



Sustainable Swansea

Sustainable Swansea is a project of the Swansea Environmental Forum. We help to make Swansea a more sustainable place to live, work, visit, and enjoy, by working with communities, organisations, and individuals to inspire action! Sustainable Swansea runs projects and initiatives including:

Get Sust! Works with individuals, communities and groups on how to be more sustainable. We attend and organise events and activities about sustainability, sometimes around specific themes.

Swansea Sustainability Trail. A collection of locations which forms a sustainability trail for Swansea. Projects include Swansea Community Farm, Down to Earth Project, Rosehill Quarry, Bishop's Wood Nature Reserve, Llys Nini and Penllergare Woods – all of which show sustainability in action.

Digital Media Training. A great informal way of gaining skills with digital photography and photo editing.

Green Map Series. A growing collection including a Swansea-wide map and community green maps for Penlan, Castle, Townhill, Morriston, Pontarddulais, Gower, St. Thomas and Port Tennant including interactive maps. This map is the latest member of the family.

Sustainable Swansea Awards Scheme. Rewarding sustainable action by schools, businesses, community projects, public agencies, and individuals.

For more information or to get involved, contact Sustainable Swansea on 01792 480200 or visit www.sustainableswansea.net on twitter @sustswansea

Abertawe Gynaliadwy

Mae Abertawe Gynaliadwy yn brosiect o Fforwm Amgylcheddol Abertawe. Rydym yn helpu gwneud Abertawe yn le fwy cynaliadwy i fyw, gweithio, ymweld â, a mwynhau, trwy weithio gyda chymunedau, sefydliadau ac unigolion i'w hysbrydoli i weithredu! Mae Abertawe Gynaliadwy yn rhedeg prosiectau a mentrau gan gynnwys:

Get Sust! Mae'n gweithio gydag unigolion, cymunedau a grwpiau ar sut i fod yn fwy cynaliadwy. Maent yn mynychu ac yn trefnu digwyddiadau a gweithgareddau ar faterion cynaliadwy, weithiau ar bynciau penodol.

Trywydd Cynaliadwyedd Abertawe. Casgliad o leoliadau sy'n ffurfio trywydd cynaliadwyedd yn Abertawe. Mae'r prosiectau yn cynnwys Fferm Cymunedol Abertawe, Prosiect Down to Earth, Chwared Rosehill, Gwarchodfa Nature Bishop's Wood, Llys Nini a Choed Cwm Penllergaer – sydd i gyd yn dangos cynaliadwyedd mewn gweithred.

Hyfforddiant Cyfryngau Digidol. Ffordd anffurfiol gwych o ennill sgiliau ffotograffiaeth digidol a golygu ffotograffiau.

Cyfes Mapiu Gwyrdd. Casgliad eang o fapiau gan gynnwys map o Abertawe i gyd, ynghyd a mapiau cymunedol ar gyfer Penlan, Ward y Castell, Townhill, Treforys, Pontarddulais a Gwyr. Mae hefyd yn cynnwys mapiau rhyngweithiol. Y map yma yw aelod newydd y teulu!

Cynllun Gwobrau Abertawe Cynaliadwy. Mae'n gwobrwyo ysgolion, busnesau, prosiectau cymunedol, asiantau cyhoeddus ac unigolion sy'n gweithredu'n gynaliadwy.

Am fwy o wybodaeth neu i gymryd rhan mewn gweithgareddau, cysylltwch ag Abertawe Gynaliadwy ar 01792 480200 neu ewch i www.sustainableswansea.net

What is sustainability?

We humans are wholly dependent on the natural world for the air we breathe, the food and drink we consume and all the things we make and use in our lives. The way we are damaging, wasting and degrading our natural resources is totally unsustainable and we are already seeing the effects with rising energy and food prices, polluted air, water and soil, and wildlife and nature being destroyed at an alarming rate.

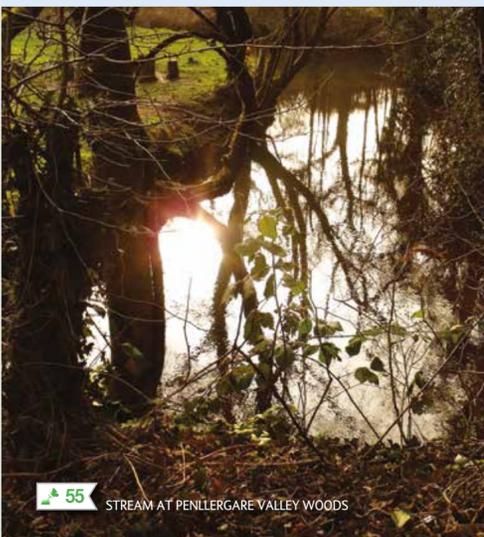
Sustainability is about living in a more considerate way and making informed choices to look after our environment and communities, for now and for future generations. As individuals, our actions may seem small, but together we can bring about a positive change.



81 VIEW TOWARDS MORRISTON FROM PENLAN GROVE



71 PENLAN WATER TOWER



55 STREAM AT PENLLERGARE VALLEY WOODS



SQUIRREL PICTURED NEAR PENPLAS STREAM BEHIND WALDORF COURT



51 PUSSY WILLOW IN CADLE HEATH LOCAL NATURE RESERVE

PART OF THE GREEN MAP SERIES AVAILABLE FROM SUSTAINABLE SWANSEA.

Penderry Community Green Map

Highlighting Blaenymaes, Portmead, Penplas and Penlan's community environmental resources



Greetings!

This community map of the Penderry area has been created by volunteers and residents, with help from the Sustainable Swansea team, to highlight the array of resources in your local area.

The map shows the locations of community buildings and amenities, nature and wildlife areas, places where you can buy healthy local food, where you can volunteer and much more. You can use your map to help you get more involved in your local community, become more active, help improve the environment, and become more sustainable.

Local residents have got involved in making this map by taking part in consultation activities and in digital photography sessions.

Penderry

There are over 12,000 people living in Swansea's Penderry ward. It is however better known as the communities of Blaenymaes, Portmead, Penplas and Penlan. It is on the northern edge of the city, on a hillside with stunning views of the Loughor estuary to the West, the city and docklands to the south and the Brecon Beacons to the north east.

It has lots of common land and green areas and many have important status for nature. Even though there are a lot of green areas, some of the communities have been identified as being too remote from it.

When visiting the area it is difficult to work out what was there before the council built housing estates. Following the Clean Air Act in 1956, the council had to build social housing on hills, high above the city smog. What was there before, was built over or removed and



43 PENLAN LEISURE CENTRE

Communities First



3 THE ARC IN BLAENYMAES

Communities First is a community-focused programme that supports the Welsh Government's anti-poverty agenda. It helps the most disadvantaged people in the most deprived areas with the aim of contributing to alleviating persistent poverty. The programme contributes, alongside other programmes, to narrowing the education/skills, economic and health gaps between our most deprived and more affluent areas. The programme does this by:

- supporting those individuals, families and groups of people who have the poorest education/skills, economic and health outcomes especially in places where deprivation is most concentrated
- increasing individuals' life skills, self-esteem and self-reliance, including financial capability
- supporting and strengthening local activity which contributes most to tackling poverty and deprivation, with community organisations and communities themselves as key partners.

Contact the North West Cluster of Communities First:
Action Resource Centre, 45 Broughton Avenue, Portmead, Swansea. 01792 578632.
South Penlan Community Centre, Heol Frank, Penlan, Swansea. 01792 589149.

77 VIEW TOWARDS THE LOUGHOR ESTUARY

there is very little to see. Because of this a project is starting to uncover the history and make it available in a phone app. Penderry and the surrounding areas are mainly made up of social housing. In a city where heavy industry has left and there are few jobs, unemployment is high as a result. There are many residents who have lived here for a long time, with new generations also staying in the area. It is a close-knit community where people support each other and it also benefits from newcomers moving in and setting down roots. All in all, for people who do not know this area, Penderry offers plenty to discover.

79 VIEW SOUTH FROM BACK OF SOUTH PENLAN COMMUNITY CENTRE

www.sustainableswansea.net

Green Maps

This map uses the International Green Map System which has been promoting sustainable community development around the world since 1995, by creating maps of local resources using their Green Map icons which can be recognised in any language. Over 850 locally led map projects in over 65 countries have successfully published Green Maps, used by millions of people to connect with green living, nature and social and cultural resources near home and while travelling.

Open Green Maps

Open Green Map (OGM) is a fantastic resource that allows you to access far more detailed information than can be shown on this leaflet. It is easy to use and interactive; you can suggest sites to go on the map yourself, you can make comments and ask questions, you can even upload your own photos of places onto the map for everyone to see. The Swansea OGM is county wide and shows over 300 places that help Swansea to be a more sustainable place. Many of the photos on the map have been taken by residents taking part in Sustainable Swansea's Digital Photography Training. Check out www.sustainableswansea.net to access the Swansea OGM. The Open Green Map system is also available as an iPhone app so you can find out what sustainable resources are nearby when you are out and about.

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The photos and information contained in this leaflet were created by Sustainable Swansea volunteers and the Digital Project participants. Thank you!

The Penderry Community Green Map

COMMUNITY RESOURCES/ADNODDAU CYMUNEDOL SIGNIFICANT ORGANISATIONS/SEFYDLIADAU ARWYDDOCAOL

1 Penlan Library, Heol Frank, Penlan, Swansea, SA5 7AH. Tel: 584674.
Email: penlan.library@swansea.gov.uk

The library offers an excellent place for reuse. Facilities include book and film lending, wi-fi, free internet and e-audio, e-magazines and e-books access, as well as regular community and group activities. You can borrow an energy monitor for free and you can pick up green, pink and food bags, as well as kitchen waste bins and garden waste bags here. Closed all day Tues and Thurs and also Fri morning.

2 Forestfach Library, Kings Head Road, Gendros, SA5 8DA. Tel: 586978.
Email: forestfach.library@swansea.gov.uk

The library offers an excellent place for reuse. Facilities include book and film lending, wi-fi, free internet and e-audio, e-magazines and e-books access, as well as regular community activities. You can borrow an energy monitor for free and you can pick up green, pink and food bags, as well as kitchen waste bins and garden waste bags here. Closed all day Tues and Thurs and also Sat. afternoon.

3 North West Cluster Communities First. Office base is at the Action Resource Centre, 45 Broughton Avenue, Blaenymaes, SA5 5JS. Tel: 578632. www.swansea.gov.uk/communitiesfirst

The Communities First team work in the community to bring about positive change for local residents and organise many projects, activities and events. Facilities include meeting rooms and IT suite. Contact them for up-to-date event and course information.

4 Penplas Family Centre, 6 – 9 Llangwm, Penplas, SA5 7JT. Tel: 588487.
www.swanseaabrecon.org.uk/?page=penplas

Run by Faith in Families. A centre which offers numerous activities and groups for parents and children during which they can learn new skills and experiences, gain confidence and meet others. Contact the centre for information about events and activities.

5 Spark Blaenymaes Ltd. 42 – 48 Dove Road, Blaenymaes, SA5 5QD. Tel: 585538. www.sparkbym.com

Spark Blaenymaes Ltd. is a registered charity. Their aim is to help local people reach their full potential. To achieve this they run a variety of projects including adult education with free childcare, parent and toddler groups, playgroups, pop in and play, kids club and youth club. You can pick up your recycling bags here too.

6 The 104, Broughton Avenue, Blaenymaes, SA5 5LN. Tel: 578741.

Run by Gwalia, this centre provides a space for local community members to meet, use the computer and make phone calls and there is a garden space to the rear. The Job Centre and Street Football Wales also have a base here.

7 Swansea Children's Centre
Epynt Road, next to Clwyd School, Penlan, SA5 7AZ. Tel: 572060.

The Children's Centre is a one-stop shop for families and the local community living within the Penderry Ward. It provides a variety of services such as a Flying Start facility, parent and toddler groups, cookery classes, training, advice and guidance sessions, healthy families, Job Centre plus Advisor, a toy library, an allotment and a sensory room.

8 Swansea Community Farm
2 Pontarddulais Road, Forestfach, SA5 4BA. Tel: 578384. www.swanseacommunityfarm.org.uk

The farm helps to reconnect people of all ages, backgrounds and abilities with their food, their environment and each other at the only city farm in Wales.

9 The Drop in Centre 86 – 90, Blaenymaes Drive, Blaenymaes, SA5 5NR. Tel: 580905.

This centre is a volunteer-led organisation with a variety of resources for community members including a meeting room, computer facilities, a food co-op and small garden.

10 Play Right Office base at Unit 4d, Cwm Road, Hafod, Swansea.SA1 2AY. Tel: 448484. www.playright.org.uk
The Play Association for Swansea and Neath Port Talbot. They work with communities to provide play activities and training. Contact them for details of sessions in this area.

11 Penllergare Trust Penllergare Valley Woods, Penllergar, Swansea, SA4 9GS. Tel: 344224. www.penllergare.org
The Penllergare Trust works for the protection, conservation and restoration of the cultural landscape of Penllergare Valley Woods. It raises awareness of the estate's important past and helps to develop it sustainably for people and wildlife for the future. You can support the Penllergare Trust in its ambition through volunteering, becoming a Friend or donating.

12 JR Groundforce Contact them via Spark, Blaenymaes. A very long-standing local group who undertake litter picks to help clean up the area. Contact 589980 for more information.

13 Youth Service Youth Clubs Swansea Youth Service, Jockey Street, Swansea. Tel: 450830.

There are three youth clubs in the area run by the Council – Blaenymaes Youth Centre on Portmead Avenue, Gendros Youth Club who meet at Gendros Community Centre and Penlan Youth Group who meet at North Penlan Community Centre. Please contact Swansea Youth Service for days and times.

ECO INFORMATION/GWYBODAETH ECO

14 Swansea Community Farm 2 Pontarddulais Road, Forestfach, SA5 4BA. Tel: 578384.
www.swanseacommunityfarm.org.uk

A friendly and supportive place to gather information about a variety of environmental and sustainability issues.

COMMUNITY CENTRES/CANOLFANNAU CYMUNEDOL

15 Blaenymaes and Portmead Community Centre
Broughton Avenue, Blaenymaes, SA5 5LN.

This centre has a sports hall, main hall (with stage), changing rooms complete with showers, kitchen, committee room for meetings and a boxing club with their own facilities. It is a busy centre and has a varied timetable. Contact 884642 to book.

16 South Penlan Community Centre Heol Frank, Penlan, SA5 7AH.

There is a main hall (popular floor for dancing), several smaller rooms for meetings and a kitchen. A busy centre with lots of activities. Please contact 793151 to hire a room or to find out more.

17 North Penlan Community Centre Heol Penar, Penlan, SA5 9AL.

The centre has a sports hall, committee room and kitchen. Lots of sports/exercise activities take place so please contact 07563 777485 for more information or to hire a room.

18 Gendros Community Centre Gendros Avenue East, Gendros, SA5 8DE.

There is a sports hall, main hall, two kitchens (connected to either hall), a committee room and 6 laptops available for hire. This is a very busy centre with a varied timetable. Contact 539791 for more information or to book.

19 Ty Forest Community House 12–14 Rhodfa'r Brain, Ravenhill, SA5 5EB. Tel: 579572.

The Community House is volunteer led. Activities and services include lunch club, breakfast club, Welsh classes, parent and toddler sessions, after-school clubs, youth clubs and playschemes. Also a computer suite and free internet access. Other regular community activities and training are available and meeting rooms can be hired.

20 Community Room Tesco Extra, Cadle, SA5 4BA. Tel: 0345 6779646.

A community room is available for groups to hire.

ECO-SCHOOLS/ECO-YSGOLION

21 Cadle Primary School Middle Road, Forestfach, SA5 5DU. Tel: 584498.
Swansea-edunet.gov.uk/en/schools/cadle

Received Platinum status with Eco-Schools in early 2015.

22 Clwyd Community Primary School Epynt Road, Penlan, SA5 7AZ. Tel: 588673.
Swansea-edunet.gov.uk/en/schools/clwyd

Has the Bronze award in the Swansea Sustainable Schools Scheme and Silver status with Eco-Schools in 2012.

23 Gendros Primary School Armine Road, Forestfach, SA5 8DB. Tel: 586570.
Swansea-edunet.gov.uk/en/schools/gendros

Bronze status with Eco-Schools in 2012.

24 Gwrysoydd Primary School Parkhill Terrace, Treboeth, SA5 7DJ. Tel: 797117.
Swansea-edunet.gov.uk/en/schools/gwrysoydd

Their 2nd Green Flag was awarded with Eco-Schools in 2013.

25 Ysgol Gymraeg Tirdeunaw Heol Ddu, Tirdeunaw, SA5 7HP. Tel: 774612. www.tirdeunaw.com
Received Platinum status with Eco-Schools in April 2015.

PLACES OF WORSHIP/ADDOLAI

26 St Teilo's Church 62 Cheriton Crescent, Blaenymaes, SA5 5LA. Tel: 583646. www.teilo.org.uk

This church has a variety of meetings and activities throughout the week including weekly Sunday and Wednesday morning services, Parent and Toddler groups and family lunch, community lunch, a food bank and Mother's Union.

27 Cornerstone Church Centre 32 Mynydd Newydd Road, SA5 5AE. Tel: 516031. www.cornerstonechurch.co.uk
Sunday services now moved to a new building out of the area, but their community activities are still based here, such as Little Rascals (parent and toddler) and youth group. Contact them for days, times and more information.

28 Gendros Baptist Church Penrhos Place, Gendros, SA5 8BS. www.gendros.com

Regular Sunday services and groups meet through the week such as kids clubs, youth football team, young adults groups and community food gifts.

ENVIRONMENTAL RESOURCES/ADNODDAU AMGYLCHEDDOL

29 Swansea Community Farm 2 Pontarddulais Road, Forestfach, SA5 4BA. Tel: 578384.
www.swanseacommunityfarm.org.uk

The farm veg plot, paddocks and cafe provide opportunities for the growing, rearing and cooking of food. School visits, accredited courses and other training all increase knowledge and understanding of where our food really comes from. Farm-reared pork, sausages and bacon usually for sale and café open Tuesday to Saturday 10am – 3.30pm.

30 Lidl Pentregethin Road, Caerithin, SA5 8AB.
A small range of Fairtrade food is available here.

31 Tesco Extra Pontarddulais Road, Cadle, SA5 4BA. Tel: 0345 6779646.

A range of Fairtrade and organic foods available here.

32 M&S Simply Food Unit 7 Pontarddulais Retail Park, Pontarddulais Road, Forestfach, SA5 4BA. Tel: 588901.

A range of Fairtrade and organic foods available here.

33 Community Coffee Shop, Penllergare Valley Woods, Penllergar, Swansea, SA4 9GS. Tel: 344224. www.penllergare.org

A volunteer-run cafe which sells homemade cakes and snacks and serves Fairtrade coffee. Organic cold drinks are also available.

PARKS AND PLAY AREAS/PARCIAU A LLEFYDD CHWARAE

34 Ravenhill Park There are 4 access points:
Gate 1: Carmarthen Road.
Gate 2: Middle Road Lower.
Gate 3: Middle Road Upper.
Gate 4: Ravenhill Road.
www.swansea.gov.uk/ravenhillpark

Features here include a basketball court area and create amphitheatre, a bowling green and children's play area. This park is great for a stroll around its large open spaces.

35 Knoyle Park. Access from Knoyle Street, Treboeth and Heol Gwrysoydd, Penlan.

Open grassy area with lovely views toward the city and the sea.

36 Children's play area. Behind Blaenymaes Community Centre and next to Blaenymaes school, Broughton Avenue, Blaenymaes.

A skateboard ramp and an under-8s children's play area.

37 Children's play area. Heol Emrys & Tudno Place, behind recycling site on Heol Gwrysoydd, Penlan, SA5 7BS.

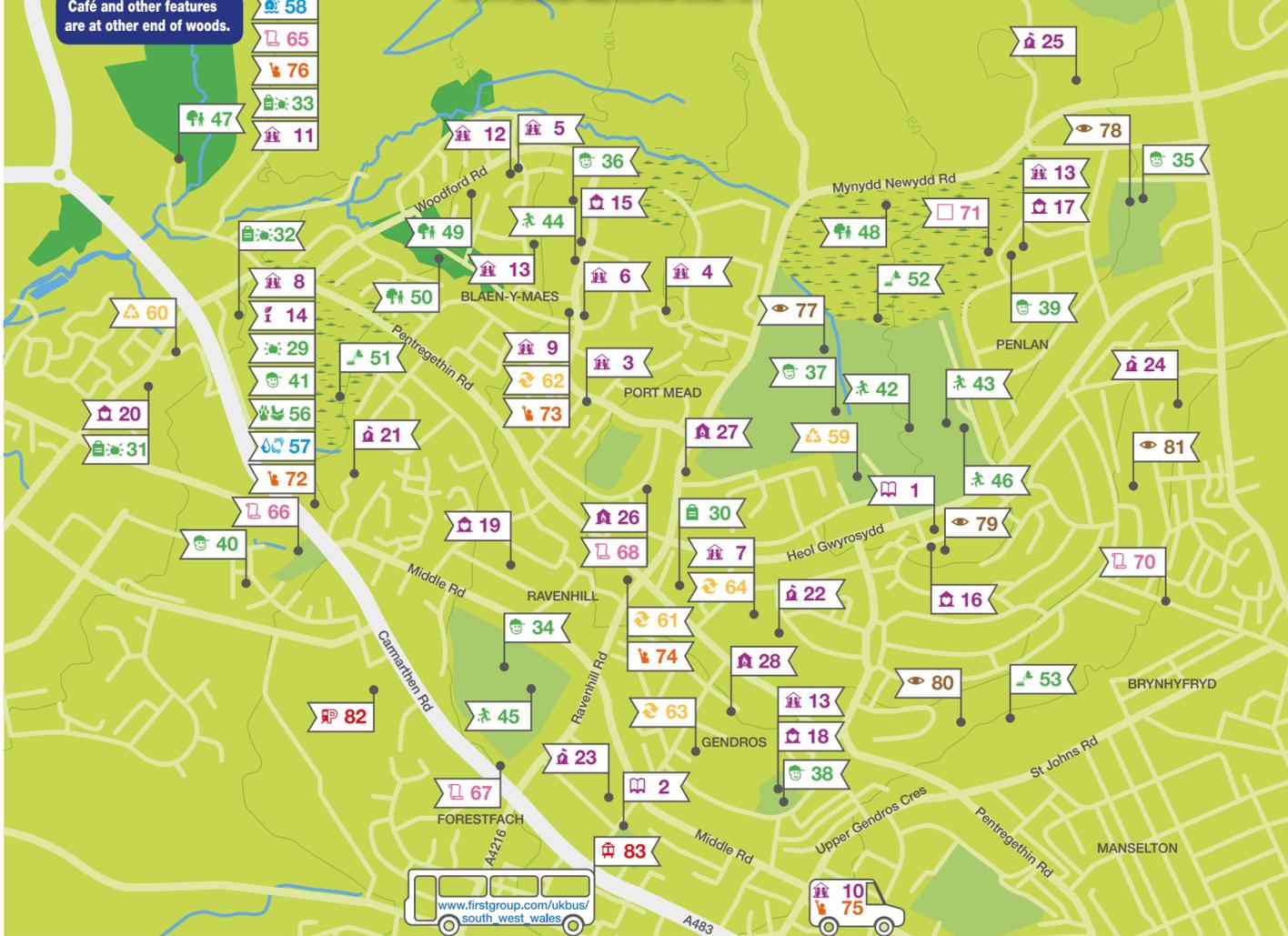
Under-8s play area and a skatepark.

38 Children's play area. Outside Gendros Community Centre, Gendros Avenue East, Gendros, SA5 8DE.
Children's play area and Multi Use Games Area (MUGA).

39 Children's play area. Outside North Penlan Community Centre, Heol Penar, Penlan, SA5 9AL.
Children's play area.

Highlighting community environmental resources

Part of the Green Map series available from Sustainable Swansea.
www.sustainablew Swansea.net



40 Children's play area. Llwyn Derw, Forestfach. Children's play equipment and grassy open area alongside.

41 Swansea Community Farm 2 Pontarddulais Road, Forestfach, SA5 4BA. Tel: 578384.
www.swanseacommunityfarm.org.uk

Trees, hedges, wildflowers, orchards and raised beds are the backdrop to a small natural play area and outdoor picnic area.

SPORTS FACILITIES & CLUBS/CYFLEUSTORAU CHWARAEON A THIMAU

42 Mynydd Newydd Playing Fields Heol Gwrysoydd, Penlan, SA5 7BU.

This space has 11 senior football pitches, 1 junior pitch and 6 mini football pitches with changing rooms. Cricket can be played here too.

43 Penlan Leisure Centre Heol Gwrysoydd, Penlan, SA5 7BU. Tel: 588079 penlan.le@swansea.gov.uk

Offering an 8-lane swimming pool, a large range of fitness classes, sports hall, and creche facilities. Home to table tennis clubs and martial arts. Look on website for more details and contacts.

44 Blaenymaes MUGA. Next to Blaenymaes Community Centre, Broughton Avenue, Blaenymaes.
Football pitches and MUGA.

45 Ravenhill MUGA. In Ravenhill Park. This MUGA contains a variety of all-weather outdoor sport facilities.

46 Penlan MUGA. Next to Penlan Leisure Centre, Heol Gwrysoydd, Penlan, SA5 7BU.

This MUGA contains a variety of all-weather outdoor sport facilities.

OPEN SPACES/MANNAU AGORED

47 Access to Penllergare Valley Woods. Tel: 344224. www.penllergare.org

A secret and magical place saved from neglect and development and being brought back to life by local volunteers for everyone to enjoy! Have an adventure discovering signs of the past, spotting wildlife, and exploring the lakes, waterfalls, river, woodland, forest and valley banks.

48 The Common. Heol Mynydd Newydd. An open expanse with paths to enjoy a brisk walk.

49 'The Orchard'. Between Woodford Road and Falcon Place, Blaenymaes.

A recreational green space with views over the Loughor Estuary.

50 The Ravine. Runs from Penplas down to Woodford Road, Blaenymaes.

A central recreational green space joining Blaenymaes and Portmead communities.

WILDLIFE AREAS/ARDALOEDD BYWYD GWYLLT

51 Cadle Heath Local Nature Reserve. Access via Pentregethin Road and via Swansea Community Farm, Cadle.

This is one of the best examples of urban heath in the county. Heathlands are a declining resource in the UK and are a priority for conservation. In addition, the 11.5 hectare reserve has areas of species-rich grassland, ponds, scrub and woodland. It provides a home or habitat for a wide range of animals including butterflies and dragonflies, frogs, skylarks and plants including heather, southern marsh orchids and whorled caraway. There's a significant colony of wood bitter wheat. This occurs on only two sites in West Glamorgan. Skylark, stonechat, garden warbler, tree pipit and whitethroat were amongst the birds recorded during the breeding season. The most notable butterfly species recorded to date is the marsh fritillary butterfly.

52 Mynydd Cadle Common and pond (known locally as 'the common'). Next to Mynydd Newydd playing fields and Ysgol Gyfun Bryntawe.

The common is dominated by marsh and marshy grassland, which encompasses a number of Biodiversity Action Plan priority habitats and species. Look out for birds such as skylarks and meadow pipits. Rare plants such as bog asphodel, round-leaved sundew, lousewort and southern marsh orchids are present here. It is a SINC (Site of Importance for Nature Conservation).

53 Penlan Slopes/Racecourse. Access via Clwyd Road, Penlan.

These slopes are surrounded by urban development and are predominantly composed of dry heath/ acid grassland mosaic with smaller areas dominated by scrub and amenity grassland. The site is important for a number of species of flora and fauna including the protected small blue butterfly and early marsh orchid. It is designated a SINC.

54 Mynyddbach Common. In front of Welcome Inn pub and Mynyddbach Chapel, Llanyfelach Road.

The site is predominantly composed of marshy grassland, dominated by purple moor-grass with areas of rank vegetation. It is lightly grazed by horses and is of importance for invertebrates and bird species.

55 Penllergare Valley Woods. Penllergare Valley Woods, Penllergar, Swansea, SA4 9GS. Tel: 344224. www.penllergare.org

Penllergare is stocked with a rich assortment of trees, shrubs, native and exotic plants thanks to John Dillwyn Llewelyn who exploited the natural beauty of the site in the 19th century. Biodiversity and the protection of wildlife are important to the Penllergare Trust. Both otter and water vole have been spotted and photographed at the Lower Lake. There are also a considerable number of rare birds visiting and nesting, proving the importance of Penllergare as a green corridor for a diverse range of wildlife.

56 Swansea Community Farm 2 Pontarddulais Road, Forestfach, SA5 4BA. Tel: 578384.
www.swanseacommunityfarm.org.uk

Through its wildlife area, orchard, hedges, trees, wildflowers, bee-hives and neighbouring woods and urban heathland, the Farm demonstrates a range of conservation management techniques, habitats and biodiversity displays and also has a school day visit programme.

SUSTAINABLE LIVING

TECHNOLOGY & DESIGN/TECHNOLEG A DYLUINO

57 Swansea Community Farm 2 Pontarddulais Road, Forestfach, SA5 4BA. Tel: 578384.
www.swanseacommunityfarm.org.uk

There are plenty of sustainable living features here such as solar panels, rainwater harvesting in toilets, composting site. Certified timber is used and there are examples of reusing materials throughout the farm site.

58 Hydro energy at Penllergare Valley Woods Penllergare Valley Woods, Penllergar, Swansea, SA4 9GS. Tel: 344224. www.penllergare.org

An Archimedean screw microhydropower turbine was installed on the east bank of the waterfall in Autumn 2014 to generate renewable energy and to help fund the future maintenance and restoration of the woods. The power output is 24kW. The estimated annual output is 73,936 kWh, saving an estimated 32 tonnes of carbon dioxide.

RE USE & RECYCLE/AIL DDEFYNYDDIO AC AILGYLCHU RECYCLING & RE USE SITES/SAFLEOEDD AIL DDEFYNYDDIO AC AILGYLCHU

59 Penlan Household Waste Recycling Centre Heol Gwrysoydd, Penlan, SA5 7BS.

The following can be brought here: aluminium foil, batteries (household only), cans, cardboard, ceramics (including broken-up bathroom suites), cooking oil, small electrical goods, fluorescent tubes and energy-saving light bulbs, furniture, garden waste, gas cylinders, glass, mixed plastic, paper, rubble, scrap metal, shoes, televisions and monitors, Tetra Pak cartons, textile/clothes, waste engine oil, wood.

60 Tesco Extra Pontarddulais Road, Cadle, SA5 4BA. Tel: 0345 6779646.

You can recycle water filters, inkjet cartridges, batteries and light bulbs in the store. Opposite the petrol station, glass, clothes, plastic bottles, shoes and cans can be recycled.

61 Local Aid charity shop 151 Ravenhill Road, Ravenhill, SA5 10GG. www.wllocatid.co.uk

A place to donate unwanted goods to be reused by someone else.

62 The Drop in Centre 86 – 90, Blaenymaes Drive, Blaenymaes, SA5 5NR. Tel: 580905.

A community clothing shop where second-hand clothing can be donated, repaired and cleaned and then sold on to others in the community at low cost.

63 Holy Cross Charity Shop Upper Kings Head Road, Gendros, SA5 8BR.

Visit the charity shop and enjoy a chat and a cup of tea. Open Tuesdays and Wednesdays 10.30am – 3pm.

64 Swansea Children's Centre Epynt road, Penlan, SA5 7AZ. Tel: 572060.

The centre has a second-hand clothes and toy shop.

HERITAGE SITES/SAFLEOEDD TREFTADAETH HISTORIC SITES, BUILDINGS AND LANDMARKS/SAFLEOEDD, ADELADAU HANESYDDOL NEU ARWYDDOCAOL

65 Penllergare Valley Woods and Equatorial Observatory Penllergare Valley Woods, Penllergar, Swansea, SA4 9GS. Tel: 344224. www.penllergare.org

At the height of its prosperity in the 19th century, the Penllergare estate was an outstanding example of a picturesque romantic landscape, created for the enjoyment of its owners. Its creator was John Dillwyn Llewelyn, a man distinguished not only for his contribution to landscape design and horticulture, but also for his scientific experiments and pioneering photography. Today the estate is being managed and restored by local volunteers representing the Trust.

The Observatory (built 1846) is grade II listed as an extremely rare example of a mid 19th century private observatory and is also being restored by the Trust.

66 Capel Bethlehem, Cadle Carmarthen Road, Forestfach. Grade II listed for its architectural interests as a large modern 19th century chapel retaining fine interior detail including a 4-sided gallery characteristic of the area.

67 War memorial Carmarthen Road, Forestfach. The concave structure is Grade II listed, noted for social historical interest.

68 Church of St Teilo Cheriton Crescent, Blaenymaes. Tel: 583646. www.teilo.org.uk

Grade II listed. An important church by the leading ecclesiastical architect of the period, included for the radical nature and high quality of the design and structure.

69 Calon Lan Centre Mynyddbach Chapel, Llanyfelach Road, Tirdeunaw, Tel: 702705
www.mynyddbachchapel.com

A history centre has been created in part of the chapel to commemorate the life of Daniel James, who was born in Treboeth, the writer of the words of Calon Lan during the 19th century.

70 The Incline. Between Penderry road, Penlan and Brynhyfryd square.

Part of the funicular railway that used to carry coal from the Mynydd Newydd mine. Now a well-used path.

71 Water tower. John Penry Crescent, Penlan.

A well-known landmark in the area and can be seen for miles around.

SOCIAL RESOURCES/ADNODDAU CYMDEITHASOL VOLUNTEERING/GWIRFODDOLI

72 Swansea Community Farm 2 Pontarddulais Road, Forestfach, SA5 4BA. Tel: 578384.
www.swanseacommunityfarm.org.uk

As a volunteer, you can get involved in a range of practical activities such as looking after the animals, growing organic fruit and vegetables, carrying out construction and site improvement tasks and developing new ideas and projects. Also looking for volunteers who want to assist with child and youth activities, with volunteers that have special needs, provide administrative support, give guided tours, organise fundraising events and help manage the farm as a Trustee.

73 The Drop in Centre 86 – 90 Blaenymaes Drive, Blaenymaes, SA5 5NR. Tel: 580905.

This project is entirely run by volunteers and they are always looking for new faces to come along and join in on a range of different activities. Help with the garden, the shop, meet and greet, IT support, promotion, running the food co-op, and much more!

74 Local Aid charity shop 151 Ravenhill Road, Ravenhill Tel: 581060.

Shops like this are always looking out for more volunteers. Get in touch if you are interested.

75 Play Right Unit 4d, Cwm Road, Hafod, Swansea, SA1 2AY. Tel: 448484. www.playright.org.uk

Volunteering opportunities include play events, community consultations, in-school play support and volunteer playworkers (after school and school holidays). Check Play Right's website for current play projects and volunteering opportunities.

76 Penllergare Valley Woods, Penllergar, Swansea, SA4 9GS. Tel: 344224. www.penllergare.org

The future of Penllergare depends on the Penllergare Trust's ability as a voluntary organisation to deliver an ambitious restoration and management programme. Whatever your background, interests or time limitations, there are many ways to get involved in volunteering at Penllergare Valley Woods. Whether you like research, outdoor physical work, catering, photography, or fundraising, please do get in touch.

LANDSCAPE/TIRWEDD

SCENIC VIEWS/GOLYFYOEDD

77 View west towards Loughor estuary from Mynydd Newydd Playing Fields and the common

78 View south towards city centre from Knoyle Park

79 View south from back of South Penlan Community Centre

80 View from the Racecourse, Penlan

81 View east from Penlan Grove

PUBLIC & ALTERNATIVE TRAVEL/TRAFNIDIAETH GYHOEDDUS NEU AMGEN

82 Forestfach Park and Ride White City Road, Swansea West Industrial Park, Forestfach, SA5 4EE.

The orange buses operate every 20 minutes during the day on Mondays to Saturdays.

83 Scheduled bus services http://www.firstgroup.com/ukbus/south_west_wales/ Tel: 0871 200 2233.

Please visit the website or telephone for up-to-date bus routes, numbers and times.

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