



## **Media Factsheet C – Therapeutic Gardens in Parks**

In the face of a rapidly aging population, the National Parks Board (NParks) is spearheading the development of therapeutic gardens to meet the diverse recreational and wellness needs of the community. NParks complements the development of these therapeutic gardens with research and capacity building programmes. NParks started working on the first prototype therapeutic garden at HortPark in October 2015. Evidence-based design was employed to construct a therapeutic garden which future therapeutic horticulture programmes and gardens can draw inspiration from. Therapeutic Garden @ HortPark has since served as a reference for other therapeutic gardens across Singapore.

Designed using evidence-based design principles, therapeutic gardens are deliberately planned to facilitate people's interactions with nature and improve the well-being of its visitors. Each area within the therapeutic garden is planned to provide visitors with a serene and tranquil environment. The gardens' locations are carefully selected based on proximity to care centres, level ground for easy accessibility and an emphasis on the garden's interesting features.

All therapeutic gardens adopt the following key principles:

- Clear and well-connected layout with looped pathways that provide continuous circulation, enabling visitors to navigate the space with ease. The wide pathways also enhance accessibility for visitors, including those who are using wheelchairs.
- Curving pathways and vegetation that partly obscures what is coming next – a glimpse of something that engages the visitors and draws them forward.
- A rich setting with many opportunities for sensory engagement. E.g., a garden can have a clear layout but rich with trees, shrubs, flowers, ample places to sit, and paths to wander.



- Different planting zones with a specific selection of plant species to evoke memories of the past and engage the senses. These include plants that are fragrant, edible, or medicinal, coloured, or textured, as well as those which attract birds and butterflies.
- Raised planters that are ergonomically designed to enhance accessibility for wheelchair users and standing planters for elderly who are physically fit.

## List of therapeutic gardens in parks

### Bedok Reservoir Park



The 1,650sqm Therapeutic Garden @ Bedok Reservoir Park overlooks the scenic Bedok Reservoir. It is the first therapeutic garden to be built over a former sand quarry, and to have an interactive rock garden as one of its features.

Stones and boulders have been incorporated into the garden's features and amenities to reflect its heritage. The garden has a pavilion which offers visitors an unobstructed, scenic view of the reservoir and offers sheltered space for group activities in the future.

### Bishan Ang Mo Kio Park



The 900 sqm Therapeutic Garden at Bishan-Ang Mo Kio Park is situated near the pond gardens and was launched on 19 September 2017. The garden is specially designed to engage the senses with a landscape of plants divided into four zones: Fragrance zone, Biodiversity zone, Edibles and Medicinal zone and Colours and Textures zone.

**Choa Chu Kang Park**



The 900 sqm Therapeutic Garden at Choa Chu Kang Park was launched on 7 July 2018. It is situated next to the Community-In-Bloom Garden and Allotment Garden, which helps improve the social connection to the gardening communities in the area. Launched in July 2018, it is specially designed with features that bring about restorative effects to our mental well-being and relieve stress. The garden includes edible and fragrant plants, a calming water feature and is wheelchair friendly.

**East Coast Park (KPMG Wellness Garden)**



Located in East Coast Park Area D5, the garden is a multi-generational space designed to promote physical and mental wellbeing for park visitors of all ages. It also has an elevated deck where one can enjoy a great sea view. The facilities in the garden include a therapeutic garden, green roof shelter, physiotherapy steps, elevated deck, trellis, benches, an inclusive garden, and barrier-free access.

### **HortPark**



The first therapeutic garden in a park in Singapore was launched at HortPark on 14 May 2016 and is 850sqm in size. This garden has a restorative zone and a complementary activities zone. It is a restful garden with ample shade, wind chimes, water features and an intensive landscape of fascinating and familiar plants to awaken the senses.

### **Jurong Lake Gardens**



The 3,100 sqm Therapeutic Garden at Jurong Lake Gardens was launched on 23 October 2021 and consists of two sections – one designed for adults and another for children, with features specially curated for seniors with dementia and children with conditions such as mild autism and attention deficit hyperactivity disorder (ADHD). Both sections are wheelchair accessible.

### **Pasir Ris Park**



The 1,600sqm Therapeutic Garden @ Pasir Ris Park is located 67 metres from the sea, making it the first therapeutic garden that offers a sea view. One can spot some of Singapore's "kelongs", a structure which is built out at sea, mainly from wood.

The garden has a fitness area that incorporates play elements that encourage physical movement and social interaction in seniors. Another feature is a swale which runs through the garden. A short bridge connects the main entrance pathway to the activity pavilion and deck.

### **Punggol Waterway Park**



The 900 sqm Therapeutic Garden at Punggol Waterway Park was launched on 4 May 2020 and offers an elevated vista of the waterway. Incorporating features such as the communal planter and fitness area, users can improve their mental and physical well-being through the use of these features. The garden also includes a wellness zone with plants that evoke the senses.

### **Telok Blangah Hill Park**



Situated close to the hill forest at Telok Blangah Hill Park, the 620 sqm Therapeutic Garden is nestled within lush greenery, which creates a restorative environment for users to engage their senses, while also serving as complementary habitat for native biodiversity.

### **Tiong Bahru Park**



The 750 sqm Therapeutic Garden at Tiong Bahru Park was launched on 19 September 2017. The garden is specially designed to engage the senses with a landscape of plants divided into four zones: Fragrance zone, Biodiversity zone, Edibles and Medicinal zone and Colours and Textures zone.