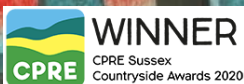


SteYning For Trees Help Fight Climate Change



Welcome to our September 2025 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.

There is a report in the [Big Issue](#) about the benefits of getting out in **NATURE** for **MENTAL HEALTH** by the National Lottery Fund Lead John Rose. He said,

"On World Environment Day people across the globe considered the **value of nature** and what they could do to ensure it is **protected for future generations**. New research shows that those future generations **need our support** now and being in nature and **helping the environment thrive** could be part of the answer. A survey of 2,000 parents about their **children's mental health** said 1 in 4 were struggling with **anxiety and panic attacks**. 43% said spending more time experiencing **the natural world could help**. **Tree planting** was suggested. Mental health is a complex area with no single solution. We do know that **access to green space** and outdoor activities can have **real benefits** and our research demonstrates this."

This is backed up by the **University of Kent's** new [BIO-WELL](#) research. 5,000 people were surveyed nationwide and a huge **90% agreed** that **woodland biodiversity** had a positive impact on **their well-being**.



Many of you who have been **rewilding your gardens** this year have told us of the delights of more nature there. So many of you took our **free plants** for butterflies at the market last year. They have had a so much better year with the improved weather.

SFT will be back at the **SteYning Farmer's Market** on the **4th October**.

Dame Judi Dench, Patron of the [Woodland Trust](#) said "Our oldest trees hold more stories than Shakespeare". Virginia Woolf's favourite oak tree is included in the [Tree of the Year](#) competition.



Building a Dead Hedge for Steyning Grammar School's ERA Day.

It was wonderful to have such an **enthusiastic response** from both **pupils** and **teachers** on this **SFT**-instigated activity. In the forest glade we have found for them adjacent to the school playing fields **large dead branches** were lifted single handedly and placed into the guiding **coppiced stakes** hammered into the ground by the pupils. Over time the wood will **rot down**, aided by **tiny fungi**, making a home for a multitude of valuable **invertebrates**. Plus, hopefully **hedgehogs** now so endangered, overwintering **butterflies**, **small birds** etc the list is endless. We are so **pleased** to be working with their committed teachers and to have been given the **opportunity** to help them work for the future of these **young people** on reducing the tragic loss of **biodiversity** (UK is the worst in the world) and effects of CLIMATE CHANGE which have been so evident this year.



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.

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