



**Service Priorities and Programmes**  
**Electronic Presentations**

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**The Jolly Planting Team (JPT) – healing self and nourishing others:**

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**Introduction**

JPT is a patient empowerment program which recruits and provides training to out-patients to do weeding, seed sowing, knowledge of organic planting; and to conduct horticultural activities sessions as volunteers. When their vegetable crops are ready for harvest, it will be cooked as “homemade dishes” for the patients in the Hospice Day Center.

**Objectives**

To understand the patients’ perspectives of how the program can influence themselves during their journey to recovery.

**Methodology**

This is a qualitative study, using semi-structured telephone interview with a convenience sample of patients who had participated the program for at least six months. Three questions on effects of this program on boosting positive mood; lessening negative mood; and feeling of calmness will be rated. An open-ended question on their personal experiences will be asked.

**Result**

From 2012 to 2017, totally fourteen patients had enrolled the program. Upon the date of the telephone interview, one patient had passed away and two patients had resigned from the program.

Five cancer patients and one cardiac patient had completed the interview. All of them agreed there was a “boosting positive mood” and “lessening negative mood” effect after participated the program. Five patients felt that participated in the program was associated with strong sense of calmness, and one patient thought it had a mild relationship.

Other feedbacks received:

“To conduct the program in group format can promote my interpersonal interactions”  
“I received praise from others when I share the organic vegetables with other patients, I have joy and I feel contented”  
“Growth cycle of plants is similar to human’s life cycle, and I am less anxious to face death”  
“I need the patience in waiting the plants from sprouting to ripening which is hard for me. But now I learn that such process corresponds to my rehabilitation process. I have ‘strengthened’ my determination to continue my rehabilitation journey”