Welcome

Welcome to the latest issue of our quarterly newsletter on the Llanfrechfa Grange Walled Garden project. It’s been yet another very busy season in the garden. We have held a number of events, undertaken a huge amount of landscaping work with volunteers and built some important new partnerships. In addition we have won a few awards in recognition of our progress to date. Please read on for more details and if you would like to get involved, find our contact details on the back page. No matter what your age or abilities, new faces are always welcome.

Forthcoming Events

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Time</th>
<th>Details</th>
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</thead>
<tbody>
<tr>
<td>Festive Social for Members &amp; Volunteers</td>
<td>2 Dec 2019</td>
<td>2 pm</td>
<td>Try your hand at Christmas wreath making, followed by lunch and a festive quiz. Small charge to cover costs.</td>
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<tr>
<td>Hallowe’en Spooktacular</td>
<td>26 Oct 2019</td>
<td>12 - 4 pm</td>
<td>Come and visit our stand for fun activities and great produce at All Creatures Great and Small, Church Road, Llanfrechfa, NP44 8AD.</td>
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<tr>
<td>Trustees Meeting</td>
<td>21 Oct 2019</td>
<td>2 pm</td>
<td>Business meeting of the charity Trustees - in the Gardener's Cottage. Open to members, space limited.</td>
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During the summer our young gardeners have enjoyed spending the grant they received from the Kew Gardens Grow Wild outreach initiative. Funded by the National Lottery Community Fund their award enabled them to find, photograph and identify wild flowers in and around Llanfrechfa Grange.

Supported by professional wild life photographers Chris and Karen Hatch the youngsters have taken lots of lovely photographs and have produced the poster above using some of the best ones. They will be developing more display material using the rest of their photos during times when the weather drives us indoors over the winter.

Wild flower ‘seed bombs’ have also been produced to help spread native wild flowers wherever the bombs are thrown! These are packed in little burlap bags and will make unusual Christmas presents.

Many thanks to Maria Golightly from Kew for her guidance and to garden volunteers for helping deliver the project.
Garden Design Implementation

Northwest Quadrant
Visitors can expect to see some big changes the next time we have an Open Day! There has been a big push to lay down the hard landscaping in the "Reflective" northwest quadrant. We held 3 weekend working parties over the summer to dig out the paths and lay in the sub-structure with much additional work also put in by our regular Monday volunteers. While there is still some way to go, we have also started mounding up the flowerbeds ready to begin planting over the coming weeks. The garden is suddenly starting to come together, exciting times.

A big thank you to all our volunteers and supporters for making it happen.

Annual General Meeting 2019
As a new charity, this year we decided to move our AGM to the summer and to make it another Open Day with lots of fun activities. It was a good move as we had many more people attending than our last AGM which was indoors on a cold, dark, damp December afternoon!

We presented our Annual Report and Annual Accounts while keeping the meeting short and sweet so that visitors could have lots of time to wander around the garden and speak to trustees afterwards. We held a raffle, plant and produce sales and Debbie Davies ran a workshop on making shell pictures.

To view our Annual Report and Accounts go to: https://llanfrechfawalledgarden.wordpress.com/about-2/

Become a Member
An important way that individuals can support the development of the Walled Garden is to become an Associate Member. It costs just £4 payable every January 1st. The fee provides a small but useful contribution to the ongoing running costs of the garden. In return, members receive this quarterly newsletter, invitations to social events and meetings and they are eligible to stand for election as Trustees.

For our application form and further details please visit this link: https://llanfrechfawalledgarden.wordpress.com/supporting-us/
The construction programme for the Grange University Hospital is currently on schedule with significant progress having been made throughout the building. Laing O’Rourke and construction trade teams are now finishing off the rooms in the building, floor by floor, from the main entrance on one side of the building to the Emergency Department on the other.

Work on the external structure of the building is largely complete and following the attachment of some canopies the final crane was dismantled on the site (pictured). At one point there were six cranes, which could be seen from miles around, so it’s a little strange to now have none on the skyline.

The hospital’s emergency electrical generators are also now being tested in a number of planned power failure scenarios throughout the hospital building.

The site remains under the management of contractors Laing O’Rourke so opportunities for site visits remain limited. As the construction progresses, and the site becomes more safe, Health Board staff will be able to visit the hospital building.

New construction teams are also on the site to prepare for the building of a new Hospital Sterilisation and Decontamination Unit (HSDU). This will be adjacent to the east side of the Walled Garden, on the site of the old canteen. The first phase currently under way, is the demolition of the old canteen itself. Construction work is due to start early in the New Year.

Health Board Volunteering Thank You

Five of our gardening regulars were delighted to attend an afternoon tea where the Aneurin Bevan University Health Board’s Chair and Chief Executive thanked everyone involved in volunteering across Gwent. It was good to hear presentations from several specific projects, with cream scones and listening to the Risca Male Voice Choir making it a most enjoyable afternoon.

Thank you ABUHB for recognising the contribution volunteers make, it is very much appreciated.
All Creatures Great and Small

*This summer we have developed a great partnership with our local animal sanctuary. Little did we expect to have to call on them for help for one of our visitors!*

We have had lots of new visitors to the Walled Garden this year. Not all of them have been human! We have spotted frogs and toads and we have a hedgehog who likes to toddle around the poly-tunnel gobbling up all our slugs. We have some hedgehog nesting boxes in place so we are hoping he has made a nice home in one of them for the winter.

We also found a pretty stray cat turning up on a regular basis to sleep in the greenhouse or poly-tunnel. However her tummy was suspiciously round so we decided something needed to be done!

The animal sanctuary 'All Creatures Great and Small' is one of our closest neighbours, being based at Church Farm, Llanfrechfa Village. Over the summer we met up and worked on some ideas to collaborate, resulting in us having a stand at each others' events. Then when our kitty turned up pregnant, the Sanctuary staff stepped in to take her in. It was just in time as the very next day, she gave birth to a single kitten. We are happy to report that mother and baby are doing well and both have new "forever" homes to go to when the kitten is weaned.

*Thanks to James Matthews for dog show images.*
**Reduce, Reuse, Recycle**

In this feature we describe some of the eco-friendly approaches we have adopted to reduce our environmental impact in the garden.

Like all good gardeners, here at the Walled Garden we take composting very seriously. Good compost material is essential for maintaining soil health and encouraging good strong plants. We have compost heaps and bins for the garden and useable food waste. What we can’t use is taken away to put into the council kerb-side collections. We are also exploring different approaches such as the "no dig" system for sustainable long-term maintenance and eventually even installing a "green roof" on one of our shelters.

Although we have a mains water supply, we also collect rainwater from the shed and greenhouse roofs in lots of water butts. This is used for watering plants and is actually better for them than tap water.

We were given permission to salvage a lot of useful structural material such as stone, bricks and slabs, from the Caerleon Campus site as it was being decommissioned. Much of this has been reused for walls and paths around the garden. The metal frame of the poly-tunnel, along with various items of office and kitchen furniture also came from Caerleon Campus, while a large quantity of plastic duct pipes have been deployed for our underground electricity and water installation.

We have a big focus on reducing our need for plastic or reusing items to destruction where we can! At our 'Have a Grow' open day in June, we demonstrated how plastic bottles could be crafted into attractive containers for growing herbs or cress. We encourage the re-use of containers, particularly plastic, such as flowerpots and plant labels. We also save plastic bags, boxes and trays for when we sell produce, although in future we will be using paper bags.

**Peer Mentoring with Renew Wales**

We are delighted to report that we have secured a peer mentorship arrangement with David Thorpe of Renew Wales, through our association with Social Farms & Gardens. With over 30 years' experience in the sustainability sector specialising in solar energy, agro-ecology and sustainable refurbishment, David’s input will be invaluable in helping us develop our plans for water, solar and a green roof. Welcome on board David.

For more information on Renew Wales and peer mentoring, visit their website: [https://renewwales.org.uk/](https://renewwales.org.uk/)
News in Brief

Visit to Cowbridge Physic Garden

On one of the last sunny days of the season, a number of our volunteers took a day out to meet the project leader and volunteers of the Cowbridge Physic Garden.

Everyone found the visit interesting and enjoyable and brought back lots of ideas for us to try in the Walled Garden. A reciprocal visit is to be arranged.

Our thanks to our hosts at the Physic Garden and to Lisa Williams of Tyfu Fyny, who facilitated the visit for us. Tyfu Fyny is a scheme that supports community growing projects across Wales.

Hinterland Wales Hook Up

On Sat 11th October we were invited to attend a community growers lunch and launch of "Ahoy, What Grows There?" part of the Hinterland Wales initiative to develop community links along the Mon & Brecon Canal.

This was a great opportunity to find out about plans to develop the canal as a "slow food highway" which could link up growing projects such as ours and provide some fun and original ways of engaging the public in activities that improve peoples' health and well-being. For more information about this project, please contact project co-ordinator Melissa at: Melissa.Appleton@canalrivertrust.org.uk

Three Cheers for Adrian

Adrian Waters, owner of AP Waters Building Contractors Ltd, has been an active supporter of the Walled Garden project for several years.

On 22nd October his company featured in an episode of ITV's 'Love your Garden' with Alan Titchmarsh. Adrian's team helped deliver a huge garden make over for a local man left severely disabled by sepsis.

Well done Ade, we are so proud to know you.
We are feeling rather chuffed!

This year we felt brave enough to enter some of our flowers and vegetables at both the Horticultural and Craft Show at Greenmeadow Farm in Cwmbran and the Usk Farmer's Show. We were delighted to net a total of seven prizes!

At Greenmeadow we won two 1st prizes for our vegetables and a 2nd prize for a lovely Busy Lizzie. At Usk we won two 1st's and one 2nd for vegetables and another 2nd for a flower arrangement.

Contact Us

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Or find us on Facebook at llanfrechfa grange walled garden