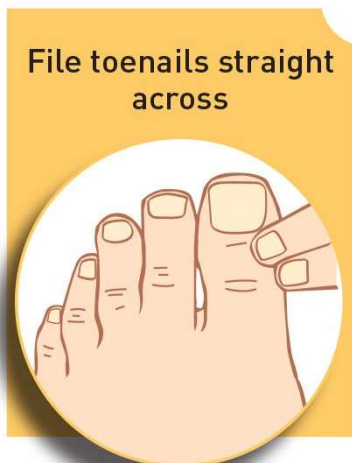
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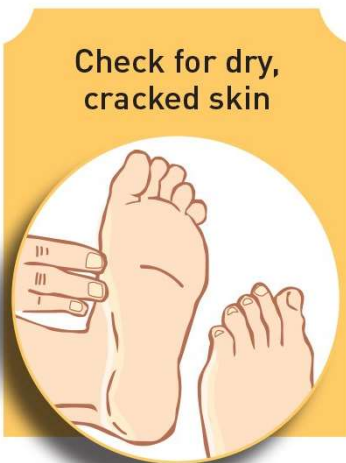
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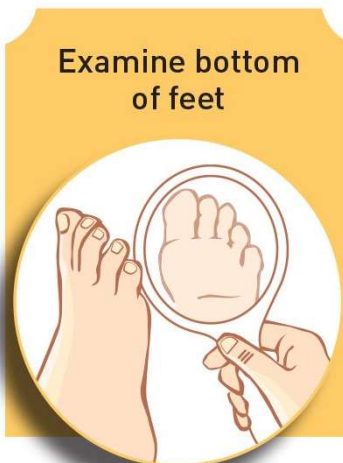
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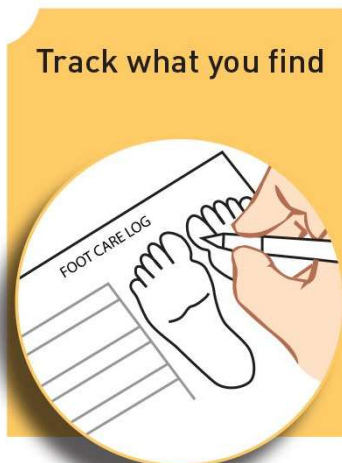
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across



Check for dry,  
cracked skin



Examine bottom  
of feet



Track what you find





## Football Focus



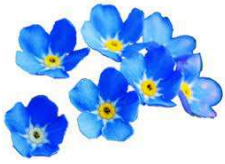
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August 2024

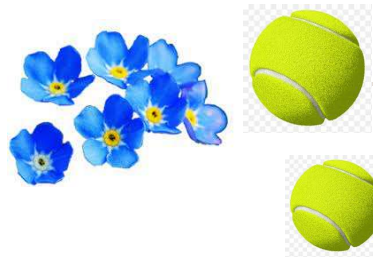


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August 2024



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August 2024



# Olympics 2024

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As the games commence let us take a look at the history of medals won from previous Olympic games.

Great Britain is ranked 3<sup>rd</sup> in the world for overall medals.

Good Luck to  
Team GB in the  
Paris 2024  
Olympic games.

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GBR





August 2024



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We learnt many areas:

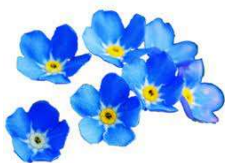
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August 2024



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Forget Me Not Newsletter Issue 6 – August 2024

Writer & Editor: Michelle Tobin

Proofreader: Tina Anderson

*With special thanks to Tina for all her efforts and time.*





# *Forget Me Not Home Care*

# NEWSLETTER



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## 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

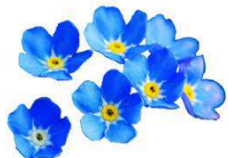
*The Forget Me Not Team*

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

Contact us on:

- Tel: 01529 417791
- Email: [forgetmenothomecare@hotmail.com](mailto:forgetmenothomecare@hotmail.com)
- Website: [www.forgetmenothomecare.co.uk](http://www.forgetmenothomecare.co.uk)





August 2024

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

#### CallConnect Bus Service:

☎ 0345 234 3344

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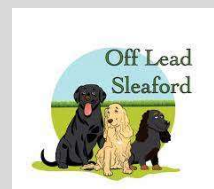
Crown House , Grantham  
Street, Lincoln LN2 1BD

#### Off Lead Dog Walking:

**Email:** [info@offlead sleaford.co.uk](mailto:info@offlead sleaford.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



August 2024



## Coffee Break Quiz...



## 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	H	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







# Cooking Terms

## Word Scramble



NLD BE

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NMICE

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UPOR

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PEEUR

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ASTRNI

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OEVRC

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MNSOTEI

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EAZGL

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EMTL

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CSRDIAD

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CBRUS

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AORST

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MEURESA

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AERGT

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CIED

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TSAEB

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CHPO

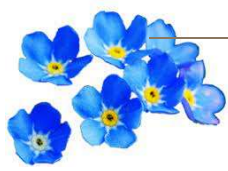
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ILOB

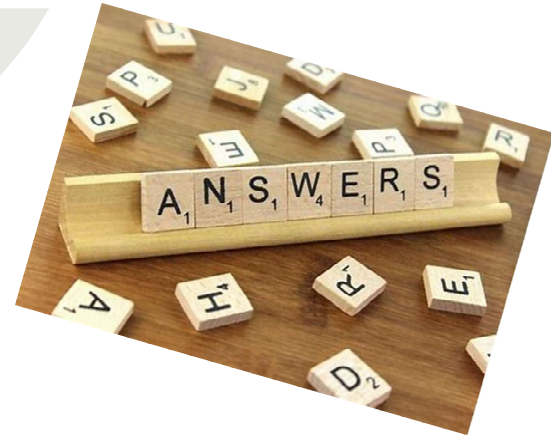
\_\_\_\_\_

TSIR

\_\_\_\_\_



August 2024



# July Quiz Answers:

## Answer Sheet

### Wordwheel possible words

The wordwheel word is: FOOTBALL

aft  
fab  
fat

fob  
foo  
oaf

oft  
fall  
flat

foal  
fool  
foot

loaf  
loft  
afoot

aloft  
aloof  
float

football



# SUMMER DAYS

## Word Scramble

### SOLUTION

cheab

B E A C H

ensrsecun

S U N S C R E E N

esbablal

B A S E B A L L

oplo

P O O L

iacnotva

V A C A T I O N

rbueecba

B A R B E C U E

reamwntelo

W A T E R M E L O N

© puzzles-to-print.com

S C H O O L ' S O U T !



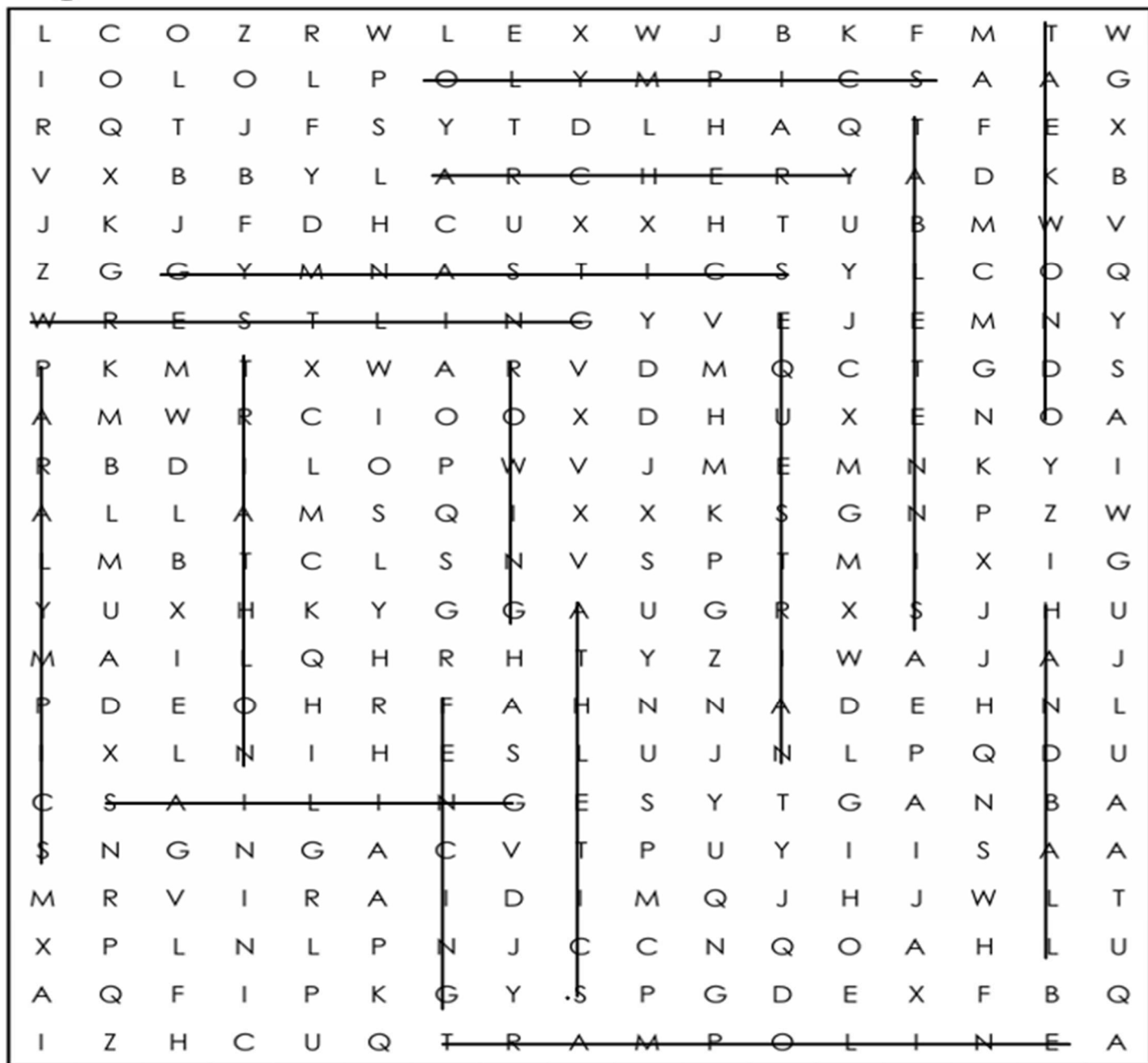


August 2024



# Olympics Word Search

O



WRESTLING ·

GYMNASTICS ·

HANDBALL ·

TRIATHLON ·

PARALYMPICS ·

FENCING ·

TABLE TENNIS ·

ATHLETICS ·

OLYMPICS ·

SAILING ·

EQUESTRIAN

ROWING ·

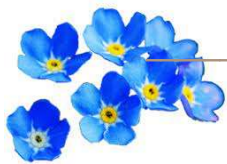
TRAMPOLINE ·

TAEKWONDO ·

ARCHERY ·

© Monsterwordsearch.com





August 2024



# Raspberry Mousse



**Prep:** 15 mins

**Cook:** 10 mins

Plus cooling and setting

**Serves 6 – 8**

Egg-free

Gluten-free

Nut-free

---



August 2024



Try making this summer berry mousse as a dessert, topped with whipped cream, or use it as a filling for a light sponge layer cake

## Ingredients

- 2 gelatine leaves
- 350g raspberries, plus extra for decorating
- 60g caster sugar
- 1 lemon, juiced
- 500ml whipping cream

## Method

### • STEP 1

Put the gelatine leaves in a bowl, cover with warm water and leave to soak for 5 mins. Drain and squeeze out any excess water.

### • STEP 2

Tip the raspberries into a pan over a medium-low heat along with the sugar and lemon juice. Cook for 5-6 mins until the berries have completely broken down. Push the mixture through a sieve set over a bowl, discarding the seeds. Stir in the gelatine leaves until dissolved (if they don't dissolve, pour the mixture into a clean saucepan and heat gently until dissolved). Set aside to cool for 15 mins.

### • STEP 3

Whip the cream to soft peaks using an electric whisk, then gently fold this into the raspberry mixture. Spoon into the ramekins or moulds and chill overnight, or for at least 6 hrs. Serve with raspberries scattered over the top.





August 2024



# AUGUST

# 2024

MON

TUE

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FRI

SAT

SUN

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26

**Bank  
Holiday  
UK**

27

28

29

30

31

1

*Homemade*  
GIFTS MADE EASY

## Diary Events:

- Saturday 3<sup>rd</sup> August – The Fortescue Arms Pub, Billingborough is having special open day
- Saturday 10<sup>th</sup> August – Annual Summer fete 2PM-4PM @ The Old Hall Care Home, Billingborough NG34 0QA
- The Glorious 12<sup>th</sup> – open day for Grouse Shooting.
- Sunday 18<sup>th</sup> August – Billingborough American Car Show 10AM-2PM @ Billingborough Cars & Commercials, West Road Billingborough NG34 0QU

- Monday 26<sup>th</sup> August – Bank Holiday



August 2024

Let's Talk  
**HEALTH**

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 *regular foot care and treatment*.



As we age, it is only natural our feet undergo wear and tear, with this can lead to various foot problems. It's essential that we all take good care of our feet. It lowers our risk of having a fall and reduces our risk of infection, as well as relieving pain and ensuring the best comfort.



Foot care is crucial due to several reasons.

Here are some common foot problems that can affect us all:

1. **Fallen Arches:** Loss of tendon elasticity can cause fallen foot arches. This may increase shoe size and lead to discomfort or painful foot sores.
2. **Bunions:** These bulges on the lower joint of the big toe can be painful and affect mobility.
3. **Corns:** Thickened skin areas on the sole of the foot or toes can make walking uncomfortable.
4. **Cracked Heels:** Accumulated hard skin can cause deep cracks, making shoe-wearing painful.
5. **Fungal Infections:** Seniors are more vulnerable to fungal infections affecting toenails and toe spaces.

Taking good care of your feet has many benefits for the elderly. These benefits include:

- Increasing your comfort
- Limiting the possibility of additional medical problems
- Reducing your chance of hospitalisation due to infection
- Keeping you active and mobile
- Improving blood circulation





August 2024

# Let's Talk HEALTH

- Improving mobility and independence
- Helping to detect health issues early
- Lowering risk of falls
- Improving balance



Wash daily



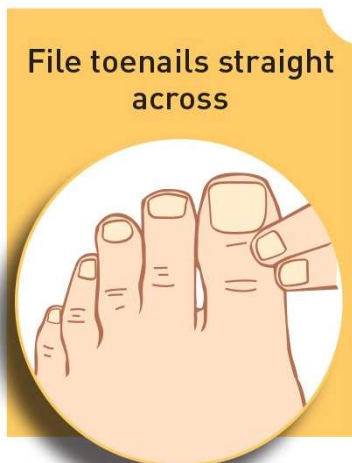
Dry well especially  
between toes



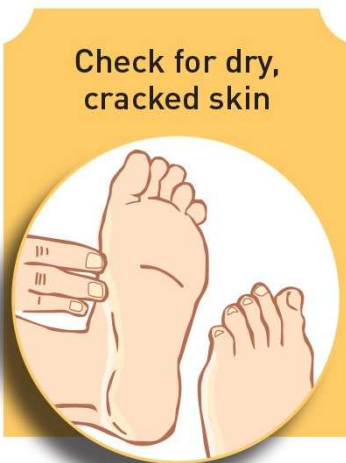
Feel for bumps or  
temperature changes



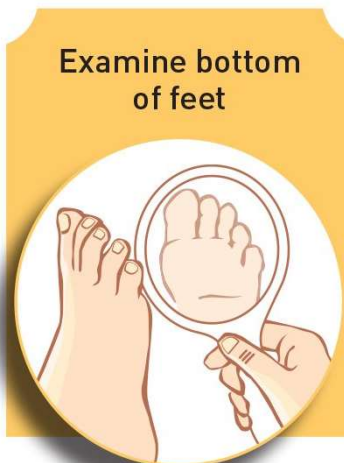
Look between toes;  
check each toenail



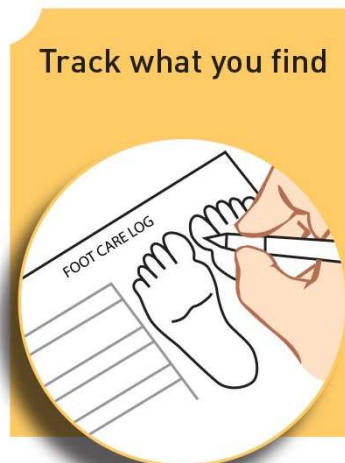
File toenails straight  
across



Check for dry,  
cracked skin

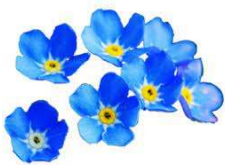


Examine bottom  
of feet



Track what you find





## Football Focus

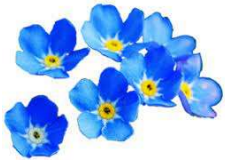


The UEFA EURO 2024 final took place between Spain and England at Olympiastadion Berlin on Sunday, July 14, 2024. Spain emerged victorious, defeating England with a 2-1 scoreline, securing their fourth European Championship title.

Congratulations to both teams!! And well done to Spain winning their 4<sup>th</sup> Euro championship title.

Here are some key details about the final:

- Venue: Olympiastadion Berlin, Germany, with a capacity of 71,000 spectators.
- Kick-off time: 21:00 CET.
- Referee: François Letexier from France officiated the match.



August 2024



## Previous EURO finals:

- Spain had won the championship three times before (in 1964, 2008, and 2012)
- England finished as runners-up in the 2020 EURO, losing to Italy on penalties.

## Historical context:

- Spain became the most successful side in EURO history with their fourth title.
- Host nations have both won and lost EURO finals in the past.
- The highest-scoring EURO final was Spain's 4-0 victory over Italy in 2012.





August 2024



# Wimbledon 2024

## Wimbledon final analysis: Carlos Alcaraz beats Novak Djokovic for second Wimbledon title

Carlos Alcaraz's recent Wimbledon victory has been a major talking point. He became the first man since 2002, other than Novak Djokovic, Roger Federer, Rafael Nadal, or Andy Murray, to win the prestigious tournament<sup>1</sup>. Djokovic, who has an impressive record of 35 Grand Slam finals and 23 wins, faced Alcaraz in a thrilling five-set final. Here's what Djokovic had to say about the rising star:

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GBR

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We hope you enjoy reading!

From

*The Forget Me Not Team*

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

Contact us on:

- Tel: 01529 417791
- Email: [forgetmenothomecare@hotmail.com](mailto:forgetmenothomecare@hotmail.com)
- Website: [www.forgetmenothomecare.co.uk](http://www.forgetmenothomecare.co.uk)



August 2024

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- 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@offlead sleaford.co.uk](mailto:info@offlead sleaford.co.uk)

#### **Address:**

Dale Farm  
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Sleaford  
Lincolnshire  
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August 2024



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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	H	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





# Cooking Terms

## Word Scramble



NLD BE

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NMICE

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UPOR

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ASTRNI

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OEVRC

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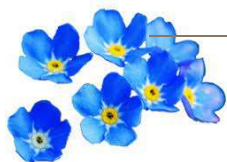
ILOB

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TSIR

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# July Quiz Answers:

## Answer Sheet

### Wordwheel possible words

The wordwheel word is: FOOTBALL

- |                   |                   |                     |                      |                       |                         |          |
|-------------------|-------------------|---------------------|----------------------|-----------------------|-------------------------|----------|
| aft<br>fab<br>fat | fob<br>foo<br>oaf | oft<br>fall<br>flat | foal<br>fool<br>foot | loaf<br>loft<br>afoot | aloft<br>aloof<br>float | football |
|-------------------|-------------------|---------------------|----------------------|-----------------------|-------------------------|----------|



# SUMMER DAYS

## Word Scramble

### SOLUTION

cheab

B E A C H

ensrsecun

S U N S C R E E N

esbablal

B A S E B A L L

oplo

P O O L

iacnotva

V A C A T I O N

rbueecba

B A R B E C U E

reamwntelo

W A T E R M E L O N

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S C H O O L ' S O U T !

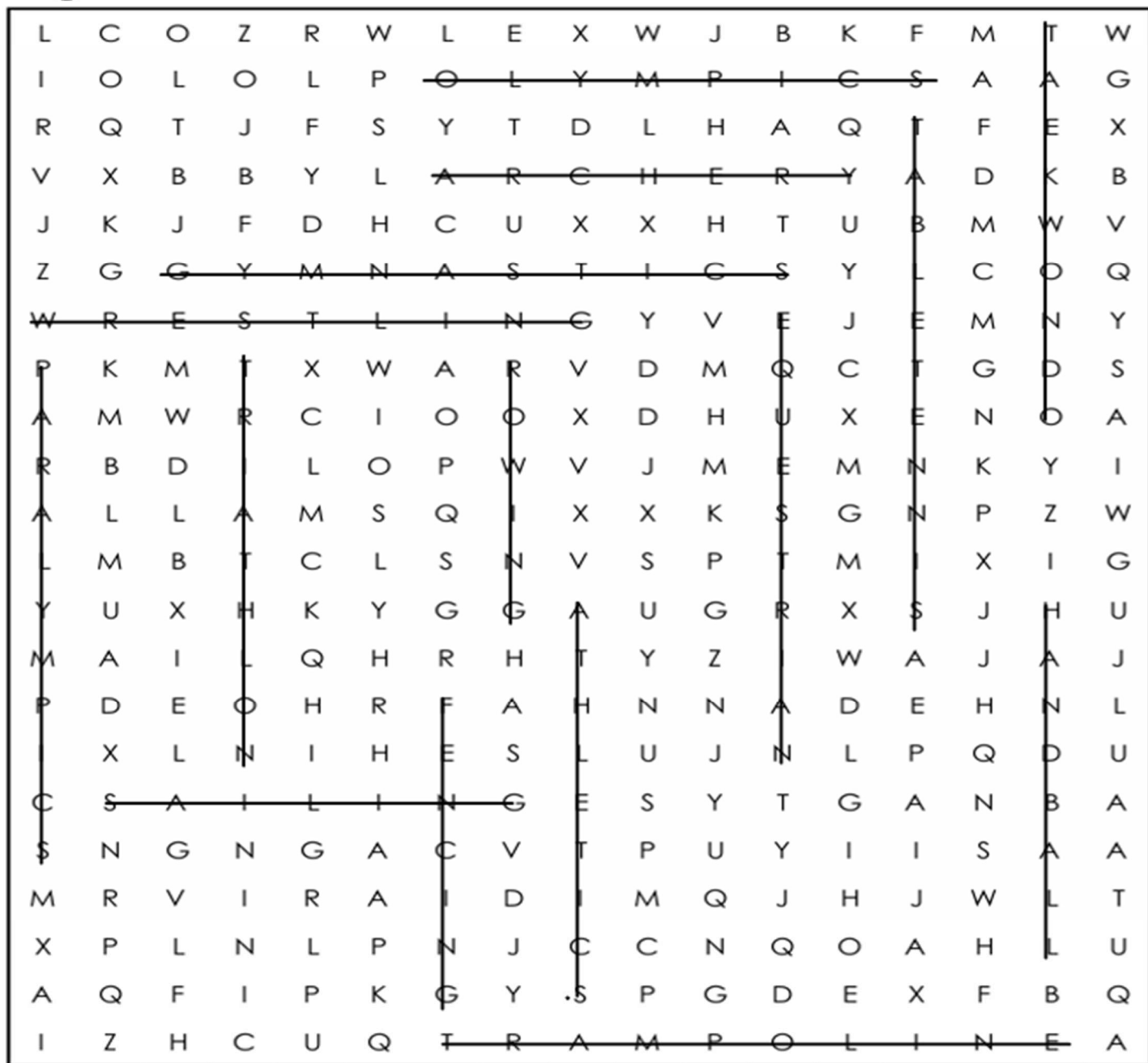


August 2024



# Olympics Word Search

O

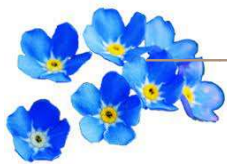


WRESTLING · GYMNASTICS · HANDBALL ·  
TRIATHLON · PARALYMPICS · FENCING ·  
TABLE TENNIS · ATHLETICS · OLYMPICS ·  
SAILING · EQUESTRIAN · ROWING ·  
TRAMPOLINE · TAEKWONDO · ARCHERY ·



© Monsterwordsearch.com





August 2024



# Raspberry Mousse



**Prep:** 15 mins

**Cook:** 10 mins

Plus cooling and setting

**Serves 6 – 8**

Egg-free

Gluten-free

Nut-free

---



August 2024



Try making this summer berry mousse as a dessert, topped with whipped cream, or use it as a filling for a light sponge layer cake

## Ingredients

- 2 gelatine leaves
- 350g raspberries, plus extra for decorating
- 60g caster sugar
- 1 lemon, juiced
- 500ml whipping cream

## Method

### • STEP 1

Put the gelatine leaves in a bowl, cover with warm water and leave to soak for 5 mins. Drain and squeeze out any excess water.

### • STEP 2

Tip the raspberries into a pan over a medium-low heat along with the sugar and lemon juice. Cook for 5-6 mins until the berries have completely broken down. Push the mixture through a sieve set over a bowl, discarding the seeds. Stir in the gelatine leaves until dissolved (if they don't dissolve, pour the mixture into a clean saucepan and heat gently until dissolved). Set aside to cool for 15 mins.

### • STEP 3

Whip the cream to soft peaks using an electric whisk, then gently fold this into the raspberry mixture. Spoon into the ramekins or moulds and chill overnight, or for at least 6 hrs. Serve with raspberries scattered over the top.



August 2024



# AUGUST

# 2024

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**Bank  
Holiday  
UK**

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1

*Homemade*  
GIFTS MADE EASY

## Diary Events:

- Saturday 3<sup>rd</sup> August – The Fortescue Arms Pub, Billingborough is having special open day
- Saturday 10<sup>th</sup> August – Annual Summer fete 2PM-4PM @ The Old Hall Care Home, Billingborough NG34 0QA
- The Glorious 12<sup>th</sup> – open day for Grouse Shooting.
- Sunday 18<sup>th</sup> August – Billingborough American Car Show 10AM-2PM @ Billingborough Cars & Commercials, West Road Billingborough NG34 0QU

- Monday 26<sup>th</sup> August – Bank Holiday





August 2024

Let's Talk  
**HEALTH**

Let's Talk...

Health and Wellbeing

*Your Life, Your Style....*

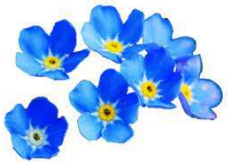


At any age it is important to maintain and enhance our own health and wellness; ensuring our minds and bodies are healthy and balanced, focusing on physical well-being, happiness, fulfillment, and mental strength.

This month we will focus on the importance and benefits of *regular foot care and treatment*.



As we age, it is only natural our feet undergo wear and tear, with this can lead to various foot problems. It's essential that we all take good care of our feet. It lowers our risk of having a fall and reduces our risk of infection, as well as relieving pain and ensuring the best comfort.



Foot care is crucial due to several reasons.

Here are some common foot problems that can affect us all:

1. **Fallen Arches:** Loss of tendon elasticity can cause fallen foot arches. This may increase shoe size and lead to discomfort or painful foot sores.
2. **Bunions:** These bulges on the lower joint of the big toe can be painful and affect mobility.
3. **Corns:** Thickened skin areas on the sole of the foot or toes can make walking uncomfortable.
4. **Cracked Heels:** Accumulated hard skin can cause deep cracks, making shoe-wearing painful.
5. **Fungal Infections:** Seniors are more vulnerable to fungal infections affecting toenails and toe spaces.

Taking good care of your feet has many benefits for the elderly. These benefits include:

- Increasing your comfort
- Limiting the possibility of additional medical problems
- Reducing your chance of hospitalisation due to infection
- Keeping you active and mobile
- Improving blood circulation



August 2024

# Let's Talk HEALTH

- Improving mobility and independence
- Helping to detect health issues early
- Lowering risk of falls
- Improving balance



Wash daily



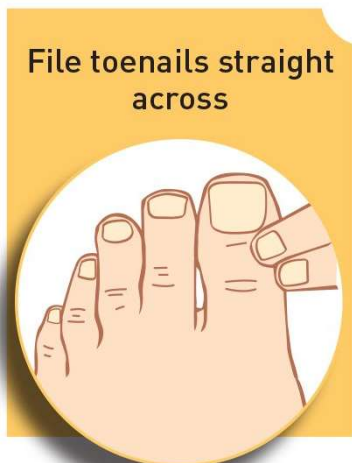
Dry well especially  
between toes



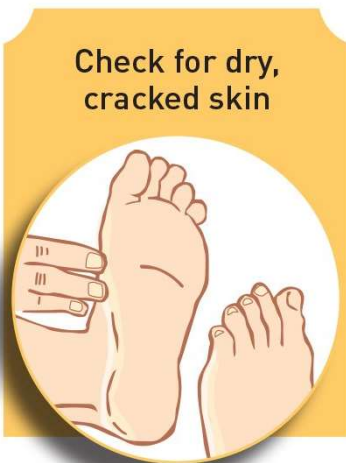
Feel for bumps or  
temperature changes



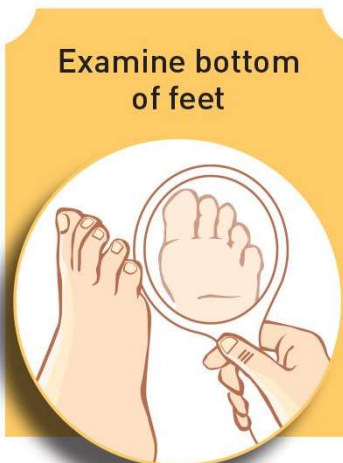
Look between toes;  
check each toenail



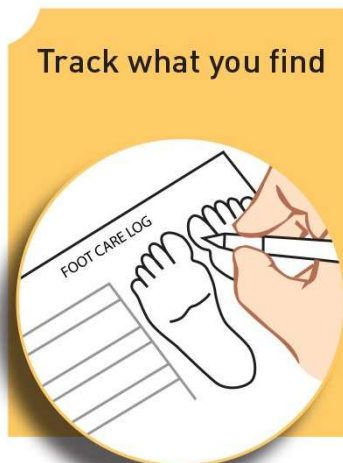
File toenails straight  
across



Check for dry,  
cracked skin



Examine bottom  
of feet



Track what you find







## Football Focus

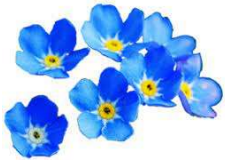


The UEFA EURO 2024 final took place between Spain and England at Olympiastadion Berlin on Sunday, July 14, 2024. Spain emerged victorious, defeating England with a 2-1 scoreline, securing their fourth European Championship title.

Congratulations to both teams!! And well done to Spain winning their 4<sup>th</sup> Euro championship title.

Here are some key details about the final:

- Venue: Olympiastadion Berlin, Germany, with a capacity of 71,000 spectators.
- Kick-off time: 21:00 CET.
- Referee: François Letexier from France officiated the match.



August 2024

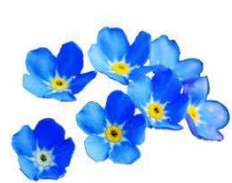


## Previous EURO finals:

- Spain had won the championship three times before (in 1964, 2008, and 2012)
- England finished as runners-up in the 2020 EURO, losing to Italy on penalties.

## Historical context:

- Spain became the most successful side in EURO history with their fourth title.
- Host nations have both won and lost EURO finals in the past.
- The highest-scoring EURO final was Spain's 4-0 victory over Italy in 2012.



August 2024



# Wimbledon 2024

## Wimbledon final analysis: Carlos Alcaraz beats Novak Djokovic for second Wimbledon title

Carlos Alcaraz's recent Wimbledon victory has been a major talking point. He became the first man since 2002, other than Novak Djokovic, Roger Federer, Rafael Nadal, or Andy Murray, to win the prestigious tournament<sup>1</sup>. Djokovic, who has an impressive record of 35 Grand Slam finals and 23 wins, faced Alcaraz in a thrilling five-set final. Here's what Djokovic had to say about the rising star:

- Alcaraz combines elements from all three tennis legends: Roger Federer, Rafael Nadal, and Djokovic himself. Djokovic praised Alcaraz's mental resilience and maturity, especially considering he's only 20 years old.
- Alcaraz possesses a "Spanish bull" mentality, reminiscent of Nadal's competitiveness and fighting spirit.
- Djokovic even noticed similarities between Alcaraz's sliding backhand and his own two-handed backhand, emphasizing adaptability and defensive skills<sup>2</sup>.

Alcaraz, on the other hand, humbly considers himself a complete player with the physical and mental strength to handle high-pressure situations. It's fascinating to witness this changing of the guard in men's tennis, as Alcaraz continues to make waves on the court. 🌟 🏸





# Olympics 2024

The Olympics Games have begun!



As the games commence let us take a look at the history of medals won from previous Olympic games.

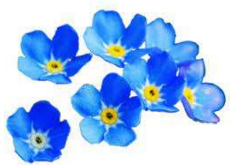
Great Britain is ranked 3<sup>rd</sup> in the world for overall medals.

Good Luck to  
Team GB in the  
Paris 2024  
Olympic games.



GBR

Team	Summer Olympic Games				
Team (IOC code) ▾	No. ▾	 ▾	 ▾	 ▾	 ▾
 <b>United States</b> (USA) <sup>[P] [Q] [R] [Z] [F]</sup>	28	1,061	830	738	<b>2,629</b>
 <b>Soviet Union</b> (URS) <sup>[URS]</sup>	9	395	319	296	<b>1,010</b>
 <b>Great Britain</b> (GBR) <sup>[GBR] [Z]</sup>	29	284	318	314	<b>916</b>
 <b>France</b> (FRA) <sup>[O] [P] [Z]</sup>	29	223	251	277	<b>751</b>
 <b>Germany</b> (GER) <sup>[GER] [Z]</sup>	17	201	207	247	<b>655</b>



August 2024



# *Forget Me Not Team News*



In the month of July, we focused on best practice to reduce and manage Falls.

We learnt many areas:

1. What is a fall and why it is important to think and react to prevent falls.
2. Why do people fall and what are the risks.
3. How to reduce the risk of falls.
4. What we as carers should be doing to react to falls.
5. Managing behaviors/ risks to reduce falls.

The Forget Me Not team joined The Old Hall Care Home team in Billingborough to complete this course, it was designed to enable staff to increase awareness of how to reduce risks of slipping, tripping and falling within homes and a care home environment.

## Staff News

Forget Me Not would like to welcome our newest member of the team Reece, welcome to the team Reece 😊

We also say farewell to old staff. Dayo has moved on to live near her partner and Jacqui has moved to the Peak District for her family. Good Luck with your next adventures!



August 2024



## Forget Me Not – Identity Badges



Badges have now been distributed to all staff. We hope you will find these much more helpful to recognise our Forget Me Not team when they come to visit. 😊

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Forget Me Not Newsletter Issue 6 – August 2024

Writer & Editor: Michelle Tobin

Proofreader: Tina Anderson

*With special thanks to Tina for all her efforts and time.*







# *Forget Me Not Home Care*

# NEWSLETTER



***The Great Train Robbery 8<sup>th</sup> August 1963*** was the robbery of £2.61 million (calculated to present-day value of £69 million - or \$73,547,750), from a Royal Mail train heading from Glasgow to London on the West Coast Main Line in the early hours of 8 August 1963 at Bridego Railway Bridge, Ledburn, near Mentmore in Buckinghamshire, England. After tampering with the lineside signals to bring the train to a halt, a gang of 15, led by Bruce Reynolds, attacked the train. Other gang members included Gordon Goody, Buster Edwards, Charlie Wilson, Roy James, John Daly, Jimmy White, Ronnie Biggs, Tommy Wisbey, Jim Hussey, Bob Welch and Roger Cordrey, as well as three men known only as

## 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*

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

Contact us on:

- Tel: 01529 417791
- Email: [forgetmenothomecare@hotmail.com](mailto:forgetmenothomecare@hotmail.com)
- Website: [www.forgetmenothomecare.co.uk](http://www.forgetmenothomecare.co.uk)



August 2024

numbers "1", "2" and "3"; two were later identified as Harry Smith and Danny Pembroke. A 16th man, an unnamed retired train driver, was also present. With careful planning based on inside information from an individual known as "The Ulsterman", whose real identity has never been established, the robbers escaped with over £2.61 million. The bulk of the stolen money has never been recovered. The gang did not use any firearms, though Jack Mills, the train driver, was beaten over the head with a metal bar and suffered serious head injuries. After his partial recovery, Mills returned to work doing light duties. He retired in 1967 and died in 1970 due to an unrelated illness. Mills never overcame the trauma of the robbery. After the robbery, the gang hid at Leatherslade Farm. The police found this hideout, and incriminating evidence, a monopoly board with fingerprints, led to the eventual arrest and conviction of most of the gang. The ringleaders were sentenced to 30 years in prison.



#### 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@offlead sleaford.co.uk](mailto:info@offlead sleaford.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





August 2024



## Coffee Break Quiz...



## 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	H	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







# Cooking Terms

## Word Scramble



NLDBE

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NMICE

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UPOR

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PEEUR

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ASTRNI

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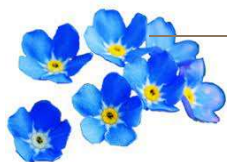
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ILOB

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TSIR

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# July Quiz Answers:

## Answer Sheet

### Wordwheel possible words

The wordwheel word is: FOOTBALL

- |                   |                   |                     |                      |                       |                         |          |
|-------------------|-------------------|---------------------|----------------------|-----------------------|-------------------------|----------|
| aft<br>fab<br>fat | fob<br>foo<br>oaf | oft<br>fall<br>flat | foal<br>fool<br>foot | loaf<br>loft<br>afoot | aloft<br>aloof<br>float | football |
|-------------------|-------------------|---------------------|----------------------|-----------------------|-------------------------|----------|





# SUMMER DAYS

## Word Scramble

### SOLUTION

cheab

B E A C H

ensrsecun

S U N S C R E E N

esbablal

B A S E B A L L

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P O O L

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W A T E R M E L O N

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S C H O O L ' S O U T !

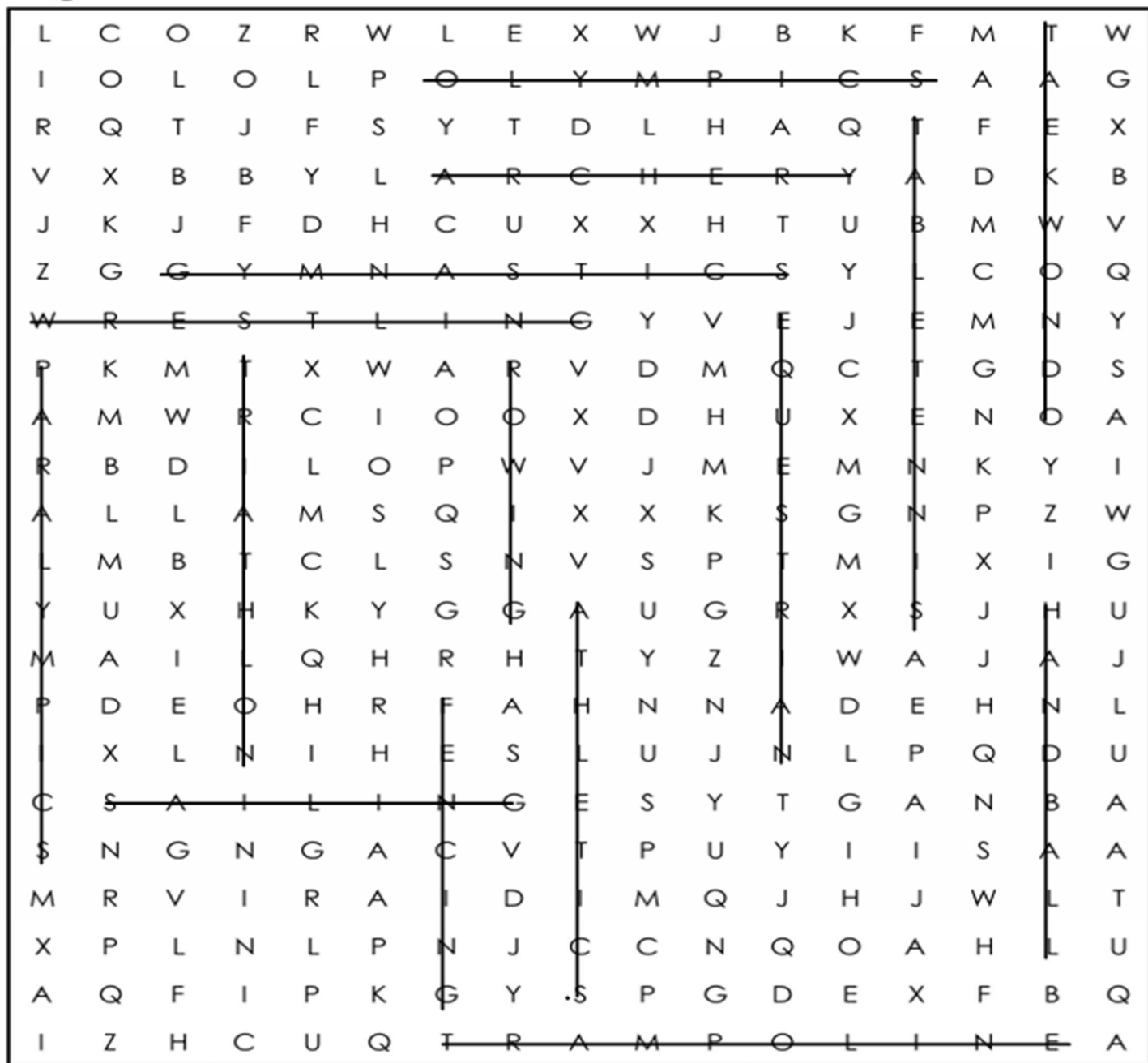


August 2024



# Olympics Word Search

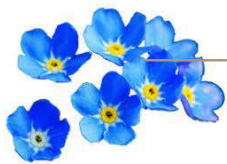
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TRIATHLON · PARALYMPICS · FENCING ·  
TABLE TENNIS · ATHLETICS · OLYMPICS ·  
SAILING · EQUESTRIAN · ROWING ·  
TRAMPOLINE · TAEKWONDO · ARCHERY ·



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August 2024



# Raspberry Mousse



**Prep:** 15 mins

**Cook:** 10 mins

Plus cooling and setting

**Serves 6 – 8**

Egg-free

Gluten-free

Nut-free

---





Try making this summer berry mousse as a dessert, topped with whipped cream, or use it as a filling for a light sponge layer cake

## Ingredients

- 2 gelatine leaves
- 350g raspberries, plus extra for decorating
- 60g caster sugar
- 1 lemon, juiced
- 500ml whipping cream

## Method

### • STEP 1

Put the gelatine leaves in a bowl, cover with warm water and leave to soak for 5 mins. Drain and squeeze out any excess water.

### • STEP 2

Tip the raspberries into a pan over a medium-low heat along with the sugar and lemon juice. Cook for 5-6 mins until the berries have completely broken down. Push the mixture through a sieve set over a bowl, discarding the seeds. Stir in the gelatine leaves until dissolved (if they don't dissolve, pour the mixture into a clean saucepan and heat gently until dissolved). Set aside to cool for 15 mins.

### • STEP 3

Whip the cream to soft peaks using an electric whisk, then gently fold this into the raspberry mixture. Spoon into the ramekins or moulds and chill overnight, or for at least 6 hrs. Serve with raspberries scattered over the top.



August 2024



# AUGUST

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Holiday  
UK**

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*Homemade*  
GIFTS MADE EASY

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August 2024

Let's Talk  
**HEALTH**

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 *regular foot care and treatment*.



As we age, it is only natural our feet undergo wear and tear, with this can lead to various foot problems. It's essential that we all take good care of our feet. It lowers our risk of having a fall and reduces our risk of infection, as well as relieving pain and ensuring the best comfort.





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Here are some common foot problems that can affect us all:

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August 2024

# Let's Talk HEALTH

- Improving mobility and independence
- Helping to detect health issues early
- Lowering risk of falls
- Improving balance



Wash daily



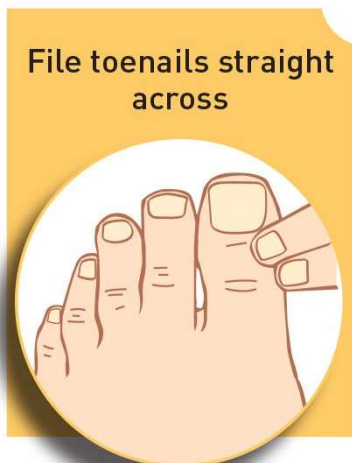
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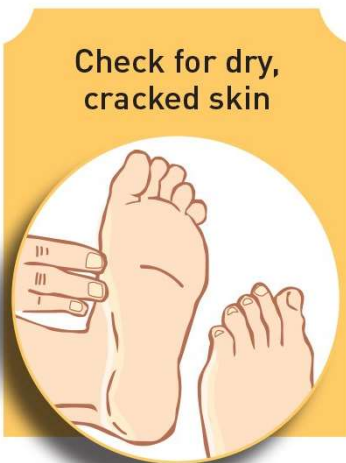
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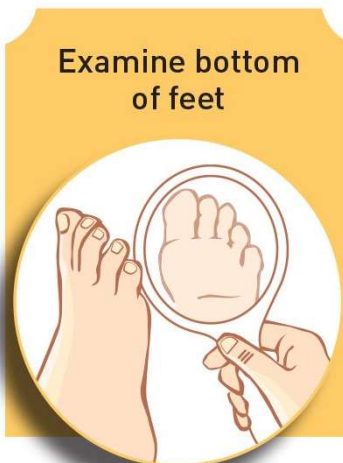
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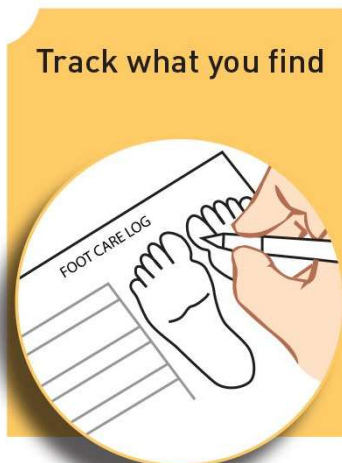
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Check for dry,  
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Examine bottom  
of feet



Track what you find





## Football Focus



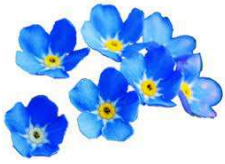
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August 2024

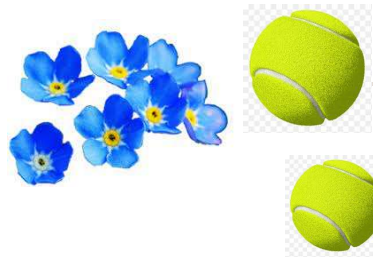


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August 2024



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August 2024



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The Olympics Games have begun!



As the games commence let us take a look at the history of medals won from previous Olympic games.

Great Britain is ranked 3<sup>rd</sup> in the world for overall medals.

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GBR

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August 2024



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We learnt many areas:

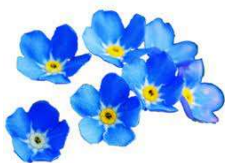
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The Forget Me Not team joined The Old Hall Care Home team in Billingborough to complete this course, it was designed to enable staff to increase awareness of how to reduce risks of slipping, tripping and falling within homes and a care home environment.

### Staff News

Forget Me Not would like to welcome our newest member of the team Reece, welcome to the team Reece 😊

We also say farewell to old staff. Dayo has moved on to live near her partner and Jacqui has moved to the Peak District for her family. Good Luck with your next adventures!



August 2024



## Forget Me Not – Identity Badges



Badges have now been distributed to all staff. We hope you will find these much more helpful to recognise our Forget Me Not team when they come to visit. 😊

---

Forget Me Not Newsletter Issue 6 – August 2024

Writer & Editor: Michelle Tobin

Proofreader: Tina Anderson

*With special thanks to Tina for all her efforts and time.*





# *Forget Me Not Home Care*

# NEWSLETTER



***The Great Train Robbery 8<sup>th</sup> August 1963*** was the robbery of £2.61 million (calculated to present-day value of £69 million - or \$73,547,750), from a Royal Mail train heading from Glasgow to London on the West Coast Main Line in the early hours of 8 August 1963 at Bridego Railway Bridge, Ledburn, near Mentmore in Buckinghamshire, England. After tampering with the lineside signals to bring the train to a halt, a gang of 15, led by Bruce Reynolds, attacked the train. Other gang members included Gordon Goody, Buster Edwards, Charlie Wilson, Roy James, John Daly, Jimmy White, Ronnie Biggs, Tommy Wisbey, Jim Hussey, Bob Welch and Roger Cordrey, as well as three men known only as

## 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

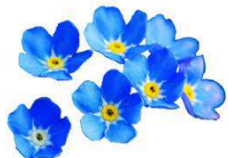
*The Forget Me Not Team*

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

Contact us on:

- Tel: 01529 417791
- Email: [forgetmenothomecare@hotmail.com](mailto:forgetmenothomecare@hotmail.com)
- Website: [www.forgetmenothomecare.co.uk](http://www.forgetmenothomecare.co.uk)





August 2024

numbers "1", "2" and "3"; two were later identified as Harry Smith and Danny Pembroke. A 16th man, an unnamed retired train driver, was also present. With careful planning based on inside information from an individual known as "The Ulsterman", whose real identity has never been established, the robbers escaped with over £2.61 million. The bulk of the stolen money has never been recovered. The gang did not use any firearms, though Jack Mills, the train driver, was beaten over the head with a metal bar and suffered serious head injuries. After his partial recovery, Mills returned to work doing light duties. He retired in 1967 and died in 1970 due to an unrelated illness. Mills never overcame the trauma of the robbery. After the robbery, the gang hid at Leatherslade Farm. The police found this hideout, and incriminating evidence, a monopoly board with fingerprints, led to the eventual arrest and conviction of most of the gang. The ringleaders were sentenced to 30 years in prison.



#### 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@offlead sleaford.co.uk](mailto:info@offlead sleaford.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



August 2024



## Coffee Break Quiz...



## 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	H	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







# Cooking Terms

## Word Scramble



NLD BE

\_\_\_\_\_

NMICE

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UPOR

\_\_\_\_\_

PEEUR

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ASTRNI

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OEVRC

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MNSOTEI

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LCIES

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EAZGL

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STSO

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EMTL

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CSRDIAD

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CBRUS

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TEAB

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AORST

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MEURESA

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AERGT

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ASTUE

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BRNWO

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CIED

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TSAEB

\_\_\_\_\_

CHPO

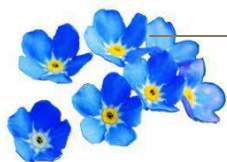
\_\_\_\_\_

ILOB

\_\_\_\_\_

TSIR

\_\_\_\_\_



# July Quiz Answers:

## Answer Sheet

### Wordwheel possible words

The wordwheel word is: FOOTBALL

- |                   |                   |                     |                      |                       |                         |          |
|-------------------|-------------------|---------------------|----------------------|-----------------------|-------------------------|----------|
| aft<br>fab<br>fat | fob<br>foo<br>oaf | oft<br>fall<br>flat | foal<br>fool<br>foot | loaf<br>loft<br>afoot | aloft<br>aloof<br>float | football |
|-------------------|-------------------|---------------------|----------------------|-----------------------|-------------------------|----------|



# SUMMER DAYS

## Word Scramble

### SOLUTION

cheab

B E A C H

ensrsecun

S U N S C R E E N

esbablal

B A S E B A L L

oplo

P O O L

iacnotva

V A C A T I O N

rbueecba

B A R B E C U E

reamwntelo

W A T E R M E L O N

© puzzles-to-print.com

S C H O O L ' S O U T !



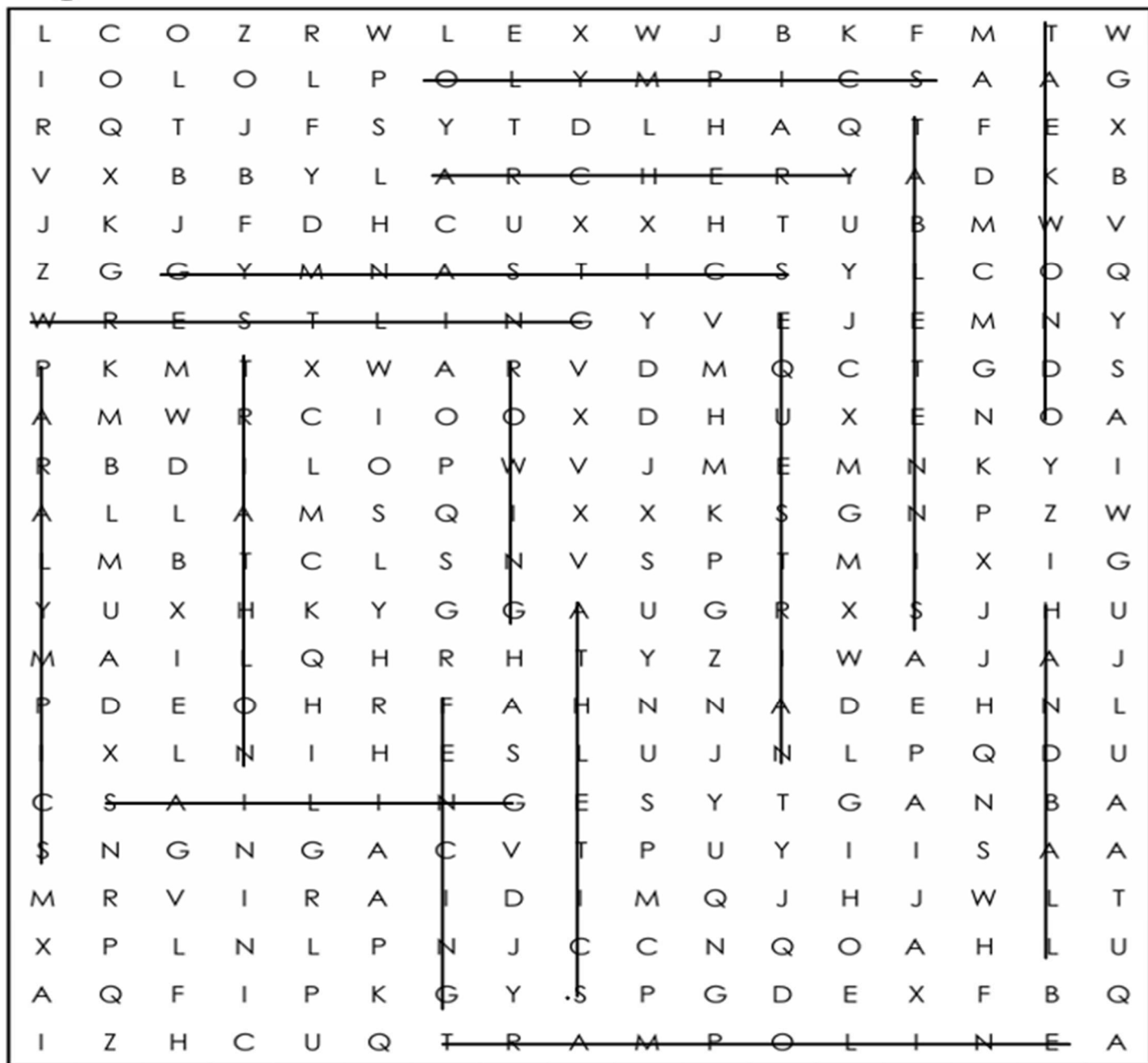


August 2024



# Olympics Word Search

O



WRESTLING ·

GYMNASTICS ·

HANDBALL ·

TRIATHLON ·

PARALYMPICS ·

FENCING ·

TABLE TENNIS ·

ATHLETICS ·

OLYMPICS ·

SAILING ·

EQUESTRIAN

ROWING ·

TRAMPOLINE ·

TAEKWONDO ·

ARCHERY ·

© Monsterwordsearch.com





August 2024



# Raspberry Mousse



**Prep:** 15 mins

**Cook:** 10 mins

Plus cooling and setting

**Serves 6 – 8**

Egg-free

Gluten-free

Nut-free

---



August 2024



Try making this summer berry mousse as a dessert, topped with whipped cream, or use it as a filling for a light sponge layer cake

## Ingredients

- 2 gelatine leaves
- 350g raspberries, plus extra for decorating
- 60g caster sugar
- 1 lemon, juiced
- 500ml whipping cream

## Method

### • STEP 1

Put the gelatine leaves in a bowl, cover with warm water and leave to soak for 5 mins. Drain and squeeze out any excess water.

### • STEP 2

Tip the raspberries into a pan over a medium-low heat along with the sugar and lemon juice. Cook for 5-6 mins until the berries have completely broken down. Push the mixture through a sieve set over a bowl, discarding the seeds. Stir in the gelatine leaves until dissolved (if they don't dissolve, pour the mixture into a clean saucepan and heat gently until dissolved). Set aside to cool for 15 mins.

### • STEP 3

Whip the cream to soft peaks using an electric whisk, then gently fold this into the raspberry mixture. Spoon into the ramekins or moulds and chill overnight, or for at least 6 hrs. Serve with raspberries scattered over the top.





August 2024



# AUGUST

# 2024

MON

TUE

WED

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SAT

SUN

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25

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**Bank  
Holiday  
UK**

27

28

29

30

31

1

*Homemade*  
GIFTS MADE EASY

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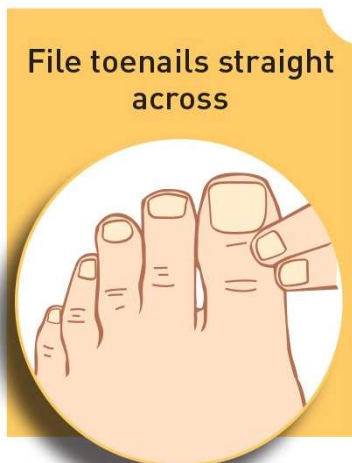
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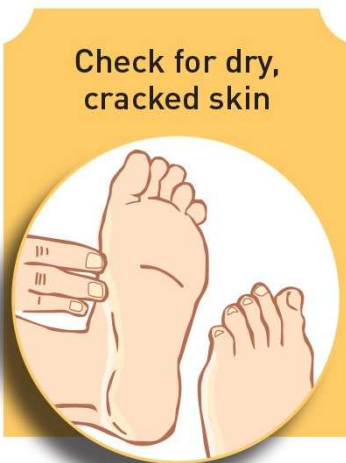
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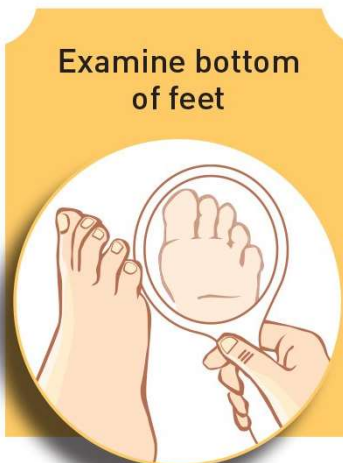
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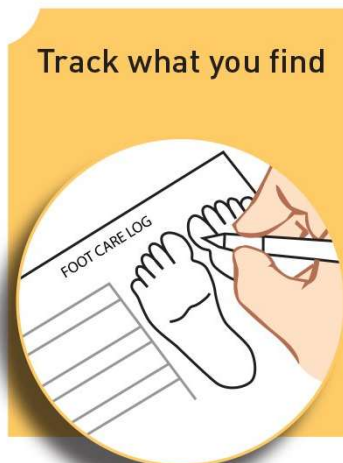
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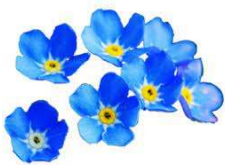


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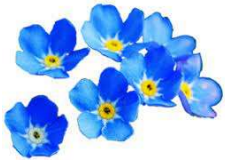


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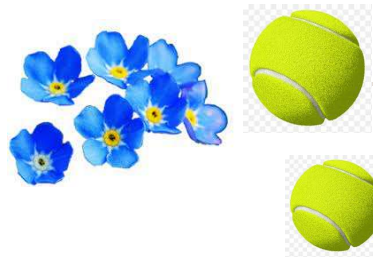
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## Staff News

Forget Me Not would like to welcome our newest member of the team Reece, welcome to the team Reece 😊

We also say farewell to old staff. Dayo has moved on to live near her partner and Jacqui has moved to the Peak District for her family. Good Luck with your next adventures!





August 2024



## Forget Me Not – Identity Badges



Badges have now been distributed to all staff. We hope you will find these much more helpful to recognise our Forget Me Not team when they come to visit. 😊

---

Forget Me Not Newsletter Issue 6 – August 2024

Writer & Editor: Michelle Tobin

Proofreader: Tina Anderson

*With special thanks to Tina for all her efforts and time.*





# *Forget Me Not Home Care*

# NEWSLETTER



***The Great Train Robbery 8<sup>th</sup> August 1963*** was the robbery of £2.61 million (calculated to present-day value of £69 million - or \$73,547,750), from a Royal Mail train heading from Glasgow to London on the West Coast Main Line in the early hours of 8 August 1963 at Bridego Railway Bridge, Ledburn, near Mentmore in Buckinghamshire, England. After tampering with the lineside signals to bring the train to a halt, a gang of 15, led by Bruce Reynolds, attacked the train. Other gang members included Gordon Goody, Buster Edwards, Charlie Wilson, Roy James, John Daly, Jimmy White, Ronnie Biggs, Tommy Wisbey, Jim Hussey, Bob Welch and Roger Cordrey, as well as three men known only as

## 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*

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

Contact us on:

- Tel: 01529 417791
- Email: [forgetmenothomecare@hotmail.com](mailto:forgetmenothomecare@hotmail.com)
- Website: [www.forgetmenothomecare.co.uk](http://www.forgetmenothomecare.co.uk)



August 2024

numbers "1", "2" and "3"; two were later identified as Harry Smith and Danny Pembroke. A 16th man, an unnamed retired train driver, was also present. With careful planning based on inside information from an individual known as "The Ulsterman", whose real identity has never been established, the robbers escaped with over £2.61 million. The bulk of the stolen money has never been recovered. The gang did not use any firearms, though Jack Mills, the train driver, was beaten over the head with a metal bar and suffered serious head injuries. After his partial recovery, Mills returned to work doing light duties. He retired in 1967 and died in 1970 due to an unrelated illness. Mills never overcame the trauma of the robbery. After the robbery, the gang hid at Leatherslade Farm. The police found this hideout, and incriminating evidence, a monopoly board with fingerprints, led to the eventual arrest and conviction of most of the gang. The ringleaders were sentenced to 30 years in prison.



#### 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@offlead sleaford.co.uk](mailto:info@offlead sleaford.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





August 2024



## Coffee Break Quiz...



## 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	H	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





# Cooking Terms

## Word Scramble



NLD BE

\_\_\_\_\_

NMICE

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UPOR

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PEEUR

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ASTRNI

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OEVRC

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MNSOTEI

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EMTL

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CSRDIAD

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CBRUS

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AORST

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MEURESA

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BRNWO

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CIED

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TSAEB

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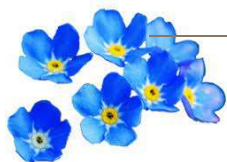
ILOB

\_\_\_\_\_

TSIR

\_\_\_\_\_





# July Quiz Answers:

## Answer Sheet

### Wordwheel possible words

The wordwheel word is: FOOTBALL

- |                   |                   |                     |                      |                       |                         |          |
|-------------------|-------------------|---------------------|----------------------|-----------------------|-------------------------|----------|
| aft<br>fab<br>fat | fob<br>foo<br>oaf | oft<br>fall<br>flat | foal<br>fool<br>foot | loaf<br>loft<br>afoot | aloft<br>aloof<br>float | football |
|-------------------|-------------------|---------------------|----------------------|-----------------------|-------------------------|----------|



# SUMMER DAYS

## Word Scramble

### SOLUTION

cheab

B E A C H

ensrsecun

S U N S C R E E N

esbablal

B A S E B A L L

oplo

P O O L

iacnotva

V A C A T I O N

rbueecba

B A R B E C U E

reamwntelo

W A T E R M E L O N

© puzzles-to-print.com

S C H O O L ' S O U T !

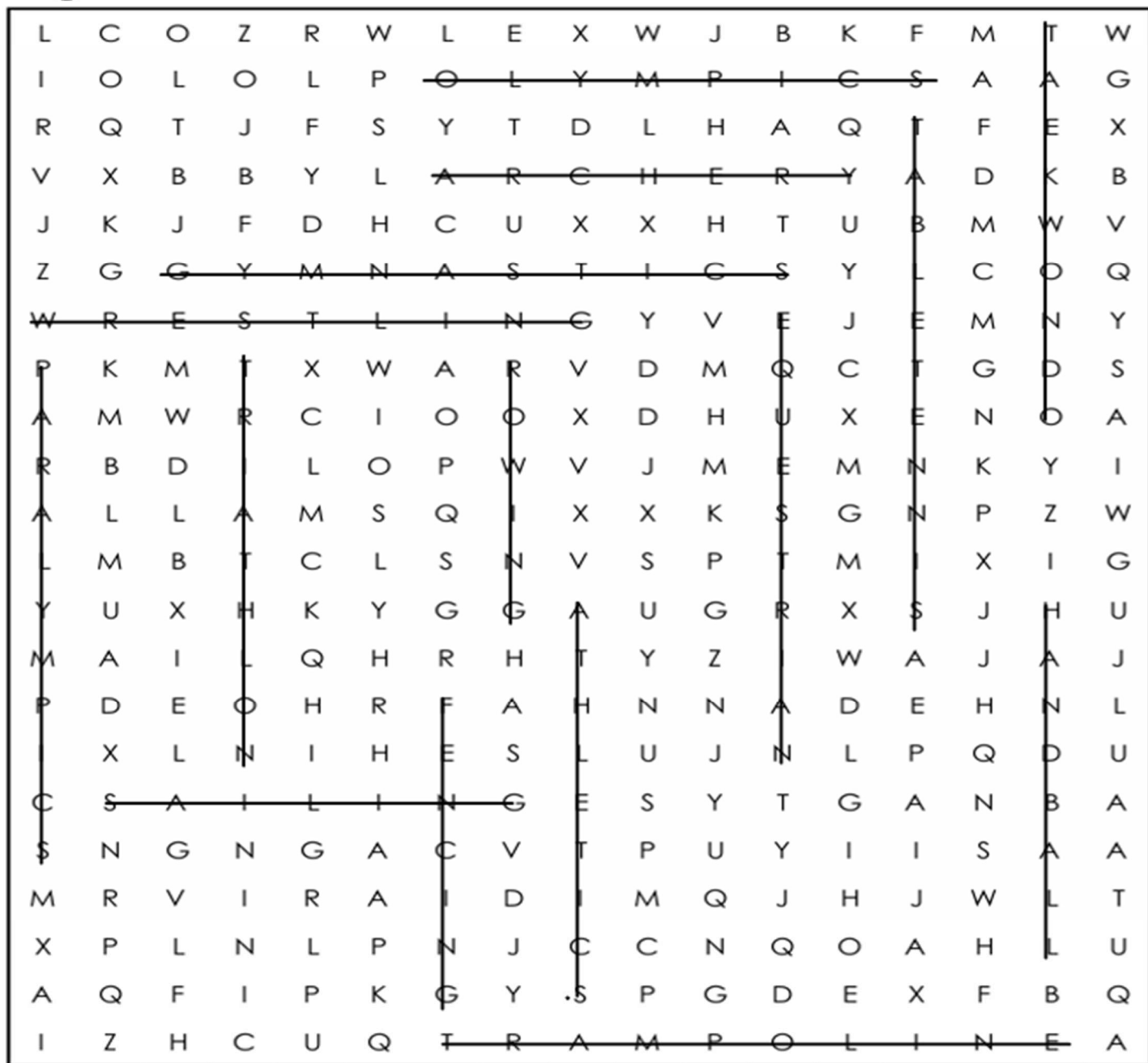


August 2024



# Olympics Word Search

O

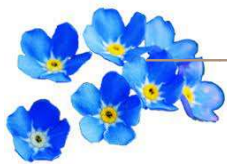


WRESTLING · GYMNASTICS · HANDBALL ·  
TRIATHLON · PARALYMPICS · FENCING ·  
TABLETENNIS · ATHLETICS · OLYMPICS ·  
SAILING · EQUESTRIAN · ROWING ·  
TRAMPOLINE · TAEKWONDO · ARCHERY ·



© Monsterwordsearch.com





August 2024



# Raspberry Mousse



**Prep:** 15 mins

**Cook:** 10 mins

Plus cooling and setting

**Serves 6 – 8**

Egg-free

Gluten-free

Nut-free

---



August 2024



Try making this summer berry mousse as a dessert, topped with whipped cream, or use it as a filling for a light sponge layer cake

## Ingredients

- 2 gelatine leaves
- 350g raspberries, plus extra for decorating
- 60g caster sugar
- 1 lemon, juiced
- 500ml whipping cream

## Method

### • STEP 1

Put the gelatine leaves in a bowl, cover with warm water and leave to soak for 5 mins. Drain and squeeze out any excess water.

### • STEP 2

Tip the raspberries into a pan over a medium-low heat along with the sugar and lemon juice. Cook for 5-6 mins until the berries have completely broken down. Push the mixture through a sieve set over a bowl, discarding the seeds. Stir in the gelatine leaves until dissolved (if they don't dissolve, pour the mixture into a clean saucepan and heat gently until dissolved). Set aside to cool for 15 mins.

### • STEP 3

Whip the cream to soft peaks using an electric whisk, then gently fold this into the raspberry mixture. Spoon into the ramekins or moulds and chill overnight, or for at least 6 hrs. Serve with raspberries scattered over the top.



August 2024



# AUGUST

# 2024

MON

TUE

WED

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FRI

SAT

SUN

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**Bank  
Holiday  
UK**

27

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29

30

31

1

*Homemade*  
GIFTS MADE EASY

## Diary Events:

- Saturday 3<sup>rd</sup> August – The Fortescue Arms Pub, Billingborough is having special open day
- Saturday 10<sup>th</sup> August – Annual Summer fete 2PM-4PM @ The Old Hall Care Home, Billingborough NG34 0QA
- The Glorious 12<sup>th</sup> – open day for Grouse Shooting.
- Sunday 18<sup>th</sup> August – Billingborough American Car Show 10AM-2PM @ Billingborough Cars & Commercials, West Road Billingborough NG34 0QU

- Monday 26<sup>th</sup> August – Bank Holiday





August 2024

Let's Talk  
**HEALTH**

Let's Talk...

Health and Wellbeing

*Your Life, Your Style....*

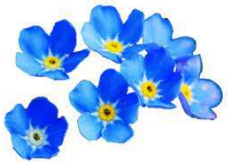


At any age it is important to maintain and enhance our own health and wellness; ensuring our minds and bodies are healthy and balanced, focusing on physical well-being, happiness, fulfillment, and mental strength.

This month we will focus on the importance and benefits of *regular foot care and treatment*.



As we age, it is only natural our feet undergo wear and tear, with this can lead to various foot problems. It's essential that we all take good care of our feet. It lowers our risk of having a fall and reduces our risk of infection, as well as relieving pain and ensuring the best comfort.



Foot care is crucial due to several reasons.

Here are some common foot problems that can affect us all:

1. **Fallen Arches:** Loss of tendon elasticity can cause fallen foot arches. This may increase shoe size and lead to discomfort or painful foot sores.
2. **Bunions:** These bulges on the lower joint of the big toe can be painful and affect mobility.
3. **Corns:** Thickened skin areas on the sole of the foot or toes can make walking uncomfortable.
4. **Cracked Heels:** Accumulated hard skin can cause deep cracks, making shoe-wearing painful.
5. **Fungal Infections:** Seniors are more vulnerable to fungal infections affecting toenails and toe spaces.

Taking good care of your feet has many benefits for the elderly. These benefits include:

- Increasing your comfort
- Limiting the possibility of additional medical problems
- Reducing your chance of hospitalisation due to infection
- Keeping you active and mobile
- Improving blood circulation



August 2024

# Let's Talk HEALTH

- Improving mobility and independence
- Helping to detect health issues early
- Lowering risk of falls
- Improving balance



Wash daily



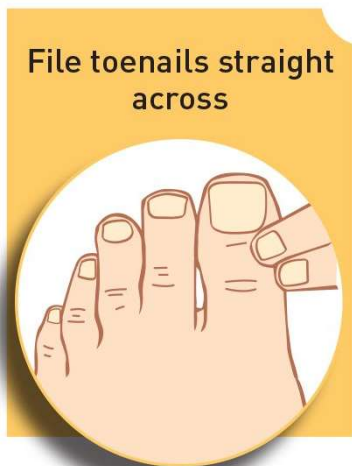
Dry well especially  
between toes



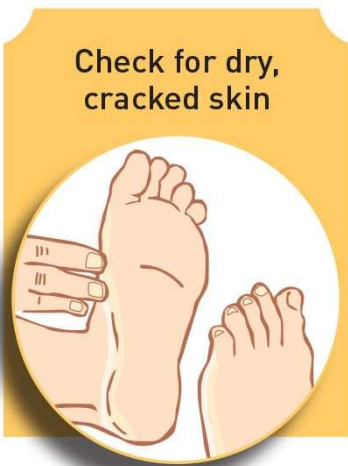
Feel for bumps or  
temperature changes



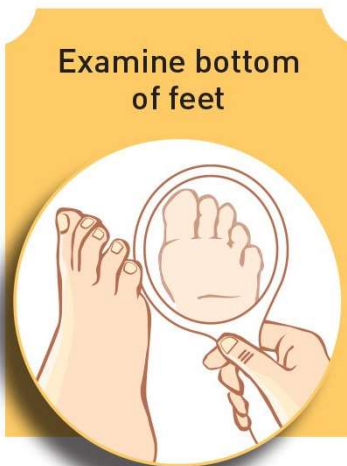
Look between toes;  
check each toenail



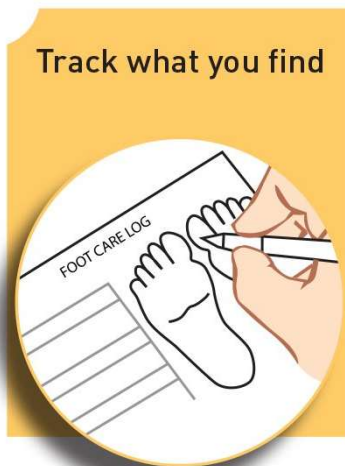
File toenails straight  
across



Check for dry,  
cracked skin



Examine bottom  
of feet



Track what you find







## Football Focus

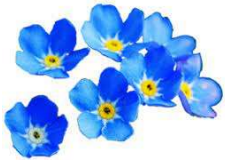


The UEFA EURO 2024 final took place between Spain and England at Olympiastadion Berlin on Sunday, July 14, 2024. Spain emerged victorious, defeating England with a 2-1 scoreline, securing their fourth European Championship title.

Congratulations to both teams!! And well done to Spain winning their 4<sup>th</sup> Euro championship title.

Here are some key details about the final:

- Venue: Olympiastadion Berlin, Germany, with a capacity of 71,000 spectators.
- Kick-off time: 21:00 CET.
- Referee: François Letexier from France officiated the match.



August 2024

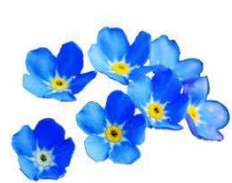


## Previous EURO finals:

- Spain had won the championship three times before (in 1964, 2008, and 2012)
- England finished as runners-up in the 2020 EURO, losing to Italy on penalties.

## Historical context:

- Spain became the most successful side in EURO history with their fourth title.
- Host nations have both won and lost EURO finals in the past.
- The highest-scoring EURO final was Spain's 4-0 victory over Italy in 2012.



August 2024



# Wimbledon 2024

## Wimbledon final analysis: Carlos Alcaraz beats Novak Djokovic for second Wimbledon title

Carlos Alcaraz's recent Wimbledon victory has been a major talking point. He became the first man since 2002, other than Novak Djokovic, Roger Federer, Rafael Nadal, or Andy Murray, to win the prestigious tournament<sup>1</sup>. Djokovic, who has an impressive record of 35 Grand Slam finals and 23 wins, faced Alcaraz in a thrilling five-set final. Here's what Djokovic had to say about the rising star:

- Alcaraz combines elements from all three tennis legends: Roger Federer, Rafael Nadal, and Djokovic himself. Djokovic praised Alcaraz's mental resilience and maturity, especially considering he's only 20 years old.
- Alcaraz possesses a "Spanish bull" mentality, reminiscent of Nadal's competitiveness and fighting spirit.
- Djokovic even noticed similarities between Alcaraz's sliding backhand and his own two-handed backhand, emphasizing adaptability and defensive skills<sup>2</sup>.

Alcaraz, on the other hand, humbly considers himself a complete player with the physical and mental strength to handle high-pressure situations. It's fascinating to witness this changing of the guard in men's tennis, as Alcaraz continues to make waves on the court. 🌟 🎾





August 2024



# Olympics 2024

The Olympics Games have begun!



As the games commence let us take a look at the history of medals won from previous Olympic games.

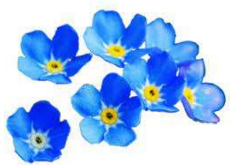
Great Britain is ranked 3<sup>rd</sup> in the world for overall medals.

Good Luck to  
Team GB in the  
Paris 2024  
Olympic games.



GBR

Team	Summer Olympic Games				
Team (IOC code) ▾	No. ▾	 ▾	 ▾	 ▾	 ▾
 <b>United States</b> (USA) <sup>[P] [Q] [R] [Z] [F]</sup>	28	1,061	830	738	<b>2,629</b>
 <b>Soviet Union</b> (URS) <sup>[URS]</sup>	9	395	319	296	<b>1,010</b>
 <b>Great Britain</b> (GBR) <sup>[GBR] [Z]</sup>	29	284	318	314	<b>916</b>
 <b>France</b> (FRA) <sup>[O] [P] [Z]</sup>	29	223	251	277	<b>751</b>
 <b>Germany</b> (GER) <sup>[GER] [Z]</sup>	17	201	207	247	<b>655</b>



August 2024



## *Forget Me Not Team News*



In the month of July, we focused on best practice to reduce and manage Falls.

We learnt many areas:

1. What is a fall and why it is important to think and react to prevent falls.
2. Why do people fall and what are the risks.
3. How to reduce the risk of falls.
4. What we as carers should be doing to react to falls.
5. Managing behaviors/ risks to reduce falls.

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