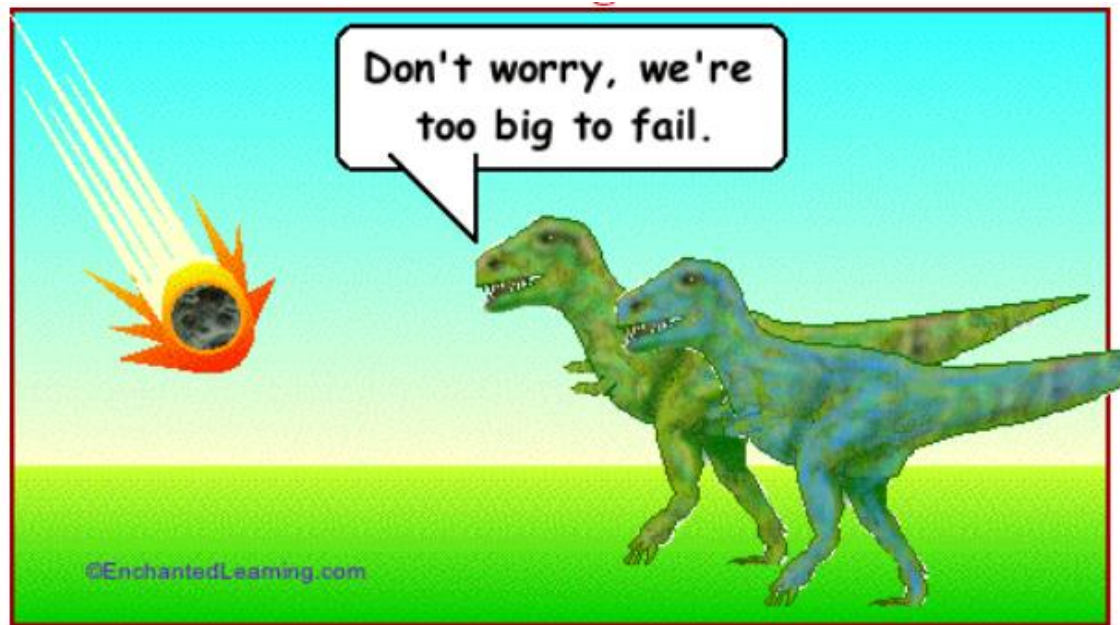


We are the **first generation** to
realise that we are
destroying our planet...

...and **the last** that can do
anything about it.





Nature should be at the heart
of both climate change...

...adaptation

*(e.g. through the use of natural
processes to reduce flood risk)*

...and...

...mitigation

*(e.g. through the protection and restoration
of habitats to store and sequester carbon)*



The state of nature

More than 15% of species in the UK face extinction

**The most endangered species have declined
by $\frac{2}{3}$ since 1970**

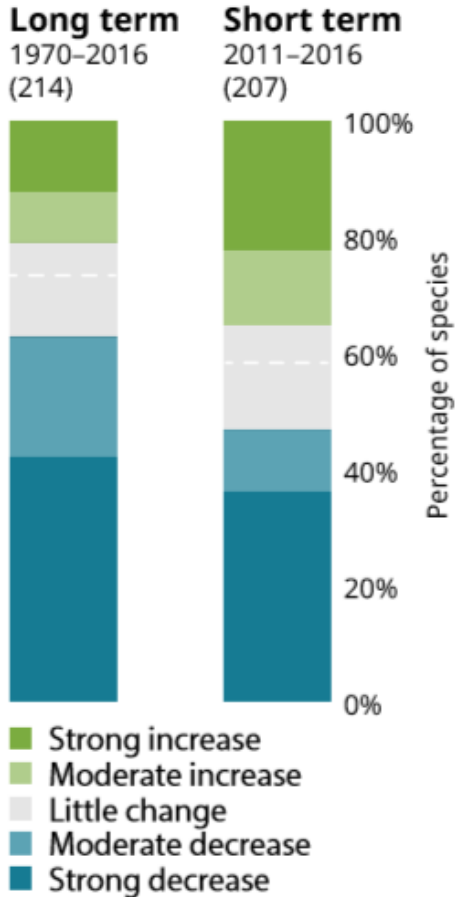
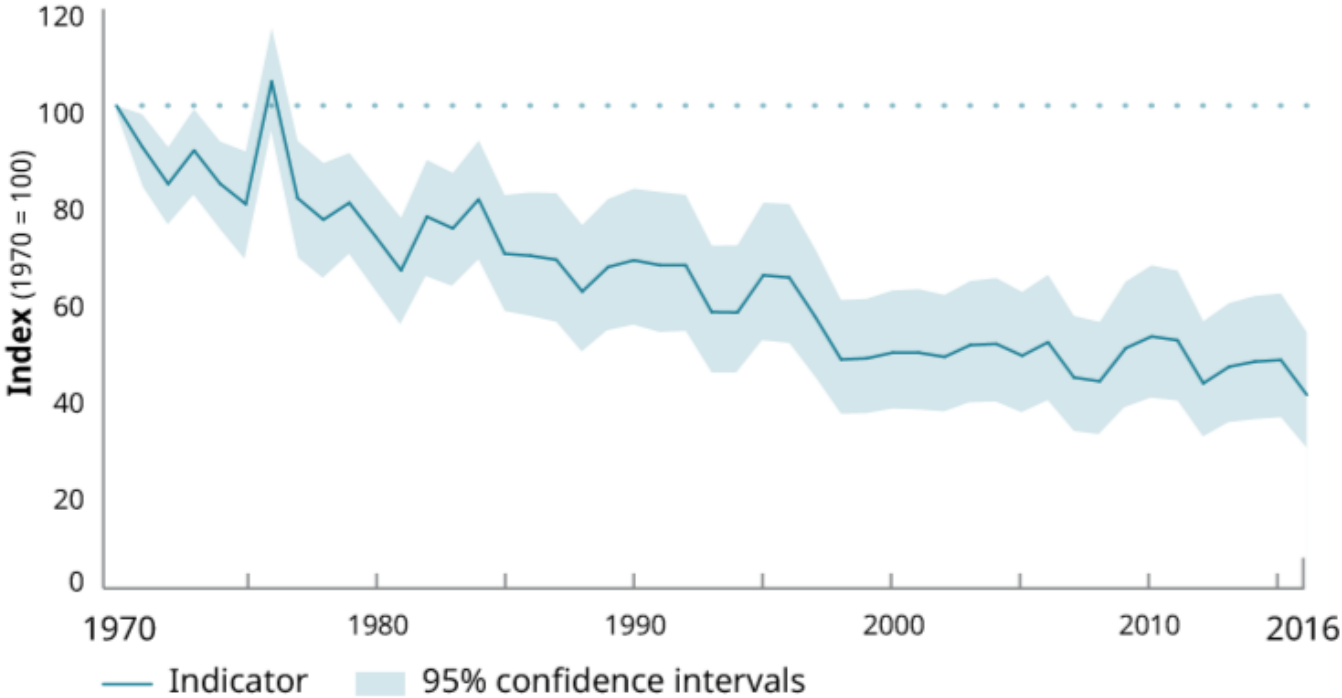
**Public funding for nature conservation declined
by 32% between 2008 – 2015**

**97% of wild flower meadows have been lost
since the 1930's**



UK Biodiversity Indicator: Change in the relative abundance of UK priority species, 1970 to 2016

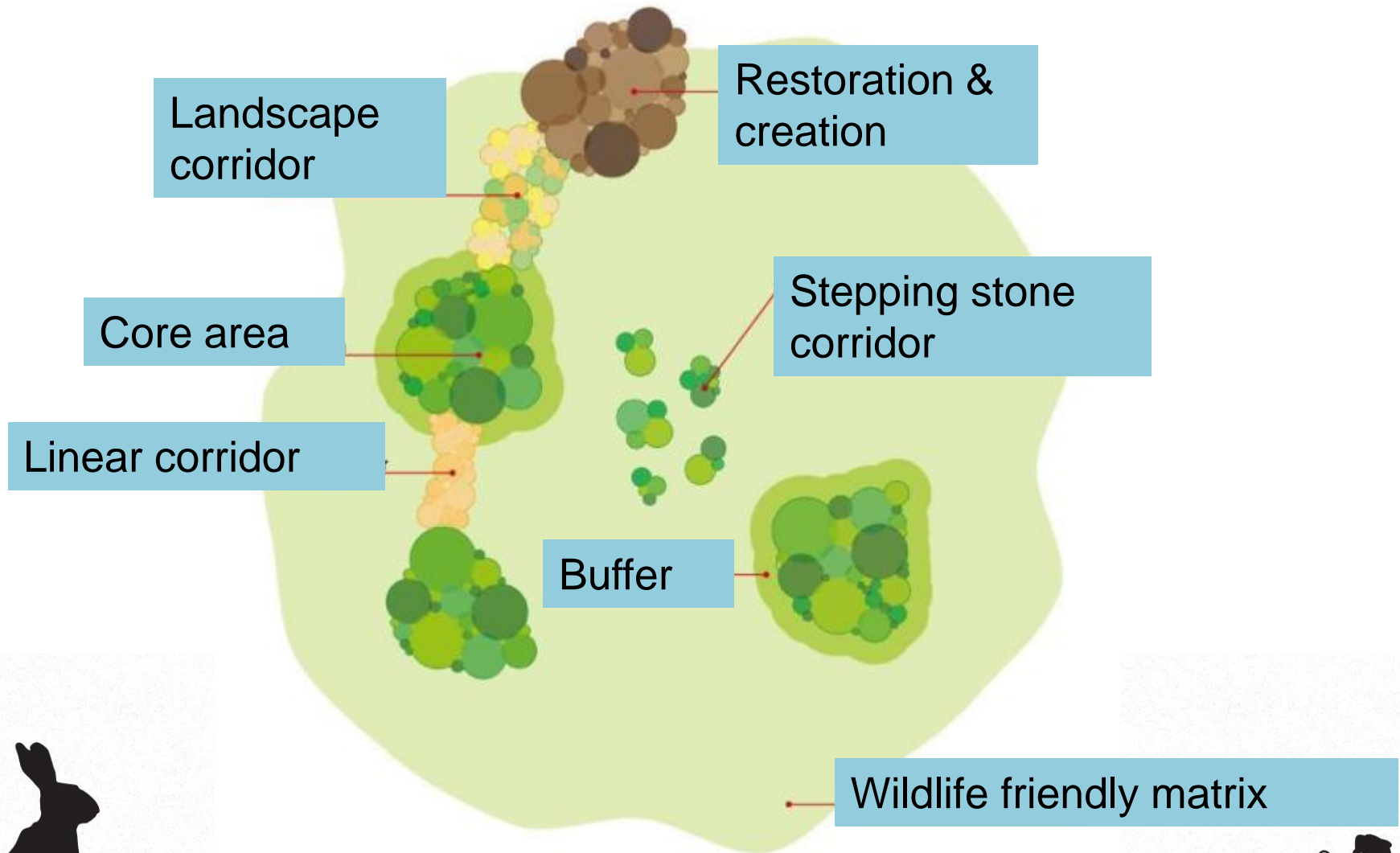
Abundance indicator (214 species)



Source: jncc.gov.uk/ukbi-C4a

Why?







Nature and Mental health



Nature improves your health

Daily contact with nature is linked to reduced levels of chronic stress, reductions in obesity and improved concentration, so get your colleagues outside and help them feel healthier.



Nature makes happier workers

Green your office by creating an outside area and encouraging lunchtime walks. There is a 10% reduction in work absence if employees are able to look at a green space rather than a wall.



Green offices boost productivity

Adding plants and photos of wildlife (or even playing birdsong!) can help your colleagues at work. Employees are 15% more productive when workplaces have even a few houseplants.



Nature makes you more active

Map out local walking routes in wild places for people to enjoy at lunchtime. People with easy access to nature are three times as likely to be active as those without access.



Green exercise can save the NHS money

Ecotherapy could reduce antidepressant prescription costs, so encourage walking meetings and exercise in your workplace. Mind has shown that green exercise benefits health and wellbeing



Green neighbourhoods cut depression

Natural features near houses reduce mental illness. Work with neighbours to create wildflower borders and bird feeding stations.



Natural flood management

1. Increasing soil infiltration and **allowing water to soak away.**
2. **Storing water** by using natural features such as ponds, ditches or low lying land or by creating new ponds and areas to store water.
3. **Slowing water** by increasing resistance to flow. For example, by planting trees on the floodplain or constructing “leaky dams” in a ditch, stream or river.



Pollinators

1 in 3 mouthfuls of food we eat grows as a **direct result of pollination by insects.**

There are five simple actions we can take to help pollinators and make sure their populations are sustained (**taken from the DDC website**):

1. Grow more flowers, shrubs and trees
2. Let your garden grow wild
3. Cut your grass less often
4. Don't disturb insect nest and hibernation spots
5. Think carefully about whether to use pesticides



Recommendations

1. We must **identify, map and then resource** nature recovery networks to prioritise our approach. Restoring habitats (planting trees, wild flowers, etc. where most appropriate).
2. We must **work together** to restore our habitats within these nature recovery networks.
3. We must place the natural environment and green spaces **at the heart of cross departmental decision making** to ensure nature recovery networks are embedded into our plans for housing, infrastructure, health & wellbeing, etc.
4. We must **make it routine to consider how working with nature** can help to deliver cost effective outcomes to a range of problems (e.g. flooding).

