

## Planting containers: Can be with bulbs, flowers or vegetables depending on the time of year

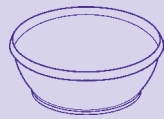


### Benefits:

- gets you started **outside**
- **tones up muscles**
- helps your **muscles move** as far as possible.

*"It's about finding a different way. When I started I couldn't move my hand or fingers, doing gardening gets your hands moving again."*

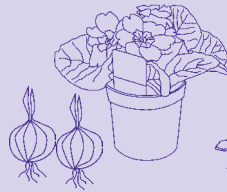
### You will need: Compost



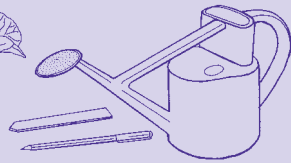
Large outdoor container



Small stones as drainage



Plants and/or Bulbs



Watering can, label and pen

- 1 Put your container outside where you want it to be



- 2 Collect all you need to plant up your container



*"My other half says it's great and I am now in competition with my next-door neighbour. My window box in front looks better than hers!"*

- 3 Put small stones in the container



- 4 Nearly fill the container with compost



- 5 Arrange your plants inside container so rims are level



- 6 Follow steps from Potting on activity – one pot at a time



- 7 Water

