



Got 'Planted' Along The Way

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How I got started:

It was during COVID when many activities ceased. I decided to look for new hobbies. 'Nature is most probably the safest to go to', I thought back then. I came across an NParks advertisement on plot rental from them in Sengkang. I'm one of the lucky few who got 'a piece of land' on the first bid. I also attended a meeting with NParks on gardening as a form of social prescribing, where I learnt about 'Therapeutic Gardening' and read that it can be a form of therapy for patients as well. The journey of eating countless kangkongs and lady's fingers commenced, and I had my first sunflower bloom. Of course, the journey was not easy. Soil management, pest control, daily watering and many more were all new to me. Ha ha when I was young and stayed in a kampung, I thought sweet potatoes just grew rapidly by themselves in the wild. Nope, it is not as easy as I thought.



A friend who works in the healthcare sector shared about her project using an indoor hydroponic system. The vegetables amazingly grew faster and 'pest-free' compared to my 'traditional' ones. But of course, it comes with a price. Sunlight and water are free for me, although I do wonder what the labour cost is. Still, sometimes experiences are priceless. Subsequently, at my workplace we have 'Joy at Work' sessions on air plants and we each got gifted one as part of our care pack. In Bright Vision Community Hospital (BVCH), we have our air plants wall: A little corner in the office where we created a 'home' for them with little bunnies and butterflies on a grass patch.



It was meant to be... just got planted and it continues.

