

CONNECT

Special Edition

**Building the Future
of Kidney Care**





4

SUTL Global's \$4 million gift to enhance patient care

Expanding dialysis capacity and advancing sustainable innovation



6

Keppel's \$1 million gift raises kidney health awareness

Bringing prevention to life through immersive learning



8

A renewed NKF

Journeying together towards better kidney care



10

Estate of Khoo Teck Puat's \$3 million gift advances home-based kidney care

Supporting more patients through peritoneal dialysis



12

Peritoneal dialysis is my preferred treatment choice

The flexible lifestyle lets me have greater control of my life



14

Building the future of kidney care together

From healthcare professionals and supporters to beneficiaries and the community, these voices reflect a shared commitment to advancing kidney care

Note from our CEO

As NKF embarks on a new chapter with the launch of our renewed flagship headquarters, this special edition of NKF Connect marks a significant milestone in our journey towards better kidney care for Singapore.

Guided by our Future Forward 2030 (FF30) vision, this refreshed centre reflects more than a physical transformation. It represents our continued commitment to advancing kidney care through greater prevention efforts, more integrated treatment pathways, enhanced sustainability and stronger collaboration across the healthcare ecosystem.

The theme of this issue, *Building the Future of Kidney Care*, captures this momentum. Across the following pages, you will see how NKF is shaping what comes next – enhancing sustainable community care, deepening public education through Singapore's first experiential Kidney Discovery Centre and expanding home-based peritoneal dialysis to empower patients with greater independence.

This milestone would not have been possible without the generosity and shared vision of our donors and partners. We are deeply grateful to SUTL Global, the Estate of Khoo Teck Puat and Keppel Ltd. for their invaluable support in making this renewed centre a reality. Their contributions will benefit generations of patients and families.

At the heart of these efforts is a simple but enduring belief: Kidney care must continue evolving to meet the changing needs of our community.



Beyond infrastructure and programmes, people remain central to everything we do. As we look ahead, we are mindful that progress is never achieved alone.

It is built through the collective commitment of donors, volunteers, healthcare partners, the wider community and staff, who stand with NKF in our mission of Giving Life & Hope.

The renewed NKF Centre is not the end of a journey, but the beginning of our next chapter. Together, we move forward with purpose and determination, building the future of kidney care for all. 🌟

Yen Tan
Chief Executive Officer



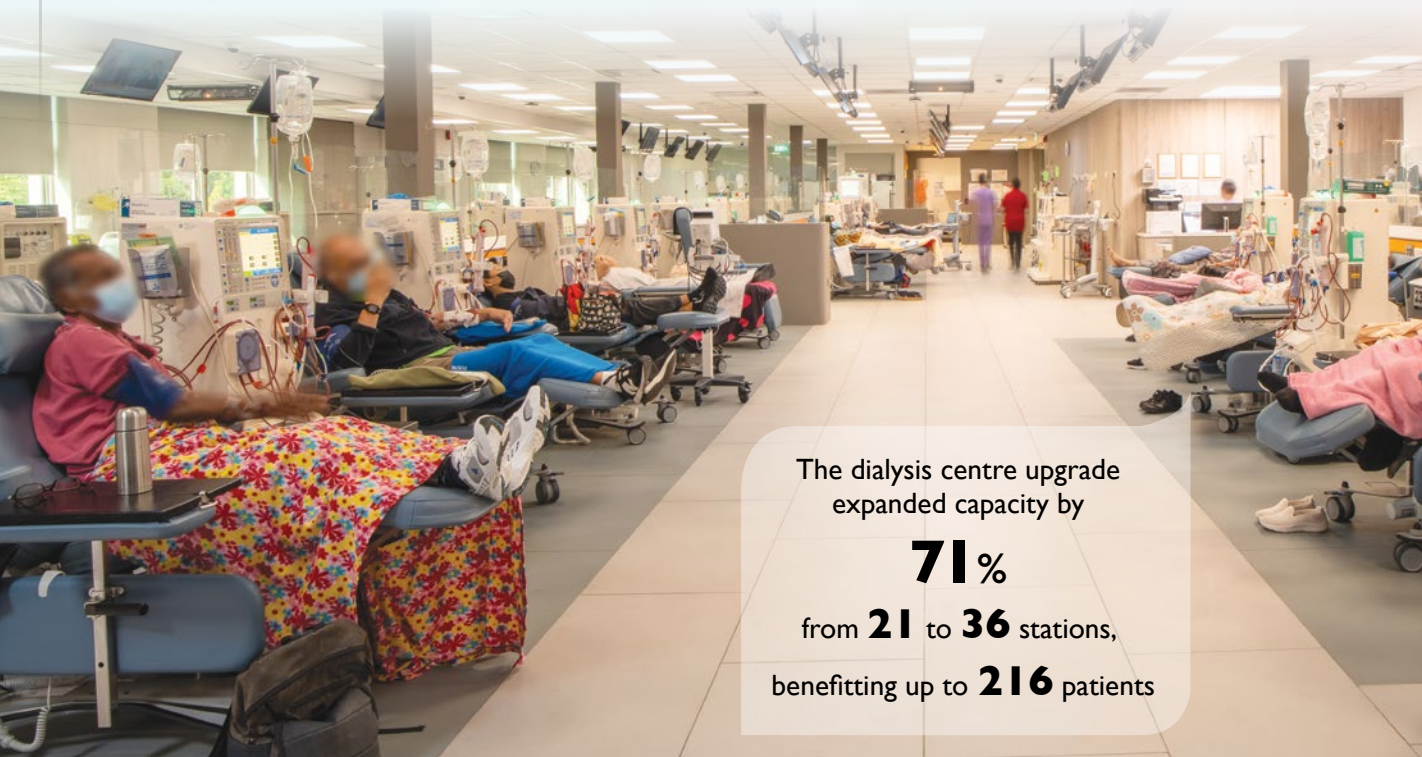
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SUTL Global's \$4 million gift to enhance patient care

Expanding dialysis capacity and advancing sustainable innovation



The dialysis centre upgrade expanded capacity by **71%** from **21** to **36** stations, benefitting up to **216** patients

With a \$4 million support from SUTL Global, the new dialysis centre located at NKF Centre, with expanded patient capacity, features Singapore's first Centralised Acid Concentrate Delivery System (CDS) in a community care setting. This breakthrough technology has improved patient care, enhanced the staff work environment, and delivered significant environmental benefits.

From a sustainability perspective, the CDS has reduced plastic waste by 75%, carbon emissions by 70% and solution wastage by 10%. Reflecting NKF's commitment to sustainable healthcare, the NKF Centre attained the BCA Green Mark Gold Plus Certification for its energy-efficient systems and environmentally responsible design. It provides a safe, comfortable and sustainability-conscious environment for patients, staff and visitors.

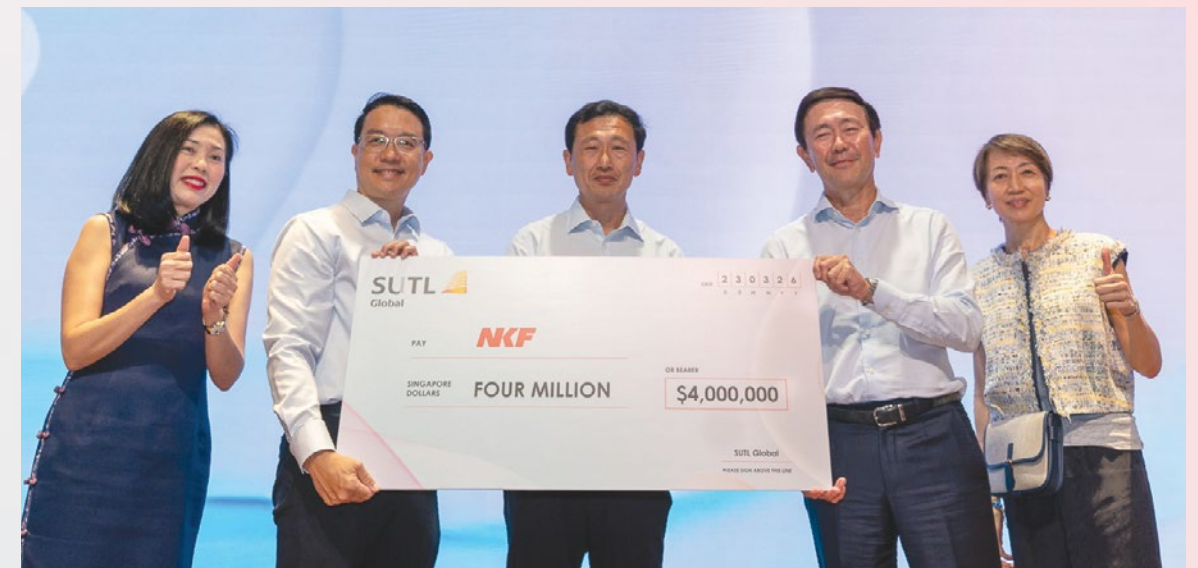
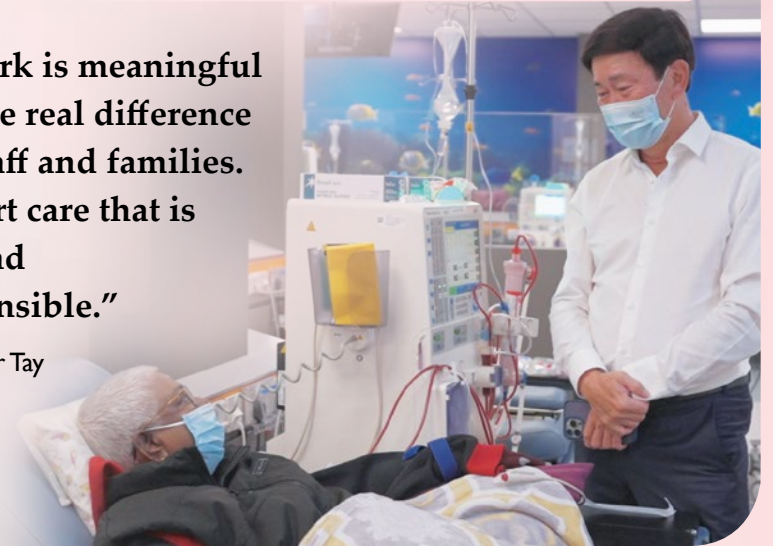
Beyond dialysis, SUTL Global's support also strengthens NKF's CKD Clinic, which provides personalised consultations and lifestyle interventions for early-stage chronic kidney disease patients and facilitates smoother transition into dialysis care. 📌



At NKF's CKD Clinic, patients receive the knowledge, support and care needed to navigate chronic kidney disease with greater confidence.

"Supporting NKF's work is meaningful to us because we see the real difference it makes to patients, staff and families. We are proud to support care that is both patient-centred and environmentally responsible."

Chairman of SUTL Global, Arthur Tay



From left: NKF CEO, Yen Tan; NKF Chairman, Ang Hao Yao; Minister for Health and Coordinating Minister for Social Policies, Ong Ye Kung; Chairman of SUTL Global, Arthur Tay; and Sharon Tay.



Arthur Tay's family and the SUTL Global team at the revamped dialysis centre.

Keppel's \$1 million gift raises kidney health awareness

Bringing prevention to life through immersive learning



Joy Cheng Yu Le, a CHIJ Our Lady of Good Counsel student guide at the KDC launch, showing Health Minister Ong Ye Kung an interactive exhibit.



From left: Goh En Qi Claire, Aralynne Christopher Hui En, Liew Si Qing Jenna, Joy Cheng Yu Le, Yuen Si Ching Clarice, Nayla Azzahra Putri Mohammed Rezki Azhar, Chan Xin Hui Clarissa.



First row, from left: Teachers and students of CHIJ Our Lady of Good Counsel – Lim Soh Peng, Aralynne Christopher Hui En, Yuen Si Ching Clarice, Joy Cheng Yu Le, Amy Phang.

Second row, from left: CEO of Keppel Care Foundation, Ho Tong Yen; Then Chairman of Keppel Ltd., Danny Teoh; Minister for Health and Coordinating Minister for Social Policies, Ong Ye Kung; NKF Chairman, Ang Hao Yao; and NKF CEO, Yen Tan.

Supported by a \$1 million donation from Keppel Ltd. through its philanthropic arm Keppel Care Foundation, NKF unveiled Singapore's first experiential Kidney Discovery Centre (KDC) to strengthen its kidney disease prevention efforts.

Located at level 2 of the NKF Centre, the newly revamped 300-square-metre space is an interactive kidney education hub designed to bring kidney health to life.

Through immersive zones, hands-on exhibits and gamified learning experiences, visitors gain a deeper understanding of kidney function, the development of kidney disease, and the positive impact of early lifestyle changes on long-term health.

First launched in 2011, the KDC has evolved through three iterations to meet changing health education needs. Since its inception, it has engaged more than 65,000 visitors, including students, teachers, families, communities and corporate groups. 📌



Keppel Ltd.'s gift to strengthen kidney disease prevention efforts.

A renewed NKF

Journeying together towards better kidney care

"The progress we celebrate today shows what is possible when the community comes together with a shared purpose. NKF will continue to strengthen prevention, deepen healthcare collaboration and build a more sustainable kidney care system for future generations."

NKF Chairman, Ang Hao Yao



The National Kidney Foundation (NKF) marked a significant milestone with the launch of its newly refreshed flagship centre – ushering in a new chapter in kidney care for Singapore.

Officiated by Ong Ye Kung, Minister for Health and Coordinating Minister for Social Policies, the event brought together donors, healthcare partners, community leaders and patients in a shared celebration of progress and partnership.

The event began with a soulful performance by the NKF Patient Choir, providing patients with an opportunity to come together through the joy of singing.

Guests were then invited to tour the revamped dialysis centre, chronic kidney disease clinic and Kidney Discovery Centre.

More than a physical transformation, the centre has been reimagined as an integrated hub for kidney health, offering an accessible and welcoming environment for all.

A suite of initiatives were unveiled to strengthen prevention, early intervention and treatment, while supporting individuals across every stage of their care journey.

This milestone would not have been possible without the generosity and commitment of our donors, volunteers, staff, healthcare and community partners, whose support continues to strengthen NKF's mission of advancing kidney care and improving health outcomes for all. ❤️

"Joining the choir changed me, both physically and mentally. It helped me make many new friends."

Johnny Quek, 64, on dialysis for 22 years

"I love singing. The choir gave me the chance to perform with other patients."

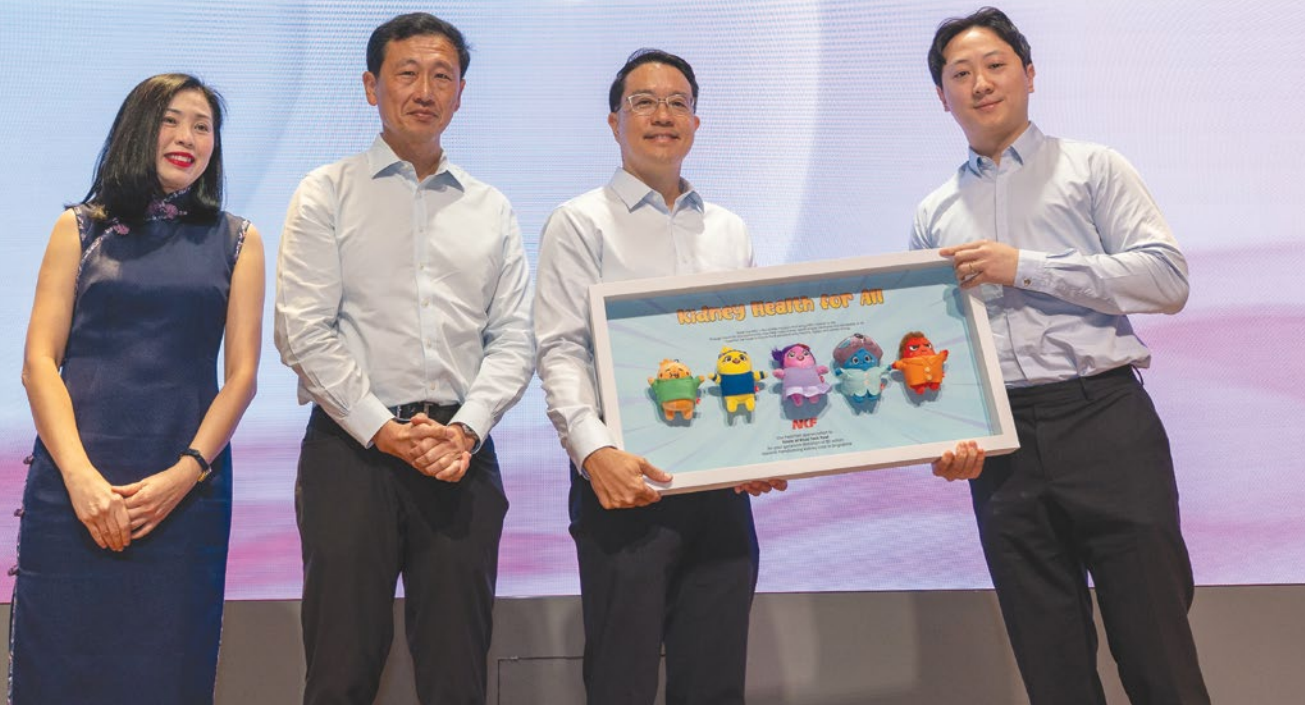
Annie Aw, 77, on dialysis for 8 years

Thank you
SUTL Global,
the Estate of Khoo Teck Puat &
Keppel Ltd.



Estate of Khoo Teck Puat's \$3 million gift advances home-based kidney care

Supporting more patients through peritoneal dialysis



From left: NKF CEO, Yen Tan; Minister for Health and Coordinating Minister for Social Policies, Ong Ye Kung; NKF Chairman, Ang Hao Yao; Group Executive Officer of Goodwood Group of Hotels and Director of Khoo Teck Puat Foundation, James Khoo.

Supported by a \$3 million gift from the Estate of Khoo Teck Puat, NKF is partnering public healthcare institutions to help more patients choose peritoneal dialysis (PD) as their preferred treatment. PD is a needle-free, home-based dialysis treatment that gives patients greater flexibility in their daily lives, while better preserving remaining kidney function and reducing fluctuations in blood pressure.

This initiative will strengthen early counselling, improve coordination between hospitals and the community, and build shared-care capabilities across the entire care journey. It is part of a broader national effort to address kidney disease more holistically – from prevention to treatment and long-term care sustainability. 📌

"PD allows dialysis to be performed at home, offering greater flexibility and enabling some patients to continue working and caring for their families. Today, about 20% of new dialysis patients adopt PD, and we hope to increase it over time."

Minister for Health and Coordinating Minister for Social Policies, Ong Ye Kung

What is the PD Home Support Programme?

As part of the programme, NKF's experienced PD nurses are embedded within the renal teams at Khoo Teck Puat Hospital, National University Hospital, Singapore General Hospital and Tan Tock Seng Hospital.

The nurses educate patients on medications, diet and fluid management, and are the first point of contact for care issues patients encounter at home.

This new model removes barriers and allows NKF PD nurses to support patients every step of the way in their journey. The programme will be progressively expanded to more public hospitals, allowing more patients across Singapore to benefit from seamless, coordinated home-based PD support.

"For patients who choose home-based PD, treatment happens at home but they are never alone. By strengthening early counselling and shared care, we empower them to make informed choices and build a more sustainable dialysis system for Singapore."

NKF CEO, Yen Tan



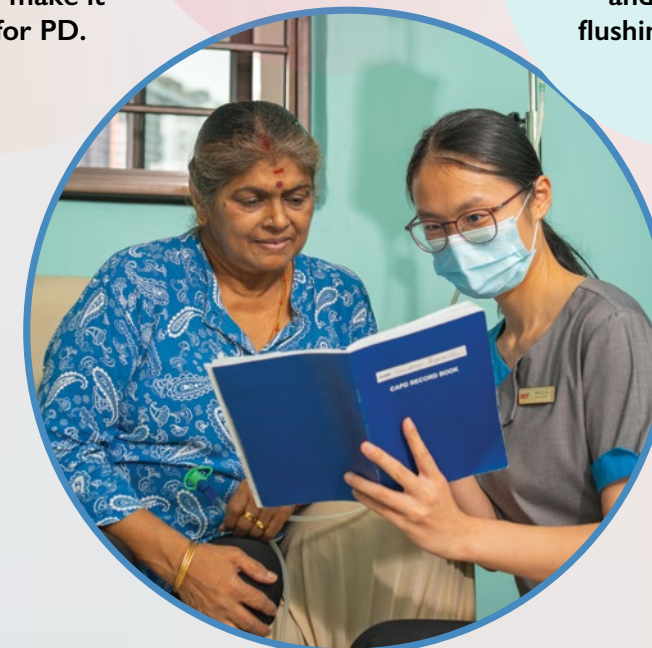
Assess patients' home environment and provide guidance on how to make it suitable for PD.



Provide ongoing PD training and support, so patients feel safe and confident managing dialysis at home.



Support patients with home services, such as transfer set changes, and PD catheter flushing and dressing.



NKF PD nurse Wang Xin Yin helps patients like Velusamy Saraswathy, 71, by providing guidance and support, empowering them to manage their treatment confidently and independently.

Peritoneal dialysis is my preferred treatment choice

The flexible lifestyle lets me have greater control of my life



Every night at 9pm, Florence Au quietly begins a routine that has been part of her life for over a decade. While most people are preparing for bed, she connects herself to a dialysis machine – and every morning, she wakes up feeling fresh, hopeful and ready to embrace a new day. At 68 and newly retired, she refuses to let chronic kidney disease (CKD) define her life. Instead, she has chosen to live with strength, independence and purpose – inspiring everyone around her along the way.

A diagnosis at 30

Florence was only 30 years old when she was diagnosed with CKD, which she believes was caused by high blood pressure. Instead of letting the diagnosis stop her, she continued working and built a meaningful career as a trainer in business communications.

For many years, she stayed active and maintained a healthy lifestyle. But in 2015, her condition progressed and she needed dialysis. After learning more about her options, she chose peritoneal dialysis (PD) because she preferred a treatment that allowed her to continue working and stay active.



Florence and fellow PD Warriors at the launch of the new NKF Centre. PD Warriors is a peer support network comprising patients who share their experiences and practical tips to help others navigate treatment with confidence.



“PD has given me the flexibility to stay active and independent. I wake up every morning feeling grateful, strong and ready for the day ahead.”

Florence Au, living with kidney failure but still embracing life with strength and courage

Choosing a life of independence

When Florence was deciding on her treatment, she was also drawn to PD as a gentler option that would be less strenuous on her heart.

That gave her the confidence to move forward. While haemodialysis may leave patients feeling tired after treatment, PD would not disrupt her work, exercise routine or daily life.

Informational videos explaining the benefits of PD, such as lifestyle flexibility and ability to travel, further reassured her choice. Since starting PD in 2015, she has found those benefits to be true.

Each night, Florence carries out automated peritoneal dialysis (APD) at home. This gentle, machine-assisted treatment filters her blood for nine hours overnight while she sleeps.

Staying active and positive

Florence believes strongly in taking care of both her physical and mental wellbeing. Her mornings begin with reading the news, checking emails and practising qigong. She also enjoys yoga, light exercises, and learning to play the keyboard.

Her diet is carefully managed. She follows a low-phosphorus diet and prepares her own meals, rotating vegetables and protein choices to stay healthy while still enjoying her food.

For Florence, these routines are not limitations. Instead, they are small daily steps that help her stay strong, positive and independent.

Giving back to others

Florence's own dialysis journey inspires her to help others. She is an active participant in the support group called PD Warriors, where she volunteers to organise activities, emcee social events and offer support to fellow patients.

Florence is honest that dialysis does come with challenges. However, she is reassured knowing that support is always available – from nurses who guide patients on machine setup and hygiene maintenance, to a 24-hour hotline she can call whenever help is needed.

A life filled with purpose

Florence's story is a powerful reminder that dialysis does not define a person. With determination, independence and strong support, she continues to live a meaningful and active life, inspiring everyone around her to do the same. 🍓



Building the future of kidney care together

From healthcare professionals and supporters to beneficiaries and the community, these voices reflect a shared commitment to advancing kidney care. Together, they capture the impact of strong partnerships, innovative care and a healthier future.

On the launch of the new NKF Centre

"I am incredibly encouraged by all that has been done at NKF. The compelling stories shared were moving, putting into perspective why the work you do matters so much. Thank you for such an inspiring morning at the launch event. Congratulations once again, and my best wishes to the NKF team."

Margaret Lee, CEO
Alexandra Hospital



"The future of kidney care is not defined by a single treatment or institution, but by how well we work together to support patients throughout their journey. The launch of the renewed NKF centre embodies that vision, bringing partners together to deliver more seamless, coordinated care that improves outcomes for patients."

Assoc Prof Yeo See Cheng
Head and Senior Consultant
Department of Renal Medicine
Tan Tock Seng Hospital



"The renewed NKF Centre is a testament to what healthcare partners can achieve through a shared commitment to innovation and patient care. Together, we are creating stronger connections between hospital and community care to better support patients and their families."

Adj Assoc Prof Chua Horng Ruey
Head of Division and Senior Consultant
Division of Nephrology
Department of Medicine
National University Hospital



"I attended the opening of the new NKF centre at Kim Keat Road and was blown away by the vocal prowess of the NKF patient choir. I would like to congratulate NKF on the opening of its new centre and the many initiatives it is undertaking to improve the lives of Singaporeans on dialysis and the health of Singapore in general. I am also heartened by the support that NKF is expressing for kidney transplantation, the preferred treatment for end-stage kidney failure."

Prof Terence Kee
Senior Consultant
Department of Renal Medicine
Singapore General Hospital



On peritoneal dialysis

"Many patients are initially unsure about managing dialysis at home. With the support of hospital teams and NKF nurses, they gain the confidence to take control of their treatment and make it part of everyday life."

Assoc Prof Marjorie Foo
Senior Consultant
Department of
Renal Medicine
Singapore General Hospital



"With haemodialysis (HD), the needling was painful, and I often needed painkillers. Since switching to peritoneal dialysis, I no longer have that worry. It has also given me the confidence to take charge of my own treatment and care. I now feel more independent and empowered."

Huang Bingshen, PD Patient



On prevention

"The NKF Kidney Discovery Centre provides our student leaders with a powerful platform to develop empathy, confidence and servant leadership through interactive health education. By serving as student ambassadors, they translate our school values into action, becoming compassionate advocates for wellness within the community."

Amy Phang
HOD, Character and
Citizenship Education
CHIJ Our Lady of
Good Counsel



"My visit to the NKF Discovery Centre deepened my understanding of how nutrition plays a vital role in preventing diabetes, hypertension and kidney disease. It inspired me to pursue dietetics and help empower others to protect their health through better nutrition."

Aden Chiang
Student
Temasek Polytechnic



On dialysis care

"Previously, we had to manually lift and replace heavy acid-concentrate canisters throughout the day. With the Centralised Acid Concentrate Delivery System, that physical burden has been greatly reduced, allowing us to spend more time focusing on what matters most – caring for our patients."

Francis Palana
Nurse Manager
NKF Dialysis Centre
Supported by SUTL Global



"The upgraded dialysis centre is bright, comfortable and welcoming. It gives me peace of mind knowing I'm receiving quality care in a modern environment."

Peraman Amuthavalli, HD Patient



Life, Reimagined

NKF Charity Dinner 2026

16 October 2026, Friday
7.00pm to 9.30pm
W Singapore – Sentosa Cove

Most kidney failure patients require lifelong dialysis. A kidney transplant offers them the best chance for healthier and more fulfilling lives. Yet, for many, that hope remains out of reach.

Support us

Give kidney patients the opportunity for a new lease of life.



SCAN HERE
to sponsor a dinner table
or make a donation

Please contact fr_events@nkfs.org
for sponsorship enquiries.

Together, we can help more lives be transformed through *Life, Reimagined*

Let's get social



NKF Singapore