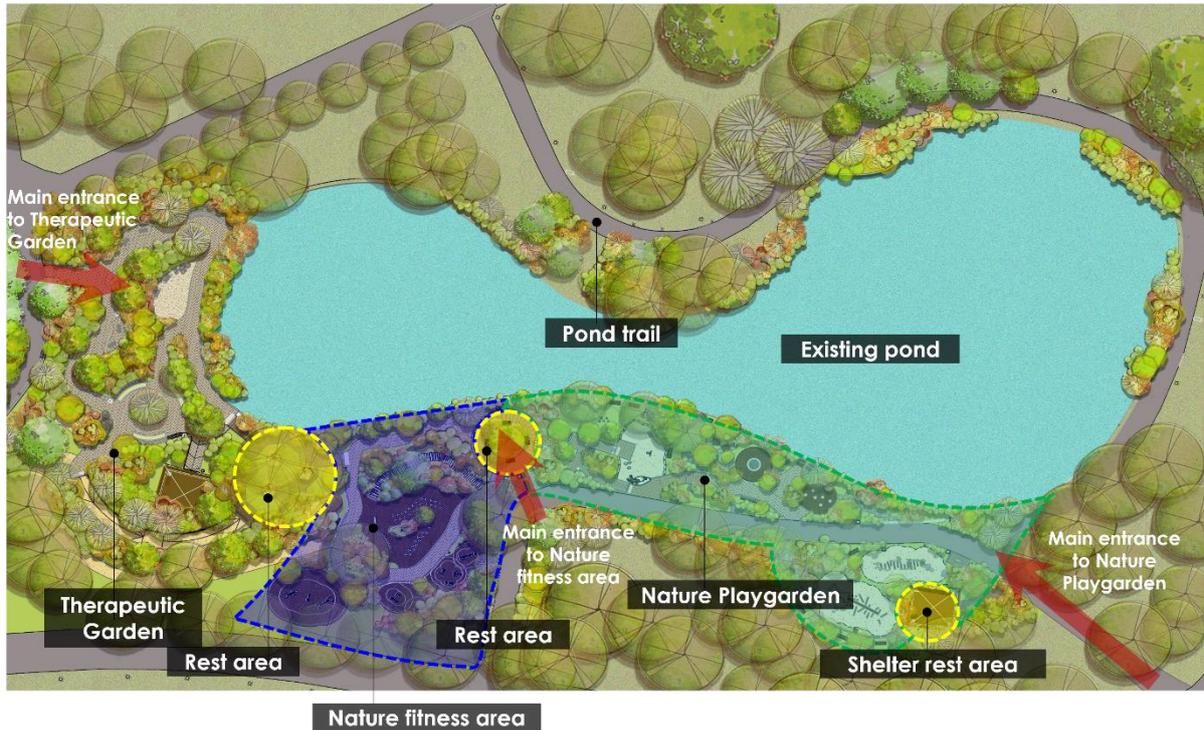


## Media Factsheet B – Highlights of KPMG Wellness Garden

The KPMG Wellness Garden adopts a coastal theme across its four zones, and it comprises a nature playgarden, a therapeutic garden, a nature fitness area, and a pond trail.



*Layout of KPMG Wellness Garden (Credit: NParks)*

## Therapeutic garden



*Therapeutic garden at KPMG Wellness Garden (Credit: NParks)*

The 1,600 sqm therapeutic garden features a rustic coastal theme that provides contemplative landscapes which park users can immerse in. These landscapes include physical attributes that help positively influence one's mental state, such as undulating landforms, high biodiversity, use of natural or warm colours and shade.

This therapeutic garden is the first in East Coast Park and is part of the National Parks Board's plan to have 30 therapeutic gardens in parks throughout Singapore by 2030.

**Design elements for the therapeutic garden**

- 1 Trellis
- 2 Reflexology strip
- 3 Lawn space
- 4 Raised planter zone
- 5 Physiotherapy steps
- 6 Activity shelter
- 7 Ramp
- 8 Elevated deck



Layout of therapeutic garden (Credit: NParks)

Design element	Benefit for visitors
<p><b>Elevated Deck</b></p>  <p>Photo Credit: NParks</p>	<p>The 360-degree elevated deck provides a panoramic vantage point that overlooks three key views: the pond, the sea, and the therapeutic garden, and is accessible by a barrier-free ramp.</p> <p>The deck is partially shaded by two existing trees, which were integrated into the landscape design. Below the deck, shade-loving palms such as Giagiau (<i>Calyptrocalyx polyphyllus</i>) and Legong Palm (<i>Pinanga disticha</i>) can be found.</p>

### Physiotherapy Steps



*Photo Credit: NParks*

The use of these steps allows users to improve muscle strength, flexibility, and mobility.

### Raised Planter Zone



*Photo Credit: NParks*

Three wheelchair-accessible planters and a planting bed with herbs and edibles are in the center of the therapeutic garden.

This zone encourages users to interact with the plants through their senses such as by smelling the mint leaves and tasting the stevia plant for natural sugar, when guided.

### Foot Reflexology Strip



*Photo Credit: NParks*

The foot reflexology strip is a nostalgic feature that can be found in a quiet corner of the therapeutic garden. Supported with a handrail, now users can engage in foot reflexology while enjoying the view of the pond.

### Lawn Space



*Photo Credit: NParks*

The lawn space directly faces the pond and serves as another node for contemplation. It also provides a space for yoga or stretching.

### Trellis



*Photo Credit: NParks*

A pair of trellises line the footpaths within the therapeutic garden. These semi-private spaces provide nodes for contemplation. Over time, the growing climbers will provide more shade to users.

### Activity Shelter



*Photo Credit: NParks*

The activity shelter provides a space to conduct therapeutic horticulture programmes or for contemplation, depending on the needs of the user. The shelter features a slanted green roof that provides shade while softening the hardscape of the roof when viewed from above.

### Totem Signages



*Photo Credit: NParks*

A total of eight totem signages are found in the therapeutic garden. Using repurposed logs, these totems were painted by KPMG and their beneficiaries and serve as interpretive signage which showcase plant species within the therapeutic garden.

QR codes are also provided for users to virtually interact with the signage to find out more about the plant species.

## Nature playgarden

The 1,300 sqm nature playgarden comprises curated play spaces with some inclusive elements for children to engage in self-directed spontaneous play. Utilising natural materials, it allows children of various ages and abilities to explore a naturalistic coastal environment where they can connect to, observe, and appreciate elements of nature. The design incorporates a coastal beach discovery theme with features such as balancing logs, mini nature trails and lookout decks.

Some of the play features also cater to children of all abilities, including a raised sand play table, lookout platforms accessible by ramps, a wheelchair-accessible trampoline, and a musical play station.

### *Design elements for the nature playgarden*



*Layout of nature playgarden (Credit: NParks)*

Design element	Benefit for visitors
<p data-bbox="204 378 347 412"><b>Driftwood</b></p>  <p data-bbox="204 1267 488 1301"><i>Photo Credit: NParks</i></p>	<p data-bbox="858 378 1385 813">This is a play space for adventurous kids to jump, balance and climb. Inspired by pieces of timber that are washed ashore, the area is designed to challenge children and provide them with opportunities to learn risk-management skills while refining their motor skills as well as their social and emotional development.</p> <p data-bbox="858 880 1390 1115">There are two zones - one is catered for ages two to five while the other is for older kids between six to twelve years of age, with more variety in the types of logs they can explore.</p>
<p data-bbox="204 1368 309 1402"><b>Kelong</b></p>  <p data-bbox="204 1850 488 1883"><i>Photo Credit: NParks</i></p>	<p data-bbox="858 1368 1378 1704">As part of the coastal beach discovery experience, stilts here mimic the wooden piles of Kelongs and provide opportunities for open-ended play. For instance, children can explore between the stilts or tap them to create sounds and feel vibrations.</p>

### Stranded Cargo



*Photo Credit: NParks*

Positioned close to the pond area, this is an exploratory zone with hide-outs, lookout points, a trampoline, and a sensory-touch panel for children to explore and discover on their own. Children can also interact with plants in this zone by feeling the different textures and observing the various shapes and sizes of plant parts.

### Jungle Boardwalk



*Photo Credit: NParks*

Mimicking the experience of entering a coastal jungle, the jungle boardwalk is the second exploratory zone which supports role-playing or pretend play. At the elevated lookout decks, children can view the rest of the playgarden, allowing them to use that and other parts of the boardwalk such as the lookout windows and sand play wall as part of their imaginary play, allowing them to express their creativity.

<p><b>Sand Dunes</b></p>  <p><i>Photo Credit: NParks</i></p>	<p>An open sand pit featuring a sand play wall and an accessible sand play table allows children to interact and play with sand.</p> <p>This zone allows children to be creative by including elements that they can find in the playgarden to be part of their creations thereby honing their fine motor skills, and social and emotional development.</p>
<p><b>Stream</b></p>	<p>This zone features a drain that was naturalised to mimic a stream. While it remains dry in sunny weather, it allows water to cascade through it and into the pond during wet weather. This stream aims to ignite curiosity in children and to observe patterns and ask questions about the water cycle.</p>
<p><b>Coastal beats</b></p>	<p>In this musical play zone, hand pipes and tongue drums let children create beats and rhythms while enjoying the sea breeze.</p>

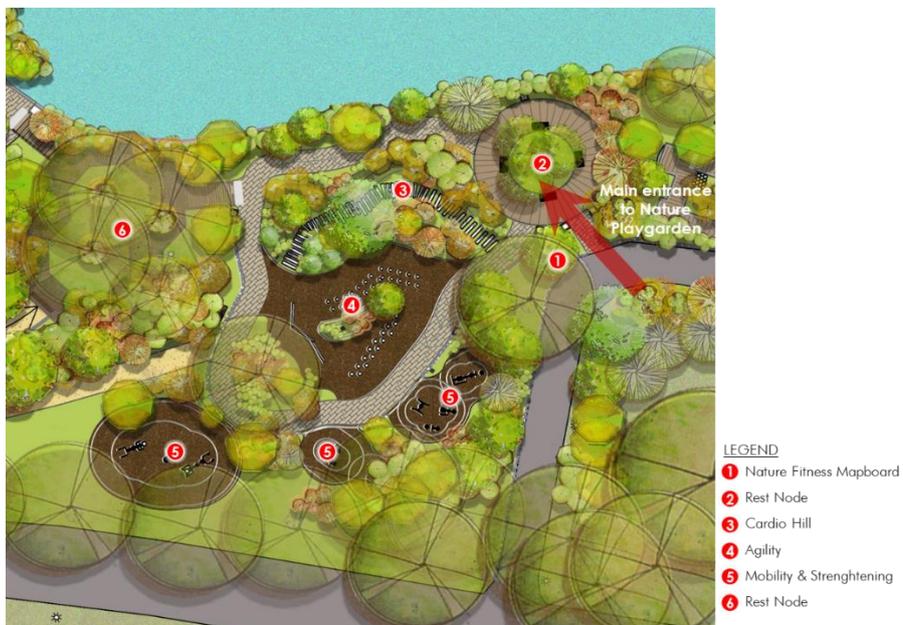
## Nature fitness area



*Nature fitness area at KPMG Wellness Garden (Credit: NParks)*

This 900 sqm nature fitness area features fitness equipment and elements that are integrated into the naturalistic environment. It is suitable for young adults and senior citizens.

### *Design elements for nature fitness area*



*Layout of nature fitness area (Credit: NParks)*

<b>Design element</b>	<b>Benefit for visitors</b>
<p data-bbox="204 376 355 409"><b>Cardio Hill</b></p>  <p data-bbox="204 860 485 893"><i>Photo Credit: NParks</i></p>	<p data-bbox="810 376 1366 660">Designed to mimic a set of stairs going up and down a hill, the Cardio Hill provides opportunities for a cardiovascular workout for adults and active seniors. The hill can be incorporated into their walking or running regimen.</p>
<p data-bbox="204 929 300 963"><b>Agility</b></p>  <p data-bbox="204 1411 485 1444"><i>Photo Credit: NParks</i></p>	<p data-bbox="810 929 1366 1214">Timber logs are used as balancing beams and stepping pods with varying levels of difficulty. For instance, the flat stepping pods provide the lowest level of difficulty, while the angled stepping pods provide a greater challenge.</p>

## Pond trail



*Pond trail along KPMG Wellness Garden (Credit: NParks)*

The pond trail brings visitors on a scenic stroll around the pond, which completes the loop together with the paths running through the therapeutic garden, nature fitness area and nature playgarden. Ornamental plants such as the Indian Shot and Common Cattail have been added to soften the pond edge and attract biodiversity such as dragonflies.

Examples of plant species along the pond	Description
<p data-bbox="193 1310 821 1355"><b>Indian Shot (<i>Canna indica</i>)</b></p>  <p data-bbox="193 1792 821 1881"><i>Photo Credit: Shi Biying</i></p>	<p data-bbox="821 1310 1388 1601">This aquatic shrub can grow up to 1.5m tall when grown in the ground. It has bright red flowers, sometimes with a yellowish lip. Its Common name 'Indian Shot' alludes to its black hard seeds, which resemble bullets used in 18th and 19th century shotguns.</p>

**Common Cattail (*Typha latifolia*)**



*Photo Credit: NParks*

This aquatic plant has striking vertical foliage and each cluster of leaves bears a dense brown catkin. They attract wildlife and the long flat leaves of this plant are also used for making mats and chair seats.

**Incorporating environmental sustainability**

Environmental sustainability is a key component of the design of the Wellness Garden. The re-use of existing materials such as rocks and upcycled logs from East Coast Park can be spotted throughout the garden. The rocks have been incorporated into the mounds in the Wellness Garden or re-purposed as stepping-stones.

Native plant species, including the Sea Lettuce (*Scaevola taccada*) and Silver Bush (*Sophora tomentosa*), were also planted to support restoration of the coastal habitat at the site.

Examples of native plant species	Description
<p><b>Sea Lettuce (<i>Scaevola taccada</i>)</b></p>  <p><i>Photo Credit: Joyce Foo Ming Yen</i></p>	<p>It has attractive, light green foliage and a compact shape. It also flowers and fruits throughout the year.</p> <p>Its pale yellow or white flowers are 2–2.5 cm long and are arranged in 8 cm-wide clusters.</p>

**Silver Bush (*Sophora tomentosa*)**



*Photo Credit: Ang Wee Foong*

An attractive shrub with showy pea-shaped flowers and fruit pods resembling strings of beads and leaves with silvery short hairs on the underside, hence the common name Silver Bush.

**Common Putat (*Barringtonia racemosa*)**



*Photo Credit: Jessica Teo*

This tree has flowers that are night-blooming and have filamentous stamens that are white, pink or red.

The bark and fruits can be crushed and used as fish poisons as they contain toxic saponins.

**Rose Myrtle (*Rhodomyrtus tomentosa*)**



*Photo Credit: Jane Li*

This native plant grows along the sandy riverbanks and seashores, and on open sandy sites.

Its fruits are eaten by many bird species. It is also the food plant for the caterpillars of the moths *Carea varipes* and *Trabala vishnou*.