

SHARE A POT®



share a pot
大家喝

Summary

SHARE A POT® is a community-based programme with a low barrier to entry that aims to reduce, delay or prevent physical, mental and social frailty among seniors.

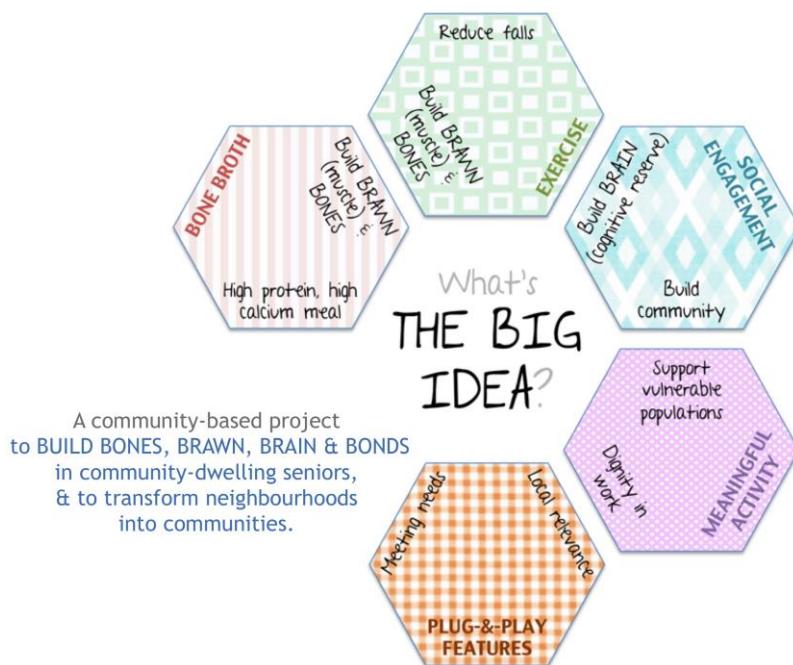
Introduction

Ageing in the community is not easy. Social interaction is important in building up the appetites of the elderly. When an older person eats alone, he tends to eat food that is nutritionally lacking. Seniors who live alone have no motivation to cook for themselves, resorting to eating very simple and repetitive meals, lacking in variety, or biscuits or plain bread for their main meals, which is very poor nutrition. In addition, as inflation drives up the cost of food, many seniors and low-income families struggle to put quality food on the table.

In a Singapore study (2007) of 2 605 Chinese seniors aged 55-98 years old, 15% of those with high risk of poor nutrition lived alone¹. A nutritional survey in 2011 found that seniors living in one- and two-room flats have a higher risk of malnutrition. Men are less likely than women to bother about their meals or to have a balanced diet.

Poor nutrition is an independent predictor of falls in older people living in the community². It is linked to sarcopenia, an age-related loss of muscle mass, leading to weakness and higher likelihood to falls.

SHARE A POT Concept



SHARE A POT is a community-based project to improve the nutrition of community-dwelling seniors. It is founded on the principles of good nutrition, working hand-in-hand with physical activity in a social environment to “**build bones, brawn (muscle) and brain (cognitive reserve) and bonds (social engagement)**.”

Exercise is known to stimulate a prolonged increase in muscle synthesis for as long as 24 hours after. Protein ingestion at any point during this enhanced period of ‘anabolic potential’ will be additive to these already elevated exercise mediated rates. Exercise has also been shown to be effective to reduce the risk of dementia, and can improve the quality of life for people in all stages of dementia.

The Big Picture: “Communities That Give and Receive”

In collaboration with community partners, Yishun Health initiated SHARE A POT since September 2014. To date, we have over 1300 registered participants and about 700 regular participants at 20 active sites, with 5 more new sites to launch in April – May 2018:

1. Our Lady Star of the Sea Church (since 13 Jan 2015)
2. Sree Narayana Mission Home (since 14 Mar 2015)
3. Wellness Kampung@260 (since 1 Apr 2016)
4. Wellness Kampung@115 (since 5 Apr 2016)
5. Wellness Kampung@765 (since 11 Apr 2016)
6. Singapore Anglican Community Services @ Floral Spring (since 12 May 2016)
7. Admiralty Primary School (since 1 Jun 2016)
8. Caritas Singapore @ Agape Village (since 15 Jun 2016)
9. Kranji Secondary School with Limbang CCC (since 30 Jun 2016; pending 3rd run in 2018)
10. Church of St. Vincent de Paul (since 3 Jan 2017)
11. Covenant Evangelical Free Church (Woodlands) (since 12 Jan 2017)
12. Woodgrove RC Zone 1 (since 20 Mar 2017)
13. Kampong Kembangan CC (since 8 Apr 2017)
14. Evergreen Circle Senior Activity Centre (since 25 May 2017)
15. Whampoa Community Club (since 21 Oct 2017)
16. Kallang Community Club (since 3 Nov 2017)
17. Church of St. Anthony (since 5 Dec 2017)
18. Meeting Place @ 128 Toa Payoh Lor 1 (since 5 Dec 2017)
19. Lions Befrienders Senior Activity Centre (Ang Mo Kio) (since 3 Jan 2018)
20. Starlight RC Café Corner (Tampines) (since 16 Mar 2018)
21. NTUC Health Active Ageing Hub @ Kampung Admiralty (to start 4 Apr 2018)
22. Woodlands Secondary School and Marsiling RC Zone 3 (to start 5 Apr 2018)
23. Caritas Singapore @ Agape Village (2nd session) (to start 12 Apr 2018)
24. Victory Family Centre (to start 17 Apr 2018)
25. Admiralty Primary School and Covenant Evangelical Free Church (Woodlands) @ Kampung Admiralty (to start 3 May 2018)

	AM 早				PM 午	
Mon						
Tue	⑥ Church of St. Vincent de Paul 301 Yio Chu Kang Rd (S)805910 9747 1752	⑥ Woodgrove Zone 1 RC 521 Woodlands Drive 14 #01-349 (S)730521 6894 5890	⑥ Church of St. Anthony 25 Woodlands Ave 1 (S)739064 6368 3804	⑥ Victory Family Centre 55 Sembawang Drive, Level 3 (S)757614 <small>(to start 17 Apr 18)</small>	⑥ Covenant Evangelical Free Church (Woodlands) 90 Woodlands Drive 16 (S)737878 9842 8275 <small>(to start 3 Apr 18)</small>	
Wed	⑥ Wellness Kampung @ 115 115 Yishun Ring Road #01-495 (S)760115 6257 4702	⑥ Wellness Kampung @ 765 765 Yishun Street 72 #01-366 (S)760765 6257 4842	⑥ Agape Village 7A Lorong 8 Toa Payoh #04-01 (S)319264 6801 7400	⑥ Lions Befrienders Ang Mo Kio Senior Activity Centre* 318 Ang Mo Kio Ave 1 #01-1453, (S)560318 6681 4900		
Thu	⑥ Singapore Anglican Community Services @ Floral Spring 426A Yishun Ave 11 #01-74 (S)761426 6257 2588		⑥ Agape Village 7A Lorong 8 Toa Payoh #04-01 (S)319264 6801 7400 <small>(to start 12 Apr 18)</small>		⑥ Evergreen Circle Seniors Activity Centre 827A Tampines St 81 #02-350 (S)521827 6786 6826	⑥ Admiralty Primary School & Covenant Evangelical Free Church (Woodlands) Kampung Admiralty Plaza Space 676 Woodlands Drive 71 (S)730676 9842 8275 <small>(to start 3 May 18)</small>
Fri	⑥ Wellness Kampung @ 260 260 Yishun Street 22 #01-87 (S)760260 6257 4802	⑥ Kallang Community Club 45 Boon Keng Road (S)339771 6298 4582	⑥ Meeting Point @ 128 Blk 128 Lorong 1 Toa Payoh, #01-837 (S)310128 6353 0577, 6353 4487	⑥ Starlight RC Café Corner 718 Tampines Street 72 #01-37 (S)319264 6260 7318		
Sat	⑥ Whampoa Community Club* <small>(3rd Sat of the month)</small> 300 Whampoa Drive (S)327737 6254 7060			⑥ Sri Narayana Mission (Singapore) 12 Yishun Ave 5 (S)768992 6752 1785	⑥ Kampong Kembangan Community Club* <small>(1st Sat of the month)</small> 5 Lengkong Tiga (S)417408 6449 6022 <small>*Monthly</small>	* Alternate weeks

Information is correct as at print (March 2018) 印刷时信息准确 (2018年3月)

Typically, vulnerable seniors will be identified in the neighbourhood and encouraged to drop in at these sites for a **hearty bowl of soup** (high in protein and calcium). Before or after doing so, they are encouraged to participate in **physical activity** of sufficient intensity. These activities are held at **social spaces (third places)** for them to linger on to chit chat or engage in leisure activities.

They are registered with the centre to form an **informal social security network**. In the event that a regular does not turn up, there will be concerned neighbours and friends to keep a look-out for him/her, and extend assistance.

They undergo simple preliminary and regular physical, functional and psycho-social **assessments**. Any decline can be picked up for early attention and intervention by community and/or health agencies, where applicable. The programme has “inverted” the concept of screening (assessments) before intervention (SHARE A POT) for selected participants based on eligibility criteria. Seniors start at the intervention programme, and are then willing to undergo an assessment, and encouraged to improve on their performance. Acceptance of widespread community-based functional assessments will open the possibility of developing a National Physical Fitness Assessment (NAPFA) Scheme equivalent for seniors.

Centre staff and volunteers running SHARE A POT are trained to conduct these assessments, and to cook the soups (including basic food handling and hygiene). Since the activities at SHARE A POT are run by volunteers, the operations are kept as simple as possible, yet be able to capture adequate information and flexible to adapt to evolving needs. The financing and operations at these sites are mostly self-sustaining. The ideal state is reached when the parent organisation is able to run SHARE A POT independently.

These SHARE A POT sites work closely with the Community Nurse Posts and Wellness Kampung (run by Yishun Health), relevant services in Khoo Teck Puat Hospital (such as ABLE Studio) and other service partners in the community.

Ultimately, SHARE A POT hopes to kindle a sense of community and create local communities that give and receive.

iF Social Impact Prize 2017

In December 2017, Share a Pot contended with more than 150 global submissions to emerge as one of the six winners of the '**iF World Design Guide Social Impact Prize 2017**'. The annual International Forum (iF) Design Award is an internationally recognised mark of design excellence. It was founded in 1953 and 2017 was the first year that they added the social impact category. The design award aims to publish and support projects that contribute to solving the most urgent social challenges of our time and improving conditions for a specific aspect of society. Share a Pot was recognised for its approach to addressing frailty in modern Singapore.

Visit our website for more information: www.shareapot.sg



1. Yab KB, Niti M, Ng TP. *Nutritional screening among community-dwelling older adults in Singapore*. Singapore Med J 2007; 48 (10): 911-6
2. Chien MH, Guo HR. *Nutritional Status and Falls in Community-Dwelling Older People: A Longitudinal Study of a Population-Based Random Sample*. (2014) PLoS ONE 9(3): e91044. doi: 10.1371/journal.pone.0091044