



Friends

of FOREST FARM COUNTRY PARK
and GLAMORGANSHIRE CANAL
LOCAL NATURE RESERVE
Issue No: 115 March 2020

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What a start to the year!

Storm Dennis

The new Bird Hide

Application for a Green Flag award for Forest Farm

The Friends 30th's Anniversary year

Update on Velindre New Cancer Centre

Read all about it

Good News - the replacement Bird Hide IS coming

(This has been a subject of great interest and many questions since it was burned down last year. These things take time, but at last we have some definite news to report from Alec Stewart, Ranger at Forest Farm. Ed.)

"The next major talking point of course has been the first bird hide. We had to wait for the insurance to be sorted out first and thankfully that was.

Quotes have been received and we have settled on a metal container fabrication as our preferred choice of replacement. Work has started and will be carried out over the next few weeks on the groundwork preparation so that hopefully we will have a new hide in place for the Spring - fingers crossed."

(See the rest of Alec's report on Page 5)

Storm Dennis

See more on Page 9

Message from Cardiff Council dated 16th February 2020

Due to damage caused by Storm Dennis, a section of the Taff Trail adjacent to Longwood Drive in Whitchurch is temporarily closed and a diversion has been put in place for cyclists and pedestrians. The pathway will be inspected again after the weekend.

Please don't use this part of the path. Sorry for any inconvenience.

(The section referred to is between the Radyr Hydro and the M4 bridge. Ed)

Velindre New Cancer Centre

Statements from David Powell, Director, Velindre TCS* project

First: Received 29th January 2020

We have started the process to find a consortium to design, build, finance and run the building which will house the new Velindre Cancer Centre - serving people across South East Wales.

We have published a formal notice to inform the market.

The notice has been published after Velindre and Asda worked together to create plans for an entrance to the centre, providing better traffic flow and easy access around the area. People will be able to enter or leave the new cancer centre via a new route.

* TCS Transforming Cancer Services

Continued on Page 3

Editorial

Dear Friends.

Welcome to the first edition of the New Year - and the decade! It looks like a busy year ahead. **Storm Dennis** had a bit of an impact - to say the least (P9) See **Velindre** NHS Trust's statement (Front and P3) about moving to the stage of seeking a company to proceed with planning and building the **New Cancer Centre**. This means that your Committee will be paying close attention to the plans. We hope you will too and let us know your views. We need to ensure the minimum disruption and protect the maximum habitat that we can, also ensuring that mitigating measures ARE put in place.

We are delighted to hear that the **replacement bird hide** is definitely underway. Once it's there, and we know the final costs, it will be good to have a period of assessment with a view perhaps to replacing the other hide? Some remedial work on the **canal** edge is being planned for this year as well. Also, it was a surprise (for me anyway) to hear about an application for a **Green Flag** award for the Reserve (P8). It's all been going on behind the scenes!

So, the Committee has a lot on it's plate, not least our **30th Anniversary** year. For this, so far we have come up with **extra walks** with specialists to cover a range of the biodiversity the Reserve has to offer and a **booklet about the Friends** and Forest Farm (P4). It is planned to be ready for sale at the Rangers Summer Open day on June 20th. This is also when your photos of the Reserve for the **2021 calendar** will be judged by the public. So get those entries in!

We continue with **our usual activities, volunteering, walks, evening meetings and our AGM**. Your support is much needed and appreciated.

Last but not least, **welcome to our new members**. If you, or indeed any current members want to pass on your thoughts about the Reserve, we'd love to hear them.

Best wishes,

Sheila Austin

Our 2021 Forest Farm Calendar.



There will be a poster around soon with details about this; the information will also be on our website.

We have 12 months to fill, 4 seasons. We know you take some fantastic photos, so start clicking - or sort out some to submit.

How do I submit them?

You can give your photos to any committee member, bring them to one of the 2 remaining evening talks, or to the Forest Farm representative at one of the monthly Nature walks.

You can also send them in - see p12 for the Editor's contact details.

Extra walks in 2020

Planned so far with ...

- Bug Life,
- RSPB - Giving Nature a Chance
- and - a Medical Herbalist.

The Rangers have arranged a Bug Safari on 3rd June with RSPB Cymru and, later in the year, a walk led by Glamorgan Fungus Group.

Watch out for the details!

Deadline for articles for next newsletter - 8th May 2020

See back page for contact details

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Velindre New Cancer Centre - continued

The 60 year-old Velindre Cancer Centre does not have the facilities or space to meet future challenges.

The new centre will treat more patients and help more people live longer with cancer.

It will also further support international research and development aiming to make Wales a leader in cancer treatment.

The new centre is due to open in 2024. If it is to work for future generations, then we need our staff, patients and neighbours to be involved in its design, construction and operation.

Staff, patients and the public, specifically neighbours to the cancer centre, have helped shape our plans so far. The two year procurement process provides new opportunities to get involved.

We are working with the Welsh Government to get approval for our business cases for the new centre and for access to it.

We already have outline planning permission for the new cancer centre.

Second: received on 21st February

I am writing to let you know that, today, we are publishing plans for access roads to the new Velindre Cancer Centre.

Serving the whole of South East Wales, the new centre is due to open in 2024. It will have the capacity for 8,500 new patients and 160,000 patient appointments a year – up from the current levels by two thousand and 20,000.

Draft plans cover new road and car parking layouts at the Asda store in Coryton, where the main access to the new Velindre Cancer Centre will be. They are available for comment by Sunday 22 March. With Asda we will then submit a joint planning application for Cardiff City Council to determine.

The access will be more convenient for the majority of patients and staff who travel to the cancer centre from across South East Wales, not just Cardiff.

It will also substantially reduce the traffic congestion caused by people driving through Whitchurch to the existing cancer centre.

We are also seeking to extend the period when the temporary construction road on the Whitchurch Hospital site can be used. We want to use the road both for construction of access to the new centre and for construction of the centre itself. As a result we can reduce costs and bring forward the opening date.

The extension in time will help us open the new Velindre Cancer Centre ten months earlier, in 2024. It will also save up to £11.5 million of public money.

In the spring of 2018 Cardiff City Council granted planning permission for the new centre with a main access from the Asda site, an emergency access from Hollybush Road and temporary construction access through the old Whitchurch Hospital site and Lady Cory Field.

There's more information available on our [Transforming Cancer Services website](#).

Don't forget our A.G.M on Wednesday 15th April. The 2019 minutes and the agenda for 2020 are enclosed. Please come along - we need your active support, especially both for our 30th anniversary and now that Velindre have more plans. Thanks, and we look forward to seeing you there.

30 years of the Friends of Forest Farm - an Anniversary Booklet



Do you have a special memory of Forest Farm?

Did something surprise you when you visited for the first time?

It is 15 years since I joined the Friends when we moved to Cardiff. A lot of change has taken place in that time, the **orchard** and **nearby pond and butterfly sculptures** - and the reinstatement of the pond **opposite the farm buildings** where the dragonfly sculpture is. Other **wood sculptures** are in the parking area and include **the 'giant'**. There have been improvements to the **Wardens' centre**, the old stables and construction of the **Mary Gillham bog area**. **Volunteering** from many sectors and visits from **schoolchildren have increased significantly**. In the more distant past, there was work to provide a much needed slope at the Ty Mawr end of the canal to allow **disabled access** and a *huge* fundraising effort to build the **wetland areas and the hides** and the burial of a **time capsule!**

Our **newsletter** has developed, many members now receive it via email. We now have the benefit of colour editions once a year and are able to include photographs from some of the many photographers who visit the site. The **website**, including Facebook and Twitter, have helped advertise our events and raise awareness generally of the site and the work done here. We are so lucky to have this Nature Reserve on the edge of Cardiff.

Many people value the Reserve. If you are one of them and want to write a short article to be considered for inclusion in the booklet, please send it to me. My contact details are on the back page.

Sheila Austin

As promised from the last edition, here are some photos from Cliff Woodhead. They were taken on 7th June 2019 Ed.

Kingfishers

"I had heard there may be up to five birds flown the nest, so I chose a rainy morning as they have been known previously to come on the perches together in bad weather.

I arrived just before 8 am and the 5 came in during a heavy cloudburst at about 9 o'clock.



There were 3 on one perch and 2 on the other, all at the same time.

They left as the rain eased 20 minutes later."

Cliff Woodhead

Reserve Report. December 2019 - February 2020

Alec Stewart - Ranger

December is a quiet time for the Rangers around the reserve as at this time of year we are busy with carol services, wreath making and holiday leave.



Photo was taken by me last October. When I was at Forest Farm recently, the water was not overflowing the path but there were large puddles from the car park end of the canal to middle lock. Ed

However a start has been made on **the canal** using various techniques to **stabilise the banks** and fill in pot holes. We have had success with a couple of methods which are also not too expensive to carry out. Thanks to some funding from Natural Resources Wales (NRW), we will be able to carry out repairs over the next few months. This should enable us to cover the stretch of canal from the car park end up to the middle lock. We will then seek further funding to reinstate the next section.

We are also seeking a quote to **raise the path** at the car park end of the canal to stop this section flooding and reinforce the bank. This is also important as we need to keep the level of the canal at a certain height to enable us to control the water flow into the ponds and wetland scrapes. We have some funding, and are grateful to the Friends of Forest Farm for offering to add to the pot so the work can be carried out.

I am also hoping that two more projects come to fruition in the next few weeks. I have always wanted to restart our **bird box monitoring scheme** but have not had the time or volunteers to do it. Some useful contacts involving the university and Glamorgan bird club mean that soon this project will get started. I hope to have more information in the next newsletter.

The last little project is related to the nest boxes. One year we had nesting kingfishers on the Reserve. We built

our own kingfisher nesting bank which sadly is starting to break down. However we have come up with a much better and stronger design which I hope we will install soon. This will be fitted with proper **kingfisher nest boxes and tunnels** which are quite expensive. Fortunately, we are able to use money from the Network Rail fund for this project to go ahead. So let's hope for breeding kingfisher on site again.

It has been generally slow with the wildlife this season but some notable sightings were 3 **foxes** in the meadow opposite the warden centre. A **tortoiseshell butterfly** on the wing in

early February and **frogs spawn** in various locations as well. A pleasant surprise came in the form of a pair, male and female **Goosander** on the feeder canal along with what seems to be our new resident **Cormorant**.

Since before Christmas, the **Dipper** has been staking his claim on the feeder canal singing away and showing off to his mate. As such, I would urge all birders and photographers to respect that these birds need some peace to be able to nest successfully. So please use common sense and do not put any undue pressure on the birds. I am sure they will then reward you with excellent views.

We have seen off Ciara and Dennis is currently knocking on the door.... keep safe everyone!



Thanks to Tony Fisher for these photos of a male and female Goosander,. These were not the pair mentioned in the ranger's article, but taken earlier.

Nature Walk in Forest Farm Nature Reserve

by Sheila Austin

February 15th

Song Thrush

Robin

Dipper

Blackbird

Blue tit

Great tit

Nuthatch

Coal tit

Reed bunting

Dunnock

Bullfinch

Crow

Wren

Long tailed tit

Jay

Moorhen

Mallards

Pigeon

Magpie

What do you remember about mid February and Forest Farm?

The weather was a top story in the news. The Friends volunteering session on 8th had to be cancelled due to storm Ciara. The following weekend storm Dennis was on its way, so with some trepidation, I waited to see what I was in for on Saturday for the regular nature walk. Sure enough it was wet - and forecast to get worse.

However, duty calls. So, suitably dressed I arrived for 10 a.m. at the Wardens' Centre. I fully expected that no-one would be mad/brave enough to turn out - but I was wrong. Four people arrived and seemed unfazed by the weather, so off we set.

As usual, we commenced by going up the Taff trail as far as Radyr bridge. The river was in full spate and there was nothing to see there. Heading along past the allotments we saw a Robin or two, Bluetits, a Blackbird and a Song Thrush. Just a bit further on and the Dipper flew under the feeder bridge and landed a little way off and we were able to watch that for a while. Then, as we went to go into the hide, there were lots of Great Tits and Blue Tits and some Coal Tits just to the left of the door, tempted down by Heather's peanuts perhaps? Inside the hide (some relief from the rain), we had the most lovely, close views of a Jay and quite a lot of Reed Buntings. Dunnock, Jay, Nuthatch and Bullfinch were also about - and Crows, Pigeons and Magpies.

As we were walking towards the canal, one of our group mentioned that last week she had seen 5 heron in the field next to the hide and a couple we passed mentioned they had seen a kingfisher on the canal - but neither were visible on Saturday.

I think we were out about 2 hours. The weather was appalling but the abiding memory is of all the Reed Buntings just around the hide.

(The next day was Storm Dennis!)

March 18th

A talk on
The Cambrian Way
which runs through Forest Farm
along the Glamorgan Canal

by

Richard Tyler
Chairman,
The Cambrian Way Trust

**Friends of Forest Farm
evening events.**

**Ararat Centre for the
Community**

Whitchurch CF14 1PT

Wednesdays, 7.30 p.m.

Refreshments available

ALL WELCOME

April 15th

2020 A.G.M

followed by wildlife photos
taken on

Forest Farm

by

Anthony Matthews

STOP PRESS...

Velindre NHS Trust are now looking for people's views on the design of the new Cancer Centre. Their draft Design Brief describes the ten requirements on which the competing designs will be evaluated.

See our website - forestfarm.org.uk for further details or Contact.Velindre@wales.nhs.uk

The Friends volunteering sessions

December - working on the hedge by the dipping pond

Following its trim in November, the hedge at the back of the dipping pond got the full treatment in December from the full-time and volunteer Rangers.

So why has it been cut down to the ground? It's all because of the sparrows. Over the years they've learned that the dipping pond is basically a "dragonfly drive-through" (or maybe that should be "fly-through"). The sparrows nested or just lurked in the hedge and when the dragonflies hatched, they picked them off with ease, giving them no chance to mate. The decline in dragonfly nymphs became obvious from the pond-dipping sessions hosted by the Ranger Service.

Of course, sparrows need to eat and feed their young, but the dragonflies need a fair chance, too. (Dragonflies are seriously endangered in the UK, due to the loss of wetlands, and because of pesticides and insecticides drifting from farmland.)

As well as helping protect the dragonflies, cutting down the bramble will allow a wider variety of plants to grow on the bank, helping to boost biodiversity.

January - repairing part of the tow path

A really fantastic turnout for our first volunteering session of the year — no less than 24 enthusiastic people, including numerous newcomers and youngsters! Many thanks to everyone who came along.



They all spent a sunny winter's morning variously shovelling, wheelbarrowing and raking a huge amount of scalplings* to repair the surface on a stretch of the canal towpath. It will take a while for them to settle and bed down, after which they'll be levelled again, with a slight slope down to the canal to aid drainage. Then they'll be compacted, and a fine gravel added on top.

And a couple of very hard-working youngsters showed the adults how to clean all the tools afterwards. (Thanks Amy and Bethany!)

(Scalplings* - a mixture of stones of different sizes, designed to interlock, to form the base of a path.)

Jon Wallis

.... and from Countryside Warden **Paul Pinnell** ...

On 12th January we had 24 volunteers, doing work on the tow path. It was like something from the forties - we had parents with their children all getting covered in mud and dirt, as well as the rain. It was a really good day. We were filling the wheel barrows with stone, tipping it on the path and spreading it out evenly.

I have been taking the FFF volunteers for about eight years and this was the most volunteers I have ever had. It was a pleasure to have so many volunteers all wanting to muck in and get the work done.

I would like to thank the group who turned up that day and all the other days. Many thanks from the Ranger Services.



Photos; Jon Wallis and Estzer Horvath-Papp

**From an article entitled 'Review' by Ted Edwards
March 2003**

***This extract is about how Forest Farm became
A COUNTRY PARK and GLAMORGANSHIRE CANAL LOCAL NATURE RESERVE***

"The canal passed through Whitchurch and that is the part we are interested in. Section 31 of the sale agreement stated that the Corporation was required to use the canal lands, which included the canal, lying between the then City boundary (Melingriffith) and Tongwynlais as a public park or pleasure ground.

There must have been a lot of hard work done by local Naturalist groups between 1943 and 1967, when during the Cardiff Naturalists Society Centenary year, the area was declared a **Nature Reserve** by Cardiff City Council, who by then owned it due to the City boundary having been extended; by 1970 the Cardiff Parks Department had taken over the management of the reserve, then in **1981 it was formally declared a Local Nature Reserve.**

....The main part of the Reserve (Longwood, the Canal and Sheep's Bane Wood) has been scheduled as a **Site of Special Scientific Interest (SSSI)** by the Nature Conservancy Council.

It was in 1989 that Chris James, a voluntary warden and Watch leader, floated the idea of a '**Friends Group**'; Chris Powell, Conservation Officer with the City council, took up the idea and that was the start of the 'Friends'.

... In December 1993, this area was confirmed as a **Country Park**, which has an area of over 150 acres."

Application for Green Flag status for Forest Farm

Cardiff Council has 12 Green Flag parks. They have now put together a programme to identify new sites to be added to the Green Flag application process over the next 3 years. One of these is for Forest Farm Country Park.

The current position is that the Green Flag management plan is complete and the submission has been made. "It is hoped that the Forest Farm application will help to underpin development proposals for the site and secure its future as a centre for volunteering and promoting biodiversity."

The purpose of Cardiff Council's document is "to provide information about the features of Forest Farm Country Park, how the site is managed, and how this aligns with the Green Flag award criteria."

This is a 62 page document full of information and interest - especially to us, the Friends of Forest Farm. I commend it to you.

Particularly helpful is a Forest Farm site plan and context which is very clear. It shows the extent of the site and the areas designated as SSSI - Site of Special Scientific Interest - i.e. Glamorgan Canal and Longwood, and SINC Local Designation - Sites of Nature Conservation - of which there are five.

The link is:

[http://forestfarm.org.uk/downloads/committee/
Forest_Farm_Green_Flag_2020_inc_Appendices.pdf](http://forestfarm.org.uk/downloads/committee/Forest_Farm_Green_Flag_2020_inc_Appendices.pdf)

Sheila Austin

Forest Farm - and Storm Dennis

As this article is written, it is only a few days since the storm hit causing flood damage to many houses in the local area. Our thoughts are with those affected in the immediate days and future months.

The power of the flood water has damaged the Taff Trail above Radyr Weir and it has been closed off, as the path has been undermined and is dangerous.

As far as the Reserve is concerned, we got off pretty lightly compared to severe flood damage nearby. Water did enter the Reserve although damage was limited and fortunately, both the Wardens Centre and Farm buildings were unaffected.

However, the allotments were flooded, and this was basically from the Taff. It flooded into the area round the weir and then down along the Taff trail. Water entered the feeder when the bank of the Taff broke, but it didn't do so for very long. At that point water was going everywhere, but because the penstock* was closed, once the main surge of the Taff abated the water level in the feeder was actually quite low.



Melingriffith Water Pump 16/2/2020

Photo: Duncan Hockridge

It has been reported that the river levels were the highest since the floods of 1979, which flooded large parts of Cardiff.

You may have seen in photographs that the storm has unearthed railway sleepers from the Mellinriffith Railway which closed in 1958. When the water levels drop we will be able to inspect the area to see what else we can find.

The information for this article comes from various sources including Ranger Alec Stewart, Martin Chamberlain and Jon Wallis.



Photo: Duncan Hockridge

There was also flooding at the Melingriffith Water Pump due to water backing up from the feeder outflow by the railway bridge, not because of water coming down the feeder. On Forest Farm Road, the rugby club field was flooded and, sadly, also the houses. These were hit worst of all because they are in a dip. The Taff breached the berm* alongside the road.



Some of the debris

Photo: Duncan Hockridge

A **penstock**: a sluice or gate or intake structure that controls water flow.

A **berm**: a naturally occurring or man-made mound of earth, often found near bodies of water which are used to contain areas & bolster flood defences.



Photo: from a tweet by **beicwrtaff**
I have cropped the picture to give a clearer view of the sleepers. Ed

(As promised, this is the report of the November talk to the Friends. Ed)

Swifts in Trouble *by Albyn Austin*

The first Friends meeting of the winter (in November) was given by **Alan Rosney** about the **Glamorgan Swift Project** and we thank him for a most interesting and informative lecture.

Swifts resemble Swallows or House Martins but are slightly larger. They are not related - coming from the humming bird family. Their wingspan is 38-40cm (1ft 2-3in) and length 16-17cm (6½in). They spend almost their entire lives in the air – even sleeping in flight - only landing to lay, hatch eggs and feed their young. In fact, they cannot perch as their legs are too tiny. (See the photo below). On the ground they push themselves along on their tummies. (Apus is Greek for “without feet”.) They live on insects, eating about 2,000 per day – aphids, spiders, flies etc. and rarely drink, relying on the moisture in the insects to survive. They are the fastest birds in level flight at 70mph and fly about 500 miles per day!

Along with many other species in the UK, numbers of Swifts visiting us have halved in the last 25 years. If numbers continue to decline at 3-4% per year, in 30 years there will be none left. The current population is about 60,000 down from about 250,000 50 years ago. Unlike some other species **something can be done to help stop this decline.**

Loss of nesting sites is one of the reasons for this decline. Swifts generally nest in the roofs of old buildings through gaps between the rafters. Such sites are rapidly disappearing as roofs are insulated and Soffit boards are replaced by modern PVC units. Also, modern buildings do not have such cavities. Unfortunately, regulations do not require Swift boxes to be fitted to new buildings. Builders have to be encouraged to fit them. The latest planning guidance for Wales has 18 pages about bats and half a page about all birds. A petition on 38 degrees website is to require Swift boxes to be fitted where appropriate to new buildings.

Special nest boxes and special hollow bricks can be fitted to houses for the Swifts to nest in, but they like to nest in tall buildings. These need to be high – at least 4m, and at least 15m from trees or other obstructions, so scaffolding is needed to fit them. The boxes can be fitted into external walls during building or renovation. Sunny positions are OK as the boxes are well insulated, but north facing is best. It usually takes several years for Swifts to take up residence, while they examine the sites. (Sparrows often use the boxes first) As Swifts are sociable birds, they like to have several nest boxes in close proximity and they have to be large to allow the chicks to exercise their wings inside the box. Not being able to perch, when they leave the nest they have to fly straight away. The boxes do not need cleaning out; what is left are small amounts of dried insect remains which are generally eaten by species of moths and beetles.

There are some Swift Towers in Wales with multiple nest boxes but these are more about publicity for their plight than mass nesting sites.

Swifts arrive in Wales at the beginning of May and generally leave in August, over-wintering in Southern Africa. They tend to have the same partner for life, **only breed in their third year** and on average only live for five years. As they usually **only have two chicks** per brood, it is difficult for the birds to recover their numbers quickly.

Other possible reasons for their decline are being investigated. Are declining insect numbers and wetter summers a factor? Their migration routes are not well studied. In 2010 a Swift was tracked southwards from Sweden, round the coast of Africa to the Congo where it lived for some months before moving to Mozambique in December.



Photo: of a young swift. Dave Beveridge.

Swifts in trouble - cont'd

Numbers are estimated from the "Screaming parties" they form on summer evenings - groups in flight calling to each other and the two-tone calls of birds still nesting which sound like screams. 7-8 were recorded a couple of years back at Tongwynlais but Ely is the best place to see them in Cardiff. They usually fly higher than Swallows or House Martins which generally keep below the trees. The RSPB is making a record of reports of Swift screaming parties on their website to enable a better estimate of numbers and help track their decline.

You can find **more information** about efforts to save Swifts, how you can get involved or be a **Swift champion** to help the project.

<http://glamorganswiftchampions.blogspot.com/>

<https://www.swift-conservation.org/> 'The Swift Conservation Project',

<http://actionforswifts.blogspot.com/> Action for Swifts

<https://www.rspb.org.uk/our-work/conservation/conservation-and-sustainability/safeguarding-species/help-us-help-swifts/> The RSPB Swift Cities Project

"Talking Bench" at Forest Farm?

You may have read about talking benches which have been placed in local parks where you can sit and have a chat with someone*. This may be the only person someone speaks to all day.

Next to Forest Lock, you may have noticed a bench shaped as the letter 'T'. This bench is in memory of Ted Edwards who was our previous Chairman.

So we are proposing that Ted's bench will become Forest Farm's "talking bench". You can just pass the day with someone or, as I have done, in the past learnt some interesting history or story about the local area.

Martin Chamberlain

** In Cardiff, a lady called Allison Owen-Jones came up with a similar idea - a 'Happy to chat bench. Sit here if you don't mind someone stopping to say hello'. She said, "All of a sudden, you're not invisible anymore."*

Events March - mid June 2020

DATE	EVENT
MARCH	
Sun 8th Mar 10.00 - 13.00	Friends Volunteering Event. ALL WELCOME. Details will be on our our Facebook page or Contact Martin on 07952 926145. Meet at the Wardens Centre, Forest Farm Rd Whitchurch. CF14 7JJ
Sun 15th Mar 10.00 - 12.00	Cardiff Wildlife Detectives for children aged 8-12. Forest Schools Taster at Forest Farm. For more details email Gareth at gstamp@cardiff.gov.uk or phone Community Rangers on 029 2044 5903
Wed 18th Mar 19.30	Friends Evening Talk. Richard Tyler, Chairman of the Cambrian Way Trust will be giving a talk and power point presentation At Ararat Centre for the Community, Whitchurch, CF14 1PT. Refreshments available. ALL WELCOME.
Sat 21st Mar 10.00 - 12.30	Nature Ramble. Meet at the Wardens Centre Forest Farm Road, Whitchurch. CF14 7JJ for a gentle ramble around the Reserve to see the wildlife. Bring your binoculars if you have them. ALL WELCOME.

Events March - mid June 2020 continued

DATE	EVENT
APRIL	
Sun 12th Apr 10.00 - 13.00	Friends Volunteering Event. ALL WELCOME. Details will be on our our Facebook page or Contact Martin on 07952 926145. Meet at the Wardens Centre, Forest Farm Rd Whitchurch. CF14 7JJ
Wed 15th Apr 19.30	Friends AGM followed by Photographs of Forest Farm with Anthony Matthews. At Ararat Centre for the Community, Whitchurch, CF14 1PT. Refreshments available. ALL WELCOME.
Sat 18th Apr 10.00 - 12.30	Nature Ramble. Meet at the Wardens Centre Forest Farm Road, Whitchurch. CF14 7JJ for a gentle ramble around the Reserve to see the wildlife. Bring your binoculars if you have them. ALL WELCOME.
Sun 26th Apr 10.00 - 12.00	Cardiff Wildlife Detectives for children aged 8-12. Beach clean along Cardiff Bay Barrage shore. For more details email Gareth at gstamp@cardiff.gov.uk or phone Community Rangers on 029 2044 5903
MAY	
Wed 6th May 18.00	Foods of 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 at 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 Wheelchair accessible
Sun 10th May 10.00 - 13.00	Friends Volunteering Event. ALL WELCOME. Details will be on our our Facebook page or Contact Martin on 07952 926145. Meet at the Wardens Centre, Forest Farm Rd Whitchurch. CF14 7JJ
Sat 16th May 10.00 - 12.30	Nature Ramble. Meet at the Wardens Centre Forest Farm Road, Whitchurch. CF14 7JJ for a gentle ramble around the Reserve to see the wildlife. Bring your binoculars if you have them. ALL WELCOME.
Sun 17th May 10.00 - 12.00	Cardiff Wildlife Detectives for children aged 8-12. Spotting and identifying wildlife along the Wildlife Explorer Trail in Grangemoor Park. For more details email Gareth at gstamp@cardiff.gov.uk or phone Community Rangers on 029 2044 5903
JUNE	
Wed 3rd Jun 16.30 - 18.30	RSPB Cymru Wild Challenge Wednesday – Bug Safari. Let's go on a bug safari and explore a world of tiny creatures. Can you spot a wolf (spider), dragon (fly) or a tiger (moth)? Why not bring a picnic to enjoy along the way? Meet at the Warden Centre, Forest Farm Road, CF14 7JJ FREE
Sat 13th Jun 10.00 - 13.00	Photography Workshop. Close up Photography. Want to take pictures of your local wildlife? Join the Community Park Rangers for an introduction to some basic photographic techniques, including how to set up and photograph plants and insects. Meet at the Forest Farm Conservation Centre, Forest Farm Road, Whitchurch, Cardiff, CF14 7JJ For more information contact the Ranger Service on: 029 20445903. FREE 2km. Easy
Sat 20th Jun 10.00 - 16.00	Forest Farm Summer Open Day. A day of family wild time with nature and a chance to explore, discover and relax. Pond-dipping, bug hunting and bird spotting – this day of fun packed wildlife activities with the Community Park Rangers, RSPB Cymru and the Wildlife trust is perfect for families. There will also be a fun dog show, please be prompt for 12.30pm if you would like to enter. Meet at Forest Farm Conservation Centre, Forest Farm Road, Whitchurch, Cardiff. CF14 7JJ Free activities and free parking available on site.

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.