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# Farm puts spring in visitors' steps

▶▶ Care home residents take a trip to meet lambs



Fairholme House resident Nina Jeczalik, 93, meets a new lamb during a trip to Broughton Grounds Farm last week

MHBG-21-04-11 Broughton Farm Visit 2

RESIDENTS of Fairholme House in Bodicote enjoyed a trip to Broughton Farm last week, just in time for lambing season.

The 12 residents, who ranged in age from 75 to 93, took in the fresh air and picturesque scenery as they stroked cattle, collected eggs and held newborn lambs.

Jacquie Moss, manager of Fairholme House said: "I didn't know what to expect because some of them are reluctant to even go into the garden.

"One of the ladies from the home is

by Rebecca Lewis  
01295 227795  
rebecca.lewis@banburyguardian.co.uk

virtually blind and said there was no point in her going but she was able to use her other senses to experience the farm and had a lovely time."

The trip was organised by Let Nature Feed Your Senses, a project run by Linking Environment and Farming (LEAF) and Sensory Trust.

LEAF project co-ordinator James Taylor said: "The benefits of trips like

this are huge; both mentally and physically." The project is funded by the Big Lottery and works with people that are unable to visit the countryside due to age, disability or social situation.

Ms Moss said: "Even the residents with short term memory loss remembered the day when prompted with photographs we had taken.

"The fresh air does them the world of good and they all want to go back to the farm next year."

For more details about the project visit [www.letnaturefeedyoursenses.org](http://www.letnaturefeedyoursenses.org)

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THE OWNER of a Banbury- by Rebecca Lewis

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