



Friends

of FOREST FARM COUNTRY PARK
and GLAMORGANSHIRE CANAL
LOCAL NATURE RESERVE
Issue No:105 September 2017

website: www.forestfarm.org.uk

Changes around the Reserve

On a recent stroll around Forest Farm, we noticed a few changes which no doubt you have noticed too. But for those who now cannot visit, or have not been recently, here are a few photos.

This is one of several new **bee hotels**. by the old stables. I know its not **that** clear, but the arrow does point to one trying to take up residence.



Radyr Hydro Scheme

Its a while since we were up by Radyr Weir, so were pleased to see two notice boards had been erected. One gave an outline of the history of Radyr weir and the other explained the hydroelectric scheme.

We were also pleased to see the picnic area also had litter bins



A **dragonfly**, created by Wood Art Works (as was the butterfly pictured in the last newsletter) Recently installed in the reinstated pond opposite the former farm buildings. it was paid for by Bug Life.



Not far from the car park, we spotted this tree - a **Wellingtonian** - shorn of all its branches and ready for felling. It was marked that it was 80ft tall - "a baby"! (For some idea of scale, my husband is standing at its base wearing a white hat!). On further enquiry, we were told its centre was rotten and therefore a danger.

Sheila and Albyn Austin

Velindre Planning Application

The first part of the legal planning process has now been completed with the opportunity to raise comments on the outline planning permission.

Throughout, the process your committee have communicated our thoughts and encouraged our members comments on this approach. This was the reason for the issuing the communication in August.

There have been local objections to the hospital being built on the meadows with the argument, incorrectly, that if planning permission was declined for the hospital then the meadows would be protected from all future development. Unfortunately, as we know, there is existing permission for a housing development, included in the Local Development Plan and agreed by the Planning Inquiry.

As we have written in previous newsletters, the decision not to object to the Velindre proposal was not taken lightly, and has involved communicating with our members and discussing with Velindre their proposals.

We will continue to talk to our elected representatives at both a national and local level for them to understand why we have come to the position. We continue to welcome your views on this subject.

As the newsletter is being produced, we do not know the date for the planning application to be placed in front of the planning committee and will keep you updated of any developments.

Martin Chamberlain (Secretary)

Editorial

Well, its been busy since our June edition - where does the time go? The new Velindre hospital proposal has been a priority for many of us - and we wait to hear the outcome of this initial stage.

Around the Reserve however there has been lots of more immediate change. In part, this is due to organisational changes (p9) and strategy (p3, p9) and a lot of voluntary help from many organisations (p3, p10). It has been much needed and we are truly grateful. One dog owner had good reason to be very thankful to one of the Rangers ("read all about it" p4)

Of course the Reserve would probably not be here at all were it not for the early 'pioneers' such as Dr Mary Gillham (p5), and the work of previous rangers - the article from summer1995(!) is interesting (p7) - and not least, you, our stalwart supporters.

The committee continue to try to do its best for you, arranging walks, talks, volunteer sessions and trips (see p8 for that report). See Events (pp11-12), Let's not forget the newsletter ... We do like feedback - so if you have a view about more mundane matters like archiving (p11), or want to send in a photo (p7), or can give us a hand at our Open Day on 7th October or with one of the monthly walks or volunteering sessions - o get in touch.

New members on the committee would be welcome. You can always come along on an informal basis to give it a try.

Enjoy the rest of the summer.

Sheila Austin

Friends of Forest Farm
OPEN DAY
 7th October 2107
 1030 - 3.30p.m.

Free entry

Fun for all the family

Lots of activities for you to enjoy

Visit The Wardens Centre,
 Forest Farm Rd., Whitchurch. CF14 7JJ

Refreshments/toilets/disabled access

Look for the posters nearer the time and/or
 check out our website www.forestfarm.org.uk

Don't forget!

Our Winter talks start 15th November 7.30pm
 Volunteer sessions - 2nd Sun monthly 10am
 Nature Walks 3rd Sat monthly 10am

*Thanks to Whitchurch Health Foods ...
 who gave a donation of £21 to the Friends from
 the sale of their carrier bags.*

Deadline for articles for next newsletter - 8th November 2017			
See back page for contact details			
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Reserve Report

by **Alec Stewart - Community Ranger**

The Scout Field

There are many projects and tasks to carry out at Forest Farm and it is always difficult knowing where to focus your attention, such is the life of a busy urban nature reserve. However, the Scout Field which is the section accessed over the footbridge by Middle Lock on the right hand side has always figured as an area that needs attention. I remember it as a more open area with Campion and Bluebells and a range of other ground flora.

Over the years though Bracken *Pteridium aquilinum* and **Himalayan balsam** *Impatiens glandulifera* have encroached to the level of swamping everything else. Bracken can be a useful habitat for some species of butterfly, particularly some of the fritillary species. It also helps with bluebells and other spring flowers by providing cover through the summer but allowing the spring flowers to show through early in the year. However it was reaching a level with a dense litter layer that was beginning to suppress everything else. This problem was being added to further by balsam, which in the last few years seems to have taken over completely.

So it was in February 2016 that myself and Raj decided enough was enough, and we came up with a plan to change the management of the Scout Field and to restore and improve its wildlife value.



Photos: Alec Stewart

This would be a long term plan of between 3-5 years. The first two years will take most of the work. It started in February 2016 with CCV and a university group clearing the litter layer and digging up bramble. The intent was to clear the site and keep the vegetation down from the winter all through the year. Sounds a bit drastic - as we were clearing away potential spring nesting areas. However, this was necessary to be able to let groups and volunteers have access throughout the Spring and Summer to control the balsam and bracken.

Every chance we had during the main season from the end of

June through to August, groups of volunteers including CCV, The Friends of Forest Farm, Cardiff University, Greendays, Lloyds Bank, regular volunteers, placement students from Italy, the Rangers and anyone else we could rope in, were all used to pull balsam and control the bracken. Ideally the bracken will be broken up into smaller fragments but be retained and

controlled. The aim with the balsam though is to eradicate

it. This is possible, very nearly anyway, as the

balsam is an annual. If it is pulled or cut before seeding we can reduce the seed bank and keep it

under control. We have managed this along the feeder canal, but it is still an ongoing problem as seed is washed in from the river.



(continued P4)

The Scout Field - continued

In the Scout Field we have a little more control. This has been the first year with a lot of work and effort put into this area, but already the results can be seen, with an increase and spread of the ground flora. However, this is a continuing task and there will be more work to do. With the help and dedication of all the volunteers I am sure we will make this project succeed and it will improve the biodiversity of this area for now and future generations.

I would like to add a personal thank you to all the people who have been involved and who are now sick and tired of Himalayan Balsam! Don't worry there is always next year.....!

Link for information- <http://www.plantlife.org.uk/uk/discover-wild-plants-nature/plant-fungi-species/himalayan-balsam>

<http://publications.naturalengland.org.uk/publication/35013>

Membership

The number of members stays the same at 401. Some membership renewals have lapsed but we have had seven new members join us. Five new members joined at Whitchurch Festival in July, and two more recently, one via paypal.

A very warm welcome to these new members and thanks to you all for your continuing support.

Pauline Fisher (Membership Secretary)

Ranger to the Rescue!!

Noodle (my 5 year old schnoodle) climbed onto the wall by the lock to look for any left over bread from duck feeding.....as she does most mornings. I'd walked on a few paces with our other dog Kizzy and heard a splash.....looked around and Noodle was nowhere in sight! Looking over the upper wall I saw her stranded up to her belly and apparently sinking. I could not persuade Noodle to walk (wade?) towards the drop down even after I had removed my boots and socks, making a brief attempts to reach her from the lower level of the canal....it really didn't feel safe to proceed.

I had no mobile data on my phone, but fortunately was joined by a lovely young man who found me a number for the Rangers. I left a message with them and also contacted the Police non-emergency service who also contacted the Rangers at Forest Farm. After about 40 minutes Noodle managed to get herself onto the stone ledge where she sat whimpering & shivering. Four ladies from a regular Tuesday rambling group arrived and were kind enough to stay with us whilst the young man/ birdwatcher (?) offered to go to Forest Farm to try to find a warden/ranger.

Another 15 mins passed and the lady walkers and I decided there was nothing for it but for me to put my boots back on and risk wading in again. Then the lovely young Ranger arrived, assessed the situation, went off for his waders, returned and rescued a very sorry-for-herself Noodle!

He was really calm and lovely but did mention he hoped he didn't now stink of canal mud as he had on his best gear to attend an event with the Mayor!

Clare Billings-Deed

(Clare told us she was too preoccupied to ask who had come to the rescue. We were able to tell her it was Ranger Gareth and we passed on heartfelt thanks from Clare - and Noodle! Ed)



Dr Mary Gillham - 'A Dedicated Naturalist'

This is the latest of the monthly reports sent out by Al Reeve the Project Officer to all the volunteers who have been helping with this National Lottery funded project. It is a fabulous achievement. Ed

Heroes!

August is upon us as we stride purposefully to the denouement of our wonderful journey. Yet again you - yes you - have excelled yourselves in helping to tell the tale of the of the go-getting, jet-setting, conservation-abetting Mary Gillham. Let us bask in the summer warmth of these figures...

- **110 000** records entered (**50 000** of them checked and actively assisting in the conservation decisions of Wales on [ADERYN!](#))
- **31 000** slides scanned!
- **14 500** slides transcribed!
- **55** heroes contributing **3062** hours of work to the project (an underestimation)!
- We have the wonderful '[Heroes' video on YouTube](#)
- and the first of Mary's pictures to make it onto the [People's Collection Wales website](#) (where they will all eventually be housed)

We have lots more excitement and twists planned for the final act to keep you enthralled however!

- Follow the story of Mary's 5 700 mile road trip to Central Australia made in 1958: [http://marygillhamarchiveproject.com/biography/australian-road-trip/!](http://marygillhamarchiveproject.com/biography/australian-road-trip/)
- The Cardiff Naturalists Society 150th anniversary exhibition at the Cardiff Story museum begins September 4th - Mary Gillham will be an integral component...
- We've been given access to the new website so that'll be live and direct as soon as I find the time to populate it!
- and don't forget the Mary Gillham Project will be at the Forest Farm Open Day on October 7th if you'd like to say hi.

All the best,

Al

Dr. Al Reeve

'A Dedicated Naturalist' Project Officer

T: 029 2064 1110 | M: 07961 516587

South East Wales Biodiversity Records Centre (SEWBReC),
13 St. Andrew's Crescent, Cardiff, CF10 3DB.

W: marygillhamarchiveproject.com

FB: [facebook.com/MaryGillhamArchive](https://www.facebook.com/MaryGillhamArchive)

T: [@GillhamArchives](https://twitter.com/GillhamArchives)

Longstanding 'Friends' will not need to be told about **Dr Mary Gillham**, but newer members might wonder who she was and why she is important to us. Forest Farm Nature Reserve was established in 1967 and included a Site of Special Scientific Interest i.e. Long Wood, the Canal and Sheeps Bane Wood. Mary, along with Mairead Sutherland, established the initial management plan for Forest Farm Reserve which was invaluable. Theirs was a remarkable contribution over the twenty years before the Friends of Forest Farm was set up in 1990. Mary's book on the natural history of Cardiff (A Natural History of Cardiff- exploring along the River Taff, 2002) includes a hundred page section on Forest Farm including an article on the wildlife of the area at the inception of the Reserve in 1967. It was published in the Centenary Year Volume of the Transactions of the Cardiff Naturalists' Society in 1969.

After her retirement in 1988, Mary spent her time working in the field and continued writing. She was well known for presenting talks and leading botanical walks for natural history groups, including many at Forest Farm. Wonderfully, in 2008, she was awarded an MBE for her prolific services to society concerning natural history. Mary died in 2013 aged 91 and leaves a wonderful legacy.

(My thanks to Chris James - I used part of his 2013 article for this extract. Ed)

Walks in July
Forest Farm Nature Reserve

Nature walk 15th July

Just 4 adults and 1 young man turned up for the walk this month but we were fortunate to be joined by Ranger Alec as he is now responsible for the day to day management and conservation of Forest Farm



Photo from Friends of Forest Farm collection



Photo: Cliff Woodhead
Male Blackcap taken from Forest Farm barn hide

It was a *very* still day and dull, plenty of foliage but no food on the Taff or the ponds. Also, a lot of the birds were finishing breeding and attending to their young. Having said that, those of us who were able to stay to the end, saw altogether about 14 different birds. The list includes a single heron, mallard, moorhen, grey wagtail, dunnock, long-tailed tit and song thrush, but we heard more - including blackcap and greenfinch.

Dragonfly walk 22nd July

Due to the cool and damp weather - the 'Dragonfly Discovery' event had been cancelled online but some of us didn't know! As we had turned up, we decided to have a look round anyway.

It had rained the previous day and had been pretty showery during the morning. As had been anticipated, (hence the cancellation), dragonflies were in short supply. However, the group - including 3 children - had a good time exploring all the nature reserve has to offer: the pond, the Mary Gillham wetland, the butterfly meadow, the hides and the area by Middle Lock.

The weather gradually improved and later in the afternoon it started to be quite sunny. And - what seemed like a treat for turning out - we were eventually rewarded on the way back when the remaining small party re-visited the pond behind the Wardens' Centre and saw a damselfly and a magnificent southern hawker dragonfly.



Photo: Steve Turner
Southern Hawker dragonfly



Photo; Jenny Turner
Azure damselfly

You pretty well always see something interesting at Forest Farm!

Sheila Austin

*(This article 'Reserve News' was written by the then Countryside Warden Mike Wiley and published in our **October 1995 newsletter** - nearly 22 years ago!! Apart from the unusually hot weather that year, it's interesting to know what wildlife was spotted at that time. I thought you might like to read it - or for some of you - it might be read it again ... Ed)*

"Some like it hot!"

The long hot summer brought with it very low water levels everywhere, including the Glamorganshire canal. This gave us the opportunity of getting in there to patch and repair areas of the crumbling stonework, which are normally under water for most of the year, and also some of those holes in the towpath caused by dogs trying to scramble back onto the path out of the canal.

The pond (**Llyn y Gamlas**) dropped slightly due to evaporation, exposing some soft mud at its margins, where two **Green Sandpipers**, several **Snipe** and up to five **Common Sandpipers** were seen feeding. The birdlife in general has been quite varied; an **Osprey** was seen perched on an old telegraph pole alongside the river (2/8/95 - P. Kent Ranger).

One afternoon, while watching six Ravens performing aerobatics over Long Wood, I heard a shrill distress call of a **Kingfisher**. Turning round, I saw it flying like an arrow towards me with a large **Sparrowhawk** in pursuit. The kingfisher was too fast, and, without the element of surprise, the sparrowhawk soon gave up.

It has also been a good year for butterflies on the Reserve. Walking past a bramble bush laden with overripe berries, I counted at least twenty-five **Red Admirals** and **Small Tortoiseshells**. They had been feasting on the juice of the berries.

The hot summer has also brought its own problems. With everything tinder-box dry, I was waiting for the first fire. Unfortunately, I was not to be disappointed. While at home one evening having my tea, the phone rang. It was John Baynham, one of our voluntary wardens, reporting a fire in Long Wood. John told me he had successfully contained and extinguished two smaller bracken fires, but after over an hour of hard effort had to give up on the larger. I rang the Fire Brigade and arranged to meet them on site. As we entered the reserve we could see a plume of smoke spiralling upwards from the middle of the wood. A large beech tree had been set on fire. The local fire service soon had the fire under control, and fortunately, only the one tree was affected. The centre completely burnt out, and although badly weakened, the tree might still survive.

Mike Wiley (Countryside Warden)

Colour edition for December

Regular readers will know about our decision to produce one **colour** edition a year in future. The Committee have decided that the **December 2017 newsletter** will be that edition - AND - it will be **16 pages** instead of the usual 12.

So, we would love to receive some extra photos of the Reserve. We are happy to receive pictures of the wildlife, birds, animals and flora of course, but would like to have general shots of the diverse environments there too. It's not meant to be seasonal, photographs from any time of the year will be fine.

You can send them any time from now until 8th November to editor@forestfarm.org.uk

Many thanks

Sheila Austin (Editor)



Saturday 24 June saw a group of enthusiastic people from Forest Farm, Probus and the Rhiwbina Summer Festival embarking on a coach trip – expertly organised by Duncan Hockridge - to Ross on Wye and then to The International Centre for Birds of Prey.

At Ross, coffee time was fitted in between visits to the Market House with its art and craft displays and also the 700 year old St. Mary's Church, its spire being the town's most prominent landmark.

Our coach trip then continued to The International Centre for Birds of Prey located in Newent. The Centre – started in 1967 and the best known raptor centre in the conservation world - provided an amazing opportunity for us to have a close-up view of 250 birds of prey including Eagles, Condors, Buzzards, Falcons, Hawks, Kites, Caracaras, Owls and Vultures.

The Centre leads the world in the captive breeding of birds of prey and owls and provides the care needed for injured wild birds of prey which are brought in for rehabilitation back to the wild.



The Flying Demonstrations were definitely the highlights of the tour when trained birds, including eagles, falcons and owls, soared up into the air and then zoomed down incredibly close to our heads to reach their meat rewards. One eagle in particular decided that he would much prefer to stay sitting atop the adjoining trees than return to his handler and one tiny burrowing owl decided to stay popping in and out of the tunnels made in mounds of earth rather than return to its carrying box. All staff and handlers were incredibly patient, friendly and knowledgeable.

Glorious sunshine, lovely gardens and a welcome cafe made our visit all the more enjoyable and the journey home was enlivened with a quiz, a raffle and bags of sweets – all provided by Duncan.

Pam Clarke

(Thanks to Pam for the article and the 2 photos of the birds, and of course to Duncan, for another wonderful trip. Ed)



What have Cardiff Wildlife Detectives been up to?

During May, Cardiff Wildlife Detectives planted 100's of Wych Elm seeds as part of a project to boost the Elm tree population in Cardiff for the white letter hairstreak butterfly. A month later and I can report that we have 15 healthy elm tree saplings. This is roughly a 5% take up – quite normal I'm afraid, but a good result nonetheless.

Several families turned out at Llanishen Park in June to explore the fantastic woodland and pond for all things creepy crawly. Lots of great stuff was found such as palmate newts, dragonfly nymphs and water boatmen. In July the group visited Hailey Park Meadow to discover the rich variety of wild flowers this beautiful site has. Lots of colourful wild flowers were discovered such as common toadflax, tufted vetch, St John's wort and red bartsia.

Where next?

17th September

15th October – Fungi Walk at Bute Park.

19th November – Build at hedgehog home.

17th December – Conservation task at Forest Farm.

Cardiff Wildlife Detectives is run in partnership with Cardiff Council Parks and RSPB Cymru, via Giving Nature a Home in Cardiff project team. To register please e-mail: cymru@rspb.org.uk or call 029 20353000.

(Just to remind you that Cardiff Wildlife Detectives is a monthly event for 8 - 12 year olds. (It replaced the Wildlife Watch Group.) I asked them for a bit of detail but what they had been doing. Ed.)

Ranger Changes at Forest Farm

As you know, the Rangers are now based at Forest Farm - and there have been changes to their method of working too. Although individuals are 'attached' to a number of sites each across Cardiff, sometimes several of them work together as a team on sites when more people are required to get a job done.

Another change is that Paul Davies, who was our Ranger, has moved to be an Urban Ranger and **Alec Stewart** is now attached to Forest Farm and leading on the management and conservation of the Reserve. He is accompanied by Paul Pinnell, who has been working on the Reserve for some time.

Richie Roberts is covering the educational side, i.e liaising with schools and other groups visiting Forest Farm.

Can anyone help at our Open Day on October 7th?

Our 2016 Open Day was very successful but we were aware that the committee had very little time to circulate, give people information e.g. about the orchard, talk to our members and visitors to the Reserve.

An hour or so of your time during the day would be a great help - maybe working the apple press (training given!), or assisting with the refreshments.

If you can help, please get in touch with us - either individual members of the committee or via committee@forestfarm.org.uk

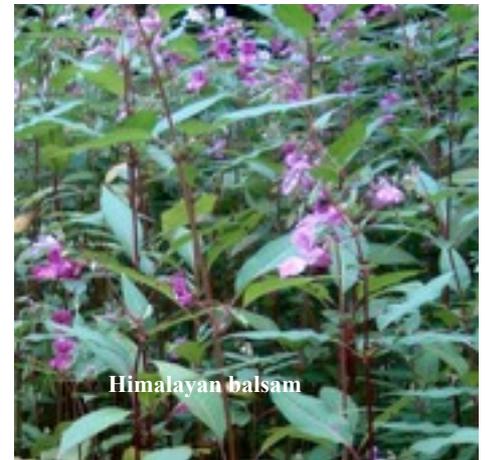
Volunteering at Forest Farm

Although the nature reserve is owned and run by Cardiff Council, volunteers from the Friends of Forest Farm and other groups perform a wide variety of important tasks, many of which would never get done otherwise.

In recent months, volunteers from the Friends have cleared rubbish and overgrowth from the Glamorganshire canal and the Melingriffith feeder stream, coppiced trees, removed overly-invasive sycamores, planted elms to provide essential habitat for the White-letter Hairstreak butterfly, mulched trees in the orchard, sowed wild flowers, painted the bird hides, and pulled up vast swathes of Himalayan balsam (which really does help to control it, despite how much there still is).



Plum and apple trees in our orchard - surely have benefited from the mulching carried out by our volunteers! If you come to our Open Day on 7th October, you can do taste the results of the apple pressing too. Photos above and right: Sheila Austin



Himalayan balsam



Photo: Eszter Horvath-Papp

Over the coming months we'll be undertaking a range of activities, including hay-raking, pruning trees in the orchard, reed management in the wetland areas, repairing and renewing the steps up to the top meadow at the Longwood Drive end of the canal, revetting the banks of the canal, further renovating the bird hides, repairing the edges of the lower path through Long Wood, and – inevitably – pulling up lots more Himalayan balsam next year. As you can see, there's always plenty to do.

The work done by volunteers makes a huge difference to the reserve. It's also very rewarding and good fun, so why not come along when you can?

The regular Friends volunteer event is held on the second Sunday of every month, meeting at the Visitor's Centre at 10am. All equipment (gloves, tools, etc) is provided, as are refreshments at 'half-time'.

Follow us on Facebook – <https://www.facebook.com/forestfarmuk/> – to get a reminder a week or so ahead of every volunteer event.

Jon Wallis

Archiving our newsletters

Perhaps this strikes you as a pretty boring subject? It is important though.

The Friends of Forest Farm started in 1990 - so we are in our 27th year - and have published a newsletter right from the start. As you can see from this edition, we are now on issue 105. The Committee have been discussing the question of how and where we should store all our newsletters.

When I took on editorship in 2006, Robin and Inge Sotheby kindly gave me all the 'hard copies' I did not have; so I have a complete set. Perhaps some of you do too? Then, Chris James kindly scanned in the first 20 for us a little while ago, and I have some old copies on cd's and, more recently, on a memory stick. The Committee has discussed scanning them all, where they should be stored, availability etc.

It was agreed that I contact Glamorgan Archives to see if they were interested in having our newsletters at all, the originals or copies of them, and for their advice on storage.

Firstly, they are very interested in having a complete set of the original hard copies. If they are lodged there then they would be accessible to a wider number of people. They also advised that anything on cd had about a 5 year life so I should check what I have.

We are discussing this again at our next committee meeting in September. I have to say though that I like having the hard copies to flick through - and sometimes use them to include old articles of interest if I'm short of material. It seems easier to do this than access them via the computer - and a lot of them are not available there as previously explained. It would help if they were indexed - but they are not. I've sometimes considered starting that, but you do have to keep it up or it's of no use. Having said that though, I think having them properly and safely stored at Glamorgan archives outweighs my personal access! I could always photocopy them.

Perhaps from our membership we could get more than one complete set, so that maybe one could be kept for ready access by the editor/committee?

If you have any thoughts or views on this we would be very pleased to hear from you.

Sheila Austin

Events - September to December 2017

DATE	EVENT
September	
Fri 8th Sept 20.00	Bat Walk. The Community Park Rangers will bring the bat detectors – all you need is a torch to help discover the bats feeding around the Reserve. Sensible clothing and footwear essential. Meet outside the Warden Centre, Forest Farm Road, Whitchurch, Cardiff, CF14 7JJ. FREE 3km distance.
Sun 10th 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 13th Sept 18.00	Foods of the Forest Take a pleasant stroll around Forest Farm Country Park with the Community Park Rangers and discover the tasty treats Mother Nature has in store this time of year. Round off the walk by tasting some of the delicious delicacies. Meet at the Warden Centre, Forest Farm Road, Whitchurch, Cardiff, CF14 7JJ £4.50 per person
Sat 16th 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 17th Sept 10.00 - 12.00	Cardiff Wildlife Detectives for children aged 8-12 Wildlife poetry at Forest Farm. For more details email Gareth at gstamp@cardiff.gov.uk or phone Community Rangers on 029 2044 5903

Events - September to December 2017 cont'd

DATE	EVENT
October	
Sat 7th Oct 10.30 - 15.30	FRIENDS OF FOREST FARM 'OPEN DAY' . Lots of activities and fun for all the family. FREE. The Wardens Centre Forest Farm Rd Whitchurch, CF14 7JJ. Refreshments available. ALL WELCOME.
Sun 8th 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
Sun 15th Oct 10.00 - 12.00	Cardiff Wildlife Detectives for children aged 8-12 Fungi Walk at Bute Park. Meet at the Education Centre. For more details email Gareth at gstamp@cardiff.gov.uk or phone Community Rangers on 029 2044 5903
Sat 21st 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.
November	
Sun 12th 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
<i>Wed 15th Nov</i> 19.30	"Mary Gillham - a Dedicated Naturalist" A talk by Dr Al Reeve about a project to record the life and talents Of Dr Mary Gillham. Ararat Centre of the Community, The Common, Whitchurch CF14 1 PT. ALL WELCOME. Tea and biscuits.
Sat 18th 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 19th Nov 10.00 - 12.00	Cardiff Wildlife Detectives for children aged 8-12 Build a hedgehog home. Forest Farm. For more details email Gareth at gstamp@cardiff.gov.uk or phone Community Rangers on 029 2044 5903
December	
Sun 10th 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
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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.