



Kidney Dialysis Foundation's 2024 edition of its annual charity events, Got to Walk on 9 Nov and Got to Goal from 7 to 8 December

## Description

Kidney Dialysis Foundation is a non-profit charitable organisation. They serve underprivileged end-stage kidney patients. Their vision is to ensure that no kidney patient will perish because of the lack of funds for dialysis.

Every year, registered charities like Kidney Dialysis Foundation run charity events to promote its cause. In 2024, the Kidney Dialysis Foundation has two charity events. The first, which was held on the 9th of November 2024, was Got to Walk.



Source: Kidney Dialysis Foundation's Facebook page



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This event was held at OCBC Square, Singapore Sports Hub. The event ran from 2 pm to 8 pm. It was the 5th anniversary of Got To Walk. The annual event aims to promote an active lifestyle while supporting those in need. The motivation for promoting an active lifestyle? 67% of kidney failure in Singapore is linked to diabetes. This is the highest rate in the world! (little known fact which I personally did not know!)



**SIGN UP NOW!**

**GOT TO WALK 2024**

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*Best Diabetes, Protect Your Kidneys!  
#GoingTheExtraSmiles*

**9 NOV 2024**  
SATURDAY

**2 PM to 8 PM**  
OCBC SQUARE  
SINGAPORE SPORTS HUB

**Guest-of-Honour:**  
Mr Chee Hong Tat  
Minister for Transport and Second Minister for Finance

**Special Guests:**  
Mr Mohd Fahmi Aliman  
Adviser to Marine Parade GRC GROs  
Mayor of South East District

Mr Lim Biow Chuan, PBM  
Adviser to Mountbatten SMC

Ms Chan Hui Yuh, PBM  
Adviser to Aljunied GRC GROs

**Event Highlights:**

- Lucky Draw  
(Attractive Prizes to be won!)
- 5KM Walk
- Fun Filled Carnival
- Complimentary Health Screening



<b>Event Owner:</b>  <small>Serving the Needy Since 1996</small>	<b>Presenting Sponsor:</b> 	<b>Supporting Sponsors:</b>    	<b>Official Apparel:</b> 	<b>Official Venue:</b> 	<b>Official Privilege Card:</b> 	<b>In support of:</b> 
<b>Event Organiser:</b> 	<b>Principal Sponsor:</b> 	<b>Lead Sponsor:</b> 	<b>Official Fitness Partner:</b> 	<b>Sustainability Partner:</b> 	<b>Community Partners:</b>  	<b>Supported by:</b> 
<b>PR Partner:</b> 						



The next event is Got To Goal 2024. This is a futsal tournament themed "Healthier As One" which will take place at Kick Off @ Kovan.



Here are the event details:

Date: 7th and 8th of December 2024

Time: 9 am to 630 pm

Venue: Kick Off @ Kovan

If you and your football kakis would like to sign up for the event, you can do so at this link:

<https://reg.eventnook.com/event/gottogoal2024>.

There is a Futsal tournament on both days, a FUNtastic Family Carnival on 8th December from 2 pm onwards, a juggle master challenge and a Foosball tournament.

Hope to see you at Got To Goal 2024!

Yours sincerely,

Daryl

p.s. Oh yes, if you would like to donate to the Kidney Dialysis Foundation, you can do so here: <https://donate.kdf.org.sg/>. As Kidney Dialysis Foundation is a registered charity with IPC status, all donations above \$20 are eligible to a 250% tax deduction.

Here is the Media Release provided:

### **Kidney Dialysis Foundation Unites Singapore's Kidney Community and Public through Annual Charity Events: Got To Walk & Got To Goal 2024**

**SINGAPORE, 17 October 2024** – Kidney Dialysis Foundation (KDF) proudly announces the 2024 edition of its annual charity community events, **Got To Walk** on 9 November and **Got To Goal** from 7 to 8 December. Founded with a vision that no kidney patient should perish because of the lack of funds for dialysis, its mission is focused on looking after the needy with end-stage kidney disease through quality care and education. The events aim to bring together various community-based partners to raise

awareness on kidney health and funds for the underprivileged kidney patients in Singapore. Proceeds will mainly go towards essential dialysis treatment.

Graced by Minister for Transport and Second Minister for Finance, Mr. Chee Hong Tat and Ms Tin Pei Lin, Member of Parliament for Macpherson SMC, these events will mark a significant milestone for KDF, bringing together an expected 6,000 participants from all walks of life to raise vital awareness and support for kidney health. Patients, advocates, and kidney health experts will join hands with the public in this shared mission of fighting kidney disease and ensuring that those most vulnerable receive the care they need.

With 14% of Singaporeans battling chronic kidney disease (CKD) and six new patients diagnosed with kidney failure every day, the urgency for raising awareness has never been greater. It's estimated that by 2035, one in four residents will likely suffer from this debilitating condition, meaning nearly a million people will face significant health challenges. CKD involves a progressive loss of kidney function, impacting patients not only emotionally but also financially. Unfortunately, many are unaware of the symptoms of kidney disease or the conditions, such as diabetes, that can silently damage the kidneys without early warning signs.

In response to this critical situation, KDF provide participants with the opportunity to take charge of their own health while raising awareness about kidney disease and contributing to a greater cause. The events embody KDF's campaign *#GoingTheExtraSmiles* inspiring proactive efforts to prevent Type 2 diabetes while nurturing a strong sense of community and support. They highlight the collective effort needed to promote healthier habits and spread positivity, encouraging participants to come together in solidarity and raise awareness for kidney health. KDF's initiatives also support its mission to serve the bottom 10% of the population who are in dire need of life-saving kidney treatments, ensuring that even the most vulnerable individuals have access to the necessary care and resources to combat kidney failure.

**Dr Lim Cheok Peng, Chairman of Kidney Dialysis Foundation**, said, "As we enter the fourth consecutive year of our charity events, these events aim to advocate for greater community involvement in our efforts to advance the inclusion of those we serve. We hope these events will spark inspiration to embrace the cause and raise crucial funds to support those who face the harsh realities of kidney failure."

### **Got To Walk 2024: Beat Diabetes, Protect Your Kidneys**

Held at OCBC Square, Singapore Sports Hub, from 2:00 PM to 8:00 PM, the 5km fun walk on 9 November encourages Singaporeans to develop healthier habits and fight against diabetes – a major contributor to kidney failure. Themed *"Beat Diabetes, Protect Your Kidneys"*, the event will begin with Guest-of-Honour, Minister for Transport and Second Minister for Finance, **Mr. Chee Hong Tat**, leading the participants in a pledge to reaffirm their commitment to their health, fight diabetes, and protect their kidneys. This meaningful moment will serve as a strong reminder of taking proactive steps to manage diabetes and safeguard kidney health. Following the pledge, the walk will be officially flagged off by Minister Chee alongside Special Guest **Mr. Lim Biow Chuan**, PBM, Member of Parliament (MP) of Mountbatten SMC, and Ms. **Chan Hui Yuh**, PBM, Advisor to Aljunied GRC Grassroots Organisations. During the 5km walk, participants will get to soak in the beautiful backdrop of Singapore's iconic skyline. This event not only emphasizes the importance of leading an active lifestyle to fight diabetes but also highlights the impact of staying physically fit to protect kidney function. As walkers take each step, they will embody the spirit of *#GoingTheExtraSmiles* building a sense of community, supporting one another, and collectively striving towards healthier habits that safeguard both kidney and overall health.

Participants can also look forward to a variety of exciting activities:

- Family Carnival games with a unique twist that highlight kidney health, Caricature Portrait Drawing, Face Painting, Sand Art, a Dialysis Experiential Booth and many more
- Live Performances by Micollar and Eason Lee
- Mass Warm-Up and Workout session led by REVL Fitness
- Exciting grand lucky draw offering fantastic prizes such as EMPIRE Prestige Massage Chair, Teo Heng Wasuka Party Box, Tridentair AirDome 70 Air Purifier and many more

KDF's commitment to sustainability is woven into every aspect of its events this year with eco-friendly initiatives such as providing event entitlements without plastic packaging, reducing the environmental impact and promoting greener practices. Participants will also have the opportunity to contribute to a meaningful string art installation, where different coloured strings represent healthy habits, such as staying active, staying hydrated and getting enough sleep. This activity serves as a powerful symbol of the steps individuals can take to protect their kidneys and overall health, reinforcing their personal commitment to wellness. Additionally, Minister Chee will join the beneficiaries of KDF for a special shopping experience at NTUC FairPrice, further emphasizing the foundation's commitment to uplifting kidney patients and promoting a sense of community.

### **Got To Goal: Healthier As One**

Held on 7 and 8 December, Got To Goal continues the spirit of community involvement through a futsal tournament under the theme **Healthier As One**. This event encourages active living through sports and promotes healthier lifestyle habits while fostering family bonding. The event will take place at Kick Off @ Kovan from 9:00 AM to 6:30 PM, offering participants a day of fun, fitness, and family togetherness.

To add to the fun and furore of the event, former National team player Hassan Sunny and players from the Football Association of Singapore will be present on 7 and 8 December respectively to interact with participants and amplify the vibrant atmosphere. Participants can look forward to interacting with their football heroes, sharing tips and experiences, and engaging in friendly competitions that will elevate the excitement and spirit of community throughout the weekend.

In addition to an exciting futsal competition, participants can enjoy the FUNtastic Family Carnival featuring a range of exciting activities such as:

- Juggle Master Challenge, where participants can show off their juggling skills with a football and win prizes
- Inflatable games and an interactive soccer clinic for kids
- Foosball Mini Tournament by Wen Hong Engineering Services
- Art Booths by Paya Lebar Kovan CC offering arts and crafts for families
- Carnival Food Stalls showcasing a selection of local and international snacks
- Health Screening Check-up to help the participants monitor their vital health indicators

Throughout the weekend, over 20 futsal games will be played, with **Ms. Tin Pei Ling**, Member of Parliament for Macpherson SMC, attending as the Guest of Honour. She will present trophies and cash prizes to the winners during the Prize Presentation Ceremony, followed by the Grand Lucky Draw announcement to cap off the day's festivities.

### **A Growing Need for Support**

KDF's goal is to ensure that no kidney patient perishes due to financial limitations," says **Dr Lim Cheok Peng, Chairman of Kidney Dialysis Foundation**. "We are committed to raising awareness about kidney health and inspiring everyone who joins us to adopt healthier lifestyles. By supporting these events, we can provide life-saving treatments to those in need and ensure that no one goes without care. Together, we can make a significant impact on the health of Singaporeans. We extend our heartfelt thanks to all participants and supporters for their invaluable contributions in making



a difference in the lives of the kidney patients.â?•

The events represent a pivotal moment in the fight against kidney disease in Singapore. These initiatives will spark vibrant discussions and unveil insights, empowering individuals to take charge of their health while rallying support for those in need. Together, we will forge a path towards a healthier future, transforming the landscape of kidney care for all.

For registration and more information, visit [www.kdf.org.sg/events-upcoming](http://www.kdf.org.sg/events-upcoming).

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