

Theme: Neighbourhoods

Greenery Meets Health

Therapeutic Horticulture (TH)

Start Anywhere, Start Small. No Green Fingers Required!



1. What's this?

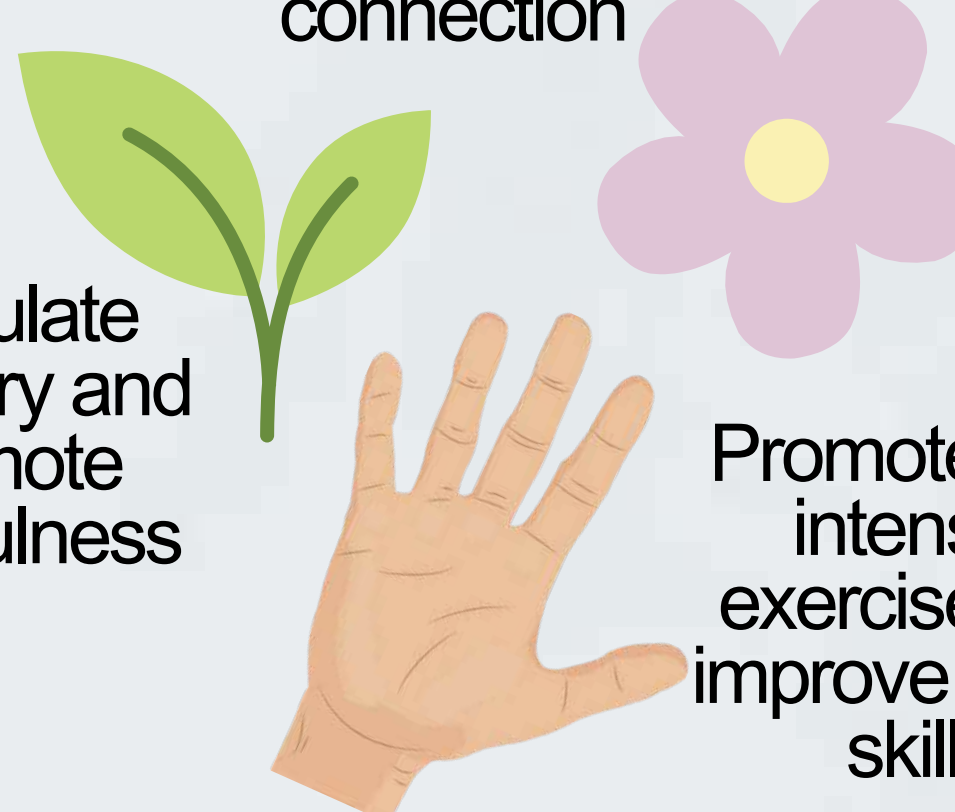
TH is a programme designed with **predefined objectives** that are run by **trained facilitators** to enhance participants' **mental, social and physical well-being** through **plant/nature-based activities**.

Participant profiles include the elderly, persons with dementia and other special needs

Encourage positive social and environmental connection

Stimulate memory and promote mindfulness

Promote low-intensity exercise and improve motor skills



To learn more about Therapeutic Gardens & Therapeutic Horticulture programmes:



go.gov.sg/tg-design-guidelines



diy Resources

2. Our Vision

A therapeutic horticulture programme in every **Community of Care** in the **Central and North** districts of Singapore

Diverse community organisations are embracing TH for clients' well-being.

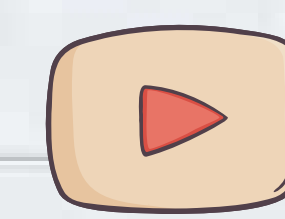


3. Impact



Increase **accessibility** of residents to nature and allow them to **enjoy therapeutic benefits** regardless of:

- **Space:** No garden / outdoor area needed
- **Weather:** Rain or shine!
- **Participant profile:** Activities can be adapted for persons of different abilities.



Step-by-Step videos of TH activities



Rock painting



Leaf printing



Windchime creation



Propagation of plants



Seed mandala



Scent bag making



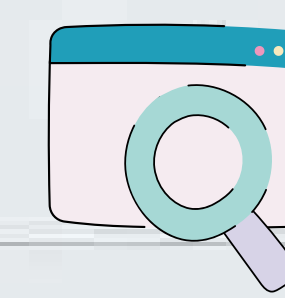
Plant pot decoration



Floral arrangement



Growing plants from seeds



Quick Guide: Developing your TH Programme

Key Factors



4. Join us!

TH Community of Practice (COP)

Our first virtual COP session attracted a diverse audience of over **350** participants.

Join our network to connect with **like-minded professionals and volunteers**, discover TH **best practices** and foster **cross-team collaborations!**



Learn more about TH!

- ✓ TH Research
- ✓ Sign up for a TH session:
 - As a member of the public
 - For your healthcare/community care organisation
- ✓ TH Workshops & Courses

