

Project Title

KWSH Potong Pasir Community Wellness Garden

Project Lead and Members

Project lead: David Wong, Hilda Koh

Project members: Margaret Goh, Jack Ng, Peggy Tan, Poon Poh Sim, Siew Li Lang

Organisation(s) Involved

Kwong Wai Shiu Hospital

Healthcare Family Group Involved in this Project

Healthcare Administration

Applicable Specialty or Discipline

Therapeutic Rehabilitation Therapy

Project Period

Start date: Feb 2023

Completed date: July 2023

Aims

Aim of designing a low maintenance and sustainable location for therapeutic activities for seniors within Potong Pasir neighbourhood – including but not limited to – Nursing Home Residents, Senior Care Centre (SCC) clients and Active Ageing (AA) members of Kwong Wai Shiu Hospital @ Potong Pasir.

Background

See poster appended/ below

Methods

See poster appended/ below

Results

See poster appended/ below

Conclusion

See poster appended/ below

Project Category

Care Continuum

Preventive Care, Community Health

Rehabilitative Care

Keywords

Community Wellness Garden

Name and Email of Project Contact Person(s)

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CHALK
2023

Poster
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KWSH POTONG PASIR COMMUNITY WELLNESS GARDEN

Team Leads:

David Wong (Programme Executive, Active Ageing) | Hilda Koh (Programme Coordinator, Active Ageing)

Team Members:

Margaret Goh (Assistant Director, Rehabilitation) | Jack Ng (Active Ageing Member) | Peggy Tan (Active Ageing Member) | Poon Poh Sim (Active Ageing Member) | Siew Li Lang (Active Ageing Member)



KWSH Potong Pasir Community Garden, a self-sustaining garden providing a therapeutic, and social neighbourhood haven.

Background

This project was curated with the aim of designing a low maintenance and sustainable location for therapeutic activities for seniors within Potong Pasir neighbourhood – including but not limited to – Nursing Home Residents, Senior Care Centre (SCC) clients and Active Ageing (AA) members of Kwong Wai Shiu Hospital @ Potong Pasir.

Project Details

In February 2023, staff from AA workgroup formed the project team and engaged urban farmer, Mr Chris Leow the following month to develop a model for the wellness garden. The team was expanded in April 2023 to include interested AA members to identify breeds / species of plants suitable for planting.

Project Outcomes

The KWSH Potong Pasir Community Wellness Garden was finally launched in July 2023. The curation of this initiative alongside AA members and SCC clients provides a sense of empowerment and stakeholderhood in the garden's upkeep for its continuity in providing a platform for therapeutic horticultural activities.

What's Next

Plans are under way to expand the garden for improved structure and organisation in its layout feature new herbs and flowering plants for the next cycle. The team also aims to organise monthly gatherings around the garden for members of the Potong Pasir Neighbourhood.