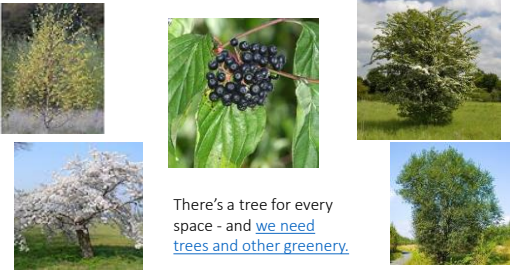


Trees - and other eco-system services



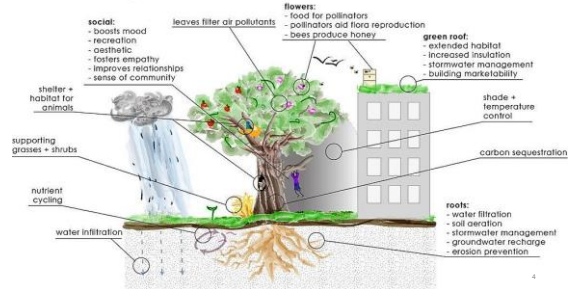
There's a tree for every space - and [we need trees and other greenery.](#)

Though not everyone appreciates trees ...

- Some people will worry or complain about wasted money, slippery autumn leaves, too much shade, damage from roots, untidiness, neglect, "weeds" ...
- They may need persuading that trees, wild flowers (or "weeds") and long grass are worth it, and that leaving wild corners and strips of long grass is not neglect!
- The following sections offer some information, resources and web-links that may help to convince sceptics that making space for nature offers more advantages than disadvantages.



Ecosystem Services of a Tree

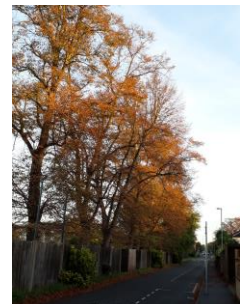


Well-being...



Kingston trees

Street trees soften hard landscapes and can help to reduce air and noise pollution.



**Food forests?**

“In the future, why would we plant ornamental, unproductive trees, when we could plant fruit or nut trees? Let’s reimagine our towns and cities as food forests.”

(From [The Essential Guide to Doing Transition](#))



7

**More natural solutions #1:**  
Sustainable Drainage Systems (SuDS):  
a rain garden and a green roof



8

**More natural solutions #2: Health and mental health**

“Scottish GPs to begin prescribing rambling and birdwatching - Shetlanders with chronic and debilitating illnesses could be given ‘nature prescriptions’”  
*The Guardian, 5 October 2018*

“Children who grow up near urban green spaces are likely to perform better academically.”  
*UCL report, October 2018*



“Research has shown that patient recovery rates improve even if they can only view trees from their hospital window...” <https://nhsforest.org/evidence-benefits>

9

**Useful back-up #1 - Natural Solutions: nature’s role in delivering well-being and delivering key policy goals...**

*New Economics Foundation report, 2012*  
<https://neweconomics.org/2012/11/natural-solutions>



**Natural solutions**  
Nature's role in delivering well-being and key policy goals - opportunities for the third sector

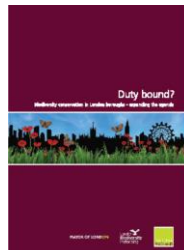
10

**Useful back-up #2 - “Duty Bound”, a new duty for London boroughs?**

The Natural Environment and Rural Communities (NERC) Act 2006 states that:

“Every public authority must, in exercising its functions, have regard, so far as is consistent with the proper exercise of those functions, to the purpose of conserving biodiversity”.

<https://www.gigl.org.uk/londons-biodiversity-action-plan/>



11



**Useful back-up #3:**  
**Plantlife Road Verge Campaign -**  
[http://www.plantlife.org.uk/application/files/4614/8232/2916/Road\\_verge\\_guide\\_17\\_6.pdf](http://www.plantlife.org.uk/application/files/4614/8232/2916/Road_verge_guide_17_6.pdf)

12

Useful back-up #4 - Trees for Cities

<https://www.treesforcities.org/>

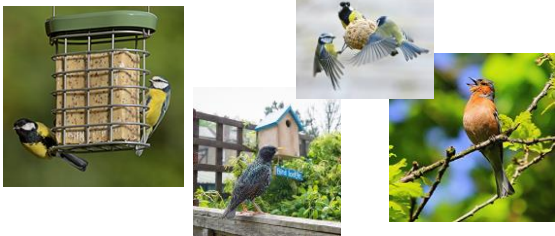


And for some academic support...

Blue and Green Infrastructure as Flood Mitigation Strategy for Wrocław, Poland - A Geodesign Planning Pilot Project by Karolina Gizela Peret  
[http://www.academia.edu/35075677/Blue\\_and\\_Green\\_Infrastructure\\_as\\_Flood\\_Mitigation\\_Strategy\\_for\\_Wroc%C5%82aw\\_Poland\\_A\\_Geodesign\\_Planning\\_Pilot\\_Project](http://www.academia.edu/35075677/Blue_and_Green_Infrastructure_as_Flood_Mitigation_Strategy_for_Wroc%C5%82aw_Poland_A_Geodesign_Planning_Pilot_Project)

An academic review of much of the research on the benefits of natural environment for health and well being: The effects of preferred natural stimuli on humans' affective states, physiological stress and mental health... by Misha Ross & Georgia J. Mason (2017), University of Guelph  
<http://www.sciencedirect.com/science/article/pii/S0149763417302361>

People like birds...



15

Trees and buildings can provide food and homes for birds



16

People like (and need) butterflies and other pollinators...



17

So let the grass and wild flowers grow.



18

