



## Planting for Health, Happiness & Horticulture

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It's Your  
Neighbourhood



Beautiful  
Scotland

Part of the  
Keep Scotland Beautiful  
Charity

In 2016 The RHS are supporting 40 community groups around the country who are using gardening as a tool to enhance wellbeing, aid stimulation and reduce isolation, and to plant for health and happiness. Even a small planter can make all the difference: herb planters are so good for your health, spring bulbs cheer us up and make us feel happy; or try creating an alpine sink or trough garden. Plants really do make us healthier and happier.

Links to helpful resources:

[Herbs in Containers](#)

[Bulbs- Planting](#)

[Sink and trough Gardening](#)

[Scottish Rock Garden - Fish box Troughs](#)

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