

THE BURLINGTON POST



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National Puzzle Day Brings Inter-generational Connection to The Burlington

The Burlington marked National Puzzle Day on January 29th with a special event that brought residents and children together for a morning of fun, teamwork, and brain-teasing challenges. The home welcomed students from Saxon Primary School, who joined residents to celebrate the joy and benefits of puzzles.

Puzzles provide many advantages for older adults, including improved memory, concentration, and problem-solving skills. More than just a mental workout, they also offer opportunities for social engagement—something The Burlington actively encourages through regular events and activities. National Puzzle Day served as a perfect example of this commitment to resident wellbeing and meaningful interaction.

During the event, both residents and their young visitors worked together on a variety of puzzles, from colourful jigsaws to word games and logic

challenges. The activity room was filled with laughter and conversation as the two generations connected over shared tasks. The enthusiasm of the children inspired residents, who were eager to share stories and puzzle-solving strategies, creating a lively and uplifting atmosphere.

Margie Gonzaga, Home Manager at The Burlington, reflected on the success of the event, saying: "National Puzzle Day was a fantastic way to bring our residents and the children together. The energy and excitement in the room was contagious! Moments like these highlight the value of creating connections between generations, which benefits both our residents and the young people who visit."

The Burlington extends its thanks to the students and staff at Saxon Primary School for their participation and support. Events like this showcase the home's dedication to providing residents with engaging, inter-generational experiences that enrich lives and foster community.

The Burlington Wins The Physical Activity Award at the National Activity Awards 2025

The Burlington has been crowned the winner of The Physical Activity Award at the prestigious National Activity Awards 2025. This accolade, presented by the National Activity Providers Association (NAPA), recognises exceptional efforts in promoting physical activity within care homes, thereby contributing to improved health and wellbeing for residents.

The awards ceremony took place on 24th January 2025 at The Liner in Liverpool, hosted by the charismatic Big Ian Donaghy. NAPA, the UK's leading activity and engagement charity, organises the annual event to highlight the incredible work care services do to prioritise wellbeing, creativity, and community connection.

The Burlington's commitment to promoting physical activity was acknowledged as truly outstanding. From tailored exercise programmes to group activities designed to enhance mobility, independence, and mental health, the team at The Burlington has consistently gone above and beyond to create an active, engaging lifestyle for residents.

Margie Gonzaga, Home Manager at The Burlington, expressed her delight at the win, saying: "We are absolutely honoured to have received this award. Physical activity is a cornerstone of our approach to care, and this recognition is a testament to the incredible efforts of our team. I couldn't be prouder of the creativity, passion, and dedication they bring every day to ensure our residents thrive, stay active, and enjoy life to the fullest."



Boutique Care Homes Named 'Top 20 Small Care Home Group' for 2nd Consecutive Year

Boutique Care Homes is proud to announce that it has been named one of carehome.co.uk's Top 20 Small Care Home Groups 2025 – marking it the second consecutive year the group has achieved this prestigious honour. This recognition is based entirely on the independent reviews and heartfelt testimonials shared by residents, their families, and loved ones across Boutique Care Homes' growing family of care homes.

With three elegant, purpose-built homes – The Burlington in Shepperton, Brampton Manor in Newmarket, and Chartwell House in Broadstairs – Boutique Care Homes prides itself on offering personalised residential, dementia, and short-stay care. Each home combines high-quality care with warm, welcoming surroundings, creating a loving family environment where everyone feels at home.

Reflecting on this achievement, Ameet Kotecha, Founder and Managing Director of Boutique Care Homes, commented: "To be named a Top 20 Small Care Home Group for the second year running is an incredible honour, and I'm exceptionally proud of our

dedicated teams whose passion and commitment make this possible. We are especially delighted that Chartwell House has been recognised among the very best care homes in the South East. My heartfelt thanks go to our wonderful residents and their families for their trust, support, and for sharing their experiences with carehome.co.uk."



Life Story

The Incredible Story of our Resident: Betty Stanton

Betty was born May 1930, in Chelsea, to parents Edith and William. The second eldest of four children, she grew up alongside her older sister Doreen and younger siblings Jack and Joan.

She remembers her childhood as a very happy time. Her father walked the children to school each day while her mother worked in the local chocolate factory. Holidays were spent in Southend, where the family hired a beach hut and spent their days in swimming costumes, playing on the sand and enjoying the sea air.

At the age of nine, like many children living in London during the war, Betty was evacuated to the countryside. She and her sister Doreen were sent to live with Miss Miles and her father—whom they affectionately called Aunt May and Uncle Bert. Life there was structured and busy; after school, they were expected to clean the house, collect firewood, and make the beds before returning home. In contrast, their brother Jack was sent to live with a lord and lady and was treated like one of the family.

Betty and Doreen enrolled at the local school, where Doreen finished the year as top of the class. Betty enjoyed school too, particularly dictation and reading, and she remembers being good at maths and spelling. Visits from their father were highlights, especially the time he brought Betty a treasured gift—a new fountain pen.

After the war, the children returned to London. Betty recalls being enrolled in Sunday school, which she didn't enjoy, often skipping it to go on adventures with her cousin Julie, visiting museums and exploring the town.

Betty's mother encouraged her to learn a trade, enrolling her in tailoring classes. Her first job was in ladies' tailoring, where she made clothes for several years. Eventually, she took a job at the chocolate company where her mother had worked. The company was opening a new store on New Bond Street, and Betty was seen as the perfect fit for the role.

Betty met her husband William, 'Bill', at a local social club. After a group walk to the pub, Bill found the courage to ask her out. They married, when Betty was 20, on a sunny April day at their local church in Chelsea. She hired her wedding dress after spotting it in a shop window, and was joined by five bridesmaids in pale blue and a page boy. Together, they had two children: Wendy and Gary.

Betty and Bill later ran a greengrocer's shop, which she loved—especially all the opportunities to meet new people. When they retired, they passed the shop on to Clive, a friend's son who had worked there for many years.

In retirement, Betty and Bill travelled widely, with favourite memories in India, America, and Australia. Her son later settled in California, and she now enjoys a close family that includes four grandchildren: Katie, Johnathan, Andrew, and Mark.

Today, Betty calls The Burlington home and, as with every chapter of her life, she embraces it with warmth, joy, and positivity.



Resident's Baking Club Recipe: *Fresh Fruit Flan*



30 mins

INGREDIENTS

For the Crust:

- 2⅓ cups flour
- ½ tsp cream of tartar
- ½ tsp baking soda
- ½ cup white sugar
- ½ cup confectioners' sugar
- ½ cup unsalted butter
- ½ cup vegetable oil
- 1 large egg
- ½ tsp vanilla extract

For the Fruit:

- 3 cups strawberries (hulled and halved)
- 1 cup blueberries (rinsed and dried)
- 3 kiwis (peeled and thinly sliced)

For the Glaze:

- ¼ cup white sugar
- 1 tbsp cornstarch
- ½ cup water
- ½ cup orange juice
- 2 tbsp lemon juice

METHOD

1. **Preheat oven** to 175°C (350°F). Grease a 10" x 15" jelly roll pan.
2. **Prepare the crust:** Mix sifted flour, cream of tartar, and baking soda into a bowl. In a separate bowl, beat both sugars, butter, oil, egg, and vanilla until creamy. Gradually mix in the dry ingredients. Spread evenly into the pan.
3. **Bake for 10–12 minutes** until golden. Cool completely (about 30 minutes).
4. **Make the filling:** Beat cream cheese, sugar, and vanilla until smooth. Spread over cooled crust.
5. Arrange the fruit decoratively over the filling. Refrigerate while preparing the glaze.
6. **Make the glaze:** In a saucepan, stir sugar and corn starch. Whisk in water, orange juice, and lemon juice. Bring to a gentle boil and cook for 1 minute. Let it cool completely (20–30 minutes).
7. **Glaze the flan:** Spoon or brush the glaze over the fruit. Refrigerate for at least 1 hour before serving.



Celebrating Long Service at The Burlington

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 at The Burlington:

- | | |
|-------------------|-----------------|
| ★ Anu Rosamma | ★ Kirsty Ford |
| ★ Abiir Rosunally | ★ Ankita Thakar |
| ★ Beeneta Thapa | |

Congratulations



International Women's Day 2025

The Burlington marked International Women's Day by sitting down with residents and chatting about what makes them proud to be women. What started as a simple question led to the most incredible conversations—stories of resilience, love, adventure, and all the little (and big!) moments that have shaped their lives. From trailblazing careers to raising families, to acts of quiet strength that left a lasting impact—every woman at The Burlington has a story worth celebrating.



Inter-generational World Book Day

The Burlington was delighted to welcome the children from Saxon Primary School for a joyful World Book Day celebration. The home was filled with excitement as pupils shared their favourite stories and the interaction between residents and children was truly heartwarming. Moments like these capture the joy of connection across generations.

Celebrating Red Nose Day with the LOL-ympics

Red Nose Day brought a fantastic burst of energy to the home as residents and team members came together for our very own LOL-OLYMPICS. The day was filled with laughter, light-hearted competition, and a series of wonderfully silly challenges that everyone embraced with enthusiasm. From quirky games to fun-filled moments, the spirit of Red Nose Day was truly alive—celebrating community while raising funds.



My mother really enjoys being at The Burlington. She says that she could not be in a better place. The staff are all very helpful and welcoming - nothing is too much bother for them. The care is excellent and the entertainment is very enjoyable.

Daughter of Resident



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 The Burlington are:

- ★ **Outstanding Care & Compassion**
Kirsty Herbert (Days) & Faith Musara (Nights)
- ★ **Outstanding Customer Service**
Aniko Szabo
- ★ **Outstanding Contribution**
Tracey Bartlett
- ★ **Outstanding Leadership**
Natalia Feliciano
- ★ **Values Ambassador**
Rachel Glue

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 Sarah, our Head of Lifestyle and Wellbeing.

Judging will take place in July.

Upcoming Events At The Burlington

April

- **Tuesday 15th**
World Art Day
- **Thursday 17th**
Easter Eggstravaganza

May

- **Friday 2nd**
Feel The Glow
- **Wednesday 14th**
Mental Health Awareness Day

June

- **Thursday 5th**
D Day Commemoration
- **Saturday 21st**
Summer Craft Fayre

For all upcoming events and timings or upcoming Relatives and Residents Meetings, please contact The Burlington.

Coffee Connections

Third Wednesday of the Month (10am - 12pm)
Delicious cakes, hot beverages and a chance to make new friends



7 Days a Week

Blues and Brews Coffee Drop In

Refreshment breaks for busy healthcare professionals and emergency services



Dementia Friends Cinema Club

First Friday of the Month (2:30pm - 4:30pm)
Reminisce and unwind, watching timeless classics, evoking fond memories.

THE BURLINGTON

BY BOUTIQUE CARE HOMES

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