

## > NEW RESEARCH

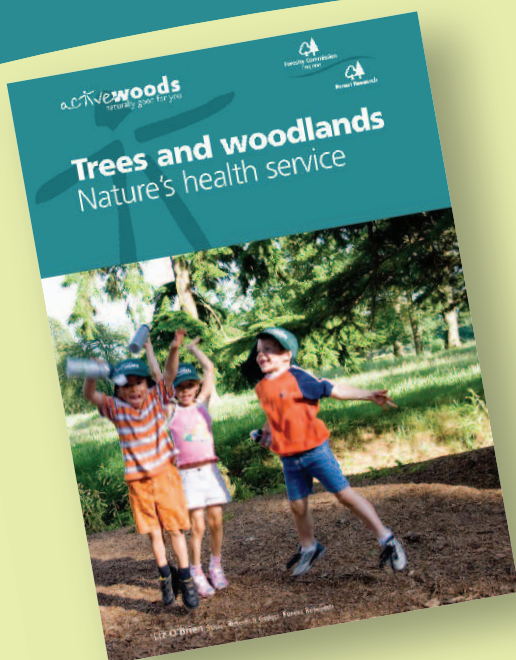
# The importance of trees and woods for people's health and well-being

active**woods**  
naturally good for you

Forestry Commission  
England

Forest Research

Trees and woodlands make us feel better. There is an increasingly wide range of evidence that supports this finding, some of which is outlined in these recent publications and project reports.



## Trees and woodlands: Nature's health service

This new publication, endorsed by Sir Liam Donaldson, the Chief Medical Officer for England, brings together recent research that describes the physical, psychological and social well-being benefits to be gained from using woodlands. It also provides a range of case studies of recent projects set up by Forestry Commission England to target improvements in health and well-being.

A pdf of the publication is available at:  
[www.forestresearch.gov.uk/socialresearch](http://www.forestresearch.gov.uk/socialresearch)

Hard copies can be obtained from Liz O'Brien:  
email [liz.o'brien@forestry.gsi.gov.uk](mailto:liz.o'brien@forestry.gsi.gov.uk)



## The Chopwell Wood health project

Chopwell Wood near Gateshead was home to a project that focused on improving the health of local communities. It involved a partnership between the Forestry Commission, Gateshead Primary Care Trust, Derwentside Primary Care Trust and the Friends of Chopwell Wood. There were two main elements to the project:

1. A General Practitioner Referral Scheme
2. A series of school visits in support of the Healthy School Standard.

Northumbria University evaluated the work, and a pdf of the evaluation is available at:

[www.forestresearch.gov.uk/chopwellhealth](http://www.forestresearch.gov.uk/chopwellhealth)



## West Midlands woodland and health project

In this work the Forestry Commission's Woodland Improvement Grant was used to improve people's health and well-being. Seven projects were funded and these included infrastructure improvements, walk leader training, walk programme development, arts projects and interpretation. In the Black Country Urban Forest ten thousand calendars were produced showing woodland walks and how many calories people might burn if they went on those walks.

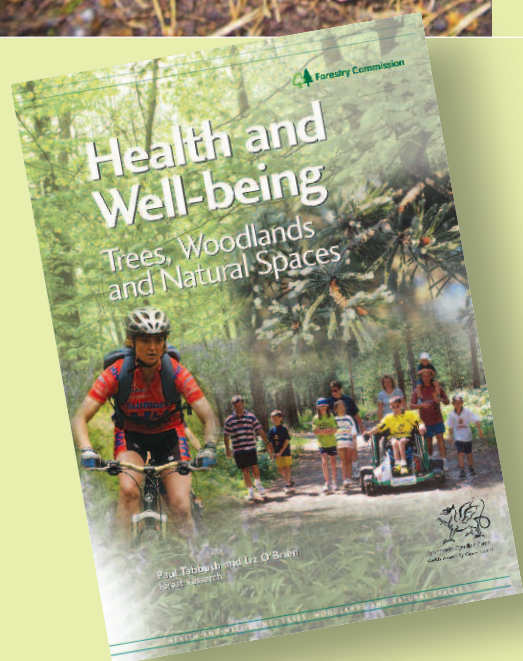
To download the evaluation report produced by Interface NRM go to:  
[www.forestresearch.gov.uk/website/forestresearch.nsf/ByUnique/INFD-6HCF4N](http://www.forestresearch.gov.uk/website/forestresearch.nsf/ByUnique/INFD-6HCF4N)



## Route to health project

This is a one-mile community arts trail at Cannock Chase in Staffordshire. Cannock Chase District Council, Cannock Chase Primary Care Trust and the Forestry Commission have worked together to develop the initiative that focuses on tackling health inequalities. A range of people from local organisations work with artists to create artworks inspired by a health issue. The artworks are then placed among the trees on the one-mile trail and enjoyed by all the visitors to the area.

To see a copy of the booklet describing the project go to:  
[www.forestry.gov.uk/forestry/INFD-6ACEEL](http://www.forestry.gov.uk/forestry/INFD-6ACEEL)



## Health and well-being: trees, woodlands and natural spaces

This publication is based on a series of seminars that brought together health professionals and environmental professionals to discuss the key areas of policy, practice, promotion and research. The wide-ranging presentations and workshops are described and illustrated.

A pdf of the book is available at:  
[www.forestresearch.gov.uk/website/forestresearch.nsf/ByUnique/INFD-5Z5ALT](http://www.forestresearch.gov.uk/website/forestresearch.nsf/ByUnique/INFD-5Z5ALT) or for a hard copy contact Liz O'Brien:  
email [liz.o'brien@forestry.gsi.gov.uk](mailto:liz.o'brien@forestry.gsi.gov.uk)