

MENTAL WELL-BEING

Spaces are designed with landscaping and facilities that foster positive mental well-being, enabling you to learn, rest and recharge.

Providing spaces for rest and relaxation

More tranquil green spaces and greenery will be available at your doorstep for you to relax and recharge.

Therapeutic Gardens and Parks

Parks located close to homes and therapeutic gardens near eldercare facilities let you experience the restorative benefits of nature.





Park at Sungei Whampoa/ Whampoa Road with looped paths that aid in wayfinding (top) and therapeutic garden with information bites on landscaping (bottom)

Pocket Gardens

Spaces are made more attractive and cosy with seats and landscaping to provide a conducive environment for rest and relaxation.





Alkaff Courtview @ Bidadari – Residents' courtyards (top) and residents' gardens (bottom) with a myriad of quiet and intimate spaces

Green spaces for learning and interaction with nature

Horticultural activities and hobby farming open up opportunities for you to learn and care for the environment while finding like-minded people with similar interests.

Spaces for Community Gardening and Information Bites on Landscaping

You can discover more about your environment through information panels with interesting facts about landscaping. You can also enjoy and interact with nature through horticultural activities, which also provide opportunities to foster social bonds.



Park at Tampines GreenQuartz - Community gardening and information to



Plantation Farmway at Teng



ROH3 Woodlands N3
Neighbourhood Centre –
Community gardening
Photo Credit: Formweisz Auchikota LLP



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