"It is more blessed to give than to receive"

Mr Lau Poh Huat, 57
Kidney patient at Bukit Batok Dialysis Centre
Our health education event, Wheels of Love, on 21 September 2014 at ITE College East saw over 5,000 people from all walks of life coming together on different wheels to demonstrate their love, compassion and support for needy kidney patients. The event was made up of a carnival with games and food, an exciting kidney race, complimentary kidney health screening and stage performances. Among the participants were 429 patients and caregivers from various dialysis centres. Patients also took part in a singing contest during the event. Basking in the joyous and fun-filled atmosphere, our patients and their families enjoyed themselves tremendously.

Celebrating National Day at NKF’s Health For Life Day

400 patients, caregivers and staff participated in our Health for Life Day on 10 August 2014 at NKF’s headquarters in Kim Keat. The event, themed “The Lion Roar”, involved exciting activities like a Sports Carnival where patients were given a chance to win attractive sports items. There was also a fun-dance and mass walk. The event ended with a “sing-a-long” of our National Day songs.

Leading a more fulfilling life

Mr Lau Poh Huat, 57, worked long and strenuous hours as a chef for the past 40 years. In late 2012, he was diagnosed with kidney failure. His late wife passed on after a fall while nursing him, causing him to slip into depression.

However, Mr Lau was able to pull himself together to overcome his grief. He took up jobs as a part-time hawker to support his children who were still schooling then. However, his condition deteriorated and he had no choice but to stop working.

With high subsidies from NKF, Mr Lau only has to pay less than $50 a month for his dialysis. He is grateful to NKF for providing him affordable treatment. He volunteers for NKF by conducting cooking classes for fellow patients at different dialysis centres. He wants them to learn how to prepare healthy dishes for themselves and their families so that they can lead healthier lives. Occasionally, he also conducts cooking classes at community centres to impart his signature dish, Abacus Seeds, to interested residents.

With the quality treatment and care he is receiving at NKF, Mr Lau is mentally stronger and is leading a more meaningful and productive life.

Come join us for our upcoming event, Extraordinary Employers & Courage Awards Ceremony in conjunction with the 1st Anniversary of NKF’s Patient Advocacy Programme on 3 November 2014. Sign up now at your dialysis centre!
Born in the month of September, Mr Toh, who has been on dialysis for 6 years, had the privilege of celebrating his birthday with a group of Northern Trust volunteers. They began their befriending session by serving healthier choice muffins specially baked by one of the volunteers for the patients. Apart from the usual coffee and tea, volunteers also prepared hot milo and horlicks to go with the snacks.

Northern Trust has been our corporate volunteer for the past 3 years. Each year, they have been involved in various volunteering activities with NKF.

Celebrating Northern Trust’s 125th anniversary this year and in line with their culture of sharing, the volunteers decided to do something different by visiting patients at AMK 2 dialysis centre. They interacted with the patients, played Bingo and sang and danced for the patients. The session ended with a lucky draw and the birthday boy won the top prize for the draw! Every patient was also given a door gift, specially prepared by the volunteers. In recognition of Northern Trust’s efforts to give back to society, Mr George L. Ward, Economic Unit Chief, U.S. Embassy, Singapore, dropped by the dialysis centre to lend his support and appreciation.

“This is the first time a group of volunteers is celebrating my birthday with me. I was totally caught by surprise and truly enjoyed the moment,”

Mr Toh Seong Beong, 64 years old, a patient from Ang Mo Kio (AMK) 2 Dialysis Centre

“It has been a very meaningful and lively session. I gained a different perspective of life after talking to some of the nurses and patients. We treasure this relationship with NKF. Moving forward, we hope to do more in the areas of kidney disease prevention.”

Mr William Mak
Head of the Asia Pacific Region for Northern Trust

To join as a corporate volunteer and enrich the lives of our patients, please contact us at 6299 0200.

National Kidney Foundation