Imagery on screen: Views of a wood, meadow and field. There is also an oak statue of a man in a coat with a stick and a dog.

Male narrator: "I am the valley, its story I have kept

For I am the Keeper but long have I slept.

Look around you now, as I wake.

Look at my world as it passes.

Here there is a present, a gift from the past

From those who have died to those who will marry.

Here all is connected, here all is one,

Boundaries cannot split us up where I am the valley.

I am a hollow cradled out of earth,

Hills for my head, green for my girth.

I am a landscape busy with life,

Winking windows, dumb witnesses to strife.

I am the embers glowing in a grate,

An emerald jewel, in a necklace of slate.

I am a baize with rabbit hole pockets.

I am a landing pad for alien rockets.

I am a disco for wasps and bees,

Glitter balls of berries spinning in trees,

A drive thru for swallows, scooping up flies,

Buttercup glory, children's mud pies.

I am a racing track for slugs and snails,

A land speed record for leaves in gales,

A dragonfly's sweet shop, drizzled in sun.

I am a moment to sit, walk or run.

I am a comma, in the river's story,

Polished diamond raindrops, water glory.

I am the gift of people who survived

For I am the valley, and I will thrive."

Text on screen: Visit Maesteg Welfare Park, Maesteg, Bridgend. CF34 9PW.

Look out for: great tit, pipistrelle bat, nut hatch, lesser celandine.

Meet the Keeper of the Valley.