

	Tree name	Jèrriais		Treename	Jèrriais
1	London Plane	un plianne	21/22	Sycamores	un sycomôre
2	Copper Beech	un rouoge fau	23/24	Sycamores	un sycomôre
3/4	Common Oaks	un tchêne	25	Ash	un frêne
5/6/7	Limes	un tilleul	26	Horse Chestnut	un châ't'nyi à j'va
8	Sycamore	un sycomôre	27	Lime	un tilleul
9	Ash	un frêne	28/29	Sycamores	un sycomôre
10	Sycamore	un sycomôre	30	Turkey Oak	un tchêne crîngneux
11/12	Beeches	un fau	31	Lime	un tilleul
13	Sycamore	un sycomôre	32	Turkey Oak	un tchêne crîngneux
14	Sweet Chestnut	un châ't'nyi	33	Sweet Chestnut	un châ't'nyi
15	Beech	un fau	34	Beech	un fau
16	Sycamore	un sycomôre	35	Lime	un tilleul
17/18	Turkey Oaks	un tchêne crîngneux	36	Lime	un tilleul
19	Beech	un fau	37/38/39	Turkey Oak	un tchêne crîngneux
20	Lime	un tilleul			

Give a tree a hug

Research shows that within minutes of being surrounded by trees and green space, our blood pressure drops, heart rate slows and stress levels come down – spending time amongst trees is good for all of us.

Slow down and look upwards you'll feel the benefit.