



* Plants for pollinators

Bee-friendly wildflowers for your garden

- Bluebell (*Hyacinthoides non-scripta*)
- Foxglove (*Digitalis purpurea*)
- Comfrey (*Symphytum officinale*)
- Clovers (*Trifolium* species)
- Greater knapweed (*Centaurea scabiosa*)
- Hellebore, stinking (*Helleborus foetidus*)
- Honeysuckle (*Lonicera periclymenum*)
- Wood anemone (*Anemone nemorosa*)



The Royal Horticultural Society have a list of plants which best support pollinators that you can refer to when deciding the best plants to choose for your garden.

* Download the lists <https://www.rhs.org.uk/science/conservation-biodiversity/wildlife/plants-for-pollinators> or look out for their 'RHS plants for pollinators' logo on plant labels.



* Your local garden centre will have a range of seeds. Choose a mix that is suitable for your area or go online to specialist seed suppliers;

- <https://shop.plantlife.org.uk/collections/wildflower-seeds>
- <https://www.pictorialmeadows.co.uk/>
- <https://www.wildflower.co.uk/>



 **Other wildlife that needs your help** 

Help a hog! Hedgehogs are in serious decline

One of the biggest problems hedgehogs face is gaining access to our gardens to find food. Help them by making a hedgehog-sized hole in fences, gates and walls so they can move between gardens easily.

You can also buy concrete panel bases, made with hedgehog sized holes in, to help create hedgehog highways. They love dog and cat food and it's fun making a 'hog restaurant' so you're sure that they're getting the food that you put out. Never feed hedgehogs milk or bread - milk can cause diarrhoea and bread isn't very nutritious.

There's more information about our prickly friends here: <https://www.hedgehogstreet.org/>



A Poynton Town Council initiative,
kindly supported by Waitrose



Bee a Poynton Pollinator



Excuse the weeds,
we're feeding the bees!



Bee a Poynton Pollinator!

Pollinators are a vital part of our biodiversity but are sadly in decline. You can help Poynton 'bee-come' a Pollinator Town by providing homes and food for a wide variety of pollinating insects.

If you want to be involved with encouraging pollinators, take a look at our suggestions which you can do at home.

Things you can do to help bees

- ★ Make a meadow filled with nectar-rich flowers by sowing seeds or filling your garden with pollinator plants. See the list * and more advice about the best plants to choose.
- ★ Provide water. Water is an essential element to attract wildlife to your garden, from pollinators and birds to newts and frogs. By putting out a simple dish of water you'll be giving local birds a place to bathe and a drinking station for bees. A pond is even better, just make sure it has a shallow edge.
- ★ Provide nest sites, homes or places for bees and insects to lay eggs or hibernate. These can be bought from a shop, from 'Poynton Men in Sheds' or why not have a go at making your own!
You can also create little nooks and crannies, e.g. in piles of logs, rocks or plant stems.
<https://www.rspb.org.uk/birds-and-wildlife/advice/gardening-for-wildlife/insects-and-mini-beasts/>



- ★ Minimise how much pesticides you use, and use natural alternatives where possible. e.g. infestations of greenfly can be discouraged by soapy water, but remember they are food for ladybirds and their larvae.

- ★ Allow lawn 'weeds' to flower by cutting less often.

- ★ Why not make a sign to let your neighbours know what you're doing!
'Excuse the weeds, we're feeding the bees!'



Grow your own wildflower meadow

Meadows can come in all shapes and sizes and can be as small or as large as you like. Sow seeds in a patio plant pot, a garden border or part of your lawn, all will do! An area that gets plenty of sunshine is perfect, but if the area you've chosen has other qualities, such as by a pond or under dappled shade, there are plenty of seed mixes to choose from.

There are different ways to establish a meadow. One is easy to do, the other requires a little bit more work...

Leave to grow... With this method you simply leave a sunny patch of grass to grow, allowing different flowers and other plants to establish naturally.



Stop cutting your lawn in March and see what happens through spring and summer. You can also add plants to the area.

Strip and sow... This method takes more work but will produce a more colourful, and diverse result. It can be done in spring or autumn.

- ★ Choose a sunny patch of lawn or border.
- ★ Remove as much existing grass and other vegetation as you can.
- ★ Rake the patches of bare earth to break up the soil's surface.
- ★ Sow your seeds mid-March to mid-May (spring sowing), or late August to late October (autumn sowing).
- ★ Seeds don't need to be buried, but walk over your patch to make sure the seed has good contact with the soil.
- ★ Cut the meadow each year in late August or September. Leave the cuttings on the patch for around a week before removing them. You can also leave the patch to die off and leave it over winter before cutting in early spring. Your meadow's dead stems will provide excellent insect hibernation spaces over winter.

Top-tip! Wildflowers prefer poor soils, so don't be tempted to add lots of nutrients to your meadow.

