

Steyning For Trees

Help Fight Climate Change



Welcome to our April 2021 Newsletter

You have been sent this newsletter as you are signed up to receive emails from Steyning For Trees. If you want to stop receiving these emails please contact us using the email address at the end of this newsletter.



Please do come to our **STALL AT STEYNING FARMERS' MARKET** on **Saturday 1st MAY** to **CELEBRATE** as we have now planted over **1,000 HEDGING/TREES** in and around Steyning. **THANKS** to everyone who has helped us, Committee members, planting volunteers, donors, all the verge residents and representatives in each road both present and future, and all our supporters etc.



PLEASE ENTER OUR BEST PHOTO COMPETITION, closing date 26th APRIL, for the best photo of one, or a group, of our WSCC trees on the verges. There are 6 on the triangle between Penlands Rise and Ingram Road, 1 in Ingram Road, 7 on Newham Lane, 5 in De Braose Way, and 1 each on The Ridings and Coombe Drove. The **PRIZE** will be a free tree of your choice, on a verge of your choice in Steyning or Bramber, plus a certificate to be presented at the **FARMERS' MARKET**. Please send entries to our email, SteyningForTrees@gmail.com

PLEASE THINK ABOUT THE ADVANTAGES of having a **TREE** on your **VERGE**. **CARBON** and **POLLUTION CAPTURE**, **COOL** and **SHADE**. They also look so lovely as you will soon see from our **BEST PHOTO** competition. **JUST EMAIL US** if you want full details of the trees on verges scheme.

The UK has systematically broken EU air pollution limits since 2010. In three quarters of urban areas levels of toxic nitrogen dioxide pollution are still illegally high. A [Royal College of Physicians report](#) has concluded poor air quality is linked to 40,000 premature deaths every year in the UK.

TREES COMBAT AIR POLLUTION.

From a major article in [The Observer](#) from Sunday 21.03.21, "**Storks, butterflies and turtle doves could all suffer at the Knepp estate in West Sussex**". In a draft local [plan](#) Horsham DC is talking about building on a greenfield site at Buck Barn. This site is right on the border of the [Knepp Estate](#). Campaigners say this will block off any potential to create a vital protected wildlife corridor linking the estate with St. Leonards and Ashdown forests. This could cause a catastrophic decline of the rare and endangered wildlife that has made Knepp its home. It will increase local air pollution, further penning in the wildlife of the estate.



Picture credit: Knepp Wildland

Get to know the SFT Committee

Our committee member this month is Gerard Bagley, a retired mental health professional and now avid tree-planter, who talks about **mental wellbeing and trees**.

Being physically active is important in maintaining positive mental wellbeing and being active outdoors amongst the natural world is especially valuable. Simple [gardening](#) has its own benefits but being amongst trees seems to have even further benefits. [NHS Forest](#) has been planting trees around UK hospitals for more than a decade with multiple health benefits.

There are comprehensive reviews looking at the [physical](#) and [mental](#) health benefits of greenspaces including forests, as well attempts to evaluate those benefits from an [economic](#) standpoint.

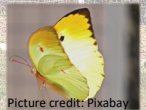
To highlight three studies at random that involved trees,

- participants reported [less anxiety and fewer depressive symptoms](#) after walking for 15 minutes in a forest compared to walking in an urban setting, and even more so for people who were more anxious to begin with.
- [simply gazing at trees](#) rather than buildings gave rise to more feelings of awe and a sense of being in the presence of something greater than oneself. Moreover, afterwards when one of the experimenters 'accidentally' dropped some pens, those who had seen the trees were more inclined to help pick them up.
- and those living in an urban setting but [shaded by a tree canopy](#) reported less psychological distress and better health generally.

But we can't leave any review of mental wellbeing and trees without mentioning [forest bathing](#), a form of mindfulness originating from Japan but now known all around the world. You can be [formally trained](#) if you want but the principles behind forest bathing are [readily accessible](#) to all. You simply need to walk into a quiet wood, turn off your phone and then take only 15 minutes or so to listen to the susurrations of the leaves, take in the smells, sights and tactile sensations around you, and focus on breathing slowly. **It can only do you good.**

Many thanks to **Shona and Richard Halsall** for providing the land to plant more trees, a small copse bringing our total to **1,000 TREES**, and to Philip Clay for helping to provide some of these. Philip also showed us round his private Nature Reserve where he has done an amazing job over 40 years in creating such a diverse wildlife habitat. He is a licensed bird ringer. We will be planting some

buckthorn here, as requested by Neil Hulme, the Sussex butterfly expert, to help increase the numbers of the lovely Brimstone butterfly.



Picture credit: Pixabay

We will also be adding buckthorn to the areas already planted.

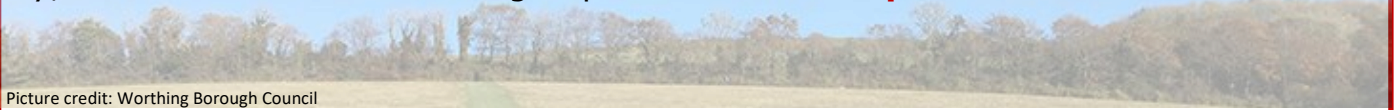


Picture credit: Fran Corney

We are very pleased to be helping [Action in Rural Sussex](#) do their survey for the **Woodland Trust's 'Lost Woods Project'**, improving woodland between Pulborough and Lewes and will hope to involve other organisations in this too. Many thanks to **Fran Corney** the local organiser for coming over and helping us with our tree planting. It was so nice to meet her.



[Worthing Borough Council](#) are seeking to take back possession of Shepherds Mead, a 100-acre piece of farmland, at the foot of Cissbury Ring, bordering Findon Valley, as part of its pledge to **promote biodiversity and help tackle climate change**. They have pledged to work with the South Downs National Park Authority, local residents and wildlife groups to **rewild the space**.



Picture credit: Worthing Borough Council

Remember: Trees are front-line warriors in the fight against climate change.

If you have any enquiries or suggestions please email us at SteYningForTrees@gmail.com or visit our website at steYningsociety.org.uk/steYning-for-trees or ring us on 01903 816726

Any donations, large or small, will be greatly appreciated and will assist in enabling us to continue our important work. Please make any contributions to the bank account below.

SteYning For Trees, Sort code: 53 61 43;

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