Mr Benedict Lee, 24
Kidney transplant recipient

"I can pursue my dreams after my kidney transplant."
Words of Encouragement from our New CEO

“I have started meeting patients at the dialysis centres. I can see the resilience and smiles on your faces. Rest assured that NKF remains committed to giving you and your families hope for a better future. You are not alone in your journey.”

- Mr Tim Oei, who joined NKF on 21 August 2017

A Bright Future with a New Lease of Life

Mr Benedict Lee, 24, started dialysis at the young age of 13 due to congenital disorders. Born with only one kidney, Benedict suffered from regular urinary tract infections and required frequent hospitalisation and medication to control his condition. In 2006, Benedict’s kidneys failed completely. He was on peritoneal dialysis, which was more convenient and suitable for his lifestyle needs.

Initially, Benedict’s mother was going through the process of giving one of her kidneys to him. However, she was diagnosed with pancreatic cancer and was no longer a suitable donor. In 2014, Benedict was given a new lease of life when he received a kidney transplant from a cadaveric (deceased) donor. Now, free of dialysis, he is able to start work in an IT company and pursue his dream of becoming an IT professional.

His parents’ nurturing roles on life have taught him to be independent and to show gratitude to others. Benedict joined NKF’s Patient Advocacy Programme as an Advocate to share his stories with fellow patients. With his experiences of undergoing dialysis and getting a new lease of life after a transplant, Benedict is able to provide psychosocial support to kidney patients, encourage them to stay strong and to never give up hope.

“I want to be a role model for kidney patients and this is my way of being able to give back to society and do as much as I can for them.”

Trouble Seeing Clearly?

Essilor Vision Foundation is collaborating with Singapore Polytechnic to provide free eye screening and free spectacles for our needy dialysis patients. Till date, 25 patients have benefited from this service.

Lawn Bowling

Our patient advocate, Mr Shanmuganathan, organised a lawn bowling session for our North-West Zone patients to stay fit and active at the Singapore Sports Hub on 20 August 2017. Lawn bowling is a gentle sport that involves rolling a ball on grass. Our next session is on 19 November 2017.

Lawn Bowling

Call us at 9380 4094 to sign up today!

What’s Happening

The National Football Team (Lions) together with the Football Association of Singapore (FAS) officials visited NKF’s dialysis centre at Kim Keat on 29 August 2017. They interacted with patients at the centre and learned more about the organisation and kidney health through the Kidney Discovery Centre tour. The Lions also autographed 2 footballs that will be up for auction for fundraising purposes. They will also partner NKF on the upcoming Flag Day to be held on 18 November 2017 to raise funds for needy kidney patients. NKF is grateful for their support.

Right Future with a New Lease of Life
Our volunteers are unsung heroes who walk the miles to support our patients in their rehabilitation journey. A group of newly inducted volunteers, led by NKF’s Patient Advocacy & Volunteer Management Committee (PAVC), took time off their busy work schedules to bring fun and joy to patients at the Woh Hup-NKF Dialysis Centre in Ghim Moh on 29 July 2017. They spent time befriending patients and provided a listening ear. This bonding time serves as an encouragement to patients knowing that they are cared for and loved by committed volunteers.

On 14 August 2017, the PAVC members brought 30 patients and their family members from several dialysis centres in the West to Jurong Bird Park where they were enthralled by the many different species of birds and the spectacular man-made waterfall. The outing in a relaxed setting helped our patients to progress emotionally and socially, which is important in their rehabilitation.

“It was a great opportunity for volunteers to interact with the patients in a relaxed environment, a respite from their dialysis treatment. In fact, they always look forward to the outings organised by us.”

Ms Shirley Wong, PAVC Chairperson

To find out more about our volunteer programmes, contact us at volunteer@nkfs.org or 1800-KIDNEYS (5436397)