

## COME AND VISIT

Resting Laurels is open in aid of the National Gardens Scheme on September 4 from 2-5pm and again in 2012. Admission £3. For details call Paul and Wendy on ☎ (01202) 578728 or see *The Yellow Book*.



chi moves. Even the 70-year-old laurel hedge around the borders of the property is clipped to provide a soothing green backdrop.

Water features bring added energy with no fewer than three surrounding the 1940's house, including a pond outside the couple's treatment room. And the flow of positivity continues with clear pathways, none of which lead to dead ends. They have also made use of natural materials, like railway sleepers, rather than concrete slabs and taken measures to attract wildlife by installing bird boxes, feeders and insect houses.

### Body and soul

As well as being good for the mind the garden at Resting Laurels provides plenty of sustenance for the body. So apple and pear trees dotted around the front lawn are practical as well as decorative, while an organic kitchen garden – watered for six minutes every evening by a computerised irrigation system – produces vegetables and fruit. There is even a chicken coop to ensure a good supply of fresh eggs.

All in all the garden is an important component of the Jefferies' way of life. "When we are working we have to be in a good state of mind so this garden, and the wildlife it attracts, really sets us up each day," says Paul.

### POND AREA

*A cascade of white blooms from the evergreen Clematis arandii form a striking backdrop behind the pond. This white-flowered climber, which the Jefferies brought from their old house, likes a sunny position. It grows from 15-24 ft (4.5-7.5m) and, being a group one clematis, doesn't need pruning.*

*A sunny marsh marigold adds further colour to this area. The seat was made by Paul from a teak railway sleeper.*

### MARTIAL ART

*Paul practises tai chi inside the semi-circular conifer hedge area in the corner of his garden. Being keen golfers he and Wendy hollow tine, top dress and mow their lawns to such a high standard that they can practise putting on them. Help and advice comes from a retired golf club green keeper.*