“I encourage patients to stay employed as it is a very important aspect of a patient’s rehabilitation.”

Mr Liang Tang Ricky, 34
Kidney patient at Ghim Moh Dialysis Centre
I’m Able To Contribute Back To Society

Mr Liang Tang Ricky, 34, was diagnosed with diabetes at the age of 18. Working over 12 hours a day as a cook, his health deteriorated tremendously due to his hectic work life.

In 2010, Ricky’s health took a toll. He lost sight in his right eye and underwent a toe amputation surgery due to his diabetic condition. This major operation led him to be unemployed for a long time.

In December 2014, Ricky was diagnosed with kidney failure and had to undergo dialysis. Despite being down and out, Ricky was determined to work and support his aged parents.

Through the NKF Patient Advocacy & Rehabilitation Programme, Ricky was referred to the medical social worker for a job placement at a restaurant. He underwent training and started his full-time job as a kitchen helper in March 2015. Ricky’s employers are very understanding of his medical condition and offers flexible working hours so Ricky is able to go for dialysis treatment three weekly. He is very appreciative of the employment opportunity and the highly subsidised quality treatment from NKF. He only pays $80 per month out-of-pocket for his dialysis.

Said Ricky, “Now, I am able to improve my quality of life and cope financially. I encourage patients to stay employed as it is a very important aspect of a patient’s rehabilitation.”

NKF’s Health for Life Day was held on 26 April 2015 at Pasir Ris Park. The event, themed “Fun in Everyday Activities”, emphasised the significance of health benefits through performing daily tasks. About 550 patients and caregivers, as well as staff and volunteers participated in the mass dance and fun-filled games.

On 15 March 2015, over 200 patients, caregivers and elderly from Whampoa Senior Activity Centre attended our “Performing Arts Festival” event which was held in conjunction with our kidney health awareness event “Love Life Love Your Kidneys” at the National Library Building. With the great performances by the Compassionate Art Group, everyone enjoyed themselves immensely.
VOLUNTEERS CARE FOR PATIENTS THROUGH MIND STIMULATION ACTIVITIES

The Mind Stimulation Activities (MSA) programme helps engage patients to be mentally active through fun and stimulating games.

Under the leadership of Ms Pricilla Seow Li Huang, the MSA team members at Kim Keat dialysis centre work closely to provide a listening ear to patients at the centre. They enjoy volunteering and interacting with the patients, and through these experiences, bonds have developed between the members and fellow patients.

One of the group members, Mr Tan Jui Ming has been in the programme since its inception in 2013. Jui Ming feels that team members are open-minded and share the same interests to ease the recovery process of the patients through fun activities.

Mr Isaac Lee Yong Kang, one of the newer members of Pricilla’s team, mentioned that it is the passion of each individual team member that motivates him to continue volunteering. The team’s oldest volunteer, Mr San Thu, recently turned 70 years old! He feels that volunteering plays an important role in keeping one’s mind active.

We thank Pricilla and her MSA team for partnering with us to bring joy to our patients and we hope more caring individuals will come forward to join NKF as volunteers in bringing Life and Hope to kidney patients.

“We really enjoy these activities and the presence of the volunteers bring us a lot of joy.”

– Mdm Foo Chee Peng, a patient dialysing at Kim Keat dialysis centre

Make-a-NILA

Patients and staff of NKF joined hands to sew and personalise NILA plush toys and form “the number 46” in commemoration of our 46th anniversary of giving Life and Hope to needy kidney patients. Health messages on kidney health were also spread through this meaningful endeavour. Our efforts were part of “The Final Countdown” project leading up to the 28th SEA Games.