

S U M M E R 2 0 2 3

The Walled Garden

Newsletter of the Friends of Llanfrechfa Grange Walled Garden



Summer time show time

Welcome to the Summer 2023 issue of the Llanfrechfa Grange Walled Garden newsletter.

It is hard to believe that this time last year we had to close the garden a number of times due to weather warnings about the heatwave! No such problems this year as it has been a season of very unsettled weather.

Yet the garden continues to go from strength to strength, the flower beds are maturing nicely and look magnificent. Our visitor numbers are increasing and this year's "Have a Grow" day in early June was the most successful ever. We are continuing to develop different areas and new features across the garden, while also forging new partnerships and projects across the local community.

Read on to find out more, or join us for our AGM on September 12th. And we are always ready to welcome more volunteers so if you have an hour or two to spare please get in touch.

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Repairs and Refurbishments

Following reports in our last issue on a number of care and repair issues around the garden, we have made great progress in getting these resolved or moving forward.



Cottage Repairs

The loose slates on the cottage roof were secured or replaced as necessary just in time for our 'Have a Grow' day. This meant that at last we were able to restore the opening of the south gate. Our thanks to Works and Estates at Aneurin Bevan University Health Board for their help on this.

The barge boards have new covers and the guttering and downpipes have been replaced. The timber arch and door have been repaired and undercoated ready for a fresh lick of paint. Replacing the windows will be next.



Build Projects

The shelter planned for the corner of the north west quadrant of the garden, is also taking shape. We have completed the tiled floor. The stone bench has been built and is just waiting to be topped with a sitting surface which will either be stone or wood.

On the opposite side of the garden, we have finally got going with building the reclaimed stone retaining wall around the veg plot. Once finished this will extend our growing area in this quadrant considerably and enable us to start work on putting in new paths.



New barrow and pergola

We are very lucky to have such skilled and talented volunteers helping in the garden. Look what has been built! The costermongers barrow has been made from scratch and provides a great focal point in the centre of the garden and a place to sell our wares.

The new pergola is over the steps in the Mediterranean garden in the southeast quadrant. A grapevine is now making its way up the sides and who knows? Next year we may have grapes!



Celebrating Community



Ponhir Planters Project

This year Ponhir Community Council commissioned the garden to supply flowering plants for their planters that are set along the main road through the village.

A colour palette of soft greens, yellows and oranges was agreed. The garden team then selected suitable annuals and a few perennials, and grew them on from late winter.

In May, just before the Bank Holiday, the plants were all good to go. Volunteers teamed up with Brownies from the village to fill the planters with summer colour. The local community are doing the watering and weeding, to ensure they last through to the end of summer.

Thank you Ponhir Community Council for the commission.



Singing in the garden

Over the course of 6 weeks in June and July, the garden played host to a series of singing sessions every Tuesday lunchtime.

These sessions were aimed at improving wellbeing amongst health care staff but were open to all.



The venture was organised by Joy Rickwood and Sarah Goodey from Gwent Arts in Health. For more information please visit www.garth.org.uk

Health Board thanks volunteers

Every year, Aneurin Bevan University Health Board runs a special celebration event to thank all the people and charities that volunteer or provide services to support local NHS care across the county.

Every year our Walled Garden community is invited to nominate some of our volunteers to attend.

This year the event was held in the Christchurch Centre in Newport on 6th June. A few of our volunteers went along to enjoy a range of presentations and a nice afternoon tea. We would like to thank the Health Board for acknowledging the contribution our little community makes. Our attendees were delighted to be invited and had a lovely afternoon.

Have a Grow Day

Have a Grow day is a UK wide event organised by Social Farms and Gardens. Once again we were delighted to take part in this annual celebration of community gardening.

'Have a Grow' was held on Saturday 3rd June. We put on a wide range of activities to keep families and visitors entertained, including a tombola, raffle, shell picture making, pebble painting and other fun things for the kiddies. A number of demonstrations were also available at our 'Propagation Station' where visitors could learn about seed sowing and propagating techniques and we had a spinning demo by members of the Weaving and Spinning Guild. Our plant sale was hugely popular as always and our other stalls selling crafts, produce and books all did well too, not to mention the refreshments stall with lots of homemade cakes.



This year proved to be our most successful to date, with more visitors coming through the gates and record takings. It was no doubt aided by exceptionally beautiful weather. It raised over £2000 which will all go towards developing the garden and keeping it beautiful.

Thanks to everyone who came along and made it such a success and of course huge thanks to our incredible volunteers who made it all happen. It was a fun day but quite exhausting. We look forward to doing it all again same time next year!

Volunteering News

The Walled Garden depends on our dedicated group of volunteers. They have been central to the development and execution of our plans and the ongoing maintenance of the garden, BUT we need more....

On Bank Holiday Monday 8th May, 18 volunteers took part in “The Big Help Out”, a celebration of volunteering for the King's coronation at the Walled Garden. And we were pleased to welcome 3 new recruits, Jane, Helen and Malcolm.

Despite the rather damp weather, lots of jobs got done and everyone was able to enjoy a hot lunch of spuds roasted in the firepit with omelettes and salad. Proceedings were concluded with a toast to the King. Thank you to everyone who took part.



We Need More Volunteers

Can you spare some of your time to help us achieve our aims?

- The Garden is open every day 10am to 1.30 pm and often longer.
- Helping in the garden varies from physical work such as digging and planting to more gentle tasks like sowing seeds or making teas and coffees.
- If you can come for a few hours or just one, we can always find something for you to do!
- If you can't come to the Garden, could you help in other ways? e.g. events, fundraising, social media.
- You don't need to have green fingers, just a keen attitude!
- Volunteers get to meet like-minded people and can work individually or in groups and as you can see from this page, we manage to have lots of fun too.

To find out more, please contact our Volunteering Secretary, Sundari, at email: info.lgh.garden@gmail.com or pop into the garden during opening hours to speak to any of our Trustees or regular volunteers.



Volunteering News

Volunteering with us is a great way to get outdoors and meet new people.

Welcome Newbies

We would like to extend a warm welcome to our newest volunteers; Mark, Gerry, Malcolm, Marianne, Cilla and Rosie.



L-R: Gerry, Marianne and Mark

Social Barbecue

In July, about 30 of our volunteers joined us for a social barbecue in the garden. It wasn't the sunniest of days but was just about warm enough to sit outside!

Social events are a great opportunity for people to get to know one another as many of our volunteers come in on different days and so don't always see much of the others.

They also ensure our volunteers actually have a chance to relax and enjoy the garden with time to walk around and really see how everything is going. Like many home gardeners and allotmenters, we sometimes need to be nudged to stop and stare!



Green Flag Award Again for 2023



We are delighted to have been awarded a Green Flag Community Award again this year. Our 5th consecutive flag arrived just in time for volunteers to enjoy at our summer barbecue.

The flag, awarded by Keep Wales Tidy recognises exceptional green spaces that are open to the public and managed entirely by volunteers. Maybe it's time to invest in a flag pole to display our flag for all to see and to invite visitors into the garden. Watch this space!

ANNUAL GENERAL MEETING

Friends of Llanfrechfa Grange Walled Garden
(charity reg. 1176172)

Tuesday 12th September 2023

4 pm until 6 pm

**at Llanfrechfa Grange Walled Garden,
Llanfrechfa Grange, Cwmbran, NP44 8YN**



**All welcome. Presentations will start at 4.15 pm
followed by light refreshments at 4.45.**

**Plants and produce will also be available to
purchase (cash only) after the meeting.**

**All proceeds go towards the on-going
development and maintenance of the garden.**

Daily Opening Hours

The Walled Garden is open to the public every day while volunteers are working in the garden.

Our core opening hours are 10:00 a.m. - 1:30 pm but we are often there for longer.

Group visits welcome by prior arrangement. Please contact us via Facebook or email info.lgh.garden@gmail.com



Become a Member

Are you interested in supporting the Walled Garden project but don't have the time to volunteer?

One way you can support us is to become an Associate Member. The annual fee of £5 goes towards the Garden's running costs and provides a useful regular income for the Charity. In return members receive "early bird" invitations to events and activities, this quarterly newsletter by email and access to the 'members only' part of our website which provides further information on developments and other resources.

You can join as a member at any time. We have an online form on our website: <https://llanfrechfawalledgarden.wordpress.com/supporting-us/online-associate-membership-application-form/>

or you can email our Membership secretary, Bobinca Wilson: info.lgh.garden@gmail.com

Bring me sunshine



Outside the west gate of the Walled Garden is an apron of grass and young trees which greet visitors coming up the main drive to the Grange and overlooks the hospital car parks. We have decided to brighten up the aspect a bit more by planting a range of tall and cheerful sunflowers all along the outside wall. Most are in bloom right now and we hope everyone finds them a cheery addition.

STOP PRESS!

Bulb Fest 2023 - We will be selling a range of spring bulbs in the garden from 29th August. Find us on Facebook for more details.



Contact Us

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Email: info.lgh.garden@gmail.com

Website: <https://llanfrechfawalledgarden.wordpress.com/>



Find us on Facebook at: [llanfrechfa grange walled garden](#)

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