



SAVE  
£25  
Was £49.99

**2-IN-1 TELESCOPIC HOSE BRUSH SET**

Now £24.99 plus £4.95 p&p

This 2-in-1 telescopic hose brush allows you to clean high windows and conservatories safely without the need to balance on a ladder. Simply attach the pole to your standard hosepipe, fasten the window cleaning attachment, extend to the desired length and you can clean windows while keeping your feet firmly on the ground. By switching to the brush head attachment you can also clean cars, caravans, patios, decking and garden furniture. The pole extends from 134cm to 300cm. Weighs 1.8kg. Please note that at its longest extension the weight distribution will be affected and it may feel slightly heavier to operate.

G2815 Telescopic Hose Brush



SAVE  
£10  
Was £24.99

**WATERJET ADAPTOR**

Now £14.99 plus £3.95 p&p

This simple to fit, cost effective attachment quickly transforms your hosepipe into a highly effective jet washer. The stainless steel lance has a pressure adjusting tap and comes with two brass fittings which allow you to switch between high pressure direct spraying and wide spray options. An additional flexible tip is included to gain access into hard to reach areas, and a screw on brush head helps remove tough dirt and stains by combining the high pressure water with a brush in one. Measures 77cm in length.

D9384 Water Jet Adaptor

Call **0843 922 5001** (quoting 91844)  
or visit **MirrorOffers.co.uk**

Call our UK-based sales team or visit our website now for thousands of great deals on clothing, kitchen, home, garden, health and hobbies

Our 'was' pricing refers to the original selling price offered on our website www.cjoffers.co.uk and in our retail store between 30th December 2018 - 31st March 2019. Calls cost 7p per minute plus your phone company's access charge. Allow 7 working days for delivery. If you are not happy for any reason we will accept return of faulty/unused goods in sealed original packaging for full refund or replacement within 30 days. These goods are sold and supplied by BVG Group with whom you contract when you accept this offer.

# Gardening club

with DAVID DOMONEY

features@sundaymirror.co.uk  
daviddomoney.com  
@daviddomoney  
/daviddomoneytv

## Q&A



### Get growing now, if you need new lawn

When is the best time for sowing lawn seed?

**James, Crawley**  
**DAVID:** Lawn seed is best sown in autumn or spring so you're in time now.

Ideally, try to find a spell of mild but damp weather as these conditions will speed up germination and encourage seedlings to grow rapidly.

Remove moss and rake the surface well before seeding. Then cover with netting to stop birds feasting!



### Help me to create a wonder wall dream

I'm limited on garden space. Can I plant on the outside walls of my house?

**Ahmed, London**

**DAVID:** Yes, it's great for adding another dimension to the garden. Create a living wall or put climbers and vines into containers or planters along it. But remember to water well because they won't necessarily get as much rainfall, especially if your house has eaves.

## TIP of the week

Try companion planting carrots alongside onions and calendulas. They are bright and (for insects) smelly which will distract and confuse bugs.

## GET IN TOUCH

For loads more hints and tips on gardening visit [daviddomoney.com](http://daviddomoney.com) or follow me on Facebook at @DavidDomoneyTV or on Twitter @daviddomoney

Dig into these simple, effective ways to keep hazards at bay and allow you to work all day in safety - as well as making your patch a haven to chill out in

Your garden should be a place to enjoy and relax - so get a handle on these tips and safety need never cause you sleepless nights again.

Conditions are key, so consider the task at hand before diving in.

As the weather warms up, an experienced gardener should always know their limits in the heat. An impromptu hour spent outside can quickly turn into three when you're on a roll. And wet weather has its own hazards.

### SUN

As an ambassador for The Melanoma Fund's Watch Your Back campaign, which looks to protect gardeners from harmful sun damage, I endorse taking care over the effects of sun exposure. That time outside can be beneficial - soaking up vitamin D to boost your wellbeing - rather than damaging.

But, for long periods working outside in the sun, wear a hat with a brim, sunscreen and cover your arms.

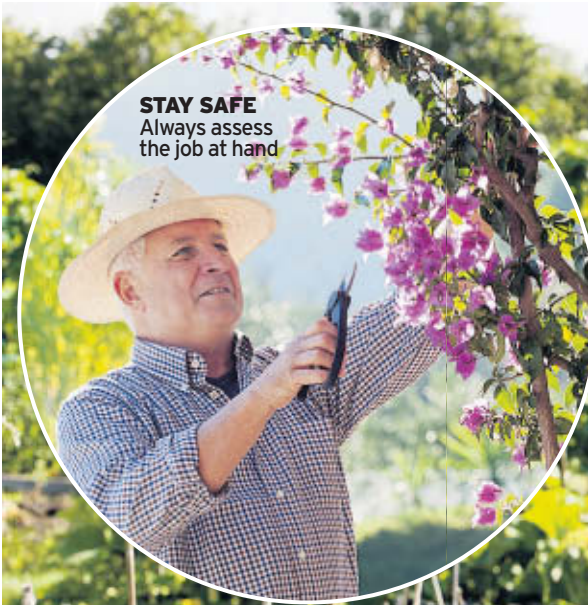
### RAIN

In wet weather, wear warm, water-proof gear and grippy garden footwear to prevent trips and falls. Removing

any moss and green growth that's sprouted on garden paths will stop surfaces turning into an ice rink. Rid paths of this build up with a putty knife, weed-killer and some good old-fashioned elbow grease, it'll work wonders. On crisp mornings, take the time to stretch and wake up your muscles before launching into jobs like this - warmed up muscles have a much lower risk of strain.

### TOOLS

Take a moment to ponder your posture before getting started and remember to let the tool do the work. The garden spade is a multiuse tool, with three handy uses rolled into one: a handle (lever), a cutting blade on the edge, and a head to lift soil. The pointed shovel is best for scooping like a spoon while the flat edge of the spade works for general use. You'll get most leverage from a longer handle and this means less force is required to pry out the soil. Try to keep your knees bent and back straight, allowing your arms and biceps to take the lead. Bad technique could increase the load by 50 per cent. When raking, keep the handle close to your body with one hand at the end



STAY SAFE  
Always assess the job at hand



ATTENTION Keep an eye on kids and keep them safe

# Weed out dangers

of the handle and the other kept at waist level. Shift your weight back and forth using your shoulder and bicep muscles to wield the tool - spring tine rakes, with their angled head, are best for leverage.

Take a break every 15 minutes when you're working up a sweat, for a chance to stretch out weary limbs

and have a slurp of your tea to keep your fluids up.

### COMFY WEEDING

You needn't put up with muddy knees. A comfy kneeler will keep joints warm, dry and damage-free - with deep filled ones, to minimise leg ache, available online. The best thing you can do is to

situate yourself close to the task at hand, which will minimise back strain, and opt for a well-maintained tool to prevent you working any harder than you need to.

### HAND PROTECTION

Gardening gloves keep guard of the most important gardening tool of all—

your hands. Switch up the gloves you're wearing to provide grip, warmth, water resistance or dexterity.

You can also get some pretty impressive specialist gloves, if you need particular protection, like for kids.

The Globus Glove BUDS range are designed especially with kids in mind and provide all-round protection in

designs kids will love. Check out [bit.ly/GardeningGlove](http://bit.ly/GardeningGlove) for more details.

### KEEPING KIDS SAFE

As an opportune way to get kids outside, gardening will engage them in imaginative play and creativity as well as have them breathing fresh air and learning about nature.

Safeguard them in the garden by keeping potentially perilous tools stored away and label and lock up garden chemicals.

If there are hazards around, like water, don't begin intensive jobs that might distract you, but give kids your undivided attention by enquiring after their gardening antics instead.

Or, start a joint project like painting wooden lolly sticks to use them as plant labels. This is the perfect opportunity to explain why some plants are unsafe to eat and identify those that sting or have thorns while you label.

So, for a secure and satisfying time in the garden, get smart with what's on the agenda for the day.

With the right approach, you'll be gardening with glee and enjoy sharing the green spaces you've created for the people who appreciate it most.

## OFFER of the week

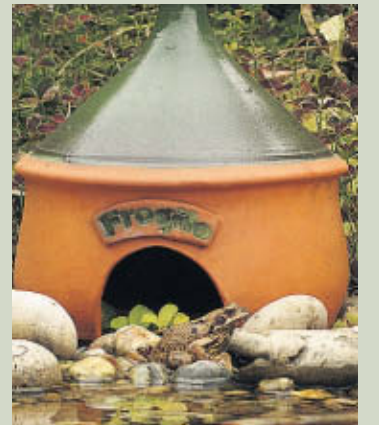
Exotic looking perennial Nerine Bowdenii is a welcome breath of fresh air, producing silvery pink blooms from September to October. Also known as Guernsey Lily, they are robust, with bright strap shaped leaves up to 30cm long.

You can buy 10 for £9.99 or order 20 for £19.98 and we will send a further **10 FREE** - 4.5in bulbs are supplied. Delivery within 14 days.

To order by debit/credit card call **0843 922 5000** quoting **SMTG018** or send a cheque made payable, using blue or black ink, to 'Garden Offers' to: Nerine Bowdenii Offer (SMTG018), PO Box 64, South West District Office, Manchester, M16 9HY, or you can visit website: [mirrorgardenoffers.co.uk](http://mirrorgardenoffers.co.uk)



## GADGET



### Shelter is just a short hop away with Froglio

This Froglio frog and toad shelter from the RSPB is a perfect addition to provide a safe space if you have amphibians in your garden.

Frost-resistant ceramic, with a green glazed roof, it looks great by a pond in a cool, shaded position. The base is cut away to provide contact with the soil in summer, while a shelf inside provides an insulating spot for over-wintering.

And it'll cost you just £24.99 via [shopping.rspb.org.uk](http://shopping.rspb.org.uk)

## Sign up to a green space for budding kids



SEEDLINGS School pupils at work in the greenhouse

Has your school signed up for Cultivation Street 2019 yet?

If not, there's plenty of time. School gardens help kids relax and learn fresh skills - especially in cities where green space may be at a premium.

Our 2018 schools category winner, Hammersmith Academy, West London, makes full use of its green space.

Science teacher Patrick Kirwan has seen first-hand how students benefit from spending time outside.

He said: "Many of our students live in apartment blocks and don't get a chance to enjoy time in a garden on a regular basis."

"So we need to create space for them to have these nature related



experiences in school. For me, the most surprising thing about starting a school garden is that these young people don't need any motivation to engage with horticultural or growing activities, they just need an opportunity.

"A range of activities are offered in the garden every day, from sowing and pricking out young seedlings, weeding, watering, planting, upcycling pallets and even caring for chickens.

"We have a student team that leads these activities, through which they are

developing leadership skills as well as horticultural skills."

Patrick added: "Our spring displays are really uplifting, so students enjoy sitting in a beautiful space surrounded by colourful flowers."

"They often grab a watering can during break or lunchtime and water the plants without being asked."

"These activities have a calming influence and many have developed new friendships when working with other students in the garden."

■ Cultivation Street, sponsored by Calliope®, rewards school and communities for their inspirational work. For info on linking with a garden near you, visit [cultivationstreet.com](http://cultivationstreet.com).