

Discover

Explore

John Muir Award

Regaining Paradise:
Sustainability in the Early Years.

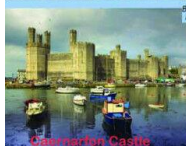
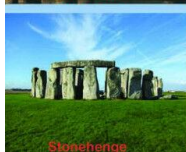
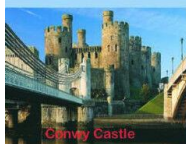
Conserve

Share

By Rebecca Wells



Map of Wales



Discover

Where I live

I live in Pontnewynydd which is in Pontypool, South Wales.



The canal

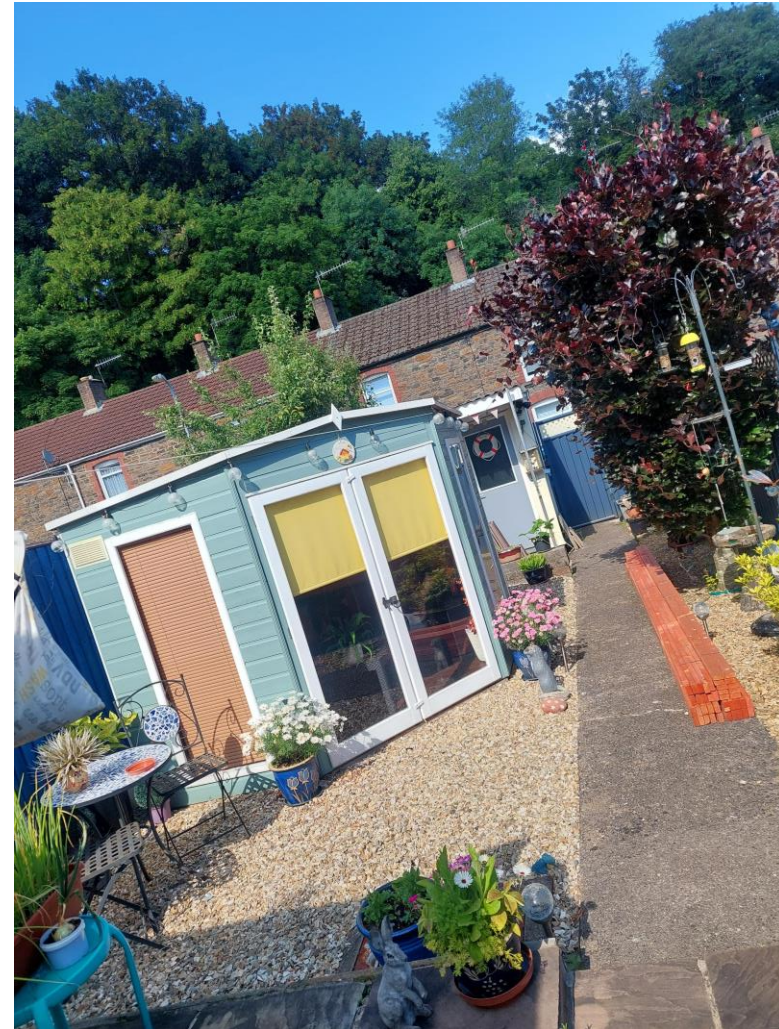
The Folly Tower



Pontypool
park

There are many beautiful places to go for
a walk in my local area of Pontypool

► For this project I have decided to explore with you my favourite place which is my parents back garden. Even though as previously said there are many lovely walks that me and my children like to go on around my local area, my parent's garden is where we share lots of amazing memories. Although my parent's garden when I was a child is totally different to it is now as an adult, I can appreciate all the flowers, trees that has been added over the years to attract the many different types of wildlife and birds.



Explore

This is where I love to sit in my parents back garden and listen to the birds tweeting and watching the bees and butterflies flying past and landing on the flowers. The Afon Llwyd runs just behind my parent's garden, so we often witness a heron and ducks flying past to go to the river.



The Afon Llwyd river

Afon Llwyd means Grey river

The Afon Llwyd river has reputedly the second highest rise and fall of the European rivers and in periods of heavy rainfall, the river quickly reaches its maximum and within a short timescale, becomes a raging torrent.



The Afon Llwyd is a river which is 13 miles long. It begins from a source at Blaenavon down to the river Usk which then flows into the Bristol Channel.

Flowers



Osteopermum



Nemisia



Nasturtium

Flowers

flowers attract pollinators to make seeds, helping plants to reproduce and form the next generation.

Flowers play important roles in ecosystems.

Floral nectar, pollen and even petals are an important food source for a huge range of animals, from bees and beetles to birds and bats.

Bees and Butterflies

Bees visit flowers to collect nectar and pollen, which they use as food for themselves and their larvae. By moving from flower to flower, they are vital pollinators of many gardens.



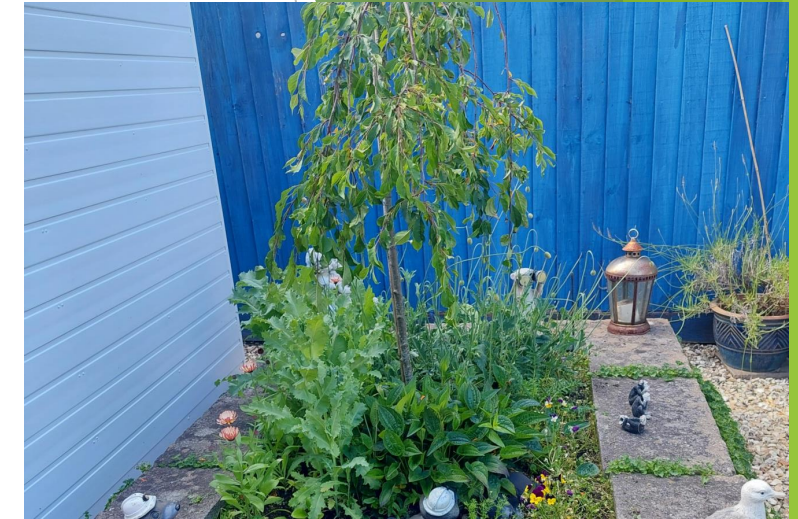
Butterflies are great for your garden as they are attracted to bright flowers and need to feed on nectar. When they do this their bodies collect pollen and carry it to other plants. This helps fruits, vegetables and flowers to produce new seeds.





Plants and trees

Ornamental hazelnut tree



Malus (Fontana)

When exploring the garden, I noticed there are so many different leaves on all the plants and trees.

Plants and trees are important as they produce oxygen that both human and animals need to breathe.

A photograph of a green mesh garden greenhouse. Inside, several plants are visible, including a tomato plant with yellow flowers and a potted plant on a stand. The greenhouse is set against a blue fence and a brick house in the background. A green geometric graphic with overlapping triangles is on the right side of the image.

The growing
area
of the garden

Here are some of the things that are being grown.



Tomatoes



Runner beans

Chillies



Spring onions



Red Peppers





grapes

strawberries



Improves mental
health and well-being

It helps you eat more
fresh fruit and
vegetables

Benefits of growing your own fruit and veg

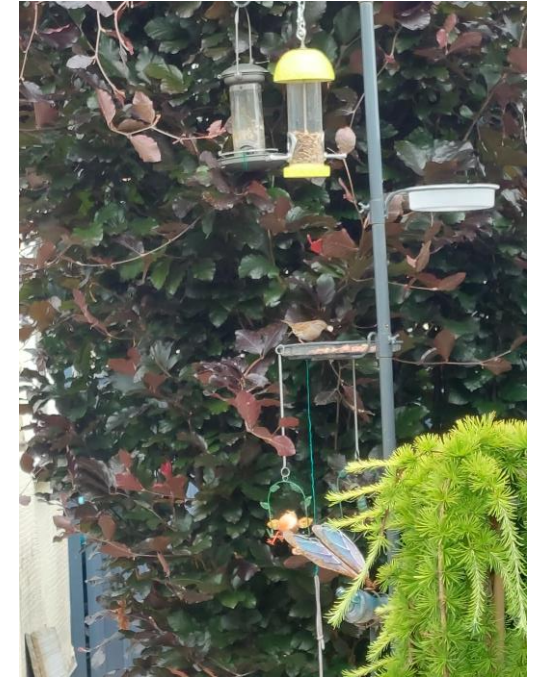
Cut down on your food
bills

Working in the garden
for only 30 minutes a
day can promote better
sleep and positive
energy. Just remember
the sunscreen.

Bird Feeders hung in the garden



The bird feeders are filled with dried mealworms, sunflower seeds and bird mix, many types of bird species visit these bird feeders daily.



Birds spotted on the bird feeders



Robin

Robins are known for their friendliness in the UK.

Robins visit gardens all year around

Nearly 75% of Robins will die before the age of one either because they cannot fend for themselves or because of predators.

Blackbird

Blackbirds play a vital role in ecosystems by helping control insect populations and dispersing seeds.



Male blackbirds are black with orange-yellow beaks and yellow eye-ring. Females are brown often with spots and streaks on their breasts and brown beak.

Blackbirds are the Most common bird in the United Kingdom.

There are over 140 different types of Sparrows.

Sparrows congregate in groups called flocks. This provides protection against predators.

Sparrow



Through natural selection, different sparrow species have evolved unique feather pigmentation designs that help them blend into their typical surroundings as camouflage from predators.

Conserve

Go Wild

Visited Garden centre

Improving our garden

After taking on this project for this award it has really made me think how important nature and the things around us are. As a family we visited this event which was celebrating local nature.



PARC PONT-Y-PŴL PONTYPOOL PARK

Dydd Sadwrn Mehefin 29
Saturday 29 June

Ymunwch â ni rhwng 10 a 4 i ddatlu'r digwyddiad **EWCH YN WYLLT**
Join us between 10 and 4 to **GO WILD**

Dathliad **RHAD AC AM DDIM** o fyf natur lleol a'n hymdrechion i'w adfer!
A **FREE** celebration of local nature and our efforts for it's recovery!

**PAENTIO WYNEBAU
FACEPAINTING**

**ADRODD STRAEON
STORYTELLING**

**GWNEWCH FLWCH ADAR
MAKE A BIRD BOX**

**SYNAU BYD NATUR
SOUNDS OF NATURE**



 Blaenau Gwent and Torfaen Local Nature Partnership

 Ariennir gan Lywodraeth Cymru
Funded by Welsh Government

Gethin made a recycable plant pot to grow cress in.



He also made a bird box to put in our garden.



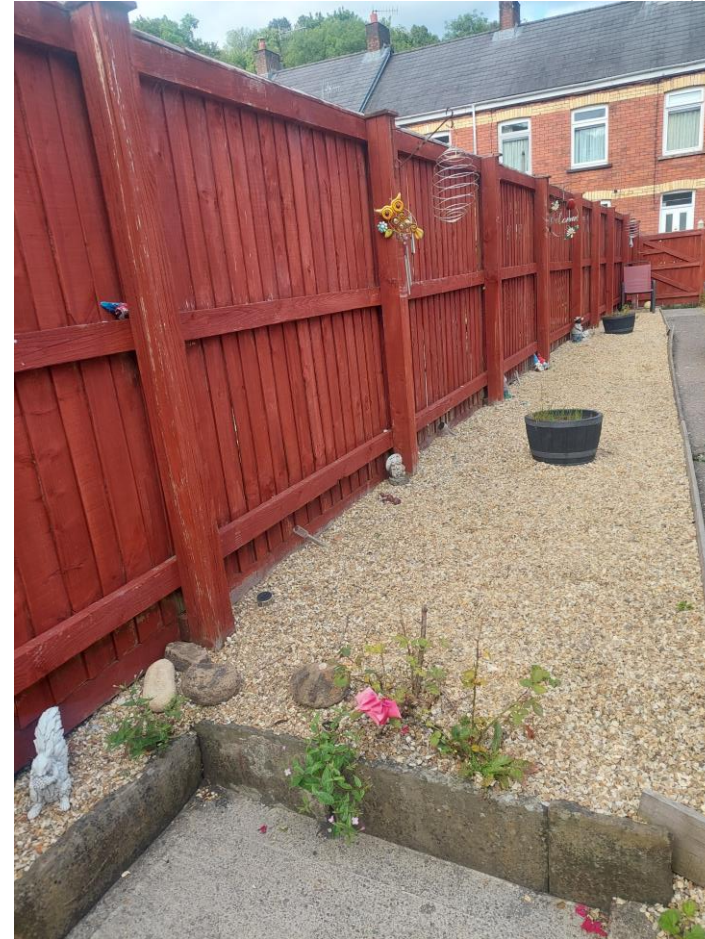


We visited a garden centre to start our journey on making our garden more friendly and inviting for birds and insects.

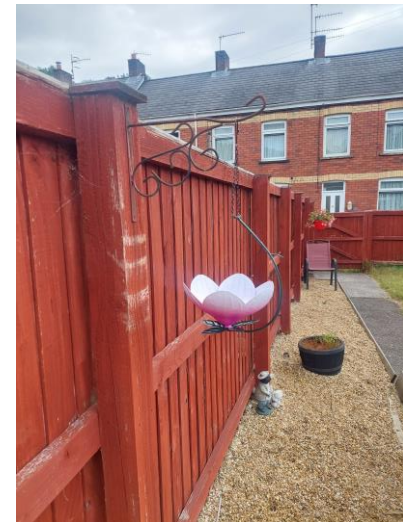


We chose some hanging baskets and a bird feeder.

My garden have always been very plain and have had no bird feeders, flowers or anything that will attract any wildlife or birds. This project has really made me want to change my garden and make me appreciate nature.

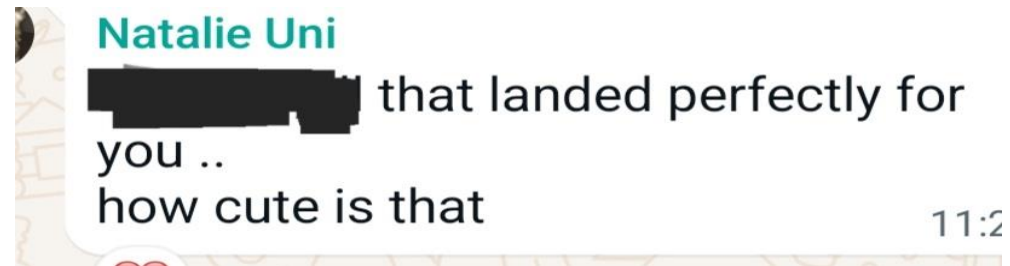


I have already added hanging baskets and a bird feeder to our garden and I am looking forward to adding more in the coming weeks.



Share

I shared this post with some of my friends.



Meg Uni
Aw wow! Looks lush too

I shared the power point in school to both children and two members of staff.

Our topic in class for September is 'Cynefin' so we are looking to add the John Muir award to our class for September using the beautiful areas that surround us.

