

your letters

Share your views and opinions by writing to us at: Have your say, *Countryfile Magazine*, 9th Floor, Tower House, Fairfax Street, Bristol BS1 3BN; or email editor@countryfile.com

star letter

Soothing birdsong

I just wanted to say a belated thanks for including the British birdsong CD in the April issue. I coordinate a network of about 80 farmers across England who, thanks to the Big Lottery Fund, are funded to host farm visits for elderly people, many with dementia, and people of all ages with disabilities.

I was on one of these visits recently in Somerset – a small group of elderly residents from a local care home, most of whom have dementia, had come inside from feeding the lambs and calves and were

settling down for a cup of tea. I put the birdsong CD on and was amazed at how the atmosphere changed from rather agitated to serene. Everyone was calm and relaxed, and even those who usually have poor appetites ate several of the home-cooked flapjacks with delight.

The care home manager was delighted that they all sat down for a good 45 minutes; she said they don't ever see a mealtime like that in the home.

One lady was so moved she went looking for the bird. Another lady began

reminiscing about her garden and how much she loved the birds that used to visit. The birdsong had such a positive effect that we are encouraging all the farmers to make use of it when hosting their visits. Who'd have thought that putting it into your magazine would have such a great outcome?

Jen Bartlett

Project coordinator,
www.letnaturefeedyoursenses.org



This month our star letter wins a Yorkshire Hamper worth £50 courtesy of Weeton's, Harrogate, including red onion marmalade, ginger biscuits, Christmas cake, English breakfast tea and apple juice all packed in a willow hamper. Visit Weeton's online shop where you can order fresh food and a range of culinary gifts and hampers www.weetons.com.

Countryfile December 2011