

'Feel Good about Gardening'

The Hillier Chelsea Exhibit 2011

How does your garden make **you** feel good?

The Hillier exhibit 'Feel Good about Gardening' will be posing this question at the RHS Chelsea Flower Show 2011.

Gardening is well known to have beneficial effects on your physical and mental health: it provides exercise to help build strength, stamina and coordination and releases endorphins as you work. It helps you focus on the moment, helps you unwind, and aids sleep. It helps you plan and think to the future with a sense of optimism and expectation. But what aspects of your garden make you feel good?

In designing the Hillier exhibit for Chelsea 2011, Andrew McIndoe (MD of Hillier Nurseries) was intrigued by the various roles that a garden takes on: be it a meditative space, an active space, a sanctuary, a haven for wildlife or a party venue.

Perhaps your garden is a source of pride, gives a sense of achievement or is an outlet for creativity and self-expression? Or perhaps it is the notion of planting for the future, even for future generations that gives pleasure? Andrew has sought to encapsulate these ideas by creating a series of interlinking, themed garden areas with stimulating colour schemes and intelligent planting styles to inspire Chelsea visitors to create their own personal feelgood garden.

Hillier Chelsea partners, the Scotts Miracle-Gro Company will be capturing feelgood gardening ideas on film at Chelsea in the "Share the Feelgood Factor" garden within the exhibit. These will be made available for all to share on www.lovethegarden.com

Garden of contemplation: many of us look to our gardens to offer a sanctuary, a secluded retreat from the many distractions of the outside world. This garden in whites and greens is designed for contemplation and meditation.

Wildlife retreat: for many, the garden is a place to reconnect with nature. Meadow flowers, shrubs and a light tree canopy encourage wildlife into the garden. The **Meadow Anywhere** wildflower and grass seed mix developed in conjunction with Habitat Aid enables the gardener to create a micro-meadow anywhere, even in a patio planter. 50p from every sale of the super-sized seed packs goes to Butterfly Conservation, and 50p to the Bumblebee Conservation Trust. For more information visit www.meadowanywhere.com

Flex on a deck: for those wanting to limber up in the garden, exercise equipment and timber decking are surrounded by an uplifting and stimulating yellow planting scheme.

Tone-up trail: Fun for the active old and young alike.

Core values: Soft blue planting instils a sense of calm, tranquillity and harmony and provides the backdrop for this meditative garden, the ideal place for a little yoga or pilates.

Guilty pleasures: Turn up the heat and indulge. Rich shades of red and purple and exotic fragrances suggest indulgence and a little decadence. The ideal environment entertaining and perhaps a little passion!

Share the feelgood factor: Warmed and reassured by the pinks and pastels of the Feelgood Garden, Chelsea visitors will be invited to record on film what gives them the gardening feelgood factor. Share it at www.lovethegarden.com

Media Contacts www.hillier.co.uk For further information or hi-res images, please contact:

