

## Moseley, still in Bloom

### Staying well

We know that gardens are a bit of an obsession in Moseley and it is probably true to say that many of us have been able to spend more time in our gardens because we have been 'grounded' by the lockdown. We have also been blessed with a lot of good weather that really helped our outdoor activities. I know that my mood was not good when it rained solidly for three days last week. There is plenty of evidence that gardening enhances health. The RHS promotes the importance of gardens and plants to benefit our mental, physical and social well being.

<https://www.rhs.org.uk/advice/health-and-wellbeing>

Ruth Tetlow sent in the following comments:

'It has been interesting to me to see how recent issues of Gardeners' World magazine have focussed increasingly on how gardening is good for people's well being, in all sorts of ways, both physical and mental. I can certainly say that our garden has helped maintain both my physical and mental health over the recent months of lockdown. The combination of exercise, beauty, wildlife and fresh food is a life saver.

There are also frustrations of course, as when our local family of young (teenage?!) foxes destroyed two rows of newly germinating seedlings one rainy night; but also amusements, as when we found masses of pigeon feathers in our fruit cage and could imagine a pigeon walking in to feast on redcurrants but then attracting the attention of a young fox, who found it an easy kill in such a confined space !'

There are clearly different frustrations in urban plots, such as those in Moseley, and those in rural areas. My main problem is pigeons, that really love lettuces. My sister lives in Cheshire, next to a farmer's field and when I visited recently, she was battling with rabbits and lambs. The lambs were nibbling the shoots - they really like potato tops!





The rabbits seemed to be burrowing down and eating the roots of plants. I would be pretty cross to find a hole like this under a plant. But that's not likely in Moseley

Lambs were easily dealt with by mending the fence where they entered the garden but the rabbits are more difficult and the only deterrent seems to be a cat. My sister is on the list for adoption from the local cats' home.

It would be interesting if anyone would like to share how their garden has helped to keep them healthy, or amused, or even frustrated during lockdown. Solutions to problems would be very welcome.

### Small Ads

**Ruth and Richard Tetlow** We are thinking of renewing our soft fruit cage and wonder if anyone has suitable poles and/or netting they no longer want or advice about a good place to buy such resources? We are looking at a size 5' high, and 10' by 7' for our red, white and black currant bushes.

Please contact Ruth Tetlow Tel. 0121 449 4892 or [ruthtetlow@btinternet.com](mailto:ruthtetlow@btinternet.com)

### Gardens still open!

You can still see the lovely Moseley Open Gardens 2020 at

<http://www.moseleyinbloom.org.uk/videos>

Thanks to everyone who has donated to Moseley in Bloom via our Just Giving pages - also still open

<https://www.moseleyinbloom.org.uk/just-giving/>



If you have any horticultural or environmental stories or news to tell, please send to Carol Miller [doctorcarolmiller@gmail.com](mailto:doctorcarolmiller@gmail.com) If sending photos, please send them in the largest size possible, rather than reduced, in order to give a good quality image.