Migratory birds have always fascinated people who notice their arrivals and departures, but they are far more than a scientific curiosity. World Migratory Bird Day is a good opportunity to pause and reflect on the interconnectedness of nature. Birds who spend the northern summer months eating insect pests on British and European farms spend the rest of the year playing a role in the ecology of Africa, rubbing proverbial shoulders with elephants, gorillas and antelopes. Hence, if we want the cuckoos, swallows and corncrakes to be harbingers of our spring and summer, we need to ensure their winter habitats remain healthy. So on World Migratory Bird Day, consider how you can help them by helping the primates and elephants of Africa - the Gardeners of the Forests and Savannas that are essential for migratory birds.

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