

# ARE TREES OUR SAVIOUR?

Reflections on Covid19 and green spaces...



AND INTO THE FOREST I  
GO TO LOSE MY MIND  
AND FIND MY SOUL...  
(JOHN MUIR)



BY LOUISE SPENCER  
TREETECH ARBORICULTURAL  
SERVICES LTD

In the ongoing global health pandemic, the importance of trees and open spaces for our physical and mental wellbeing has become more important than ever. Here within the Cotswolds we are very fortunate to live in an area with dense canopy cover and an abundance of green spaces accessible on our doorstep.

The restrictions that have been imposed upon us have made us look for sanctuary in our locality and explore local hidden gems far from the coast of the south or the mountains of the north. As this pandemic continues and with travel becoming more uncertain, people are finding new local connections.

A tree for children to climb, a stream to paddle in or long grass to hide, an outdoor space to meet, or the value of their own garden. These assets need to be valued and maintained correctly to ensure safety and sustainability.

Louise is a Director of Treetech an Arboricultural Association Approved contractor based in Chipping Norton and mother to 2 children. Exploring the Cotswolds green spaces.

## GIVING SO MUCH FOR SO LITTLE IN RETURN.....

**Wildlife** – A mature Oak tree can be the habitat for hundreds of species of animals and insects. One tree in open ground can greatly improve bird populations.

**Keeps us cool** – The effects of climate change has resulted in increased temperatures meaning trees can be a great place to cool down and keep out of the sun's rays. The bigger picture is that trees can be used to cool more than just people and cattle, they can be used to cool buildings or entire cities... More impressive than air conditioning!

**Keeps us warm** – Trees can also have a positive affect in winter months reducing air pressure and providing shelter from the elements. Keeping things warmer and reducing wind chill on people and places.

**Air quality** – Trees play a big part in making the air we breath cleaner, dispersing toxins, removing carbon dioxide and producing oxygen.

**Exercise** – It is scientifically proven that exercising improves health and mental wellbeing. Studies have suggested that we are 3 times more likely to reach our recommended levels if we have access to greenspace. The green gym has seen a growing following and due to recent events the use of open air exercise areas as opposed to leisure centre type facilities is likely to grow further.

**Social** – Many of us have fond childhood memories of trees from woodland walks, climbing, rope swings, conker games but as a community do we still understand the value of their importance? The shade near the bus stop, the meeting point in town, the bike stand, the picnic spot, the Christmas light tree, the first kiss. indirectly trees are a big part of our community and their management styles should be considered both subjectively and objectively.

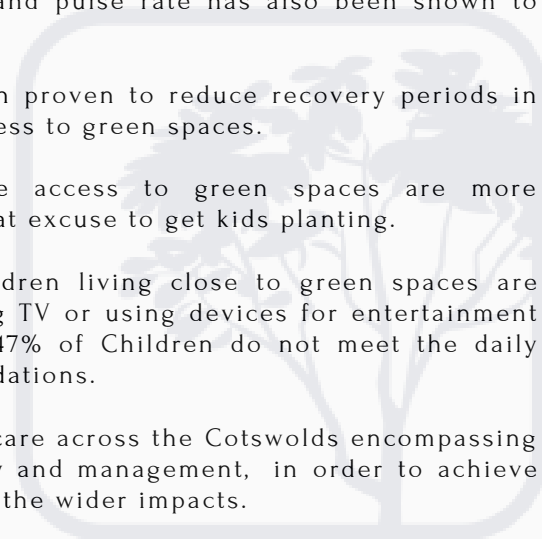
**Stress busting** – Urban residents suffer from less anxiety when they have a view of trees. Muscle tension and pulse rate has also been shown to reduce when in green spaces.

**Recovery mode** – Trees have been proven to reduce recovery periods in hospitals which have views or access to green spaces.

**Education** – Students that have access to green spaces are more successful in their learning. A great excuse to get kids planting.

**Reduce childhood obesity** – Children living close to green spaces are likely to spend less time watching TV or using devices for entertainment and spend more time outdoors. 47% of Children do not meet the daily recommended exercise recommendations.

Treetech offer all aspects of tree care across the Cotswolds encompassing a holistic approach to their safety and management, in order to achieve solutions for clients that consider the wider impacts.



**TREETECH**  
ARBORICULTURAL SERVICES LTD.



[www.treetech.co.uk](http://www.treetech.co.uk)  
01608 644490  
[trees@treetech.co.uk](mailto:trees@treetech.co.uk)