“We hope to inspire people to believe in their own abilities and to keep on fighting.”

BRYAN NGIAM, 42
FRANCIS HO, 67
MOHAMED YAZID, 26
DARREN LEE, 28
"Communicating with the patients and making their life in the dialysis centre more enjoyable makes me happy."

- Student volunteer Mr Toby Chan

Dialysis time simply flew by recently for patients at Hougang 1 and 2 dialysis centres. That was how it felt when they got to play some interesting interactive games with student volunteers from Xinmin Secondary School. The games helped exercise the brain and slow down memory loss, which was helpful as most of our patients are elderly. There was much laughter and excitement from both patients and students throughout the sessions. Volunteering at a young age allows students to understand that life is not to be taken for granted. It also teaches them that the simplest acts of kindness can make a huge difference to the needy in our society.

With the strong belief that “Exercise is Treatment”, NKF’s Exercise Specialists tailored home-based exercise programmes to help patients improve their health outcomes and quality of life. The primary aim is to offset the prevalence of muscle wasting through evidence-based cardio and resistance exercises. This helps prevent premature disability and de-conditioning due to ageing and ultimately, see less episodes of falls.

"Join us for our next upcoming Patient Education Programme on Advance Care Planning!
To find out more about our Patient Advocacy Programme, call us at 9380 4094!"

Mr Darren Lee, 28, was born with abnormally small kidneys and had to undergo dialysis at the age of 12. His situation worsened when he suffered from depression due to the passing of his mother. He was also on a wheelchair for five years due to health complications. However, Darren gradually picked himself up. He shares his story of how he has not let his illnesses weigh him down.

"It wasn’t easy. I was determined not to let my situation affect the rest of my life. No matter how much support and encouragement we received from others, we must help ourselves. I joined NKF’s Patient Advocacy Programme to help fellow patients where I met many inspiring individuals who also spurred me on.

A few of them share my passion for music and we formed a performing group “By Chance”. It started off with an ukulele class organised by NKF which then sparked our interest in guitars. This followed with jamming sessions on Wednesday nights. Soon after, we started performing at NKF patient gatherings and events. We named ourselves that because it was a chance that brought us together.

What truly makes us happy is just being able to play together and enjoy ourselves. Music is therapy. It helps especially with the struggles we face as kidney patients. I hope that by performing and sharing our stories, we can inspire others to believe in their own abilities, overcome their adversity and not let setbacks determine the rest of their lives.

There is always a way and the most important thing is to be willing to go and find it!"
PAN-FRIED CHICKEN with Egg

Yield: 4 servings

Steps

1. Wash and chop shallot. Wash and cut spring onion into small pieces. Beat eggs and add spring onion.

2. Mix minced chicken with bread crumbs and seasoning.

3. Heat the wok with oil. Put shallot and dry shrimp to fry till fragrant. Stir fry minced chicken. Then add the egg mixture. Cover and turn to low heat to pan-fry for about 2-3 minutes till golden colour.

4. Lift the cover and flip over the pan-fried cake. Then, cover it again. Pan-fry the cake till both sides turn golden and it is ready to be served.

Ingredients

- Minced chicken: 250g
- Egg: 3 whole
- Bread crumbs: 2 tablespoon
- Minced dry shrimp: 1 tablespoon
- Shallot: 1 piece
- Spring onion: 1 stalk

Seasoning

- Salt: ¼ teaspoon
- Pepper: 1 dash
- Sesame oil: 2 teaspoon

Nutrition content per serving (Energy: 139kcal)

- Carbohydrate: 3.7g
- Protein: 14.7g
- Total fat: 7.9g
- Sodium: 253mg
- Potassium: 273mg
- Phosphate: 245mg

---

Ms Anita Mui has been a volunteer with NKF for nine years. She teaches patients how to make healthy and delicious meals and delivers basic food provisions to patients’ homes.