



19 April 2018

FOR IMMEDIATE RELEASE

**YOUTH SERVE UP COMMUNITY SPIRIT IN A POT OF SOUP
Woodlands Secondary School and Woodlands Health Campus
launch First Student-led Share a Pot® in Marsiling**

UNTIL THE beginning of this year, Tharnosh S/O Jayashankar, 14, showed no interest in cooking at home. Now, the Secondary 2 student from Woodlands Secondary School can prepare a delicious pot of lotus root soup for his eager diners at the first student-led Share a Pot® kitchen in the North. The programme is a joint community collaboration between the school and Woodlands Health Campus (WHC), and supported by the Northwest Community Development Council.

Located at the Residents' Committee centre in Block 123 Marsiling Road, the Share A Pot® serves residents who live in rental units and studio apartments nearby. On top of preparing nutritious soup, students also engage residents in simple exercises or activities, to encourage social, physical and psychological well-being. The collaboration is the latest addition to the award-winning Share a Pot® network, which has over 17 locations in Singapore, including Admiralty, Marsiling, Yishun, and Woodlands areas.

“The partnership with Woodlands Health Campus is a meaningful one as it gives our students the opportunity to serve and interact with our pioneer generation – to listen to their stories and gain a better appreciation of their sacrifices towards nation-building. We hope that this helps our youth bridge the generation gap between themselves and our elders, as well as fosters a strong community spirit within each participant,” said Ms Tan Ke-Xin, Principal of Woodlands Secondary School.

Nourishing Community Care in the North

From start to finish, the school's entire Secondary 2 cohort played an active role in the Share a Pot® set up, from identifying a suitable location and residents to support, from stakeholder engagement to securing a site, from purchasing equipment and ingredients, to developing activities for participants. They were guided every step of the way by teachers and supervisors from the WHC community engagement team.

“There is something magical about the interaction between students and older residents. Young people often want to make a difference, and are brimming with energy to contribute to their communities. There may be some awkwardness at first but when both sides step out of their comfort zones to interact and spend time together, meaningful relationships can form,” said Dr Wong Sweet Fun, Clinical Director for Population Health, WHC. “We hope that such programmes can help build strong and compassionate communities. This is very much in line with Woodlands Health Campus' vision of developing a strong network of care in the North.”

Since 2015, WHC has been actively working with various community stakeholders including schools, Voluntary Welfare Organisations, social and primary care providers to develop initiatives geared towards health promotion, education and engagement. The aim is to build a strong care ecosystem which will eventually support some 900,000 future residents in the North.

For Tharnosh, the programme has helped him develop a deeper sense of appreciation for his neighbourhood.

“This is something different from the usual activities in school, which are mostly held in classrooms. We designed flyers, distributed them to the residents around us. In the process, we also heard life stories from the uncles and aunties we interacted with. I hope that there will be more of such projects for us!” said Tharnosh.

=== End ===

For more information, please contact:

Tiffany Koh
Executive
Corporate Communications
Woodlands Health Campus
Tel/HP: 68078116 / 81805588
Email: tiffany_koh@whc.sg

Tania Tan
Assistant Director
Corporate Communications
Woodlands Health Campus
Tel/HP: 68078414 / 96922887
Email: tania_tan@whc.sg

About Woodlands Health Campus

The 1,800-bedded Woodlands Health Campus (WHC) is a member of the National Healthcare Group. The purpose-built Campus will comprise a fully integrated acute and community hospital, Specialist Outpatients Clinics, and Intermediate and Long-Term Care facility. It is slated to open progressively from 2022.

Designed to provide seamless integration of healthcare within and beyond hospital walls, WHC aims to reinvent the way care is delivered by breaking organisational and process boundaries. We aim to provide patients easy accessibility across the acute, intermediate and community care settings. We will achieve this by leveraging on SMART technology to enhance care within the hospital, and extend the reach of our healthcare professionals into the community.

About Woodlands Secondary School

A School Distinction Award and Singapore Quality Class school, Woodlands Secondary School is committed to achieving its vision, 'Every Woodlander a Gift to Society'. We aspire to have each and every Woodlander be active contributors to society. With this in mind, the school has been active in partnering with community partners to reach out and serve the residents in Marsiling. The 6 School Values of **G**rowth, **R**espect, **R**esilience, **E**mpathy, **A**ppreciation and **T**rustworthiness represented in the acronym GR²EAT guides us through all our endeavours.

The school has been an active contributor to the community in Marsiling since its inception through various platforms such as North West Community Development Council (NWCDC) Service Week, Nasi Briyani Distribution and Care and Repair Programme. Share a Pot[®] is the latest partnership the school has with NWCDC and Woodlands Health Campus (WHC). Through these programmes, the school hopes to develop its students as leaders in serving the community and plant the seed of volunteerism in them.

About Share a Pot[®]

Share a Pot[®] is a community-based programme to improve the nutrition of community-dwelling older adults. 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).”* It received an international mark of design excellence when it was awarded the iF World Design Guide Social Impact prize in Dec 2017.

www.shareapot.sg

GLOSSARY

Woodlands Health Campus A member of the National Healthcare Group	兀兰医疗保健园 国立健保集团成员
Woodlands Secondary School	辅仁中学
Share a Pot®	大家喝
Ms Tan Ke-Xin Principal, Woodlands Secondary School	陈可欣 辅仁中学校长
Dr Wong Sweet Fun Clinical Director, Population Health	黄雪芬医生 人口保健主任