

Supporting health and wellbeing



What did we do?

We worked with volunteers from community groups focussed on health and wellbeing to plant trees in Trelai Park, Caerau and other sites across Cardiff.

Who did we involve?

We worked with groups such as Trelai Park Run, Good Gym and Innovate Trust.

How and why did we do it?

To many people, the pandemic highlighted the importance of local greenspaces for our mental and physical health. We wanted to enhance local parks and verges for wellbeing by planting trees to make these spaces more beautiful, interesting, and pleasant to be in.

For example, at Trelai Park we worked with Trelai Park Run to finalise planting designs which would provide shelter from crosswinds and create seasonal interest along their running route. This involved planting native saplings in the lower field with semi-mature stock defining the paths along the route. Trelai Park Run and Good Gym were amongst the volunteers who helped plant this area (after a morning's 5km run!).

The act of enhancing these spaces was itself a way to improve health and wellbeing for volunteers. Innovate Trust, who provide support and guidance for disabled people, joined us for multiple planting events. These were great opportunities for members to participate in healthy outdoor exercise, socialise and learn new skills.

What do we hope to achieve?

By planting these trees we hope to encourage more people to spend time in their local parks and greenspaces to improve their physical and mental wellbeing. Trees can help make spaces more inviting by creating seasonal interest, such as spring blossoms and autumn leaf colour, by providing protection from harsh winds, rain, and strong sunshine, and by facilitating activities such as birdwatching and photography.

We also hope tree planting activities inspire people to participate in further outdoor exercise and feel more connected to their local greenspaces.

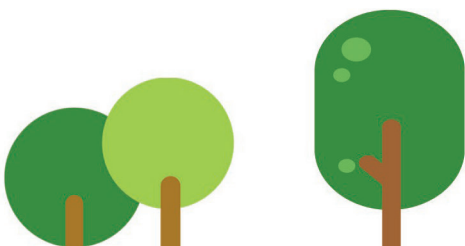
"It's brilliant to hear that the council are investing in the park: sympathetic tree planting will tidy up that area which can be a bit bleak in winter and accumulates blown litter with the prevailing wind."

– Trelai Park Run (Trelai Park, Caerau)

"Enjoyable and suitable for both children and adults. Great to see the leaves starting to come out in the park!" – Trelai Park, Caerau tree planting participant (25.02.22)



Good Gym participant in Trelai Park, Caerau tree planting event (26.02.22)





@BoostingNature @BoostingNature · Mar 9

Today we planted 300+ trees in Trelai Park with @CoedCaerdydd, @StepOnProject1 participants & @svcmru volunteers. Feeling proud of how much we achieved & happy to contribute towards Cardiff's One Planet climate change strategy! #trees #OnePlanet #ClimateActionNow @WCVACymru



Tweet from "Boosting Nature" (Innovate Trust project) feedback from Trelai Park, Caerau tree planting event (09.03.22)



**Coed
Caerdydd**



@BoostingNature @BoostingNature · Mar 21

Thank you @CoedCaerdydd for another beautiful day of tree planting! Our participants are glad to be involved in this important climate action initiative 🌳🌳🌳 @InnovateTrust @WCVACymru #ClimateAction



Tweet from "Boosting Nature" (Innovate Trust project) feedback from Trelai Park, Caerau tree planting event (09.03.22)



@BoostingNature @BoostingNature · Mar 29

An excellent way to bring our project to an end by working with @CoedCaerdydd at Ely wells planting the last of the trees for the 2021-2022 period, helping #Cardiff and its @InnovateTrust @svcmru @TakeChargeIT @WCVACymru .Thank you all for your support #Sustainability



Tweet from "Boosting Nature" (Innovate Trust project) feedback from Ely Wells, Fairwater tree planting event (29.03.22)

