

Steyning For Trees

Help Fight Climate Change



Welcome to our February 2024 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.

The volunteers have still been at it planting trees:



All picture credits: SFT

A hedge for William Somerset, the Steyning Blacksmiths (Sussex Ironworks) **at Patching in the National Park.** **Our longest hedge yet 140m, 800 whips.** All planted **by SFT volunteers** in just two and a half sessions. Mostly in beautiful sunny weather.

Gapping up the **new hedge** on **SDS** with whips bought and provided by **SFT.**



We are so pleased that some of you are supporting us when **planting your own hedges** now and taking the **advice from our website** about suitable mixes of hedging to plant to help our endangered species, not a mono-culture.

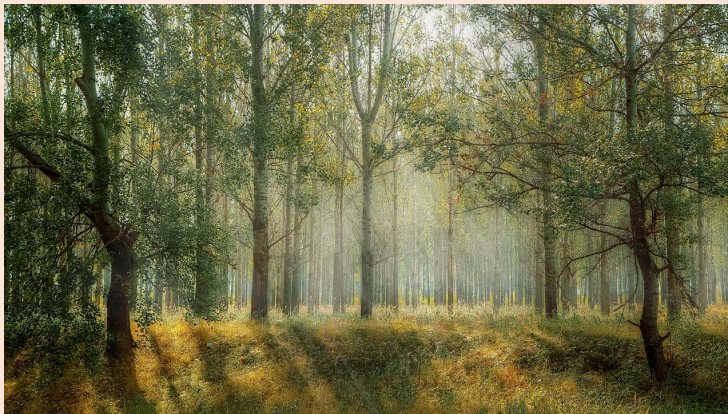
All **these hedges are so vital at this time of year** to provide **food for our poor birds** trying to survive the wet and cold weather that we are experiencing. A **winter buffet of berries**, Hawthorn, Elder, Blackthorn, Dog Rose, Crab Apple, Holly, Hazel, and Ivy plus any fallen apples you still have, the blackbirds so enjoy them, all helps to keep them going when food is so scarce.



Picture credit: SFT

Do **remember to crack the ice when it freezes**, they do need access to water. We want to **help our birds and mammals** to make it through to spring and the breeding season in good health, if we are going to stop **the terrible decline in biodiversity** - so many endangered species that need our help.

Do remember the help that trees also give to humans, reducing stress. There is an article in Good Housekeeping - not our usual source - about **Forest Bathing**, walking among trees. We are all so lucky here in lovely Steyning to have **access to Woodland**. Not so for many who live in built up areas with no trees. This is all **about connecting with nature via your senses**. Research has revealed this stress-easing activity can **boost immunity, lower blood pressure and reduce stress**, thanks to phytoncides compounds released by trees that **reduce our stress hormone levels**. **Find a forest** or wood - **silence your phone** - **take a deep breath** and walk slowly into the trees opening **all your senses to sounds, smells and touching new textures**. Sit with your back against a tree and be still for 15 **minutes**. Notice your breathing, everything around you and the leafy canopy above.



Picture credit: Pixabay

Walk out of the trees and check in with yourself to see how you feel. Hopefully **calmer, more relaxed, less anxious**. Repeat as often as you can - it's step by step **medicine for the soul**.

Trees are amazing in what they do for us!

STOP PRESS After talks with Richard Goring he has asked **SFT** to **help with** the Estate's plan to **plant 1 km of hedge** on higher ground to **help reduce flooding** at the west end of Steyning as it matures. This will **also greatly increase biodiversity**. Richard has also commissioned a consultant on additional methods to control flooding.

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 steyningfortrees.com

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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