

# THE BRAMPTON POST



## IN THIS ISSUE

- ✦ PANCAKE DAY CELEBRATIONS
- ✦ THE INCREDIBLE STORY OF  
KENNETH 'ROY' DODSON
- ✦ LATEST AWARD RECOGNITION

## Fairstead House Celebrates International Day of Education with Brampton Manor

To mark the United Nations International Day of Education, Brampton Manor, part of Boutique Care Homes, welcomed Year 1 pupils from Fairstead House School in Newmarket for a morning of creativity, connection, and celebration. This global day, held annually on 24 January, highlights the importance of education as a human right and its power to promote peace and development.

The event was made even more special by Fairstead House School's generous offer to provide Brampton Manor residents access to their minibus, supporting trips and outings around Newmarket. This thoughtful gesture ensures residents can remain engaged with their local community, helping them maintain an active and fulfilling lifestyle.

The collaborative spirit of the day was beautifully demonstrated through a dinosaur-themed art session. Inspired by their current classroom topic, the children worked with residents to create colourful dinosaur masks, sparking joy, creativity, and plenty of laughter.

The intergenerational activity brought residents and pupils closer together, with many sharing stories and learning from one another in a heartwarming exchange. The morning ended with a much-loved fish and chip lunch, enjoyed by both residents and their young visitors. The meal was the perfect opportunity to relax and reflect on the special memories made during the day.

Sian Drayton, Year 1 teacher at Fairstead House School, commented: "We wanted to say a huge thank you to you all for making us feel so welcome and for spoiling us with the masks and delicious food! We had such a lovely time. The children have made you a thank you card to show how much they enjoyed the day."

Valda Rayner, Head of Lifestyle and Activities, added; "Our residents absolutely loved the children's energy and creativity. Events like this bring so much happiness to the home, and we're looking forward to continuing this partnership throughout the year."

# St Louis' Pupils Join Brampton Manor Residents for Pancake Day

Residents at Brampton Manor welcomed young visitors from St Louis School for a heartwarming Pancake Day celebration on 4th March 2025. Located in Newmarket, Brampton Manor was delighted to host this intergenerational event, which brought together residents, team members, and pupils for a morning of pancake flipping, laughter, and shared joy – highlighting the power of community connection at the heart of Brampton Manor.

With the sun shining brightly through the windows, the home's bistro was transformed into a bustling hub of activity. Residents shared stories and laughter with the pupils as they mixed, flipped, and decorated their pancakes with generous helpings of sugar, syrup, and whipped cream. For many residents, the visit evoked fond memories of cooking with their own children and grandchildren, fostering moments of genuine connection that are central to Brampton Manors' ethos of creating, "a warm and loving family where everyone feels at home."

Following the pancake feast, the children and residents made the most of the spring sunshine in the garden – burning off some of the energy from their sweet treats and enjoying the fresh air together.

Home Manager, Akhi Goswami reflected on the importance of these community moments, saying:

"At Brampton Manor, we truly believe in the magic that happens when different generations come together. The laughter, conversation, and shared experiences created during events like Pancake Day bring so much joy and warmth to both our residents and the children. It's these personal connections, built on simple pleasures, that make our home feel so special."

The team at Brampton Manor extended their gratitude to the pupils and teachers at St Louis School for their kindness and enthusiasm. Kathleen Das, a teacher at St Louis School, expressed her appreciation, saying: "Thank you so much for having us, and for so generously providing all the ingredients and such a warm welcome – it was lovely to share pancakes with the residents."



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## Kindness in Action: Brampton Manor Partners with Newmarket Nexus

Brampton Manor recently demonstrated its commitment to community engagement through a thoughtful initiative supporting Newmarket Nexus. As part of Random Acts of Kindness Day, residents and team members contributed valuable items including coffee tables, bed frames, chest of drawers, puzzles, lamps, and toys to benefit local families through Nexus' community programs.

The relationship between Brampton Manor and Newmarket Nexus reflects a shared commitment to creating meaningful community connections. What began as a donation initiative has evolved into an ongoing partnership based on mutual respect and shared values.

"This initiative has brought a genuine sense of purpose to our residents," notes Danny Harris, Admissions Manager at Brampton Manor.

"Contributing to Newmarket Nexus allows Brampton Manor residents to remain connected to the wider world in meaningful ways. The positive impact is evident in the conversations and relationships that have formed around this shared purpose."



# Life Story

## The Incredible Story of our Resident: Kenneth 'Roy' Dodson

Kenneth 'Roy' Dodson was born in Hampstead, London, in February 1937 to Sybil and Ernest Dodson. As an only child, Roy's early years were shaped by the outbreak of the Second World War, during which he was evacuated three times. His first evacuation took him to Bromyard in Herefordshire with his Auntie Winner, followed by a move to Northampton, and finally to Wisbech in Cambridgeshire, where he first began school.

When the war ended, Roy returned to London and resumed his education at Gladstone Park School. At the age of 11, he won a place at Haberdashers' School, where he studied until 16. After finishing school, Roy joined his father working in the family's newsagents in Willesden, beginning his journey in the trade.

At 18, Roy completed his National Service in the Royal Air Force. He was stationed at Stenigot in Lincolnshire and later worked on radar systems near Dover. After two years of service, he returned to London to continue working alongside his father in the newsagents shop.

In 1965, on a train returning from a holiday in Newquay, Roy struck up a conversation with a fellow passenger named Joyce. She was on her way to Paddington for a new job. Six months later, Joyce got back in touch to say she had returned to London and asked if Roy would like to meet again. They did—and their story continued. The couple married on Easter Monday in 1969 in Willesden, celebrating with a reception at the local cricket club.

Following their marriage, Roy's parents retired, and the couple moved into the flat above the newsagents. Though they did not have children, Roy and Joyce shared many happy years working side by side in the shop. In 1997, they sold the business and moved to Edgware, where they continued to enjoy a quiet and content life together until Joyce's passing in 2012.

Roy has always had a passion for sport. He played cricket for South Hampstead, and while he admits he wasn't the strongest player on the field, he found his strength in administration, serving as the club's secretary. In his forties, Roy took up bowls—a sport in which he truly excelled. He played for Middlesex and was eventually honoured to become President of the county's bowls association. Sadly, due to a shoulder injury, he gave up playing in his seventies.

Now living with Parkinson's disease, Roy has made his home at Brampton Manor, where he has been for nearly four years. As one of the original six residents when the home first opened, he has seen it grow into a vibrant and full community. While he enjoys the entertainment on offer, his favourite pastime remains watching sport on Sky TV.





# Valda's Recipe: *Chocolate Chip Muffins*



30 - 40 mins

## INGREDIENTS

- 300g self raising flour
- 1 teaspoon baking powder
- 50g cold butter cubed
- 80g caster sugar
- 150g milk or plain chocolate chips
- 2 eggs lightly beaten
- 225ml milk
- 1 teaspoon vanilla extract

## METHOD

1. **Preheat and prepare:** Preheat the oven to 200°C and line a 12-hole muffin tray with paper cases.
2. **Mix dry ingredients:** In a large bowl, combine flour and baking powder. Rub in the butter until the mixture resembles breadcrumbs, then stir in the sugar and chocolate chips.
3. **Combine wet ingredients:** In a separate bowl, whisk together the eggs, milk, and vanilla extract. Pour into the dry ingredients and mix briefly until just combined.
4. **Fill and bake:** Spoon the batter into the muffin cases. Bake for 15–20 minutes, or until risen, golden, and firm to the touch.
5. **Cool and serve:** Allow to cool in the tin for 10 minutes, then transfer to a wire rack or serve warm.



## 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:

★ Ryan Ball      ★ Trevor Barker      ★ Claire Gooch  
★ Emma Hyland      ★ Aimee Milligan      ★ Kelly Hinson



Mum has settled in quickly - it feels just like home but better! It is beautifully decorated which, although Mum can't see due to visual impairment, makes my visits a real pleasure...Can't express how relieved/delighted I am that I chose Brampton Manor. Brampton Manor provides high-quality care in a warm and supportive environment and I would passionately recommend it to anyone looking for a beautiful and caring place for a family member.

*Daughter of Resident*

## In The Stocks For Red Nose Day 2025

Our brave team members took their places in the stocks—and let's just say, they didn't stay dry for long! The soggy spectacle was all part of our Red Nose Day celebrations, where laughter, friendly competition, and a few well-aimed sponges helped raise funds for Comic Relief. Alongside the soaking, our Big Red Nose Day Quiz brought everyone together for some tricky trivia and plenty of cheer. A huge thank you to all who joined in, donated, and made the day a success.



## Nutrition & Hydration Week 2025

A balanced diet plays a vital role in living well, and so, to mark Hydration and Nutrition Week, residents took part in a creative and colourful fruit art activity. With a vibrant selection of fresh produce, residents designed their own edible masterpieces. It was a joyful and engaging way to encourage healthy eating, spark conversation, and celebrate the importance of nutrition in our daily lives.

## Inter-generational World Book Day 2025

To celebrate World Book Day, we were delighted to welcome children from Fairstead School. The children brought along their favourite books to share with our residents, sparking joy, stories, and special connections. Everyone embraced the spirit of the day with wonderful costumes, making it a morning full of laughter, imagination, and cherished memories. A heartfelt thank you to Fairstead School for joining us and bringing so many smiles.



## Award Winning Care

We are absolutely thrilled to share that Boutique Care Homes has been named one of carehome.co.uk's Top 20 Small Care Home Groups for 2025 – and for the second year running! This award means so much because it's based on reviews from our wonderful residents, families, and loved ones – the people who experience the warmth, care and community at the heart of our home every day. To leave a review please speak to Danny our Admissions Manager.



## 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**  
Debbie Russell (Days) & Aleitra Bachiller (Nights)
- ★ **Outstanding Customer Service**  
Hayley Brice
- ★ **Outstanding Contribution**  
Ryan Ball
- ★ **Outstanding Leadership**  
Adrian Riley
- ★ **Values Ambassador**  
Prem Mathew

## Boutique in Bloom 2025



This summer, we will be holding our annual gardening competition once again; transforming our homes with a splash of colour and bringing our gardens to life!

Whether it's hanging baskets bursting with blooms, vibrant planters, or creative floral displays, together we will make our outdoor spaces as bright, welcoming, and joyful as the communities within them.

For more information about our plans and to find out how you can get involved please speak to Valda, our Head of Lifestyle and Wellbeing.

**Judging will take place in July.**

### Upcoming Events

At Brampton Manor

#### April

- **Wednesday 9th**  
Dementia VR Experience
- **Monday 21st**  
Easter Eggstravaganza

#### May

- **Thursday 8th**  
VE Day Party
- **Wednesday 14th**  
Suffolk Sight Club Launch

#### June

- **Sunday 22nd**  
National Garden Scheme Open Day
- **Week of 16<sup>th</sup> to 22nd**  
Care Home Open Week 2025

For all upcoming events 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



**Suffolk Sight Information Sessions**  
**2nd Wednesday of Each Month – 10:30 to 12:00**  
Free drop-in sessions offering information and advice on sight loss support.

#### Fry-day Fish Club

**Last Friday of Each Month – 12:30 to 13:30**  
Enjoy a delightful fish lunch with great company and new friends



## BRAMPTON MANOR

BY BOUTIQUE CARE HOMES

### All enquiries:

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