



Wild Ways Well is TreeMendous

Today's Wild Ways Well task is to go for a walk in your local greenspace and watch the trees... Remember to follow the guidelines on Social Distancing, stay 2m apart from other people and only walk in your local area – and remember to wash your hands before and after!

You'll **Be Active** by carefully walking outdoors (observing social distancing) keeping your mind busy and occupying your time with nature related tasks and activities. Trees are excellent sound insulators, by walking just a short way into some woodland you can leave the noise and bustle of urban life behind and enjoy the sounds of the woods.

We can **Connect** with the outdoors simply by looking out of a window, studying a tree or discovering the huge amounts of life we can see just beyond the window panes—or we can use the internet to access a huge variety of options for interacting with wildlife all over the world. You could also comment on our social media pages to let others know how you got on with these activities. You can even connect with the trees themselves – this process has been called 'forest bathing' in other parts of the world.

We can **Keep Learning**, there are thousands of web pages devoted to the outdoors and an equal number of books and television programmes. This week we are looking at trees in our local space, why not look online and find out more once you're back indoors?

Trees are all around us and are vital for both the wider ecosystem and the way we live our lives– but we rarely **Take Notice** and look very closely at them. It's amazing how much we miss out in nature when we just walk through without paying attention to what is around us.

We can **Give** by giving ourselves a break from the drama of the current events and focusing on the little things around us that give us pleasure and by sharing these with others, in person or online. You can also give back to your local woodland by helping to conserve them and by advocating the value of trees to your friends and policy makers.





Wild Ways Well



BE ACTIVE – Take part in health walks and practical outdoor activities. Explore your local paths, woods and greenspaces.

Spending time outdoors, amongst nature, makes people feel better about their lives.

CONNECT – Meet new people. Connect with the people, the wildlife and the nature that's all around us.



The Wild Ways Well project encourages people suffering from, or at risk of, poor mental health to get outside for some daily exercise.



GIVE – Your time to be in nature. Give something back by sharing experiences and undertaking conservation tasks.

Remember to observe Social Distancing, stay 2m apart and only walk in your local area.

TAKE NOTICE – Note the changing cycles of life. Use your senses. Listen to birds, smell the flowers, live in the moment.



Whilst out amongst the trees, parks and reserves you have a chance to slow down, relax and take your attention away from current events.



LEARN – Identify plants and wildlife, try new crafts, learn new skills. Discover things about nature and about yourself.

This guide will help you to try out some environmental and conservation related activities designed to fit in with the internationally recognised Five Ways to Wellbeing mental health framework.





What is a Tree?

Different people could have many different answers—a tree can be a home, a source of pride, inspiration or awe. It could be timber, a foodsource, a living monument, a link to the past or to the future. Surprisingly there is no universally agreed right answer!

In the strict biological sense trees are perennial plants, usually with a long woody trunk supporting branches and leaves. They are not a single taxonomic group but include a variety of plants that have independently formed the same growth habits in order to compete for sunlight.

Trees are also sometimes defined by height, with smaller species called shrubs. Others define them by use—trees in this sense being any plant which produces useful timber.

Trees are part of our 'natural capital' they perform a variety of valuable roles in the wider ecosystem, many of which directly benefit humans. They reduce erosion, slow flooding, remove carbon dioxide from the atmosphere and store carbon. They provide shade, shelter, timber, fuel and food.

What other ways of defining a tree or uses of trees can you think of?





Ask a Tree its Age

Did you know you can find out how old a tree is just by hugging it? First work out what kind of tree you have (check out www.woodlandtrust.org.uk/trees-woods-and-wildlife/british-trees/tree-id-app/ for a free app or www.woodlandtrust.org.uk/trees-woods-and-wildlife/british-trees/tree-id-app/ for printable resources)

Next you have to measure the circumference of the tree's trunk (how big it is around) and you can do this by hugging it!

Measure the distance between your fingertips in centimetres with your arms stretched wide apart (the average adult should be about 130cm) this is your hugging distance.

Now hug your tree and count how many full length hugs it takes to go right around the trunk at shoulder height.

Multiply this number by your hugging distance and you have the circumference in cm.

Name of tree	Divide girth (CM) by this number
Oak	2
Hazel, Elm, Ash, Beech	2.5
Holly, Yew	1.25
Pine, Spruce	3.25
Sycamore	2.75

Now use the table above to work out the age... (you can find guides to identifying trees in the links page at the back of this pack). For example, an oak tree with a girth of 260cm (2 adult hugs) would be 130 years old! But a Beech tree of the same girth would only be 104.

Some trees live a long time, an Oak could live to be 900 years old, and we think Yew trees might be able to live for thousands of years! Other trees like Birch, Maple or Rowan might only live for 100 years. A healthy woodland will have a good mix of trees of different ages and species.





How Tall is That Tree?

Pencil Method

1. Stand far enough from the tree so you can see the top
2. Get a friend to stand by the tree
3. Hold a pencil at arms length, between you and the tree.
4. Close one eye and position the pencil so the point matches with the top of the tree, move your thumb until it is aligned with the tree base (where it meets the ground).
5. Rotate your arm 90 degrees, so the pencil is horizontal (parallel to the ground).
6. Ask your partner to walk away from the tree until they are lined up with the tip of your horizontal pencil (if they are standing far away you may need to use hand signals)
7. Now tell them to stay where they are and go over to them. Measure how far they are from the base of the tree with a tape measure, or by pacing it out. The distance you measure will be equal to the height of the tree!

Ratio Method

1. Use the long end of an a4 sheet of paper (this will be 30cm long). Use a ruler and draw a line on the paper 3cm from the bottom.
2. One person stands by the tree, the other walks away backwards, holding the piece of paper at arms length in front of their eyes, until the top of the paper seem to touch the top of the tree and the bottom of the paper seems to touch the ground.
4. Still holding your paper upright, direct the person standing by the tree to move their arm up and down the trunk, until it is in line with the 3cm mark on the paper and then hold their hand there.
5. Return to the tree and measure how high the hand is off the ground. As the hand was 1/10th of the way up the paper (3cm is 1/10th of 30cm) the tree height must be 10 times the height measured between the ground and the hand.

We'd love to know how big your tree is! Tell us on social media, we're on twitter as @WildCumbernauld and Facebook as Cumbernauld Living Landscape





A Tree's Life

Stories

Imagine this tree was planted in 1955—what important occasions from your own past would it have seen?

2016 Wild Ways Well arrives!

1996 Cumbernauld Development Corporation disbanded

1995 Scottish Wildlife Trust takes over Cumbernauld Glen

1955 Cumbernauld New Town designated

1899 Gas works, Brick Works, Pipe works, Corn Mill and Stocking Factory in Village.

1890's Luggie Jean Murdered

1848 Cumbernauld Railway Station opens

1746 Cumbernauld House burned down by Dragoons after the 1745 Rebellion

1715 Cumbernauld Castle destroyed by Highlanders during the 1715 Rebellion

Tree Seeded 1700

Tree Planted 1955



Tree Stories

There are around 50 species of native trees in Scotland and many more introduced non-natives. Many of our native trees have a rich variety of folklore surrounding them.

Oak trees were considered the Kings of the forest—and as they can grow up to 40m high and live for a thousand years its no surprise why! Oaks were sacred to Taranis, the Thunder God, and they were said to be where Herne the Hunter, God of the chase spent his time. The wizard Merlin was said to carry an Oak staff and Dryads (tree spirits) lived within the trunks.



Yew trees represented everlasting life—probably due to the fact that they live for a very long time, thousands of years in some cases. A sprig of yew would be thrown into graves and at winter solstice yew logs would be burned to ensure the sun rose again. They are also associated with churchyards—not because they were planted next to the church but because the church was built next to the sacred tree.



Rowan trees were planted outside houses—it is still possible today to trace the outline of abandoned Highland villages by the pattern of Rowans marking each house. Rowans protected against evil and witches' magic, it also prevented milk curdling! It is very bad luck to cut down a Rowan tree in Scotland.



Birch trees symbolised renewal and purity, possibly as it is one of the first trees to leaf and its bark is impervious to rot. Brooms were made of birch and every year households would be swept with the birch broom to drive out impurities. Its resistance to rot meant it was used to make canoes, and could be wrapped around feet and legs to make waterproof shoes.

Do you know any other tree folklore? Why not try writing your own?





Dead Good Dead Wood

It might seem counterintuitive but one of the best signs of a healthy woodland is lots and lots of dead wood lying around. Dead Wood can look untidy but it is a wonderful resource for wildlife which needs it to eat and to live in. Pine Martens, owls, woodpeckers, bats and all sorts of insects, plants and fungi love dead wood and can't live without it.

But for all sorts of reasons dead wood is a vanishing resource in our environment. Sometimes it is removed for safety reasons (to prevent trees falling on paths for example), but often it is removed just because it can look a bit unsightly or untidy.

But in order to ensure there is plenty of dead wood for wildlife we first need to learn just how much is already out there, and how much a healthy woodland should have. To help with this a brand new Citizen Science survey called **Dead Good Dead Wood** was developed and you can do your bit for the woodlands by taking part!

Citizen Science is just a term for scientific data collected by ordinary members of the public. You don't need any special skills to take part and the survey pack will provide you with all the tools and information you need to take part and do your bit for science and for the woodlands!

Download your **Dead Good Dead Wood** survey pack from The Conservation Volunteer's website here

www.tcv.org.uk/scotland/dead-good-deadwood-survey















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Look Out For Trees

Trees are a vital part of the ecosystem and they help to make happy, healthy communities for people too. Use this sheet to look out for trees as you walk.

- | | |
|---|--|
| • A tree over 100 years old (hug it!) |  10pt |
| • A tree taller than a house |  1pt |
| • A tree smaller than a person |  2pts |
| • An Oak tree (check the links page for ID guides) |  10pts |
| • A Birch tree (check the links page for ID guides) |  2pts |
| • An Ash tree (check the links page for ID guides) |  1pt |
| • A Yew tree (check the links page for ID guides) |  20pts |
| • A tree with a bird's nest in it |  10pts |
| • A tree with an animal sized hole |  20pts |
| • An insect living on a tree |  1pts |
| • A tree with wildflowers growing beneath it |  5pts |
| • Some dead wood |  2pts |

Total _____

Award yourself an extra point for each multiple you get (e.g. 2 Oak trees would be 11 points)



Links

Go further with your Wild Ways Well activity by trying these links once you come home

Cumbernauld Living Landscape www.cumbernauldlivinglandscape.org.uk

Wild Ways Well www.cumbernauldlivinglandscape.org.uk/project/wild-ways-well

Activities www.cumbernauldlivinglandscape.org.uk/get-involved/activities/

Facebook www.facebook.com/CumbernauldLivingLandscape

Twitter www.twitter.com/wildcumbernauld

The Conservation Volunteers www.tcv.org.uk/scotland

The Scottish Wildlife Trust www.scottishwildlifetrust.org.uk

SamH www.samh.org.uk

NHS Five Ways Well www.nhsinform.scot/healthy-living/mental-wellbeing/five-steps-to-mental-wellbeing

MIND coronavirus and your wellbeing www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing

Lanarkshire Green Health Partnership www.elament.org.uk/media/2229/19-ways-to-stay-connected-2.pdf

Woodland Trust www.woodlandtrust.org.uk

Trees For Life www.treesforlife.org.uk

Plantlife www.plantlife.org.uk/uk



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