



July 2026

Forget Me Not Home Care

NEWSLETTER



July has arrived, bringing with it long days, warmer weather, colourful gardens, and plenty of opportunities to enjoy the outdoors. Whether it's sitting in the sunshine with a cup of tea, enjoying a family barbecue, taking a trip to the seaside, or simply watching the world go by from the garden, there is something special about this time of year.

For many of us, summer brings back fond memories. School holidays, village fetes, days spent outside until the streetlights came on, and making the most of every bit of sunshine.

Your story matters.

Take part in a relaxed, anonymous interview and be featured in our newsletter. Just let one of the team know you're interested

Welcome

There is no place like home... with our CQC 'Outstanding' home care you can continue living safely in the comfort of your own home.

Inspected and rated

Outstanding ★



If there is something you would like to read about or would like further information on, please do not hesitate to speak to our team.

We hope you enjoy reading!

The Forget Me Not Team



July 2026

While July can sometimes be a little too warm for our liking, it is also a wonderful reminder to slow down, enjoy the longer days, and appreciate the simple things.

This month is packed with local events, community activities, and awareness campaigns, all of which you'll find throughout this newsletter. From the famous Heckington Show to International Self-Care Day, there are plenty of opportunities to get involved, learn something new, or simply enjoy what our local area has to offer.

Here at Forget Me Not Home Care, we've been as busy as ever supporting our clients, celebrating achievements, and continuing to find ways to go the extra mile. As always, we're incredibly grateful to our wonderful clients, their families, and our dedicated team who make what we do possible every day.

We hope you enjoy this month's newsletter and find something that makes you smile.

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

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Lincsbus.info



July 2026

Staff updates



Julie's Croatian Adventure

Julie recently enjoyed a well-earned holiday to Croatia, where she made some amazing memories and took some much-needed time to relax and recharge. We all missed her while she was away, but it's safe to say she loved every second of it. Even while she was meant to be switching off, Julie was still checking in and helping keep the team on track, proving that care never really takes a holiday!

Carers Week 2026

To celebrate Carers Week and thank our amazing team for everything they do, each member of staff was presented with a thermal drinks bottle engraved with their name and the Forget Me Not Home Care logo, a small token of appreciation for their dedication and hard work.

Training Update

Our commitment to continuous learning remains key to delivering high-quality care. Recently, our staff completed Dementia Training and MASD (Moisture Associated Skin Damage) Training to strengthen their knowledge and support the highest standards of care.

We are pleased to invite staff, clients, family, and friends to our upcoming Health & Safety and COSHH (Control of Substances Hazardous to Health) Training at The Old Hall on Monday 10th August at 9:00am, 2:00pm, and 7:00pm.

If you would like to attend, please let Lee know to reserve your place.



July 2026

Understanding Care: Changes to DoLS

What is DoLS?

Deprivation of Liberty Safeguards (DoLS) are legal protections for people who may be unable to make certain decisions for themselves due to conditions such as dementia, learning disabilities, or brain injuries.

They help ensure that if restrictions are needed to keep someone safe, those restrictions are appropriate, lawful, and regularly reviewed.

What has changed?

In June 2026, the Supreme Court changed the legal test used to decide whether someone is being deprived of their liberty.

Previously, the decision focused mainly on whether a person was under continuous supervision and not free to leave. The new ruling means professionals must now look at the person's overall situation, including their wishes, feelings, relationships, and living arrangements.

What does this mean for you?

For most people receiving care, there will be no noticeable changes to day-to-day support.

Care providers, health professionals, and local authorities must still act in a person's best interests and ensure that any restrictions are necessary, proportionate, and designed to keep them safe.

If you have any questions about DoLS or mental capacity, please speak to a member of the Forget Me Not Home Care team.



Awareness Dates

Plastic Free July (All Month)

Plastic Free July is a global movement encouraging people to reduce their use of single-use plastics and make more environmentally friendly choices. Whether it's swapping plastic bags for reusable ones or choosing refillable products, every small change can make a difference.



As part of our commitment to sustainability and in recognition of **Carers Week**, we were pleased to gift our staff reusable drinks bottles to help cut down on single-use plastic and support greener everyday habits.

The campaign takes place throughout July each year and was first launched in Australia in 2011. Since then, it has grown into an international movement involving millions of people worldwide.

Alcohol Awareness Week (6th–12th July 2026)



Alcohol Awareness Week is an annual campaign designed to encourage conversations about alcohol, its effects on health, and the support available to those who may be struggling with alcohol-related issues. The week is organised by Alcohol Change UK and aims to help people make informed decisions about their drinking habits. The dates vary each year, with the campaign taking place during a dedicated week chosen by the organisers.



July 2026

International Self-Care Day (24th July)

International Self-Care Day highlights the importance of looking after our physical, mental, and emotional wellbeing. In care, it's especially important to remember that if you don't look after yourself, it becomes much harder to look after others. Self-care can be as simple as staying hydrated, getting enough sleep, taking time to relax, or reaching out for support when needed.



The day is celebrated on 24th July because self-care is something we should practise 24 hours a day, 7 days a week. The date (24/7) serves as a reminder that looking after ourselves should always be a priority.

Samaritans Awareness Day (24th July)



Also known as "The Big Listen", Samaritans Awareness Day raises awareness of the support available from the Samaritans and encourages people to check in on friends, family, colleagues, and neighbours.

The date of 24th July was chosen because the Samaritans' helpline is available 24 hours a day, 7 days a week. The day promotes the message that listening and talking openly can make a significant difference to someone's wellbeing.



International Day of Friendship (30th July)

Established by the United Nations, the International Day of Friendship celebrates the role that friendship, kindness, and understanding play in creating stronger communities and bringing people together.

The day was introduced to encourage friendship across cultures, backgrounds, and generations. It reminds us that simple acts of kindness and meaningful connections can have a positive impact on both individuals and society as a whole.



South Asian Heritage Month (18th July – 17th August)



South Asian Heritage Month celebrates the history, culture, achievements, and contributions of people with roots in countries including India, Pakistan, Bangladesh, Sri Lanka, Nepal, Bhutan, and the Maldives.

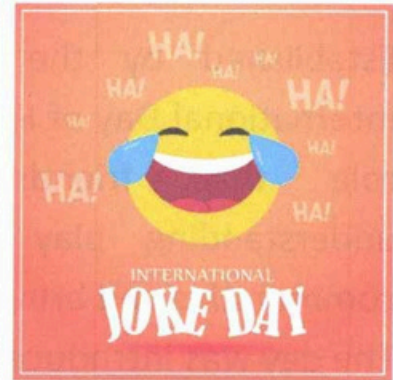
The celebration begins on 18th July because this date marks the anniversary of the Indian Independence Act receiving Royal Assent in 1947, which ultimately led to the independence of India and Pakistan. The month provides an opportunity to learn about and appreciate the rich diversity of South Asian communities.



International Joke Day (1st July)

International Joke Day is dedicated to laughter, humour, and sharing a smile with others. Research has shown that laughter can help reduce stress, improve mood, and strengthen social connections.

The day is celebrated on 1st July each year as a light-hearted way to start the second half of the year, encouraging people to spread a little happiness through humour. For care settings especially, a shared laugh can often brighten someone's entire day.



A man went to the doctor and said, "**Doctor, I'm shrinking!**"
The doctor replied, "**You'll just have to be a little patient.**"



July 2026

What's on locally?

Heckington Show (25th–26th July 2026)

Often described as the largest village show in England, the Heckington Show is one of Lincolnshire's biggest annual events. Visitors can enjoy livestock displays, agricultural competitions, food and craft stalls, classic vehicles, entertainment, shopping opportunities, and family-friendly activities.

Summer Performances at Sleaford Playhouse (Throughout July)

July is traditionally a busy month for local theatre groups, with a variety of plays, musicals, and community productions taking place at Sleaford Playhouse. These performances showcase local talent and provide affordable entertainment for residents and visitors alike.

Local Farmers' Markets and Artisan Markets (Throughout July)

Markets held across Sleaford, Bourne, and surrounding villages offer an opportunity to support local businesses while enjoying fresh produce, handmade crafts, baked goods, and unique gifts.

Village Summer Fetes and Community Fairs (Throughout July)

Many villages across the area, including Ruskington, Billingborough, Gosberton, and neighbouring communities, host summer fetes during July. These events often feature games, raffles, refreshments, live entertainment, community stalls, and fundraising activities for local causes.

Heckington Windmill Open Days (Throughout July)

The historic Heckington Windmill is one of Lincolnshire's most recognisable landmarks and remains the only surviving eight-sailed



windmill in the United Kingdom. During the summer months, visitors can explore the site, learn about local history, and enjoy the surrounding facilities.

Bourne Summer Activities (Throughout July)

Throughout July, Bourne hosts a variety of community activities, local events, and outdoor attractions for residents and visitors to enjoy, providing plenty of opportunities to get involved and make the most of the summer months.

Exploring the Lincolnshire Countryside (Throughout July)

With longer days and warmer weather, July is an ideal time to enjoy the countryside surrounding Bourne, Sleaford, Ruskington, Heckington, Billingborough, and Gosberton, whether that's through gentle walks, picnics, or visits to local beauty spots.



July 2026

Summer sports

Whether you're backing a team, supporting a player, or just enjoying the atmosphere, there's no shortage of sport to keep us entertained this month.

Wimbledon

30th June – 13th July

It wouldn't be a British summer without Wimbledon. Strawberries and cream, dramatic rallies, and the occasional shout at the TV — it's a tradition many of us have grown up with.

First played in 1877, it remains the oldest tennis tournament in the world and one of the most loved.

Watch: BBC One, BBC Two and BBC iPlayer



FIFA World Cup

11th June – 19th July

The World Cup only comes around every four years, and when it does, it takes over everything. From unforgettable goals to nail-biting penalties, it's football at its very best.

This year's tournament is the biggest yet, with 48 teams competing across the USA, Canada and Mexico.

Watch: BBC and ITV

Tour de France

4th July – 26th July

The Tour de France is one of the toughest sporting events in the world, with cyclists racing hundreds of miles across mountains, towns, and countryside.

First held in 1903, it's become a summer favourite for many — even just for the scenery alone!

Watch in the UK: ITV4, Eurosport and Discovery+





July 2026

Hidden History: The Packhorse Bridge at Northbeck

Tucked away near Screddington is one of Lincolnshire's most intriguing historic structures – the Packhorse Bridge at Northbeck.

The small stone bridge crosses North Beck and has stood in the landscape for centuries. Historians continue to debate its exact age, with some suggesting it may date back to medieval times, while others believe it could be somewhat later. Whatever its true age, it remains an important link to Lincolnshire's past.

The bridge is known as a "packhorse bridge" – a type of narrow bridge designed for horses carrying goods in panniers before the days of modern roads and transport. These routes helped connect villages, markets, and communities, allowing people to travel, trade, and transport supplies across the county.



Today, the bridge is both a Grade II Listed Building and a Scheduled Monument, recognising its historical and archaeological importance. While it may not be as famous as a castle or cathedral, it tells us something equally valuable about the lives of ordinary people who lived and worked in the area hundreds of years ago.

Next time you're exploring the local countryside, spare a thought for the generations of travellers, traders, and farmers who may have crossed this very bridge on their journeys through rural Lincolnshire.



July 2026

Eliza Update

This month's main event? Teeth. Teeth and more teeth. Eliza has been teething like mad and keeping everyone on their toes, but she's taking it all in her stride (better than the adults, most of the time). Her two front bottom teeth still haven't fully cut through yet, but you can now see the little white tips just starting to poke through.



She's also really getting into her food now and loving trying new tastes and textures. Safe to say she's not shy when it comes to eating and is turning into a proper little foodie.

The family have also had their first holiday away in the fancy new caravan, along with the dogs. It's safe to say Eliza loved the adventure, and there will definitely be plenty more little trips to come.



She's rolling over all over the place now and has mastered a sort of backwards crawl. She's also at that age where anything with a screen is instantly fascinating, always trying to grab phones and see what everyone's up to.



Recipes

Lemon & Herb Chicken Tray Bake

Serves 2

Ingredients

- 2 chicken thighs or breasts
- 200g baby potatoes, halved
- 1 carrot, sliced
- ½ red onion, cut into wedges
- 1 tbsp olive oil
- Juice of ½ lemon
- 1 tsp mixed herbs
- Salt and pepper



Method

1. Preheat the oven to 200°C.
2. Place the potatoes, carrot, and onion in a roasting tin.
3. Add the chicken and drizzle everything with olive oil and lemon juice.
4. Sprinkle with herbs, salt, and pepper.
5. Roast for 35–40 minutes until the chicken is cooked through and the vegetables are tender.

A simple one-tray meal with minimal washing up.



Courgette & Tomato Frittata

Serves 2

Ingredients

- 4 eggs
- ½ courgette, diced
- 6 cherry tomatoes, halved
- 25g grated cheddar cheese
- 1 tsp olive oil
- Salt and pepper

Method

1. Heat the oil in a small frying pan and cook the courgette for 3–4 minutes.
2. Add the tomatoes and cook for a further minute.
3. Beat the eggs with the cheese and seasoning.
4. Pour over the vegetables and cook on a low heat until nearly set.
5. Place under a hot grill for 2–3 minutes until golden.

Perfect served with a side salad or crusty bread.





July 2026

Summer Berry Eton Mess

Serves 2

Ingredients

- 100ml double cream
- 2 shop-bought meringue nests
- 100g strawberries, chopped
- Handful of raspberries or blueberries

Method

1. Whip the cream until it forms soft peaks.
2. Break the meringues into bite-sized pieces.
3. Fold the fruit and meringue through the cream.
4. Spoon into two bowls or glasses and serve immediately.



A quick and refreshing summer dessert with no baking required.



July 2026

Grandma used to say

"If the first twelve days of July are sunny, the next twelve months will be mild."

This old weather superstition comes from the belief that the weather at the beginning of July could predict the weather for the year ahead. Farmers would often watch the skies carefully and make notes, hoping to get an idea of what the coming seasons might bring.

"July flowers in the house bring good fortune to the family."

Bringing freshly picked summer flowers indoors was thought to attract happiness and prosperity. Many families would fill their homes with sweet peas, roses, and lavender during July.

"Never cut all your lavender in July, or you'll cut away your luck."

An old gardening superstition suggested that leaving some lavender flowering through summer would help bring good fortune and keep unwanted troubles away from the home.

"Butterflies in July mean visitors before the month is out."

In many parts of the country, seeing butterflies around the garden was thought to be a sign that friends or family would soon arrive with good news.



July 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		



July 2026

Latest Infection Prevention Information

Is a catheter still required?

A urinary catheter can be an important part of care, supporting comfort, dignity, and medical needs. However, it is important to review regularly whether it is still needed.

Catheters left in place longer than necessary can increase the risk of complications, including infections and avoidable hospital admissions.

Why review?

Long-term catheter use can lead to:

- Urinary tract infections (UTIs)
- Bloodstream infections
- Increased antibiotic use
- Avoidable hospital stays

Regular reviews help reduce these risks and improve overall wellbeing.

When might a catheter still be needed?

A catheter may still be appropriate for:

- Urinary retention or blockage
- End-of-life comfort care
- Monitoring urine output
- Supporting wound healing
- Specialist medical advice

At Forget Me Not Home Care, we regularly review catheter care to make sure it remains safe, necessary, and comfortable. These small checks can make a big difference to comfort, dignity, and health.

Based on guidance from the Infection Prevention and Control Bulletin for Care Homes, June 2026.



July 2026

Codeword

	A	B	C	D	E	F	G	H	I	J	K	L	M
1	24	16	3	10	7	20			25		13	11	16
2		22			8		18	15	10	21	21		18
3	2	11	2	10	18	16	11		7		4		17
4		4			24		7		3	19	24	3	10
5	21	4	7	20	18	19	4	7			18		12
6		23			10		17		4		4		4
7	25	4	24	26	8	15		4	5	11	26	4	16
8	4		12		7		9		24			7	
9	21		24			14	21	24	25	10	7	20	8
10	21	24	17	12	24		8		1			24	
11	8		10		22		24	21	21	4	17	20	6
12	15		9	19	11	7	3		4			4	
13	16	19	4		24			4	16	9	11	26	8
	A	B	C	D	E	F	G	H	I	J	K	L	M

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
				T	H	G						

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

5D	11K	10G	3B	5H	7K	7M	2G	3M	11A	4I	5B



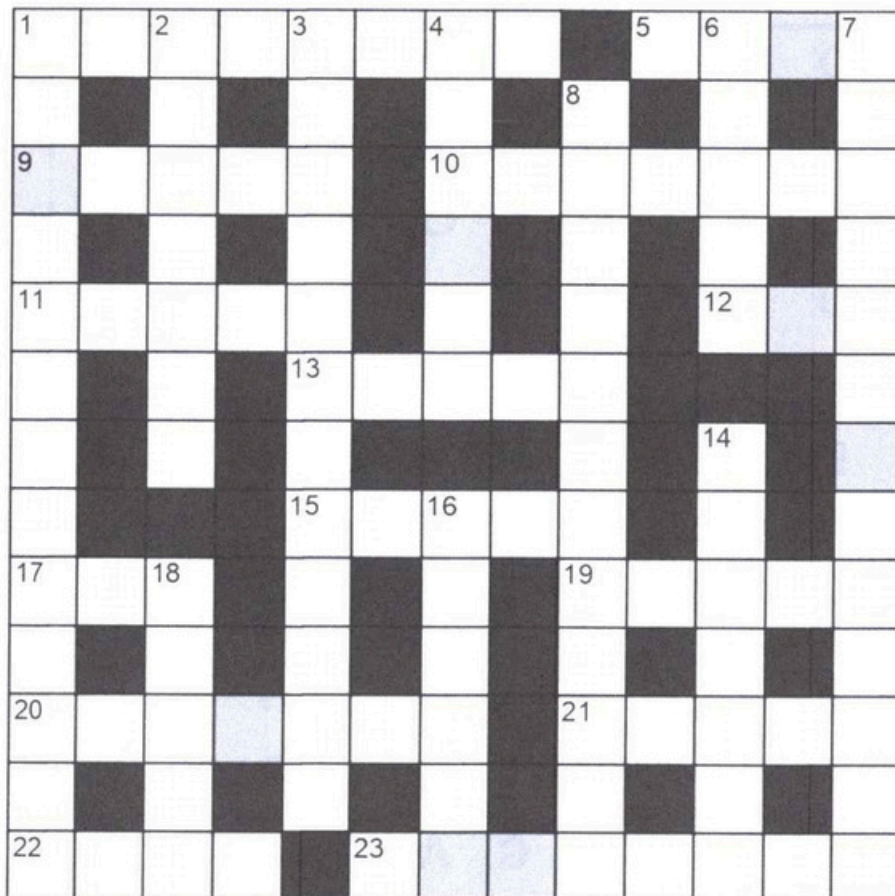
July 2026

Sudoku

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



Crossword



Across

- 1 Made another excited about (8)
- 5 Undergarments worn by women (4)
- 9 Deducts (5)
- 10 Beat easily (7)
- 11 Cram (5)
- 12 Conciliatory gift (3)
- 13 Public meeting for open discussion (5)
- 15 Detection technology (5)
- 17 Move up and down repeatedly (3)
- 19 Individual things (5)
- 20 Confounded (7)
- 21 State of the USA (5)
- 22 Hindu spiritual discipline (4)
- 23 Spread throughout (8)

Down

- 1 Ineffably (13)
- 2 Give in to temptation (7)
- 3 Intolerable (12)
- 4 One or the other of two (6)
- 6 Steps of a ladder (5)
- 7 Any means of advancement (8,5)
- 8 What p.m. stands for (4,8)
- 14 Japanese flower arranging (7)
- 16 Work hard; toil (6)
- 18 Confuse or obscure (5)

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

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



July 2026

Wordsearch



ADVANTAGE
BACKSPIN
BREAK POINT
COURT
DEUCE

DJOKOVIC
FEDERER
HALEP
MATCH
NADAL

ROYAL BOX
SERVE
TENNIS
TOURNAMENT
WILLIAMS



July 2026

Share Your Experience With Us

We always value hearing from the people we support and their families. Your feedback helps us continue to improve and helps others feel confident when choosing care.

If you would like to leave us a review, you can scan the QR code below using your mobile phone camera. Simply point your camera at the code and tap the link that appears.

If you would prefer, you can also visit:

www.homecare.co.uk/homecare/agency.cfm/id/65432219815

Once there, simply click **“Review Us”** to share your experience.

Thank you for taking the time to support Forget Me Not Home Care and help us continue providing high-quality care.





July 2026

The Forget Me Not Home Care Team

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

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