

Shade
Creating and making use of protective shade is one way we can reduce the incidence of skin cancer in the community. The ultraviolet rays that cause skin cancer can be reflected from different surfaces in the built or natural environment and this needs to be considered when seeking protective shade. Unless the shade structure has sides, this extra dimension of reflected radiation needs to be considered. Clothing and sunscreens can be used to prevent this radiation contacting the skin.

Natural Shade
Natural shade can be achieved by planting trees that are good providers of shade. Planting vines that cover pergolas can also produce natural shade.

The planting of trees for protective shade is a long term project and adequate care and maintenance needs to be given so that the trees are able to mature in order to provide required shade. When selecting species to plant, the shape of the tree and consequently the shadow cast needs to be considered. Suitable trees should have broad canopies, dense foliage and sufficient clearance beneath the canopy to allow access. If trees with less dense foliage are used, they can be planted in groups to create protective shade.

Local Species for shade
The following list is a selection of trees that are indigenous to the coastal plain and forested escarpment of Wollongong. These are only a guide for shade planting, and should be noted that there are more species suitable for protective shade in Wollongong.

Species	Height and Spread of Canopy	Characteristics
<i>Acacia maidenii</i> Maidens Wattle	6m x 4m	Fast growing, long lived wattle
<i>Acacia melanoxylon</i> Blackwood	6m x 4m	Similar to Maidens Wattle but prefers moist, rich soils
<i>Acmena smithii</i> Lilly pilly	10m x 8m	Hardy rainforest tree with edible fruit in winter
<i>Alectryon subcinereus</i> Native Quince	6m x 8m	Takes a large umbrella shape in the open.
<i>Alphitonia excelsa</i> Red ash	10m x 6m	Very attractive tree with a white underside to the leaves
<i>Backhousia myrtifolia</i> Grey Myrtle	6m x 4m	A pretty flowering tree with scented leaves.
<i>Brachychiton acerifolium</i> Illawarra Flame Tree	10m x 4m	Dark green foliage with straight trunk.
<i>Cryptocarya glaucescens</i> Native Laurel	15m x 8m	Rainforest tree forming a dense rounded canopy
Eucalyptus species	20-30m x 10-20m	Large trees attracting many birds
<i>Euroschinus falcate</i> Ribbonwood	10m x 6m	A handsome rainforest tree with a broad spreading crown
<i>Glochidion Ferdinand</i> Cheese Tree	8m x 6m	Attractive small tree bearing cheese shaped fruits
<i>Melaleuca stypheloides</i> Prickly-leaved Paperbark.	8m x 6m	Papery bark with small prickly leaves
<i>Melia azedarach</i> White Cedar	10m x 6m	Fast growing, finely foliated rainforest tree
<i>Podocarpus elatus</i> Plum Pine	10m x 6m	Glossy leaves, fine grey/ brown bark and edible fruit
<i>Syncarpia glomulifera</i> Turpentine	20m x 10m	Handsome large tree with large canopy.
<i>Syzygium</i> species Lilly Pillis	10m x 6m	Ornamental trees with edible tasty fruit
<i>Toona ciliate</i> Red Cedar	15m x 8m	Ornamental fast growing rainforest tree

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