



**AIC WELLNESS PROGRAMME:  
SOCIAL AND THERAPEUTIC  
HORTICULTURE**

*A course for healthcare staff*



**DAY 1**

**14 APR 2018, SATURDAY  
9 AM - 6 PM**

**@ BOTANY CENTRE,  
SINGAPORE BOTANIC GARDENS**

**DAY 2**

**24 APR 2018, TUESDAY  
9 AM - 5 PM**

**@ SCHOOL OF HEALTH SCIENCES,  
NANYANG POLYTECHNIC**

**WORKSHOP SYNOPSIS**

This 2-day course is developed for Community Care organisations to introduce gardening-related activities to meaningfully engage their clients\*. It is suitable for staff who are new to gardening and who lead activities for their clients.

It encompasses a range of active, passive and gardening-associated activities to promote health, wellbeing, social interaction and the enjoyment of nature.

*\*Activities are suitable for Category 3 RAF clients or similar*

**WORKSHOP OVERVIEW**

**DAY 1:** Learn the fundamentals of gardening

**DAY 2:** Conduct gardening related activities for your clients

**TRAINERS**

Trainers for this course will be from:

- National Parks Board (NParks), and the
- Occupational Therapy Department, School of Health Sciences, Nanyang Polytechnic.

**BENEFITS OF GARDENING**

- **Physical:** Improves muscle strength, fine motor skills, balance and endurance.
- **Cognitive:** Provides opportunities to learn new skills, enhance sequencing, attention and memory.
- **Sensory:** Offers stimulation through textures, tastes, smells, sounds and colours.
- **Emotional and Social:** Builds better self-esteem and provides avenues to socialise and bond over a shared hobby.

**COURSE FEE\***

*(Min sign-up per organisation: 2 staff)*

**Eligible Healthcare VWOs & Private Nursing Homes with Portable Subsidy**

- SG/PR: \$30.33 per pax
- Non-SG/Non-PR: \$166.82 per pax

**All Other Organisations**

- Full cost: \$303.30 per pax

*\*No meals/refreshments will be provided during the course.*

## NOTES

Registration is on a first-come-first serve basis.

A confirmation email will be sent to you. No cancellation is allowed once registration is confirmed. This will apply to participants who have not made fee payment; they will still be billed the full course fee.

The Organiser reserves the right to alter the programme or cancel the event as may be necessary. In the event of cancellation, full refund will be made to participants.

**Important:** Payment must be made by the date of the course commencement. Staff from organisations that have not made payment will not be able to attend the course

## CONTACT US

### FOR REGISTRATION

☎ 6733 6369

✉ Kate Chia ([katechia@stada.org.sg](mailto:katechia@stada.org.sg))

### FOR ENQUIRIES

✉ Daniel Wong ([danielj.wong@aic.sg](mailto:danielj.wong@aic.sg))

✉ Charmaine Tan ([charmaine.tan@aic.sg](mailto:charmaine.tan@aic.sg))

## REGISTRATION FORM

	PARTICIPANT 1	PARTICIPANT 2	PARTICIPANT 3	PARTICIPANT 4
TITLE <i>(please select one)</i>	<input type="checkbox"/> Mr <input type="checkbox"/> Ms	<input type="checkbox"/> Mr <input type="checkbox"/> Ms	<input type="checkbox"/> Mr <input type="checkbox"/> Ms	<input type="checkbox"/> Mr <input type="checkbox"/> Ms
FULL NAME				
NRIC / FIN NO.				
NATIONALITY				
DESIGNATION				
EMAIL				
MOBILE NO.				

### PLEASE SELECT ONE:

- Eligible Healthcare VWOs & Private Nursing Homes with Portable Subsidy
- All Other Organisations

Organisation \_\_\_\_\_

Branch \_\_\_\_\_

Address \_\_\_\_\_

Contact Person (HR/Finance)+ \_\_\_\_\_ Designation \_\_\_\_\_

Tel \_\_\_\_\_ Email \_\_\_\_\_ (\*Invoice will sent to the Contact Person provided.)

### PAYMENT MODE

- Cheque** (Bank/Cheque No \_\_\_\_\_ Amount \$ \_\_\_\_\_)  
Crossed cheque payable to "Singapore Training and Development Association"  
*Option 1* - Mail to: 410 North Bridge Road #05-535 Spaces City Hall Singapore 188726  
*Option 2* - To bring on course commencement date.

- Bank Transfer:** Standard Chartered Bank Current Account No. 01-0-609312-6 (Bank Code: 7144, Branch Code: 001). Please send an email to: [katechia@stada.org.sg](mailto:katechia@stada.org.sg) after monies are transferred.