

Real-Life Stories • Dance Ensemble • Live Enactment • Music

守护 肾命 的光

KDF : 30 YEARS
OF CARE

30 AUG
2026
Sunday



The Theatre
at Mediacorp

Presented by:
呈献



Kidney
Dialysis
Foundation



A Production By:
节目合作伙伴





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GOT TO RIDE 2026

Go the Distance, Make a Difference

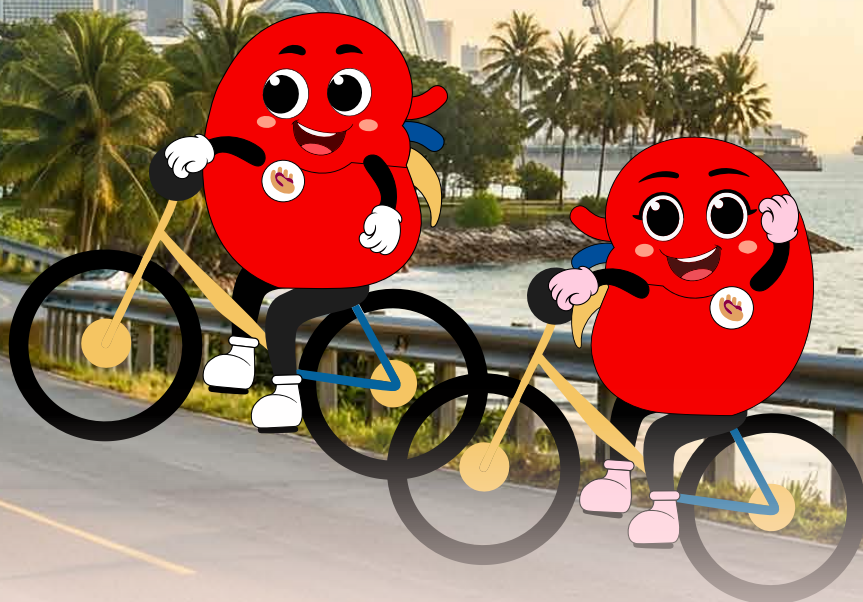
15 November 2026, Sunday

Time: 6 AM to 10 AM | Flag-Off: 6:30 AM

Venue: Bayfront Event Space



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Welcome Message from Chairman, KDF

KDF 主席欢迎辞

Dear Guests,

A warm welcome to 《守护肾命的光》— KDF: 30 Years of Care.

As KDF marks 30 years of care, we want this milestone to be more than a reflection of the past. We want it to carry an important message forward. For the first time, KDF is using music, dance, storytelling and enactment to bring kidney health closer to the community — touching hearts, raising awareness and inspiring action.

With some 500,000 people in Singapore living with chronic kidney disease, greater awareness, early detection and better management are more important than ever. Kidney failure carries a heavy human and financial cost, and every chance to prevent or delay its progression can save lives, ease the burden on families and reduce the long-term impact of dialysis.

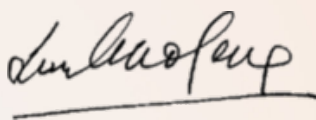
Tonight also carries a message of hope and inspiration. For those living with kidney failure, dialysis may be part of life, but it does not define who they are or what their future can be. Through the stories shared tonight, we hope patients and their families can feel seen, supported and never alone.

As KDF marks this 30-year journey, we are deeply grateful to everyone whose time, partnership and support have made this milestone possible. Your presence tonight reflects the caring community that has stood with KDF and our patients over the past three decades.

May tonight's stories inspire us to care more deeply, act earlier and help every kidney patient live with dignity, purpose and hope.

Thank you for joining us. Please enjoy the show, and may its message stay with you long after the final curtain falls.

Together, let us carry this light beyond tonight — by choosing awareness, extending compassion and helping more kidney patients move forward with courage, dignity and hope.



Dr Lim Cheok Peng
Chairman
Kidney Dialysis Foundation



尊敬的各位嘉宾,

诚挚欢迎您莅临《守护肾命的光》—— KDF: 30 Years of Care 的演出。

今年是肾脏透析基金成立三十周年。对我们而言,这个里程碑不仅值得纪念,更是一个将重要信息传递下去的契机。因此,我们首次尝试以音乐、故事与舞台演绎的方式,将肾脏健康的信息带入社区。我们希望以真实动人的故事触动人心、提高公众意识,并鼓励大家及早关注肾脏健康,采取行动。

新加坡约有50万人患有慢性肾脏疾病。因此,提高公众意识、推动早期检测和加强疾病管理,比以往任何时候都更加重要。肾衰竭不仅影响患者的健康与生活,也为其家庭带来沉重的经济负担。把握每一个预防或延缓病情恶化的机会,便能挽救更多生命、帮助更多家庭免于经济重压,并降低长期透析所带来的影响。

今晚我们也希望传递一份希望。对于面对肾衰竭的患者而言,透析或许已成为生活的一部分,但它并不能定义他们的人生,更不能限制未来的可能。通过今晚呈现的一个个真实故事,我们希望让患者与其家属知道,他们的经历有人理解,他们的需要有人关心,在这段路上,他们从来都不是独自前行。

回首这三十年的历程,我们由衷感谢每一位倾注时间、与我们并肩同行的伙伴。KDF 的每一步成长,都离不开大家的信任与扶持。今晚各位的莅临,也体现了这份三十年来始终陪伴着 KDF 与患者的关怀与支持。

愿今晚的故事启发我们多一份关怀、早一步行动,并为肾友带来更多支持,让他们能活得有尊严、有目标、有希望。

感谢您今晚与我们同行。诚邀您细细欣赏这场演出,也愿舞台落幕之后,这份守护肾脏健康的信念与关怀,依然留在您的心中。

让我们一起,将今晚的这束光延续下去——从多一分理解、多一分善意与关怀做起,帮助更多肾病患者带着勇气、尊严与希望,继续前行。

林焯彬医生
主席
肾脏透析基金

About Tonight's Musical Storyscape 今晚演出简介

《守护肾命的光》is KDF's first Musical Storyscape—a unique presentation bringing together real-life stories, dance ensemble, live enactment and music.

Set in a familiar neighbourhood, the show follows a delivery rider as he moves through the community and meets five individuals whose lives have been changed by kidney disease.

Through drama, music, dance and personal testimony, their stories highlight resilience, family support, early detection, timely treatment and the need for accessible and affordable dialysis care.

At its heart, the show reminds us that kidney disease affects not only patients, but also families, caregivers and the wider community—and every act of awareness, compassion and support can make a difference.

《守护肾命的光》是KDF首部音乐故事剧场 (Musical Storyscape)，以独特的形式融合真实患者故事、舞蹈、现场演绎与音乐。

故事以熟悉的邻里社区为背景，跟随一名送餐员穿梭于社区之中，在一次次相遇中，走进五位因肾脏疾病而经历人生转折的人物的故事。

透过戏剧、音乐、舞蹈与真实分享，他们的故事展现了面对疾病的坚韧、家人的支持、及早发现与及时治疗的重要性，以及可负担的洗肾治疗对患者生活所带来的意义。

这场演出的核心讯息提醒我们，肾脏疾病所影响的不只是患者，也牵动着他们的家人、照护者以及整个社区。每一份关注、关怀与支持，都能为他们带来改变。



Programme

节目流程

Opening Performance 开场表演

A Good Mood Every Day
《天天好心情》

KDF: 30 Years of Care in the Community 肾脏透析基金 《守护肾命的光》

Story One 故事一: Toh Poh Giek 卓宝玉
Twenty-eight years of resilience
坚韧走过二十八年

Story Two 故事二: William Koh 许文忠
The importance of early detection
及早发现, 及时守护

Story Three 故事三: Christine Chia 谢贵春
Facing illness with courage and positivity
以坚强乐观的心态面对疾病

Story Four 故事四: Nur Hafizah Mohd Samsuri
Life and purpose beyond survival
活出生命的精彩与意义

Story Five 故事五: Mr and Mrs Siew Kum Hong 萧锦洪夫妇
Love, companionship and affordable dialysis care
爱、陪伴和可负担的透析治疗

Finale 压轴演出

Sunshine After the Rain
《阳光总在风雨后》



Starring Cast

主要演出阵容

Zhu Zeliang

as **Cheng Guang,**
the Delivery Rider

The heart of the community

Moving through the neighbourhood, Cheng Guang connects the five stories and carries the wider message of kidney disease prevention.

朱泽亮

饰 **程光,送餐员**

凝聚社区的力量

程光穿梭于社区的大街小巷,带领我们走进五位患者的人生故事,也让我们看见预防肾脏疾病的重要性。

Guo Liang

as **the Radio Host**

The voice of the community

郭亮

饰 **电台主持人**

社区之声

Kym Ng

as **Mei Guang,**
Dance Coach and Volunteer

The spirit of the community

鐘琴

饰 **美光,舞蹈教练兼义工**

社区活力的象征



Five Real-Life Stories 五段真实人生故事



Story One 故事一

Hong Hui Fang as **Toh Poh Giek**
洪慧芳 饰 卓宝玉

For 28 years, Toh Poh Giek has lived with dialysis, yet her spirit remains brighter than ever. Cheerful and resilient, she draws strength from the friendships she has built along the way.

28年来,卓宝玉的生活离不开透析,却始终保持乐观开朗、坚韧积极的心态。一路走来,是朋友的陪伴给了她力量,让她勇敢面对每一个挑战。



Story Two 故事二

Nick Teo as **William Koh**
张奕恺 饰 许文忠

Once a policeman dedicated to protecting others, William now faces a battle he never expected. His journey highlights the importance of early detection and timely intervention.

许文忠曾是一名为他人而战的警察。如今,他却面对一场始料未及的健康挑战。他的经历提醒我们,及早发现、及时治疗,对肾脏健康至关重要。



Story Three 故事三

Zoe Tay as **Christine Chia**
郑惠玉 饰 **谢贵春**

Diagnosed with a rare genetic illness, Christine refuses to let her condition define her. She continues to embrace life with determination through cooking, art and the support of those around her.

确诊罕见遗传疾病后，谢贵春并没有让疾病定义自己的人生。在亲友的支持下，她以坚定积极的心态拥抱生活，并从烹饪与艺术中找到生活的乐趣与力量。



Story Four 故事四

Hetty Sarlene as **Nur Hafizah**
Mohd Samsuri

A mother who had to step away from work because of her illness, Hafizah never lost her desire to contribute. Her story reminds us that dialysis can offer life beyond survival.

身为母亲的 Hafizah 因患病而不得不离开职场，但她从未放弃为社会贡献的心。她的故事让我们看见，透析不仅帮助患者延续生命，也让他们有机会继续追求有意义、有目标的人生。



Story Five 故事五

Cavin Soh and Joanna Dong as
Mr and Mrs Siew Kum Hoong
苏栢诚与董姿彦 饰 萧锦洪夫妇



Mr and Mrs Siew have spent years navigating the routines and realities of dialysis together. Their story is one of steadfast companionship, love, family support and the importance of supportive dialysis care.

多年来, 萧先生与萧太太携手面对透析生活中的种种日常与挑战。他们的故事展现了夫妻间不离不弃的陪伴和家人的爱与支持, 也让我们看见可负担的透析治疗对患者及其家庭的重要性。

Featured Artistes and Performers 出演艺人与表演嘉宾



About KDF

关于肾脏透析基金

Our Story

Established in 1996, Kidney Dialysis Foundation (KDF) is committed to ensuring that no patient is denied life-sustaining dialysis treatment due to financial constraints. We ensure that every kidney patient is treated with dignity and compassion.

To date, KDF has supported more than 1,200 patients through subsidised dialysis care and comprehensive support services.

我们的故事

肾脏透析基金 (KDF) 成立于1996年, 始终秉持一个信念: 不让任何患者因经济困难而无法获得维持生命所需的透析治疗。我们致力于以尊重与关怀, 为每一位肾病患者提供所需的治疗与支持。

至今, KDF 已为超过1,200名患者提供津贴资助的透析治疗及综合支援服务。



30 Years of Care

关怀三十年



As KDF marks our 30th anniversary, the Foundation continues to expand its role in supporting individuals and families across the full kidney health journey, from prevention and early detection to treatment and continuing care and support.

迈入成立30周年的重要里程碑, KDF 将继续拓展服务, 为个人与家庭提供更全面的肾脏健康支援, 从预防、及早发现, 到治疗及后续的支持, 一路陪伴他们走过每一个阶段。



Why This Musical Storyscape Matters

为何用音乐诉说这些故事

Kidney disease often develops silently. In Singapore, about 500,000 people are living with chronic kidney disease, and by the time symptoms appear, serious damage may already have been done. However, many risks can be lowered through healthier habits, early screening and proper management of conditions such as diabetes and high blood pressure.

肾脏疾病往往悄无声息地发展。在新加坡,约有50万人患有慢性肾脏病,而当症状浮现时,肾脏可能已遭受一定程度的损伤。然而,通过培养健康的生活习惯、及早接受筛查,并妥善管理糖尿病、高血压等慢性疾病,可以有效降低患上肾病的风险。



Through tonight's stories, KDF hopes to bring kidney health closer to the community—not through statistics alone, but through the real experiences of patients and families.

For those living with kidney failure, dialysis is not the end of a meaningful life. With compassionate care, family support and an inclusive community, patients can continue to live with dignity, hope and purpose.

Awareness is the first step towards prevention. Early action can protect a life, while a caring community can transform one.

If you know of someone living with chronic kidney disease who needs support, please contact us at enquires@kdf.org.sg.

通过今晚一个个真实的故事, KDF 希望让大众更了解肾脏健康。我们不只谈数据, 更希望透过患者与其家属的亲身经历, 让大家看见肾病对生活带来的真实影响。

对于肾衰竭患者而言, 接受透析并不意味着精彩人生就此止步。有了悉心的关怀、家人的支持, 以及包容友善的社会, 患者依然能够活出尊严、希望与人生意义。

提高意识, 是预防肾病的第一步。及早行动, 可以守护生命; 多一份关怀, 更能为生命带来改变。

如果您认识正在与慢性肾脏疾病共处, 并需要帮助与支持的人, 欢迎通过 enquires@kdf.org.sg 与我们联系。



Acknowledgements

KDF extends our deepest appreciation to our Guest of Honour, **Mr Ong Ye Kung**, Minister for Health and Coordinating Minister for Social Policies, for gracing this special occasion and celebrating 30 years of care with us.

We are also grateful to our patients and families for sharing their stories with courage and generosity, and to our Mediacorp artistes, production teams, sponsors, donors, partners, volunteers, friends and staff for making 《守护肾命的光》 possible.

To all our guests, thank you for standing with KDF and the kidney community. Together, we can raise awareness, inspire hope and build a more compassionate community of care.

鸣谢

KDF向本次活动的主宾,新加坡保健卫生部长兼社会政策统筹部长**王乙康先生**,致以最诚挚的谢意。感谢部长拨冗莅临,与我们一同庆祝KDF关怀服务30周年这一重要里程碑。

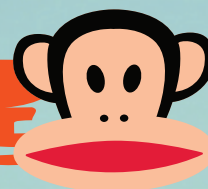
我们也衷心感谢患者及其家属,勇敢无私地分享他们的生命故事;同时感谢所有参与演出的新传媒艺人、制作团队、赞助商、捐助者、合作伙伴、志愿者、支持者及工作人员,因为有大家的支持与付出,《守护肾命的光》才能顺利呈现。

最后,感谢每一位来宾与KDF及肾病患者群体并肩同行。让我们携手提高大众对肾脏健康的认识,点燃希望,并共同建设一个更有温度、更具关怀的社区。





KDF X PAUL FRANK



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Kidney Dialysis Foundation 肾脏透析基金

With government funding and the generosity of donors, KDF provides affordable dialysis treatment and holistic care for kidney patients in need. Your support helps us continue transforming lives and ensuring that no patient is denied essential care because of financial hardship.

在政府资助和社会各界的慷慨支持下,肾脏透析基金得以为有需要的肾病患者提供可负担的透析治疗,以及全面的关怀与支援。您的支持,将帮助我们继续为患者的生命带来改变,确保他们不会因经济困难而得不到所需的治疗与照护。



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our mission.**

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<https://www.kdf.org.sg>



Kidney Dialysis Foundation, Singapore



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