



Caru Gwenyn  
Bee Friendly



Llywodraeth Cymru  
Welsh Government

## Case Studies

# Wellbeing project and Ein Berllan – Our Orchard Cardiff & Vale Health Charity Cardiff and Vale University Health Board

In conjunction with the Ein Berllan-Our Orchard project at the University Hospital Llandough we have also established our Wellbeing project. This project encompasses the long term objective of creating a Bee Garden within the Our Orchard space at University Hospital Llandough, alongside installation of bee hives across Health Board sites in Cardiff and the Vale of Glamorgan.

These projects contribute and fulfil our commitment to the national wellbeing goals set by the Well-being of Future Generations (Wales) Act 2015, and the Action Plan for Pollinators in Wales, thus supporting the improvement of the economic, social, environmental and cultural wellbeing of our population.

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## Wellbeing Project Vision: Pollinators & bee hives

By introducing honey bees to Health Board sites, we can help people understand their environment, and in turn the spaces for patients, visitors and the local community. Cardiff and Vale Health Board staff, alongside Cardiff University staff have shown great enthusiasm and interest in these projects, and are continuing with their support and development.

Through staff engagement, locations at two Cardiff and Vale Health Board hospitals were chosen for the installation of two hives at each site. Specialist advice was provided by Natures Little Helpers, who are a local company and beekeeping instructors. Additional support and training has been provided by NewLink Wales, through their Buzzin initiative.



This enterprise engages with people in active substance misuse recovery and incorporates bee keeping as part of their wide range of wellbeing approaches. In 2019 we were pleased to welcome the arrival and installation of 4 hives at their respective locations.

### Location 1:

Llanfair unit, University Hospital Llandough (adjacent to Our Orchard site). These hives are managed by staff from Hafan Y Coed Adult Mental Health Unit and include Therapy Technical instructors, Health Care Support Workers, and nursing assistants. It is hoped they will be able to support the work of NewLink Wales, continuing to partnership work, provide contacts, ongoing support and links for their clients going forward.



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### Location 2:

Cochrane Building, University Hospital of Wales, Cardiff. In joint partnership with Cardiff University staff, this team includes individuals from Estates, the School of Medicine, and the library service.

Building on the work of Professor Les Baillie and colleagues from the School of Pharmacy, College of Biomedical and Life Sciences at Cardiff University it is hoped the local environment will be analysed by researchers who will test for links between the areas in which the bees live, and how the bees produce antibacterial strength honey.

A number of novel plant-derived antibacterial compounds have been identified in honey that killed antibiotic resistant hospital super bugs such as MRSA.

This further contributes to the research knowledge base that may help develop products that could fight resistant infections and promote the healing of our patients.

Both Natures Little Helpers and NewLink Wales are continuing to support the project with training, advice and equipment provision. Staff from each team have undertaken initial beekeeping training and where appropriate will be able to extend this to a more advanced level. The hives are registered on the Animal Plant Health agency, National Bee Units website BeeBase.

The Wellbeing project is working in partnership with our Ein Berllan-Our Orchard project to help enhance the biodiversity of local environments, supporting pollination of trees and plants.



## Ein Berllan-Our Orchard

Situated within the grounds of the University Hospital Llandough is the unique space of Ein Berllan-Our Orchard (an ongoing long term development project).



Open to the community, patients, visitors and staff it enables them to enjoy the outdoors and natural surroundings, helping to improve their health and wellbeing whilst remaining close to the hospital.

Rapidly becoming the second biggest hospital in Wales, University Hospital Llandough is developing into a centre for rest, recovery and rehabilitation.

Facilities include the Hafan y Coed (Haven of Trees) Adult Mental Health Unit, the All Wales Adult Cystic Fibrosis Centre, and the Rookwood development which will house the brain and spinal injury rehabilitation services.

Many of these services often have patients who can be in hospital for considerable periods of time.



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It is therefore fundamental that green spaces are available, supported and accessible as they are shown to have a significant positive effect on physical and mental health.

With a mixture of habitats within the Orchard site including; hedgerow, woodland areas, meadow land and the community orchard (with dedication trees, of heritage stock), we aim to encourage pollinators and bees to the area, creating and supporting a diverse and attractive environment.



This longterm project is continuing to be supported and used by a range of groups and individuals including; Natural Resources Wales, Welsh Assembly and Welsh Government, local schools, Wildlife and Community groups, Community Neurological Rehabilitation Service (UHL), local companies (i.e. Admiral, Principality), Welsh Water, and Mens Sheds Cardiff.



Local engagement projects have included creation and installation of a bug hotel with help from Llandough Primary School children.

Monitoring of the meadow field, with logs piles being left across the site to continue to provide an established habitat for pollinators and the wider range of wildlife.

As no NHS funding contributes to the development and maintenance of these projects we continue to promote them through a range of initiatives.

These have included sales of Beebombs to staff and the general public.

These wildflower seed balls, contain a mix of 18 native British wildflower seeds (designated by the Royal Horticultural Society as "Perfect Pollinators") contained in fine sifted soil and locally sourced clay.

We encourage people to take them or give them to a friend so they can be spread on prepared open ground.



We continue to engage and knowledge share with staff, the local community and volunteers via our website, social media, newsletters and volunteer days.