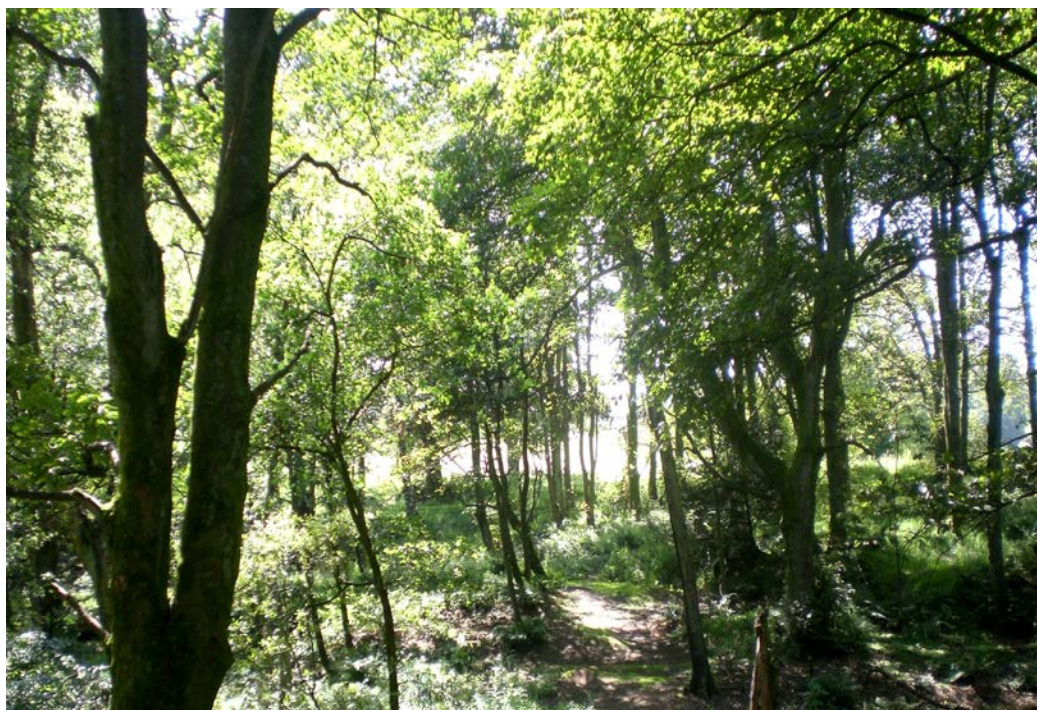




GET  
INVOLVED  
TODAY!

# Creating Natural Connections Wonderful Woodlands



# CUMBERNAULD LIVING LANDSCAPE

**Cumbernauld Living Landscape is improving Cumbernauld's greenspaces for both people and wildlife, while helping everyone in the community connect with the nature on their doorstep.**

Cumbernauld is incredibly green and we believe that everyone should benefit from this. However, these green areas are often disconnected from one another and many are not as good for people – or wildlife – as they should be.

Without good quality, healthy places people and wildlife cannot flourish. Working closely with the local community, we need to ensure that healthy places are at the heart of the town's future. We will achieve this through a range of projects across the town, divided into four major workstreams.

**Improving Habitats and Access** – We're improving habitats for wildlife and making it easier for people to find and access these sites. We will also enable people to volunteer and take practical steps to conserve and improve these places.

**Connecting Young People to Nature** – We're providing opportunities for children to get involved in practical environmental projects and helping schools use the outdoors as part of their lessons.

**Promoting Green Health and Wellbeing** – It is now well established that access to the outdoors is vital for people's health. The Wild Ways Well project helps people, care practitioners and groups to use nature to manage their mental health.

**Unlocking Community Capacity** – We are unlocking and developing the skills of the community. By building relationships with groups and individuals and helping them to take action for nature we will ensure a legacy that will last beyond this project.

The lockdown is demonstrating just how important nature is to people's physical and mental health – but it is also making accessing greenspaces much more difficult. While our outdoor sessions are on hold we want to help people experience the benefits of nature on their own doorstep. This booklet contains ideas, inspiration, information and activities that anyone can try to help them connect with the outdoors. Perhaps they'll help you to see Cumbernauld's greenspaces in a new light. Remember to observe guidelines on social distancing and only access nature in your local area.

# What is a Tree?

Ask yourself this question – what is a tree?

Some people might say a tall, woody plant – but many trees don't grow very tall at all (the world's smallest tree, the Dwarf Willow, grows to only 10cm high, and many pines growing high on mountains grow to only a few feet). There are also other plants that have long woody stems – like roses or rhododendron – that we wouldn't call trees.

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 food source, a living monument, a link to the past or to the future. 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. 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. They have existed for about 400 million years. There are around 50 native species in the UK plus many more introduced non-natives.

For most trees, the thick woody stem is surrounded by a layer of bark which protects the tissue below. This tissue carries water and nutrients around the tree from the underground root system. The leaf system converts sunlight into sugars by photosynthesis and each tree has its own particular leaf, adapted to the preferred growing conditions. Some drop these leaves every year (Deciduous), others keep their leaves all year round (Evergreen).

Most trees reproduce by seed, some have flowers and fruit, but one particular group—the conifers—have pollen and seed cones.

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.

Cumbernauld is lucky to have many fantastic trees and woodlands, around 13% of the land in the UK is wooded, but Cumbernauld has 23% woodland cover.

# Native or Non-Native

There are around 50 tree species native to the UK – and many more growing here which are non-native.

The usual definition of a native species in the UK is one that has been here, or that arrived naturally, since the end of the last Ice Age 10,000 years ago. Non-Native species are those that have been brought here by people. Sometimes non-native species can be fine (many of our food crops are non-native) but in other cases they can be a real problem. Problem species are often referred to as Invasive Non-Native Species (or INNS for short) —think of the invasive Grey Squirrel and devastating effect they have on our native Red Squirrels or the issue of destructive and dangerous plants like Japanese Knotweed or Giant Hogweed.

One of the major issues conservationists can have with non-native species is that they have not evolved here in symbiosis with the rest of the native ecosystem. This means that all the thousands of links native trees have with other native plants, insects and animals either don't exist or are much lessened. A commonly quoted statistic is that the native Oak tree (*Quercus robur*) supports over 500 species of insect while the non-native Sitka spruce (*Picea sitchensis*) supports only 29—and the Rhododendron (*Rhododendron ponticum*) doesn't support any insect species at all!

The reason for this difference is that Oak trees lived alongside all those insects in the native ecosystem for 10,000 years, each species evolving to become interdependent all that time, whilst the Sitka was only introduced to Scotland in 1831 and hasn't had time to adapt—or for native life to adapt to it. Nevertheless Sitka is now one of our most common trees. It grows quickly giving it a lot of value as a commercial crop, but the dense commercial plantations which cover huge areas of ground support very little life. Our native wildflowers cannot grow in the dark below the heavy canopy, few insects live on them or eat them, and without flowers and insects there is nothing for birds or mammals to eat either. The dark gloomy spaces of Sitka plantations are silent and colourless, absent of birdsong and life – some people call these dark, barren places 'Green Deserts'.

Other familiar trees are considered non-native, the Beech (*Fagus sylvatica*) is native to England but not Scotland. In Scotland it tends to be easily blown over by the wind and its dense summer canopy means very few Scottish wildflowers can grow beneath it—evolved as they are for the lighter, more open canopies of native woodlands. Where possible conservationists will always tend to prioritise a diverse mix of native species, not just for themselves, but for the myriad other benefits they bring to an ecosystem. This 'biodiversity' is widely recognised as one of the keys to a healthy functioning ecosystem that benefits everybody, people, trees and wildlife alike.

# Native tree wordsearch

How many of the species in the list can you find?



W	H	I	T	E	B	E	A	M	I	O	L	E	C
R	O	W	A	N	A	H	A	Z	E	L	H	E	W
H	H	A	L	S	E	Y	E	W	E	R	R	W	I
C	H	D	H	A	O	R	N	P	H	L	I	E	L
R	H	C	R	I	B	R	E	V	L	I	S	L	D
I	C	J	U	N	I	P	E	R	H	S	S	M	C
B	H	O	L	L	Y	A	H	O	E	A	R	R	H
E	M	A	E	B	N	R	O	H	S	L	A	E	E
T	R	I	H	N	P	I	O	P	P	L	N	T	R
I	O	R	R	A	I	R	E	O	P	I	E	R	R
H	S	I	M	L	E	N	E	O	N	P	M	S	Y
W	T	K	C	L	R	I	P	A	E	S	C	A	A
I	A	E	E	N	I	P	S	T	O	C	S	A	E
O	N	K	L	P	O	B	A	H	H	I	M	O	E

YEW  
ASH  
HORNBEAM  
ASPEN  
POPLAR  
SILVER BIRCH  
WHITE BIRCH  
WILD CHERRY  
OAK  
WHITEBEAM  
HAZEL  
HOLLY  
ELM  
ROWAN  
SCOTS PINE  
JUNIPER

Play this puzzle online at : <https://thewordsearch.com/puzzle/996023/>



# Tree Identification

## Scots Pine – *Pinus sylvestris* – Guibhas (Scots Gaelic)

**Tree type** - evergreen conifer

**Bark** – orange-brown scaly

**Leaves** – long thin waxy needle like leaves that sprout in pairs, blue-green in colour

**Flowers** – Monoecious - Male and female on same tree. Male flowers on the bottom of shoots, female flowers on top

**Fruit** – Pine cones

**Life span** – up to 700yrs



### Facts

- Our only native pine.
- Can grow up to 40m tall.
- Pine cones only open to shed seed in dry weather.
- Often sheds lower limbs giving it a top heavy appearance.
- A very useful tree – its resin was used as 'pitch' to make barrels and boats watertight. It was also used as an antiseptic by healers and veterinarians.
- It is quick growing and produces soft wood which is good for building – in modern times it is still used to make pit props, railways sleepers, telegraph poles and cheap furniture.

### Folklore

Pine had many supposed healing qualities and was especially used for disinfectants, bronchial and kidney problems

There is little folklore associated with Scots Pines – possibly because they were so useful practically. Branches were sometimes hung over doors to keep evil out and the resin was burned to purify areas. Boats sealed with Pine Pitch were said to have magical protection. The cones were a sign of fertility.

They were often planted to mark significant sites or areas – many a lost soul in the Highlands found his way to shelter by looking for the distant line of Scots pines which marked many settlements.

## English Yew – *Taxus baccata* – Lubhar (Scots Gaelic)

**Tree type** - evergreen conifer

**Bark** – orange-brown scaly

**Leaves** – small single needle like leaves growing on either side of twig

**Flowers** – Dioecious – male and female flowers on separate trees

**Fruit** – small red berry like casing called an ‘aril’ holds the seed

\*poisonous\*

**Lifespan** – unknown – thousands of years at least.



### Facts

- Can grow up to 20m tall
- Slow growing and very difficult to age due to its habit of going dormant and of branches rooting to become new trunks.
- Very long lived, some specimens are known to be thousands of years old – including the Fortingall Yew in Perthshire.
- Flowers in March/April.
- Every part of the tree is extremely poisonous, even inhaling yew sawdust can be fatal and just 50g of needles could kill a human.
- Exceptionally tough wood. Used to make tool handles and weapons.
- Used to create modern anti cancer drugs.
- Due to its past use for making longbows and its slow growth it is now a rare tree over most of Europe.

Caterpillars eat the leaves and birds and mammals eat the arils (though people should not).

### Folklore

Yew trees were symbols of immortality (and some scientists believe they may actually never die of old age).

They were sacred trees to many ancient cultures – they are often found growing next to churches. Some were planted in church yards, but in other cases it was almost certain that the church that built next to the sacred tree.

They are associated with life – it was said they would spring from the graves of lovers – and death – sprigs were sewn into death shrouds. They were planted on graves to ‘purify’ them and also to prevent animals grazing on them.

In midwinter burning yew logs were used summon back the sun

## Common Oak – *Quercus robur* – Darach (Scots Gaelic)

**Tree type** – deciduous broadleaf

**Bark** – grey-brown

**Leaves** – lobed, dark green in colour, undulate margin (leaf edge)

**Flowers** – monoecious, male and female flowers on same tree

**Fruit** – acorns

**Lifespan** – 1000 years



### Facts

- Can grow up to 40m tall.
- Second most common tree species in the UK.
- Oak forests support more life-forms than any other. They are host to hundreds of insect species, birds and mammals eat the acorns and nest in the branches and trunk.
- Threatened by diseases like Acute Oak Decline and Sudden Oak Death.
- And by non native pests such as the Oak Processionary Moth.
- Most acorns never get a chance to germinate as they are such a popular food source for birds and small mammals.
- They produce incredibly tough and useful wood however it takes 150 years before oak wood is ready to be used.
- Tannin from the bark is used to tan leather.
- Ink can be made from the large round galls which grow on the trunk.

### Folklore

The oak was sacred to the Gods of Thunder (oaks are commonly hit by lightning). Known as the Kings of the Forest, oak trees were also associated with royalty, ancient kings and Roman emperors wore crowns of oak leaves. It is a symbol of longevity – couples would marry under an oak to ensure a long marriage. An old saying is that an oak spends 300 years growing, 300 years living and 300 years dying – and is just as useful, for different purposes, at every stage of its life. The wizard Merlin lived in an oak grove, as did Herne, the God of the hunt. Oaks were said to be healing for all sorts of foot problems. Foresters believed an Oak would scream out loud when cut down if a Dryad (Woodland spirit) was within.



## Rowan – *Sorbus aucuparia* – Caorunn (Scots Gaelic)

**Tree type** - deciduous broadleaf

**Bark** – grey

**Leaves** – Pinnate. 5-8 pairs of toothed oval leaflets set opposite each other along the stalk, with a terminal leaflet on the end of the stalk

**Flowers** – hermaphrodite – each flower contains both male and female parts

**Fruit** – clumps of small red berries (poisonous if eaten raw)

**Lifespan** – 200 years



### Facts

- Can grow up to 15m tall
- Also called the Mountain Ash
- The berries are rich in vitamin C and are often used to make jam.
- Native to cooler regions, most common in the North and West of Scotland.
- A pioneer tree, often the first species to appear in a newly cleared area. It can establish itself on ground that other trees cannot grow on but during its life breaks up and dries out the soil making nutrients available so that other species can thrive there afterwards.
- Very valuable to wildlife. Many bird species, such as waxwings, migrate here in autumn to feast on the berries.
- Strong but not durable wood used to make poles, sticks and even ship masts.

### Folklore

Known as 'Witches Bane' it was said to repel evil magic – it was often planted outside houses for this purpose. A rowan twig worn on the hat, or twisted into a horse's mane would protect the wearer from being kidnapped by faeries. In Scandinavian myth, the first woman was born from a Rowan tree (and the first man born from an Ash tree). To the Celts rowan trees were sacred to the water goddess and so their twigs could be used in 'dowsing' to find underground water and the best sites for wells – water companies still employ dowsers to look for leaks in pipes! Rowan smoke was said to help in divination spells and the tree was said to be a good guide to your future. Walking sticks were made of rowan to give the bearer protection while travelling and rowan twigs were used to stir milk to prevent it going sour.

# How The Trees Lost Their Leaves

*A long time ago, when the world was new, all the plants and animals had to learn the best way to live their lives and how to fit into the environment. The Red Squirrel had a busy first day running through the woods, up and down the trees, foraging and playing.*

*As the day came to a close however, she realised that she hadn't yet found a place to live, so she began to make her nest in an Oak tree. As soon as she started the tree shook and swayed, and knocked her nest to pieces, casting it down to the ground. "Go away" the Oak tree said, "I am the King of the Forest, I am too grand to have a squirrel nest in me."*

*And so the squirrel went on to the Beech tree and tried again, but the same thing happened. Just as she was nearly finished building her nest, the tree shook and swayed and knocked it to the ground. "Go away" the Beech tree said, "My branches are full of Beechnuts, I don't want a squirrel living here and stealing them."*

*The squirrel tried to build a nest in tree after tree, but each time it was knocked to the ground for one reason or another. Soon it was dark, and the squirrel grew disheartened, she sat on the cold ground, with her tail wrapped around her nose, and cried.*

*All day long the Winds had watched the squirrel playing and running through the woods and had grown enchanted with her. They had watched as the squirrel went from tree to tree and grew increasingly angry as each tree refused her nest.*

*The Winds called all the trees together and demanded that they help the squirrel, but the Oak was too proud, the Beech was afraid, the Rowan thought it was too delicate to hold a nest, the Ash claimed there was no room as it was full of bird nests.*

*Finally the Winds came to the last tree, the Scots Pine, and asked why it couldn't host the squirrel. "I will gladly take the squirrel" the Scots Pine replied "I am not as beautiful as the Oak, my cones are not as tasty as Beechnuts, I am not as dainty as the Rowan or busy as the Ash, but if the squirrel will have me I will be proud to hold her nest."*

*The Winds were delighted but their anger had not abated and they determined to teach the trees a lesson. The Winter Wind came and blew with all its might and shook the trees to their very foundations. It raged through the forest and blew all the leaves right off the Oak and the Beech, the Rowan and the Ash.*

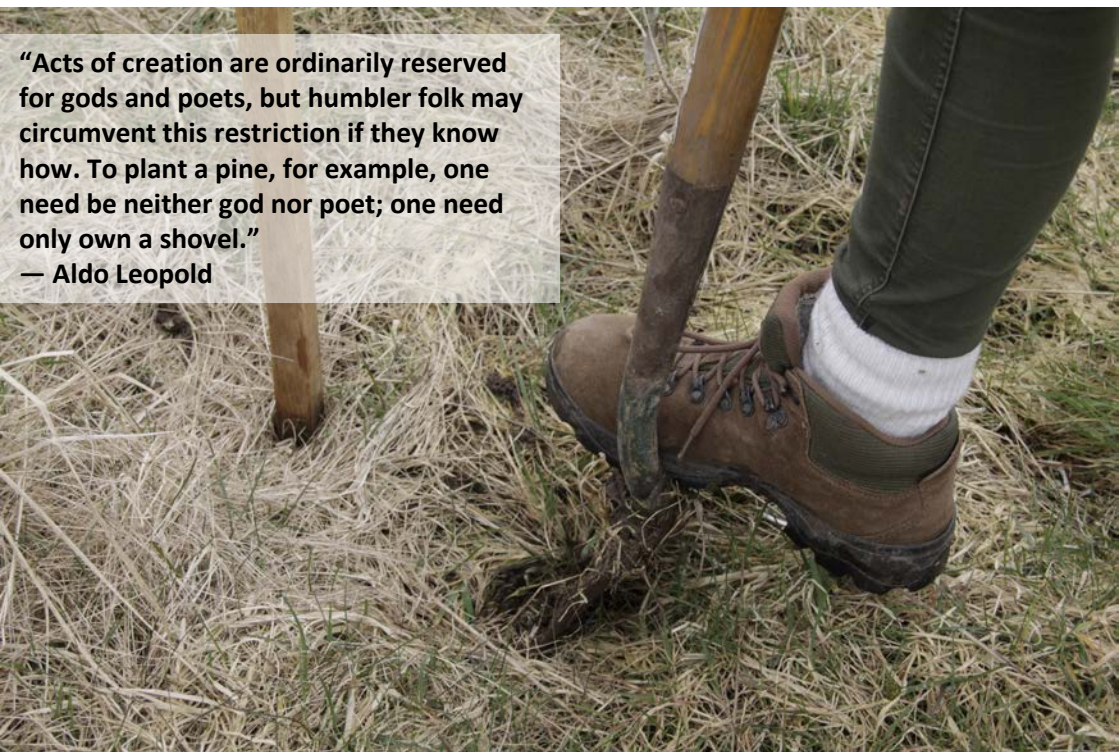
*"So be it" said the Winds "This is your punishment for not helping our friend the squirrel. You can grow leaves all summer but every year the Winter Wind will return in all its cold fury and will blow every last leaf from your branches. Only the Pine will we spare, in thanks for its kindness."*

*And so it is to this day, the Red Squirrel makes her home in the towering Scots Pine which is one of the only trees in the forest allowed to keep its leaves all winter long.*



**"Even if something is left undone,  
everyone must take time to sit still and  
watch the leaves turn."**

**— Elizabeth Lawrence**



**"Acts of creation are ordinarily reserved  
for gods and poets, but humbler folk may  
circumvent this restriction if they know  
how. To plant a pine, for example, one  
need be neither god nor poet; one need  
only own a shovel."**

**— Aldo Leopold**



# How old is that tree?

Some trees can live for a very long time, the table below gives a guide to how long some common trees can live for. Yew trees live for thousands of years – some scientists think they might even be able to live forever.

Name of Tree	Life Span
Ash	200
Beech	350
Birch	100
Hawthorn	300
Hazel	70
Holly	300
Maple/Sycamore	120
Oak	900
Rowan	120
Scots Pine	500
Yew	Unknown – Thousands of years

The height of a tree doesn't really help us measure how old it is, girth (thickness) is a much better clue.

First measure the girth of the tree at shoulder height in centimetres (a quick way to do this is by hugging it! The average person's hug, with outstretched arms, will measure roughly 130cm). Then divide the girth by the correct number in the table below.

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



# How tall is that tree?

Trees grow almost everywhere on the planet, they require light for energy, space to grow, nutrients (minerals in the soil and organic matter) and water to survive. In many ways they are like us. Trees have two growth spurts each year and if you were to fell a tree and cut cross sections you would see those rings that everyone knows tells you the age. However, you need to be careful counting as each light and dark ring is equal to 1 year's growth the light wider ring is growth occurring through summer and the darker narrow ring winter. Now to have some fun!

You will need a pencil a tape measure and another member of your family to help

## The pencil method

Holding a pencil at arm's length, you hold the pencil with the tip of the pencil at the top of the tree and your thumb holding the pencil where the tree meets the ground. You then rotate your wrist 90 degrees, until the pencil is horizontal to the ground.

Time to be bossy! Tell your family member to sidestep until they are aligned with the very top of the pencil – if they are standing far away you may need to use hand signals. The height of the tree is the measurement from your partner's feet to the centre of the tree trunk.

## The upside down method

Need a tape measure

Walk away from the tree guessing how big it is, keeping their back to the tree then bend upside down from the waist looking through their legs to see if they can see the **full tree**. A little bit of back and forth will get enable the student to see the whole of the tree while looking at it upside-down. Measure the distance from the student to the tree, this is the height of the tree.

## The twin method

Need 3 people for this task, tape measure

Are you a twin? It's ok you don't have to be but you will need two people the same height for this one. First guess how tall the tree is and walk that distance from the tree, keeping it in your vision. Now check the ground for rock, glass, litter as one of you is going to lie down. You'll want it to be clean and safe. One of you lies down with the feet pointing to the tree and the other stands at the feet of the person lying down.

The person lying down should then be able to position their partner to move back and forth until their top of their head lines up with the top of the tree remembering that their feet should be together (there is going to be a lot of wiggling around to accomplish this task). Once the person lying down can see the tip of the tree at their partner's head have another person measure from the eyes of the person lying down to the tree, this is the height of the tree.

For more information for your group or school about Outdoor Learning contact Tracy at [tlambert@scottishwildlifetrust.org.uk](mailto:tlambert@scottishwildlifetrust.org.uk) or phone 07826170829

# Journey sticks

## What are Journey sticks?

Journey sticks are a way to record things you have seen on a walk that can help you remember your journey.

Materials you'll need:

A stick you have found on a walk. Paints to decorate, wool or string to attach items and your awesome observation skills to spot items to add!



## Exercise time

Go for a walk and collect objects that you spot on your journey. These items will remind you of your walk and what you spotted, i.e. a feather or leaf

Get everyone in the house involved. Each person has their own journey and this can be mapped by having your own journey stick. We all see different things and each walk will have a different story.

## Create your story

One home why not share the story of your journey? You can create drawings to go with these story and share with friend and other family members by email. We've left space on the other side of this handy activity sheet for you to write your story and add some artwork.

You can make another stick at any time and then look at the different journey's you have made together!

Great work!

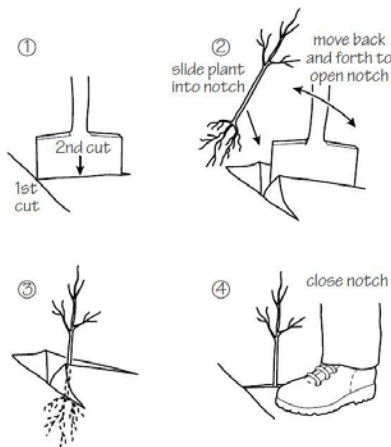


# How to plant a tree



Planting a tree is an incredibly simple and satisfying activity. To plant a tree all you will need is a spade! Here is the process:

1. Pick the right time to plant your tree – trees will have the best chance of survival between October and April
2. Find a good spot for your tree. Some species like wet ground, others can only live where it is dry. Also think about how much sun and wind the site will get.
3. Dig a "T" shape into the soil – make sure it is wider and deeper than the roots of your tree.
4. With your spade lift the soil so the "T" opens out – revealing a 'slot'.
5. Place your tree into the slot and then push down making sure no roots are exposed above the surface.
6. Pat the earth surrounding the tree down so it is firmly trapped in the soil and cannot move on its own. The aim is to make sure there are no air pockets between the roots and the surrounding soil
7. Water your newly planted tree!



# Woodland Writing

*"Between every two pine trees is  
a doorway to a new life"*

**John Muir**

*"Societies grow great when old  
men plant trees under whose  
shade they will never sit."*

**Elton Trueblood**

*"I never saw a discontented tree.  
They grip the ground as though  
they liked it, and though fast  
rooted they travel about as far as  
we do."*

**-John Muir**

*Woodman, spare that tree!  
Touch not a single bough!  
In youth it sheltered me,  
And I'll protect it now.  
'Twas my forefather's hand  
That placed it near his cot;  
There, woodman, let it stand,  
Thy ax shall harm it not.*

**George Pope Morris**

*"Cherish the woodland at the  
bottom of your garden, or the  
stream that runs through it. They  
affect every aspect of life."*

**Sir David Attenborough**

*"You are white and tall and swaying," sang  
the river to the tree,*

*"And your leaves are touched with silver -  
but you never smile on me;*

*For your branches murmur love songs to  
the sun-kissed turquoise sky,  
And you seem so far above me that I  
always hurry by!"*

*"You are laughing in your shallows, you are  
somber in your deeps,*

*And below your shining surface there's a  
heart that never sleeps;*

*But all day you pass me, dancing, and at  
evening time you dream,*

*And I didn't think you liked me," sang the  
birch-tree to the stream.*

*So they got a bit acquainted on a glowing  
summer day,*

*And they found they liked each other (which  
is often times the way);*

*And the river got so friendly, and it ran so  
very slow,*

*That the birch-tree shone reflected in the  
water down below!*

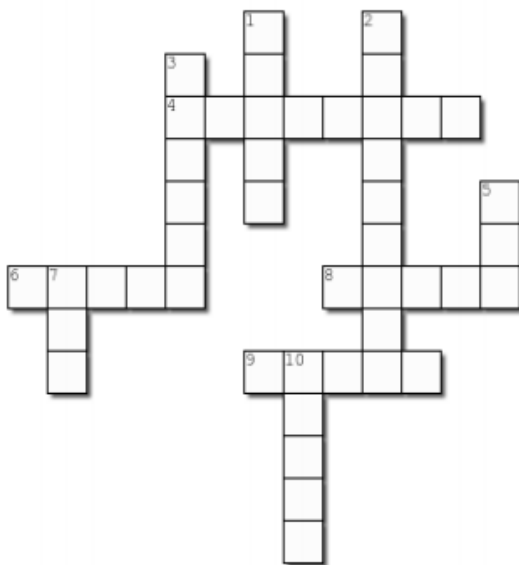
**Margaret E Sangster**

*"There is a serene and settled majesty to  
woodland scenery that enters into the soul  
and delights and elevates it, and fills it with  
noble inclinations."*

**Washington Irving**



# Woodland crossword puzzle



Created using the Crossword Maker on [TheTeachersCorner.net](http://TheTeachersCorner.net)

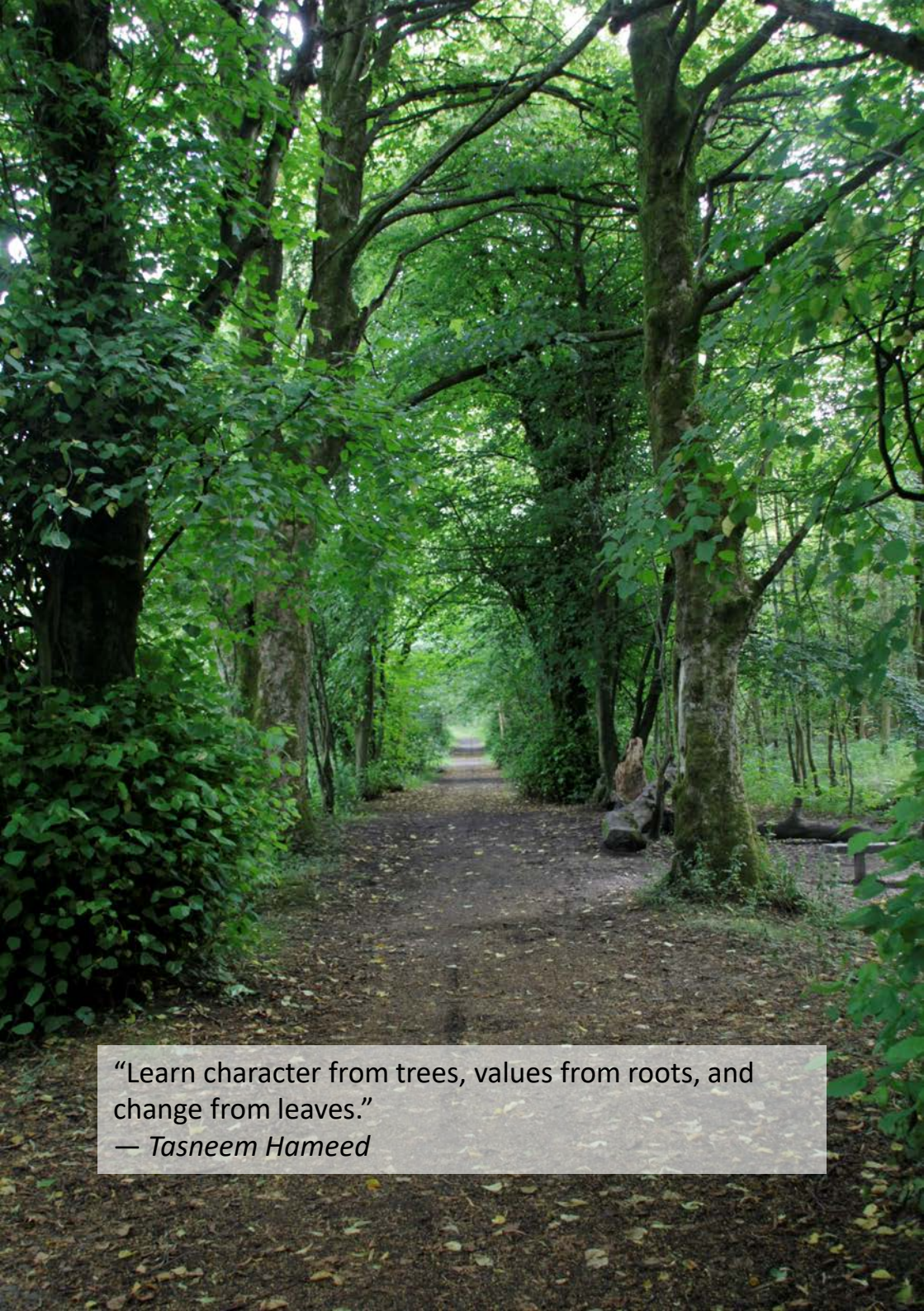
## Across

4. Hawberries come from this tree
6. The prickly leaves on this tree are great to use on Christmas wreaths
8. These tree leaves are shaped like little hearts
9. This tree can also be the colour of someones eyes

## Down

1. This tree was once planted to ward off witches and is a favourite treat for pine martens
2. This is Scotland's National tree
3. This tree has beautiful blossoms in spring
5. This tree can also be the remains of a BBQ
7. Acorns come from this mighty tree, jays love to eat them
10. The leaves of this tree tremble in the slightest breeze





“Learn character from trees, values from roots, and  
change from leaves.”

— *Tasneem Hameed*

# Trees that talk

You may have thought walking and talking trees were the stuff of folklore or movies, but modern research is showing that trees may be more complex than we ever suspected before.

It has long been suspected that some trees are able to communicate with others of their species over long distances—willow trees when attacked by insects or fungi release chemicals into the air which can be detected by other willow trees several miles away; and when those new trees detect these chemicals they begin to produce defenses against the attacker. It's not known why the original tree releases the warning or how other trees detect it but there is no doubt it happens. Research has shown that almost every tree and plant can be affected this way.

Further research has revealed the existence of what has been called the 'Wood Wide Web', a communication network of underground roots and fungi which are used to distribute messages and resources around woodlands. Tree roots even 'talk' to one another, sending audible messages which can be heard and, seemingly, understood by other plants of the same species.

There may even be an element of family life going on. In general trees are surrounded by their 'relatives' - young trees which grew from seedlings dropped by the 'parent' tree. It seems that the 'parent' tree can also use the Wood Wide Web to send resources and nutrients to its 'children' - a tree which is dying will even strip resources from itself and send them on to those around it.

And for those trees who just can't stand it in a particular neighbourhood? They can just walk away. Some trees are able to move from one position to another by stretching out branches which then re-root themselves where they touch the ground. By favouring this new root system it is possible that a tree could move from an unfavourable growing position to one that is a little more comfortable!

Its worth bearing this in mind the next time you go for a walk around the local woodland—the trees around you are complex living creatures, they can sense your presence amongst them and might even be gossiping about you as you walk on by!

There is no Wi-Fi in our woodlands, but you'll never have a better connection!



# Myths and Monsters

Our woodlands and green spaces are great to walk through at any time, and they are full of all sorts of life – trees, flowers, insects, birds and mammals.

But did you know that when no people are around they are also the home of all sorts of mythical and magical creatures? These creatures hide from people but sometimes when you go a walk you can spot signs of their presence...



The hole in this mossy tree might really be a yawning mouth surrounded by a green beard



Does this fallen tree branch actually become a giant snake or tentacle after dark?

A rock embedded in the ground might actually be a troll, a magical tree might use its long branches as arms to capture things that walk below, or a hole in the trunk might be its eyes or mouth... Is that a patch of long grass or an underground giant's green hair? Are those small mounds a sleeping dragon's back?

Go for a walk, use your imagination and see what mysterious creatures you can spot...



# Woodland quiz

All answers are trees!

1. What is Scotland's oldest tree?.....
2. In the old days people believed I could be used as a cure for diarrhea, so let's not mess around what am I?.....
3. An old belief was that you could stop witches from running along hedgerows by growing what tree among them? .....
4. The Welsh famously used this tree to make powerful bows .....
5. Pine trees are known around the world but how many continents do they grow on?.....
6. Don't hang around this tree too long or you might meet the Fairy Queen – What tree does this apply to? .....
7. The official tree of Clan Royal Stewart what is it?.....
8. The Dutch traditionally used this tree to make their clogs.....
9. What is Scotland's National tree?.....
10. If you were missing something you wouldn't be .....what?

Here's last months answers for the Wildflower quiz:

- |   |          |    |              |    |                 |
|---|----------|----|--------------|----|-----------------|
| 1 | Thistle  | 6  | Bugle        | 11 | Shepherds purse |
| 2 | Daisy    | 7  | Buttercup    | 12 | Crane's bill    |
| 3 | Foxglove | 8  | Dock         | 13 | Snowdrop        |
| 4 | Campion  | 9  | Ragged robin | 14 | Horse Tail      |
| 5 | Dog rose | 10 | Cowslips     | 15 | Harebell        |

# Wild Ways Well and Woodlands

Trees are at the heart of the Wild Ways Well project and working among them fits really well with the principles of the Five Ways to Wellbeing, a mental health framework that is used by the NHS and the major mental health charities. It has been proven that building these actions into our daily lives helps people to be happier.

To really immerse ourselves in a forest environment we'll need to **Be Active** and take a walk. 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.

There are many activities that can help you

**Connect** with the woodlands, by surveying trees, studying the ecosystems they support, working with both living and dead wood, building shelters and immersing yourself in the feel of the forest—this process has been called 'Forest Bathing' in other parts of the world.

There is always an opportunity to **Keep Learning** when working with trees; there are a variety of skills that can be learned from carving to fire lighting and each type of wood has its own qualities.

There are at least 50 native trees and many more exotics and you can learn to identify them all. By **Taking Notice** of details about tree structure, leaf, bud, fruit and flower shapes you'll soon start to see the differences in all the trees around you.

You can **Give** back to your local woodlands by helping to conserve them. Most woodland will require some human intervention to manage it and you can find many volunteer groups doing this sort of work. You can also learn to spend time in the woodlands without damaging them, leaving no trace of your presence

When lockdown is lifted our Wild Ways Well groups will be back out exploring and enjoying the woodlands of Cumbernauld every week. In the meantime we have online activities, Facebook pages and weekly online chats. If you're interested, contact Paul at [p.barclay@tcv.org.uk](mailto:p.barclay@tcv.org.uk) for details of how you can take part.



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

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



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

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



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

# Nature Ninjas and Woodlands



Our volunteer group, the Nature Ninjas, is dedicated to rewilding Cumbernauld and bringing communities closer to nature. One of our favourite projects is tree planting. One of the large tree planting projects we have been involved in during the last year has been at Glencryan where we have planted nearly 2000 trees.

In December last year we also got together with the local community and held a planting day at Broadwood where more than 600 native trees were planted in one afternoon!

Our volunteers love these tasks; getting out into these beautiful areas and leaving a lasting indelible mark that will improve the area for wildlife and communities for years to come brings such an overwhelming feeling of satisfaction.

It's also great for the bugs that will use the tree as a home, the child that will climb the tree for fun, and the bird that will eat the tree's berries. All vivid images that come to mind that make these big projects worthwhile!

Would you like to get into the outdoors and make a difference to nature and communities on your doorstep? Our groups go out on Tuesdays and Wednesdays from 10-3. Volunteering is great fun: making friends, learning new skills, keeping fit and working in amazing locations all within Cumbernauld! At Cumbernauld Living landscape we are committed to the progression of our volunteers and can offer apprenticeships to volunteers who wish to find employment within conservation. We can also provide travel expenses or a pick-up service. If you would like to know more contact our friendly volunteer coordinator David at [d.walsh@tcv.org.uk](mailto:d.walsh@tcv.org.uk) or phone 07483 050744.



**Cumbernauld Living Landscape** is a partnership between the Scottish Wildlife Trust, North Lanarkshire Council, Sanctuary Scotland, the James Hutton Institute and TCV – The Conservation Volunteers.

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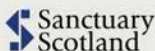
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#### Partners



#### Funders



Cumbernauld Living Landscape is led by the Scottish Wildlife Trust, a Scottish registered charity (charity no. SC005792) and a company limited by guarantee and registered in Scotland (registered no. SC040247). Wild Ways Well is provided by TCV, registered as a charity in Scotland (SC039302).