



Your Sanctuary

It's not just the wildlife that can find sanctuary in your garden.

What about you and your family?

Maybe you were one of those who due to the events of 2020, found a new relationship with your garden, finding relaxation and a greater peace of mind, during extraordinary times.

Maybe you just enjoyed the space as it was. Maybe you made some new discoveries about the plants and animals that share it with you. Maybe you took a new interest in gardening itself. Maybe you simply enjoyed watching from your window.

There is proven evidence that even being able to see trees and wildlife from your window has a beneficial affect on your state of mind.

One in eight households (12%) in Great Britain has no access to a private or shared garden.

If you do not have a garden and can do so, try and visit your nearest green space as often as you can. You are not alone in not having a garden. Local spaces, gardens and parks can be great places to meet other people.

Living in an urban environment may expose you and your family to higher levels of air pollution from traffic and industry, detrimental to your health.



On city and town streets lined with trees, there can be 60% fewer exhaust fumes, as the trees absorb the pollutants.

Planting billions of trees across the world is one of the biggest and cheapest ways of taking CO2 out of the atmosphere to tackle the climate crisis.

If warmer, hotter summers are to be the norm in future years, then trees can provide very welcoming shade and protection from the sun.

In the company of trees and shrubs, you breath in more oxygen. No wonder it makes you feel better.

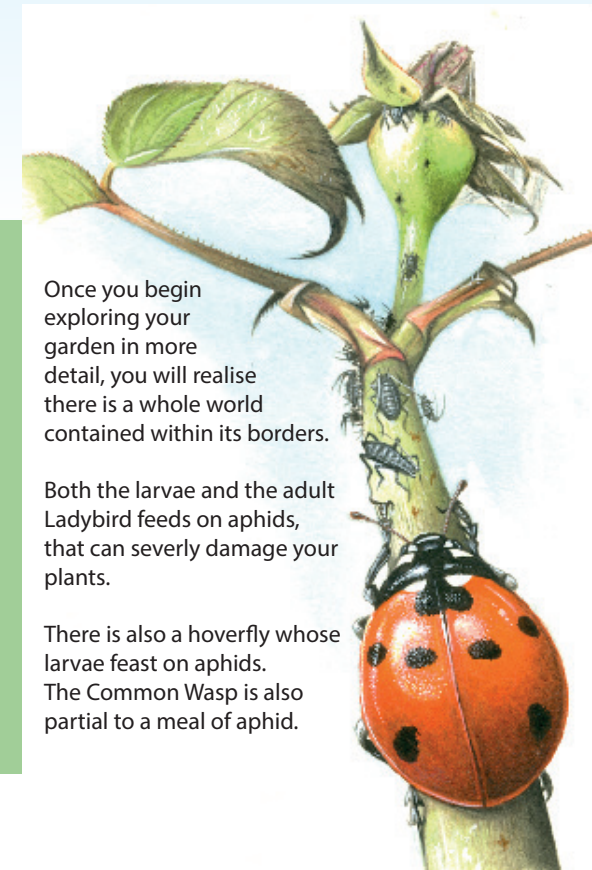
2



Your garden is a living classroom, where the whole family can be involved. What's more it provides a safe, secure environment.



Many of the natural processes that take place all over the planet, are also happening in your garden.



Once you begin exploring your garden in more detail, you will realise there is a whole world contained within its borders.

Both the larvae and the adult Ladybird feeds on aphids, that can severely damage your plants.

There is also a hoverfly whose larvae feast on aphids. The Common Wasp is also partial to a meal of aphid.