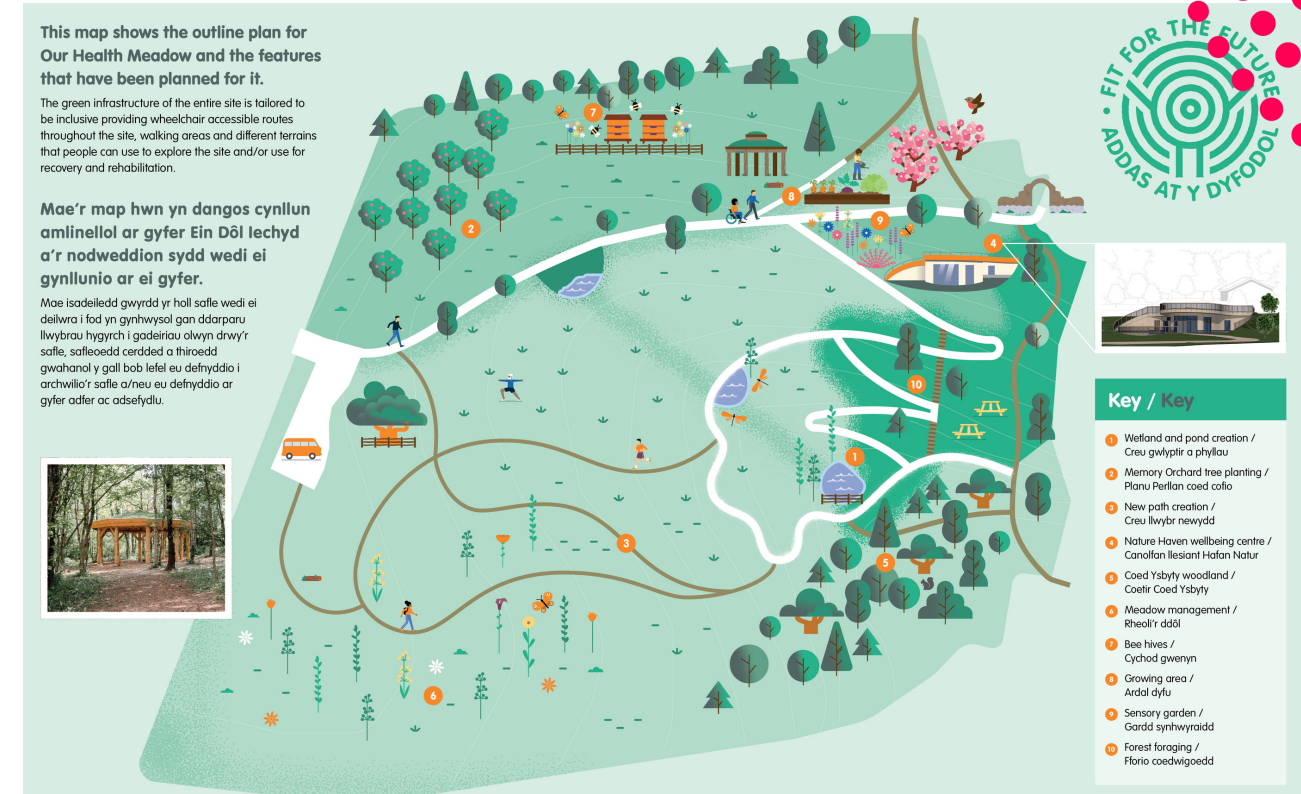


Our Health Meadow

Cardiff & Vale Health Charity

Summary

Our Health Meadow is a seven-acre meadow with a seven-acre woodland at University Hospital Llandough. It offers a unique opportunity to deliver outdoor health care and rehabilitation, as well as providing a space for nature to thrive. This is a community-led project alongside NHS staff and patients who are involved from design through to build as they attend programmes delivering the project, as well as improving their health and wellbeing at the same time. This is a partnership project between Cardiff & Vale Health Charity, Cardiff and Vale University Health Board, and Down to Earth Project.



Future

In the months ahead, this project will be:-

- Constructing two roundhouses
- Creating a pond and wetland Natural Flood Management feature
- Creating accessible pathways
- Building a seating area

