



## Hello and welcome to *our July newsletter*

We're thrilled to welcome you back to another blooming issue. It's been an exciting few months with our newly launched wellness and horticulture workshops, receiving wonderful feedback and enthusiastic participation. From budding gardeners to seasoned crafters, the turn out and interest has been truly inspiring.

We share with you the ultimate tips on how to manage keeping your garden watered while you are away sunning yourself on a beach.

Plus our book review this month is one I read back in 2024. If you are a lover of old school horror or psychological thrillers, this one is, is an absolute essential item to be added to your holiday packing!

## Too many courgettes....

In July the garden finally rewards us for all those months of hopeful tending. The borders are bursting, the bees are busy, and if you squint, your patch of green might just resemble something from a glossy gardening magazine, as long as you hide the crocs by the back door and the chewed up dog toys!

I don't know about you, but my roses are still holding their own, but in June my lupins were an absolute flop! The dahlias that survived a winter in bags of sawdust have arrived to steal the show, but I am still googling the varieties as I'm sure I got the labels mixed up! It's the season of lazy evening strolls round the garden with a glass of something cold, pretending not to notice the weeds, and wondering why your courgettes seem to be multiplying at an alarming rate!!!



Of course, there's still work to do, deadheading, watering (preferably before everything starts wilting dramatically), and harvesting sweet peas before they take over the garden entirely. But July is also the perfect time to pause and enjoy, whether that's hosting a BBQ, pottering with a cup of tea, or simply stretching out in the shade, pretending you don't hear the distant call of unfinished weeding.

The British garden in July is alive, abundant, and just a little bit wild—exactly how summer should be.

# Keep your plants hydrated while you're sipping cocktails.....

We've all been there, packing for a well-earned holiday, excited for sunshine and relaxation, when suddenly a thought strikes: The garden! The plants! The inevitable drought disaster. While you're off sipping something chilled, your plants are back home wondering where their next drink is coming from.

Luckily, a bit of forward planning can keep everything thriving while you're away.

## **Deep Soak Before You Go**

The day before you leave, give everything a thorough watering, not just a surface sprinkle. Slow, deep soaking encourages roots to grow downward, making plants more resilient to dry spells.

## **Mulch is Your Best Friend**

A good layer of mulch, whether it's compost, bark, or even grass clippings, helps trap moisture, keeping the soil cool and reducing evaporation. It also stops weeds from muscling in while you're away.

## **Self-Watering Tricks**

Got a few thirsty plants in pots? DIY watering systems are a lifesaver. Try:

- The old upside-down bottle trick, fill a plastic bottle with water, poke a few holes in the cap, and bury it neck-down in the soil for slow-release hydration.
- Water-filled saucers under pots—are just enough to keep things ticking over without drowning roots.

## **Group Your Pots Together**

Move containers into a shady spot and cluster them close, this helps reduce moisture loss and creates a humid microclimate that keeps them happier for longer.

## **Rope in a Plant Sitter**

If you're away for more than a week, consider bribing a friend, neighbour, or an unsuspecting teenager with promises of fresh veg or post-holiday drinks. A quick check-in and light watering could save everything! This one is a toughie for a control freak like me!

## **Automated Watering** (for the seriously prepared)

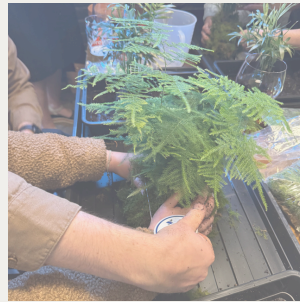
If you travel often, soaker hoses or drip irrigation on timers can keep things thriving with minimal effort. Install once, and you'll never panic before a trip again.

With these tricks, your plants will survive your holiday without staging a full-scale rebellion. Now, go enjoy that sunshine, you've earned it.



# Our wonderful workshops....

There's something oddly satisfying about getting your hands a little messy, wrapping roots in moss, and creating something that feels both wild and intentional. Over the past few months, our Living Art Kokedama Workshops have taken off, and honestly we couldn't be happier.



There's a real joy in watching someone go from "Wait, what am I doing?" to "Look at this! I made this!" and that's exactly why we love running these sessions.

Beyond the craft itself, these workshops have become little pockets of calm, a chance to slow down, focus on something tactile, and walk away with a living piece of art (and maybe a little dirt under the nails!). The feedback has been incredible, with people telling us how refreshing it is to step away from screens and do something hands-on.

Looking ahead, we're excited to keep growing (literally and figuratively). Whether you've joined us before or are just curious about kokedama, we'd love to have you at a future workshop. Come roll some moss with us—you won't regret it.

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## Coming soon our Corporate Packages....

After seeing the magic that happens when people get their hands in some soil, we knew we had to take things a step further. Enter, "Grow Well Together"—horticulture and wellness breakout workshops designed specifically for teams.

It's no secret that stepping away from the screen and doing something hands-on can work wonders for stress levels, creativity and connection. These one-hour workshops are all about slowing down, getting creative, and growing something meaningful—together.

What to Expect:

- A hands-on, no-pressure horticulture session (no green thumb required)
- A mindful, restorative experience that's as fun as it is refreshing
- A chance to reconnect—with nature and your team

Designed for the workplace.

Forget awkward 'trust falls' and forced icebreakers—this is team bonding that actually works. Whether it's a corporate wellness day, team offsite, leadership retreat, or just a regular team engagement session, these workshops bring people together in a way that feels natural, energizing, and genuinely enjoyable.

So, if your team could use a little greenery, a little creativity, and a break that actually feels like a break—let's make it happen.



# This months book review.....

## Mr. Mercedes by Stephen King

Like many who grew up in the shadow of King's storytelling, my early teens involved a lot of nervous peeking from behind a cushion, wondering if I'd ever recover from watching *Pet Sematary* and *Misery*. (Spoiler: the mental scars linger.) So, when King dives into a straight-up thriller with *Mr. Mercedes*, it's a different kind of unsettling, less supernatural terror, more real-world horror that hits uncomfortably close to home.

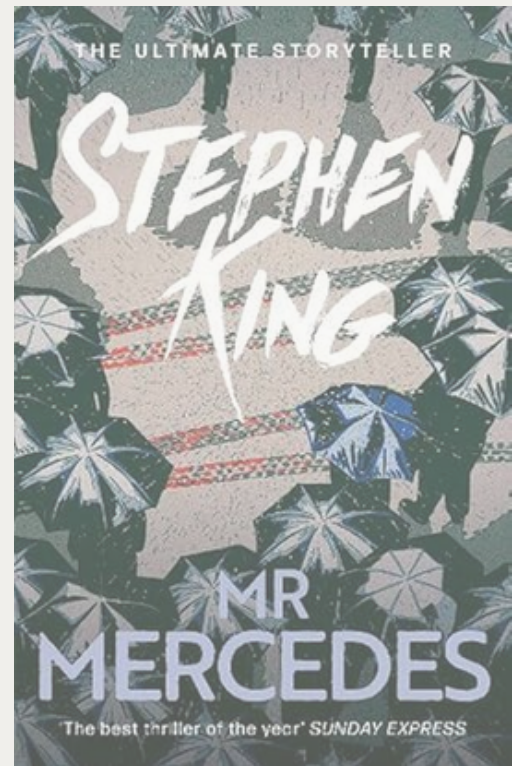
This is a cat-and-mouse chase at its finest, putting retired detective Bill Hodges against Brady Hartsfield, a deeply twisted killer who thrives on chaos. The story kicks off with a brutal crime, a stolen Mercedes driven straight into a

crowd, but the real fear comes from what Brady has planned next. Hodges, nudged out of his post-retirement slump, makes it his mission to stop him before things take an even darker turn.

King does what he does best, describes characters you believe in, dialogue that crackles, and a villain who is unsettlingly real. Brady isn't some faceless monster; he's an all-too-believable one, lurking behind his day job and plotting violence in the comfort of his own home. That makes him all the more terrifying. If you are an audio book lover like me, the *Mr Mercedes* narrators make the story seem even more believable!

While *Mr. Mercedes* leans heavily into the detective genre, King's sharp wit, rich detail, and knack for psychological tension keep it feeling fresh. There's no haunted house, no eerie small-town legend, just real-world horror, the kind that feels all too possible. And if you like a thriller that builds momentum with unpredictable twists and a strong dose of character-driven storytelling, this one delivers. And the best thing, it's a series of books! The characters including my absolute fave, queen Holly Gibney, return in the other books.

Would I recommend it? Absolutely, but maybe don't start it right before bed!



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