ENRICHED LIVING

Your Exclusive Window to Community Updates, Events, and Heartwarming Stories

activities updates

Contents

Page two - Poems from residents **Page three -** Recent celebrations, ducklings and trishaw bike rides. **Page four -** Congratulations to Jo our Training Manager and social

Page five - Religion, spirituality and Anna Chaplain at Fairfield Page six- Research at Fairfield Page seven -St. Swithin's day and

coffee with the Manager Page eight - Garden update **Page nine -**Trip to All Souls College and UMC choir visit Page ten -Fairfield Choir and

important information



One of Claude Monet's most celebrated works, Water Lilies, Giverny No. 4, was inspired by the water lily pond in his carefully designed garden at Giverny. Monet deliberately planted water lilies to serve as subjects for his art. The Water Lilies series took over three decades to complete and remains one of the most iconic contributions to Impressionist painting

A Fairfield goodbye to Shamaila

As you read this, I'll have already said my goodbyes and stepped away from Fairfield after 11 wonderful years. It's been a privilege to be part of this community and to share so many special moments with you all. Thank you for the stories, the smiles, and the warmth - I'll carry them with me always. Wishing each of you happiness, comfort, and plenty of laughter in the days ahead.



Shamaila



Karen, new Deputy Manager





I'm truly honoured to step into the role of Deputy Manager. It's a privilege to take on this position, especially knowing I have some big shoes to fill. I welcome the challenge with enthusiasm and am committed to giving my very best each day. I'm especially grateful to continue working alongside our wonderful residents and the dedicated Fairfield team, whose support and passion make this such a rewarding place to be.

Page 1

FAREFUL LIVING

Your Exclusive Window to Community Updates, Events, and Heartwarming Stories

Ode to Spring- by Liz Mills

Spring has sprung, a riot of yellow Primroses everywhere, soft and mellow A hyacinth here a tulip there All so beautiful, I stand and stare

Escape to the orchard, a quiet walk around Abundant nature pushing up from the ground Residents and friends are strolling by Topped overall with a bright blue sky.

A magic time is the month of March Trees begin to bud, willow and larch The colours, the smell, so much hope Another year older, I'm sure I can cope!

Written by Liz Mills, inspired by her walk around the orchard.



Did you know:

Did you know that in University College's Orchard there are now serveral bee hives. This is to help protect local bees and promote wildlife diveristy.

We have spoken to the bee keeper who is willing to come and give a talk on the bee hives in October after the 'bee season' is completed.

University College's orchard



Poem by Alexander

The scintillating scholarship Of many a brilliant mind Has filled for us a million books Of every sort and kind; Though sadly these have failed to show Us what we really need, To teach us what we ought to know And say in every creed, That 'tis the acts of fellowship And kindly smiling face Which frames good words from every lip That help the human race.

We seem to find no tales about The laughter and the fun Which shone in all that Jesus said And warmed one like the sun, So we should try to read again The tales about him told; With open minds we'll read and then We'll find that crock of gold

FAREFUL LIVING

Your Exclusive Window to Community Updates, Events, and Heartwarming Stories

Easter Party

On Monday 21st April 2025, we held our much-loved annual Easter Tea Party — and what a lovely afternoon it was! Many of you joined us with your family and friends to celebrate together.

We enjoyed a delicious spread of cakes and sandwiches, all set to the beautiful sounds of a live harpist, which really set the tone for the day. Residents also took part in our Easter Bonnet Competition, with guests casting their votes for their favourite creations — the effort and creativity on display were fantastic!

To round off the celebrations, the children took part in an Easter egg hunt, eagerly searching for the treats left behind by the Easter Bunny. It was a joyful day filled with fun, laughter, and community spirit.



Ducklings at Fairfield

As part of our slightly late Easter celebrations, we had the joy of hatching ducklings here at Fairfield! They came from a brilliant company called South East Incredible Eggs — last year we hatched chicks with them, which was a big hit. This time, we welcomed Peking ducklings and got to watch them hatch, handle them gently, and see them grow day by day. We even set up a little paddling pool so they could have a splash and practise their swimming.

It was such a fun and heart-warming experience for everyone — full of curiosity, excitement, and plenty of adorable moments!





VE Day - 80th Anniversary

As many of you know, we recently celebrated the 80th anniversary of VE Day. The home was beautifully decorated with Union Jack flags and bunting to mark the occasion. We began the celebrations with a wonderful bagpipe performance by Andrew in the garden. On Thursday 5th May 2025, we enjoyed a 'street party' style lunch, featuring traditional food and music. Many of you also shared your memories of VE Day and where you were when you first heard the news-thank you for making it such a special and meaningful event.



Trishaw Bike Rides

A big thank you to Trustees Andy Chivers and David Sprigings for bringing in the Trishaw bike, giving residents the chance to enjoy a ride around Oxford.

Many had a lovely time out in the fresh air — even those caught in a surprise thunderstorm kept smiling! It was a fun and memorable experience for all.



FARFIELD ENRICHED LIVING

Your Exclusive Window to Community Updates, Events, and Heartwarming Stories

Congratulations to Jo, our Training Manager:

Jo, our dedicated Training Manager here at Fairfield, plays a key role in sourcing high-quality training for all staff and offering invaluable support to our apprentices. Over the past few years, Jo has worked tirelessly to help every team member reach their potential, ensuring that all staff receive informative, relevant training to help them deliver the very best care to our residents.

Her exceptional commitment was recognised by Activate Learning – the organisation through which our apprentices complete their NVQ qualifications. Jo was honoured with Activate's first-ever Community Award, a proud achievement that highlights her outstanding contribution.

Following this, Jo and Fairfield were jointly shortlisted as finalists in the Oxfordshire Apprenticeship Awards. Members of the management team, including Jo, attended a wonderful evening of celebration at Blenheim Palace. On the night, Jo was Highly Commended as a Skills Champion for her dedication to training and development.

To top it all off, Fairfield was named Apprenticeship Employer of the Year – a fantastic achievement to which Jo has contributed enormously.

We are incredibly proud of Jo and grateful for the passion, care, and expertise she brings to her role every day.



Update on the Social Hub:

The Social Wellbeing Team is working hard to make the space more user-friendly. This includes reorganising books by genre, adding new puzzles of varying difficulty, and creating activity boxes with items like knitting supplies, crosswords, and reminiscence books. We're also making improvements to the Lounge, including a dedicated bookshelf for religion and spirituality.

Please bear with us during these changes — and we welcome your suggestions.

Update on the new minibus:

Following some difficulties with the old minibus, some of you may have noticed that we've recently welcomed a brand new one to Fairfield!

It is exciting to have new vehicle, and after solving one or two hiccoughs with the support of the supplier's fleet manager all is going well, with the added bonus that it is easier for the team to drive than the old one.

With the warmer weather we have between two and four trips a week planned.

If you have any questions or concerns, please don't hesitate to speak to a member of the team — we're always happy to help.

FARFIELD

Your Exclusive Window to Community Updates, Events, and Heartwarming Stories

Religion and Spirituality at Fairfield

At Fairfield, we respect and celebrate the diverse religious and spiritual beliefs of our residents. We recognise that faith plays an important role in the well-being of many, offering comfort, meaning, and connection. We strive to create an inclusive environment where all spiritual practices are honoured. We aim to provide opportunities for you to practice your faith through services, quiet reflection, and spiritual discussions.

Fairfield is continuously working to improve opportunities for spiritual practice and reflection. Recently, staff have gone through spiritual support forms with residents, and we want to extend our sincere thanks for your participation. Your input helps us enhance our service and ensure it remains as person-centred as possible. Our goal is to offer personalised support suited to each resident's spiritual needs, ensuring they feel valued and respected. We also understand that spirituality can be deeply personal, and for some, a private matter - if that's the case for you, we respect that too.

As part of our commitment to supporting spiritual well-being, we are creating a dedicated library space for religion and spirituality. If you have any suggestions for books that would be meaningful to include, please let us know. If you have any other feedback or suggestions, please feel free to add them to the suggestion box or speak with a member of the Social Wellbeing Team.

Anna Chaplain:

An Anna Chaplain from St Andrew's Church visits us regularly to lead group discussions with residents on religion and spirituality. Anna Chaplains, who can be lay or ordained, male or female, are appointed and authorised by their local churches. They operate under the oversight of their church communities, providing a "ministry of presence" that includes:

- Listening and offering companionship to older individuals.
- Supporting those living in care homes, sheltered housing, or independently.
- Assisting with spiritual practices, including prayer and reflection.
- Advocating for the needs of older people within the church and broader community.

The ministry also includes "Anna Friends," who are trained volunteers.

Visits take place during term time, with the next sessions scheduled as follows:

Wednesday 4th June – 10:15am Wednesday 11th June – 10:15am Wednesday 18th June – 10:15am Wednesday 25th June – 10:15am Wednesday 2nd July – 10:15am Wednesday 9th July – 10:15am

All are welcome to join.

FARFIELD ENRICHED LIVING

Your Exclusive Window to Community Updates, Events, and Heartwarming Stories



Flaming June - F.F Leighton 1895

Flaming June - F.F Leighton 1895

Flaming June is a celebrated painting by Frederick Leighton created in 1895. Flaming June depicts an unknown sleeping woman in a sensuous classicist academic style This painting is one of Fredrick's most recognisable works and is known for its vibrant colour, composition and elusive subject matter. The name Flaming June is due to its symbolisation of summer. It was exhibited a the Royal Academy in 1895 and has since become an cultural icon.

Research at Fairfield

At Fairfield, we value the role of research by and its positive impact on our residents. Over recent years, we have participated in the ROVR project—now renamed MOTIS—which explores the benefits of virtual reality for older adults, particularly those with limited mobility. This technology has provided engaging, immersive experiences that support wellbeing and social connection.

We are now involved in The Good Hydration Project, a study led by the Oxford Robotics Institute. This research aims to understand how robotic support can assist older residents in maintaining good hydration, helping to prevent the risks associated with dehydration, such as confusion, urinary tract infections, and low blood pressure.

As part of this project, the Oxford Robotics Institute visited Fairfield to introduce the research, explain its goals, and demonstrate the hydration-assisting robot they are developing.

We've also welcomed Sirak, a researcher working on the project, who has been conducting interviews with both residents and staff to gather thoughts, feedback, and any concerns about the use of robotics in care home settings.

Did you know:

Long before Oxford became known for cutting-edge Artificial Intelligence (AI), it played a key role in the birth of computing. In the 1940s, mathematician Max Newman, a former Oxford fellow, helped develop the Colossus computer, the world's first programmable digital electronic computer, used to crack German codes during WWII. Oxford's legacy in mathematics and logic laid the groundwork for the digital revolution — and today, that tradition continues in its AI and computer science research.

SUMMER 2025 EDITION

Your Exclusive Window to Community Updates, Events, and Heartwarming Stories

ENRICHED LIVING

History of St Swithin's day

St. Swithin was a Saxon bishop. He was born in the kingdom of Wessex and educated in its capital, Winchester. He was famous for charitable gifts and building churches. His feast day is 15 July and his emblems are rain drops and apples

St. Swithin died on 2 July 862. According to tradition, he had asked to be buried humbly. His grave was just outside the west door of the Old Minster, so that people would walk across it and rain would fall on it in accordance with St. Swithin's wishes.

On 15 July 971 though, St. Swithin's remains were dug up and moved to a shrine in the cathedral by Bishop Ethelwold. Miraculous cures were associated with the event, and St. Swithin's feast day is the date of the removal of his remains, not his death day.

However, the removal was also accompanied by ferocious and violent rain storms that lasted 40 days and 40 nights and are said to indicate the saint's displeasure at being moved. This is probably the origin of the legend that if it rains on St. Swithin's feast day, the rain will continue for 40 more days. St. Swithin is still seen as the patron of Winchester Cathedral.



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 hold 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 and updates from around the home as well as a general chit chat with other residents. The sessions will also often have themes, such as what you would like to see on the programme of activities. From the last meeting two residents took a slot on the programme talking about a subject close to their heart.







Garden update

In January and February, we held two meetings with our gardeners, Calber's Ben and Paul, along with our CEO, Fiona, to discuss ideas and concerns about the garden. Many of you attended and shared valuable input. There were some great suggestions, and it was proposed that these meetings coincide with the start of each new season. However, if you have ideas at any time, please feel free to speak with a staff member.

Since the last meeting, a decision was taken to replace Calber. We now have a new gardener, Darren Bourgois of Bourgois Gardens, who spends a full day at Fairfield every Tuesday during the growing season, with reduced hours during the winter months.



Residents' flowers and plants, in the planters in the patio area

Did you know?

Some of the best things to plant in Summer are:

- French Beans
- Soya Beans
- Carrots
- Basil
- Thyme
- Sunflower
- Marigolds



The pink roses are of the *Floribunda* variety, known for their clustered blooms and vibrant colour. Behind them, the taller, spiky-looking pink flowers are *Gladioli*, commonly known as *Sword Lilies*.

The white rose seen in the Rose Garden is a Hybrid Tea Rose called **'Pascali'**. This variety is typically found in formal gardens and is known for being quite hardy and disease-resistant, making it an excellent choice for public spaces.

There are many other types of roses blooming throughout the garden. If you'd like to visit the University College Rose Garden, near the patio please speak to a member of staff.





SUMMER 2025 EDITION

Your Exclusive Window to Community Updates, Events, and Heartwarming Stories

ENRIC

HED

Our trip to All Souls College, Oxford

In April, we enjoyed a lovely visit to All Souls College. The sunshine really highlighted the beauty of both the College and the city, including the Radcliff Camera as can be seen in the pictures below. We explored the peaceful grounds and learned about the College's unique history — a fascinating glimpse into Oxford's academic past.

All Souls College was founded in the 1430s by Archbishop Henry Chichele, with its royal charter granted in 1438 by King Henry VI, who became co-founder. This was Chichele's third Oxford benefaction, established in the heart of the University as a thoughtful response to its academic needs.

The College had two main purposes. The first, like all colleges of the time, was religious: the Warden and forty Fellows were to pray for the souls of the founders, those fallen in the wars with France, and all the faithful departed. The second was academic. Chichele envisioned what we would now call a graduate college — an institute for advanced study with a practical focus. Except for a few brief periods, All Souls has never admitted undergraduates.

Today, All Souls remains unique within Oxford. It is a centre for world-leading research, with Fellows pursuing work across a wide range of academic disciplines.



UMC choir

We're thrilled to share that on Sunday 22 June 2025, we will be welcoming the Highland Park United Methodist Church Chancel Choir for a special afternoon performance here at Fairfield. This large and accomplished choir, made up of around 60 singers from Texas, USA, will be visiting Oxford as part of their UK tour. During their stay, they will sing in some of Oxford's most historic chapels and take part in a workshop with British composer and conductor Bob Chilcott. We are honoured to be included in their visit and look forward to an uplifting performance that we're sure residents and staff alike will enjoy. It promises to be a joyful and memorable afternoon of music!



ENRICHED LIVING

Your Exclusive Window to Community Updates, Events, and Heartwarming Stories

Good to know

Support with maintenance and repairs is provided by Malcolm from Calber, who visits three times a

week on Mondays, Wednesdays and Fridays. We

also have access to a helpdesk for urgent needs

and a wider specialist team for additional support.

Please speak to a member of the team about any

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 for you to make sure we know who they

repairs that are needed.

belong to in the laundry.

Fairfield Choir

In our last newsletter, we mentioned the launch of our Fairfield Choir. Choir practice is held in the lounge every other Friday at 4:15pm. We've had amazing support from Jane (Sue Moser's daughter) and Georgia from Social Wellbeing, who brings her theatre experience to the group.

We were truly amazed by the choir's performance at our Christmas party. The choir continues to practice, and we're all excited about their next performance.

Please feel free to join us for choir practice every other Friday at 4:15pm in the lounge!







Alert Bells

Please note that as well as the alert call-bells placed in all bedrooms, these call-bells are also available throughout the home including all communal areas and toilets. Members of staff would be happy to point them out the next time you are in a communal area.



Thursday July 17th 2025 Fairfield Murder Mystery event

Saturday 17th September 2025 Celebration of achievement party

> Upcoming Newsletters September 2025 December 2025 March 2025







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.



Although work continues along the front driveway the recent temporary period of narrower access and parking on an angle has come to an end.