



Newsletter

Greener Aberystwyth Group

www.aber-gag.org.uk

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Health benefits of greener towns



Recent academic studies have added to the growing body of evidence of the health benefits of living in greener towns and cities. They show that premature births rates are significantly lower for mothers living in greener urban areas, and children are healthier. Adults, too, enjoy better mental health. One interesting suggestion is that natural environments can help people manage their stress response. Modern urban environments give us tasks that demand "directed attention," or tasks that we wouldn't necessarily choose to focus on but must nonetheless. Attention Restoration Theory says directed attention leads to mental fatigue, but natural environments engage "fascination attention," an involuntary type of attention that helps to restore the brain.

<http://sourceable.net/green-cities-provide-demonstrable-health-benefits/?sthash.k0SL3ANF.mjjo#>

Saturday 9th May: bioblitz at Parc Natur Penglais.

Replacement trees at Padarn Surgery



Trees in the grounds of Padarn Surgery on Penglais have been replaced for the second time. The big Monterey pines were felled without planning permission by the developer prior to building works. Replacement pine trees were planted, but no strimmer guards were provided, and most died from strimmer damage. Only 3 are left within the fence, and one is

regularly blown over. Now 15 more trees have been planted: 5 oaks (*quercus robur*, not sessile oaks), 5 weeping birches and 5 unspecified maples. Once again, proper strimmer guards have not been provided, just the plastic tubes in which they were supplied. How long will they last this time?

CoedAber Phase 3



Many more trees have been planted along Boulevard de Saint-Brieuc and on Morrison's roundabout, in phase 3 of the CoedAber scheme. The Council are designing wooden signs/plaques with children in mind for information regarding the CoedAber plantings. These will give the common and Latin names and will be colour coordinated so as to link to the actual tree. A raised central area on the plaque will be in the shape of the appropriate tree leaf and so facilitate "leaf rubbings"

Roadside pine trees lost



A row of roadside pine trees between Trefechan and Penparcau had to be felled by the Trunk Roads Agency recently, for safety reasons. We understand that replacement trees will be planted.

Cylchlythyr



Rhifyn 16 Mai 2013

Golygydd: Laurie Wright

Grŵp Aberystwyth Gwyrddach

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Trefi gwyrddach: iechyd gwell



Mae ymchwil diweddar wedi rhoi rhagor o brawf fod pobl sy'n byw mewn trefi gwyrddach yn iachach. Dangosir fod llawer llai o enedigaethau cyn amser mewn ardaloedd dinesig gwyrddach, a'r plant yn iachach.

Mae iechyd meddyliol oedolion yn well hefyd. Un awgrym diddorol yw bod amgylchedd naturiol yn gallu helpu pobl i ymdopi â straen. Mae amgylcheddau modern dinesig yn rhoi gorchwylion i ni sydd angen "sylw uniongyrchol" (*directed attention*), hynny yw gorchwylion na fyddwn yn eu dewis ond sy'n rhaid canolbwyntio arnynt. Yn ôl Theori Adfer Sylw (*Attention Restoration Theory*) mae sylw uniongyrchol yn arwain at flinder meddyliol, ond mae amgylcheddau naturiol yn achosi "sylw atyniad" (*fascination attention*), math o sylw anfwriadol sy'n helpu i adfer yr ymenydd.

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Dydd Sadwrn 9 Mai: bioblitz ym Mharc Natur Penglais.

Ail-osod coed ym Meddygfa Padarn



Mae coed ar dir Meddygfa Padarn, Ffordd Penglais, wedi cael eu hail-blannu am y ail dro. Cyn codi'r adeiladau, torrwyd coed pîn Monterey mawr gan y datblygwr, heb ganiatad cynllunio. Plannwyd coed pîn eraill yn eu lle, ond heb ddim i'w hamddifyn rhag y peiriant strimio, felly bu farw y rhan fwyaf ohonynt. Dim

ond 3 sydd ar ôl tu fewn i'r ffens, ac mae un yn cael ei chwythu drosodd yn aml. Plannwyd 15 coeden ychwanegol yn ddiweddar: 5 derwen (*quercus robur*, nid y dderwen Gymreig), 5 bedwen wylofus a 5 masarnen amhenodol. Unwaith eto, does dim amddiffynfeydd yn erbyn difrod gan y peiriant strimio, dim ond y pibenni plastig ddaeth o'r feithrinfa. Am ba hyd y byddant yn parhau y tro yma?

CoedAber Rhan 3



Mae llawer mwy o goed wedi cael eu plannu ar hyd Boulevard de Saint-Brieuc, ac ar gylchfan Morrisons, fel rhan 3 o gynllun CoedAber. Mae Cyngor Ceredigion yn cynllunio arwyddion pren ar gyfer plant sy'n rhoi gwybodaeth am y coed, gan gynnwys yr enwau cyffredin a Lladin. Bydd lliw pob arwydd yn dangos math y goeden. Bydd siap dalen yn sefyll allan yng nghanol pob arwydd, fel bod plant yn gallu ei gopio ar bapur trwy wneud "rhwbiad".

Colli coed pîn ar ochr y ffordd



Bu raid torri rhes o goed pîn yn ddiweddar ar ochr y ffordd rhwng Trefechan a Phenparcau, am resymau diogelwch. Deallwn y bydd coed eraill yn cael eu plannu yn eu lle.