Newsletter of the Hong Kong Association of Therapeutic Horticulture
December 2019 • 14th Issue

◇ Alliance between HKATH & AHTA
◇ Charles A. Lewis Excellence in Research Award
◇ Publications: Chinese Edition of Horticultural Therapy Methods and Methods of Horticultural Therapy for Rehabilitation Medicine
◇ Horticultural Therapy: Toward an Evidence-based Practice Symposium
◇ Story of PuYU
◇ Researches: Validation of the Chinese Non-pharmacological Therapy Experience Scale in Persons with Intellectual Disability
◇ HKATH’s Participation in 2019 AHTA Annual Conference
◇ 1st HT Conference in Macau: A Better Physical and Mental Health Through Gardening
◇ 8th HKATH Annual General Meeting
◇ Development in Greater China
# CONTENTS

**Editor’s Message** 3  
Connie Fung

**Special Announcement:** Alliance between HKATH & AHTA 5  
Editors

**Special Announcement:** Charles A. Lewis Excellence in Research Award 6  
Editors

**SPECIAL FEATURES** 8  
On the Alliance between HKATH and AHTA 8  
Nicolson Siu

Horticultural Therapy: Toward an Evidence-based Practice Symposium 10  
Brenda Leung, Nicolson Siu

A Great Experience in Hong Kong 12  
Matthew J. Wichrowski

Chinese Edition of Horticultural Therapy Methods 16  
Honsum Kwok

Publication in Mainland China: Methods of Horticultural Therapy for Rehabilitation Medicine 17  
Honsum Kwok

RTHK Radio 5 Nourishing Our Health with Gardening 18  
Honsum Kwok

Story of PuYU 19  
Zoe Chan

**RESEARCHES** 21  
Published Research Journal in 2019 21  
June Lau

**CONFERENCES & OVERSEAS EXCHANGES** 22  
Participation of HKATH in 2019 AHTA Annual Conference 22  
June Lau

2019 AHTA Annual Conference – An Eye Opening Experience 23  
Emily Shum

First HT Conference in Macau: A Better Physical and Mental Health Through Gardening 26  
Neville Vong

**ACTIVITY SNAPSHOTs** 29  
The 8th HKATH Annual General Meeting in 2019 29  
Miranda Lee

Grow a Beautiful Life Transplanting Seedlings Workshop 32  
Sally Lam

2019 Workshops for Members 34  
Carmen Lai

HT Voluntary Services - Stress Relief Workshop 36  
Monique Shiu

**DEVELOPMENT IN GREATER CHINA** 37  
2019 Horticultural Therapy Internship 37  
Maia Tam

Development in Macau During 2019 38  
Neville Vong

Introducing the Taiwan Horticultural Therapy Promotion Association (THTPA) 42  
Terry Ng, Chien-hao Huang

Horticultural Therapy Makes the Life of the Elderly of Residential Care Homes Better 43  
Meng-hua Liu
2019 has been a bumper year for the association. In March, HKATH received the recognition and support of the American Horticultural Therapy Association (AHTA) and the two parties formed an alliance. Then in October, we won Charles A. Lewis Excellence in Research Award for our research on the benefits of horticultural therapy for the frail elderly. In this newsletter, besides the reports on these exciting news, we can also read about the happy memories and experiences of Emily Shum in the AHTA Annual Conference and the pre-tours.

Evidence-based practice is one of our major goals. This issue reports the results of another completed study: Validating the Chinese Version of the Non-pharmacological Therapy Experience Scale for People with Intellectual Disabilities. We also held a symposium on evidence-based practice in April, inviting Professor Matthew J. Wichrowski from the US as one of our guest speakers to share his knowledge and insights. You can find Brenda’s report on the symposium and also Matthew’s highly readable article *A Great Experience in Hong Kong* on his visit to Hong Kong and Macau.

Back in Hong Kong between March and August, four HKATH supervisors and I joined Radio Television Hong Kong (RTHK) to host the first radio course on horticultural therapy for the elderly of Hong Kong. In terms of publications, I have also fulfilled one of my long-held dreams - translating Rebecca Haller and Christine Capra’s *Horticultural Therapy Methods* into Chinese so that more Chinese readers can gain access to this excellent textbook. I collaborated with my friends in Taiwan in the translation and the Chinese Edition was finally published in November. HKATH has also participated in another textbook, published in March, *Methods of Horticultural Therapy for Rehabilitation Medicine*, with medical practitioners in Mainland China as our target readers.

This year, the association has opened up new ways to serve the community. We have organized free seminars and workshops on stress relief. Monique Shiu, one of the volunteer horticultural therapists in the workshops has shared her feelings about the meaningful events.

The development in Greater China has seen many new chapters too. Macau has organized its first conference on horticultural therapy in April. The Taiwan Horticultural Therapy Promotion Association was also established this year, while in Mainland China, our partners in Guangzhou have started an HT service team dedicated to the elderly in residential care.
Horticultural therapy has been introduced to Hong Kong for a little more than a decade. Students of this discipline who can actually practice HT in their work are mostly frontline workers in the medical care and social work sectors. But with a big heart and innovative efforts, people from other sectors can also create a wealth of service opportunities. In one of this issue’s Special Features, we have invited Zoe Chan to share the story of PuYU, the first social enterprise in Hong Kong specialized in HT, of which she is a co-founder. I believe that readers from different backgrounds will find great encouragement and inspirations from PuYU.

It is Christmas season and 2020 is coming. 2019 has been a rough year to many people in Hong Kong and the world. However I can recall some of the ancient Chinese wisdoms – the Confucian Doctrine of the Mean, Buddhist advocacy of wisdom and compassion, and the Taoist philosophy of Tai Chi emphasizing balance and harmony, all of which should help us face the challenges. The cover of this newsletter shows Hong Kong’s iconic Lion Rock returning to greenness and vitality, with a little snowman atop the mountain. I would like to wish everyone a Merry Christmas and a Happy New Year full of health and serenity.

Fung Yuen Yee, Connie
HTR (AHTA, HKATH)
HKATH President
SPECIAL ANNOUNCEMENT

ALLIANCE BETWEEN HKATH AND AHTA

HKATH has allied with the American Horticultural Therapy Association (AHTA) since March 2019. HKATH is the first organization in Asia to have such honour. HKATH and AHTA now become the affiliate member of each other; we thus believe that more cooperation between us will occur in the future. HKATH, with the recognition and support from AHTA, will continue to strike for our best in developing and promoting the profession of horticultural therapy in Hong Kong and Asia.

Hong Kong Association of Therapeutic Horticulture

is allied with the American Horticultural Therapy Association;
both parties become the affiliate member of each other.

Announcement on HKATH website
SPECIAL ANNOUNCEMENT

Congratulations to Ms Connie Yuen-Yee Fung
The Winner of 2019 Charles A. Lewis Excellence in Research Award

Our President, Ms Connie Yuen-yee Fung, in addition to the “Rhea McCandliss Professional Service Award” received from the American Horticultural Therapy Association (AHTA) in 2015 for her contribution to horticultural therapy, won the “Charles A. Lewis Excellence in Research Award” from AHTA for the best research in the field of horticultural therapy in 2019. Connie and her research team were invited to attend the award ceremony and to give the presentation to participants of different countries at the AHTA Annual Conference in Michigan in October. This horticultural therapy research “Effects of Horticulture on Frail and Prefrail Nursing Home Residents: A Randomized Controlled Trial”, conducted with the effort of HKATH, School of Nursing of the Hong Kong Polytechnic University and Pok Oi Hospital, was published in an international journal [Journal of the American Medical Directors Association (JAMDA)] in 2018. Besides this one, HKATH had successfully published another 3 research reports at international journals in the past years, including “An Exploratory Study on the Effect of Horticultural Therapy for Adults with Intellectual Disabilities” and “The Effect of Horticultural Therapy on the Quality of Life of Palliative Care Patients” published in 2017, and “Validation of the Non-pharmacological Therapy Experience Scale” in mid-2019. For more details of the research reports, please visit the HKATH’s website (http://www.hkath.org/en/home/).
Speech by Ms Connie FUNG at the 2019 AHTA Annual Conference - Award Dinner on 4 October 2019

President, Vice President, Board Members, Ladies and Gentlemen,

Good evening. It is my pleasure to join all of you at the Award Dinner this year. I am extremely honored to be receiving such an important award, the Charles A. Lewis Excellence in Research Award. I am so grateful for the recognition of our work in achieving the excellence in research area of horticultural therapy, because I am sure that every other nominee was capable and competitive of winning this award.

Let me tell you that it is not just my sole effort that has brought me here. I sincerely make a special thanks to my nominators, Professor Paula Diane Reif and Matthew J. Wichrowski, my partners and teammates, of course, Dr. Claudia LAI, Dr. Nicolson SIU, my research team members, and members of Hong Kong Association of Therapeutic Horticulture for helping me reach a stage where I can proudly hold up this award as a mark of my achievement today.

Everyone needs different kinds of partnership at various life stages, though I have faced several challenges on my way here, I am lucky to have them strengthened me to make me here today. Winning this award would not have been possible without the inspiration I have received from my partners and my members, they keep bringing me strength to face challenges and perform better at each stage of my work for horticultural therapy.

All I want to tell each one of you present here is that, you should never, never, never give up, even if you are convinced that it's all over. It's not over yet unless you want it to be.

I promise that my team and I will keep our work on horticultural therapy. All the best to all of you. Thank you very much!
On the Alliance between HKATH and the American Horticultural Therapy Association

Nicolson Yat-Fan SIU
Co-chair of the Research Committee of the HKATH

Hong Kong Association of Therapeutic Horticulture (HKATH) has grown over the past few years, from a local organization rooted in Hong Kong to the international community. In March this year, we are honored to form an alliance with the American Horticultural Therapy Association (AHTA). In order to achieve this alliance, HKATH's preparatory committee has long been putting efforts, and more importantly, HKATH has been adopting the training model and system of AHTA for more than ten years since HKATH's establishment; unlike some other horticultural therapy trainings in the community, HKATH insists on retaining 400 internship hours to ensure the quality of the training. Due to this dedication and perseverance, HKATH can gradually emerge to the international stage. From now on, HKATH and AHTA have been mutually affiliated, so our members have begun to be internationally recognized. In addition, HKATH and its research team attended the awarding ceremony of the 2019 Annual Conference of AHTA in Michigan, USA. Our President Fung won the Excellence in Research Award and gave a speech on the research report at the conference, which further confirmed HKATH's international status.

I was honored to join HKATH in 2014 for its research work. In this extended family, I am very happy to witness the development of HKATH over the years. From the beginning as a student to formally joining the research team, HKATH has always given me a feeling of professionalism, pragmatism and warmth. I was very fortunate to receive President Fung's help and guidance in the association, which prevented me from going astray on the route becoming a horticultural therapist. I am also grateful to my colleagues in the research team for their care and understanding, so that I can dedicate myself to and enjoy the research process. Thanks to the joint efforts of the colleagues of HKATH, in the field of professional research, HKATH has successfully published its research reports in international journals in the past few years, and achieved great success. I am very fortunate to have such enthusiastic and well-trained
colleagues who are rigorously trained to be horticultural therapists. The passion and focus for horticultural therapy is our most important persistence along the way.

This year we have also recruited wide range of talents, and we are very pleased to invite Mr Anthony HUNG, a Solicitor, and Professor Matthew J. WICHROWSKI from the United States to join HKATH as Honorary Legal Advisor and Honorary Horticultural Therapy Professional Consultant respectively. With their rich experiences in their respective professional fields, they will certainly improve the effectiveness of HKATH in various areas such as strategy, training and research, thus HKATH will be further empowered in its development.

2019 is an extraordinary year. Under the leadership of our President, HKATH, based in Hong Kong, has gradually emerged into the international arena, making us look forward to the future development. We understand that as HKATH continues to grow, opportunities and challenges would coexist. Facing the future, everyone must maintain the existing professionalism and enthusiasm, working hard to execute and to accept challenges together, so that HKATH shall continue to march on! 😊

(Translated by Margaret Lo)
Horticultural Therapy: Toward an Evidence-based Practice Symposium

Brenda Suk-kwan LEUNG
Secretary of Hong Kong Association of Therapeutic Horticulture

Nicolson Yat-Fan SIU
Co-chair of the Research Committee of the HKATH

Hong Kong Association of Therapeutic Horticulture (HKATH) was established in 2008. The aim of HKATH is to facilitate growth of therapeutic horticulture, in terms of professionalism and popularity. HKATH has been uniting practitioners and researchers of horticultural therapy and interested newcomers by organizing functions from time to time, so as to promote horticultural therapy in Hong Kong, Macau, China and the Asia Pacific region.

On 25 April 2019, HKATH, co-organized with St. James Settlement Continued Education Centre, held a symposium in Hong Kong with the theme of “Horticultural Therapy: Toward an Evidence-based Practice Symposium”. The aims and objectives of the symposium were (i) to introduce the professional development of horticultural therapy locally and internationally, (ii) to provide a platform for the dissemination of research results on evidence-based practice in horticultural therapy, (iii) to facilitate communication and exchanges among those interested or engaged in horticultural therapy research or practice, and (iv) to provide supportive network for those who wish to become horticultural therapy practitioners and researchers.

Professor Matthew J. Wichrowski (leftmost), Ms Connie Fung (middle) & Mr. John Lau Yuen Cheung, The Manager of St. James Settlement Continued Education Centre (rightmost).

10
Accordingly, we invited Professor Matthew J. Wichrowski, HTR(AHTA) and Clinical Assistant Professor of Rusk Rehabilitation Center of NYU Langone Hospital, as one of our guest speakers. His topic was “Horticultural Therapy in the United States: History, Lessons Learned, and Future Directions”. Guest speaker, Dr Claudia Lai, the Honorary Professor of School of Nursing of the Polytechnic University of Hong Kong, presented “Horticultural Therapy to Date: Challenges and Opportunities in Developing Evidence-Based Practice” to us. The President of HKATH, Ms. Connie Fung, HTR(AHTA) and the Recipient of the AHTA 2015 Rhea McCandliss Professional Service Award shared about “Horticultural Therapy Professionalism and Development: Hong Kong Experience” with the audience. The excellent presentations incorporated new insights, experience, assessment tools and research results of horticultural therapy practices of different areas and countries; the audience must have taken something away.

The symposium attracted participants from various disciplines including social welfare, education, medical sector. The event was very successful with full attendance. Besides the presentation, showcases of adaptation tools and books of horticultural therapy were arranged for enjoyment of participants.

With a view to strengthening the recognition of horticultural therapy, HKATH has been planning to put more resources in academic research by cooperating with various organizations to further explore the effectiveness of horticultural therapy on various kinds of populations, and will continue to strike for the best in developing and promoting the profession of horticultural therapy in Hong Kong as well as Asia.
After arriving back home, faced with many things to catch up on my ‘to do’ list, my trip to Hong Kong and Macau seems like a dream. When I arrived in Hong Kong, the first thing I noticed was the warm temperature. It felt like entering a greenhouse in New York in winter. Spring was very chilly in the U.S. and the warmth felt comforting. Also comforting was the warm welcome from Connie and her team, especially after being awake for so many hours on my journey. I am also thankful for the guidance and companionship provided throughout my trip which made it enjoyable and memorable.

The symposium at St. John's was exciting and full of energy. I was happy to meet with John and the team to discuss curriculum development, and meet Dr. Lai at dinner, overlooking the light show around the harbor. I was pleased to learn upon returning that Dr. Lai won the 2019 Charles Lewis Excellence in Research Award. Congratulations to her. The symposium was well attended. The presentations centered around the status of horticultural therapy in Hong Kong, and how to bring HT practice to a higher level through understanding and conducting research, and the process of developing evidence-based practice in our field. Brenda’s translating went well and I enjoyed speaking with the enthusiastic attendees. It was a festive atmosphere with everyone interested in what the symposium had to offer.

In Macau we met Neville and went to Macau University of Science and Technology to tour the University, discuss curriculum with Mr. Wong, and work on how to equate HKATH’s and AHTA’s education systems. It's great to see HT developing in Macau and I saw gardens and programs with great potential. Annie, the Director of Social Services hosted the conference and was very interested to have HT there. It was very exciting and memorable to be with the group to cut the ribbon to open the conference. After the main presentations by myself, Connie, and Neville there were activity and craft workshops. It is important to have both knowledge of plants and an assortment of professional looking craft activities to provide the various kinds of exercise to benefit our participants. A meaningful and professional looking project often helps to motivate participants. The roof top has good potential to make a therapeutic garden terrace. An awning for shade and trellises to create green and flowering walls for privacy can do wonders to create a therapeutic space.

The next day we visited Neville’s garden, where he is in the process of carving out a garden into the hill behind the hospital building. This presents a challenge but shows the creativity that many horticultural therapists use to turn unused space into space that contributes beauty, and provides a place for people to receive therapy. Not only does the garden provide a place for patients to work, his hill garden presents a
canvas to paint for the people who have offices overlooking the hill. I find my work on the psychiatry unit at NYU rewarding and wish Neville well in his task. We also visited an Elderly Home, which had a large number of people with a wide variety of conditions. A lot of needs to be met. This is often a challenge horticultural therapists face in their work settings. It takes strength to meet the challenges and it can be stressful at times, but this challenge provides opportunity to learn and grow and become a better therapist. There were beautiful gardens there and a restaurant with ancient bonsai, wood carvings and artwork, where we had a great lunch.

I also got to explore the casinos and even played the slot machines. I did ok, but eventually lost my 20 Hong Kong dollars. Nicolson was the big winner. He hit a jackpot, there were bells and lights and he won many nickels. Nicolson, Neville and I had an opportunity to explore a little nature, taking a hike around a local park, checking out the flowers and animals there. Neville shared some of the local history and knew the best places to go for good views. When working hard at conferences and meetings, I especially enjoy getting out to see some of the local natural environment and learn about the area.

Speaking of the local natural environment, one of my favorite experiences of the trip was a hike on the Dragon Back Trail. Emily was kind enough to be my guide. We got a good hike in, saw a bunch of different butterflies and flowers, and got to smell the wonderful scent of the gardenias all along the trail. The trail ended on Big Wave Beach, which reminded me of the beaches near my home. A great start to the day. Next, Elaine brought me to Ap Lei Chau to observe an HT program for people having dementia, including their family members. The therapist ran a good group. The activity provided physical work exercising fine motor skills, cognitive benefits through use of sequencing skills and memory, opportunities to engage in socialization, and emotional benefits when participants shared their work with the group and received recognition for a good job. The agency and the various programs it provides is quite similar to social work programs in the U.S. The HT program was just like programs I have observed in the U.S., and I could also see how Connie has set up the HK HT education parallel to the U.S. system. When the group was finished, Elaine, Pinky and I took a walk around the water, stopping at a temple and watching the boats and local life.

Matt and Kong Sang Organic Farm owner Mr Kwok and HKATH instructors Maia, Tony, Brenda and Can
After day of hiking, observing and a little sightseeing, Elaine and I met up with Brenda and I had some time to eat, relax and share conversation in Tamar Park. We finished the day by going up to the peak to catch wonderful views of the city lights. It was a long day but one of the favorites of my visit. The next day Connie met me at the hotel and with Maia, and Brenda we visited the organic farm where some of the HT classes are held. I grow organically at home and utilized integrated pest management in the Glass Garden greenhouse. I think it is important for horticultural therapists to go organic to minimize toxic exposure for our patients and ourselves. It was interesting to see some of the tropical fruits and vegetables being grown. Nice potential for a learning horticulture there.

We then met with Samuel at Yau Chong Rehabilitation Home. He shared the triumphant story of his program there. We met two very enthusiastic residents there who helped give a tour of the facility. Samuel and his crew accomplish a lot in a small space. The facility had a home-like feel with a wonderful family atmosphere. It’s impressive that the local community is so supportive. I would feel grateful if one of my family members would have the opportunity to participate there. No wonder there is such a long waiting list. Dr. Wong, Nicolson’s colleague from Shue Yan University joined us there. I had hoped to discuss social work with her but our busy schedule moved us forward.
Next we met Michael at New Life Farm. This was a well-developed setting with a lot of potential for HT work. We explored the farm, tasted electric daisy flowers and saw a mushroom production facility. I had never seen mushrooms produced professionally like this, and appreciated the opportunity. I observed another well run group with the participants decorating a bag by flower pressing. The activity helped participants work on goals appropriate for their needs and I had an interesting conversation with one of the participants regarding his experiences in life.

Michael, Brenda, Maia, Tony and I, holding the golden oyster mushrooms grown by New Life Farm

On my last day I had a meeting with Connie, Nicolson, Elaine and Brenda to discuss future directions for HT and how we could work together to help advance the field. We spoke of education, publishing a textbook and building strength through research. Connie is a dedicated hard working leader. Her team is smart and focused. I think good things will be accomplished in the future. I enjoy working with a successful team and hope the future holds more opportunities for collaboration. I am grateful for the invite and the warm welcome experienced in the places I visited. Overall, it was a great experience.

A big thank you to everyone who helped make it so.
Rebecca Haller and Christine Capra’s *Horticultural Therapy Methods: Connecting People and Plants in Health Care, Human Services, and Therapeutic Programs* is one of the best textbooks on horticultural therapy. The Chinese Edition has been translated by Professor Jocelyn Shing-jy TSAO, Horticultural Therapist Connie Yuen-yee FUNG, Professor Victor CHEN and Professor Daniel Rong-huei SHEU and published in Taiwan by Wu-Nan Book Inc. in November 2019. It will be an invaluable reference to the growing community of horticultural therapy practitioners and students in Chinese-speaking areas.
In recent years, horticultural therapy has been in the spotlight in rehabilitation medicine in Mainland China, but there is a lack of systematic works on this therapeutic modality for the Chinese audience. The publication of *Methods of Horticultural Therapy for Rehabilitation Medicine* (translation of Chinese title) by South China University of Technology Press will definitely help to fill this gap. Edited by two experts in rehabilitation medicine and horticultural therapy, Liu Gang, Director of the Rehabilitation Medicine of the Third Affiliated Hospital of Southern Medical University, and Connie Fung Yuen Yee, President of HKATH, the book lays out a solid foundation for which practitioners in rehabilitation medicine and related areas can apply HT methods to achieve good results. Other authors include horticultural therapists from HKATH.

The book consists of two parts, the first part outlines the basics of horticultural therapy and its development from an international perspective, the factors to be considered in the design of therapeutic activities and basic types of HT activities such as container gardening, floral arrangement and plant crafts. The second part shares experiences of implementing horticultural activities in medical institutions. In particular, it provides details of more than 40 HT activities to improve physical and cognitive functions. Ways to make use of horticulture to enliven hospital environments and the design and maintenance of healing gardens are also discussed.

This book can be used as a textbook and reference book on HT for practitioners in rehabilitation medicine. It can also be used as a guidance and training book for social workers and those working in elderly care or services for people with disabilities.
Radio Television Hong Kong (RTHK) Radio 5, a major radio station in Hong Kong for the elderly population, has invited HKATH to participate in its long-running radio courses for elderly people. Our president Connie Fung and registered horticultural therapists Honsum Kwok, June Lau, Emily Shum and Maia Tam joined Ricky Tang from RTHK Radio 5 to co-host a radio course titled *Nourishing Our Health with Gardening*, which consisted of 26 episodes aired every Friday 8:30-9:00 pm from 1 March to 25 August 2019. The course content was designed by the 4 RHTs who also prepared complete notes for each episode. A study booklet containing notes for our HT course and 3 other elderly-oriented courses (about local history, the Cantonese dialect and cooking) was published by RTHK and sent to elderly care centers in HK prior to the start of the courses.

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<th>Episode</th>
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<tr>
<td>1–3</td>
<td>Introduction to HT</td>
<td>Introduction to horticultural therapy and its benefits (physical, emotional/psychological, cognitive, creative, social aspects)</td>
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<td>4–11</td>
<td>Basic container gardening</td>
<td>Introduction to basic gardening skills (e.g. sowing seeds, cutting and division propagation, etc.) and plant varieties suitable to the local living environment</td>
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<td>12–25</td>
<td>Selected horticultural activities</td>
<td>Introduction of selected activities and their potential benefits. Inter-generational activities and activities for festivals are also discussed.</td>
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<td>26</td>
<td>Summary</td>
<td>Brief summary of the 25 episodes and suggestions to audience</td>
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We hope that the course will inform more elderly people what horticultural therapy is about and that they will actively participate in gardening, with the aim of improving the quality of life and promoting physical and mental health.

Let’s get planting!
Age creeps up on all of us. Yet, we can face this fact of life with a positive attitude. Inspired by the healing power of plants, my friends Chung Woo, Mike Tsang and I set up the social enterprise “PuYU” to provide the elderly with horticultural therapy that helps them build confidence and enjoy their silver-haired years fully.

All three of us are horticultural therapists registered with HKATH. Chung and Mike are retired “young old” (aged between 50 and 65) who have been well versed in floral art and arboriculture before they knew anything about horticultural therapy. I worked in the finance industry and had little contact with plants. Once I signed up to a horticultural therapy workshop held by Connie Fung, the founder of HKATH, and took home an arrowhead vine. The plant managed to stand tall and proud despite a long period of insufficient watering and tough weather. I was deeply impressed by the vitality of the plant and aspired to help others enjoy the same vigour. I quitted my job to join a training programme in horticultural therapy where I met the other two partners.
PuYU provides tailor-made horticultural classes and gardening tools for the elderly, which help train up their muscles and eye-hand coordination, and delay the cognitive decline that comes with ageing. PuYU has also launched the “PuYU Mindful Green Ambassador programme” to train silver-haired volunteers in realisation of “young-old serves old-old”. Through this programme, the “young old” learn not only knowledge in horticultural therapy but also new skills in interacting and serving the elderly.

External support is indispensable to a social venture. In fact, our business cannot sustain by running community-based programmes only. Therefore, we have started to explore new opportunities, such as collaborating with big corporations to organise horticulture workshops and volunteer training for staff as corporate social responsibility programmes. We hope that this new revenue stream would secure a sustainable business development while enabling more people to benefit from the positive energy of plants.

Editor’s note:
The name PuYU literally translates as Dandelion (Pu) Lodge (Yu). The founders of PuYU see dandelions as a symbol for the gentle healing power of plants. Readers may find out more about PuYU from their website: https://www.puyuhk.com/?lang=en
HKATH has collaborated with School of Nursing of the Hong Kong Polytechnic University and Stat Solutions Co. (Note) from 2017 to 2018 in the research “Validation of the Chinese Non-pharmacological Therapy Experience Scale in Persons with Intellectual Disability”. The research report is published in the international journal Nursing Open (January 2020, Volume 7, Issue 1; Ref.: https://onlinelibrary.wiley.com/doi/full/10.1002/nop2.398, 1st published in Oct 2019)

**Background and Study Design:**

In recent years, HT has been used on persons with intellectual disability (ID) and shown to have positive effects. Since persons with ID may have difficulty in expressing their thoughts and feelings, observing their behaviors is a possible way to evaluate the process of HT implementation. We believe that the 4-point Non-pharmacological Therapy Experience Scale (NPT-ES) (Muñiz, Olazarán, Poveda, Lago, & Peña-Casanova, 2011) is a possible tool. However, in our experience, the 4-point NPT-ES does not easily capture qualitative differences in the level of engagement or behaviors of participants with ID in HT sessions. Thus, the 4-point NPT-ES score may not be able to reflect actual changes if the changes are not large. This study involved 2 phases. In phase 1, the 4-point CNPT-ES was translated into Chinese and expanded into 7 points. In phase 2, the psychometric properties of both scales were evaluated in 67 persons with ID after each session of HT intervention. Data were collected from June 2017 to January 2018.

**Methods:** 67 persons with ID were recruited from six hostels or centers for persons with ID in Hong Kong. A total of 1,163 and 1,161 observations were collected by the trained observers with the 4-point and 7-point scales, respectively. The floor and ceiling effects, inter-rater reliability, internal consistency, responsiveness of both scales and the scale equivalence were examined.

**Conclusion:** The results indicate that the 7-point scale is highly equivalent to the original 4-point scale, and has slightly better inter-rater reliability and internal consistency. It is a more responsive instrument that reflected changes in the behavior of the participants with ID when they experienced the HT intervention. Further validation of the 7-point scale is recommended using a larger client population or various client populations such as those who have cognitive impairment and with different interventions.

**Note:** Researchers include Lily Yuen Wah HO and Claudia Kam Yuk LAI of School of Nursing, The Hong Kong Polytechnic University, Kenny Chi Wing CHIN of Stat Solutions Co. and our President Connie Yuen Yee FUNG.
Participation of HKATH in 2019 American Horticultural Therapy Association Annual Conference

June Kit-ming LAU
Co-Chair, Research Committee of HKATH

Ms Connie Fung (President of HKATH), Ms. Emily Tin-yuk SHUM (RHT Supervisor(HKATH)), Dr. Nicolson Yat-fan SHIU, and I (Co-Chair, Research Committee of HKATH), and one of Connie’s students from Mainland China, Chen XU joined 2019 American Horticultural Therapy Association (AHTA) Annual Conference from 3 to 5 October 2019 in Grand Rapids, Michigan, USA.

3 October: Joined pre-tour to visit Frederik Meijer Gardens & Sculpture Park, Mast Young Greenhouses and River Walk Experience.

4 October: During the AHTA 2019 Award Dinner Ceremony, Connie was awarded 2019 Charles A. Lewis Excellence in Research Award from AHTA for our research on “Effects of Horticulture on Frail and Prefrail Nursing Home Residents: A Randomized Controlled Trial” conducted by HKATH, School of Nursing of the Hong Kong Polytechnic University (PolyU) and Pok Oi Hospital. It was published in 2018 in the journal JAMDA.

5 October: Connie and Professor Claudia Lai of PolyU had a presentation on the above research award topic. Emily and I also had a presentation on “The Benefits of Horticultural Therapy Programs for the Community and Residential Elderly in Hong Kong”.

(Left to right) Nicolson, XU, Connie, June, Emily
This is the third year I attended the AHTA conference, the experience at these conferences has always been very rewarding. This year the conference was held in the city of Grand Rapids, Michigan, on October 3-5, the theme “Horticultural Therapy: Digging in Together”. In the three days together, apart from learning from the speakers and fellow horticultural therapists who practice the trade, we build bridges and connect with people of same interest. We were able to exchange experiences and share with others what we do in Hong Kong to promote horticultural therapy. During the pre-tour there were opportunities to visit various horticultural therapy sites, botanical gardens with therapeutic gardens, community gardens, greenhouse production and even some sightseeing in the city of Grand Rapids. An exciting part of the conference for me is the pre-tour, our first stop to the Frederik Meijer Gardens & Sculpture Park, which was also the venue where some of the conference workshops were held. A tram tour around the park led us to view the amazing sculptures by world renowned artists meticulously placed amidst the rich landscape of theme gardens, followed by a guided tour on foot around the Japanese garden. There is also the Lena Meijer Children’s Garden, the tropical conservatory, arid garden greenhouse, and seasonal display greenhouse which showcased a variety of very interesting plants. Amongst these the Children’s Garden attracted me the most, because of the many interesting features in its design for people of all ages and levels of ability to enjoy. Adults can feel like a child while roaming in the garden. There are interactive features, sculptures and signs designed to draw visitors to touch, smell, look, listen and explore the richness of the landscape. Plant species were chosen to tickle our senses, as well as to draw in the pollinator butterflies and insects. There are lookouts to wetland, storytelling trails and treehouse. It is a great place for family and school class visits.

Interesting sculptures at the Sculpture Park prompting visitors to enjoy and explore with our five senses
Mast Young Greenhouses, the other place on our pre-tour itinerary, is one of the largest vegetative plant producers of seasonal potted plants, hanging baskets that supplies to all over the US. It was an eye opening experience to see so many greenhouses producing poinsettias for sending out this Christmas season. Their Trial Garden is a “Living Catalogue” that has over 1,500 varieties of the plants offered in their catalogue. Plants growing in the garden include Coleus, Geranium, Begonia, Petunia, Dahlia, Impatiens to name a few. It was exhilarating to see such a large palette of colors in front of our eyes, where we could touch and smell the plants. Since we were there in early October after a week of rain, many blooms have already faded, the best colors were the Coleus, many of which we have never seen before. Unfortunately, we were not able to bring home any of them since they were all vegetative propagated and no seeds were available.
The two days conference was packed solid with presentations and workshops on various topics on horticultural therapy and therapeutic landscape. Presenters shared practical examples of how to implement and design for different types of clients and run horticultural therapy projects. Our keynote speaker this year was Steven Wells from Australia, who spoke on *Increasing the Dose of Gardens in the Hospital*. He has successfully developed the horticultural therapy program and sensory gardens at Austin Health’s Royal Talbot Rehabilitation Centre and expanded beyond this through his project officer role to also implement and oversee the development of numerous gardens throughout Austin Health’s three campuses. The sharing was inspirational and showed that much resilience and innovation was needed to push through an idea to fruition. It is also our hope to see in the future Hong Kong hospitals embrace the idea of incorporating gardens in the hospital setting to benefit its patients, staff and visitors.

A highlight of this year for us is no doubt the Award Dinner. This year it was our honor and joy to witness Prof. Claudia Lai and our President Connie Fung being presented the Charles Lewis Award Winner for their research project on “Effects of Horticulture on Frail and Pre frail Nursing Home Residents: A Randomized Controlled Trial”. They also presented their research in one of the sessions to further elaborate on their work. This year June Lau and myself also presented on “The Benefits of Horticultural Therapy Programs for the Community and Residential Elderly in Hong Kong”. It was a good opportunity to share and exchange findings on what HT can do for people of different cultural background. Overall, this year the conference was a time of making new friends and renewing previous connections and seeing the development of horticultural therapy make further progress.
Horticultural therapy (HT) is a people-oriented therapeutic modality. Through gardening as a media of intervention, it can help people to achieve physical and mental health and well-being. Around the world, including the United States and Hong Kong, there have been significant achievements in the promotion and effectiveness of horticultural therapy. In Macau, the promotion of HT is in its infancy, and training of horticultural therapists is on top priority, so there is a great demand for professional knowledge. As we are alliance of the Hong Kong Association of Therapeutic Horticulture (HKATH), Connie and her team of registered horticultural therapists have actively assisted students and registered horticultural therapists in Macau to achieve professional development over the years. With their support, on the 27th of April this year, the Macau Horticultural Therapy Association (MHTA) held the first conference on horticultural therapy in Macau: "A Better Physical and Mental Health Through Gardening". We have invited Prof. Matthew J. Wichrowski, a senior registered horticultural therapist and journal editor of the American Horticultural Therapy Association, to come to Macau to share his horticultural therapy experience and to nourish professional knowledge in Macau.
This conference was co-organized by the MHTA and the Macao Federation of Trade Unions (MFTU) Toi San Service Center. Annie Siu Siu Man, Director of the Social Service Agency Management Department of MFTU, said in her speech that the successful experiences of horticultural therapy in the United States and Hong Kong have confirmed that horticultural therapy can promote the effectiveness of treatments for various clients. In recent years, many treatment modalities have been introduced into Macau. Horticultural therapy is one of the treatments that many social service providers believe to have potential for further development. Indeed, nowadays, society focuses on natural and healthy living, horticultural therapy is found accessible to most people. We hope that through the conference, people from all walks of life will further understand the benefits of HT and its professional practice.

About 70 participants who are from different backgrounds and students of horticultural therapy were enrolled in the conference. In the morning, there were thematic seminars including the “Planning of Horticultural Therapy Programs”, “Hong Kong Experience in the Development of Horticultural Therapy”, and the “Application of Indoor Horticultural Therapy”. In the afternoon, there were workshops including mini succulent gardens and elegant moss balls. In addition, during the conference, a display area was set up to exhibit commonly used adaptive tools, research publications and professional literature of horticultural therapy, as well as information about the MHTA and HKATH. The conference was rich in content and provided participants with opportunities for academic and practical experiences exchanges.
A major focus of the seminar is about how to be a good horticultural therapist. It is important for the therapist to be client-centered and able to connect the life of the plant with the life of the client in order to alleviate his or her problems. Matthew said that as a therapist, we must understand our client and the plants so as to develop a good treatment plan. In addition, we need to create a suitable environment so that the clients can perform and enjoy various horticultural activities in the most natural and harmless environment, cultivate a positive attitude and do things for themselves with a purpose.

Horticultural therapy is full of vitality. And in recent years, academic researches have shown that HT has significant effects on various types of clients, especially on their physical, cognitive, emotional and social aspects. It will certainly have an important position in the field of rehabilitation in the future. The conference has broadened everyone’s perspectives and motivate participants to thrive for a better future of the HT profession in Macau.

(Translated by Margaret Lo)
The 8th HKATH Annual General Meeting in 2019

Miranda Bik-king LEE
Co-Chair, Communication Sub-Committee of Development Committee of HKATH

The Eighth Annual General Meeting cum Certification Award Presentation of Hong Kong Horticultural Therapy Association (HKATH) was successfully held at the Hall of St. James Settlement on the Saturday of February 16, 2019. There is a total number of 144 participants which included the members of our association, and the publics who are interested in horticultural therapy. With participants from various disciplines, the interaction and connection we made that day was harmonious and lively.
Besides the topic specific seminars, there are also lots of new and exciting exhibitions that have been added this year. We can see the participation of HKATH in co-writing a new horticultural therapy reference book, some reference books published from overseas, research projects conducted in collaboration with the medical and social welfare agencies and adaptive tools, etc.

As the conference began, we had President Connie Fung reported the development of the association and thanked all the organizations and members for their support. Next, we had the financial report presented by Ms Bonnie Wong, the Financial Director of HKATH. This year, our theme of the conference is “Effectiveness of the Application of Horticultural Therapy in Different Target Groups”, and we have invited three guest speakers to share their experience.

Seminar 1: Horticultural Therapy: Helping People with Intellectual Disabilities – Social Inclusion, presented by Mr Samuel CHUNG, the Service Manager of Yau Chong Home of Fu Hong Society, RHT(HKATH) and Registered Social Worker

Seminar 2: The Benefits of the Parent-Child Horticultural Therapy Programs at a Local Primary School in Hong Kong, presented by Ms Emily SHUM, RHT(Supervisor)(HKATH) and Ms Fion CHAU, RHT(HKATH).

All the speakers did an amazing job talking about their rich experience, personal opinions, and making the audience can understand the topic easily and greatly benefited.

Three guest speakers shared their experiences and opinions (Left to right: Mr Samuel CHUNG, Ms Emily SHUM and Ms Fion CHAU)

The last part of the ceremony, the Certification Award Presentation, was to award the certifications and pins to the members of each certification level by HKATH President Connie Fung. This year, we had a total number of 42 members being certified, including: 2 RHT(Supervisor), 22 RHT, 3 AHT, and 15 HTF
(11 of them from Hong Kong, 3 from China and 1 from Macau). After the award presentation, it was followed by the group photo with over 100 participants, bringing joy and smiles. Finally, a lucky draw for succulent plants and sharing of fresh flowers lead to the end of this fruitful ceremony.

This year, I choose to give out pink magnolia flower basket to everyone as a way of expressing my gratitude to the President, senior members and to members. The magnolia flower has a meaning of a noble soul, representing our respect and gratitude to our teachers, and praising the importance of our association’s mission to serve the community with horticultural therapy.

As the conference was completed, the President, guests, and a group of staff members had dinner together. Many thanks to President and the association members made each of us had a great time that night. We deeply experienced the physical, mental, social, spiritual health and happiness that’s brought by horticultural therapy. We are looking forward to continuing the progress to create a better and fruitful future. ☺

(Translated by Lydia Tang)
Studies have shown that daily "micro breaks" can reduce stress and promote physical, mental and spiritual health. This year New Life Psychiatric Rehabilitation Association has launched a very meaningful "dayday330" campaign to encourage everyone to reserve at least 3’30” per day to care about their body, mind, and spirit in a favorite way, such as doing mindful breathing, listening to music, walking, or other simple enjoyable activities. To support this campaign, New Life Farm organized an Open Day in March to provide the general public with a break from urban life in a green environment. The Hong Kong Association of Therapeutic Horticulture was invited to provide a horticultural booth for the event. The booth we arranged was called "Grow a Beautiful Life Transplanting Seedlings Workshop ". We hope to encourage citizens to plant with eco-friendly materials and by taking care of their own plants, enjoy a moment of 3’30” to refresh body, mind and spirit. Another purpose of our booth is to promote horticultural therapy through activities and presentations.

Details

Date : 24 March 2019
Time : 10 am – 4 pm
Venue : New Life Farm, 33 San Fuk Road, Tuen Mun, Hong Kong

I was a bit worried since it rained the day before the event. Thankfully it turned out to be only cloudy and with a comfortable temperature, so the activity could be carried out outdoors as scheduled. Our booth was very popular, with about 500 participants throughout the day. Many participants came with relatives and friends. Our workshop had certainly ignited their interest in horticulture as they asked many questions about growing seedlings. Many participants were also interested in the plants provided by the conference. Some stated that it was the first time they saw those plants, including different varieties of nerve plants and lettuce.

At our workshop, we encouraged participants to complete the whole process on their own, to touch the soil and feel its texture, select the seedlings they like and carefully transplant them to the new pots; finally water the soil until it is completely wet. After completing the whole process, the participants felt very satisfied and took the seedlings home with anticipation, waiting for the seedlings to grow. Many participants expressed interest in horticultural therapy and some even considered enrolling in horticultural therapy courses and the possibility of becoming an horticultural therapist.
Many thanks to my experienced and enthusiastic teammates in the booth, including Piaf Lai, Amelia Cho, Ivan Fan and Eirene Deng. It is so much fun to work with you together! I would also like to thank Connie and Maia Tam for their guidance and support, and also Michael Kam, occupational therapist and horticultural therapist working at New Life Farm, for his valuable assistance that enable our program to run smoothly and bring happy moments to all participants! I am also grateful for all the participants who are willing to let us put their photos on HKATH’s Facebook to share the joy of the event. 😊

(Translated by Honsum Kwok)
In 2019, the Association has held three workshops for our members. As always, the workshops are very popular with a total of about 180 participants.

**Kokedama Workshops (March 14 & 21)**

The first two were the Kokedama (Moss Ball) Workshops in March, hosted by Winze Zo, a registered social worker with plenty of experience in Kokedama. She showed us two finished samples and demonstrated the production step by step. The entire process was projected on the screen in real time so that participants could follow easily. This planting method is very unique and novel as no pot is required. The plant is put into a soil ball, then wrapped with dry and wet sphagnum mosses and secured with strings. The finished work is placed onto a ceramic dish together with one or two decorative figures. Kokedama often gives people a sense of serenity and simplicity. During the debriefing, some participants said they were very satisfied with the finished product and found the process very relaxing and healing.
Orchid Mounting Workshop (June 18)

Berry introducing us to the world of orchids

The third workshop was the Orchid Mounting Workshop in June. Connie had invited Mr. Berry Chu, the Honorary President of the Hong Kong Artistic Orchid Association as our host. Berry shared a lot of knowledge about orchids. He told us that many plants with the word 兰 (Chinese word for orchid) in their local names in Hong Kong, such as violets, snake plant, Barbados lily and rain lily are not orchids at all. He also brought a variety of orchids to show to us. It was an eye-opener! Then he taught us how to mount the beautiful Dendrobium orchid. We all learnt a useful technique that might be useful in HT sessions.

In each workshop, Maia, RHT and supervisor from HKATH leaded a discussion with the participants on the potential application of the activity in horticultural therapy. The processes of making the moss ball and mounting orchid look simple, but when applied to different clients, we must carefully consider the individual needs of the clients and make appropriate adjustments in accordance with the treatment goals.

(Translated by Honsum Kwok)
Since this early summer, Hong Kong has been confronted with a city-wide atmosphere of anxiety and emotional disturbance due to social unrest. Many people are feeling lost, worried and troubled by despair and depression. In the hope of alleviating these feelings, HKATH initiated an ad hoc series of Stress Relief Workshops in July and August which were free for all citizens. Participants were guided to release their restlessness and revitalize themselves with positive energy and self-confidence to face the setbacks in life.

Since mid-June, HKATH has invited some warm-hearted and sincere horticultural therapists to the overall planning and preparation of the workshops. In two weeks’ time, the missions and objectives of the workshops were drafted; the program content, schedules, guidelines, protocols and work flow were specified; the funding, resources, manpower and venue were acquired. Along with wide publicity to encourage public’s participation and a total of 20 volunteer horticultural therapists as program tutors and assistants, the Stress Relief Workshop was launched as scheduled.

I feel honored to have the opportunity to join two sessions of this meaningful event on 19 June as program assistant. The program design aimed at guiding participants to create a “Mini Garden” individually, using plants that are stimulant to the five senses such as the eye-catching red and white nerve plants, arrowhead plant and the fragrant Mexican mint, etc. I helped in venue setting, materials distribution and assisting participants as necessary. During the activity, the tutor started with guiding the participants to perform mindfulness exercises for 10 minutes to attain relaxation. Then participants are encouraged to express their feelings while learning to create the “Mini Garden” on their own in a cozy surrounding. The effectiveness of the workshop was supported by the post-program feedback survey. 90% of the participants showed satisfaction as they agreed that the program had helped them in emotion release, stress relief and positive energy enhancement. For me, it is a meaningful and fruitful voluntary work. I have experienced not only the enlightenment in horticultural therapy skills as shared from the tutor and other volunteers, but also a sense of mission as rooted from the timely assistance to Hong Kong people.
2019 Horticultural Therapy Internship

Maia Sau-han TAM, HKATH Internship Coordinator

Time flies, and 2019 is coming to an end. As we look back, horticultural therapy internships are still going strong and busy, and the recognition of horticultural therapy is increasing day by day.

In 2019, we had 86 students applying for interns of supervised horticultural therapy internship groups which make a total of 209 internship groups throughout the year with an average of more than 50 groups per quarter. There are more than 2,000 internship helpers up to the quarter of July to September, and nearly 110 internship sites for conducting horticultural therapy groups, horticultural groups, workshops, landscape projects, etc. From the numbers, we can see the growth in 2019, and it’s been a fruitful year for internships.

Internships in China are also being very active. There are 26 internship groups and the number of interns doubled from last year. There are 18 interns and 197 helpers. All of them are from different provinces, such as Shenzhen, Guangzhou, Qingyuan, Shaoguan, Shanghai and Nanjing. This year, internship groups started using online supervision and class observation, so the relationship between supervisors and interns can be closer and interns are having a positive feedback and outcome. Next year, AGM will award a variety of individuals with different levels of horticultural therapists.

Meanwhile in Macau, internship groups are organized by the Macau Horticultural Therapy Association. There are 4 interns, 10 internship groups, and a total number of 97 helpers being arranged. The target of internship groups includes the elderly, patients with mild cognitive impairment, mentally illness patients, and persons with intellectual disabilities, etc. And 6 professional horticulture groups / workshops were held. The number, in terms of interns and internships, is increasing. In 2020, we are planning to include individual horticultural therapy case-study internship, which would lead to a more extensive and comprehensive internship. It would further improve the profession of horticulture therapy groups.

(Translated by Lydia Tang)
Reviewing the work of the Macau Horticultural Therapy Association (MHTA) during 2019, the experience was enriching and rich. In addition to continue to conduct workshops and events on various themes in the community as last year, MHTA organized more horticultural therapy groups and internships. Through horticultural therapy, we successfully connected with different types of target groups, including persons with hearing impairment, drug abusers, children with developmental disorders, the physically disabled, persons with dementia and mentally illnesses, etc., and promoted the therapeutic effects of horticultural therapy in the community and service centers in a practical way.

In April this year, MHTA, co-organized with Macao Federation of Trade Unions, held the first symposium in Macau with the theme named “A Better Physical and Mental Health Through Gardening”. We have invited Professor Matthew J. Wichrowski, an experienced horticultural therapist from the US, to share his experience on developing a horticultural therapy program. His presentation gave a good lesson to the friends of Macau. The symposium attracted participants from various kinds of disciplines, this let us know more and more people are interested in horticultural therapy.

With the review of the above events, number of members of MHTA has accumulated around 100 since its establishment of two years. This definitely helps MHTA conducting horticultural therapy internships and professional training. The number of application for internship received has increased from 4 last year to 9 this year. Moreover, the number of internship sites has also increased from 5 to 12, which shows the success of our promotional activities on horticultural therapy.

Horticultural therapy has been gaining the awareness of Macau people gradually, but its applications on service users and the number of professionals are still at the beginning. There are a lot of works ahead, including training of more local horticultural therapists at RHT level, conducting evidence-based research, and horticultural therapy applications in more service centers, etc. The attainment of such goals is relied on all MTHA members and the assistance from the team of Hong Kong Association of Therapeutic Horticulture. Let’s see the flower of professional horticultural therapy blooming in Macau.
Statistics of Development of Horticultural Therapy in Macau in 2019

“Professional Diploma in Horticultural Therapy” by School of Continuing Studies of Macau University of Science and Technology

<table>
<thead>
<tr>
<th>Course Title</th>
<th>No. of Courses Conducted</th>
<th>Date</th>
<th>No. of Learners</th>
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<tbody>
<tr>
<td>Horticultural Therapy Elementary Certificate Course (Module 1)</td>
<td>3</td>
<td>2019/02/24-25, 07/6-8, 11/30 and 12/7, 10</td>
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<tr>
<td>Horticultural Therapy Intermediate Certificate Course (Module 2)</td>
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<td>2019/04/13-14 and 05/25-26</td>
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<tr>
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<tr>
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<td>2019/09/7,21 and 10/5, 12, 19</td>
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<tr>
<td>Certificate in Horticultural Therapy Application &amp; Fieldwork (Module 5)</td>
<td>1</td>
<td>2019/08/31 – 12/1</td>
<td>16</td>
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Various Types of Activities and Groups Organized by MHTA

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<thead>
<tr>
<th>Type of Activity</th>
<th>Title</th>
<th>Organization</th>
<th>Client</th>
<th>No. of Participants</th>
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<tbody>
<tr>
<td>Therapeutic Groups</td>
<td>Plant Exploring Parent-child Group</td>
<td>Speech and Hearing Center of Macau Deaf Association</td>
<td>Children with Hearing Impairment and Families</td>
<td>5 Pairs</td>
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<td></td>
<td>Mind and Heart Relaxing Group</td>
<td>Fuhong Society of Macau Happy Art Studio</td>
<td>Group under High Pressure</td>
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<td></td>
<td>Green and Fun Group</td>
<td>Fuhong Society of Macau Happy Art Studio</td>
<td>Students of Special Education Schools</td>
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<tr>
<td></td>
<td>Enter into a Green and Slow Healing World Group</td>
<td>Centro de Serviços Integrados Fai Chi Kei de Federa ção das Associações dos operários de Macau.</td>
<td>Group under High Pressure</td>
<td>12</td>
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<tr>
<td></td>
<td>Release Pressure through Gardening Group</td>
<td>Fuhong Society of Macau Happy Art Studio</td>
<td>Group under High Pressure</td>
<td>10</td>
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<tr>
<td></td>
<td>Garden Tour, Green and Fun Group</td>
<td>Macao Populace Mental Health Promotion Association</td>
<td>Ex-mentally ill Persons and Families</td>
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<tr>
<td>Professional Member Programs</td>
<td>Event Description</td>
<td>Participants</td>
<td>Capacity</td>
<td></td>
</tr>
<tr>
<td>--------------------------------------------</td>
<td>-----------------------------------------------------------------------------------</td>
<td>-------------------------------------------</td>
<td>----------</td>
<td></td>
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<tr>
<td>The 2nd AGM and Seed Paper Making Workshop</td>
<td>Members and those interested</td>
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<td>Symposium “A Better Physical and Mental Health Through Gardening” and Workshop</td>
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<tr>
<td>Pressed Flower Workshop</td>
<td>Members and those interested</td>
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<th>Promotional Activities and Workshops</th>
<th>Event Description</th>
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<td>Horticultural Therapy Workshop</td>
<td>Happy Valley of Baptist Oi Kwan Social Service of Macau</td>
<td>Ex-mentally ill Persons</td>
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<td>Planting a New Life Workshop</td>
<td>Toi San Community Center</td>
<td>Elderly</td>
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<td>Horticultural Therapy Experience Workshop</td>
<td>Associação de Ajuda Mútua da Família de Noah</td>
<td>Drug Abusers and Service providers</td>
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<td>Green and Healthy Workshop</td>
<td>Centro Diurno Prazer Para Idosos Da Associação Geral Das Mulheres De Macau</td>
<td>Elderly</td>
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<td>New Life Workshop</td>
<td>Com a adesão da Confraternidade Cristã Vida Nova de Macau – Smart Youth</td>
<td>Ex-offenders</td>
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<td>Physical and Mental Health Seminar and Workshop</td>
<td>Baptist Oi Kwan Social Service of Macau</td>
<td>Social Service Workers and Students</td>
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<td>Live with Green Workshop</td>
<td>Premier School Affiliated To Hou Kong Middle School</td>
<td>Teachers and Families</td>
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<td>Greenery Workshop</td>
<td>Centro Lok Chon da União Geral das Associações dos Moradores de Macau</td>
<td>Elderly, Parent-child</td>
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*The number of applicants as at date of the article submitted

(Translated by Brenda Leung)
MHTA Annual General Meeting

Practice Class

Container garden created in an HT Group

Pressing flowers
Introducing the Taiwan Horticultural Therapy Promotion Association (THTPA)

Vision of the Taiwan Horticultural Therapy Promotion Association

Terry NG  RHT(HKATH)
President - Taiwan Horticultural Therapy Promotion Association

Taiwan Horticultural Therapy Promotion Association follows the models of Hong Kong Association of Therapeutic Horticulture to organize certification courses and practice courses for professionals (therapists and technicians), to conduct clinical researches to scientifically demonstrate the benefits of horticultural therapy, and through the careful planning and implementation of horticultural activities to help more people harness the healing power of plants, improve physical and mental health, and quality of life. Our members will also actively participate in exchange activities with HKATH so as to learn from each other and to promote the profession of horticultural therapy.

(Translated by Honsum Kwok)

On the Founding of THTPA

Chien-hao HUANG  RHT(HKATH)
Secretary - Taiwan Horticultural Therapy Promotion Association

In 2018, I got an opportunity to attend a course hosted by Ms Connie Fung, the President of the Hong Kong Association of Therapeutic Horticulture (HKATH), and Ms Maia Tam, Supervisor, through serendipity. As Taiwan is lacked of any formal and professional association related to horticultural therapy, Mr Wu Hong-shun, our Director, and I decided to start an association that is dedicated to Horticultural Therapy. It has been a long way during the establishment of THTPA, all of us live in various parts of Taiwan, it was not easy to gather information, and to organize multiple preparatory meetings and general meetings. It was a rough journey in the beginning; however, with encouragements from Connie and Maia, THTPA was established successfully in late 2019. In the future, we hope to continue the aims of HKATH and have more people in Taiwan getting involved. We are hoping to conduct training courses for therapists and workshops in the future to make the field of horticultural therapy brighter with further development.

(Translated by Lydia Tang. Article title added by the editor.)
Horticultural Therapy Makes the Life of the Elderly of Residential Care Homes Better

Meng-hua LIU RHT(HKATH), Social Worker
Director of Guangzhou Jiakang Social Work Service Center

With the economic development, social transformation and demographic changes, the population proportion of the aged, old people living alone and widowed elderly has continued to rise, and the demand for socialized elderly services has continued to increase. Most of the elderly also changed their mindset, preferring more professional and comprehensive services provided in residential care homes.

With a view to enabling the elderly to learn and have joy in the residential care homes, Guangzhou Jiakang Social Work Service Center (hereinafter referred to as "Jiakang") has pioneered in applying the horticultural therapy for the elderly services in the Mainland China for many years and has achieved good service effectiveness. In order to benefit more elderly in the homes, Jiakang, this year, in collaboration with the Hong Kong Association of Therapeutic Horticulture (HKATH), provided training to the staff members of the elderly care services in the city, and incubated a service team specializing in conducting horticultural therapy services for the elderly in the homes. This service team aims at enriching the life of the elderly by carrying out the horticultural therapy services for the frail elderly of the homes in Guangzhou, so that the frail elderly can experience the pleasure from plants, stabilize their emotions, improve the quality of life and achieve the benefits of physical, mind and spirit through the process of the interaction with the plants. Such training project has successfully applied for the 6th Guangzhou Social Organization Philanthropic Venture Capital which is funded by the Guangzhou Civil Affairs Bureau and guided by the Guangzhou Federation of Social Organizations, and also received strong support from many well-known elderly care organizations in the province.
For the talent development in the first stage of the project, the course has attracted the enrolment from the management and service staff of more than 50 well-known elderly care organizations. After qualification review and screening, the project finally admitted more than 20 managers and service staff of the elderly care organizations. With the professional quality assurance of HKATH, after taking nearly a 4-month course, the trainees have basically acquired the basic knowledge and practical skills of horticultural therapy and all have passed the assessment. The course has been unanimously affirmed and highly evaluated by the trainees. Trainee YANG said, "During the process of the elderly psychological care, I found that the daily routine activities such as simple listening and chatting are difficult to facilitate the elderly in achieving the satisfaction in the aspects of cognitive, emotional adjustment, social and psychological comfort, etc. Interaction and rehabilitation must be achieved through a variety of purposeful and meaningful activities. Horticultural activities are very effective and popular among many activities. However, horticultural activities and horticultural therapy are vast different. It is a long and arduous process to become a professional horticultural therapist; Rome wasn't built in a day. There will then be workshops and internships, etc. ahead. I will continue to work hard, practice seriously and help more people."

During the practicum in the second phase, the trainees actively served in the elderly care organizations under the supervision of registered horticultural therapists of HKATH. During the internship, the trainees carried out 42 horticultural interest groups and served more than 400 elderly in the residential care homes, with more than 3,400 person-times in total. The service was generally praised by the service targets and their families. Mr Li, an old man from Taikang Community Yue Garden (an elderly care home in Guangzhou), said after receiving the service, "Thank you for your hard work and meticulous care. Your enthusiasm has made us feel extremely warm. At the same time we have learnt a lot about horticulture, this has greatly improved our love for life. Thanks again to my old friends. With you, my life becomes more exciting." The daughter of Mr Yu, an old man from the Baiyue Baitai Urban Care Center, told the trainee Miss Li, "Thank you very much for starting this horticultural group. You have done a very professional job and let us see the changes of my dad. As a family member, I was really moved. I can hear what my dad never said to us, ‘In my life, I feel I have done well. The best thing is to nurture three good daughters, who have become talented and contributed to the society after growing up’.

As at the end of November, the project has been successfully completed. The person-in-charge of the project, Mr Liu Menghua, stated that in order to cope with the aging, the State today is vigorously developing the elderly care industry, promoting the vocational skills training and services for the service givers of the elderly. Such Philanthropy Venture Capital Project directly addresses the key and difficult issues of vocational skills training for the service givers of the elderly, which is suitable for various professionals, such as social workers, nurses, doctors, rehabilitators and caregivers. It is not only concerned about the improvement of professional knowledge and skill levels, but also the common problems of the high work pressure and emotional anxiety of the elderly service professionals. It enables the said professionals to pay attention to their emotions during the training process, learn how to reduce...
stress physically and mentally, directly feel the self-enhancement from the course, and apply advanced service methods to more elderly. It is worth learning and promoting. From now on, the social workers of the Jiakang will use horticultural therapy to help more elderly care practitioners and service targets!

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