



Velindre Cancer Centre A proposal for a New Hospital

(This article, written by our Secretary, was given to Velindre and their additional comments are included at the end.)

For almost 20 years Forest Farm has had the threat of a major housing development being built in the Hospital Meadows adjoining the Reserve. This would obviously cause major environmental damage to the Reserve and we have been unsuccessful using our limited resources to overturn the planning permission.

In our March newsletter, I wrote about a meeting held with Velindre NHS Trust on their plans for a new Hospital; the area where previously the replacement for Whitchurch Hospital was planned.

However, after looking into their future needs and the changing methods of delivering cancer services, Velindre have found that the proposed site does not meet their requirements. (* See comment 1)

They are now putting forward a proposal to use the area of the Hospital Meadows, which already has planning consent for housing, for their new hospital. (* See comment 2)

A Maggie's Cancer Centre is also being proposed for the site.

In an ideal world we would prefer to see no development of this area and have it integrated into the Reserve; however this is not going to happen.

At our July Committee meeting, Velindre presented their thoughts on how the new hospital would fit into the environment. The Committee's overall initial view is that a new hospital would be better than housing. However these plans come with major change to the existing plans.

Continued on Page 4

Radyr Hydroplant opens!

On 26th July, Cardiff's first hydroelectric scheme at Radyr Weir was formally opened by Councillor Ramesh Patel.



For the past year, the Friends of Forest Farm have been keeping a close eye on the Radyr Hydroplant scheme - and trying to keep you as up to date as we could with a quarterly newsletter!

Pictured above for this auspicious occasion are (left to right) Cllr Susan White Llandaff North, Cllr Mitchell Chair of Environmental Scrutiny, Cllr Ramesh Patel is Cardiff Council's Cabinet Member for Transport, Planning and Sustainability, Cllr Ben Thomas Whitchurch.

Members of the Council's Energy Management Team, Dawnus Construction and members of the public also attended and were able to have look round

The new hydroplant is on the Taff by Radyr weir, i.e alongside Forest Farm Nature Reserve. Two 3.5 metre wide Archimedes screws have been installed and are expected to generate 1.8m kWh per year, saving 785 tonnes of CO₂.

Continued on Page 3

Editorial,

Hello again! I hope you are able to get out and about in the (current) lovely weather.

There are two big 'news stories' for us. The opening of the Radyr Hydroplant on the River Taff just over a year since work started. It's open, it's working, the machinery has gone, and the Taff trail is back in use! It won't be long before things grow back. However, THE big issue for us now is the proposal from Velindre NHS Trust to build their new hospital on part of the Hospital Meadows. As this edition is being prepared, planning - and the detail of how it will affect the Reserve - is at an early stage. The Trust is keen to consult and work with the local community and have already made an initial presentation to our Committee. Please do read about this, take all opportunities to learn more and let us know what you think.

Thanks go to Ranger Gareth for the butterfly and moth count, to Duncan for another successful coach trip and Barry and Pam Clarke for their report, and Albyn Austin for telling us about one of our winter talks (about coal tips!). The 2016/7 talks begin in November with one about hedgehog conservation. Before that we have our Open Day and the Rangers also have a number of interesting events being held at Forest Farm. Don't forget the regular volunteering and nature walks as well.

Speaking of volunteering, Hugh Harrison, an RSPB member, is a great example to us all for his commitment to the Longwood Drive section of the Reserve over 20 years. Many thanks to him - but we really do need more volunteers to help maintain the Reserve. The Rangers do need us - can you help?

With best wishes

Sheila Austin

Membership

Our membership currently stands at 387, with a couple of new members; one has an Australian address!

Thanks to you all for your continuing support.

Pauline Fisher
Membership Secretary

A
date
for
your
diary

Friends of Forest Farm Open Day

Saturday 8th October

Wardens Centre Forest Farm Rd. CF 14 7JJ

10a.m. - 4 p.m.

Fun and activities for all the family.

Refreshments

Deadline for articles for next newsletter - 8th November 2016

See back page for contact details

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Reserve Report

by **Paul Pinnell - Ranger**

The Rangers have been busy around the Reserve, as you can see, but there is a lot being done 'behind the scenes' as well; clearing some shrubs, trees and making habitats to encourage all the creatures and birds to thrive. Also we will be repairing more of the tow path soon. The Friends of Forest Farm have bought the Rangers some scalplings and dust to repair the towpath (Thanks!)



Photo: Martin Chamberlain.
Japanese Knotweed on the Reserve.

In October we have got CCV to help us cut back the reed beds around the hides. Also, the Rivers group will be helping us remove a lot of trees and wood from the canal to carry on the good work done on the Friends of Forest Farm volunteer work days earlier in the year. Volunteers from the Friends and other groups and the Rangers of course turned out - the number was impressive, so come on Friends - more volunteers please!

The Rangers have rotovated either side of the field opposite the Wardens' Centre and on another Friends volunteer day we raked and spread the wild flower seeds and how beautiful it looks. Take time out and see the variety of bees, insects, butterflies there are and after pollination - and later in the year - the birds will eat the seeds. It's a win/win situation!

The Japanese knotweed on the Reserve is going to be mapped out by the Rangers and the Friends. Then, those with the necessary licence will spray it. It will then be monitored every year to eventually get rid of it all.

See page 5 for how you can help to eliminate this and other invasive species

Radyr Hydroplant - cont'd

Members of the Council's Energy Management Team, Dawnus Construction and members of the public also attended and were able to have look round.

There is also a new fish pass with resting pools. This was funded in partnership with Natural Resources Wales with a specially designed channel for eels and lampreys.

The area around the hydroplant also has a new picnic area (and one hopes the litter bins will arrive soon ...). There will be opportunities for schoolchildren to visit and learn about hydro-electric power.

As you know this scheme necessitated closing part of the Taff Trail while the work was being carried out, but it is now fully open again.



Photo shows part of Radyr weir (far left), the channel for eels and lampreys, the new fish pass and then the 2 Archimedes screws (far right) with the ancillary buildings for generating electricity and monitoring the fish behind.

Velindre - cont'd from front page

As mentioned above, the existing planning permission is almost 20 years old and included a roundabout on Park Road to allow access to the Whitchurch Hospital site. Velindre have undertaken traffic surveys on Park Road and have identified that the road is now, or will shortly be, at capacity.

They are, therefore, proposing to build a new road from the Coryton Interchange directly into the new hospital. This would mean losing part of the disused railway cutting and the top meadow with the road following the edge of the railway cutting. (* See comment 3)

Planning is at an early stage. (*See comment 4)

As a Committee representing our members, we need to hear and understand your views so we can present these to Cardiff County Council, Velindre and the local elected representatives. We do however feel that we can move forward and work with Velindre to minimise the impact on the Reserve, in conjunction with Velindre's aim to deliver a new purpose-built hospital, and the Maggies Cancer Centre and help to improve their patients' treatment and outcomes.

Please forward your comments via the **contact us** facility on www.forestfarm.org.uk or by letter to The Secretary, Friends of Forest Farm 62 Tyn y Pwll Rd, Whitchurch Cardiff CF14 1AT

Martin Chamberlain

Additional Comments from Velindre NHS Trust

Comment 1. *Velindre NHS Trust had plans for a new Cancer Centre west of the current site on Velindre Road. This was a four acre site acquired by Velindre some eighteen months ago. The site was previously earmarked for a replacement for Whitchurch Hospital. As you know most patients have now been moved to Llandough Hospital, and the future of the existing Whitchurch Hospital site is under discussion.*

However, Velindre are currently looking at how they could improve access to the proposed new Velindre Cancer Centre for patients travelling from areas across South East Wales. They are also examining how they can create the best possible environment to support patients in recovering from their treatment. This work is an integral part of the Transforming Cancer Services in South East Wales Programme, which seeks to improve cancer services for the whole region.

Comment 2. *It is intended that the new planning application for a Cancer Centre will respond to the unique, mature landscape setting of the Whitchurch Hospital campus, Local Nature Reserve, Site of Importance for Nature Conservation and Site of Special Scientific Interest. Extensive ecological and geological survey works are ongoing in the proposed development area to identify any sensitive environmental issues. The landscape will form a core element of the Cancer Centre design and it is intended that the grounds will merge with, and enhance the surrounding publicly accessible meadows and woodland as well as having secluded, private external areas accessed from the buildings. The new facility will benefit from physical and visual interaction with the external landscape and will maximise access to natural light and fresh air to aid cancer patients' recovery.*

Comment 3 *... (the road) directly into the new Cancer Centre, taking traffic away from the residential streets. This is considered to be the preferred means of primary road access as it would reduce congestion in the surrounding highway network and significantly improve the accessibility*

of the new centre for the majority of its patients travelling into Cardiff. Options for the route of this road access are being developed for consideration. One such option for this road access would mean losing part of the disused railway cutting and the top meadow with the road following the edge of the railway cutting.

Comment 4. *The planning application is due to be submitted in early 2017 and will include an Environmental Statement that will identify the likely environmental impact of the scheme and propose works to integrate and offset the impacts. The Environmental Statement and planning application supporting documents will ensure that all environmental considerations are appropriately addressed such as ecology, landscape, movement and hydrology, archaeology and cultural heritage, arboriculture, noise, drainage, statutory services, air quality, and waste.*

Further information/A Site Visit

Mr Carl James is Programme Director of Velindre NHS Trust that is currently looking at the feasibility of locating a new Velindre Cancer Centre. He has expressed to our committee that the Trust are extremely keen to work in partnership with the local community in shaping these plans for the future. As part of that consultation process, we have been invited, among others, to a workshop at Velindre in September. We will be provided with further information on their plans and explore how we can best all work together to deliver this important service for the people of South Wales.

In our next newsletter we will be able to give you an update on this proposal; in particular how it will affect Forest Farm. We will then organise a site visit so that the proposals can be explained in greater detail.

About Japanese Knotweed and other invasive species

If you have the technology ... help to track down invasive non-native species - a threat to native wildlife in the UK **www.plantracker.org.uk - its free**

This app helps to build a comprehensive picture of the UK's invasive, non-native plants - and protect our environment.

The Environment Agency, Scottish Natural Heritage, Natural Resources Wales and the Scottish Environment Protection Agency have joined forces to help combat the spread of the most problematic of these plants in the UK. They have spread quickly, displacing native species and detrimentally affect the ecology of many vulnerable habitats and some pose a considerable threat to human health. They also present a large financial cost to the UK economy with the annual cost of all invasive, non-native species totalling some £2 billion.

The first step is to accurately determine where these plants are. The plant tracker app will help to do this, and its **free** from the iTunes App Store and Android Market. It shows you how to identify each species and enables you to easily submit geo-located photos whenever you find one. It features 18 invasive plant species and includes a gallery for each one, to help you separate similar plants you might encounter.

(I know some of us will not be using this technology - but do pass the information on. The more who use the app for reporting, the better. Ed)



Some entries in the photo competition in 2015 - to remind us what Forest Farm Nature Reserve is all about!



Photos taken by:
Above: Tony Fisher
Right: Jennifer Turner:
Far right: Andrew MacFetters

I will try to remember to put the other entries in future editions! Ed)

Litter on Longwood Drive - An Update

As reported in our June edition, a meeting did take place on July 6th with Councillor Bob Derbyshire, Council officials, Jan Hughes (Whitchurch PACT), Pam Coombes (Pendwyallt Road Community Watch), Kelvin Hughes (KWT Litter Champion), Sheila Austin (Friends of Forest Farm).

These are the main points from that meeting:-

LITTER 2 bins are now in place at the top and bottom of Longwood Drive (LD) and will be emptied by CCC every Monday evening as part of a trial schedule employing a new team of litter pickers whose remit is to clear problem areas within the city and the suburbs.

McDonalds staff at Coryton roundabout continue to litter pick in the LD area, as do Keep Wales Tidy(KWT), members of Pendwyallt Road Community Watch and Whitchurch PACT. Asda litter pick along the path to the Village Hotel. (The Friends of Forest Farm and Cardiff Conservation volunteers have also litter picked in that area of the Reserve).

New signage. Request for fixed penalty notices for dropping litter. Also a request for signage highlighting the proximity to the Nature Reserve has been passed on to the Parks Department.

FLY TIPPING. ASDA is working with CCC Enforcement Officers re fly tipping from their car park into the surrounding area. the top end of their car park is near the heronry and adjacent to a SSSI start (At the top end of their car park is the heronry and it is adjacent to the SSSI site.) Any evidence of fly-tipping on LD will also be reported and cleared separately within the statutory 5 working days.

Please report all **abandoned trolleys** via C2C on the Cardiff Council website or tel 02920 872087. CCC levy £80 per trolley for their return.

Other issues raised in the meeting were overhanging trees on LD path (now cut back), trailer and lorry parking (referred to the police), the unsavoury consequences of LD being used as a 'service station without the services', and fencing issues on the path from Asda to the Village Hotel.

On behalf of the Friends Committee and its members, I would like to thank Pendwyallt Road Community Watch and Whitchurch PACT for their proactive stance and KWT, and representatives from McDonalds and GE Healthcare for their support - and last but not least - the Councillors and Council officials for their time and action in getting a lot of the issues raised resolved.

Working together *has* resulted in some significant success. Sadly, litter is an ongoing problem; so I am sure that the situation in Longwood Drive will need to be kept under review.

Sheila Austin

Coach trip to Wells 9th July



Duncan Hockridge has done it again! A superbly organised coach trip for the Friends of Forest Farm, the Probus Group of Cardiff West and also in conjunction with the Rhiwbina Festival.

During the journey there, we enjoyed a huge variety of sweets and also took part in a word quiz. On arrival at the Cathedral city of Wells we had our group photo taken by Duncan and then enjoyed a welcoming coffee/tea and biscuits at the 'Swan Hotel', located alongside the Cathedral Green.

We were then left to decide in which order we wanted to enjoy the following:

(a) the open air market – located in the Market Place close to the Cathedral – which is held by right of a medieval charter stretching back over 800 years. It offered a wide variety of quality 'goodies' (plus, in the adjoining Town Hall, some members were seen happily acquiring some special tableware from the Antiques Fair);

(b) guided tours of the magnificent 12th century Cathedral, including seeing the striking of the Wells clock with its jousting knights rotating on the quarter hour. It was installed circa 1390 and is one of the oldest medieval clock faces in the world;

(c) at 2.15pm the option of a private group guided tour, organised by Duncan, around the Bishop's Palace and its beautiful gardens – the medieval home of the Bishops of Bath and Wells since 1206; the swans and cygnets in and around the moat surrounding the gardens being a welcome sight;

(d) any remaining time to visit buildings such as Vicars Close, which was designed in 1363 as lodgings for the men of the choir and now occupied by members of the clergy. It is the only completely medieval street left in England.

The sun shone on us throughout the day and to complete a lovely visit to Wells some of us then enjoyed a cream tea in the Swan Hotel - again kindly organised for us by Duncan. On the journey home a prize was awarded to the winner of the word quiz - more sweets for everyone who could manage them.

A wonderful day. Everyone agreed that the visit had been really enjoyable and fascinating and we were all extremely grateful to Duncan for this further demonstration of his excellent organisational skills.

Barry and Pam Clarke

Big Family Butterfly/Moth Count – Forest Farm Meadow

Saturday 30th July, 2016

Skinner MV Trap

Species	Scientific name	Count	Species	Scientific name	Count
Moths			Moths cont'd		
Buff Arches	<i>Habrosyne pyritoides</i>	2	Small phoenix	<i>Ecliptopera silaceata</i>	1
Dingy footman	<i>Eilema griseola</i>	10	Small magpie	<i>Anania hortulata</i>	1
Flame shoulder	<i>Ochropleura plecta</i>	4	Light brown apple moth	<i>Epiphyas postvittana</i>	1
Rosy footman	<i>Miltochrista miniata</i>	5	Straw dot	<i>Rivula sericealis</i>	1
Grey dagger	<i>Acronicta psi</i>	1	Small fan-footed wave	<i>Idaea biselata</i>	3
Sallow kitten	<i>Furcula furcular</i>	1	Dark fruit tree tortrix	<i>Pandemis heparana</i>	1
August thorn	<i>Ennomos quercinaria</i>	1	Mother of pearl	<i>Pleuroptya ruralis</i>	4
Garden pebble	<i>Evergestis forficalis</i>	1		<i>Agriphila tristella</i>	1
Common carpet	<i>Epirrhoe alternata</i>	3	Pug spp.		
Shuttle shaped dart	<i>Agrotis puta</i>	2	Total species		30
Marbled beauty	<i>Bryophila domestica</i>	1			
Peppered moth	<i>Biston betularia</i>	1	Species	Scientific name	Count
Large yellow underwing	<i>Noctua pronuba</i>	4	Butterflies		
Lesser broad bordered yellow underwing	<i>Noctua janthe</i>	4	Essex skipper	<i>Thymelicus lineola</i>	1 male
Common rustic	<i>Mesapamea secalis</i>	1	Gatekeeper	<i>Pyronia tithonus</i>	10
Bright-line brown-eye	<i>Lacanobia oleracea</i>	2	Ringlet	<i>Aphantopus hyperantus</i>	1
Dot moth	<i>Melanchra persicariae</i>	2	Meadow brown	<i>Maniola jurtina</i>	6
The Dunbar	<i>Cosmia trapezina</i>	1	Common blue	<i>Polyommatus icarus</i>	1
Iron prominent	<i>Notodonta dromedarius</i>	1	Speckled wood	<i>Pararge aegeria</i>	2
Pebble hook-tip	<i>Drepana falcatoria</i>	1	Green-veined white	<i>Pieris napi</i>	1
Rosy rustic	<i>Hydraecia micacea</i>	1			
Dark arches	<i>Apamea monoglypha</i>	1			

Ranger Gareth carried out his survey with 3 families who turned up to help with the Family Butterfly count. My thanks to him, and them, for capturing this information and sending it to us. Ed)

Want to learn more about hedgehogs and hedgehog conservation?

Then come along to the Friends talk by Erica Dixon

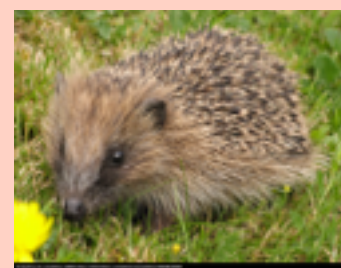
Wednesday 16th November at 7.30 p.m.

Ararat Centre for the Community, Plas Treoda, Whitchurch CF14 1PT

All Welcome.

FREE

Refreshments available.



**Cardiff and District RSPB Group
Conservation Group . . .**

. . . Doing something positive

Saturday May 28th We were greeted with a pleasant sunny morning for our nest box and wildflower survey. Unfortunately, only 3 of us started the morning, so we had to abandon the idea of the wildflower survey.



Nuthatch

Looking at the nestboxes, we soon noticed that everything was not so advanced as previous years, though out of 14, 3 nest boxes were occupied by nuthatches. This was interesting as they are low on the pecking order regarding nest sites. The other 11 nestboxes contained birds at various stages of development; eggs, young newly hatched, birds sitting and young ready to fledge ... and 2 empty boxes with nesting material.

June 25th saw only the Warden and myself there, though we were later joined by a young person working for his Duke of Edinburgh award. The Rosebay Willowherb had been cut by the Rangers using a mower which allowed us to

tackle the Himalayan Balsam and Knotweed growing around our newly laid hedge and on the road verge. The morning was dry and pleasant.

I have been leading a Conservation Group on the Longwood section of Forest Farm for approximately 20 years and have decided "to call it a day". Over these years many volunteers have been involved and I would like to thank all those for the hours and effort they have put in, come rain, snow and sun. Its been enjoyable working with you all.

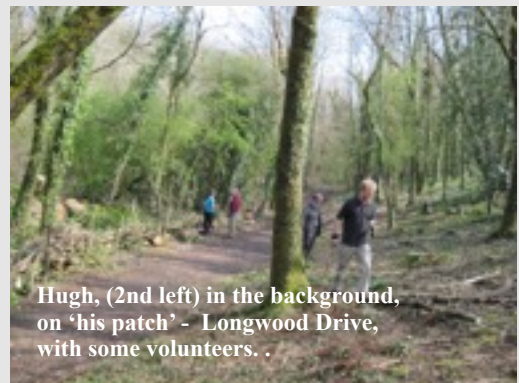
Hugh Harrison

* * * * *

*On behalf of the current and previous committees of the Friends of Forest Farm, i would like to take this opportunity to sincerely thank Hugh for the many hours and effort **he** has put in - often turning out in dreadful weather. We are very, very grateful to him and all the volunteers who have helped maintain the Longwood Drive section of the Nature Reserve over so many years.*

Hugh has told me he will be continuing some activities with the RSPB - and I hope gets some good weather to enjoy his sailing.

Sheila Austin



Hugh, (2nd left) in the background, on 'his patch' - Longwood Drive, with some volunteers. .

(I thought you might like to read a report of one of our 'winter' talks; I did not have room for in earlier editions. Perhaps its not something we think about much, but was fascinating. The phrases in bold are mine - not the author's! Ed.

The Ecology of Coal Spoil

Richard Wistow, the Ecology Officer for Rhondda Cynon Taff Council, gave an enthusiastic and fascinating talk on these complex habitats. The **few remaining Victorian coal tips** were a unique, diverse and valuable habitat; the valley sides contained a mosaic of habitats including the famous Rhos pastures. These consist of purple moor grasses and rushes – a unique habitat type for which South Wales was very important nationally. There were also upland peat bogs, though these were often under conifer plantations; some though, had been preserved by the erection of wind farms. The steep sided glacial combs found at the top of some valleys were also rare habitats.

Most of the colliery tips were flattened, fertilised with chicken manure and seeded with rye grass after the Aberfan tragedy, but **three or four remain in their original state**. The soils are nutrient poor and mostly have acid soils but large dumps of concrete give areas of alkaline soil. They are mostly free draining but certain areas are marshy with reed beds and water trickles.

The complex shapes of the tips provide many micro climates and different amounts of sunshine at different times of the day thus providing an enormous range of habitats. Areas of acid grassland contain tormentil and heath bedstraw but other areas have alkaline loving plants including bee orchids, thyme and grasses such as birdsfoot trefoil. However there are also many rare and unusual species. On the high north sides can be found rare lichen communities and bilberries that otherwise are found in Arctic Tundra. A few yards away on the south side can be found a plant that you'd find on Mediterranean limestone cliffs!

There are **unusual fungi and invertebrates including rare butterflies and moths** such as the dingy skipper, pearl bordered fritillaries and dark green fritillaries in June and July which all feed on violets and are usually found only by the coast. There is also the tiny small blue (actually brown) butterfly that feeds on kidney vetch, a yellow flower found in rough grassland. There are also some very rare bumble bees, hoverflies and wasps. However no comprehensive survey of the biodiversity has been carried out. What else might be found and where do colonies occur?

Other unusual finds include stonechats, grayling butterflies, palmate and great crested newts, linnets, keeled skimmer dragonflies, lesser horseshoe bats, adders (all dependent on special habitats), dwarf oak trees, southern marsh orchids, flowers such as Deptford pinks and the non-native Pearly Everlasting, a member of the sunflower family, originating from Alaska, which was an important destination for coal at one time.

The tips have a **complex typology**. The eastern ones are rich in fossils while the western ones have rocks that have been compressed and heated but include mineral crystals. There are important industrial archaeology artefacts and lots of local stories about what went on that should be recorded as oral history. Even the landscaped tips are beginning to increase in biodiversity as nutrients are leached out of the soil.

The most interesting tips were the ones at Aberdare, now the Dare Valley Country Park, about one mile from the station, the Merthyr tips, Clydach Vale tip near Tonypany, Blaen Rhondda and Cwmsaebren at Treherbert and Ynysybwll Lady Windsor and Mynachdy colliery tips.

Albyn Austin

Friends of Forest Farm EveningTalk - 15th March 2016

Thanks

I omitted to mention **Mari Davies** in my thanks in the last issue. She very kindly offered to translate the Events into Welsh; this is necessary if we want to display these on Council property notice boards

Also sincere thanks to **Jenny Andrews** for leading the Nature walk in July at very short notice.

Sheila Austin

Apologies if you turned up at Rhiwbina Festival to see us. We knew our numbers to 'man' the stand were low, then 2 of us (for very good reasons!) could not make it.

We were, however, on Whitchurch Common a week later. Thanks to those who popped along to say 'hello'.

**Nature Walk - July
Forest Farm
Nature Reserve**



On the July walk (17th), there were only 5 people and it was a damp day, but it didn't actually rain.

They made a small detour as the path to Radyr weir was open. They saw lots of flowers (60 identified) and some 22 birds, including a pair of buzzards. Some other birds (4) were heard - but not seen.

Anyway it was an enjoyable stroll.

(I did not ask Jenny for a report but she did send me this information which shows how much there is to be seen in a couple of hours.)

Nature Walks are held EVERY 3rd Saturday monthly 10 - 12.30 approx.

If anyone could occasionally lead one of these walks, the Friends would be very grateful and I would be delighted to hear from you. My contact details are on the back page. Ed)

Events at Forest Farm - Sept - mid Dec 2016

DATE	EVENT
September	
Sun 11th 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 14th Sept 18.00	Foods of the Forest. Take a pleasant stroll around Forest Farm Country Park and discover the tasty treats Mother Nature has in store this time of year. This is followed by a tasting session of some delicious delicacies. Meet at the Warden Centre Forest Farm. £4.00 per person
Sat 17th 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 (and hear) the wildlife. Bring your binoculars if you have them.
Sun 18th Sept 10.00 - 12.00	Cardiff Wildlife Detectives. An exciting new club for children. Pond dipping at Forest Farm. Run by the RSPB and City of Cardiff Council Rangers. For more details/ to register email cymru@rspb.org.uk or tel 02920 353000.
Wed 21st Sept 10.00 - 13.00	Friends Midweek Volunteering Event. ALL WELCOME. Meet John at the Wardens Centre, Forest Farm Rd Whitchurch. CF14 7JJ
OCTOBER	
Sat 8th Oct 10.00 - 16.00	Friends of Forest Farm OPEN DAY. We look forward to repeating the fantastic time we had last year. Lots of activities are planned, suitable for all ages. Refreshments. Plenty of parking.
Sun 9th Oct 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 at Forest Farm - Sept - mid Dec 2016 cont'd

DATE	EVENT
Sat 15th Oct 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 (and hear) the wildlife. Bring your binoculars if you have them.
Sun 16th Oct 10.00 - 12.00	Cardiff Wildlife Detectives. An exciting new club for children. Fungi trail/bingo. Run by the RSPB and City of Cardiff Council Rangers. For more details/ to register email cymru@rspb.org.uk or tel 02920 353000.
Wed 19th Oct 10.00 - 13.00	Friends Midweek Volunteering Event. ALL WELCOME. Meet John at the Wardens Centre, Forest Farm Rd Whitchurch. CF14 7JJ
Fri 28th Oct sessions at 18.00, 18.45, 19.30, 20.15, 21.00	Celebrate Halloween at Forest Farm Country Park. Hosted by Community Park Ranger Team. Entertaining storytelling and horror theatre presented by 'The University of South Wales Theatre and Media Students'. Demand is high so please book early! To book your place on a walk or for further information please phone 029 20445903 or 07976 132824. Strictly no admittance without a ticket. Fancy dress preferred. Please bring a torch. Not suitable for under 5's. £4 per person
NOVEMBER	
Sun 13th Nov 13.00 - 15.00	Autumn Art Attack Led by the Community Park Rangers at the Warden Centre Forest Farm . A chance to create a piece of autumn art to take home from leaves, nuts and berries, autumn pictures and mobiles are favourites. All children must be accompanied by an adult. £1.00 per child.
Wed 16th Nov 10.00 - 13.00	Friends Midweek Volunteering Event. ALL WELCOME. Meet John at the Wardens Centre, Forest Farm Rd Whitchurch. CF14 7JJ
Wed 16th Nov 19.30	Evening talk. 'Hedgehog Conservation' by Erica Dixon. At Ararat Centre for the Community, Plas Treoda Whitchurch CF14 1PT. Refreshments. ALL WELCOME.
Sat 19th Nov 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 (and hear) the wildlife. Bring your binoculars if you have them.
Sun 20th Nov 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. Please note date change this month only.
Sun 20th Nov 10.00 - 12.00	Cardiff Wildlife Detectives. An exciting new club for children. Nature activity. Run by the RSPB and City of Cardiff Council Rangers. For more details/ to register email cymru@rspb.org.uk or tel 02920 353000.
DECEMBER	
Sun 11th Dec 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 17th Dec 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 (and hear) the wildlife. Bring your binoculars if you have them.
Sun 18th Dec 10.00 - 12.00	Cardiff Wildlife Detectives. An exciting new club for children. Poo and pellet dissection/ID + fat ball feeder making. Run by the RSPB and City of Cardiff Council Rangers. For more details/ to register email cymru@rspb.org.uk or tel 02920 353000.

Published on behalf of The Friends of Forest Farm and Glamorganshire Canal Local Nature Reserve by
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