

THE BRAMPTON POST



9.9
Review score by
residents and families
on CareHome.co.uk

The National
Care Awards

29 November
ExCeL, London

We're a finalist!
**The Dignity & Respect Care
Home of the Year**
**Brampton Manor,
Boutique Care Homes**

**IN THIS
ISSUE**

- ◆ NATIONAL GARDEN SCHEME
- ◆ RESIDENT RECIPE: DELIGHTFUL GINGER BISCUITS
- ◆ SUMMER COMPETITION WINNERS

Brampton Manor shortlisted as a Finalist for National Care Awards 2024

Boutique Care Homes is excited to announce that Brampton Manor has been named a finalist for Dignity and Respect Care Home of the Year for a second consecutive year at the 26th National Care Awards. This accolade celebrates Brampton Manor's unwavering dedication to providing care that embodies the highest standards of dignity and respect.

Akhi Goswami, Home Manager at Brampton Manor, expressed his pride: *"Being named a finalist for Dignity and Respect Care Home of the Year is a profound honour, and I am exceptionally proud of the team. Our focus is on delivering care that goes beyond ordinary expectations, ensuring every resident is treated with the utmost respect and consideration."*

At Brampton Manor, the commitment to preserving the dignity of each resident is central to our approach. This recognition highlights the exceptional quality of care and the deep, heartfelt dedication of our team, fostering an environment where every resident feels truly valued.

Ameet Kotecha, Founder and Managing Director of Boutique Care Homes, commented: *"The nomination of Brampton Manor for Dignity and Respect Care Home of the Year is a testament to the extraordinary efforts of Akhi and his team. Their commitment to delivering care that exceeds expectations is a shining example of our values and dedication."*

The 26th National Care Awards will be held on 29 November 2024 at the Platinum Suite in London. We eagerly anticipate celebrating this achievement and continuing our mission to provide exceptional care.

Brampton Manor Open Gardens For Charity With The National Garden Scheme

Brampton Manor, proudly hosted its inaugural National Garden Scheme (NGS) Open Garden event on July 4th, 2024. This intimate event attracted garden enthusiasts and visitors from the local community and beyond, who came to appreciate the serene beauty of Brampton Manor's meticulously maintained gardens.

The National Garden Scheme, established in 1927, is celebrated for opening stunning private gardens across England and Wales to the public. The funds raised through these events are vital in supporting several significant charities, including Macmillan Cancer Support, Marie Curie, Hospice UK, and The Queen's Nursing Institute. These organisations provide essential care and services to individuals and families in need, making the NGS a cornerstone in charitable efforts across the UK.

We are thrilled to share that Brampton Manor's event raised £100 from the generous contributions of our visitors. Every penny of this will be donated to the NGS-supported charities, helping to make a positive impact on the lives of those in need.

Akhi Goswami, the Home Manager at Brampton Manor, shared his pride and enthusiasm about the event: *"We are incredibly proud to have hosted our first National Garden Scheme Open Garden event. It was a pleasure to welcome guests to experience the beauty of our gardens and to contribute to such meaningful and life-changing charities. Our residents and team put in tremendous effort to prepare for this day, and it was truly heart-warming to see the community come together in support of the NGS."*

The success of this event would not have been possible without the dedication and hard work of our residents, team, and volunteers. We extend our heartfelt thanks to everyone involved and look forward to continuing our participation in the National Garden Scheme in the years to come.



Brampton Manor Shortlisted as Finalist at the Suffolk Care Awards 2024

Brampton Manor is thrilled to announce that it has been shortlisted as a finalist in the Health and Wellbeing Award category at the Suffolk Care Awards 2024. This prestigious recognition celebrates the unwavering commitment of Brampton Manor's team to prioritising the health and wellbeing of both its residents and team.

The Suffolk Care Awards, organised by Care Development East, have become a hallmark event in the region, recognising and celebrating excellence in the social care sector. Now in their seventh year, these awards highlight the outstanding work being done by care providers across Suffolk, showcasing those who go above and beyond in delivering the highest standards of care.



Life Story

The Incredible Story of our Resident: Carmel Clark

Carmel Clark (née Niall) was born on 18th July in Lucan, County Dublin, to Helena and Diarmuid. Her mother was a housewife, and her father worked on the railways. The family lived in a small cottage with just three bedrooms, shared by her parents, Carmel, and her six siblings. Life changed drastically for Carmel when she was just nine years old—her mother passed away, and Carmel went to live with her aunt Cisse and uncle Bert in Dublin.

Carmel was the second eldest of seven children, with four brothers and two sisters. She attended St Mary's Convent in Dublin, run by the Sisters of Presentation, where she developed a love for learning.

After school, Carmel embarked on an exciting journey; moving to Newcastle-upon-Tyne to undertake a six-year apprenticeship with Elizabeth Arden as a make-up artist. This opportunity led to an incredible career in television, starting at Tyne Tees Studios, where she worked on news and current affairs. Her talents took her to Yorkshire Television, where she worked on *Emmerdale Farm*, and later to Granada Television, where she became a part of the iconic *Coronation Street*. Along the way, she met many famous faces, including Grace Kelly, Eartha Kitt, Harry Belafonte, and Cliff Richard.

In 1963, Carmel met her future husband, Gordon Clark, at a party at Howth Golf Club. Gordon was an accomplished amateur golfer, winning the Walker Cup at Ganton in 1964 after beating fellow golfer Michael Lunt. Two years later, Carmel and Gordon married at St Peter's Church in Tynemouth on 25th September 1965.

Though they never had children, they enjoyed 28 years of happiness together, moving to Tenerife to live on a golf complex. Tragically, Gordon passed away while playing golf, the sport he loved most.

Following Gordon's death, Carmel embarked on a tour of America, where she met her second husband, Robert. Robert, a pilot and real estate agent, brought joy back into Carmel's life. They lived happily between New Hampshire and Florida for four years, but sadly, Robert passed away. After his death, Carmel remained in Florida for some time before returning to the UK, where she went to live with her niece, Caroline.

Throughout her life, Carmel has nurtured a deep love of antiques, jewellery, cooking, and gardening. While she once played golf, she admits with a smile that she never quite mastered the sport. Despite all the changes and losses in her life, Carmel has maintained cherished friendships, particularly with the ladies she worked with at Tyne Tees Studios. Her great friend Hazel, now living in Canada, remains in close contact to this day.

Carmel's life has been filled with unique experiences, from working with famous faces in television to making a home in different parts of the world. Yet, through it all, her resilience and love for the people in her life have remained constant.



Resident Recipe:

Ginger Biscuits



 25 mins

INGREDIENTS

- 110g/4oz margarine
- 110g/4oz caster sugar
- 110g/4oz golden syrup
- 225g/8oz self-raising flour
- 2 tsp ground ginger

METHOD

1. Preheat the oven to 190C/170C Fan/Gas 5 and grease a baking tray.
2. Melt the margarine, caster sugar and golden syrup gently in a pan over a medium heat. Once melted, remove from the heat and cool slightly. Add all of the dry ingredients to the pan to make a dough.
3. Once cool enough to handle, with floured hands, roll the dough into 50p-size balls. Place these individual balls onto the greased baking tray with enough room between each biscuit to allow them to spread during cooking. Mark the top of each ball with a fork. The dough should make about 30 biscuits.
4. Put the baking tray into the oven for 10 minutes, or until the biscuits are golden-brown.
5. Remove from the oven, leave to cool slightly, and transfer to a wire rack to cool completely.

Brampton Manor Sponsors Stable at British Horse Racing School

We are thrilled to announce that Brampton Manor are now sponsoring a stable at The British Horse Racing School (BRS) in Newmarket. This exciting initiative not only underscores our commitment to supporting the local community but also enhances our residents' experience.

Our sponsorship includes Stewart, a horse currently stabled at BRS. This partnership allows our residents to engage with the town's rich racing heritage in a meaningful way. Through this collaboration, residents will have opportunities to visit the school, interact with the horses, and experience the thrill of Newmarket's equestrian culture first-hand.



A great experience at Brampton Manor. From the first enquiry about a short respite stay for my mum last year, the communication has been faultless. Good balance between professionalism and genuine care for the individual is apparent throughout. Also, the food is fabulous, and the surroundings are boutique chic!

Daughter of Resident

Autumn Menu Tasting Session

Here at Brampton Manor, our residents are at the heart and soul of everything that we do, especially when it comes to the food. Every three months our menus change with the seasons and residents had a tasting session for the upcoming Autumn menus created by our Head Chef, Adrian, where they were encouraged to give feedback.



Afternoon Tea at Ely Cathedral

Recently, a group of residents enjoyed a delicious afternoon tea at The Almonry in the grounds of Ely Cathedral. Residents were treated to sandwiches, savouries and a selection of cakes, and of course, lots of tea! Residents thoroughly enjoyed themselves, and couldn't help but admire the beautiful backdrop of the cathedral.

Brampton Manor Derby Day

In July, Brampton Manor hosted their National Care Home Open Day, featuring their Derby. In attendance were London and Cambridge ponies, which residents and loved ones alike were enchanted by. It was an incredible day had by all.



Celebrating Long Service at Brampton Manor

Congratulations to our team members who have recently achieved long service milestones. Thank you for your ongoing dedication and commitment. The following members of the team have been awarded their 3-Years Service Award from Brampton Manor:

- ★ Christine Jelleyman, Housekeeping Assistant
- ★ Ellen Towns, Care Assistant
- ★ Maribeth Riley, Care Team Leader
- ★ Matthew Barker, Maintenance Manager
- ★ Vera Da Silva, Care Assistant
- ★ Claire Parnell, Care Coordinator

- ★ Elena-Alina Popescu, Care Assistant
- ★ Hannah Tebbutt, Care Coordinator
- ★ Alina Elena Costache, Care Assistant
- ★ Sue Basing, Care Coordinator
- ★ Jackie Houghton, Chef



Recognition Awards for our Outstanding Team!

Thank you to all of our team members for your ongoing dedication in ensuring the wellbeing of our residents. The winners at Brampton Manor are:

- ★ **Outstanding Care & Compassion**
Gwen Blyth (Days) & Johnson Osonuwu (Nights)
- ★ **Outstanding Customer Service**
Alison Hawkes
- ★ **Outstanding Contribution**
Jackie Plant
- ★ **Outstanding Leadership**
Vaishakh Nair
- ★ **Values Ambassador**
Iskra Ivanova

Summer Competition Winners!



Boutique Care Homes' summer competitions showcased exceptional creativity and community spirit, with impressive entries in hanging baskets, creative planters, and wildlife photography. Residents, families, and team created some truly cherished memories.

- ★ **Hanging Baskets**
The Burlington
- ★ **Creative Planters**
Brampton Manor
- ★ **Wildlife Photography**
Chartwell House

A big thank you to all team members, residents, and families for their enthusiasm and involvement. Your efforts have created lasting memories and rekindled new skills and hobbies among residents. For a full list of special mentions and contributions, please visit our website at boutiquecarehomes.co.uk.

Upcoming Events

At Brampton Manor

October

- **Thursday 31st October**
Halloween Spooktacular

November

- **Friday 8th November**
Newmarket's Got Talent
- **Friday 29th November**
Christmas Lights Switch On

December

- **Tuesday 10th December**
Lego Christmas Creations
- **Monday 23rd December**
Brampton's Winter Wonderland
- **Tuesday 31st December**
New Years Spectacular

For event details and timings or upcoming Relatives and Residents Meetings, please contact Brampton Manor.

Coffee Connections

2nd Tuesday of Each Month – 10:00 to 12:00
Delicious cakes, hot beverages and a chance to make new friends



Fry-day Fish Club

Last Friday of Each Month – 12:30 to 13:30
Delightful lunch, great company and the opportunity to experience life at Brampton Manor



7 Days a Week

Blue Light Breakfast

Refreshment breaks for busy healthcare professionals and emergency services



BRAMPTON MANOR

BY BOUTIQUE CARE HOMES

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