



Why plant trees?

Trees...



Are extremely important to the environment & people

- They remove & store carbon from the atmosphere
- They reduce air pollution & flooding.
- They provide homes for wildlife & improve people's health & wellbeing.

Help to reduce the impacts of Climate Change

- The more trees that are planted, the more carbon being taken out of the atmosphere.
 - Carbon dioxide is the main gas responsible for global warming.
- Trees also help to cool the air, helping to limit long-term warming & avoid the most dangerous impacts of climate change.

Reduce the risk of flooding

- Climate change is causing heavier rainfall, leading to flooding.
- Trees help absorb excess water, reducing the amount of rainwater getting into water courses (like rivers), helping reduce the risk of flooding.



Provide homes for animals and insects

- Birds nest in tree branches, insects live in the bark & fungus breaks down rotten wood & fallen leaves.
- As well as homes for wildlife, trees provide food such as berries, seeds & nuts.
- They also offer protection from predators & provide safe places for breeding.



Are beneficial to our health & wellbeing

- By improving air quality, they make the air we breath cleaner & safer.
- Being around trees has also proven to reduce stress levels, improve mood & boosts mental clarity.
- They provide natural spaces for exercise, promoting active travel and increasing fitness.
- By absorbing excess water & regulating air temperatures, trees also make environments more comfortable & reduce risks of health issues during extreme heat.



For further information:

Clyde Climate Forest - [Urban Trees project](#)

Royal Horticultural Society - [Trees for Climate Change](#)

Trees for Life - [Rewilding the Scottish Highlands](#)

The Woodland Trust - [Why Plant Trees](#) & [Why We Need Trees](#)



Lanarkshire
CLIMATE ACTION HUB