

## Shamaila, Deputy Manager; my ten years at Fairfield

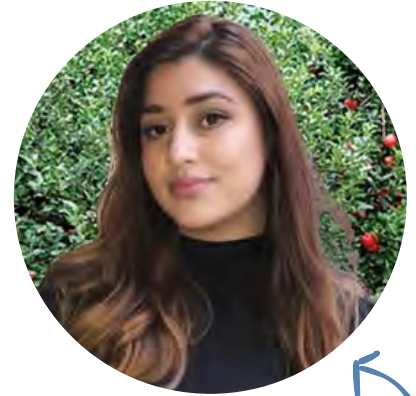
My journey at Fairfield began when I was just 15 years old, coming in for a week of work experience. I was immediately drawn to the vibrant community here. After a few years, I returned to work nights while studying for my Bachelor's in Psychology at the University of Southampton. This experience allowed me to develop close relationships with the residents.

As I pursued my Master's in Health Psychology at University College London, I continued to balance my studies with working various shifts as a carer. This role deepened my appreciation for the residents and the vital support we provide.

Upon completing my Master's, I was thrilled to be promoted to the position of Assistant Manager. This role offered me invaluable insights into the management side of our operations, and I thoroughly enjoyed the learning process. For the past six years, I have held a management position, continuously expanding my knowledge and skills.

I find great satisfaction in applying my interest in psychology to my work, particularly in overseeing Social Wellbeing at Fairfield and coaching our dedicated staff. Additionally, I have a strong interest in technology and have enjoyed sourcing and implementing various tools to streamline our processes, allowing the team to spend more quality time with residents rather than on time-consuming paperwork.

Working for an independent charity has been an incredibly rewarding experience. I have had the privilege of seeing ideas evolve from initial concepts to implementation, witnessing their impact in real-time. I am truly grateful for the opportunity to be part of such a dynamic and caring community.



Shamaila, Fairfield Deputy Manager

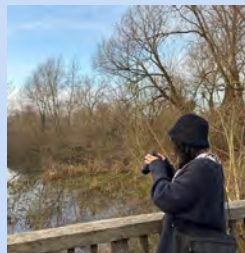
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## New Social Wellbeing coordinator:

**Kye:**

Hi, I'm Kye and I am the new Social Wellbeing Coordinator at Fairfield. I am excited to learn all about the home and, most importantly, to get to know all of you. I have spent my first few weeks learning how the team works, getting to know your hobbies and interests, and finding out how I can best support you. Outside of work, I am busy being a mum to my three children, whom I home educate. We engage in learning many different subjects and experience life together. In my spare time, I enjoy poetry, baking, and photography, which I am currently studying. I am also excited to introduce an in-house cooking club and photography workshop, where we can share our skills and creativity. I look forward to sharing my passions and knowledge with you all.



## Social wellbeing trips:

Recent trips included Harcourt Arboretum, where we saw some beautiful peacocks. We also visited Waterperry Café, where we sat by the riverside and enjoyed a lovely cup of coffee.



## Upcoming activities:

With many new residents joining us and new talents from our staff, we recognise that hobbies and interests are always evolving. We are excited to introduce a Cooking Club, Photography Club, Pub Quiz evenings, and an Agatha Christie Murder Mystery event for all our whodunnit fans. Be sure to check the activity planner for upcoming dates—we look forward to seeing you there!



## Fun in the sun:

Summer this year has been a little hit and miss with the sunshine. However, during the rare spells of sunshine we made sure to make the most of it. We enjoyed dipping our feet into paddling pools, outside quizzes and art classes and garden soirees.



## Garden update:

### Planters

As many of you know, our Garden Club is now up and running. Some of you visited various garden centres to choose new plants for our planters, and we discovered some truly interesting varieties—including a plant that smells like Coca-Cola! The new plants are flourishing beautifully, adding vibrant colours to our garden. The Garden Club will continue to meet bi-monthly, organised by the Social Wellbeing team, to help maintain and nurture the lovely flowers.

### Greenhouse update

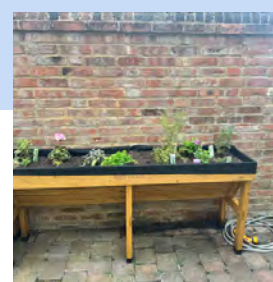
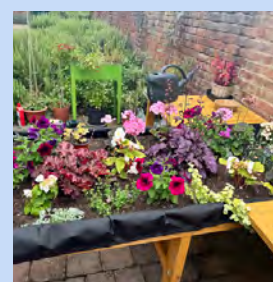
Peter has been working really hard in the greenhouse. As previously mentioned, Peter was growing tomatoes, peppers, cucumbers, beetroot, carrots and even a melon! Peter has now begun harvesting his produce which has been greatly enjoyed by all of the staff.

#### Did you know:

At this time of year the best things to plant are:

- leafy greens such as lettuce and spinach,
- daffodils and crocuses
- broad beans
- peas
- radishes
- turnips

Our lovely new planters with a range of herbs and flowers.



### Andy Chivers, Trustee with the bubble bike and trishaw

Andy Chivers, one of our Trustees at Fairfield, generously brought in a trishaw bike and took several of you out for bike rides—some of you even went out multiple times! During these rides, you had the chance to explore parts of Summertown, Oxford City Centre, and Wolvercote.

Andy is also involved with a cycling charity, which kindly lent us their bubble bike. Many of you had the opportunity to pedal and create bubbles for everyone to enjoy. We would like to extend our heartfelt thanks to Andy for providing us with this wonderful experience.

### Fairfield keeping Traditions:

Anne recently celebrated her daughter's birthday, continuing her long-standing tradition of baking the same cake for her each year. Wanting to keep this tradition alive, Anne asked the Social Wellbeing team for help with the baking. Naturally, the team was more than happy to assist, and her daughter received her special cake once again!





## Autumn Landscape with four trees - Vincent Van Gogh

Vincent Van Gogh painted this in 1884. Sources revealed that Van Gogh spent three days creating the painting. The Autumn landscape with four trees was dedicated to Anton Kerssemakers, who was an amateur painter at the time. Anton was gifted the painting and hung the Autumn Landscape with four trees in his house. He was very impressed and called the painting perfection!



*Autumn landscape with four trees -  
Vincent Van Gogh*

## Bird of paradise:

### What is it?

Bird of paradise also known as a crane plant or strelitzia reginae got its name because from a distance the vibrant electric blue and neon orange flower looks like the head of an exotic bird. The plant is native to South Africa and is pollinated by sunbirds. The sturdy leaf stems can bear the weight of several birds at a time.

### Why is it significant now?

Birds of paradise typically bloom in the winter to early spring, depending on the specific species and location. The blooming period can last anywhere from a few weeks to several months. However, birds of paradise are slow growing plants and can take 5 - 6 years to produce their first flowers. As you can see, our bird of paradise plant in the lobby by the reception desk has had its first ever bloom in this building!



**The Bird of Paradise at  
reception, in full bloom.**

## The Daffodils

*By William Wordsworth*

I wandered lonely as a cloud That floats on high  
o'er vales and hills, When all at once I saw a  
crowd, A host, of golden daffodils; Beside the  
lake, beneath the trees, Fluttering and dancing in  
the breeze.

Continuous as the stars that shine And twinkle on  
the milky way, They stretched in never-ending line  
Along the margin of a bay: The thousand saw I at a  
glance, Tossing their heads in sprightly dance.

The waves beside them danced; but they Out-did  
the sparkling waves in glee: A poet could not but  
be gay, In such a jocund company: I gazed-and  
gazed-but little thought What wealth the show to  
me had brought:

For oft, when on my couch I lie In vacant or in  
pensive mood, They flash upon that inward eye  
Which is the bliss of solitude; And then my heart  
with pleasure fills, And dances with the daffodils.



Poem nominated by Sheila  
Williams and Janet Bromet



Art work by Angela  
Williams



### Did you know:

Art Class is held every Monday at 3.00pm with Claudia, an external art teacher. Everyone is welcome to join. We also have our own art supplies available, so if you would like to use them for a solo art session, please let a member of staff know at anytime!

## Coffee with the manager

### What is Coffee with the Manager

At Fairfield, we value your views and opinions about the home highly. To ensure everyone has the opportunity to connect and share feedback, we have introduced monthly coffee meetings with the Manager. These informal gatherings provide a welcoming space for open discussion, and we look forward to hearing from you.

### What can we discuss at coffee with the Manager?

This is your chance not only to get to know the Manager better, but also an opportunity for the Manager to get to know you better! Coffee with the Manager is a time for you all to have an open and informal discussion about your home, interests, things you would like to see happen, updates from around the home as well as a general chit chat with other residents. Often the sessions will have themes. For example, during the last meeting, Michelle the Registered Manager and the residents chatted over a coffee tasting session.



### Upcoming dates:

- 8th October 2024 at 11.15am
- 12th November 2024 at 11.15am
- 10th December 2024 at 11.15am



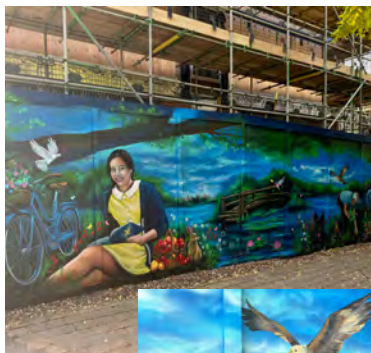
## SDC Building Project Updates

You may recall that many of you attended a talk by SDC a while ago, where they shared updates on the building projects, including the Nursery, which is scheduled for completion in early 2025.

After the talk, we were taken around the side of Fairfield to view the ongoing construction, and SDC explained the purpose of the new buildings. The structures to the right of Fairfield will accommodate up to 50 students per block. It was fascinating to see the progress and learn about the future plans for the project.



Pictures from the SDC tour, Emma, Karen and Maureen (top right) Liz Mills, Sue Moser and Mavis (Bottom right)



## Mural Update

In our last newsletter, we shared that Layla, a talented mural artist, would be creating a mural on the second hoarding outside Fairfield. Layla has thoughtfully considered all the wonderful elements that make Fairfield special. Her design incorporates bubbles from the visit by Andy Chivers with the bubble bike, features Finn the pet therapy dog, and highlights aspects of our garden, celebrating the many keen gardeners among us, all set against the beautiful backdrop of the Oxford spires. If you'd like to take a look and see what you can recognise, please speak to a member of staff!

## A Poem by Elizabeth Mills

### Ode to Fairfield

Summer, winter, autumn, spring.  
 I think I've experienced everything. A tap on the door, "are you alright"  
 Even in the middle of the night.  
 Activities daily, music and fun.  
 At four o'clock a sticky bun  
 A walk round the garden, any season.  
 Fresh air, plants what better reason.  
 Chat with residents in garden or hub.  
 Fantastic meals - "lovely grub"  
 Thank you Fairfield for kindness and care.  
 I am hoping I have more years here.

### Upcoming dates:

**Thursday 17th October 2024:**  
**Murder Mystery**

**Tuesday 5th November 2024:**  
**Guy Fawkes Night**

**Sunday 10th November 2024:**  
**Remembrance Sunday**

### Upcoming Newsletters

**December 2024**  
**March 2025**  
**June 2025**

### Good to know



We have engaged a maintenance company called Calber Ltd to look after the building. Tony will be here twice a week, with helpdesk support for urgent needs and a wider specialist team for additional support.



As the weather changes, so does our wardrobe! If you purchase or receive any new clothing items this season, please ask a team member to label them.



If you have a family event or outing and need extra support, we offer an escort service with a dedicated staff member for your trip. Please inform the team as early as possible so we can make the necessary arrangements. This service is provided at additional cost.



With the front driveway now reopened, we have resumed our normal allocation of 6 parking spots for visitors. Additionally, there is free 2-hour parking available on nearby roads such as Moreton Road, Rawlinson Road, and Linton Road.