

NEWSLETTER



We all hear the phrase Spring clean; Spring equals cleanliness!

Spring has sprung! Now, it is time to get our homes in order after a long, chilly winter.

Here are some tips and tricks for decluttering and organising your home.

Work in small chunks of time - We've all let some things go in the months of Autumn & Winter, and now we're staring at a cleaning project. Spring cleaning does not need to be completed in one day. Instead, break up tasks into small chunks of time throughout the coming weeks, and months. This will make cleaning up much more manageable and motivating.

Start to declutter - Decluttering helps free up space, decreases stress, and even relieves insomnia. Removing clutter from

Welcome

I want to thank you all for your input and feedback about the first newsletter. I don't know about you, but it feels like a sense of community, and togetherness when I ask you all to send ideas through. I value your feedback ideas.

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



your home also reduces your risk of tripping and falling. Ask our friendly, helpful staff at Forget Me Not, friend, or a family member to help you.

Leave the heavy lifting to someone else -
To prevent injuries, do not try to move heavy objects or furniture on your own. It's important to stay safe while spring cleaning, especially if you have reduced strength or mobility issues. Ask help of the Forget Me Not Team, friends and family to help you with moving heavy objects.

Community Support:

If you know a local handy contact numbers please let us know, with your recommendations we can build a list of reliable helpful handy contact numbers. It could be for gardeners, window cleaners, oven cleaners, carpet cleaners, plumbers, painters and much more.

Items for sale:

Sell your unwanted items for free... if you have any unwanted items that we can pop on our news letter to the Forget Me Not community, please let us know.

Thankyou!

I would like to personally thank Tina for helping me prepare this newsletter for publication. 😊

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

Contact us on:

☎ Tel: 01529 417791

✉ Email: forgetmenothomecare@hotmail.com

✉ Website: www.forgetmenothomecare.co.uk



Useful Contacts:

Fenland Dental Laboratory Ltd

☎ 01775 724 974

✉ info@fenlanddentallab.co.uk

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



Coffee Break Quiz...



SPRING



Word Search

Search for the twelve Spring themed words below.

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

APRIL
BIRDS
BLOOM
BUNNY

BUTTERFLY
FLOWERS
GARDEN
MAY

RAINBOW
SPRING
SUNSHINE
WARM



Spring Crossword Puzzle

**Across:**

5. A Spectrum of colour in the sky when it rains
7. A colourful plant with leaves and petals
8. A circular device that keeps the rain off your head
11. The month in which we celebrate mums.
12. A winged insect that comes in many colours

7

6

8

3

9

Down:

1. One of the earliest birds to appear in spring
2. _____ showers bring May flowers
3. A sport played with a bat and ball.
4. The early bird gets the _____.
6. The month in which spring starts.
9. When snow and ice turn into water
10. The colour of grass once it comes back to life.

5

5

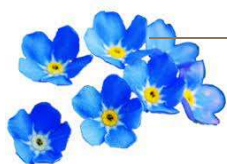
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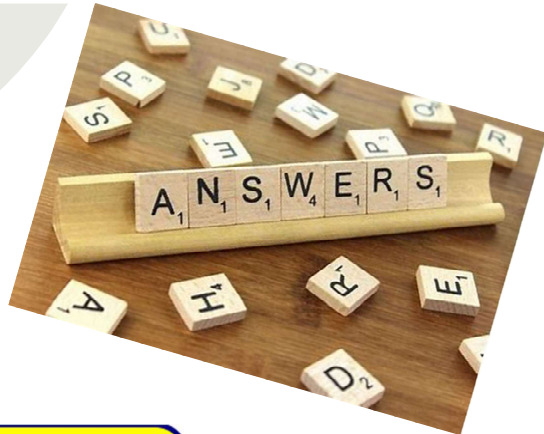
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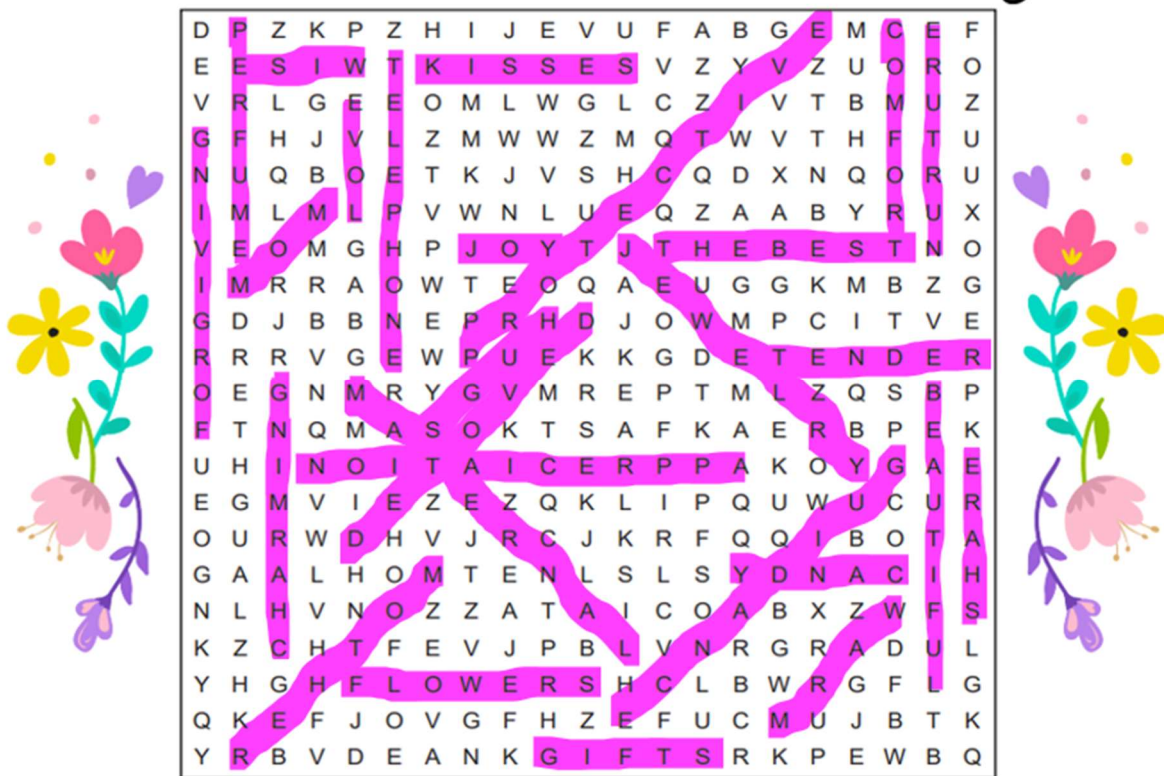
March Quiz Answers:

Wordwheel possible words

The wordwheel word is: FLOWER

elf few foe	for fro orf	ref flew floe	flor flow fore	fowl froe rolf	wolf forel flower	fowler reflow wolfer
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Happy Mothers Day



APPRECIATION

BEAUTIFUL

BREAKFAST

CANDY

CHARMING

COMFORT

DEVOTED

FLOWERS

FORGIVING

GIFTS

GUIDANCE

HUGS

JEWELRY

JOY

KISSES

LAUGHTER

LOVE

MATERNAL

MOM

MOTHER

NURTURE

PERFUME

PROTECTIVE

SHARE

TELEPHONE

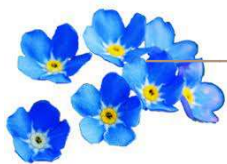
TENDER

THE BEST

WARM

WISE

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



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Leek and potato soup

By The BBC Food team

Preparation time less than 30 minutes

Cooking time 10 to 30 minutes

A smooth, creamy leek and potato soup that is ready in 15 minutes and full of flavor.

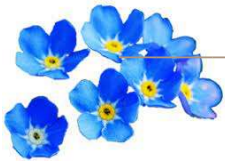


Ingredients

1 tbsp vegetable oil
1 onion, sliced.
225g/8oz potatoes cubed.
2 medium leeks sliced.
1.2 liters/2 pints vegetable stock
150ml/5fl oz double cream or crème fraîche
salt and freshly ground black pepper.

Method

1. Heat the oil in a large pan and add the onions, potatoes, and leeks. Cook for 3–4 minutes over a medium heat until starting to soften.
2. Add the vegetable stock and bring to the boil. Season with salt and pepper. Simmer for 10 minutes until the vegetables are tender.



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3. Whizz with a hand blender or in a blender until smooth. 4. Reheat in a clean pan, stir in the cream or crème fraiche.
5. Heat through and serve.

Recipe Tips

Switch the cream to low-fat crème fraiche to make this soup a bit lighter. This leek and potato soup will keep in the fridge for up to three days, but it also freezes well. (If you are using low-fat crème fraiche, add this after defrosting.)

When frying the vegetables take care to ensure you don't burn the leeks and onions as it will make your soup slightly bitter. They should be gently softened to bring out their natural sweetness. It is best to use either floury or all-purpose potatoes for this recipe. The big bags of potatoes sold in supermarkets are great for this recipe.



The great virtue of this recipe is its simplicity, but if you do want to zhuzh it up, try adding a garnish of chopped parsley, crispy fried bacon, or chorizo. Parmesan croutons are also delicious.

Make it into a meal with plenty of bread and butter.

Packed With GOODNESS



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APRIL 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Diary Events:

Monday 1st April – Easter Monday

Monday 1st April - April Fools Day

Monday 22nd April – Earth Day

Tuesday 24th April – St Georges Day



Happy
St George's Day!!



www.waterlooademy.co.uk





April 2024

Let's Talk
HEALTH

Let's Talk...

Health and Wellbeing

Your Life, Your Style....



From our first issue of the news letter I was asked to put some exercise ideas into the newsletter, this was a fantastic idea and this has lead to this new section of the newsletter 'Let's talk'.

I had an idea to focus on a particular element of Health and Wellbeing over the next few months, but, if you have any other areas you wish for me to look into, let me know 😊.

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.

With help from the Forget Me Not Team, family and friends your wellness can sucessfully continue. Here are a few ideas to help you along the way.

Physical Activity

A lack of exercise may lead to health problems in both body and mind. We do not have to break records at the gym to stay healthy and feel well. A moderate amount of physical activity each day will keep the body in good working order and lead to a clearer mind and a greater sense of fulfilment.

According to the World Health Organization (WHO) older adults should achieve at least 150 minutes of physical activity per week. Gardening, walking, and outdoor hobbies can provide physical activity. Chair yoga was also shown in one study to reduce peoples fear of falling as well as to decrease their reliance on assistive devices for mobility.



Here are 12 Chair Yoga poses making yoga accessible for everyone with limited mobility.

1. Ujjayi Breathing

A great starter pose: Sit up tall at the edge of your seat and place your hands on your waist. Take a deep breath in through the nose, expanding through your sides and abdomen, then exhale slowly.

Repeat for 10 breaths.



2. Cat/Cow

This pose helps to relieve back and neck tension. Inhale and arch your back to look up at the ceiling. Exhale, pulling your abdominals in and rounding your back as you bend forward.

Repeat this 5 times.



3. Circles

To release and relax the hip muscles, circle your hips clockwise 5 times while seated without moving your upper body, then counterclockwise 5 times.





4. Sun Salutation Arms

Lengthens the spine, releases tension in the shoulders and neck. Sitting tall, breathe in and lift your arms up, pressing your palms overhead. On an exhale, float the arms back down to your sides.

Repeat 5 times.



5. Sun Salutations with Twists

Repeat the previous exercise, adding a twist as you exhale.

Repeat 5 times on each side, holding the last twist for 5 seconds.



6. High Altar Side Leans

Stretches spine and shoulders. Lift your arms and interlace your fingers in front of you. Turn your palms to the ceiling as you straighten your arms above your head.

Lean to the right for 3 breaths, then to the left for 3 more.





7. Eagle Arms

Banishes shoulder aches. Stretch your arms out to each side, bring one arm under the other at shoulder height and bend your arms at the elbows with palms together.

Hold for 5 breaths, unwind and repeat with opposite arms.



8. Assisted Neck Stretches

The neck is a major stress area. Take your right arm and drape it over your head until your palm reaches your left ear. Let your head fall to your right shoulder, and hold for 5 breaths.

Repeat on the opposite side.



9. Ankle to Knee

The hip area is also a stress spot. To loosen things up, sit up straight, bend your right knee and place your right ankle over your left knee. For a deeper stretch, lean forward.

Hold for 5 breaths, then repeat on the opposite side.





10. Goddess with a Twist

Another great hip stretch: Open legs wide and point toes out. Place your right arm inside your right leg, reaching for the floor. Lift your left arm toward the ceiling and look up to the palm.

Hold for 5 breaths, then repeat on the opposite side.



11. Warrior 2

This gives you a full-body stretch. Sit tall at the edge of your seat. Bend your right knee to the side and stretch your left leg out behind you as you press your outer heel down.

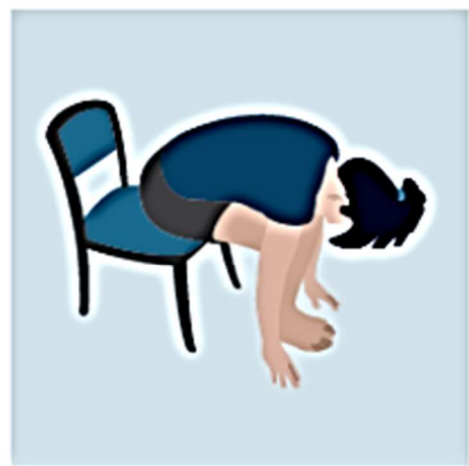
Hold for 5 breaths, then repeat on the opposite side.



12. Forward Fold

To finish, let blood flow to the brain. Sit tall and straight, then fold down over your legs, letting your head, neck and body hang limp.

Hold for as long as you want before rolling back up to a sitting position.





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Forget Me Not

Team Updates

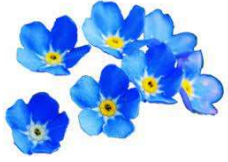
Last month we had 3 new members of the Forget Me Not team start, Courtney, Jaqueline and myself (Michelle), I am sure you will have met them by now and if not, hopefully very soon.

😊 Welcome to the Forget Me Not Team 😊!

Office Location Update

In our first issue we mentioned to you our second office base in Gosberton, Clough & Risegate, and if there are any developments we will keep you up to date. We have recently had our new sign installed. With a yellow background from the center of the forget me not flower and blue from the distinctive forget me not flower petal for the writing. I am sure you will agree it's fantastic





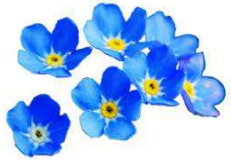
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Training

This month at Forget Me Not we have all had **Moving and Handling** training.

Even though many of us have had this training, to prevent injury it is always good to have a refresher, it is important to ensure staff safely lift, move, and handle individuals and objects. Moving and Handling training covers techniques, equipment usage, risk assessment, and helps understand the importance of good posture and body mechanics.





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Congratulations

Since 2016, The Lincolnshire Care Awards have been recognising the best care across the county and this year is no different. At Forget Me Not we are excited to be celebrating success within our team and cannot wait to celebrate all the hard work and achievements during the year of 2023.

Members of the Forget me Not team have been nominated and were invited to a Gala evening on the 21st March 2024.



The Nominations were: Chantelle for rising star, Judith & Sam for care worker.

With Judith winning an award on the night.

I am sure you will join me in congratulating everyone for all their work and achievements.

