

Advance prediction Summer 2024 (July to September)



Photo credits due to: Margaret Holland, Richard Burkmar, Paul Blair and Mike Snelle via the British Wildlife Trusts

Species of the Season: Dragonflies and Damselfies

Top left: Azure Damselfly, Top right: Golden Ringed Dragonfly
Bottom left: Emperor Dragonfly, Bottom Right: Large Red Damselfly

"I could never in a hundred summers get tired of this."
Susan Branch

Welcome to the Summer 2024 website entry which covers the months of July, August and September 2024. I love the feeling that summer brings, an insatiable yearning to get outdoors and live in sync with the rhythms of nature. Whether it is daily walks or regular gardening sessions do make time for yourself to absorb the sights and sounds of the season, for there is simply nothing better for our souls than summer. My nan this year heads into her 95th summer, and although she can't get outside anymore, she has a room with a view and cameras linked up to the garden bird boxes. There is always a way to be at one with nature, whatever your age! If you haven't had time to grow your own this year, then head down to your local farmers market and support our British farmers by eating local, seasonal produce if you can. The difference in taste is amazing and it is much better for our health to eat seasonal, locally grown produce too. Plus, our farmers have had it hard this year, every little helps.

This summer is extra special for me and my family as it was precisely one year ago, we took the plunge and moved to Dorset. This year we simply get to be here and live our dream, timing our days around the tides and our nights around the bats (my children love nothing more than a summer evening bat walk). So, let's seize the day and make the most of our great British Summertime, whatever that looks like for you. Best wishes for a truly brilliant summer, whatever the weather! Lesley.

The deluge continues...

As you will recall we have had a persistent SW wind direction since June 2023, the wind day on June 24th 2024 will also be from a SW direction (it always is). Therefore, the wind direction will now continue in a SW direction until September 29th 2024. Wow, that is a stretch isn't it!!

These winds blow off the Atlantic which are warm and carry a lot of moisture, bringing rain and low cloud plus warmer temperatures too. It really has been an appalling deluge, that has made life extremely difficult for many, and in particular farmers and growers.

As you will recall from the Spring website entry, I was pretty much convinced that the Oak trees were going to burst into life before the Ash trees this year. Much to my surprise the Oaks stopped almost completely in its tracks, giving way to the Ash. "Ash before Oak, we are in for a soak". Further confirmation that the deluge is set to continue.

This data also ties in with what the moon phases are telling us for the rest of summer, and so as always, the wind phases, moon phases, and nature dove tail perfectly.

As ever the usual suspects are reporting on Summer 2024 heat waves, wildfires and droughts. There is nothing within the methodology that points towards that at all this year. Droughts are continuously a risk due to our lack of investment in new reservoirs, any droughts that do occur after record rainfall over the past 18 months won't be due to heat.

We will have a relatively wet UK summer, plenty of rain and a few fine dry spells. The best part of summer being the last few days of June and first three weeks of July when the weather will get progressively hotter each day reaching a maximum of perhaps 31c/32c. Make the most of this period as it is the best that Summer 2024 has to offer.

Ash tree as of 27th April:



Oak tree as of 27th April:



Is a Beasterly Easterly Brewing for Winter 2024/25? We think so...

Have you seen the volume of Spring Flowers the oaks are bearing this year? It will be a bumper crop of acorns for sure. Speaking of bumper crops, what about the conker trees!! Full to the brim. Again, cone trees are full - the cones of course providing winter seeds to the birds. All the fruits produced early blossoms and cherries are already forming on the trees in great numbers, pears, plums, apples and green gages too. Nuts of every description are forming, and the seed-bearing plants are growing fast this year. In places they are already taller than they were fully grown last year. The taller these plants become the more severe the winter. The rowan, elder, spindle, hawthorn, blackthorn, holly, and sorbus family, all have flowered and will produce masses of berries and fruits, this is nature giving 180 days' notice of harder colder times to come in October.

Squirrels are starting to build secondary drays (nests) just for acorn and food storage later. Nature is well ahead of the curve. Nature is filling the barn and the store cupboards for a hard, cold, early winter. It is worth noting the moon phases tally in with what nature is preparing for perfectly. Interestingly, this exact situation was the precursor to the 'Beast from the East' winter of 2017/18. Autumn 2024 will begin in October with extensive cold, and this cold will last well into March 2025. You heard it here first.



Above is a selection of photos from my recent walk with David on April 27th. The warnings about the upcoming winter are written loud and clear.

DESTROYING A MYTH

If one gets stung by stinging nettles, the accepted remedy is rubbing the affected area with dock leaves. Alas, this is incorrect, the correct and efficient curative is to crush the leaves of the plantain family to release the sap and apply to the affected area.



Ribwort plantain (*Plantago lanceolata*)

The medicinal properties of these plants (greater plantain or ribwort plantain) are well known being an antihistamine, antiseptic, analgesic and even a mild antibiotic, the sap has emollient properties, meaning it is easily absorbed and moisturises the skin. It is also antifungal. The combination of all these properties makes these plants good for a number of skin complaints, bites, stings, rashes and for cleaning cuts. Used as a tea or simply eaten raw, plantains can also relieve the symptoms of hay fever.

STINGING NETTLES

Next time you are enjoying a walk with your family, take a closer look at the stinging nettles.

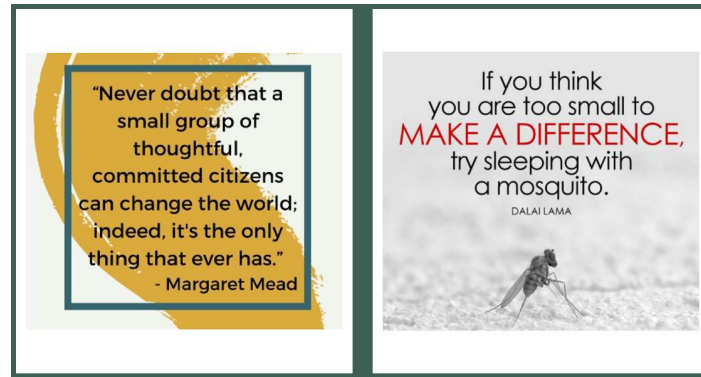


Stinging Nettle (*Urtica dioica*)

Stinging nettles are a great wildlife attractor and are a favourite for caterpillars of the small tortoiseshell and peacock butterflies which use them as food plants. In addition, ladybugs (also known as ladybirds) feast on the aphids, which are often found on stinging nettles.

Stinging nettles provide shelter and habitat for the ladybugs. The dense foliage of nettles offers protection from harsh weather conditions, and the stinging hairs deter predators, therefore making stinging nettles the perfect place for ladybugs to reside and lay their eggs. The kids will love counting how many lady bugs they can find on the plants, so check it out!

Sewage pollution



Water companies treat our Ocean as a literal sewer. Environmental Agencies and regulators have failed us, led by the example of course of our own Government leaders who are not only turning a blind eye to this disgraceful situation, but are actively pushing Ofwat to allow water companies to prioritise profits over reducing sewage pollution. The Conservatives have put through a new "growth duty" on the water regulator Ofwat which will cause the regulator to be even less stringent with penalties because it will now have to consider the commercial impact of fines on a company. Full article here: <https://www.theguardian.com/environment/2024/apr/24/tory-duty-on-ofwat-protects-profits-over-reducing-sewage-pollution-experts-say>

Lining the pockets of the greedy CEOs, is of course far more important than us every day folk being able to eat safe ocean foods, or swim in the ocean without risk of sickness and or death, or the delicate eco system and its wildlife which they are rapidly destroying. The sheer quantity of sewage entering our waters means the UK is consistently considered 'The Dirty Man' of Europe and we are ranked last in Europe for water quality. Only a shocking 14% of our rivers warrant 'good' ecological status and none of them meet the required chemical standards.

"A damning report by a parliamentary committee labelled England's rivers as a dangerous 'chemical cocktail' of sewage, agricultural waste, and plastic".

"Water companies have paid out an eye watering £60 billion in dividends to shareholders over the last 30 years. And fat cat CEOs are often granted six figure pay packets every year. And to make things worse, the government are now allowing water companies to self-monitor their environmental performance resulting in ever increasing abuses of the system. The weak enforcement of existing regulation from consistently underfunded and under resourced environment agencies means there is no effective driver to ensure water companies change their behaviour."

Source: Surfers Against Sewage

Water companies continue to fail to invest in updating our old-fashioned sewage systems, and instead routinely discharge untreated sewage into our rivers and oceans. Water companies are required by law to report overspill events, but difficulties arise in recording accurate readings due to old infrastructure and inadequate sensors. Some water companies have even admitted that their

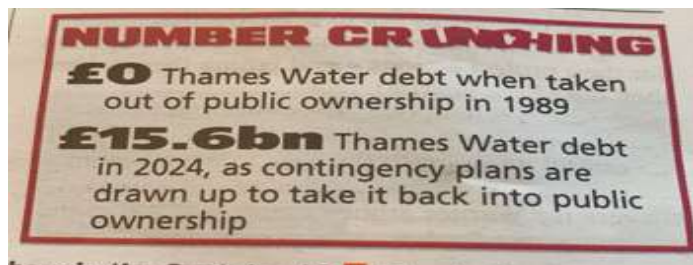
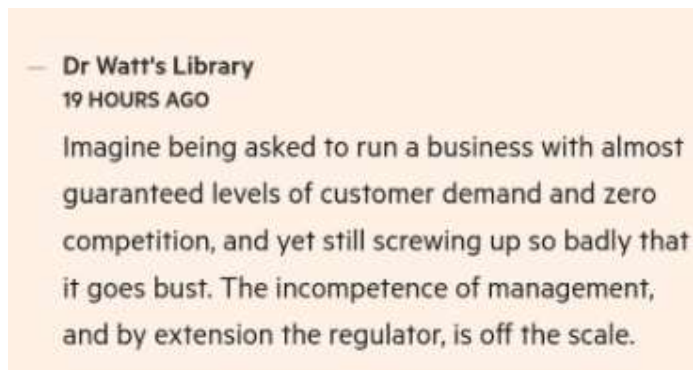
sewage storage facilities may not be compliant and are being investigated for releasing unpermitted sewage into water bodies, (Ofwat, 2022)

It is so bad there are reports of the Sceptic Isles now being spotted from space with an actual ring of faeces around it! <https://www.theguardian.com/commentisfree/2022/aug/28/at-last-the-tories-prove-that-brex-it-has-polluted-the-uk>

As David noted in May's website entry, the famed Oxford Vs Cambridge boat race held on the River Thames, London on 30th April 2024 came with a warning to all participants, do not enter or ingest the water, cover all wounds or sore patches, since the river is highly polluted. River Action, an environmental body has measured this water and found that per 100ml water it contains 2689 units of e-coli. The maximum safe limit for inland waters according to the Environment Agency is 1000 units. E-coli causes multiple diseases and can even cause death.

Water Companies won't invest in new systems due to the money allocated by central government being spent on ridiculous salaries, bonuses and dividends rather than the required maintenance and construction. Given the total failure of environmental agencies and regulators the inept mismanagement of water companies continues without consequence. They have failed completely in their primary duty to its customers, and seem to now expect we the taxpayer/ customer to stump up £96 million to subsidise this nightmare.

[Thames Water lobbying government to let it increase bills by 40% | Thames Water | The Guardian](#)



According to The Guardian newspaper, Senior Whitehall officials fear the potential collapse of Thames Water will trigger a rise in Government borrowing costs not seen since the chaos of the Truss mini budget. Thames Water investors have refused to pump more money into the struggling company amid a standoff with the water regulator Ofwat. Full article here:

<https://www.theguardian.com/business/2024/apr/28/thames-water-collapse-borrowing-whitehall-uk-finances-bonds-liz-truss>

How can we accept that any of this is good enough? How can we accept that our politicians will continuously care more about the profits than wildlife or indeed human life itself. Surfers Against Sewage are doing an incredible job of raising awareness, but we need to do more.

We can make the lives of water companies as difficult as possible. For example, currently people are attempting to sue water companies when they are unable to swim in the ocean during their holidays etc. This will involve checking the Surfers Against Sewage website or app for details on where the sewage has been released, and if those releases mean you can't swim at your holiday spot, then you make the decision to take the water company to the small claims court, claiming £500 for loss of amenity. Mixed results are being reported, with some winning their claims and others being fought off robustly with water companies stating that we have "no inherent right" to swim in the ocean.

If you would like to submit a claim yourself, then it should only take 5 minutes and will cost £50 which will be reimbursed if you win. If everyone in the UK starts doing this, will it make a difference? Probably not, but it might help to apply more pressure.

<https://inews.co.uk/news/environment/public-no-right-swim-sea-firm-dumped-sewage-2981778>

In addition, it would be great if all our readers who are in agreement could sign and circulate this petition: <https://goodlawproject.org/petition/right-to-swim/>

If there are any other ideas out there amongst the readership do get in touch and I will happily publish all, and any ideas or input put forward. We need bold action, from bans on the bonuses of water company bosses, to reforming the regulator Ofwat.

For a long time, we have all accepted way less than we deserve, but now these bastards are openly shitting all over us and then making us swim in it. No thanks, we must find a new way forwards.

Upcoming Demonstrations:

RESTORE NATURE NOW – 22ND JUNE:

Environmental campaigners are urging everyone who cares for nature to unite and march through London to Parliament Square on Saturday 22nd June, with a simple demand to all political parties: Restore Nature Now.

Backed by a wide range of nature, wildlife and climate groups and campaigners, including Surfers Against Sewage, The Wildlife Trusts and even Chris Packham, the demonstration aims to be the biggest ever gathering of nature and climate supporters in the UK.

The Restore Nature Now demonstration will bring thousands of people together to call on all political parties to take action to restore nature and tackle climate change in the UK, as one of the worst nations for nature loss.

This family friendly and legal demonstration aims to be the biggest gathering of people for nature and climate that the UK has ever seen and is both a celebration of UK nature and a protest for urgent political action on the nature and climate emergencies. The Restore Nature Now demonstration will show a joint voice across the nature and climate sectors, uniting to tell all political parties that action must be taken to restore nature now. Further details can be found here:

<https://www.wildlifetrusts.org/news/wildlife-and-climate-campaigners-unite>

PADDLE OUT PROTEST – 18TH MAY:

Our seas and rivers are under threat. With an upcoming General Election happening in the same year that water companies are setting out their investment plans, 2024 is the year to turn the tide on the sewage scandal.

So, turn your rage into change and join our UK-wide Paddle-Out Protests on Saturday 18th May. It is time to take a stand against the sewage polluters.

Wax those boards, paint those placards, get your swimsuits on. It's time to make waves and take a stand against sewage pollution in Surfers Against Sewage's biggest National Day of Action yet.

You can sign up on the below link and be sent stencils for your placards. You will also be kept up to date on other ways we can take a stand:

<https://www.sas.org.uk/water-quality/our-water-quality-campaigns/paddleoutprotest/>

The New Website goes live on May 20th

The methodology and the way in which it is presented to you will remain unchanged, the site will simply be easier to navigate and slicker throughout. It will for sure be more stable – I have upgraded as much as feasibly possible to ensure we can handle lots of viewers in tandem going forwards. This upgrade will be complete by May 20th. There should be zero down time, one day you will log on and it shall simply be the fresh upgraded version (you may have to delete cookies and refresh your page if you don't see any changes after this date).

There will be some very exciting new additions to the site! The addition I am most excited to tell you about is the way in which we will be posting our advance seasonal forecasts going forwards. Indeed, you will see the usual pre-amble paperwork, but in addition to this you will also have access to a video entry. This video series will be filmed by me, and will star David King from Weather Without Technology, who has kindly agreed to walk us through the season ahead live and straight from the Countryside. I am thrilled and excited beyond measure to be working on this with David and know that you will all be overjoyed too. To ensure you see this exciting series as soon as it is available please subscribe to the following channel: [Indigenous UK Weather - YouTube](#) and of course the video links will be posted within the seasonal forecast entries too.

Mainstream media is a fickle medium, and by creating our own series we will be creating the best content for David's longstanding fans, ensuring the videos are released at the most relevant times too. I am sure you will join me in thanking David for giving yet more of his time and commitment to this website, and for continuing to add such inspiring and educational content for us all to enjoy. We are beyond grateful, thank you David.

Given that June marks six months of this website being live and my current focus on the launch of the new website I have been reflecting on this project. My motivations, what I love the most, and what it is that I can add that is of value. The answers guided the creation of my new website and associated channels and I hope that you will all enjoy it.

I love the community of like-minded people that David has brought together through his work. I love hearing from each and every one of you and I know that David does too. As such my intention is to use the internet to bring us together even more so going forwards and therefore ensuring you can all talk to each other too. With this in mind I have created a private and hidden Facebook group for those wanting to get involved. We can share photos and discuss all things weather lore related whenever we fancy. The reason this group is private and hidden is because my intention for the group is to provide a fun and safe place to chat with each other and maybe make some new friends. Given that it is a private and hidden group nobody will be able to see anything you post, or even know that are a member of the group – nobody else will know that it exists at all. The only people that will be able to see your posts will be other members within the group. To become a member, it is by invitation only and so you will need to e-mail me at indigenousukweather@outlook.com to request to join. This approach ensures that you are a genuine weather lore fan (i.e., you won't know the group exists unless you have read this entry), and it also ensures that our online space is kept safely out of the hands of trolls and weirdos. Please note that the link which I will send you to join is only live for 4 hours once I have sent it.

Therefore, be ready to get it done right away. If you don't manage to join the group in time don't be shy – I will simply send you a new one 😊

I also now have a twitter account, and you are all welcome to follow me should you wish. My Twitter name is: LesleyCoyle39338. I am yet to tweet anything of interest really but give it time and I hope to be sharing regular tweets that may be of interest to you in the future.

A good vibe only mantra will apply to all that I do online, be it Facebook, You Tube, Twitter or anything else. We all have a choice around what we want to put out into the world, and I choose positivity and kindness every time and expect the same grace in return and I am sure you all feel the same way. Therefore, rest assured my online spaces will only be joined by like-minded, positive, kind people. If any trolls or weirdos do somehow find their way into the group, they will be given the boot and blocked quickly.

Please also note these online spaces will be quiet for the next month or so as I am currently pouring my heart and soul into the relaunch of the websites and associated channels. Bear with me, from June(ish) onwards I am sure these spaces will slowly but surely become active and enjoyable for all.

Thank you.

JULY 2023

The expert collated notes for July read as follows: "Between 30 June and 2 July there is generally a small drop in temperature. The first week in July is in any case a period of rather variable temperatures, with weather tending to be unsettled, certainly showery if not markedly wet, and usually some thunderstorms occur from time to time in most districts (which is why it invariably rains during the Wimbledon tennis tournament). From 9 to 25th July temperature levels are generally higher. The thunderstorm risk continues, though then frequency of the outbreaks decreases. However, when these storms do occur, they are heavy, and southern England can be badly affected – northern districts rather less so. Conditions generally during this middle period of July tend to be sultry and humid, with winds blowing lightly or at moderate strength for the south. From 26th July to the end of the month it is normally cooler, with rather wet and unsettled weather affecting all districts. Moderate to fresh south-westerly winds are common and may be strong at times in the north. The period 13 -15th July is Buchan warm period often with the hottest days of the year (even though the 15th is St Swithun's day – a rainy day in folklore). The last two days of the month (30/31st) too in recent years have tended to be very hot days too."

To summarise, the first three weeks of July will be glorious. The best summer 2024 has to offer us. This period will see fine weather, and the temperature will gradually heat up day by day reaching a maximum of 31/32c. This weather will eventually break down after the third week, and we will return to cold and showery weather in the main.

JULY 2024

New Moon = 5th @ 23.57 = Fair

1st Quarter Moon = 13th @ 23.48 = Fair

Full Moon = 21st @ 11.17 = Frequent Showers

Last Quarter Moon = 28th @ 03.51 = Cold & Showers

28th/29th = Delta-Aquarid meteor shower

DoP - 15th: St Swithun

Highest Spring Tides: 23rd – 26th

APOGEE: 12th @ 09.11 PERIGEE: 24th @ 06.41

Met Office Notes: None

Buchan Notes:

29th June – 4th July Cool Period,

12th – 15th July Warm Period

FULL MOON THIS MONTH IS CALLED A FULL BUCK MOON

Fun Fact: In many Countries July is known for being National Ice Cream Month. It was officially designated as such in the United States by President Ronald Reagan in 1984. So, July is the perfect time to indulge in your favourite frozen treats and celebrate the deliciousness of ice cream!

Nature Gnomes: Rock Pooling is the perfect activity for July, particularly during those first three warm weeks! A dry, calm day makes it all the easier to spot all the lovely creatures in the rock pools. Bring a bucket, a pencil and a notebook and see what you can find! Make sure you write down or draw everything you find along the way. You will then have the beginnings of your very own 'Sightings' document which is exactly what David and I use after our daily walks. You might find crabs, shells, fossils, mussels, seaweed, star fish or shrimp! Let me know what you find!

AUGUST 2024

The expert collated notes for the month of August read as follows: "The unsettled weather of late July normally continues into the first few days of August, so that the first few days of August tend to be appreciably cooler than mid-July. After this the weather becomes more settled and warmer during most years, and the period 8th -14th August is one of high average sunshine, particularly in the southeast of England. Averages over long periods show that the highest temperatures in Britain occur on 12th-14th August [Ed note – this is also a Buchan warm period]. After that the temperatures generally begin to fall, and the latter half of the month is often rather cool despite a three-day warmer period that may occur in the third or fourth weeks. The most thundery part of the month is the 19th – 25th. At first thunderstorms tend to break out in the southern districts and then move northwards to affect northern England and southern Scotland around 23 -25th August. In some years there is a further thundery period around 28th -29th August, but the last two days of the month are generally quite settled and quite often very warm. [Ed note – this very warm end to the month has been a feature in recent years]" This August, with good fortune, will be real summer from mid-July until about the 8th, therefore make the best of it, since, as can be seen from the attached weather sheet, it is downhill. with the rest of the month predominantly wet. There could be a dry warmer spell around the 13th to the 15th, if this occurs then it may well trigger thunderstorms, such is the UK summer period.

To summarise the first two weeks of August are likely to be very wet indeed. From 19th to 21st August, we have a dangerous combination of the Full Moon/ Blue Moon, Highest Spring Tides and Perigee. A natural disaster of some kind is likely to take place somewhere in the world around this time. We will have a fairer interlude of weather around August 19th and the month will likely end with a mix of rain showers and sunshine.

AUGUST 2024

New Moon = 4th @ 12.13 = Very Rainy

1st Quarter Moon = 12th @ 16.18 = Rain

Full Moon = 19th @ 19.25 = Fair

Last Quarter Moon = 26th @ 10.25 = Frequent Showers

12th & 13th August: Perseids Meteor Shower

DoP: 6th Transfiguration Day (Not reliable) & 24th – St Bartholomew

Highest Spring Tides: 20th – 24th

PERIGEE – 21st @ 06.02 APOGEE – 9th @ 02.31

Met Office Notes: None

Buchan Notes:

6th – 11th: Cool Period

12th – 15th: Warm Period (can be very hot)

FULL MOON THIS MONTH IS CALLED STURGEON MOON/ CORN MOON.

Fun Weatherlore: The Germans have an apt saying for the month of August. “What is not cooked in August is spoilt in September”. I am unclear if this is monitory or prophetic – what do you think?

Nature Gnomes: The tomato plants you planted earlier this year will have produced lots of delicious tomatoes by now. These plants will soon be coming to an end for the year, but there is a way to ensure they make a magical reappearance next year, with a little help from you and a magical Nature Gnome spell.

Firstly, go and pick 2 or 3 of the ripest, juiciest tomatoes you can see. Cut open the tomatoes (our littlest Nature Gnomes will need to ask for help with this), and then scoop or squeeze out all the pulp onto a plate. There will be around 100 seeds in each tomato, you can try and count if you like! Once you have squeezed the pulp out, put the pulp in an empty jam jar or similar container. Top up the mixture with a little water too and cover the top of the jar with a paper towel or coffee filter. Use an elastic band to secure the paper towel/ coffee filter in place. Now close your eyes, hold the jar and swirl around the pulp mixture gently whilst saying, “Tomatoes, tomatoes, thank you for all the Vitamin C. We had all the fun, so next year will you come back to see me?” Now leave them in a cool dry place for 5 days away from sunlight. Every day close your eyes and swirl round the pulp saying the same magic spell. You only need to do this once a day, it is very important to let the magic pulp rest the rest of the time.

At the end of the 5th day, tip the magic mixture into a strainer and you will see little tomato seeds. Give them a really good rinse under the tap and then tip the seeds onto a clean paper towel. Now transfer the seeds to a non-stick surface like a plate or chopping board. Leave the seeds in a warm dry place out of sunlight for two weeks to dry out. Once dried out, pop in a paper bag or envelope and next year you can plant these seeds and hey presto, that super amazing tomato plant you loved so very much will be back for another summer with you. Have fun Nature Gnomes.

SEPTEMBER 2024

The expert collated notes for September read as follows: "September often opens with another period of dry fine benign weather, and between the end of August and 7th September average barometric pressure rises quite distinctly in most parts of the country. Sometimes predominantly dry weather lasts until around the 18th of September. But 17th to 25th September, which includes the period of the autumn equinox, is generally stormy, the peak being the 20th. Winds during this period tend to blow from the north-west and bring sharp falls of temperature, possibly leading to an early frost in sheltered areas protected from the prevailing winds. The last part of summer is known as 'old wives summer,' when nearly every country in Europe recognizes the likelihood of a period of dry fine and warm weather. It is not as common in Britain as on the continent. The 29th, Michaelmas, is the quarter day that sets the predominant wind direction up until 21st December (St Thomas') the next such wind day."

To summarise: September will cool down quite rapidly. We will have a mix of cooler temperatures, showers and sunshine. The weather will likely be windy at times too. Alas we have another dangerous weather combination to contend with from between 17th – 21st September. Therefore, the chance of a natural disaster somewhere in the world is raised by 100%. We will have a fine spell of weather to end the month with around 24th where temperatures should temporarily recover. Make the most of this final stretch of pleasant weather, as the cold comes in thick and fast in October and will be with us well into March!

SEPTEMBER 2024

New Moon = 3rd @ 02.55 = Cold & Showers

1st Quarter Moon = 11th @ 07.05 = Wind & Rain

Full Moon = 18th @ 03.34 = Cold & Showers

Last Quarter Moon = 24th @ 19.49 = Fair

DoP: 29th St Michael (Michael Mass) + Quarter Day (Vital Wind Day)

Autumnal Equinox 22nd

Highest Spring Tides 17th to 22nd

APOGEE: 5th @ 15.53 PERIGEE: 18th @ 14.23

Partial Lunar Eclipse: 18th

Met Office Notes: 1st – 17th – Quiet Period

BUCHAN NOTES: None

FULL MOON ON THE 29th IS CALLED FULL HARVEST MOON

Weatherlore Fun: I find the below to be very true indeed, and fun to look out for in September.
“Summer goes with the swallows”. Very true, whether they fly away early or late.
“When summer meets winter it’s a good augury for the coming Spring”.
“If bunches of nuts do hang on the branches after leaf fall, it betokens a frosty winter with much snow”.

Nature Gnomes: It is time to say goodbye to Summer. Did you have a special one? I hope so. Now it is time to go out into nature and pick your favourite flowers. Make sure that you are with your parent or carer so you can ensure that you are not picking anything poisonous. Find some jars and put each different variety of flower petal into its own jar – pack as full as possible with the petals. Now ask your parent or carer to pour boiling water over the petals for you, so the petals are covered but using as little water as possible so the colour will be as concentrated as possible. Add 2-3 drops of vinegar and a pinch of salt to each jar. Leave the magic petal paint overnight. The next day strain out the petals and your magic petal paint will be ready to use. This magic paint will smell like summer, and you can now use the opportunity to create a beautiful looking, beautiful smelling painting that represents everything you were thankful for this summer. This activity will help you feel calm, thankful and inspired for the season ahead.

I wish you all a very happy summer 2024. I hope none of you fall victim to sewage pollution, and that by the time I publish the Autumn advance forecast major solutions have been found around this dreadful situation. Stay safe, get outdoors and soak up summer vibes – there is really nothing better for our souls.

Lesley 😊