

# Living

ESSEX

SEPTEMBER 2021 • HOMES & INTERIORS • PEOPLE & PLACES • FASHION & BEAUTY • FOOD & DRINK • COMPLIMENTARY

## CHURCH CHIC

Inside £1.395m Blackmore End Victorian conversion

## DELIGHT AT DUSK

Relax at Brentwood restaurant, complete with Shisha Lounge

*Plus*  
STYLE &  
WELLNESS  
GARDENING  
FOOD &  
DRINK

## JEFF BRAZIER

Tiptree TV presenter on the importance of being vulnerable

## TOP 100

South East's best businesses revealed

## £10M REVAMP

Colchester's Grade II\* listed George Hotel is back

## FLY GUYS

Harry Judd on keeping his mind healthy and Dougie Poynter's Southend memories





# GARDEN GROW-HOW

Leigh-on-Sea's **Katrina Kieffer-Wells MSGD**, on expanding your mind in the garden and joining the trend for learning in the great outdoors

**S**eptember means back to school, but there's plenty of learning to be found outside the classroom too. Gardens are ideal places for growing minds and an increasing number of our clients want their gardens to be playful, mindful and educational, as well as beautiful. Here's how to join this growing trend.

## Do I have to compromise on style?

We'd all like to get the kids off their screens and into the outdoors. But does that mean sacrificing your beautiful backyard? Not at all. Have your grown-up garden and hide the mess. Use planters, screens or flower beds to create separate spaces for everyone.

## Growing minds

Growing any kind of plant is a brilliant way to teach about weather, life cycles, the environment and more. Planting seeds and caring for them is also a great lesson in responsibility. If you've got the time and space you can grow fruit and veg. But a flower pot filled with some strawberries or herbs works just as well.

## Wildlife wonder

Along with plant life cycles there's plenty of opportunity to teach about wildlife in the garden. Tall flowering plants will encourage bees and butterflies and a chance to talk about the lifecycle of a butterfly and ecosystems. A pond encourages all kinds of creatures and berries will bring the birds.



**'There's lots to do in the garden in September and plenty to teach along the way, so get those little hands helping out'**

## Autumn prep

There's lots to do in the garden in September and plenty to teach along the way, so get those little hands helping out. Picking late berries like raspberries. Planting bulbs, seed collecting and resowing for the following year are all fun learning activities.

## Play equipment, think outside the playhouse

Play areas don't have to be ugly and made of plastic. They can be beautiful and fun. The side of a wooden pergola, for instance, is a great place for climbing bars or a rope swing. A shallow water rill looks stylish and can also provide hours of pouring and playing. Think beyond the slide and use your imagination.

## Grown-ups need gardens too

Expanding young minds is admirable, but don't forget to reclaim space for you. A quiet corner for calming the mind is essential. Water, greenery, sensuous smelling plants and no interruptions. Bliss.



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