

72 HOURS ONLY 72 HOURS ONLY 72 HOURS ONLY



**STEAM MOP**  
Now £29.99 plus £4.95 p&p

Keep your home sparkling clean with this fantastic 1300W steam mop from Easy Steam. The steam mop will power through tough household grime and dirt to leave floors, surfaces, walls, upholsteries, windows and more, clean and fresh. It can even be used on carpets with the included glider attachment.

There is no need for expensive and harsh chemicals, the mop combines the sterilising power of steam with the absorbency of microfibre pads. A steam flow control function means you can select the amount of steam produced, to ensure protection and a perfect clean on whatever material it is used on. With a 300ml capacity water tank that gives you up to 20 minutes' steam time between re-fills, it means less time fussing with filling up and more time cleaning.

With an ergonomically designed handle to reduce hand and wrist stress the triangular head will get into tight spaces, under the furniture and corners, manoeuvring the steam mop is easy, making it the perfect addition to your household. The mop comes complete with two microfibre cloths and can be easily taken apart for storage.

**D7149** Steam Mop  
**D6431** Three Spare Pads **£9.99**



**TWO-IN-ONE CORDED / CORDLESS CERAMIC STEAM IRON**  
Now £29.99 plus £4.95 p&p

Combining the power of steam with the technology of ceramic plates, this cordless ceramic steam iron from Easy Steam is a must for any household.

This fantastic 2200W ceramic iron can be used as a standard corded iron or, placed on the sturdy base and with a simple flick of a switch, it can be used as a lightweight cordless iron, ideal for use on tricky garments and for freedom of movement.

With features such as a ceramic sole plate, steam jets, water spray, temperature regulator and steam regulator, it is sure to tackle any job with ease.

The iron can even be used as a garment steamer with its powerful steam jets, simply hold in a vertical position and activate the steam flow with the simple to use control.

**D9754** Purple / Black  
**G1312** Red / Black

Call **0843 922 5001** (quoting 92655)  
or visit **MirrorOffers.co.uk**

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

Our 'was' pricing refers to the original selling prices offered on our website www.cjoffers.co.uk, and in our retail store between 28th Jan - 28th April 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. Offer ends midnight Tuesday 14th May 2019.

# Gardening club



with DAVID DOMONEY

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



## Turf decisions for your lush new lawn

Should I lay turf or sow seed for a new lawn? That is best? **Phil, Blackheath, South East London**

**DAVID:** Both are great ways to establish a lawn but bear in mind that, although cheaper, sowing grass by seed will take longer to come into fruition. If you are short on time but are prepared to spend extra cash, laying turf is definitely the better option. If you go for seed, make sure you peg netting over it to stop birds feasting on your new lawn.



## From darkest plots to brightest plates

What veg can I grow in shade? **Andy Cooper, Hazel Grove, Stockport**

**DAVID:** While most vegetables do require a full sun position, there are some tasty veggies that do just as well in the shade. You should try planting lettuces and rocket for some delicious shade-grown salads and fragrant mint for a herb that will add spectacular flavour to sauces and desserts.

## TIP of the week

Make hedging more attractive by investing in flowering hedges such as roses, pyracantha, camellias, forsythia and berberis, which will add that extra flare of colour to your hedgerows.

**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

There is no better place to find peace and head space than outside in the garden with your wellies on and a trowel in hand

Getting out in the garden can do wonders for your state of mind. So with Mental Health Awareness Week starting tomorrow, here are five proven ways gardening can ease anxieties.

### 1. CONNECT WITH OTHERS

One in four adults struggles with mental health issues. But making connections in a supportive network can help us when the chips are down.

Lucky for us, gardening is a great community pursuit. Perhaps the best way is to rent a plot on an allotment.

Old hands are often willing to share tips with newbies, exchange produce with one another, or just chat while tending plants in the sunshine.

Plots are generally rented on a yearly basis from autumn to autumn, designed to enable you to improve soil before Christmas, ready for spring.

But plots often become available now and usually come at a 50 per cent discount. You're looking at around £50 a year for a mini plot and £110 for a large one. Just think of all the free vegetables you could get out of that.

A lot of places offer big discounts for gardeners over 65. Check out your council's website for details of the

### Growing interesting new things boosts mental wellbeing

allotments in your area. Or, for more community gardening advice, go to [cultivationstreet.com](http://cultivationstreet.com).

### 2. BE ACTIVE

Exercise has amazing mental health benefits. It boosts alertness, energy, mood and self-esteem and reduces levels of stress and anxiety.

A gardener will bend, lift pots, push mowers and move about, which makes muscles and joints supple.

Unlike circuit training, gardening is low intensity and puts less strain on the joints. But there is still up to 200 calories to burn for every hour you do.

The key is to make gardening a regular part of your routine. So grow plants that excite or matter to you.

The sight of childhood plants, such as sweet peas, or delicious raspberries out your window will give you more motivation to care for them.

### 3. KEEP LEARNING

Starting out on a learning journey will see you make progress, achieve goals and find out new and interesting things to boost mental wellbeing.

With gardening, there is always something to learn. As a beginner, start small, with achievable goals you can keep ticking off as time goes by.



Peas are a fuss-free crop that don't need to be started off indoors. Simply sow the seeds in the ground from March and watch them grow.

For seasoned gardeners, challenge yourself with different fruit and veg.

### 4. GIVE TO OTHERS

Growing something for someone else will inspire you to clock up the hours

outside. Set yourself a goal. Does your best friend love apples, onions or strawberries? Grow these so you can give them homegrown food they adore.

When your confidence is peaked, why not offer to water your neighbour's plants while they are away, swap your produce with others at the allotment or offer to lend a helping hand with heavy-duty tasks such as digging,

Kindness and friendship can give our mental health a real boost.

### 5. TAKE NOTICE

People who are present in the moment and appreciate the little things tend to be happier.

Taking note of nature's wonders, unusual sounds and delicate fragrances in your environment will

help calm a busy mind. So spend a moment outside to enjoy the dew on the perfect spider's web strung across your garden gate or the sweet fragrance of honeysuckle on a summer's evening.

Enjoy the sound of bird song, the buzz of a bumblebee, the trickle of water from a garden fountain, or

watching wildlife. Just lose yourself watching butterflies going about their business from bloom to bloom.

When you are among your flower pots and compost bags, you can leave the weight of the world behind you for a little while.

## Growing in confidence with your great new mates



Here at Cultivation Street we regularly hear stories about how community gardening helps mental health.

The sense of inclusion and community spirit can improve your outlook, motivation and sense of wellbeing.

The Welsh House Farm Green Grafters know all about it and they were shortlisted in our competition last year.

This group looks after several green spaces dotted around Birmingham.

And these bright, colourful, inviting spaces don't just lift the face of the neighbourhood, they also give the volunteers a lift. One of the grafters,



Michael Thawe, explained: "Our group embraces and celebrates the diversity of the people in our local area."

"We want everyone to feel they can come along and join in the fun that community gardening activities can bring."

"We've found being in a community group can help with building up your confidence and your self-worth in ways

that transform your life for the better."

Sophie Martin, who also gives up her time to keep the plots looking their best, added: "Every morning my children walk by the flowers they helped plant to make sure they're OK."

"They now respect the outdoors more by not dropping rubbish."

"They also tell their friends off if they see them drop any litter."

To hear more inspiring stories like this or if you would like to enter our 2019 Cultivation Street competition, which is sponsored by Calliope flowers, you can visit [cultivationstreet.com](http://cultivationstreet.com)

## OFFER of the week

This vibrant mixture of dwarf flowering Lupins produces a superb, truly eye catching blend of colours.

And they are great for growing in groups for an effect, as illustrated. Lupins make effective cut flower displays and are a regular sight in modern gardens, regardless of size.

Height 50-60cm. UK-grown 5cm module plants supplied.

You can buy six for **£7.99** or order 30 for **HALF PRICE £19.98**.

To order by debit/credit card call 0843 922 5000 quoting **SMTG026** or send a cheque made payable, using blue or black ink, to 'Garden Offers' to Mirror Lupins Offer (**SMTG026**) PO Box 64, South West District Office, Manchester, M16 9HY or you can visit the bespoke website [mirrorgardenoffers.co.uk](http://mirrorgardenoffers.co.uk)



## GADGET



Spoil yourself this summer with this new Georgia dining set, which adds luxury to outdoor eating.

The stylish ceramic-topped table from Hartman is paired with four stackable chairs and a 2.5m square premium parasol and base.

It lets you create the perfect all-weather dining area on your lawn or patio.

The chairs come assembled but the table needs putting together.

To find out prices and where to buy a set in your area go to [hartmanuk.com](http://hartmanuk.com)