

72 HOURS ONLY 72 HOURS ONLY 72 HOURS ONLY

## FOLDING MAGNETIC EXERCISE BIKE

Now £119.99 plus £4.95 p&p

Whether you want to tone up or lose weight, this folding exercise bike from BodyFit allows you to work out at home without the costly price of a gym membership.

It is designed to target your quads, hamstrings, calves, hips and buttocks, giving you a total lower body workout. You can select the tension you require and increase and decrease throughout your workout as desired.

The bike monitors your pulse when holding the front handbars, and it also tracks your speed, distance, time and calories burned.

There is a padded back rest and padded seat for your comfort, as well as handbars to the side of the seat so that you don't have to always extend to reach the front handbars.

The bike folds for easy storage, making it perfect for smaller homes, or if you don't want it on show all the time.

Dimensions: L102 x W53 x H89cm. Folded: L49 x W53 x H109cm. Seat height: 80-94cm. Max user weight: 120kg.

Requires 2x AA batteries (not included). Some assembly required.

G2705 Exercise Bike

SAVE £80 was £199.99

BodyFIT



SAVE £45 was £89.99

BodyFIT



## BODY FIT AB CORE 6-IN-1 POWER TRAINER

Now £44.99 plus £4.95 p&p

Get into shape with this 6-in-1 core power trainer from BodyFit. This multi-functional trainer targets your legs, thighs, hips, stomach, back, shoulders and arms by using six different work out positions in the core of your own home. It features a comfortable padded foam roller to support your back and protect your hands, wrists and ankles whilst training.

If using strong resistance bands which can be altered for easier or tougher work outs, to suit everyone's training needs. It is ideal for those requiring low impact exercise and will help improve core fitness. It is also lightweight at under 4kg making it easy to transport from room to room and can be folded down for storage whilst not in use. Warm up card included and Foam supports.

Maximum user weight: 120kg. Dimensions: W570 x H460 x L315mm.

D9506A AB Core 6-in-1 Power Trainer

Call 0843 922 5001 (quoting 95847) or visit [MirrorOffers.co.uk](http://MirrorOffers.co.uk)

To enjoy these reduced prices when buying online, please visit our Limited Time Only area on our homepage

Our best pricing refers to the original selling price offered on our website (not offers made) and in our initial date between 17th July - 13th September 2019. Goods sold to get inside (payable) phone company's access charge. Allow 7 working days for delivery. If goods are not received by the date of delivery, please contact our customer service team for full refund or replacement within 30 days. These goods are sold and accepted as is. All goods with whom you contact whom you accept this notice. Offer ends 13th September 2019.

# Gardening club

with DAVID DOMONEY

features@sundaymirror.co.uk  
davidmoney.com  
@davidmoney  
/davidmoneytv



## Crystal clear tips on scrubbing up butts

How can I prepare my water butt for the rain? Jon, Winchester, Hampshire  
DAVID: Clean water butts once a year to keep them fresh. Start by draining the water. If the water supply is not compromised, it can be used on plants that aren't vulnerable or young seedlings. Then scrub inside with a coarse brush and garden disinfectant. Rinse with clean water and refill while adding a water butt freshener.



## Tame wild leylandii with a lasting chop

My leylandii hedge grows so fast. How can I keep it looking nice? Nicki, Chesterfield, Derbyshire  
DAVID: The main pruning for your leylandii should happen from April to August. About three cuts during this period will keep it under control. You can still give a final trim to evergreen hedges at this time of year so it will stay shapely over winter. It's also a good opportunity to trim them narrower at the top, to protect from snow damage.

## TIP of the week

By dividing herbaceous perennials such as sedum, veronica or geraniums, you will help them stay healthy and vigorous, as well as increase the number of plants you have.

## GET IN TOUCH

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

We are unveiling even more brilliant Cultivation Street winners this week.

This time around, we are honouring the brilliant schools that have made their mark in one of our most hotly contested categories.

Each year, hundreds of schools take part, showing judges their brilliant work and the important role gardening plays in education.

We're also revealing the winner of our Calliope Your Life category, sponsored, like the main competition, by Calliope Geraniums.

Plus there is a special extra runner-up, whose entry was too good to ignore!

Both categories really have brought out the best of British and showed just how blooming talented pupils, staff and parents are when it comes to getting growing. It is looking good for the next generation of gardeners.

## SCHOOL GARDEN WINNER

Top of the class for 2019 is Redwood Park Academy – a special school for pupils aged 11 to 16 with complex learning difficulties. They win £2,000 for their amazing garden.

It has been developed over the past three years, turning an underused area with an empty greenhouse into a thriving project for 150 youngsters. Many students who use the garden in Cosham, Portsmouth, have complex learning difficulties, physical disabilities or other additional needs so adaptations have been made to improve access. Beds are raised to different heights, making them workable

The children love the school hens, which provide them with tasty eggs

from wheelchairs or standing aids. Large pictorial plant labelling is used in a style students are familiar with, while tools have been adapted – for example, giant funnels for filling pots, drainpipes for planting potatoes and flexible tree protectors as tubes to drop smaller seeds or bulbs.

A clay pizza oven has been built to cook produce grown in the garden. Youngsters love the school hens, who provide eggs and endless pleasure.

The 15 outdoor raised beds, four ground level plots and four polytunnel beds contain a mix of permanent planting – soft fruit, hops, herbs and annual vegetables and flowers, as well as a number of dwarf stock fruit trees.

The fresh fruit and veg is eaten or sold, with much being made into jams and chutneys during colder months. The flowers grown are used to brighten up offices and shared spaces. Redwood Park will use their prize to make the garden even better.

Ed Bond, horticulture teacher, said: "It feels great to win. To share the success of our young gardeners is fantastic. The students are excited to



NEST MATE Pupils with one of the chickens

have won, they loved the attention, the prize and the chance to be in the paper. We will invest in tools and

equipment. And plants – a mulberry, citron medica, a tea bush, hardy pepper corn and sensory plants such as the Mexican grass tree.

To anyone thinking of entering Cultivation Street next year, it's a fantastic competition and a brilliant

opportunity to share the work you do. Take lots of pictures – you might win!"

JUDGES' VERDICT Redwood Park Academy is a prime example of what can be achieved with absolute inclusivity. Students helped develop all aspects – building and

filling raised beds, constructing polytunnels and a second greenhouse, developing environmental spaces with a rebuilt pond and planting hedges. Judging this category is always the toughest. But Redwood Park Academy are worthy 2019 winners.

## CALLIOPE YOUR LIFE: WINNERS

Geraniums are a cheerful addition to any garden – and we celebrated the most creative, colourful displays in this category, judged by the experts, our sponsor Calliope.

Our public vote winner was Holywell Primary School, which gets £500 plus 100 Calliope geraniums for its wonderful display, called How Does Your Garden Grow?

But the standard was so high, Calliope handed out another £500 and 100 geraniums to St Alban's C of E Primary, runner-up for its inventive Grow Bags entry. Neil Fishlock from Calliope said: "Everyone made such an effort, growing plants in different ways to create colour and clearly having fun in the process."

How Does Your Garden Grow? was created by children aged four and five at Holywell Primary in Rubery, Birmingham. Youngsters potted all the plug plants and carefully tended to them as they grew.

They helped collect all the wellies, watering cans and plant pots used for growing. And every pupil was given the chance to draw the faces of the lifelike scarecrow students. As well as being uplifting, the bright display reminds them

of the new words they learned while gardening. St Alban's C of E in Havant, Hants, was shortlisted in Cultivation Street last year so decided to give it another try.

Youngsters had overwintered plants from last year in a mini-greenhouse and, despite a setback when building contractors moved plants and accidentally left them outside, they created a stunning display.

Older pupils came up with the idea of using unwanted handbags as containers, staff and volunteers raided their cupboards, and local charity shops donated bags.

The builders agreed to replace the battered geraniums and some healthy ones were purchased. Since then, plants have been looked after by break-time waterers and even the poorly ones are making a recovery.

JUDGES' VERDICT We loved Holywell's display because it brings a smile to the faces of everyone who passes it. We're thrilled to have them as winners. But Grow Bags – cleverly utilising old handbags in a great bit of upcycling – also made a terrific display. Their geraniums were simply superb.



GOR-GEES Holywell's How Does Your Garden Grow?



BAGS OF FUN St Alban's display

## OFFER of the week

Beautiful Narcissi 'Pheasant Eye' is a highly fragrant British daffodil variety. Striking, pure-white, reflexed petals contrast with its bold orange-red cup.

A late-flowering variety, blooms appear from May. It is perfect for patio pots, containers or the front of the border. Height 35cm, supplied as 10/12cm size bulbs. Delivery within 14 days.

Order 20 Narcissi 'Pheasant Eye' for £9.99 or buy 40 for £19.98 and receive 20 FREE.

To order by debit/credit card call 0843 922 5000 quoting SMTG065 or send a cheque made payable, using blue or black ink, to 'Garden Offers' to Narcissi Pheasant Eye Offer (SMTG065), PO Box 64, South West District Office, Manchester, M16 9HY or visit [mirrorgardenoffers.co.uk](http://mirrorgardenoffers.co.uk)



## GADGET

This isn't strictly a garden gadget, but it's a brilliant way of rescuing outdoors insects that stray inside without doing any harm. Insects are suffering population hits just like other British wildlife because of pollution, lost habitat and pesticides.

So this spider catcher, which costs £11 from [amazon.co.uk](http://amazon.co.uk), is a great way of returning spiders, moths, butterflies and the like to the great outdoors in one piece.

It is 65cm long so you don't have to get too close if you are feeling squeamish. And you can reach up to corners and ceilings easily.

