



Newsletter

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Greener Aberystwyth Group

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Green Spaces, health and wellbeing



Photo courtesy of www.parkrun.org.uk/aberystwyth

- Researchers from the Universities of Bristol and East Anglia found that people living closer to green spaces were more physically active, and were less likely to be overweight or obese, and people who lived furthest from public parks were 27% more likely to be overweight or obese.
- A University of Glasgow study found that, for England as a whole, people living closer to green space had lower death rates and less heart disease.

Hospitals and parks



The “Parc Bach” on the corner of Penglais and Danycoed (also known as “Elysian Grove” in Victorian times and more recently as “The Dingle”) is opposite Bronglais Hospital. It is much used by hospital staff and visitors.

Research has shown that patient recovery rates improve even if they can only view trees from their hospital window. Parks near hospitals have also been shown to bring many health benefits including:

- Helping a patient come to terms with an incurable medical condition
- Providing staff with a needed retreat from the stress of work.

(source: www.nhsforest.org/evidence-benefits)

Benefits of street trees

- Research in the Netherlands and Japan has indicated that people were more likely to walk or cycle

to work if the streets were lined with trees, and live longer and feel better as a result.

- Street trees have been found to have decrease the risk of negative mental health outcomes.
- Trees have been found to improve children's grades at school!

Street tree mystery



Maples planted as part of the Coed Aber scheme on both sides of the Boulevard de St Brieuc have again been suffering severely for unexplained reasons. To deepen the mystery, other nearby trees are thriving. The investigation continues...

Problem planters



The “hedge” of small beech trees in narrow planters outside Tesco/M&S car park suffered badly in the drought. Many trees have died and will be replaced. On a brighter note, the rowans in large containers near the main entrance have fared much better.

In brief...

GAG AGM: Wednesday 7th November 2018 at 7.30 pm in St Pauls Methodist Centre, Queens Rd. Talk entitled: *Breathing Spaces: Wellness and the value of urban green space* by Rachel Hubbard BSc, Sports and Exercise Science Aberystwyth University.

Cylchlythyr



Rhifyn 22 Hydref 2018

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Grŵp Aberystwyth Gwyrddach

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Mannau gwyrdd, iechyd a daioni



Lun: www.parkrun.org.uk/aberystwyth

- Mae ymchwilwyr prifysgolion Bristol ac East Anglia wedi darganfod bod pobl sy'n byw yn agos i fannau gwyrdd yn fwy heini a llai tebyg o fod yn rhy drwm neu ordew, a bod pobl sy'n byw ymhell o barciau cyhoeddus yn 27% fwy tebyg o fod yn rhy drwm neu ordew.
- Yn ôl ymchwil gan Brifysgol Glasgow dros Loegr i gyd, mae llai o farwolaethau a chlefyd y galon ymlith pobl sy'n byw yn agosach i fannau gwyrdd.

Ysbytai a pharciau



Mae'r "Parc Bach" ar gornel Penglais a Danycoed (a enwyd yn "Elysian Grove" yn oes Victoria, a'r "Dingle" yn fwy diweddar) dros y ffordd o Ysbyty Bronglais. Defnyddir yn aml gan staff ac ymwelwyr.

Mae ymchwil wedi dangos bod cleifion yn gwella yn gynt os ydynt yn gweld coed trwy ffenestri'r ysbyty. Profwyd fod parciau yn agos i ysbytai â llawer o fanteision, gan gynnwys:

- Helpu claf i dderbyn problem meddygol na ellir ei gwella.
- Bod yn noddfa angenrheidiol i staff rhag straen y gwaith.

(fynhonnell: www.nhsforest.org/evidence-benefits)

Buddion coed yn ein strydoedd

- Mae ymchwil yn yr Iseldiroedd a Japan wedi dangos fod pobl yn fwy tebyg o gerdded neu feicio i'r gwaith os oes coed ar hyd y strydoedd; hefyd o fyw yn hirach a theimlo'n well fel canlyniad.

- Dangoswyd fod coed y strydoedd yn lleihau effeithiau afiechyd meddyliol.
- Dangoswyd fod coed yn gwella graddau plant yn yr ysgoll!!

Dirgelwch coed y Boulevard



Mae coed masarn (*maple*) gafodd eu plannu fel rhan o brosiect Coed Aber ar y ddwy ochr o Boulevard de St Brieuc wedi dioddef eto am resymau heb esboniad. Yn rhyfedd, mae coed eraill sy'n agos yn fynnu. Mae'r ymchwiliad yn parhau...

Problem clawdd mewn dysglau



Mae'r "clawdd" o goed ffawydd (*beech*) mewn dysglau cul y tu allan i faes parcio Tesco/M&S wedi dioddef yn arw yn y sychder. Mae llawer o goed wedi marw, a bydd rhaid plannu rhai newydd. Ar y llaw arall, mae'r coed crafol (*rowan*) mewn dysglau mawr wrth y brif fynedfa wedi goroesi yn llawer gwel.

Yn gryno...

Cyfarfod blynyddol GAG: Mercher 7 Tachwedd 2018 am 7.30 y.h. yng Nghanoifan St Pauls, Queens Rd. Siaradwr gwadd: Rachel Hubbard BSc, Gwyddoniaeth Sbot ac Ymarfer Corfforol, Prifysgol Aberystwyth. Teitl: *Breathing Spaces: Wellness and the value of urban green space.*