

# Watching the birds

Research earlier this year showed that [watching garden birds is good for your mental health](#). We certainly find it a relaxing break from the hurly-burly of modern life, whether it's while sipping a coffee in the conservatory or out on the hills.



Watching the birds from the conservatory at Homildon Cottage

Here is a list of our sightings over a few days in late June...

Garden: Wren, Blue tit, Great tit, Coal tit, Chaffinch, Greenfinch, Goldfinch, Siskin, Dunnock, House sparrow, Tree sparrow, Robin, Blackbird, Song thrush, Mistle thrush, Starling, Wood pigeon, Collared dove, Blackcap, Chiffchaff, Willow warbler, Pied Wagtail, Nuthatch, Swift, Swallow, Greater spotted woodpecker, Pheasant

Within a few hundred yards of the cottage: Mallard, Little grebe, Moorhen, Crow, Rook, Jackdaw, Heron, Oyster catcher, Curlew, Snipe, Lapwing, Buzzard, Red grouse, Red legged partridge, Skylark, Meadow pipit

Within a mile of the house: Whitethroat, Stonechat, Wheatear, Gold crest, Spotted flycatcher, Sand martin, Grey wagtail

Think this sounds soothing but don't know where to start? The RSPB have made a handy [introduction to birdwatching](#).