



Friends

of FOREST FARM COUNTRY PARK
and GLAMORGANSHIRE CANAL
LOCAL NATURE RESERVE
Issue No: 98 December 2015

website: www.forestfarm.org.uk

Radyr Weir Hydro Scheme



Delivery on site of 2 Archimedes screws. A milestone in this scheme to generate renewable energy from the power of the Taff. The site is on the edge of Forest Farm Reserve.



Above: One on the low loader after its journey from Holland.

Right: On site - after being swung round.

Far right: View from Radyr



Photos: On site by Sheila Austin; from Radyr by Barry Clarke. We took quite a lot and will get some uploaded on our website.

Once in place, the screws will be commissioned and it is hope to start limited generation of electricity on 17th December. When the works are completed, the site will be replanted, the Taff trail reinstated without the current diversion and there will be picnic tables and information about the scheme.

Our Open Day

What a great day we had!

Some visitors at the Wardens' Centre

(see more on pages 7/8)



Wishing you all a merry Christmas and a Happy New Year

**Meet Martin
10.00**

**for a Post Christmas Walk.
Wardens Centre**

**Sunday 10th January.
Forest Farm Rd., Whitchurch**

Editorial

We've had two big events this quarter. Chronologically first, a very successful Open Day in October with over 200 people visiting. It did make us feel it was a celebration of our 25 years as the Friends of Forest Farm - especially when the cake arrived!

The delivery of the Archimedes screws for the Radyr Hydro Scheme was quite an event too. This is a Council run and funded project, but as its on the edge of the Reserve, we've taken a close interest. We are looking forward to its completion in 2016 and the departure of all the machinery!

Its nearly the end of another year and a time of seasonal good wishes. So it is appropriate to use this opportunity to thank the Rangers for all their hard work - and we can't do our volunteering without them! Thanks to all volunteers with the Friends, Cardiff RSPB and other groups who come on an ad hoc basis, people who lead walks, write articles, provide photos, deliver our newsletters, help provide refreshments, make extra contributions to provide bird seed and to you - the 382 members who support us. I wonder if we'll make it to 400 in 2016?

I hope you enjoy this newsletter and welcome any feedback especially if you know about Forest Farm Dairy! (P11) Contributions for future editions also welcome.

With very best wishes for a Happy Christmas and New Year.

Sheila Austin

Winter Evening Talks 7.30 p.m.
January 20th and March 16th
 Ararat Church
 Centre for the Community, Plas Treoda,
 Whitchurch CF14 1PT
 Refreshments
ALL WELCOME
 See Events for details

Membership

After another very successful Open Day, 7 new members joined, and many current members renewed.

Our membership is now 382. We have also received via pay pal our first member with an American address.

A very warm welcome to you all.

This is our highest membership ever, so thank you to you all new and old members for supporting the Friends.

Pauline Fisher
Membership Secretary

All photos from Forest Farm cd unless otherwise stated.

Deadline for articles for next newsletter - 8th February 2016
 See back page for contact details

Contents	Page	Contents	Page
Reserve Report/Steve's story	3	Forest Farm Volunteers report	8
Cardiff and District RSPB Conservation Volunteers Report	4/5	Big Garden Birdwatch/Friends Evening Talk	9
Photo competition winners	5	OPAL Worm Survey	10
Nature Walk/Stella Wells	6	Forest Farm Dairy	11
Friends Open Day	7/8	Events	11/12

Reserve Report

by **Paul Davies - Countryside Warden**



A member of the public was sitting in the hide next door to the Wardens' Centre and was quite shocked when a Sparrowhawk dived down onto a small bird on the feeder, grabbed it and then flew straight in through the hide window into Steve from Newport - who had quite a fright! In a second, it was gone.



Teal

On a visit to the hides recently I was fortunate to see a pair of Teal on the pond. A Little Grebe was fishing and several Common Snipe were feeding

on the scrape, along with a Heron and Mallards. A

Kingfisher landed on one of the perches and a Water Rail was feeding on the island.



Siskin

A flock of Siskin was feeding on some Alder cones and on the next tree, a flock of redwing. It was like a curtain going up with everything happening at once; another time you may see nothing.

Concerning the Ranger Teams move to the former BCTV building at Forest Farm, preparations for the move are well underway though various works have to be completed before they arrive in January.

Finally, a big thank you to all who have contributed towards the bird seed through the year and to those who have helped lead various walks and events on the Reserve.

This is Steve Turner's story about his close encounter with the Sparrowhawk!

It happened on Saturday 31st October in the hide by the Wardens Centre. I was in the left hand window by the door. Jenny was next to me, then Liz James and at the last window by the wall, a man and woman. The first thing I knew was Liz and Jenny said "Wow, what's that?" I was looking through my camera lens at the time, so I lifted my head up and saw something coming towards me at speed. A large bird flew through the window and hit my left arm, turned, flapped it's wings a few times hitting my left hand and camera lens then flew off.

It happened in a matter of a few seconds and it was only afterwards that we realised what had happened. Liz and Jen had seen a Sparrowhawk diving towards it's prey, a Nuthatch. It caught it but obviously was going too fast or maybe made a misjudgement because it ended up by me through the window.

**Cardiff and District RSPB Group
Conservation Group**

. . . Doing something positive

On our return from the summer break, we were rather blown away ... two areas of approximately 10 metres wide, which contained many mature trees had been felled and the ground cleared.

A statement from the contractors (Fountains) for The National Grid say this was to ensure that the overhead electrical line system operates safely. This statement is rather strange as in the past only trees in direct line of the power cables were ever removed; none of these did so. A further statement implied this work was planned at a time of reduced disturbance of resident species - in fact the work was carried out some time between July and September still in the breeding season.

A group of trees that was felled held roughly half of our nest boxes on this section of the Reserve. These have been monitored for 20 years (see R - photo of trees)



M4 is on the left of the picture up the embankment. Ed

After walking the site and surveying the destruction, we got down to the work in hand which was clearing the Himalayan Balsam which is not an unattractive plant, but is very invasive - soon smothering other plants. It will grow in excess of five feet tall. There is plenty of evidence of this along the river bank and feeder canal. Being a succulent, this plant is fairly easy to tackle - you just pull it out, though you do need plenty of helpers for this task. We did have a good turn out for the start of our Autumn programme and as luck would have it, the Balsam had not started to set seed due to the late Spring perhaps. A good morning ... apart from the destruction of the habitat.

**Conservation work will be held on the following Saturday mornings
10.30 - 12.30p.m. at Forest Farm, Longwood Drive, Whitchurch.**

- | | |
|----------------------|--|
| January 30th | Clearing dead wood & thinning out trees
Middle entrance |
| February 27th | Scrub/coppicing |
| March 19th | Clearing undergrowth/checking for dumped rubbish |

The group works for a few hours during the morning, roughly once a month. It is not particularly strenuous - similar to an active gardener (you work to your own level). If you feel you would like to get involved ... just turn up, or better still give me a ring.

Hugh Harrison 029 20704889

Hugh wrote to the Council to express his dismay about the tree felling and received a reply. The works were described as 'essential' by National Grid. 'A significant number of trees were...within 4 metres of the cables and deemed unsafe'.

The involvement of the Council's staff was outlined in highlighting the sensitivity of the site, its usage and they 'managed to reduce the works slightly, minimise the size of equipment used, ensure good practice' and that the work was not done in the nesting season. They had 'highlighted the bird and dormouse boxes which were on site and the work was carried out under the supervision of an ecologist provided by Fountains at our request.' New boxes will be provided; 'the area will regenerate and has the potential to return to being valuable habitat for biodiversity in the future.'

As you have read in Hugh's report (above) some of the content of the letter is disputed.

Hugh, and the volunteers who help him, have worked for over 20 years in this area and continue their efforts to help maintain biodiversity in the Reserve. I would like to take this opportunity to thank them.

Sheila Austin

An on-site meeting was promised and the Conservation Officer and Woodland Management met with Hugh in mid - November Ed

News snippet:

Canal biodiversity survey (conducted by FROG) - the report is being drawn up at the moment.

Photo competition

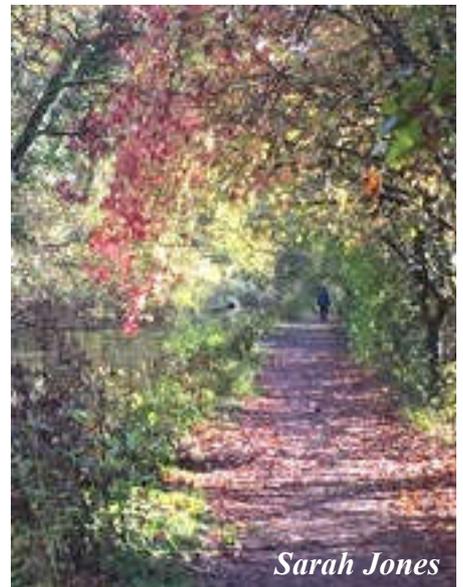
The Winner

A Southern Hawker in midflight



Steve Bright

*Runner up
- with a
photo of the
canal path
in the
Autumn.*



Sarah Jones

We would like to thank all those who took the trouble to enter our photo competition. All had elements worthy of commendation. The vast majority of the photographs were a great selection of the birds, animals and insects on the Reserve. We were a little disappointed not to have any entries from under 16's (perhaps next time - if we do it again?), hence a prize was awarded to the photo judged 'runner up'.

Nature Walks - Forest Farm Country Park
The September walk - by Elaine Olsen



Eight walkers accompanied me on the wonderfully sunny walk this morning. At the hide next to the Wardens Centre we were greeted by Coal, Blue and Great Tits, the more exotic Nuthatch, as well as the commonplace Pigeons and Dunnocks.

As we approached the pedestrian Taff crossing near Radyr train station, some of us were lucky enough to get a fleeting glimpse of a retreating Kingfisher. The Grey Wagtails dallied a while to allow everyone to get a view.



Nuthatch
photo by Steve Turner



Buzzard

Off to the first hide for another momentary sighting of the Kingfisher, a Reed Warbler lingered at the front of the reeds, bobbing about. The Kingfisher sped past again at the second

hide, while a Great Tit landed on the window in order to make our acquaintance and we had a stunning view of a Buzzard.

Ducks and young Moorhens were in evidence on the canal, we saw Goldcrest in the trees and and near to the wild flower meadow, butterflies, Tortoiseshell and Speckled Wood.



Goldcrest

We returned to look at the pond behind the Wardens Centre and saw wonderful displays of Emperor dragonflies.

Stella Wells

For those of you who do not know, Stella, sadly, died in September. **Hugh Harrison** has kindly given me the following information.

Stella was an active member Cardiff RSPB group. Over the years she took on roles such as sales officer (then the group's main source of fundraising) and at some stage, a youth leader - helping at that group's meetings. She would also step in and give a talk when a speaker was unable to attend the meetings. Pressure from work resulted in her reluctantly stepping down from the Committee, very much a great loss.

After retirement, Stella was involved with the group again, leading the monthly RSPB walks at Forest Farm. Saturday mornings soon became a stroll through nature, not just identifying birds but reflecting her keen interest in all aspects of natural history ... many members of the RSPB and Forest Farm will have fond memories of Stella.



I would like to add the following. The Friends have missed Stella's interesting nature walks - and her extensive knowledge. Her lovely reports for our newsletter were a delight. Her was commitment clear. She even came to the Reserve by train to Radyr one winter when the snow was causing problems on the roads, only to find no-one else had turned up! She took this in her stride and enjoyed her walk around the Reserve anyway - in the peace and quiet. She is indeed sadly missed, but I for one feel privileged to have known her.

Sheila Austin

Our Open Day 11th October

"The whole experience at the Forest Farm Open Day was great!

I was disappointed that the kids didn't want to drink brown apple juice from the press as we entered, they didn't know what they were missing!



A selection of the traditional apples grown in our orchard and used for pressing - tasting samples available to all!

Lovely to see the beautiful array of birds* with stunning markings and to stroke their soft feathers... The eggs were delicious too.



Linda (right) from Onllwyn Eggs holding one of her prize winning fowl in front of a group of admirers.

Next came the pond dipping and using the reference charts to identify what we gathered in the net. This was by far where the most fun was to be had - according to Ben and Hollie, (No, not the ones off the T.V.....these two came a bit before!!), so to drag them away for the worm survey was a bit of a challenge but we got there. Both were fun AND educational - so much so that we were even inspired to continue our research at home, especially with our free charts and magnifiers to help. We learnt how to identify different breeds and between juvenile & adult worms.

I did have a chuckle to myself however, as the lady who was conducting the survey teamed us up with another mum and her daughter (unbeknownst to us prior to this), and collectively grouped us as "your family". Perhaps identifying different breeds of worms CAN be easier sometimes?! :-). After this we did a soil test for lime using vinegar. (So now I know this test, might I be able to determine if I can grow different colour hydrangeas??) ;-)

Ben says " Well I wanted to dig my own hole but I didn't and we had a lump of dirt and we dug through it to find worms. We were the best because we found the most grown up worms. Next we put dirt into a tub and added vinegar and it fizzed a lot"

Mia Eliya Goodenough

(* These were the prize winning domestic fowl brought along again this year by Linda from Onllwyn Eggs).

What a fantastic Open Day we had! Our estimate was that over 200 came along; we even had a queue waiting before we were ready to 'open for business'. And, by the end of the day we had 7 new members - a warm welcome to you.

Barbara Brown conducted the earthworm survey - Fascinating for children of all ages (see above and P.10)

Apple tasting - both the apples and the juice - was very popular. John had trouble keeping up with the demand as its quite a time consuming business.



Matt was there with his corn snake which always attracts a lot of attention. There was pond dipping, and Martin led a walk around the Reserve. Sarah Lart from Seren Willow (see left) helped the children to be creative with willow, which they really enjoyed. - and made some lovely things.

Peter 'the bee man' showed us how hives were constructed and brought along some delicious honey to taste. Unfortunately, due to the poor weather this year, sufficient quantities were not available for sale on the day.



Finally, the winners of the photo competition were announced; then we had a wonderful surprise. Steve and Jenny Turner brought along a cake decorated with our logo to celebrate 25 years of the Friends of Forest Farm. We didn't just admire it - we ate every scrap between us!

We'd like to thank everyone who came - especially those who helped us, not forgetting Paul Davies the Countryside Warden based at Forest Farm for his help on the day.

Friends Volunteer Days by Albyn Austin

11th October 2015

On a lovely dry day eight of us set to work gathering up sedges and reeds that had been cut back by the Rangers at the hides in the week. Two rangers supervised us and wore wellingtons so they could remove cut foliage from the pool. Some of us painted the outside of one of the hides and others chopped down alder saplings before they had a chance to take over the wetland area. Another useful morning's work with coffee and cake provided!



14th October 2015

On a dry but sunny Wednesday four of us assembled at the warden's centre for a **midweek volunteer morning for those who can't make weekends**. Under ranger Paul's supervision, we cleared brambles and thinned saplings, self set trees and bushes from the grassy area between the footpath and the bridle path beside the allotments. The idea was to help prevent the native trees planted in this area being swamped by hazel and brambles. It also enabled pedestrians to see the spectacular show of wild flowers* visible at present along the edge of the field. These have been grown to provide winter feed for the birds and small animals.

(Sadly, cows have since got into this area and the 'spectacular show' is no more. Ed)*



30 and 31 January 2016

The next RSPB Big Garden Birdwatch

From 14 December 2015, you can sign up for your free Big Garden Birdwatch 2016 pack. Keep checking the website (RSPB.org.uk) for further information and details. The following is taken from that website.

“In 2015, over half a million of you took part to count more than 8.5 million birds, and we hope in 2016 even more of you will join in.... the results showed an increase in most of the top 20 birds compared with 2014 results.

However the picture is more complicated when looked at in detail. Our finches; chaffinch, goldfinch and greenfinch were all down on last year. This is likely to be because of a good seed crop following a productive summer out in the countryside taking these birds away from our gardens.

So, there aren't any new alarm bells ringing about finches, but this does continue a long running decline in greenfinch numbers of 53 percent since 1979. This ... is likely due to Trichomonosis a disease which can be contracted at garden feeding stations - so it's good to clean them every now and then.

We also had fewer of our charismatic winter migrants like redwing and waxwing this year, most likely because conditions were good on the continent over winter and they were quite happy to stay there.

Real winners included the wren which was reported double the number of times compared to last year. Blackbird also rose to claim the number three spot this year, with sightings in more than 90 percent of UK gardens. The much loved robin also did well with sightings ... at their highest level per garden since 2011. These birds will come into gardens during cold conditions and keep coming back if they find a reliable source. “

“Wildlife Friendly Gardening” - our November evening talk by Marc Carlton

I'm sure you knew that our gardens are some of the best wildlife sites, mimicking woodland edges and flower meadows. Marc made us think about gardens from the birds and insects view; trees as nest sites, hedges as hiding places and wind protection, flowers and their seed heads as food, paths for bird dust baths and lawns for feeding. Insects see paths, soil and lawns as nest sites; dead stems make ideal homes for them to overwinter.

He gave us lots of tips. Carefully choose plants. Most bedding plants are bred to last all summer, are drenched in insecticide and grown in compost removed from endangered peat bogs. **Grow open flowers** that insects can feed from. **Teazels** are good for goldfinches; (the poisonous) **Spindle berries** popular with many birds; **Buckthorn** for Brimstone butterfly caterpillars; **Hawthorn and Guelder Rose** good wildlife friendly shrubs. **Plant perennials and shrubs**, use **tall and short plants in borders** to mimic hedgerows and provide niche sites for insects. The Royal Horticultural Society website has a “perfect for pollinators” section with more suggestions.

Other suggestions are: **install a pond**, even a small one, to provide water for birds and encourage frogs, newts, dragonflies etc. **Avoid fish** as they eat tadpoles and insects. **Do weed and manage** the beds. **Reduce digging** - this encourages mycelium nets which promote plant growth, **use mulches** in preference, if possible. **Do not use insecticides**. If you must use **slug pellets**, use **organic ones or the nematode preparations**.

Marc has his own website see: foxlees.com or “Google” “thepollinatorgarden” with lots more ideas, links and sections on things like managing a “Bug Hotel”

***Albyn Austin
with a little 'pruning' from Sheila!!***

OPAL Worm Survey - report by Albyn Austin

10th October, the Friends very busy Open Day, and Barbara Brown of OPAL*, kindly came to the Wardens Centre to conduct a worm survey involving some enthusiastic children.

Barbara roped off a small area of grass on the edge of the orchard. The children then danced on the soil, causing worms to come to the surface as they think the vibration means it is raining. Barbara then dug out a 20cm square, 10cm deep clod of soil, which was put in a plastic bowl and we all began to search for worms. All mature worms have saddles but young worms don't. Mature worms went in one box, youngsters in another. It was surprising to find some large worms were youngsters but some very small worms were adults! An OPAL chart was used to record numbers, lengths and colours of each were recorded and to identify 12 of the more common types.

Deep burrowing worms are enticed to the surface by mixing mustard powder with 750ml water and tipping it into the hole. We noted how long it took the water to drain. None of our pits drew any worms up this way - all ours were very near the surface! Well done to the children.

We also carried out simple tests recording information on the amount of roots, bricks etc in the soil, soil dryness, acidity, soil texture, smell, colour, whether it fizzed when vinegar was added to it, and what other creatures were present, e.g. ants and woodlice.

(The UK has 27 species of earthworms; their distribution is not understood. As worms are vital to maintaining healthy top soil, it is important to find more about this in different soils and the number of worms present. Also we need to find out where the New Zealand flatworm is found. This was accidentally introduced into the UK in garden plants and eats earthworms, almost completely destroying them and causing huge long term degradation of the soil. It is not known if all the areas where it has established itself have been found or if it has spread to other areas. So far none have been found in Wales.)

**OPAL (Open Air Laboratory) - a programme to increase interest in the local environment and use citizen science to collect important scientific data. They produce excellent booklets on how to carry out their experiments - these can be downloaded from the web. See www.opalexplorenature.org Other experiments look at tree health, and air quality using lichens and tar spots on sycamore leaves.*

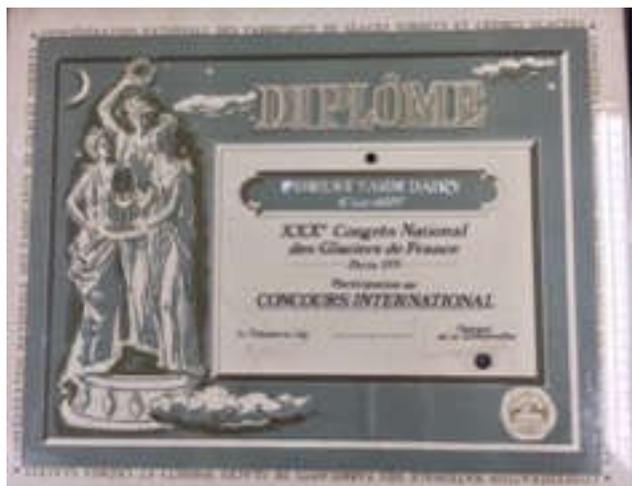
Alternatively Barbara is visiting schools around Cardiff to carry out projects and we hope she will run a session for the Friends in the next few months.



News snippet:

Melingriffith Water wheel.

You will be well aware that this has been out of commission for some time. However, Penybryn Engineering are poised to go on site and, weather permitting, the repairs should be completed shortly.



Forest Farm Dairy

Does anyone know anything more about this dairy, or the award of this diploma by the 30th Congrès National de Glaciers de France in Paris in 1971?

The diploma was bought at an Antique Show in Clydach, Swansea 12 years ago and has now been acquired by the Friends of Forest Farm through the good offices of Duncan Hockridge.

We understand the dairy was so named as it was opened by Mr. Spence Thomas who lived at Forest Hall and ran Forest Farm at Melingriffith.

If anyone does have any more information, we'd be delighted to hear from you. Either contact myself, Duncan or one of the Committee members or go through our website www.forestfarm.org.uk

Sheila Austin

Sightings? Photos?
 Stories? Reminiscences?
 We welcome ALL contributions -
 don't be shy, please send them
 Contact details bottom of P12

Fancy a few enjoyable hours outside
 and doing something useful?
 Join in volunteering with the Friends of Forest
 Farm one Sunday and/or Wednesday a month
 (contact Martin 07952 926145) or Cardiff and
 District RSPB Conservation Group one Saturday
morning a month (contact Hugh 02920 704889)

Events at Forest Farm - from December 2015

DATE	EVENT
Wed 9th Dec 10.00 - 13.00	Friends Midweek Volunteering Event. Meet John at the Wardens Centre Forest Farm Rd Whitchurch. ALL WELCOME
Sun 13th Dec 10.00 - 13.00	Friends Volunteering Event. Meet at the Wardens Centre Forest Farm Rd Whitchurch Contact Martin on 07952 926145.
Sat 19th Dec 10.00 - 12.30	Nature Walk. Meet at the Wardens Centre Forest Farm Road, Whitchurch for an accompanied walk around the Reserve to see some of the birdlife.
Sat 19th Dec 10.00 - 12.00	Wildlife Watch Club for children aged 8-12 Xmas Craft. Make something festive for the season. For more details email Gareth at gstamp@cardiff.gov.uk or phone Community Rangers on 029 2044 5903
Sun 10th Jan 10.00 - 13.00	Post Christmas Walk. Come and walk off some of that Christmas food! Meet Martin at the Wardens Centre. Refreshments available.
Wed 13th Jan 10.00 - 13.00	Friends Midweek Volunteering Event. Meet John at the Wardens Centre Forest Farm Rd Whitchurch. ALL WELCOME

Events at Forest Farm - January to mid March 2016

DATE	EVENT
Sat 16th Jan 10.00 - 12.30	Nature Walk. Meet at the Wardens Centre Forest Farm Road, Whitchurch for an accompanied walk around the Reserve to see some of the birdlife.
Sun 17th Jan 10.00 - 13.00	Friends Volunteering Event. Meet at the Wardens Centre Forest Farm Rd Whitchurch Contact Martin on 07952 926145.
Wed 20th Jan 19.30	Evening Talk “Edwardian Parks of Cardiff” by Rosie James. meet at Ararat Church Centre for the Community, Plas Treoda, Whitchurch CF14 1PT. Refreshments. ALL WELCOME
Sat 23rd Jan 10.00 - 12.00	Wildlife Watch Club for children aged 8-12. For more details email Gareth at gstamp@cardiff.gov.uk or phone Community Rangers on 029 2044 5903
Sat 30th Jan 10.30 - 12.30	Cardiff Conservation Group Volunteering - Clearing dead wood and tanning out old trees. Meet Hugh - Middle Entrance Longwood Drive Whitchurch See P4 for details
Wed 10th Feb 10.00 - 13.00	Friends Midweek Volunteering Event. Meet John at the Wardens Centre Forest Farm Rd Whitchurch. ALL WELCOME
Sun 14th Feb 10.00 - 13.00	Friends Volunteering Event. Meet at the Wardens Centre Forest Farm Rd Whitchurch Contact Martin on 07952 926145.
Sat 20th Feb 10.00 - 12.30	Nature Walk. Meet at the Wardens Centre Forest Farm Road, Whitchurch for an accompanied walk around the Reserve to see some of the birdlife.
Sat 27th Feb 10.00 - 12.00	Wildlife Watch Club for children aged 8-12. For more details email Gareth at gstamp@cardiff.gov.uk or phone Community Rangers on 029 2044 5903
Sat 27th Feb 10.30 - 12.30	Cardiff Conservation Group Volunteering - Scrub coppicing/clearing. Meet Hugh - Top Entrance Longwood Drive Whitchurch See P4 for details
Wed 9th Mar 10.00 - 13.00	Friends Midweek Volunteering Event. Meet John at the Wardens Centre Forest Farm Rd Whitchurch. ALL WELCOME
Sun 13th March 10.00 - 13.00	Friends Volunteering Event. Meet at the Wardens Centre Forest Farm Rd Whitchurch Contact Martin on 07952 926145.
Wed 16th March 19.30	Evening Talk “ Biodiversity in South Wales” by Richard Winston. Meet at Ararat Church Centre for the Community, Plas Treoda, Whitchurch CF14 1PT. Refreshments. ALL WELCOME.
Sat 19th Mar 10.00 - 12.00	Wildlife Watch Club for children aged 8-12. For more details email Gareth at gstamp@cardiff.gov.uk or phone Community Rangers on 029 2044 5903
Sat 19th March 10.00 - 12.30	Nature Walk. Meet at the Wardens Centre Forest Farm Road, Whitchurch for an accompanied walk around the Reserve to see some of the birdlife.
Sat 19th March 10.30 - 12.30	Cardiff Conservation Group Volunteering - Clearing undergrowth/checking for dumped rubbish. Meet Hugh - Middle Entrance Longwood Drive Whitchurch See P4 for details

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 02920614245 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.