

# Let Nature Feed Your Senses

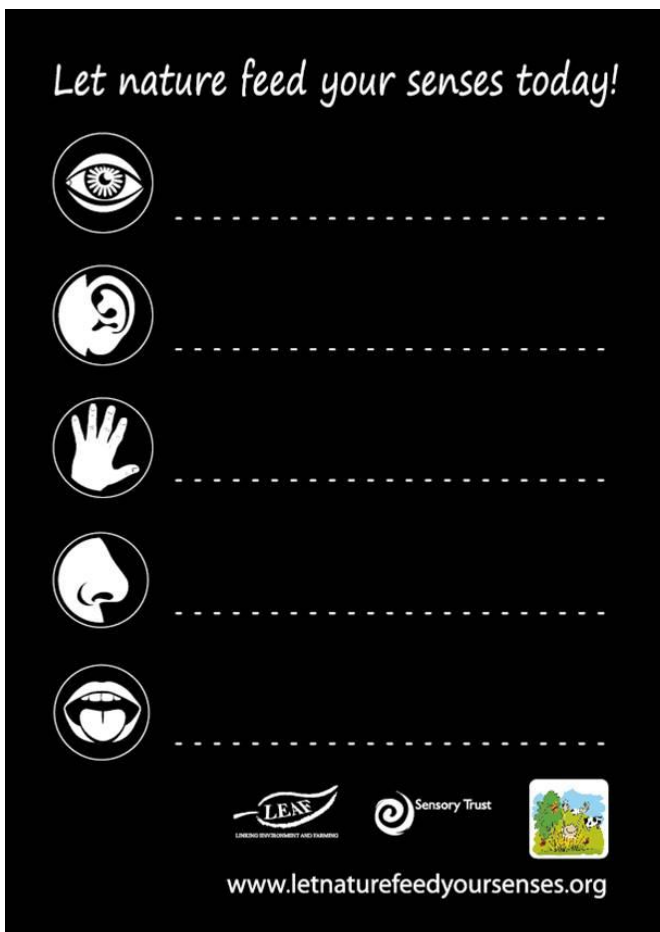


## Project Update – Winter 2012

Happy New Year! Best wishes to everyone for a great 2012. For the project it is time to expand and sharpen the experiences we offer. Our priority this year is hosting visits for people of all ages with disabilities.

Our next regional training event will provide practical guidance and inspiration to help you design and deliver amazing sensory-rich visits for visitors who have a disability. We look forward to seeing you all there!

## Stimulating the senses through new project resources



Several new project resources will be available for hosts attending the regional events.

- A large display banner by cartoonist Jake Tebbit, celebrating discovery on farms through the seasons. The banner will be approximately 1.2m x 1.7m.
- A tea-towel and an A2 poster designed from the banner for visitors to take away with them.
- An A1 size sensory notice board with a perspex cover to update through the seasons with specific sensory highlights for visitors to enjoy (see the photo to the left).
- A sensory trail kit containing a set of weather proof sensory 'way marking discs' and instructions.

These new resources are too bulky to post out to hosts therefore the only opportunity to obtain them will be at a regional event. If you know you are travelling to an event by public transport please let Carol know beforehand.

Check page 9 for dates and locations. If you can't make the one in your region please check the other dates and come along and join in with another area.

### Your special moments

We'd love to hear from each of you about your memorable experiences during visits. Drop James or Jen an email and a photo too of either a special moment, or of something that illustrates your experience and we can share it with everyone. John Alpe and Julian Davies write about their memorable moments on page 8.



### A DAY IN THE LIFE...

Have fun making a short film and be in the running to win a monthly prize! A day in the life of a farm or farmer! See page 7 for more details.

# Fresh air with flavours on Rylands Farm

A visit snapshot by Sue Padfield and Julie Plumley, South West

One resident quoted the LNFYS visit as "fresh air with flavours" which described the event at Rylands farm beautifully. Last December Julie hosted gentlemen from a local care home and concentrated on taste by providing festive cheese and wine tasting. On arrival visitors met and bottle fed a 4 month old donkey and fed chickens, before returning to a warm workshop to enjoy cheese, wine and reminiscence conversations stimulated by old farming artifacts, photographs, and countryside quotes.

What new things did the group learn today? "That there are opportunities for us to come together and enjoy this environment, regardless of our age and physical condition, it's been wonderful," wrote the group leader on the feedback form.

What did you most enjoy? "Getting away from the care home setting, having like minded people to chat to, the stimulating displays to look at and the conversations it provided". Julie is encouraging a group of ex-farmers to form a "Gentleman farmers club" and visit Rylands on a more regular basis.

"I remember Sturminster Newton market being a place where every man/farmer appeared to forget their worries, the noise, the language (hmmmm), the camaraderie and I loved being part of it then as well. Unfortunately the market has closed around 15 years ago but it feels like yesterday and I have had a vision of the farm becoming that sort of place, a place that will bring them alive again", explained Julie Plumley from Rylands Farm.



11 varieties of cheese were sampled, some local, some European, some made from cow's milk, some from goats, it got taste buds tingling and minds quizzing the origin! To see more about the visit please click [here](#)

# Linking stinky kitchen scraps, sweet compost and soup

Euan McPhee makes the links between nature, food and farming in his home garden with a recycling experience which has noses turning. Bacteria turn food scraps into fertile compost to feed runner beans and pumpkins in Euan's vegetable plot which in turn makes wonderful veggie soup!



# Fragile eggs, soft springy fleece and feeding the farm animals

**A group of eight visually impaired children, an adult and one child with cerebral palsy rugged up and braved the cold to visit Joy and Cia at Cronkshaw Fold Farm in Lancashire, as Joy explains;**

"We were delighted to welcome a group of families from Henshaws Society for blind people to Cronkshaw Fold Farm on 24th October 2011. We mainly farm sheep so everyone met our tame Suffolk sheep Minty, who was very happy for our visitors to feel her lovely woolly coat and bleated very loudly to let us know how excited she was!

Next the group got hands on with a fleece, checking out the different coloured markings on it, which gave us lots of information about the sheep it came from, rubbing their hands in the fleece to experience the greasy lanolin, which helps



waterproof the sheep, and the very brave even gave the fleece a big sniff!!! We then handled some wool that had been processed - what a big difference!!

The visitors also met a friendly, obliging hen who was happy to be handled and made contented clucking sounds as everyone gently stroked her soft feathers, felt the roughness of her comb, the scaliness of her legs and her sharp claws for scratching for food.

**"We noticed some of the eggs were cool to touch and some were warm..."**

Then armed with a bucket of wheat we all set off to feed our free range hens - who ran over to meet us flapping their wings, some visitors sprinkled wheat on the floor and some let the hens peck it straight out of their hands. We finished by heading into the hen house to collect the freshly laid eggs and noticed that some of the eggs were cool to touch and some were warm where a hen had been sitting on them!

Following the visit we were thrilled when Cia was invited to attend a Visual Impairment Awareness Training day at Henshaws in Manchester in November.

The course covered how the eye works, eye conditions and their effects, practical guiding skills, handy tips for adjustments to the working environment, the support available to visually impaired people and the valuable work of Henshaws". [www.henshaws.org.uk](http://www.henshaws.org.uk)

**"I was amazed how loud noises that I don't even notice normally seemed"**

"I found the training at Henshaws so valuable and really interesting, we wore special glasses to give us an insight into the impacts of different eye conditions on vision, and to help us appreciate that everyone's experience of visual impairment is different. I was surprised to learn that only 4% of registered blind can see nothing at all. We worked in pairs guiding and being guided indoors and also outdoors, including crossing roads and negotiating steps. I was amazed how loud noises that I don't even notice normally seemed, especially out on the street. We learned that small changes, awareness, and thoughtfulness can make a huge difference to the visually impaired.

"This training has definitely increased my awareness and understanding of visual impairment, and the experiences from it will help me enhance the sensory richness of farm visits for ALL visitors to the farm. Thank you to Henshaws and we look forward to welcoming you back to Cronkshaw Fold Farm!"



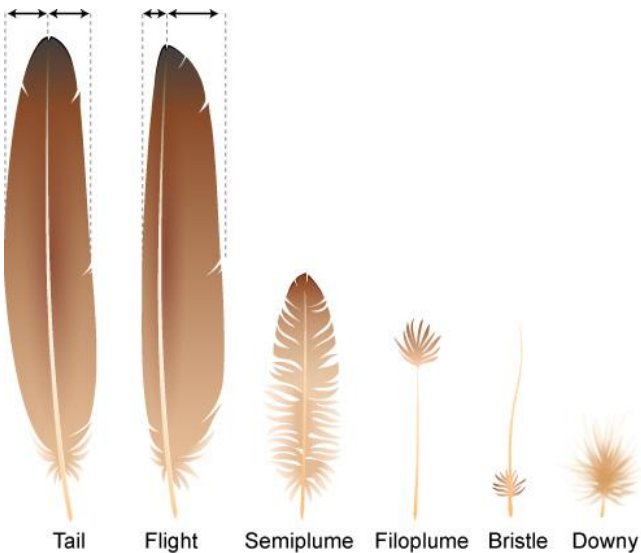
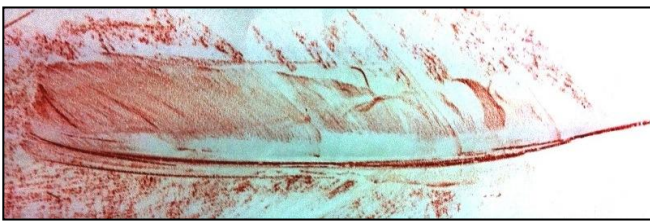
Cia Ellinor, Cronkshaw Fold Farm

# Making links – silky, sleek and soft

Feathers for flying and flirting, fluffy ones for insulation and colours for camouflage. Did you know there are 23 different ways birds use feathers. How many can you think of?

Most people love to find feathers and marvel at their silkiness, softness and colours. Why not spend some more time on a visit to take a closer look at the feathers of the hens, geese, turkeys, ducks, chickens, ducklings or wild birds on your farm? Collect them, stick them on a nature palette, look at them with a magnifying glass, draw them, push them into clay to make imaginary wild beasts, weave dream catchers, take texture rubbings or simply make time in the visit to chat about different uses for different feathers for both birds and people.

Texture rubbing (crayon on paper)



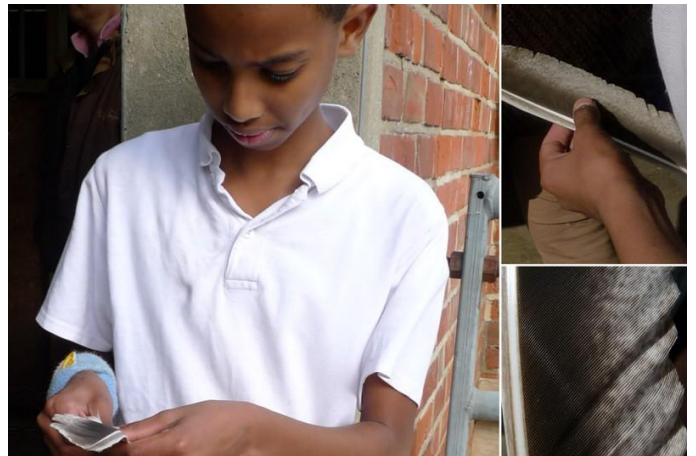
A simple, well explained list of the 23 different uses of feathers and the above diagram are on the ASU's 'Ask a biologist' site <http://askabiologist.asu.edu/explore/feather-biology>

### Did you know?

Woodpeckers have bristle feathers over their nostrils to keep the woodchips out.



This boy was intrigued by the strength and flexibility of the feather... he had never held one before and spent a good five minutes exploring it.



Understanding the form and functions of different feathers can make it more fun to make the links – how many uses do people have for feathers?

1. Downy duvets for warmth
2. Feathers in fascinators for flirting(!)
3. Hollow shafts to hold ink for writing (did you know the word 'pen' comes from the Latin 'penna' meaning 'feather' or 'quill'?)
4. ....?
5. ....?
6. ....?

## Linking visits to seasonal themes

A cold but beautiful bright blue sky day on the Mendips was enjoyed by a group visiting Fernhill Farm in December. So close to Christmas, the sensory rich activities included making festive natural garlands, bird feeders and harvesting willow to make wreaths. Home-made pork sausages and baked potatoes were shared by the group and everyone left feeling inspired and refreshed from their experiences. The organiser said, "This group tend an allotment and enjoy growing their own food but to be able to spend time on a real working farm and understand how farming and nature work together has been a wonderful experience for them, many thanks to LNFYS & Fernhill Farm."

**These wonderful bird feeders would make a great activity most times of the year. Check out the LNFYS photo gallery to see more on this great [visit to Fernhill farm](#).**



## Keep an eye out for our next short film

Mark Howe from Lamplight has been working with Jo North and a group of adults with disabilities from Oak Community Project to demonstrate the way that LNFYS hosts have grown their skills and confidence during the project. We hope that it will assist you to promote your visits this year.



# LNFYs Competitions in 2012



## 1. Public animation competition with Shaun the Sheep

LNFYs, in partnership with Aardman, is running an animation competition until the end of May. The competition challenge is to animate the new LNfYs sound library using one or more of the sound snippets. The snippet(s) can be mashed up in any way! No other sound effects or music to be used and the theme is nature, food and farming. The length: 1 min or less. Keep an eye on the LNfYs website for further details. Please tell your local schools and aspiring animators!

## 2. Monthly film competition for hosts and their families

### "A day in the life of a farm or farmer"

- Feb to June; 5 months - 5 winners
- Enter as many times as you like (different day, different seasons, and different activities).
- All filming is done on the one same day.
- Nature, food and farming are all represented.
- Sensory rich.
- 3 mins or less in length.
- Any music must be copyright free.
- Click [here](#) for more information.



To get you started:

Consider 'You Tube' and what it is that captivates you to watch something on your PC, phone or share on face book.

Could your film be funny, humorous or cheeky? Perhaps awesome, wonderful or "ooooohahhhhhhhhh!"

Most of all...have fun!

## Those special moments...

### **“It made my day to make somebody so happy” by John Alpe**

A group of young people with disabilities enjoyed a visit to New Laud Farm, near Clitheroe, in November. The group watched a cow being milked and felt their fingers being sucked in a cluster, before having a go at ear-tagging lambs. They enjoyed a trailer ride around the farm, stopping to admire some stunning hill top views and were lucky enough to see a new born calf take its first steps before sharing lunch in the farmhouse. In the afternoon a walk across the local river's 'stepping stones' rounded off the visit.

John Alpe, host farmer said, “Some of the group were a little unsteady on their feet. When it came to crossing the river we gave them a hand as it was way beyond their ability to cross by themselves. I'd say they were very apprehensive and a trustful bond was built between as we took one step at a time. Once across it was delightful to see how much pleasure the sense of achievement gave them. In fact we crossed it three times! It made my day to make somebody so happy.”



Concentration is absorbing, the water cold and the hands to help are warm. John Alpe, nearest to the camera, assists his visitor to cross the river. Click [here](#) to view more photos.

### **“I hope we have opened their eyes to the countryside” by Julian Davies**

My eyes are often opened to the real world when we have visits from groups as part of LNFYS. The Stockbridge site is peaceful, except when we host visits from some of the 3500 children who visit the site from April to October, and I do take my work surroundings for granted.

Groups are amazed at the height of the glasshouses (4.5 metres), size of the fields, freedom to run through meadows and marvel at harvesting broccoli, picking peas from the pod, picking potatoes and pulling carrots to take home – sometimes they cannot believe their luck!

We have been using the activity bags in 2011 and in particular the bark rubbing kit, the sticky palettes and the picture frames have been really popular and so simple to use.

Often the highlights are the fruit and cheese tasting. The children taste 6 different cheeses, talk about flavour and texture and then look at a map of the world to see how far they have travelled to reach the shops. The thank-you letters are great and I hope we have opened their eyes to the countryside and they have a better knowledge of how food is produced or failing that at least they now know where Greece is!



## How are we going?



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

**We are over 2/3 of the way there!**

## Visit bookings are coming in for 2012!

Do get going if you haven't already. Start making contacts with groups to book them in for early spring. Remember that we have postcards that can be used as project 'business cards' for you to add in your details and hand out so groups can contact you directly. If you need more postcards please let Carol or Marian know. Carol (LEAF) [carol.cartwright@leafuk.org](mailto:carol.cartwright@leafuk.org) or Marian (Sensory Trust) [letnaturefeedyoursenses@gmail.com](mailto:letnaturefeedyoursenses@gmail.com) for their details. Most importantly, please let your regional co-ordinator know of all up and coming visits, as we need to know of visits in advance in order to pay any invoices received.

## Regional events in 2012 – where and when

It is really important you come along as it is the last regional event for the project and we ask that everyone who intends to deliver project visits in 2012 makes sure that they attend one of these events. **Please confirm your place with Carol in the LEAF office.** We also have places available for non-LNFYS hosts.

Region	Date	Venue	Time
East Midlands	Thursday 23rd February	The Centre of Renewable Energy (CORE) Manor Business Park, East Drayton, Retford, Nottinghamshire, DN22 0LG	1.00pm – 4.30pm
East of England	Friday 24th February	Hainey Farm, Barway, Ely, Cambridgeshire, CB7 5TZ	10.45 - 2.30 pm
Yorkshire	Wednesday 29th February	New Hall Farm, Ardsley Barnsley, South Yorkshire, S71 5EZ	1.00pm – 4.30pm
North West	Thursday 1st March	Crooklands Hotel, Crooklands, Nr Kendal, Cumbria, LA7 7NW	10.30am – 3.00pm
West Midlands	Wednesday 14th March	Aston Hall Farm, White Ladies Aston Spetchley, Worcestershire, WR7 4QJ	10.30am – 3.00pm
South East	Thursday 15th March	Warriner School Farm Bloxham, Banbury, Oxfordshire, OX15 4LJ	11.00am – 3.15pm
South West	Friday 16th March	Church Farm, Church Lane, Stratton on the Fosse, Somerset, BA3 4QY	10.30am – 3.00pm
North East	Please see NW and Y&H	NW and Y&H venues have been chosen to be accessible from the NE, please call Carol to confirm your attendance.	

# The distinctiveness of LNFYS visits – who and what

## 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



## 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](mailto:james.taylor@leafuk.org) or Jen 01726 222900 [jbartlett@sensorytrust.org.uk](mailto:jbartlett@sensorytrust.org.uk).

## Regional coordinators

### West Midlands

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### North West

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