

# Why isn't this space cut in summer?

## Because we are taking part in Plantlife's #NoMowMay®

### What can I do?

You can take part in #NoMowMay at home and say 'no to the mow' in your own garden to create a more biodiverse and wildlife friendly area.

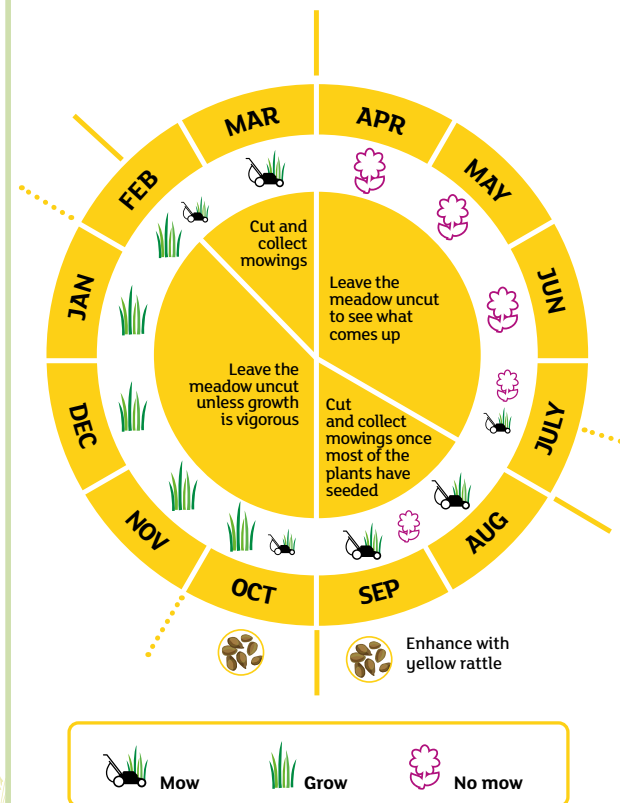
Letting the grasses and wild flowers bloom not only looks beautiful but provides homes and food for our pollinators and other wildlife.

### Why are meadows and green spaces important?

Plants are the foundation of life and shape our world; However, since the 1930's, we have lost nearly 7.5 million acres (97%) of flower-rich meadows and pastures and with them vital food for our wildlife and pollinators – Our outdoor spaces can help address this loss.

Wild flower grasslands are also good for us! Looking at a wild flower meadow for just 6 seconds can lower your blood pressure and make you feel happier.

Wild flower meadows are also carbon stores. Flower-rich grasslands can store 30% more carbon than flower-less grasslands.



[www.plantlife.org.uk/uk/discover-wild-plants-nature/no-mow-may](http://www.plantlife.org.uk/uk/discover-wild-plants-nature/no-mow-may)

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