

THE BRAMPTON POST



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Brampton Manor Home Manager Wins Leadership Award at Suffolk Care Awards 2025

Brampton Manor is celebrating a proud moment as Home Manager Akhi Goswami has been named the winner of the Inspirational Leadership category at the Suffolk Care Awards 2025.

This year's ceremony took place on Thursday 18th September at Milsoms Kesgrave Hall in Ipswich, and was compered by renowned broadcaster and Loose Women presenter Kaye Adams. Speaking during the event, Adams praised Akhi's "incredible team retention and unwavering support for his team" as stand-out qualities that earned him the award.

In response to his win, Akhi said: "I am so humbled and honoured to win the Suffolk Care Awards 2025 Inspirational Leadership category. I share this award with my wife, whose incredible hard work and support for our family allows me to do what I do every day. I also share this win with my amazing team at Brampton Manor and all the Senior Support Team at Boutique

Care Homes. Your warm support and dedication are the true reason for this achievement. I'm so proud of us all."

Under his leadership, Brampton Manor continues to flourish. The home holds a 9.9 rating on carehome.co.uk and recently achieved 99% team retention, figures that reflect a workplace where people feel supported, motivated, and proud to belong.

This recognition follows an already successful year for the home, which was recently named a Top 5 Care Home in the East of England and a finalist in the National Dementia Care Awards 2025 for its intergenerational work, bringing younger and older generations together through meaningful shared experiences.

Akhi's win is not only a personal achievement, but a reflection of the values that drive everyone at Boutique Care Homes to deliver care so good, it's unexpected.

Brampton Manor Celebrates International Dog Day with "Bark at Brampton"

Brampton Manor proudly celebrated International Dog Day with a joyful event called "Bark at Brampton". Residents, their loved ones, and the Brampton Manor team came together to recognise the love and companionship that our four-legged friends bring into our lives.

The celebration reflected Brampton Manor's strong sense of family and community. The home welcomed residents' families, friends, and of course, their beloved dogs, creating a heart-warming afternoon full of smiles, stories, and wagging tails. A whole pack of furry friends made the day extra special.

What made the day so memorable was the way it sparked connection and conversation. Residents shared heartfelt memories of the dogs they've loved over the years - from cheeky puppy mischief to moving rescue stories. These conversations brought laughter, nostalgia, and touching reminders of the special bond between people and their pets.

Families and friends also shared how meaningful it was to be part of the day. Rosaline said: "It's so

special that we can come along and be part of a day like this - celebrating our furry friends with others and having a good time together."

Events like Bark at Brampton give residents the chance to reminisce about pets from their past, share personal stories, and relive treasured memories with their families. These reflections not only spark joy but also strengthen family bonds and deepen the sense of community within the home.



Brampton Manor Shines with a 5-Star Food Hygiene Rating

Our amazing kitchen team has once again been awarded the highest possible 5-star rating during our recent health inspection at Brampton Manor!

This achievement is a recognition of the dedication, expertise, and heartfelt care that goes into every plate of food served at Brampton Manor. For our residents, mealtimes are one of the most important moments of the day, a time to enjoy delicious dishes,

gather with friends or family, and feel truly at home. Our kitchen team take this responsibility to heart, ensuring that every meal is prepared with the highest standards of food hygiene and safety, all while bursting with flavour and comfort.

We were especially proud to hear the glowing feedback given to our Head Chef, Adrian, who was personally praised by the food inspector who mentioned: "You have excellent food hygiene and safety knowledge, it was a pleasure inspecting your kitchen."

Our team always go the extra mile to make dining at Brampton Manor a real highlight. We believe that food has the power to do so much more than nourish, it can bring people together, spark conversation, and create moments of joy.

We are so proud of Adrian and the entire kitchen team for their outstanding achievement and grateful for the difference they continue to make in the lives of our residents. Here's to many more meals that warm the heart as well as the appetite.



Life Story

The Incredible Story of our Resident: Kenneth Gifkins

Kenneth Gifkins was born on 31st August 1931 in Gramby Street, Newmarket, to his parents Dorothy and Ernest Gifkins. His mother worked at the Cambridge Instrument Company, while his father was a driver for the Jockey Club. Kenneth was the eldest of seven children.

At the age of seven, he went to live with his grandparents in Fulbourn, as the family home had become rather crowded. During this time, he attended Fulbourn Primary School before returning home at the age of eleven to continue his education at Newmarket Upper School. As a teenager, he spent many happy summer holidays at the Newmarket swimming pool, memories that stayed with him throughout his life.

Kenneth left school at fourteen to work as an errand boy for the Co-Op bakery. At fifteen, he began a plumbing apprenticeship with H Holland in Newmarket, a role he carried out for five years. At the age of twenty, he was called up for National Service. He spent his first year with the Royal Norfolk Regiment before travelling by troop ship to Korea, where he completed his second year of service.

On returning home, Kenneth resumed work as a plumber before joining Sprite Caravans in the early 1960s as an interior fitter. Around this time, he met his future wife, Maureen, at the Newmarket Milk Bar on the High Street, where they both enjoyed socialising with friends. Maureen was a nurse at Newmarket Hospital. The couple married on 13th August 1955 at St Mary the Virgin Church in Lakenheath, with their reception held just across the road at The Bell Hotel.

Together, Kenneth and Maureen raised three children: Paul, born in 1956, Ian in 1958, and Zia in 1962. Family life was especially important to Kenneth, and he remained very close to his brother Don and his wife Jan. Many happy summers were spent with them in Spain, making treasured memories. Don later passed away at the age of 90.

Kenneth and Maureen shared a love of bowls, often playing at different venues. Maureen also enjoyed darts in the local pub and volunteered at the Hospice shop. The couple later moved to Stowupland and then to Bury St Edmunds, where Kenneth lived with Maureen until passing in 2015. He continued to live there until moving to Brampton Manor.

Throughout his life, Kenneth nurtured a passion for motorbikes, particularly British classics. He loved restoring them and attending rallies, where he could admire the craftsmanship and connect with fellow enthusiasts.



Valda's Recipe:

Coconut Jam Drops



🕒 22 mins

INGREDIENTS

For the casings:

- 300g plain flour
- 150g butter
- 3tbs icing sugar
- 1 egg
- 1 tbs cold water

For the filling:

- 200g dried mixed fruit
- 50g brown sugar
- 50g suet
- 1 tsp mixed spice
- Zest of 1 clementine
- 2 tbsp brandy

METHOD

1. Preheat the oven to 200C/400F/Gas 6.
2. To make the sweet pastry, rub the flour, butter, sugar and egg together with a splash of cold water until it just comes together as a dough. Do not over work the dough. Wrap the pastry in cling film and set aside to chill in the fridge.
3. Roll out the pastry to a 3mm/1/8in thickness. With a round pastry cutter, cut out 6 x 9cm/3 1/2in discs of pastry. Press the pastry into the muffin cups.
4. Combine all the filling ingredients in a bowl and stir well.
5. Cover and leave to soak for an hour (or overnight if you have time).
6. Fill each pastry cup with a good helping of the mincemeat mixture, so that it reaches three-quarters of the way up the side of the pastry-lined cup.
7. With a fluted pastry cutter, cut out 6 x 8cm/3 1/4 in pastry circles for the lids (slightly bigger than the top of the muffin cups).
8. Place a lid on top of each pie and gently push down.
9. Bake for 20 minutes, then transfer to a wire rack to cool. Dust with icing sugar and serve warm with fresh cream.

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:

★ Pairin Hible
★ Lingham Kathirgamanpillai
★ Sue Regan

★ Inna Lvova
★ Valda Rayner
★ Seena Saju



The care, warmth, affection and response from ALL the team at Brampton Manor from walking through the door to taking mum home is outstanding. As a nurse myself of some 40 years, I am attuned to high level care. I can 100% say that every single member of the team is an outstanding team player. My mum enjoys company but does not find it easy to push herself forward. She interacted, made new friends, partook in all the events and learned new things during her 3 week stay.

Daughter of Resident

Celebrating Our Local Heroes

Care goes beyond our walls at Brampton Manor - it's about appreciation and community. In September, residents, Danny and Valda delivered freshly baked cupcakes from our talented kitchen team to Newmarket's emergency services. From visiting the Suffolk Fire and Rescue Service, smiles and gratitude were shared all round. A small gesture, but one filled with heartfelt thanks for the incredible people who keep our community safe every day.



A Winning Day at the Races

There is nothing quite like a day at the races to capture the true spirit of Newmarket! In August, our residents and team spent a joyful afternoon trackside, soaking up the atmosphere at the home of horse racing. The excitement grew as the afternoon went on, and in the very last race, we celebrated a win together! It was a day filled with laughter, friendship, and that special Newmarket magic - moments that turn into treasured memories.

Team Member Highlight:

Adrian Riley!

This month, we're delighted to shine the spotlight on Adrian, our talented Head Chef at Brampton Manor. Adrian has been part of our home for almost four years, bringing with him a lifelong passion for cooking and a heart full of care.

What first drew Adrian to Brampton Manor was the genuine focus on residents' wellbeing - something he truly champions every single day. His favourite part of the role is taking time to get to know each resident personally, understanding their lifestyle and food preferences. This not only ensures mealtimes are delicious, but also brings comfort and reassurance when dietary needs changes.

Adrian's baking is famous at Brampton Manor! From beautifully decorated birthday cakes to special sweet treats, he makes every celebration extra memorable.





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**
Emma Hyland (Days) & Divya Sojan (Nights)
- ★ **Outstanding Customer Service**
Leslie Lornie
- ★ **Outstanding Contribution**
Anna Paruk
- ★ **Outstanding Leadership**
Hannah Tebutt
- ★ **Values Ambassador**
Jackie Plant

Boutique In Bloom 2025 Winner



Our Boutique In Bloom competition showcased incredible creativity, teamwork, and a shared love for gardening, bringing residents, families, and team members together. We all rolled up our sleeves to transform outdoor spaces into vibrant havens of creativity and connection!

★ Overall Winner: Chartwell House, Broadstairs

Their gardening, supported by the whole home, created a sustainable, colourful garden complete with seed-to-table produce, inventive features, and heart-warming teamwork. A huge congratulations to everyone involved for showing how care, creativity and community can truly bloom together!

A huge thank you to everyone who took part—the creativity and teamwork was truly inspiring. For the full highlights, visit boutiquecarehomes.co.uk.

Upcoming Events

At Brampton Manor

October

- **Tuesday 14th**
Oktoberfest 2025
- **Friday 24th**
Wear It Pink Day

November

- **Thursday 13th**
Festive Shop Till You Drop
- **Friday 14th**
World Diabetes Day

December

- **Monday 1st**
Christmas Light Switch On
- **Thursday 11th**
Christmas Jumper Day

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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