Everyone has time on their hands, said Andrew Winter from Fostel’s Selling Houses Australia, adding that the lockdown was a great opportunity to make improvements. “Get into the garden, tidy the driveway, gurney paths, clean fly screens — all those awful, tedious jobs that can transform a house,” Winter said.

These jobs will keep you busy and, with many people feeling anxiety or stress due to the enormous changes they have had to adjust to in recent weeks, they can also be therapeutic. “Something as physical or tactile as gardening can be so rewarding,” said Nicola Cameron, director of Botanic Design, who has been using this period of isolation to help people with their gardening via social media.

“Indoor plants are a great way to make you feel connected to nature, they are known to reduce anxiety and create a feeling of wellbeing — we actually stress less with plants around us,” Ms Cameron said. Often people think they can’t grow anything or have a ‘brown thumb’ but even an outdoor tidy up can make you feel better. “Collect all the old plastic or broken pots and remove any dead plants. This in itself can be an achievement. Once you have made a good tidy up you may see that some built elements of the garden also need some work.”

If you need a professional for bigger jobs, take some photos and built elements of the garden also measurements so you can get some achievement.

■ Stepping into the garden for the first time as a whole can be a little overwhelming, so start with a broad brushstroke and declutter.
■ Use clean sharp tools when hedging and pruning and remember you can’t rush.
■ Use good quality potting mix and seaweed fertiliser regularly will stimulate root growth. “Autumn is a great time of year to plant as the soil becomes established before it gets too cold,” Ms Cameron said.

Good soil is crucial for healthy gardens. Adding organic matter such as cow manure and compost will do the trick and watering in liquid seaweed fertiliser regularly will stimulate root growth. “Autumn is a great time of year to plant as the soil is still warm and the plants are able to become established before it gets too cold,” Ms Cameron said.

For more tips head to Gardening Club of Australia’s Facebook page.