Mr Alyasa' Abdul Mutkalib, 35  
Kidney patient at Hougang 1 Dialysis Centre

“The holistic and good quality treatment provided by NKF gave me a chance to be blessed with a wonderful family.”
Mr Alyasa' Abdul Mutakalib, 35, was diagnosed with kidney failure at the age of 18 during a health check-up for National Service. He was an active soccer player back then and felt very disappointed that he had to make sacrifices on his active lifestyle while receiving treatment.

In 2004, Alyasa' met his wife, Mdm Shamsida Mohd Yusof, 36. They dated for a year and then decided to tie the knot. Against all odds, Alyasa' managed to overcome the emotional and physical stress of his condition and with good treatment, managed to start a family. He was blessed with 3 daughters and together with his wife, they form an inseparable bond.

In 2009, Alyasa' fell seriously ill due to some complications. He eventually had to stop working because of the frequent hospital visits. During the darkest time of his life, his wife was always there for him and took on the role as the sole breadwinner. When Alyasa' was hospitalized, Shamsida, pregnant at that time with their third child, would bring their 2 young children to visit him and stay by his side no matter what. Now that his health has improved, Alyasa' has returned to the workforce.

“My wife has been helping me a lot; she’s just so wonderful.” He is very thankful for the support of his wife and family, who has been his pillar of strength and always offering encouragement.

Alyasa' is grateful for the quality treatment and holistic care provided by NKF. He has been very supportive of the events organised by the Patient Advocacy and Rehabilitation team and brings his family along for the events. “My three girls love to attend. They always have so much fun!”
Volunteer Connection 2015

On 6 June 2015, the NKF Circle of Hearts team invited existing and new volunteers to the inaugural Volunteer Connection held at the NKF Centre. Over 50 volunteers from all walks of life came together to learn and upgrade their knowledge and skills through training and workshops to better equip themselves in providing support to patients.

We are grateful to TROST Learning for designing and facilitating fun and experiential learning programmes to create opportunities for team awareness, engagement and development.

Volunteers found the activities and training sessions to be very useful and engaging. As shared by a volunteer, “...the training was informative and enabled us volunteers to understand ourselves better.”

In addition, the volunteers had a networking lunch session where they interacted and shared experiences with one another. Volunteers mentioned that it was “a good feeling to talk and mingle with like-minded fellow volunteers”.

Health supplements made from a blend of antioxidant-rich fruits like blueberries and grapes sponsored by Wellness Works Pte Ltd were distributed as door gifts to volunteers during the event.

Many volunteers who attended the event hoped to see more of such sessions, where they could bond with like-minded volunteers, be inspired and explore ways to better help our needy patients.

As another volunteer says, “Every action, every individual counts. So, just do it!”

An enhanced version of our Dialysis Exercise Video has been launched! New variations of exercises relating to sports such as basketball, kick-boxing, badminton, rowing and chaptek were added. Upbeat music was also introduced so patients can groove along with the exercises! Patients also shared their experiences to inspire more to exercise as it can improve their blood circulation and reduce cramps during dialysis sessions.

Join us and be a part of our big family!
Contact us at 6299 0200 or contact_us@nkfs.sg

National Kidney Foundation