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Renal Friends: A Friend in KDF

KDF is committed to the provision of holistic patient care for our patients, and this goes beyond providing financial assistance. Here at KDF, social support comes in the form of Renal Friends, a patient support group formed in February 1997 for all kidney patients and their families. Initiated by KDF Medical Director Associate Professor Lina Choong, Renal Friends aims to bring kidney patients together for mutual sharing and interaction. The support group consists of committed and enthusiastic volunteers, including kidney patients themselves.

Annually, Renal Friends organises at least 2 social functions for patients and their families, giving them the opportunity to have fun and bond with one another.

Patient Education Seminar and Social Outing

These seminars are held on an annual basis with the aim of equipping patients with the knowledge to take better care of themselves. During each seminar, specialists in their respective fields will be invited to give a talk to the patients. Topics covered in the past included "Understanding your blood results", "Managing Fatigue", "Anaemia and Kidney Failure", "Bone Problems in Dialysis Patients" and "Eat Healthy, Stay Healthy" etc. During these seminars, a quiz session is usually held after the talk and prizes given out to encourage active participation among the patients.

The patient education seminar is usually followed by a social outing, where patients get to visit various places of interest and enjoy a day of fun and relaxation! Past Renal Friends outings include a day trip to Malacca, Singapore Flyer, Night Safari, Bottle Tree Park, Marina Barrage, the Bird Park and more! These patient education seminars and outings provide patients with a welcomed respite from their dialysis routine, giving them the opportunity to bond with their family members and fellow patients, while picking up new knowledge at the same time.

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About Renal Friends

- Initiated on 28 February 1997 by KDF Medical Director A/Prof Lina Choong
- Patient support group for all kidney patients and their families in Singapore

Main Objectives

1. To assist kidney patients and their families in understanding the disease and the ways to cope with the problems and pressures that may arise.
2. To provide psychological and emotional support for these patients.
3. To educate patients through talks and educational materials.



Yio Chu Kang Farm Visit (Jun 2007)



Patient Education Seminar and Visit to Night Safari (Sep 2007)





Patient Education Seminar "Care of Your Vascular Access" (Apr 2008)



Day Trip to Desaru (Jun 2008)

Patient Education Seminar "Anaemia and Kidney Failure" (May 2009)



Duck Tour Adventure (Jul 2010)



Bottle Tree Park (Oct 2010)



Marina Barrage and Marina Bay Sands SkyPark (May 2011)





Patient Education Seminar "I Can Do It, Everyday's Ok"
and Visit to Jurong Bird Park (May 2012)

Patient Party

Another highlight of Renal Friends' activities is the annual patient party for KDF patients, where our patients get to indulge in sumptuous food and engage in exciting games, activities and performances put together by a group of dedicated Renal Friends volunteers.



Reliving "The Good Old Kampong Days"
at KDF Patient Party (Jan 2008)



"Rolling good times of the 60's & 70's" (November 2008)



"Together As One" (Jan 2010)



"Together We Party" (Jan 2011)



"Celebrations" (Dec 2011)

The sentiments of KDF patient and active participant of Renal Friends' activities, Mdm Hoo, best sum up the significance of Renal Friends in our patients' hearts. "Renal Friends would always bring us to many interesting places, such as the Singapore Flyer, Night Safari and even Desaru and Malacca in Malaysia. If not for the support from Renal Friends, we definitely will not be able to go to these places, because it's too expensive for us. When we go to these places, we won't feel so depressed; Renal Friends helps us to forget that we are sick people. I can see that before Renal Friends, many of the patients were very depressed, because you think a lot about your sickness and you tend to keep thinking that you are very sickly when you sit at home for long periods. But when you get together with patients from other centres at these Renal Friends events, everyone is happy and we get to share our experiences and stories with one another."

As Renal Friends moves into its 16th Anniversary this year, we wish to thank all volunteers and sponsors for their dedication and care towards this meaningful cause of bringing smiles and hope to our patients. Should you wish to assist KDF in the organisation of activities for our patients, and be a part of Renal Friends, please contact us at 6559 2630 or enquiries@kdf.org.sg.

To ensure that you continue receiving our emails,
please remember to add **K-Bytes** (feedback@kdf.org.sg) to your email address book.
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