“I manage all my commitments by approaching one problem at a time, and finding happiness in the small things.”

Ms Tan Xing En, 22
Kidney patient at Children’s Kidney Centre
"I was worried that something might have happened to him, so I dropped everything and went to check on him at his home."

When 68-year-old Mr. Koh Ah Chuan was taken to the hospital for his heart attack, he was advised to have a pacemaker but refused due to fear of needles. He was later diagnosed with a blood clot. With the help of his family, Mr. Koh organized a community support group to reach out to other seniors in need. His selflessness and compassion inspire others to do the same. Mr. Koh is an inspiration for others to give back to their community.

**An Act of Compassion**

**Recognising Inspiring Patients**

We recognize patients who, despite their illnesses, take proactive steps to improve their health, continue to improve themselves and encourage others in our care. These patients are our heroes and inspire us to do more.

**INSPIRING PATIENTS CHAMPIONS AWARDS 2018**

We launched our Patient Education Programme on October 2018, where we have developed educational materials to empower patients through interactive sessions. We also provide mental health and social activities to promote better mental health and well-being.

"Knowledge can be acquired at whatever condition you are in..."
It was apt that this year’s Volunteer Appreciation Day on 22 October was themed “Super Heroes” as each one of our volunteers are heroes in providing friendship and psychosocial support in empowering patients to lead a better quality of life. More than 150 volunteers had fun and excitement in a carnival atmosphere, challenging themselves at self-challenge booths and, at the same time, learning about taking care of their health. Our long-serving volunteers were also presented with Awards.

Our volunteer programme continues to grow. We now have 167 NKF ambassadors who champion kidney health to promote better kidney health! We are grateful to all our volunteers in making lives better for our patients and our Nation. Together, let us do more in 2017!

“IT WAS A FUN WAY TO GATHER INFORMATION AND REMEMBER THEM. I NOW KNOW HOW TO READ FOOD LABELS AND UNDERSTAND THE NUTRITIONAL VALUES BEHIND THEM,” SAID MR NEO. “HE WILL BE A BETTER SHOPPER THAN HIS WIFE NOW,” JOKED JEAN.

“THIS IS A PLEASANT SURPRISE! WE JOINED NKF AS VOLUNTEERS AS WE WANTED TO DO SOMETHING FOR THE NEEDY IN THE COMMUNITY. WE DID NOT EXPECT SUCH RECEPTION. THANK YOU!”

The Patient Advocacy and Volunteer Committee team who have helped grow our volunteer programme. From left: Mr Johnny Heng, Mr Simon Neo, Dr Mabel Thng, Ms Shirley Wong and Mr Wong Joo Seng.

Mdm Hamidah Bte Mohamed Noor and husband, Mr Ahmad Bin Pagi deliver food provisions to patients and befriend them under the Grains of Hope programme. They are recipients of the National Council of Social Service 5-Year Long Service Award.