



Cardiff and Vale University Health Board is developing an innovative new space at its University Hospital Llandough (UHL) site. **Ein Berllan – Our Orchard** will bring to life the vision of a community orchard to the fields surrounding the hospital site. The Health Board is working with partners to establish this innovative project which is believed to be the first of its kind at a hospital site in the UK.

Our goal is to establish an ecological community health park which aims to benefit wildlife, plants and people through positive human environment interaction. It will benefit patients, staff, visitors and the wider community and will be funded entirely through donations made to the Cardiff and Vale Health Charity.

**Ein Berllan – Our Orchard** will be a semi-natural planted area which has been set aside for the protection of plants and wildlife. It consists of 15 acres of semi-rural pasture land and woodland which makes up part of the UHL estate. It will be a unique space and it is hoped that it will be a legacy for generations to come. The project provides an opportunity for UHL to lead the way in the [Well-being of Future Generations \(Wales\) Act 2015](#).

## Long Term



This long term project will be established in phases, the initial phase will commence with the planting of the orchards and a shelter belt which will be completed in around two years. It is a 10 year plus project that will provide a natural environment, which will flourish, and offer havens to humans and wildlife alike. The importance of the green infrastructure is being recognised, quality green spaces can reduce pollution, linked to asthma and heart disease, reduce symptoms of depression and mental illness, alleviate flood risk, provide wildlife habitats and increase biodiversity, productivity and innovation.

## Prevention



Ensuring everyone on the UHL site and the local community have access to space that will enhance the benefits of health and wellbeing while supporting our patients on their journey of recovery and rehabilitation. It will allow patients to be taken out of the traditional clinical environment and enjoy fresh air and natural light which can assist with recovery. The quality of our environment cannot be separated from other aspects of our daily life and is intrinsically linked to our sense of place and sense of wellbeing.

## Integration



Fits with the Public Health Wales Making a Difference: Investing in Sustainable Health and Well-being for the People of Wales report as part of its mission to protect, improve and promote the health and well-being of the people in Wales and reduce health inequalities.

## Collaboration



Collaborating with patients, staff, visitors, artists and a number of organisations to develop a meaningful community garden and orchard that will meet the prevention and recovery agenda of the UHL site. This is a partnership between Cardiff and Vale UHB and Cardiff and Vale Health Charity, Cardiff University, National Botanic Garden of Wales, New Link Wales, RSPB and a number of other interested organisations and groups including mental health organisations.

## Involvement



The Orchard project has been shaped by the people who use and provide services at the UHL site alongside experts in the field to provide space for community cohesion.



The health benefits of environmental factors and the impact of nature and wildlife upon physical and mental wellbeing has long been recognised and Ein Berllan - Our Orchard will enhance this vision.

**No NHS funding will contribute to the development and maintenance of this outdoor space.**

