



Friends

of FOREST FARM COUNTRY PARK
and GLAMORGANSHIRE CANAL
LOCAL NATURE RESERVE

Issue No: 108

June 2018

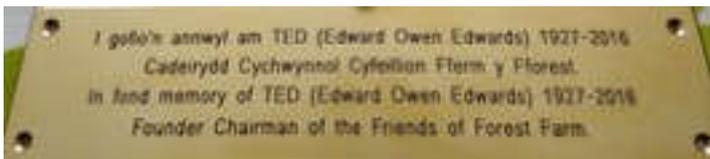
website: www.forestfarm.org.uk

Postcode: CF14 7JJ

“Ted’s bench”

Many of our longstanding members will remember Ted Edwards, the founder Chairman of the Friends of Forest Farm.

‘Ted’s bench’ (the ‘T’ shaped one at Forest Lock), was installed earlier this year. Newer members and visitors may have sat on it and wondered who he was. Now, with the plaque, they know. This is to show you the wording on the plaque and Ted’s daughters sitting on that bench. They have also written to our current Chairman, John Harding, and their letter is reproduced here.



Good morning John.

I am now on my way back home! We visited Dad's bench on a sunny Saturday afternoon and were delighted by the bench and the plaque which reflected the trees above. Such a fitting tribute to a much loved and sorely missed father and friend to you all at Fforest Farm.

We as a family now have somewhere to visit and remember and reflect on a life well lived.

*Diolch o galon i chi gyd
Heartfelt thanks to you all*

*Best wishes for the future
Eryl, Rhian, Delyth and families*

Velindre New Hospital.

At the time of going to press there is nothing new to report. However, in order to keep our members informed, we are reporting on a question raised under Any Other Business at the April AGM - the required notice having been given. It concerned the press coverage around that time that there were difficulties between Velindre NHS Trust and ASDA about reaching an agreement on the access road to the site of the new hospital. The question raised was about our stance if there was no agreement and an alternative had to be found.

The Chairman reported that if there was no agreement, the matter would have to be referred back to the Planning Department with a revised plan. The Friends of Forest Farm Committee would then obtain the view of members and consider that option.

Martin Chamberlain (Secretary)

Editorial

Dear Friends,

Some things are a long time coming to fruition, so its good to report that Ted's bench is in situ with its plaque and the Mary Gillham Memorial Fields are showing some lovely plants and the notice board is now in place (p11) - a formal acknowledgment at Forest Farm which she was instrumental in establishing.

Ranger Alec's report (pp3/4) is full of interest, lots of birds mentioned and showing the increasing biodiversity of plants once they are given a chance. This is in no small part due to the volunteers from many areas who work closely with the Rangers. Forest Farm would be a poorer place without all of them. The Friends' efforts are featured (pp6/7) showing some of the tasks they carry out. Volunteering comes in many forms; John Wilkins has helped on the technical side, Albyn has written a report on our talk on Bats in March. Our sincere thanks to them all.

It seemed an appropriate time to include an article on feeding ducks. Most of us know bread is BAD for ducks - there are better alternatives (p5). Surely it is better to be more pro-active about 'doing the right thing' for conservation? We are making an appeal for people to be alert on the Reserve. In this case, its about possible pollution of the canal. (See P 6).

It would be good to see you at some of the events, but whatever you do, enjoy the summer - it is on its way (we hope).

Sheila Austin

Membership

As mentioned at the AGM in April, 58 Newsletters are still posted, 126 hand delivered by 13 Volunteers, and 230 sent via email (which continues to go up, and it is in colour).

Once again, many members along with their renewal have included a donation to the Friends. This is really appreciated; it will all be spent on the Reserve and also on bird seed as some members have requested.

Also, as ever, a warm welcome is extended to our new members.

**Pauline Fisher
Membership Secretary.**

Sincere thanks go to **John Wilkins**. After volunteering on the Mary Gillham Project, he offered us help to get past copies of the Friends of Forest Farm newsletter digitised.

Some were already on cd and later ones on a memory stick. Previously, Chris James had scanned the first 20 in for us, but there were still quite a number where we only had 'hard copies', but we needed a back-up - just in case!!

So we were delighted to accept John's very kind offer and he is doing the last batch now. We are most grateful to him.

The Committee and the members.

Deadline for articles for next newsletter - 8th August 2018

See back page for contact details

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Reserve Report

Alec Stewart - Ranger

March started out with cold and snow this year prolonging the winter and killing off some of the **frogspawn** in the ponds but toward the end of March there was birdsong filling the air in anticipation of the spring to come. A **great spotted woodpecker** was calling then drumming, and, not to be outdone, the **green woodpecker** chipped in with his distinctive call. Two **little egrets** took up residence for a few days as well, providing good material for the photographers and birders.

Photo: Little egret - Cliff Woodhead



In the farmhouse garden, a **wren** was busy gathering moss off the stone wall and taking it to one of the nest boxes and the first **wildflowers** were beginning to push through and I could smell the hint of **wild garlic**.

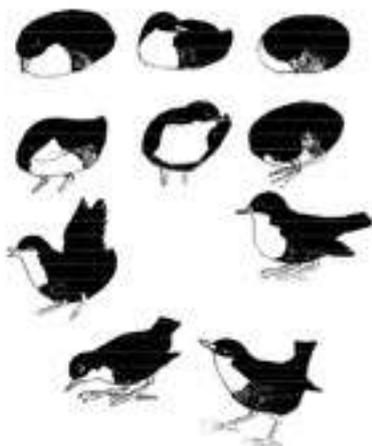
On a morning walk to the hides to check everything was ok, I was greeted with a **charm of goldfinch** warbling away and busy feeding around the path to the first hide. Upon entering the hide the **male and female kingfisher** were already there fishing, I counted 6 dives and 6 fish a very good reward for the effort! Probably the most unusual sighting was on the 29th March when I saw a **ring necked parakeet** towards the BT area of the reserve. I do not think this was an escapee as other sightings have been recorded in South Wales. I think perhaps they are moving from their stronghold in the London area.



Ring necked parakeet.
Picture from RSPB website

April was largely taken up with the RHS show and trying to finish all the ground preparation and **sowing of wildflower mixes** on the Reserve. The Friends were involved and preparing and sowing the beds near the old pig pens with different mixes. It is a bit of an experiment and will be interesting to see what comes through. We have also managed to plant up the garden area of the farmhouse trying to keep the theme as a traditional cottage garden. As I sit here typing toward the end of May, it is really starting to look good.

These sketches of a Dipper were done by Mary Gillham and sent with an article about the Friends trip in 2009. It was at the River Gavenney she saw the dipper, describing it as "one of those rare wildlife treats"



What a turn around in **May**. The weather has been superb with sunny warm days and the plants, insect and wildlife have responded with activity everywhere. Birds are feeding chicks, with a very noisy family of **mistle thrush** showing well, and, for the first time I know of, **dipper** nesting on the Reserve.

I think worthy of a mention is the area known as the "Scout field" which lies across the canal via the lock. We started a programme in 2016 to revitalise this area as it had been taken over by Bramble, bracken and Himalayan balsam. This was drowning out all other plants and decreasing the biodiversity of the field.

Continued overleaf

Reserve Report - Continued

Led by the Rangers a clearance plan was created to run for at least a 5 year period and involves various groups and volunteers including, CCV, Greendays, Cardiff University, exchange students, full time volunteers and many more. To walk into the field this May was a joy, the red campion covered the field and made for a spectacular sight.

It was good to see a positive result from everyone's hard work. This work will continue to ensure the project is a success. I will try to put together a series of pictures covering all the work and get it onto Facebook and the website. Looking closer, you could find

stitchwort, bluebell, ramsons and other wildflowers all coming through and spreading.



The Friends have painted and made **repairs to both hides** and we will continue those repairs through the summer. We have also started to **repair sections of the canal towpath using logs and coir rolls** which seem to have been

successful, so will continue with that through the next few months.

We have just finished our Summer Festival which started with rain but finished in sunshine with families enjoying what Forest Farm has to offer and providing a fun day for all. I would like to express my thanks to the Friends who helped on the day and ran the now famous Pop up Café. Looking forward to October already!

(Thanks once again to Alec for a very descriptive report. How lovely to be reminded that the collective term for goldfinches is a 'charm'. Please also see the photos in the Volunteering on pages 6/7. Photos of the red campion and stitchwort in Scout's field were taken by the editor.)

Summer Activities

Parents (and others) will be delighted to know that not all activities stop during the school holidays.

The Friends continue with their regular monthly activities :

(2nd Sun) *Volunteering sessions* and
(3rd Sat) *Nature walks*.

During August, **the Rangers** have organised a gentle stroll focussing on:

The History and Wildlife of Glamorgan Canal
and
A Bat walk.

See pages 11 and 12 - Events - for details

Possible Autumn Walk for Alzheimer's

A suggestion has been made to organise a walk around Forest Farm in the Autumn in support of a family member or friend.

It would be one of the Alzheimer's Society Cymru's Memory Walks 'Your Walk, Your Way'.

We would need to organise it properly with the Parks Department and Alzheimer's.

If you are interested in helping to organise such an event - or joining in - please get in touch with me. If it works out, there will be details on our Facebook page and in the next newsletter which will be out at the beginning of September.

Contact details: editor@[forestfarm.org.uk](mailto:editor@forestfarm.org.uk)
Mobile 07968625248

*(I saw a link from our Facebook page from the **Canal and River Trust** with the following advice about feeding ducks which I thought would be of interest to our members, or to pass on to others.*

*I'm sure you don't need to be told this, but its helpful to be reminded of the reasons for **not** giving bread to ducks and know what food is best for us to feed to them. This and more information is available from <http://canalrivertrust.org.uk> Ed)*

Why is bread bad for ducks?

With nearly three-quarters of the population throwing their leftover bread into canals, rivers, reservoirs and lakes across the country ever year, we still have a lot of work to do!

5 reasons why bread is bad:

- ducks need a varied diet to be healthy, bread doesn't have much nutritional value and fills ducks up so they don't forage for foods they would naturally eat, which can lead to malnutrition.
- uneaten soggy bread can cause a build-up of bad nutrients which can lead to greater algal growth, spread disease and encourage pests such as rats.
- throwing bread into a canal or river can create overcrowding of bird populations, as the birds will flock to the same location in search of their starchy treat.
- too many ducks or waterfowl in one place can stress the birds and lead to their habitats being damaged.
- it also creates excessive amounts of bird droppings which, along with being smelly and slippery underfoot, can reduce water quality and clog waterways with harmful algae.

6 things you didn't know you could feed to ducks.

We're asking everyone who feeds our ducks to swap their usual white bread for something a little healthier.

1. Sweetcorn

It turns out that ducks are quite partial to a sweetcorn. Tinned, frozen or fresh! Obviously, remove them from the tin first.

2. Lettuce

As a nation we're guilty of throwing away a vast amount of lettuce, especially the bagged variety. Instead of consigning it to the bin, rip it into pieces and treat your local ducks. Rocket, Kale and Iceberg are all great choices.

3. Frozen peas

There's no need to cook them but make sure you defrost them first!

4. Oats

Flapjacks, rolled oats and even instant porridge oats will be a huge hit with ducks.

5. Seeds

Whether you buy bird seed or seeds from the healthy aisle in the supermarket – the ducks will be very grateful for these nutritious nibbles.

6. Rice

Wild ducks will appreciate a handful of leftover rice from a takeaway. Just remember to keep the crispy duck all to yourself. You can also use uncooked rice, both are fine.

What have the Forest Farm volunteers been doing lately?

April 8th

Eleven volunteers turned out on a mild, but overcast, morning to sow lots of seeds at Forest Farm. (When we were sowing seeds this time last year, we were over-heating in just t-shirts and shorts.)

A seed mixture containing twenty-eight native British wildflower species (perennials, annuals and biennials) was sown on the right-hand edge of the meadow opposite the Warden Centre, which will help support bees, butterflies and other pollinators.

Another seed mix was sown in a patch on the edge of the Mary Gillham wetland area.



Five different seed mixtures were sown in a set of "demonstration" beds on the left-hand side of the Warden Centre. The demonstration beds were dug by volunteers from Green Days, and feature some excellent hurdle-fencing by Nicolas, a Spanish student who is working with the Rangers.

It will be interesting to see how well the different seed mixtures grow, and what insects they attract. (I'm certainly curious to see what the "Tuscan Hills" mixture makes of the Cardiff climate.) We'll be posting updates once they start to appear.

Apr 12th

We need your help!

We've become aware of what seem to be instances of 'pollution' in the canal at Forest Farm — patches of 'milky'/cloudy water (not just stirred up silt), typically first thing in the morning. We're not sure where it's coming from, except that it's presumably somewhere 'upstream' (i.e. the other side of Longwood Drive and beyond), since there's no potential source at Forest Farm.

The canal is part of a Site of Special Scientific Interest (SSSI). So, if you see anything like this, please could you report it Natural Resources Wales (NRW), so that they can build up a picture of what's happening and take the appropriate action.

To report an environmental incident to NRW:

- Call 0300 065 3000
- Select 1 for Welsh language or 2 for English language service
- Then press 1 for the 24 hour incident reporting line

Just tell them where you are and what you've seen.

(See <https://naturalresources.wales/.../conta.../report-an-incident/...> for more information about reporting environmental incidents.)

(2 suggestions as to the cause put forward by readers were, sewerage and hand car washes - Ed)

April 18th

As we hoped, there are now bluebells on the section of canal bank that we cleared back in March (see <https://goo.gl/qGSWdN>).

April 27th

The seeds we sowed three weeks ago, in the 'experimental beds' by the Wardens Centre, are starting to put in an appearance.

Taking an early lead is the "Rainbow Annual" mix (alyssum, cornflower, English poppy, coreopsis, cosmos, Californian poppy, baby's-breath, flowering flax and marigold), sown in the bed nearest the road, which gets the most sun.



7th May

A dozen volunteers enjoyed a wonderfully sunny Sunday morning.

Some were painting one of the bird hides.



Others were doing repairs to the paths, and keeping the nearby brambles and bushes under control.



And many thanks to Paul and Richie of the Park Rangers service for their help and support.

(With thanks to **Jon Wallis**. All information and photos have been taken from www.forestfarm.org.uk - Facebook site.)

Bats - the 'Friends' evening talk on 21st March 2018

Lea Likazar, a bat ecologist, originally from Slovenia, gave us a fascinating talk. Bats are legally protected and her main job is to mitigate loss of bat roosts when development work takes place. The presence of bats is often found by looking at their droppings. Bat droppings are crumbly and contain insect parts such as wing cases while the otherwise similar mouse droppings are hard.

The oldest bat fossil is about 52.2 million years old, but this creature seems very similar to modern bats. Their development before this is unknown but shrews also produce ultrasound which bats use for echolocation to find their way and locate prey. They are the only active flying mammal (flying squirrels just glide) and there are 1386 species known, about 20% of all mammal species. 70% are insectivores but other species feed on fruit or blood or even small frogs. Most species are found in the tropics. Indonesia has 175 species for instance, Slovenia 31 and the UK 17. New Zealand has only two native mammals, both bats, but they feed on the ground where they are attacked by rats. One species is now extinct and the other critically threatened.

All the UK species are insectivores, but the Daubenton bat (found over the River Taff) may also catch small fish. It flies low over water feeding on insects mainly. Bats belong to the Chiroptera Order and the UK has two families – the Horseshoe (which echolocate using their specially shaped noses.) and the Vesper (which echolocate using their mouths. Vesper bats have no front teeth so as not to distort their ultrasound calls.) Horseshoe bats hang from their feet from a ceiling, or in the case of the young, hang on their mothers using false nipples. They have special tendons in their feet which lock them in position so they use no energy when hanging. Other species roost in cracks or on walls. 17 species breed in the UK and roost here all year round, but some other species visit for part of the year. Some bat species migrate up to 400 km.

Two species of Horseshoe bats are found in the UK – the Greater Horseshoe bat – about the size of a pear and which weighs about 30g, and the Lesser Horseshoe which is about half the size and weighs 6-7g (a sugar sachet for coffee weighs about 5g).

There are three species of Pipistrelle – the smallest is the 5g Soprano, the next biggest is the Common and the largest is the Nathusius but as this is only about 6g. Species identification is tricky and requires study of their teeth.

There are Brown and Grey Long Eared bats with very long ears. They fly very slowly and quietly in woodland and mainly catch insects resting on leaves. Again both species are very similar and are identified by measuring the ratios of their wing bones.

The largest UK bats are two types of *Nyctalus* – the Noctule and Leisler's Bat. The Noctule bat is 5-7cm (2½ -3 ins) in size and has noisy mating calls in the autumn which are audible to people. The Serotine bat emerges very early from hibernation and the Barbastelle is very black in colour - and very rare - found in woodlands, often roosting in old mines or quarries. The remaining species are the *Myotis* bats which include the Daubenton and the Natterer. This family are very difficult to tell apart.

Bats wings use their four elongated finger bones. The thumb remains as a claw. They have five toes and can arch their heads backwards. Their tails are often connected to their wings and body by a membrane too. Some species catch their prey in the pouch formed by the tail and others catch their prey in their wings before quickly throwing the prey into their mouths. Bats have good eyesight and can see in colour and also have a good sense of smell.

Different bat species have different niches – feeding at different times of the evening or night, flying in trees low down or catching their prey high up above trees for instance. They feed on different insects – the Greater Horseshoe mainly catches dung beetles.



Pipistrelle soprano bat
Photo: Bats of Britain

Different species use different sound frequencies to echolocate and also different changes to the frequency during the call. The call rate increases as they close in on their prey. Frequencies vary from 20Hz - the maximum we can hear - up to 100 KHz. (Bat detectors cost from £200 to over £1000 for the most sophisticated.) Most species also make social calls in a range audible to us. Some moth species can also produce ultrasounds to confuse the bat.

Bats don't like the noise and artificial light of towns or cities. They roost in buildings, or underground but many roost in trees using crevices and holes or even under ivy. They often swarm in autumn prior to mating and hibernation. They require a temperature of 3-8°C and not too dry. They wake up in March or April. Females with young tend to roost together in maternity colonies. The pups are born naked, take 4 weeks to start to fly and at 6 weeks begin to forage for themselves. Even small species of bats can add 2g in weight during a night of foraging! They can live for over 30 years. One bat that was ringed lived 34 years.

There is a Cardiff Bat Group and various other groups in South Wales. There is also a system of Bat Rescue in the UK with bat taxi drivers to pick up injured bats found by the public which are transported to bat carers. The bats are fed on mealworms and water until they can be released.

Albyn Austin

(I'm sorry to say I missed this talk, but my thanks to Albyn for this report. I heard that we had some technical difficulties to cope with. Apologies to Lea and those attending and thanks for your patience and to one of the 'staff' at Ararat for his assistance. Ed)

Do you know what this is - or can you guess?



Photo: Albyn Austin

Its a bee swarm - of honey bees. I've never seen one this close. Peter and Pauline, who look after the hives at Forest Farm, went to have a look. They didn't have a spare hive and in any case, said that its possible the bees will move on of their own accord. They won't harm anyone if they are left alone.

Sheila Austin.

Another chance to go on our coach trip!

In the last newsletter, you would have seen the details for our coach trip to **Westonbirt Arboretum, Tetbury and Malmesbury**. That coach was fully booked very quickly.

However, in view of the continuing enquiries to go on this trip, it has been decided that it will be re-run two weeks later on **SATURDAY 7th July 2018**. *The full details are included overleaf.*

In view of the short time between printing and distributing this newsletter, and the date of the trip, if you are interested please contact Duncan as soon as possible. He can check if places are still available - but he would still like you to complete the form, and include the names of all those intending to go on the trip - and an s.a.e.!

Many thanks.

FRIENDS OF FOREST FARM

COACH TRIP TO WESTONBIRT ARBORETUM, TETBURY and MALMESBURY

ON SATURDAY 7th July 2018

8.30 am. Coach will park outside the **side entrance of Bethany Baptist Church** in Heol Uchaf, Rhiwbina (CF14 6SS). Cars can be parked in the side road just across Heol Llanishen Fach.

8.45 am. Depart and travel to the entrance of the Deri Inn car park.

8.50 am. Pick up at the **Deri Inn**; then along Heol Y Deri to the lay-by in front of Canolfan Beulah.

8.55 am. Pick up **Canolfan Beulah** and then via the Monico lights, to Penlline Road, outside Whitchurch High School and the Royal British Legion.

9.05 am. Pick up at **Whitchurch High School** then on to the bus stop opposite the Holly Bush at Coryton.

9.10 am. Last pick up at the Holly Bush and travel direct to **WESTONBIRT**.

10.30 am. We arrive at **Westonbirt Arboretum** where there are toilet/disabled facilities and a restaurant/café. The rest of the morning will be at your leisure. We meet up again at 1.00pm at the same location where you were dropped off. However we have also organised an optional 90 min. guided tour (£2) around the older part of the Arboretum which at that time will have a very good display of Magnolias. This tour starts at 11am giving you time to use the facilities and have refreshments in the café.

1pm. Coach departs to travel 4 miles to the lovely town of **TETBURY** arriving at 1.10pm. Tetbury is an architectural gem with many of its former wool merchant houses looking as they did 300 years ago. It has many specialist shops including over 20 selling antiques. The 1780 Parish church with its renovated 18th century interior and famous spire will be open on the day. Not to be missed are the Chipping Steps which have extensive floral displays provided by local residents and the Town Council.

3.15pm. Coach will pick us up at the same location as where we were dropped off and take us the 6 miles to **MALMESBURY** where we shall arrive at 3.30pm. Malmesbury known as the Queen of the Hilltop towns is surrounded by the river Avon. It has a 7th century Abbey which adjoins the famous Abbey House gardens. It is lovely to walk along the honey coloured stoned streets whilst admiring the medieval street scene, including England's oldest hotel the Old Bell. If required, you can have an optional £6 special cream tea in the village at 4.30pm (so as not to be late for the coach return).

5.30pm. Coach departs from the same location as where we were dropped off, and we travel back direct to our Whitchurch and Rhiwbina pick up locations. **We expect to be back around 6.50pm**

If you would like to come on this trip please **complete the tear off slip below** and send it, together **with your cheque** made out to The Friends of Forest Farm, to Mr. D.Hockridge at 5, Clos Cromwell, Rhiwbina, Cardiff. CF14 6QN, **together with a STAMPED, self-addressed envelope**, AS SOON AS POSSIBLE. Seats will be allocated in the order of your booking date. **Any queries please contact Duncan** by telephone (Cardiff 20626111) or email (duncan3@hotmail.co.uk). All are welcome. Members of the Probus Club of Cardiff West will be joining us on this trip as usual. You will receive confirmation of your booking, with your seat numbers.

.....Tear off slip.....Tear off slip.....Tear off slip

WESTONBIRT ARBORETUM, TETBURY AND MALMESBURY.
SATURDAY 7th July 2018.

Name Address

Post Code Tele Email

Please book me the following places for this coach trip:-

.....No. Adult/s **on the coach** at £14. = £.....

.....No. Child/ren (under 15) **on the coach** at £10. = £.....

.....No. Adult/s, **group discount entry charge** to the ARBORETUM at £8. = £.....

.....No. Child/ren, **group discount entry charge** to the ARBORETUM at £2. = £.....

.....No. **Optional guided tour** around the old part of the Arboretum at £2. = £.....

.....No. **Optional cream tea** in Malmesbury at £6.00 = £.....

I enclose my cheque made payable to Friends of Forest Farm. TOTAL = £.....

I /we wish to be picked up at Bethany**, the Deri**, Canolfan Beulah**,
the High School**, the Holly Bush**. ****Please circle desired pick up location**.**

Please list names/ addresses of persons, other than yourself, you are booking for. Remember an S.A.E

June 2018 Newsletter



Above (left): Photo of the bogland area of the Mary Gillham Memorial Fields with a good supply of suitable plants in flower including Yellow Flag Iris and Ragged Robin.

Above (right): The new display board for

'Mary Gillham Memorial Fields. Inspiring the next generation of Naturalists'.

Mary was a key person in setting up the Friends of Forest Farm and a long-time member and supporter. She left the Friends some money, part of which has been used for the above project.

AGM - The committee

The current Committee were re-elected en bloc, all having agreed to stay on for another year. Quite a high proportion of us have been Committee members for more than 10 years. All organisations need a bit of 'new blood' from time to time. It's a way of volunteering - and many hands make light work!

We would welcome new members and are happy for people to come along on an informal basis to see how we operate.

Events. June - September 2018

DATE	EVENT
JUNE	
Sun 10th June 10.00 - 13.00	Friends Volunteering Event. ALL WELCOME. Contact Martin on 07952 926145. Meet at the Wardens Centre Forest Farm Rd Whitchurch. CF14 7JJ
Sat 16th June 10.00 - 12.30	Nature Ramble. Meet at the Wardens Centre Forest Farm Road, Whitchurch. CF14 7JJ for a gentle ramble around the Reserve to see the wildlife. Bring your binoculars if you have them ALL WELCOME
Sunday 17th June 10.00 - 12.00	Cardiff Wildlife Detectives for children aged 8-12. Tree identification and activities (bark rubbing and tree games) at Thompson's Park. (Meet at Main entrance Roomily Rd). For more details email Gareth at gstamp@cardiff.gov.uk or phone Community Rangers on 029 2044 5903
Sat 23rd June	Summer Coach trip to Westonbirt Arboretum, Tetbury and Malmesbury. See P.p 9/10 for details.
Sat 30th June from 12.00	Whitchurch Summer Festival Fete On the Common from 12 noon. All being well, we will have a stand there, so come along and say hello.
JULY	
Sun 8th July 10.00 - 13.00	Friends Volunteering Event. ALL WELCOME. Contact Martin on 07952 926145. Meet at the Wardens Centre Forest Farm Rd Whitchurch. CF14 7JJ

Events. June - September 2018 continued

DATE	EVENT
JULY cont'd	
Sat/Sun 14-15th July	Cardiff Wildlife Detectives for children aged 8-12. Wild Sleep Over @ Forest Farm (Fire pit for cooking). For more details email Gareth at gstamp@cardiff.gov.uk or phone Community Rangers on 029 2044 5903
Sat 21st July 10.00 - 12.30	Nature Ramble. Meet at the Wardens Centre Forest Farm Road, Whitchurch. CF14 7JJ for a gentle ramble around the Reserve to see the wildlife. Bring your binoculars if you have them ALL WELCOME
AUGUST	
Sat 4th Aug 13.00 - 17.00	History and Wildlife of the Glamorganshire Canal. A gentle stroll to look at the social and natural history of this fascinating site, with the Community Park Rangers. Meet at the Warden Centre, Forest Farm Road, Whitchurch, Cardiff, CF14 7JJ. FREE
Sun 12th Aug 10.00 - 13.00	Friends Volunteering Event. ALL WELCOME. Contact Martin on 07952 926145. Meet at the Wardens Centre Forest Farm Rd Whitchurch. CF14 7JJ
Sat 18th Aug 10.00 - 12.30	Nature Ramble Meet at the Wardens Centre Forest Farm Road, Whitchurch. CF14 7JJ for a gentle ramble around the Reserve to see the wildlife. Bring your binoculars if you have them ALL WELCOME
Sat 18th Aug 20.30	Bat Walk at Forest Farm Join the Community Park Rangers to discover the bats feeding around Forest Farm using bat detectors. Please bring a torch. Sensible clothing and footwear essential Meet at the Warden Centre, Forest Farm Road, Whitchurch, Cardiff, CF14 7JJ . FREE
SEPTEMBER	
Sat 8th Sept 20.00	Bat Walk at Forest Farm. The Community Park Rangers will bring the bats detectors - all you need is a torch to help discover the bats feeding around the Reserve. Sensible clothing and footwear essential Meet at the Warden Centre, Forest Farm Road, Whitchurch, Cardiff, CF14 7JJ . FREE
Sun 9th Sept 10.00 - 13.00	Friends Volunteering Event. ALL WELCOME. Contact Martin on 07952 926145. Meet at the Wardens Centre Forest Farm Rd Whitchurch. CF14 7JJ
Wed 12th Sept 18.00	Foods of the Forest. Take a pleasant stroll around Forest Farm Country Park and discover some of the tasty treats in Mother Nature's store cupboard at this time of year. Round off the walk by devouring some of nature's delicious delicacies! Meet at the Warden Centre, Forest Farm Road, Whitchurch, Cardiff, CF14 7JJ. £4.50 per person.
Sat 15th Sept 10.00 - 12.30	Nature Ramble. Meet at the Wardens Centre Forest Farm Road, Whitchurch. CF14 7JJ for a gentle ramble around the Reserve to see the wildlife. Bring your binoculars if you have them ALL WELCOME
Sun 16th Sept 19.30	Cardiff Wildlife Detectives for children aged 8-12. Bat Walk Hailey Park (Meet at Radyr Road car park). For more details email Gareth at gstamp@cardiff.gov.uk or phone Community Rangers on 029 2044 5903

Published on behalf of The Friends of Forest Farm and Glamorganshire Canal Local Nature Reserve by Mrs Sheila Austin, 1 Heol Gwrgan, Whitchurch, Cardiff CF14 1PP. Tel: 02920 614245 email: editor@forestfarm.org.uk
The Editor wishes to state that all views expressed by contributors are their own, as is the responsibility for them.