

Let nature feed your senses



Project Update – Spring 2011

Welcome to our project newsletter for spring 2011. Visit bookings for this spring and summer are sure and steady with some hosts reaching their quota for this year. (5 visits a year, or 12 if

you are claiming the first £100 through educational access). If you still need assistance organising this season's visits please let your regional co-ordinator know ASAP.

Bringing back rural memories

Working with the elderly and those with dementia - 3rd round of regional events

The first of this round of regional events was held in the South West on 8th April at the Somerset Rural Life Museum. Feedback was very positive.

Many visits this year are for older people who are residents of care homes. In these workshops you will get tips on how to host a slower paced visit and use objects to trigger people's memories.

Below are three of the objects from Sue Padfield's memory chest; an old recipe book showing cuts of beef (many not used today), a 1950's picnic set, and an old photograph from the farm.

Please see the back of the newsletter for dates and locations or visit the project website Please RSVP to your regional coordinator asap.



What's on the workshop agenda?

- What is reminiscence: how do we do it and what are the impacts
- How to use objects, images, music, song, food, sounds, scents, and sayings as starting points to stimulate the recollection of memories
- How to deal with the practicalities of working with elderly people on Let nature feed your senses visits
- How to design your own multi-sensory reminiscing props
- How to tap into your local networks: where to go for further resources related to hosting activities for older people.

What to bring

On the day please bring a suitable 'prop' to show and share...something that brings back happy memories of childhood or younger days spent in the countryside or on the farm.

Save the date! Annual Conference, 6th September, Reaseheath College, Nantwich. Details of speakers, workshops and booking arrangements will be on the project website from 1st June.

Rural memories

Many of your elderly visitors will have memories from the 1940s, 50s and 60s and have strong connections with rural England through visiting or working on farms (or being ex farmers) or from running wild in the countryside or in wild places near the towns and cities where they grew up. We asked Peter Thoday, author of *Two Blades of Grass: The story of the cultivation of plants* and a LNFYS steering group member for his thoughts on what memories people might have from these times hoping this assists you to spot and gather objects from these times to use on your visits. Memories cannot be tied too strongly to specific decades as many people will recall objects from visits to their grandparents as children. This extends the timeframe by another two generations! 1950s tractors are still in use on some farms and the unmistakable sound of their engines may be part of someone's reminiscing in 2050.

- This period was the transition between horse powered agriculture and what we have today. It was the beginning of the mechanization of farming. The development of lots of prototypes and sometimes they went wrong which led to tragedy through accidents.
- In this transition phase there is a lot of improvisation, invention and progress and adapting the old to the new e.g. wheels fitted to previously horse drawn ploughs.
- Sheep shearing was done with clippers driven by a lad turning a wheel.
- Some WW2 memories might include when the evacuees came to the countryside from the towns. There were many social impacts from the war that people will recall. Eg. Schools were released at times to help with harvest eg. Potatoes and sugar beet and haymaking and fruit picking. Rubber (tyres) became hard to come by.
- On the domestic side of rural life – hand milking, care of orphan lambs, plucking hens, hen keeping, vegetable growing in kitchen garden to supply the family with veg, milk churns, beef dripping
- Kids rabbit catching for food using snares, nets and ferrets for pocket money
- Memories of particular pests and diseases – eg. 'Take all' killed the arable crops – dramatically.
- Weather memories could be of the 'tough winters' 1963 being a particularly harsh one. Bedrooms were very cold; Chilblains were common – in fingers and toes. Breaking the ice on the troughs, walking to school in the cold.
- Memories of 'make and mend' – eg. using windfalls from orchards
- First generation milking machines like the one below were taken out into the fields



Wendy Self, Larkrise Farm (middle) brought her milking machine along as her prop to the SW event



Sound - the sense of spring!

Spring is a great time to be listening to sounds – birds, lambs, calves and all the usual sounds of farms and the countryside. Patsy Pimlott from Park Hill Farm recently used the sound maps with a group of six year olds. They all listened in silence! We also tried the sound maps twice in one week with adults – they loved it and several shared it was their special moment of the visit. We asked them to mix up their senses and try drawing the shape of the sounds as well, and this triggered off a lot of lively conversation afterwards. Next time we'll ask people to talk about the texture too – if you could touch that shape what would it feel like? It really gets people into their senses, and it's fun and pleasurable.

Do give it a go!

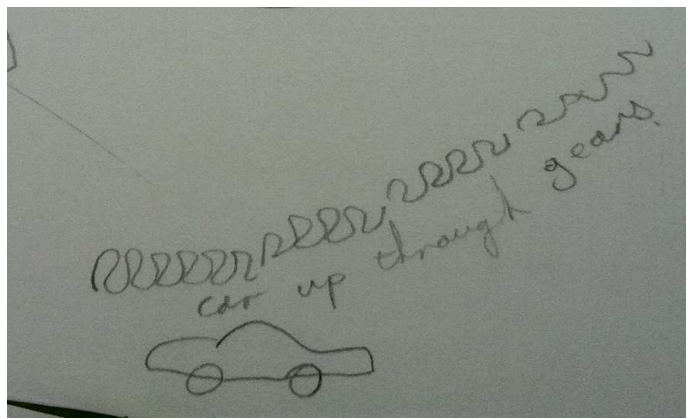


'The best part of the day for me was just standing in silence and listening to the sounds around me. I remember thinking that the sounds I was hearing are not the everyday sounds I hear at home and that it was a pleasant, calming change.'

Cassie Elliot



Try drawing the sounds as well as what makes them



Have you or your visitors had a 'special moment'?

Every visit is special and your role in providing these opportunities is significant. Here is just a tiny sample of some of these special moments. When you get the chance please do share with us some of your experiences so we can share them more widely. Fitting in visits around busy farm and family life schedules can be hectic and there may be times when you want to remind yourself just how worth while it is, opening up your site to those for whom getting onto a farm has not been previously possible.



The visit included bread making and a special moment was when a 76yr old gentlemen who has given up feeding himself didn't wait for his carer to help him and helped himself to the freshly made bread and jam...much to everyone's surprise. They all enjoyed the trailer ride too.

Billow Farm

A group of autistic kids came out (in the rain). My best moment was when one of the boys who has Asperger's climbed the tractor on his own, previously he would never do anything without his helper, it was great, a real breakthrough!

Mariella Fleming, Southend Farm

One little boy who has been particularly hard to engage in learning told me as he was collected by his dad that he wants to be a farmer when he grows up and he is now going to start doing his homework and trying his best so he can read books on farming!

Elizabeth Burbridge, Teacher



This visit to Fosse Farm included a trip to meet the cattle in the large barn at Fosse Farm in Somerset. This special moment, captured in these photos, reveals the importance of the role of animals in the lives of people. It also captures how much pleasure communicating with this curious and friendly cow gave to this visitor (she has dementia).

Getting your visits in your local paper

Several hosts have submitted press releases to their local papers and found them willingly printed. It helps to call the paper first to make personal contact. We can send you some basic text about the project that you can add in your own quotes and those of your visitors.

These articles help to promote your farm, your visitors and are important validation to funders on why continuing to fund visits is so important. Here is an example of a recent article.

There are several other examples in the **News and Events** section of the website that you can copy text from.

<http://www.letnaturefeedyoursenses.org/letnature/media.eb>

Another special moment!



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

MHGB-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.

Jacque 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
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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

Hand washing guidelines have changed!

The Health and Safety Executive (HSE) have released new guidelines on hand washing. The main point for LNFYS hosts is that hands are to be washed under warm running water, and dried with paper towels. We appreciate that this will be a challenge for some hosts who have set up hand washing systems that involve cold water only. The photos below show the diversity of set-ups on sites. Several hosts use plastic sheep troughs as a basin or old kitchen sinks. Please share your ideas on how you upgrade your hand washing areas especially if you come up with something inexpensive! A copy of the HSE guidelines is in the links section of our website:
<http://www.letnaturefeedyoursenses.org/letnature/Links%2ohome%2opage.eb>



Shaun the Sheep™

Shaun the Sheep (STS) will join us mid-May to help promote Let nature feed your senses and Open Farm Sunday. He has over 1 million fans on face book! Aardman are providing 'in-kind' support to LNFYS through creating a short Shaun the Sheep video clip for each of the five senses! These will be put on his face book page and link to a STS page on LNFYS. A big thank you to Aardman!

Let nature feed your senses

Visit Checklist

A reminder of the key administrative tasks for every visit.



Before

- Read your health and safety checklist
- Check your planned route – any new risks since the risk assessment was carried out?
- Please remember to let your regional co-ordinator know well in advance of a visit taking place. (We are unable to pay for visits you have delivered if you have not told your regional co-ordinator beforehand.) Please check with your regional co-ordinator that the group fit our beneficiary criteria. Please also check with your regional co-ordinator before offering a group assistance with their travel costs.
- Let your insurer know of your planned visit
- Order any resources (take home bags, discovery bag items, Shaun the Sheep activity books, BBC breathing spaces books etc) from the LEAF office at least one week before your visit takes place.

During

Please make sure the following forms are filled in before the group leader departs;

- Every visit evaluation form (the revised form is attached).
- In-kind form. Please include all support you have received in preparing for and delivering a visit. If a colleague or spouse helps prepare for a couple of hours, please do record this on the in-kind form. (If in doubt, include it!)
- Photo consent form

After

Within a month of the visit taking place send the following to the LEAF office,

- Your invoice
- Every visit evaluation form
- In-kind form
- Photo consent form
- Photos if any, to be emailed

Please speak to your regional co-ordinator if you require any additional forms.

The distinctiveness of LNFYS visits – who and what

Our target is for 9,600 people who are currently unable to access nature, to take part in sensory rich project visits by August 2012

Who takes part in a visit?

Our specific beneficiary groups are:

- people aged 65 or over;
- anyone from a region's 10% most deprived Super Output Areas;
- people with any type of disability;
- and people under 24 who are either disabled, from a 10% most deprived Super Output Area, or attend a school that is currently unable to access the countryside.

What happens during a visit?

The project is distinctive in terms of what happens during a visit to a farm or nature reserve.

A Let nature feed your senses visit;

- Engages all 5 senses
- Communicates the links between nature, food and farming
- Is active
- Is tailored to the specific needs of the visitors



Resources

Discovery Bags

We still have the bags of some hosts that couldn't make it to their regional events, stored with the Sensory Trust in Cornwall and we would really like you to have them and put them to use this year. Can you please contact Jen and let her know if you would like to receive yours, please, and she will courier them to you. This is the cheapest way of getting them to you as they are bulky.

Take home bags, booklets, seeds etc

We have four different 'Shaun the Sheep' activity books (kindly donated by Weetabix), eight different BBC Breathing Spaces booklets, plenty of printed 'take home bags' (ideal for collecting small items during a visit) and project postcards.



Postcards for promotion

We also have postcards for hosts and community connectors to promote the visits throughout your local networks... There is a postcard designed for each beneficiary group. There is space on the back for you to include your own contact details.

How to order more of all the resources

Contact Carol at the LEAF office; Carol.cartwright@leafuk.org or 02476 413911.

Regional event dates and locations

West Midlands	Mon 9 th May	Southfields Farm, Coleshill, Birmingham, B46 3EJ
Yorkshire & Humber	Fri 13 th May	Molescroft Grange Farm, Hull Bridge Road, Beverley, North Humberside, HU17 9RS
South East	Mon 16 th May	Museum of English Rural Life, The University of Reading, Redlands Road, Reading, RG1 5EX
East of Eng	Wed 18 th May	East Anglia Museum, Stowmarket, Suffolk, IP14 1DL
North West	Mon 6 th June	Greenheyes Farm, Northwich Road, Stanthorne, Middlewich, Cheshire, CW10 9JE
East Midlands	Mon 20 th June	Shackerdale Farm, Fosse Road, Car Colston, Nr Bingham, Nottinghamshire, NG13 8JB
North East	Wed 22 nd June	Beamish Museum, Beamish, County Durham , DH9 0RG

Need to speak to someone about the project?

Please get in contact with your Regional Coordinator or the Project Coordinators, James 02476413911 james.taylor@leafuk.org or Jen 01726 222900 jbartlett@sensorytrust.org.uk.

Regional coordinators contact details

West Midlands

John Plumb Tel 0785 5450639
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