



ULTIMATE FRIENDS

(Ukhwah Fillah) | Est. 2024

Annual Report
FY2025

NEWSLETTER

Foreword

It is with great pride and humility that we present the second annual report for Ultimate Friends SG, formerly known as Ukhwah Fillah SG, marking another year of impactful strides in our shared mission to combat drug abuse and foster awareness in Singapore and beyond.

In 2025, our initiative has been a beacon of hope, bringing together diverse communities to address the critical issue of drug awareness and prevention. Through our programs, workshops, and collaborations, we have reached countless individuals and families, inspiring positive change and empowering communities with the knowledge to make informed choices. Our efforts this year extended across borders, strengthening ties with neighboring countries to create a united front against the challenges of drug abuse. These cross-border collaborations reflect our unwavering belief that combating such issues requires collective effort, empathy, and an inclusive approach.

We are also pleased to share an important milestone in our journey. Ultimate Friends SG was officially incorporated as a Company Limited by Guarantee (CLG) on 31 December 2025, marking our transition into a formally recognized organization. This step strengthens our governance, sustainability, and capacity to serve the community, and we hope it will open doors for greater collaboration, continued support, and the ability to obtain grants to further our work.

In addition, mid-December 2025 marked our regional expansion, with the establishment of Ultimate Friends IND in Batam, Indonesia, alongside Ultimate Friends SG representing Singapore. This expansion reflects our growing commitment to addressing substance abuse issues beyond borders, fostering cross-community support, and extending our advocacy efforts regionally.

This report is a testament to the resilience and dedication of everyone involved—our team, volunteers, partners, and supporters. It is also a reminder that the journey to a drug-free society is ongoing, and every step we take together matters.

As we look ahead, let us continue to uphold the spirit of Ultimate Friends.

With gratitude and hope,



NUR AZLINDA ZULKIFLI

Director/Secretary of
Ultimate Friends Singapore



MUHAMMAD HAIRI ROHANI

Director of
Ultimate Friends Singapore



Empowering through Advocacy

Vision

To inspire and unite communities through the principles of brotherhood and sisterhood, fostering lasting change through compassion, service, and collective upliftment.

Mission

To foster unity and empowerment within the community by:

- Advocating for a drug-free society through education, awareness, and support programs.
- Provide charitable initiatives that support the underprivileged, empower individuals, and promote community well-being.
- Serve as a support network that welcomes and uplifts people from diverse backgrounds, fostering mutual understanding and collaboration.



WHAT DO WE OFFER?



SUPPORT GROUP FOR INMATE/EX-OFFENDERS



1-TO-1 PARACOUNSELLING AND MENTORING



PREVENTIVE DRUG EDUCATION (PDE)

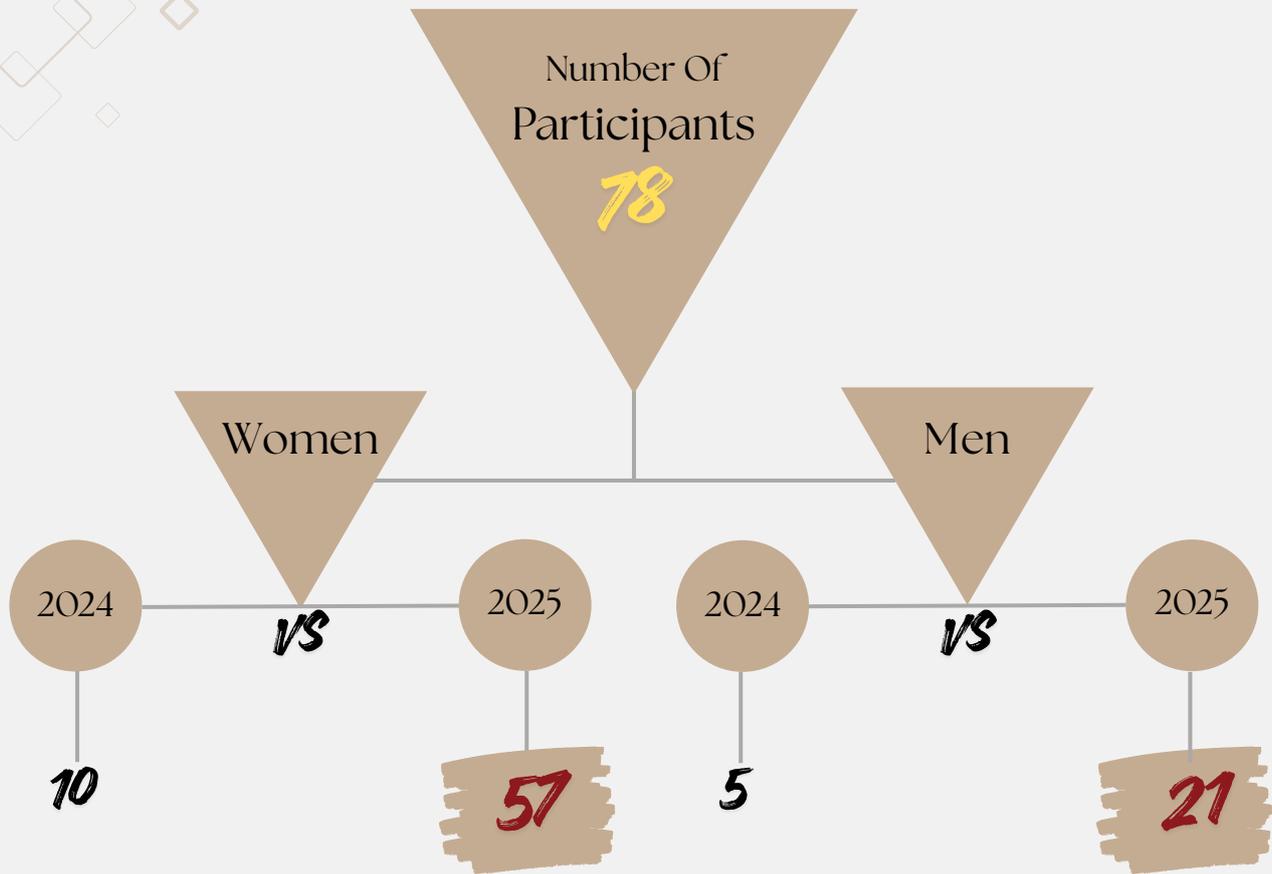


RELAPSE PREVENTIVE PROGRAM



YOUTH-AT-RISK ENGAGEMENT

Community Recovery Support Group (CRSG) Programme



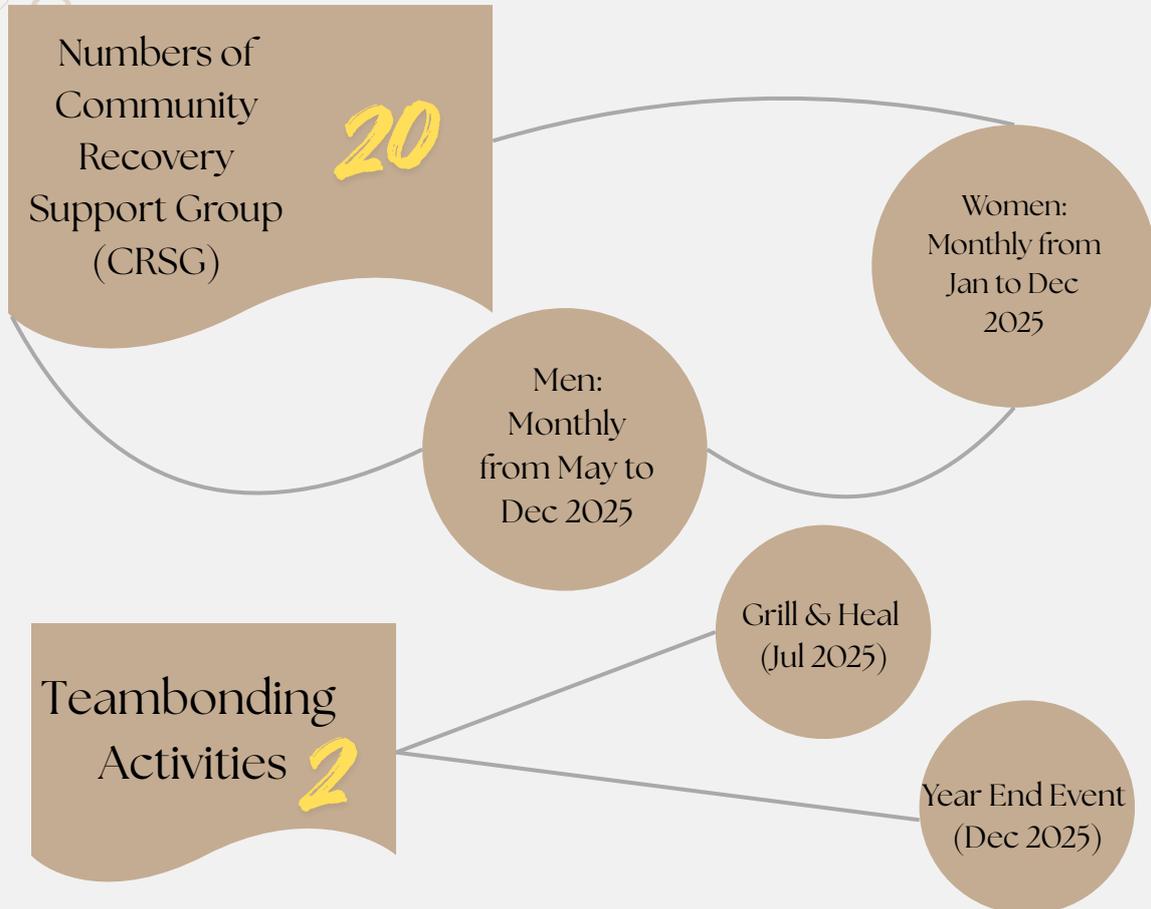
Programme Participation & Growth

In FY2025, Ultimate Friends SG supported a total of 78 participants across its recovery and peer-support initiatives. This represents a significant increase compared to FY2024.

Women’s participation showed the strongest growth, increasing from 10 participants in FY2024 to 57 participants in FY2025. Men’s participation also grew steadily, rising from 5 participants in FY2024 to 21 participants in FY2025.

This growth reflects increasing trust in peer-led recovery spaces and stronger engagement within the community.

Community Recovery Support Group (CRSG) Programme



Community Recovery Support Groups (CRSG)

In FY2025, 20 Community Recovery Support Group (CRSG) sessions were held. Women’s CRSG sessions were conducted monthly from January to December 2025, while Men’s CRSG sessions were conducted monthly from May to December 2025. These ongoing group sessions provided consistent peer support, accountability, and continuity for individuals in recovery.

Outdoor & Community-Building Activities

In addition to structured programmes, one outdoor recovery activity, “Grill & Heal”, was conducted in July 2025. This initiative focused on community bonding, informal peer connection, and holistic well-being in a non-clinical setting.



Community Recovery Support Group (CRSG) Programme

The commencement of the Community Recovery Support Group (CRSG) 2025 marks a pivotal step in empowering individuals on their recovery journey.

Ultimate Friends SG has expanded the reach of this program to include not only women participating in the Community-Based Programme (CBP) and Mandatory Aftercare Scheme (MAS), but also for those who are under CNB Supervision. This extension aims to provide a more inclusive support system for women at different stages of reintegration, ensuring they receive the necessary guidance, resources, and community support to transition successfully. By incorporating MAS participants, the program acknowledges the diverse needs of individuals navigating post-incarceration challenges and reinforces its commitment to holistic rehabilitation and aftercare.

We offers numerous benefits, addressing their specific needs during reintegration and recovery.

1. Emotional and Social Support

Women may face stigma, isolation, and emotional distress as they transition back into society. This program fosters a supportive community where they can build meaningful friendships, share experiences, and receive encouragement from peers and mentors who understand their journey.

2. Structured Guidance for Reintegration

Women often struggle with adjusting to life after incarceration, including challenges in finding stable employment, housing, and rebuilding relationships. The program provides structured support through mentorship, counseling, and skill-building workshops, equipping them with the tools needed for a smoother reintegration process.

3. Preventing Relapse and Recidivism

One of the key aspects of this initiative is to reduce the risk of relapse into substance abuse or criminal behavior. By offering relapse prevention strategies, coping mechanisms, and a strong network of accountability, the program helps women stay committed to their rehabilitation goals and make healthier life choices.

Community Recovery Support Group (CRSG) Programme



The commencement of the Community Recovery Support Group (CRSG) 2025 marks a pivotal step in empowering individuals on their recovery journey.

The CRSG sessions guide participants in setting and achieving their aspirations using the SMART Goal Framework—ensuring their goals are Specific, Measurable, Achievable, Relevant, and Time-bound in January. This structured approach helps participants lay a strong foundation for their personal and professional growth.



Opening Intentions: Participants will articulate their goals and aspirations for the year, aligning them with wellness dimensions.

Wellness Dimensions: Subsequent sessions will delve into other wellness areas such as physical, emotional, and social well-being, fostering a balanced and sustainable recovery.



Reintegration Focus: Sessions will explore practical strategies and skills for reintegrating into society while maintaining resilience and self-confidence.

Sharing and Growth: Participants will have opportunities to share their reintegration journey, inspire one another, and strengthen their community bonds.

This program embodies our commitment to providing a safe, supportive space for individuals to rebuild their lives, embrace personal growth, and regain their sense of purpose





Community Recovery Support Group (CRSG) Programme



The launch of the Community Recovery Support Group (CRSG) for Men marks a significant milestone in strengthening support for men on their recovery and reintegration journey. Officially formed in May 2025, this initiative reflects a growing commitment to provide targeted, gender-responsive support for men navigating life after incarceration.



Ultimate Friends SG has extended this programme to support men from both the Community-Based Programme (CBP) and the Mandatory Aftercare Scheme (MAS). This inclusive approach ensures that men at different stages of reintegration have access to consistent guidance, practical resources, and a supportive community. By engaging MAS participants alongside CBP participants, the programme recognises the varied challenges men face during post-incarceration and reinforces a holistic approach to rehabilitation and aftercare.



Key areas essential for sustainable recovery and reintegration:

1. Emotional and Peer Support

Men often face unspoken pressures, stigma, and emotional struggles when re-entering society. This programme creates a safe and supportive space where men can connect with peers, share their experiences openly, and receive encouragement from others who understand the realities of recovery and reintegration.



2. Structured Support for Reintegration

Adjusting to life after incarceration can be challenging, particularly in areas such as employment, financial stability, family responsibilities, and rebuilding trust. The programme offers structured guidance through mentorship, group discussions, and skill-building sessions to help men regain confidence, develop practical life skills, and move forward with purpose.

3. Reducing Relapse and Reoffending Risks

A core focus of the CRSG men's group is to support long-term recovery by reducing the risk of relapse and recidivism. Through relapse prevention strategies, healthy coping mechanisms, and peer accountability, the programme empowers men to make informed decisions, maintain positive routines, and stay committed to their recovery goals.



Community Recovery Support Group (CRSG) Programme



The launch of the Community Recovery Support Group (CRSG) 2025 marks an important milestone in empowering individuals on their recovery journey.

CRSG sessions are designed to guide participants in setting meaningful goals and building a strong foundation for their personal and professional growth. Through a structured and supportive approach, participants are encouraged to reflect on their aspirations and take intentional steps towards positive change.



Setting Intentions: Participants will identify their goals and intentions for the year, aligning them with key dimensions of wellness.

Holistic Wellness Focus: Subsequent sessions will explore areas such as physical, emotional, and social well-being, promoting balance and long-term sustainability in recovery.



Reintegration Support: Sessions will focus on practical strategies and essential life skills to support participants in reintegrating into society with resilience, confidence, and self-belief.

Sharing and Growth: Participants will be given opportunities to share their journeys, learn from one another, and strengthen peer connections through mutual support and encouragement.

This programme reflects our commitment to providing a safe and supportive space for individuals to rebuild their lives, embrace personal growth, and rediscover a sense of purpose.





Physical Wellness Programme under CRSG

Physical wellness is a key pillar in recovery, as the condition of the body directly influences emotional stability, mental clarity, and decision-making. For individuals in recovery, rebuilding physical health helps restore a sense of control, strength, and self-worth that may have been affected during periods of substance use. Caring for the body supports resilience and creates a stronger foundation for sustained recovery.



Engaging in regular physical activity helps individuals in recovery release stress, manage cravings, and regulate emotions in healthy ways. Simple and consistent movement, such as walking, stretching, or light exercise, can reduce anxiety and restlessness while improving energy levels. Physical activity also provides a constructive outlet for emotions, helping individuals cope without reverting to substance use. Physical stress management supports emotional regulation and relapse prevention.



Maintaining a substance-free lifestyle allows the body to gradually recover from the effects of substance use. As physical strength and overall well-being improve, individuals often experience clearer thinking, improved mood, and increased motivation. These positive physical changes reinforce commitment to recovery and strengthen confidence in sustaining a drug-free life.



Establishing daily structure and physical routines provides stability during recovery and reintegration. Consistent routines help reduce impulsivity, create accountability, and offer a sense of purpose in daily life.



SG60 : Grill & Heal Outdoor Event



The SG60 Grill & Heal Outdoor Activities, taking place in July, is a meaningful initiative designed to support individuals in recovery through connection, movement, and shared experiences. Set in a relaxed outdoor environment, this session combines simple grilling activities, team-bonding games, and guided interactions to create a safe and positive space for healing and relationship-building.

Through team bonding activities and group games, participants are encouraged to step out of isolation and engage actively with others. These activities promote communication, trust, and cooperation—skills that are often strained during periods of substance use or incarceration. By working together in a non-clinical setting, participants learn to reconnect in healthy ways while building confidence and social skills essential for reintegration.



A key focus of SG60 Grill & Heal is encouraging individuals in recovery to rebuild rapport with their loved ones. Shared activities such as preparing food, participating in games, and having casual conversations allow families and participants to interact naturally, without pressure. These moments help reduce emotional distance and create new, positive memories to replace past conflicts.



Example of relationship-building impact:

A participant who previously struggled to communicate with a family member may find it difficult to initiate conversations at home. During the Grill & Heal session, they are paired in a simple cooking task or team game. Through cooperation and light-hearted interaction, communication happens organically—laughter is shared, small successes are celebrated, and trust begins to rebuild. This positive experience becomes a reference point, showing that healthy connection is possible and can be carried forward into daily life.



Overall, SG60 Grill & Heal reflects the belief that recovery is strengthened through connection. By promoting active participation, teamwork, and family engagement, the programme supports individuals in recovery to rebuild relationships, foster mutual understanding, and move forward with renewed confidence and purpose.

Year-End Celebration



As we close the chapter on another impactful year, Ultimate Friends came together for a meaningful Year-End Celebration — a time to reflect on our journey, recognise our people, and reconnect as a community.

Strengthening Our Framework

A key highlight of the event was the briefing on the restructuring of the Ultimate Friends SG framework, with a renewed focus on strengthening support for our desistors. This session reaffirmed our commitment to building a safe, supportive, and empowering environment, and we took the opportunity to express our heartfelt appreciation to our desistors for their perseverance, growth, and continued commitment throughout the year.

Celebrating New Roles and New Beginnings

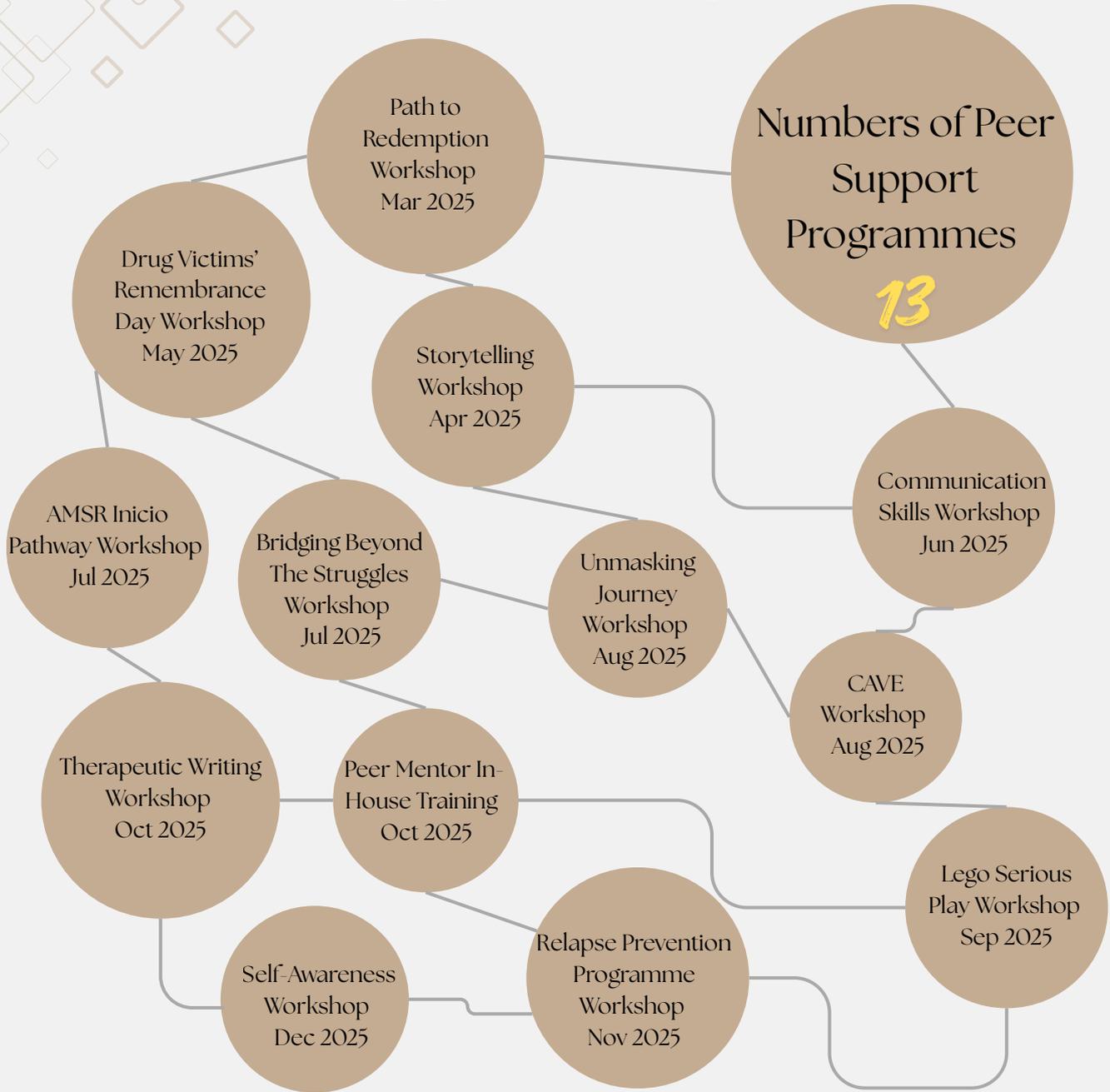
The celebration also marked several important milestones for the organisation:

- We proudly announced the appointment of Dania Aryanny as our new Event Operations Lead, who will be spearheading the planning and execution of future events.
- We welcomed our newly appointed Peer Trainees, recognising their readiness to step forward and contribute meaningfully to the community.
- We also celebrated the launch of Ultimate Friends IND, a new branch that represents an exciting step forward in expanding our reach and impact beyond Singapore.
- Ending the Year on a High Note to thank Antica Foundation and Mr Jeremy.

Following the formal programme, the evening transitioned into a relaxed and joyful celebration with food and karaoke. Laughter, music, and shared moments filled the space, reminding us that community is built not only through work, but through connection and joy.

As we look ahead to the coming year, we do so with gratitude for how far we have come and optimism for what lies ahead. Together, we continue to grow, support one another, and move forward as one Ultimate Friends family.

Peer Support Programme



A total of 13 Peer Support Programmes were conducted in FY2025. These programmes focused on recovery, self-awareness, relapse prevention, communication, and personal development, and were delivered through workshops, training sessions, and experiential learning formats.

The programmes conducted during the year included Path to Redemption, Storytelling, Drug Victims' Remembrance Day, Communication Skills, Bridging Beyond the Struggles, AMSR Inicio Pathway, Unmasking Journey, CAVE, LEGO Serious Play, Therapeutic Writing, Peer Mentor Training, Relapse Prevention, and Self-Awareness workshops.

These programmes were designed to provide safe spaces for reflection, skill-building, and recovery-oriented growth, while strengthening peer leadership within the community.

Path to Redemption: Visualizing Change through Art



An inspiring art therapy workshop, "Paths to Redemption: Visualizing Change Through Art." This guided session is designed for individuals on their journey of rehabilitation, offering a safe space to reflect on the past, embrace the present, and envision a brighter future. Through creative expression, participants will explore their personal growth and transformation, using art as a powerful tool for self-discovery and healing.

This workshop will feature an engaging activity called "Pathway to Change," where participants will create a visual representation of their life journey on paper. Using color markers and simple artistic elements, they will illustrate key moments from their past struggles, present challenges, and future aspirations. No artistic skills are required—just an open heart and mind. The session conclude with a reflection and sharing segment, allowing individuals to connect with one another, gain insights, and reinforce their commitment to positive change.

Art therapy has been proven to aid in emotional processing, stress reduction, and goal setting, making this workshop a valuable opportunity for self-growth and empowerment. Whether you are seeking personal reflection or a fresh start, this session will help you visualize your path forward in a meaningful and creative way. It was an evening of hope, transformation, and artistic expression—because every step forward is a step toward redemption.



Drug Victims Remembrance Day Candlelight Vigil

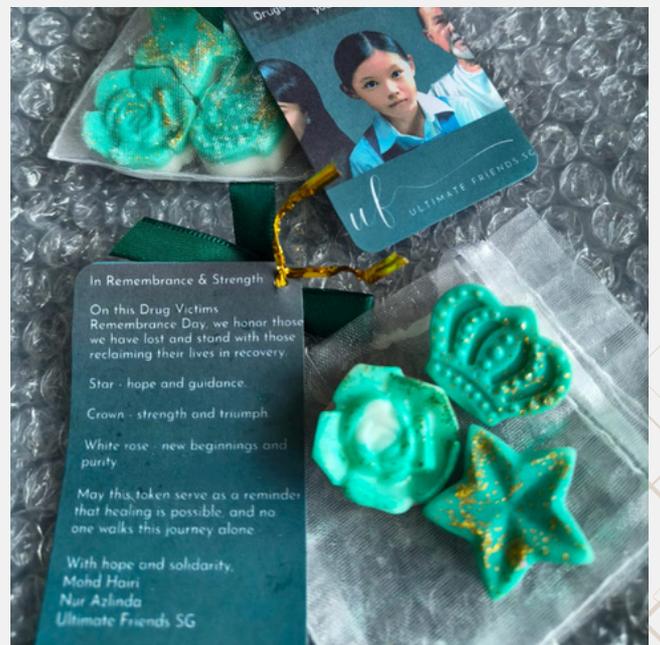
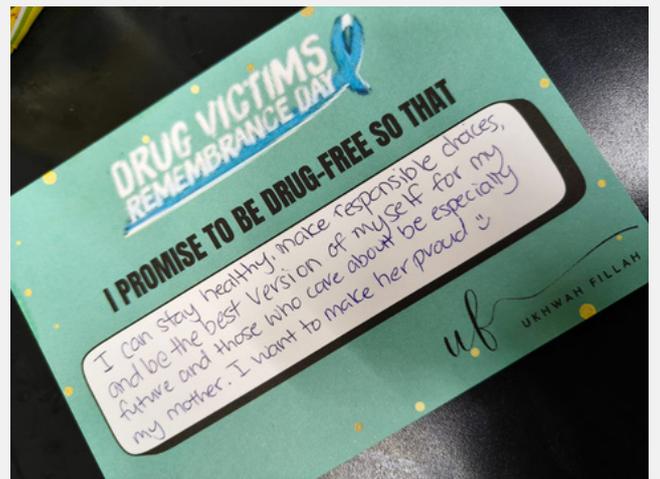


Drug Victims Remembrance Day is a solemn occasion dedicated to honoring the lives lost to drug addiction, supporting those still struggling, and reaffirming our commitment to a drug-free society. On this day, Ultimate Friends SG stands in solidarity with individuals in recovery, families affected by addiction, and the wider community to reflect, heal, and inspire hope.

The event features a moment of silence and a candlelight vigil, symbolizing remembrance, unity, and the light of hope for those still battling addiction. Through storytelling, we acknowledge the pain and struggles endured by both individuals who have suffered from substance use and the families who have borne the emotional, financial, and social burdens of addiction. Their stories serve as powerful reminders of the far-reaching consequences of drug abuse and the strength it takes to rebuild lives.

An opening speech sets the tone for the gathering, emphasizing the importance of community support, resilience, and the collective responsibility to create a society free from the grip of addiction. The event also provides a space for reflection, where attendees can share their thoughts, offer support, and stand together in solidarity. As the event concludes, a closing speech reinforces the commitment to prevention, recovery, and advocacy, ensuring that those affected by addiction are not forgotten or left behind.

This day is not only a tribute to the lives lost but also a call to action—a reminder that recovery is possible, support is available, and no one has to walk this journey alone. Through remembrance and unity, we strengthen our resolve to break the cycle of addiction and bring hope to those who need it most.



Relapse Prevention Programme (RPP)

The Relapse Prevention Programme was conducted to equip participants with the knowledge, awareness, and practical skills needed to sustain recovery and navigate daily challenges safely. Recognising that recovery is an ongoing process, the programme focused on helping participants understand relapse not as a single event, but as a gradual process that can be identified and managed early.

Through guided discussions and structured activities, participants learned to recognise personal triggers, high-risk situations, and early warning signs that may lead to relapse. By increasing self-awareness, participants are better able to pause, reflect, and make healthier choices before situations escalate. This understanding empowers them to take proactive steps in protecting their recovery.

The programme also emphasised the development of healthy coping strategies to manage stress, emotions, and cravings. Participants were introduced to practical tools such as grounding techniques, emotional regulation skills, and problem-solving approaches that can be applied in real-life situations. These strategies help participants replace harmful habits with positive responses, strengthening their ability to cope without returning to substance use.

A strong focus was placed on accountability and support systems. Participants were encouraged to identify trusted individuals, peer supports, and community resources they can turn to during moments of difficulty. Building and maintaining a reliable support network reinforces the understanding that recovery does not have to be faced alone.

Overall, the Relapse Prevention Programme supports long-term recovery by helping participants build resilience, confidence, and self-control. By equipping individuals with practical tools and a deeper understanding of their recovery journey, the programme enables participants to stay committed to their goals, reduce the risk of relapse, and continue moving forward with purpose and stability.





Storytelling & Public Speaking

Storytelling and public speaking are powerful tools in the recovery journey of ex-offenders and desistors. Sharing personal experiences is not just about reflecting on the past—it is about reclaiming one’s narrative, building confidence, and finding motivation to move forward. Many individuals in recovery struggle with stigma and self-doubt, making it difficult to reintegrate into society. By speaking openly, they break the chains of shame and replace self-blame with self-acceptance.



Public speaking also helps in developing essential skills such as articulation, eye contact, and presence. With each opportunity to express themselves, they grow more assured, replacing hesitation with conviction. More importantly, sharing their stories allows them to inspire others who may still be struggling, reinforcing their own commitment to change. Additionally, strong communication skills are crucial for securing employment, rebuilding relationships, and taking on leadership roles within the community.



Workshop

Recognizing this, Ultimate Friends SG conducted a Storytelling & Public Speaking Workshop to empower ex-offenders and desistors in their recovery journey. This initiative provided a safe space for participants to express themselves, gain confidence, and develop the skills needed to navigate life beyond their past. By creating opportunities for them to be heard, we hope to break the stigma surrounding reintegration and encourage a culture of support and understanding.

Every voice matters. Every story has the power to heal. Together, let’s uplift and empower those on their path to recovery.





Empower to Express: Communication Skills

Empower to Express: Communication Skills was conducted to equip our participants with practical and effective ways to communicate clearly, confidently, and respectfully in their daily lives. Recognising that many individuals in recovery face challenges expressing thoughts, emotions, and needs, this session focused on building communication as a life skill essential for reintegration and personal growth.

Through guided discussions, interactive activities, and simple role-play scenarios, participants learned how to express themselves without fear, manage emotions during conversations, and listen actively to others. These skills are crucial in helping participants navigate real-life situations such as engaging with family members, employers, colleagues, and service providers. Clear communication reduces misunderstandings, builds trust, and supports healthier relationships.

Workshop

The programme also helped participants understand how communication affects their place in society. By learning to speak assertively rather than aggressively or passively, participants gained confidence in setting boundaries, asking for help, and responding to challenges appropriately.

In daily life, effective communication supports problem-solving, emotional regulation, and conflict management. Participants were encouraged to practise expressing their feelings constructively, especially during moments of stress or disagreement. These skills help reduce frustration, prevent escalation, and promote calmer, more thoughtful responses—key factors in maintaining stability during recovery.



Bridging Beyond The Struggles Workshop

The Bridging Beyond the Struggles Workshop was designed as an experiential learning session to help participants understand recovery, reintegration, and personal growth through teamwork and shared responsibility. In this workshop, participants worked in small groups to construct individual sections of a bridge, with the collective goal of connecting all sections into one complete and functional structure by the end of the session.

Each group was tasked with planning, problem-solving, and building their assigned portion of the bridge. While working independently, participants had to communicate clearly, manage limited resources, and adapt to challenges along the way. This process mirrored real-life recovery, where individuals often work on their own progress while remaining connected to a larger support system.

The final phase of the workshop required all groups to come together to connect their bridge sections. Participants learned that success was not only about completing their own task, but about ensuring that their work aligned with others. This highlighted the importance of coordination, flexibility, and mutual understanding—key skills needed for reintegration into society and healthy relationship-building.

Through this activity, participants learned that recovery is not a solo journey. Just as a bridge cannot function if one section is weak or misaligned, personal growth requires accountability, cooperation, and willingness to seek support. Participants experienced how individual efforts contribute to collective strength and how working together leads to more sustainable outcomes.

Overall, the workshop helped participants develop problem-solving skills, improve communication, and build trust within their groups. More importantly, it reinforced the message that by supporting one another and staying connected, individuals can overcome struggles and move forward together toward stability, resilience, and long-term recovery.



The CAVE Within: From Pain to Purpose Workshop



The CAVE Within: From Pain to Purpose” workshop, conducted and sponsored by Kartik Anand, was a deeply moving and emotionally intense experience. Through powerful videos that explored internal pain and a hands-on activity using playdough to shape and express emotions, the session created a safe space for reflection and healing. It was a highly sentimental, eye-opening journey from pain toward purpose.

The participants were gently guided into confronting their inner world through deeply moving videos that reflected unspoken pain, suppressed emotions, and personal struggles. As the visuals unfolded, the room grew quiet—each individual connecting the stories on screen with their own lived experiences. Many found themselves emotionally stirred, realizing how much they had carried within without giving it a voice.

The hands-on activity with playdough became a powerful medium for expression. Participants molded shapes that represented their emotions—pain, fear, hope, anger, and healing—allowing feelings that were difficult to verbalize to take a tangible form. The simple act of shaping the clay helped break emotional barriers, enabling participants to externalize what had long been buried inside.

As participants shared or reflected on their creations, a sense of vulnerability and connection filled the space. There was no judgment—only empathy, understanding, and quiet strength. Through this process, participants began transforming pain into awareness and purpose, leaving the session feeling lighter, more connected to themselves, and deeply moved by the collective journey.



Unmasking The Journey: Sketches of Change Workshop

Unmasking The Journey: Sketches of Change was an immersive workshop that invited participants to explore their lives through powerful metaphors. Using sketches and symbolic imagery, participants reflected on their personal journeys—seeing life as roads with turns, storms that shaped resilience, bridges crossed, and doors yet to be opened. Each metaphor helped translate complex emotions and experiences into visual stories that felt deeply personal and meaningful.

Through the act of drawing and interpreting metaphors, participants began to unmask layers of identity, growth, and transformation. The process allowed them to express change not just as an event, but as an evolving journey—sometimes chaotic, sometimes hopeful, but always purposeful. The metaphors became mirrors, revealing inner truths that words alone often fail to capture.

As participants shared their sketches and reflections, the space transformed into one of connection and understanding. Each story was unique, yet universally relatable. The workshop encouraged self-awareness, acceptance, and courage, leaving participants with a renewed perspective on their past, a clearer understanding of their present, and a more compassionate outlook toward their future.

In group settings, participants were encouraged to bring their metaphors to life by acting them out. Through movement, role-play, and spontaneous expression, they embodied the journeys they had sketched—becoming travelers on uncertain paths, waves in turbulent seas, or seeds growing through resistance. This shared enactment deepened understanding, fostered collaboration, and allowed participants to experience their metaphors not just intellectually, but physically and emotionally, strengthening the sense of connection and collective growth within the group.



Therapeutic Writing Workshop

The Therapeutic Writing Workshop, conducted by Zambri from Hope and Beyond, was designed to help participants use writing as a safe and reflective tool for healing, self-expression, and personal growth. The session created a supportive environment where participants could put their thoughts, emotions, and experiences into words without fear of judgment.

For individuals in recovery, therapeutic writing offers a constructive outlet to process emotions that are often difficult to express verbally. Through guided prompts and reflective exercises, participants explored past experiences, present challenges, and future hopes. Writing helps externalise inner struggles, reducing emotional burden and allowing participants to gain clarity and perspective on their recovery journey.

The workshop also supported emotional regulation and self-awareness. By slowing down to write, participants learned to recognise emotional patterns, triggers, and unhelpful thinking habits. This awareness enables individuals in recovery to respond more intentionally rather than react impulsively—an important skill in relapse prevention and daily decision-making.

Therapeutic writing further encouraged self-compassion and acceptance. As participants reflected on their journeys, many were able to reframe shame, guilt, or regret with understanding and kindness toward themselves. This process strengthens self-worth and reinforces the belief that growth and change are possible.

Overall, the Therapeutic Writing Workshop empowered participants with a practical, accessible coping tool they can continue using independently. By turning experiences into written reflections, participants gain insight, emotional relief, and renewed motivation—supporting resilience, healing, and sustained recovery beyond the session.



Relapse Prevention Programme (RPP)

Ultimate Friends SG proudly conducted the "Steps to Freedom: Navigating the Stages of Change for Lasting Recovery" workshop today under our Relapse Prevention Program (RPP), with an overwhelming full house turnout. This powerful session brought together a diverse group of participants—including men and women residents from Selarang Halfway House, individuals from residential schemes, and desistors working toward sustained recovery and reintegration.

The workshop is designed to guide participants through the mental and emotional complexities of change, using the Stages of Change model as a framework. At its core, the session addresses the common internal struggles faced during recovery—such as ambivalence, fear of failure, and lingering guilt—and provides step-by-step strategies to manage them.

Our facilitators, many of whom are peers with lived experience, fostered a safe, inclusive environment where honest conversations could take place. Through guided reflection, storytelling, and interactive exercises, participants learned to identify their stage of change and explore their mental barriers. Practical tools such as cognitive reframing, trigger mapping, grounding techniques, and reconnecting with personal values were introduced to help navigate high-risk moments and reinforce resilience.

The workshop also emphasized the importance of peer accountability and community support. Participants engaged in group sharing and support circles, reinforcing the message that recovery is not a solitary path. Each individual left with a personalized Recovery Roadmap—a practical action plan tailored to their stage of change and goals for sustained recovery.



Relapse Prevention Program with Inicio Pathways

The ASMR Workshop, conducted by Inicio Pathways, was part of the Relapse Prevention Programme and aimed to introduce participants to healthy, sensory-based coping strategies for managing stress, emotions, and cravings. The session focused on helping participants experience calmness and self-regulation through guided auditory and sensory techniques.

During the workshop, participants were guided to become more aware of their physical and emotional responses to sound, rhythm, and gentle sensory cues. For individuals in recovery, heightened stress and emotional overwhelm can often trigger cravings or impulsive behaviours. ASMR techniques help participants slow down, ground themselves in the present moment, and reduce internal tension in a safe and controlled way.

The workshop supported emotional regulation, allowing participants to recognise early signs of stress before they escalate. By learning how to soothe their nervous system naturally, participants are better equipped to manage anxiety, restlessness, and emotional discomfort without turning to substances. This directly strengthens relapse prevention by offering an alternative response during high-risk moments.

Participants also learned that coping does not always require complex tools—sometimes, simple awareness and intentional calming practices can be effective. This empowers individuals in recovery to practise self-care independently, whether at home or in challenging environments, reinforcing confidence and self-control.

Overall, the ASMR Workshop enhanced the Relapse Prevention Programme by providing participants with practical, accessible techniques to manage stress and emotional triggers. It reinforced the understanding that recovery involves learning new ways to respond to discomfort, supporting long-term stability, resilience, and sustained recovery.



LEGO Serious Play Workshop with Tarkiz

The LEGO® Serious Play® Workshop, conducted by from , was an experiential session designed to help participants explore their thoughts, emotions, and life experiences through hands-on building and guided reflection. Using LEGO as a medium, participants were encouraged to express ideas that may be difficult to articulate through words alone.

For individuals in recovery, this approach offers a safe and non-judgmental way to process personal experiences. By building models that represent their challenges, strengths, and aspirations, participants were able to externalise internal struggles. This helps reduce emotional overwhelm and allows them to see their recovery journey from a new perspective—one that is tangible, structured, and open to change.

The workshop supported self-awareness and insight, as participants reflected on what their LEGO models symbolised in their lives. Through sharing and group dialogue, participants learned that while each journey is unique, many struggles and hopes are shared. This fosters connection, empathy, and a sense of belonging—key protective factors in recovery.

LEGO Serious Play also strengthened problem-solving and decision-making skills. As participants built, adapted, and refined their models, they experienced how change is possible through small, intentional adjustments. This mirrors real life in recovery, where progress is often built step by step, and setbacks can be reworked rather than abandoned.

Most importantly, the workshop resonated deeply with participants by reinforcing the idea that their lives are still “buildable.” Just as LEGO pieces can be dismantled and rebuilt, past mistakes do not define the future. Participants left the session with renewed hope, clearer self-understanding, and practical insights that they could apply in daily life—supporting resilience, accountability, and long-term recovery.



Self-Awareness Workshop

The Self-Awareness Workshop, conducted by Gopal Mahey from the Centre for Psychotherapy, was designed to help participants deepen their understanding of themselves and their internal experiences. The session provided a safe and reflective space for individuals to explore their thoughts, emotions, behaviours, and patterns that influence their daily decisions and relationships.

Through guided reflection and facilitated discussions, participants were encouraged to recognise their emotional triggers, habitual responses, and underlying beliefs. For individuals in recovery, this awareness is crucial, as many challenges arise not only from external situations but from unrecognised internal reactions. Developing self-awareness helps participants pause, reflect, and respond more intentionally rather than reacting impulsively.

The workshop also highlighted the connection between self-awareness and personal responsibility. By understanding their own emotional states and behavioural patterns, participants gain greater control over their choices. This empowers individuals in recovery to identify early warning signs, manage stress more effectively, and seek support before challenges escalate into relapse or harmful behaviours.

In addition, the session supported participants in building healthier relationships. Improved self-awareness enhances communication, empathy, and boundary-setting—skills that are essential for reintegration into society. When individuals understand themselves better, they are more capable of expressing their needs clearly and relating to others in respectful and constructive ways.

Overall, the Self-Awareness Workshop strengthened participants' recovery journey by fostering insight, emotional regulation, and personal growth.

It reinforced the understanding that recovery is not only about changing behaviours, but also about developing a deeper awareness of oneself—laying the foundation for long-term stability, resilience, and purposeful living.



Peer Mentor In-House Training

The Peer Mentor Training serves as a foundational guide for peer mentors and trainees to strengthen their understanding of effective facilitation and co-facilitation practices.

The training emphasizes the roles, responsibilities, and ethical considerations involved in supporting participants, while building confidence in managing group dynamics and one-to-one interactions.

A key focus of the session is understanding criminogenic needs and how participants are profiled into low, medium, and high-risk categories. Mentors are guided on recognizing these risk levels and responding appropriately, ensuring that support strategies are tailored, informed, and aligned with rehabilitation and reintegration goals.

In addition, the training revisits the use of Motivational Interviewing (MI) as a core approach for one-to-one mentoring and befriending. Participants refresh their knowledge of MI techniques to engage, motivate, and empower individuals through empathetic listening and collaborative conversations. Overall, this session acts as a meaningful refresher and revision of previously completed coursework, reinforcing key concepts while enhancing practical mentoring skills.



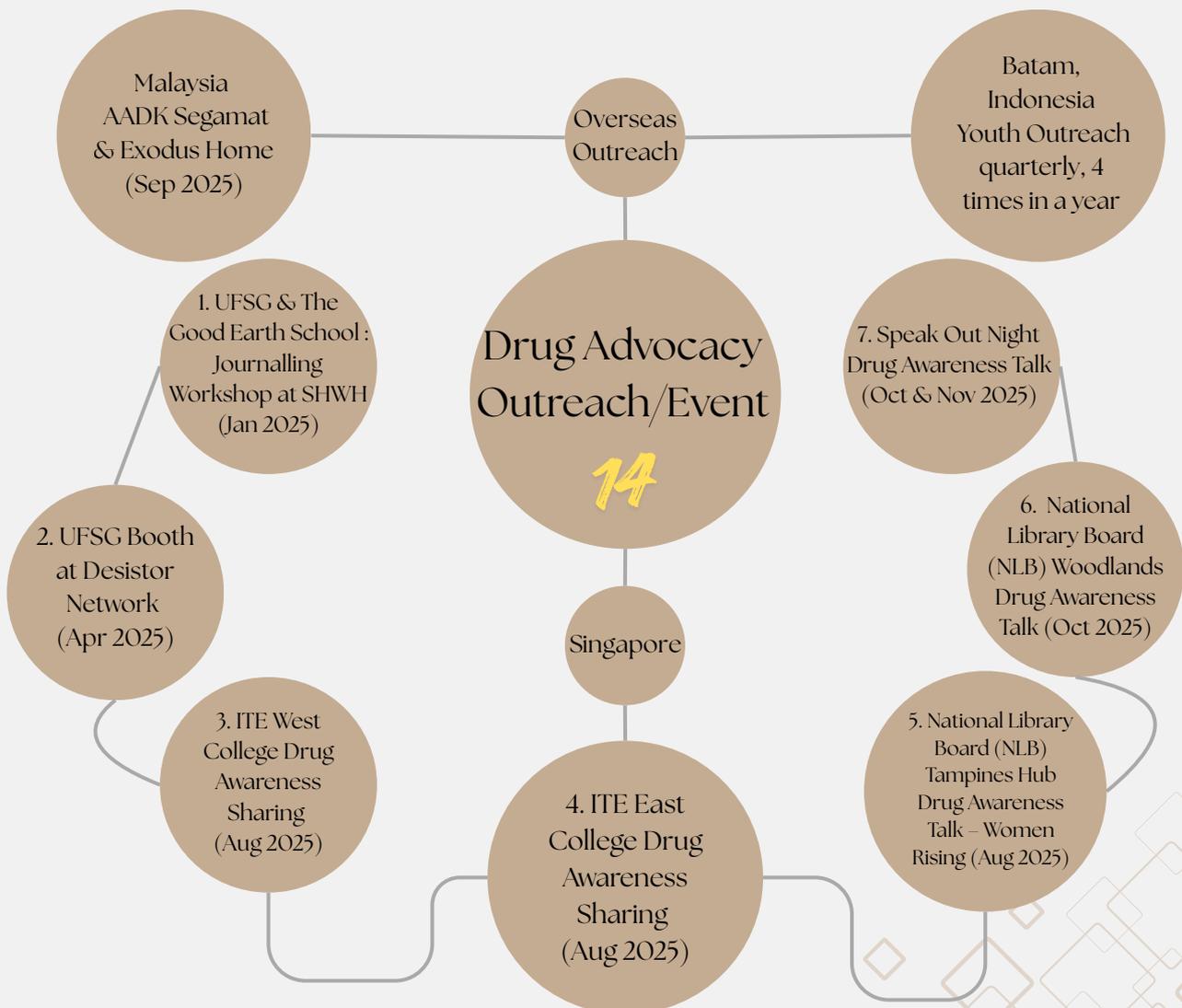
Drug Advocacy & Outreach

A total of 14 Drug Advocacy Outreach and Awareness Events were conducted in FY2025 across Singapore, Malaysia, and Indonesia.

International outreach included quarterly youth outreach programmes in Batam, Indonesia, conducted four times during the year, as well as collaborative outreach with AADK Segamat and Exodus Home in Malaysia in September 2025.

In Singapore, eight outreach and advocacy events were carried out. These included journalling and recovery workshops, drug awareness talks at ITE West and ITE East Colleges, public talks at National Library Board (NLB) Tampines Hub and Woodlands, participation in the Desistor Network, and Speak Out Night drug awareness sessions conducted in October and November 2025.

These initiatives aimed to raise awareness, reduce stigma, and promote recovery through education and lived-experience sharing.





Collaboration in Diversity



Deeply honored and humbled to have received an invitation as a Guest Speaker for the Istanbul Youth Summit 2025, hosted by Youth Break the Boundaries. This prestigious platform, dedicated to empowering young leaders and fostering global collaboration, represents an incredible opportunity to share insights, exchange ideas, and inspire the next generation of changemakers.

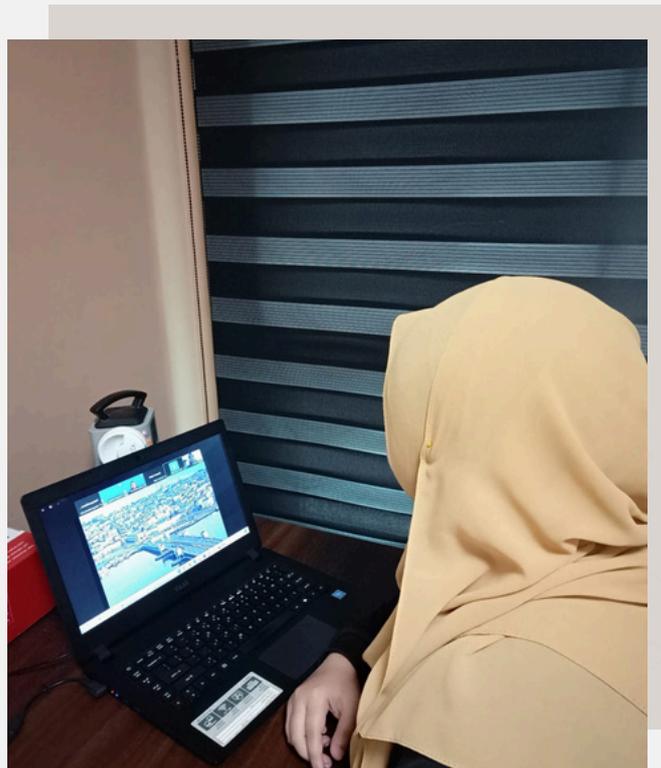
This invitation is not just a personal milestone but also a reflection of the shared efforts of our team and community. It is a testament to the power of collective action and the belief that, with the right guidance and opportunities, youth can achieve extraordinary things.

Nur Azlinda accepted the invitation to serve as a Guest Speaker under the framework of the United Nations Sustainable Development Goal 3 (Good Health and Well-being). This global platform offers a remarkable opportunity to address the critical issues of drug awareness and education, particularly in empowering youth to lead healthier, more informed lives.

As an advocate for drug education, she is deeply committed to shedding light on prevention strategies, rehabilitation efforts, and the importance of fostering resilience among youth. Through awareness, we can dismantle stigma, spark meaningful conversations, and equip youth with the knowledge and tools needed to make positive choices.

It underscores the vital role of youth mentoring and international collaboration in achieving sustainable change. By uniting under the SDG 3 goal, we reaffirm our shared responsibility to promote health, well-being, and a brighter future for generations to come.

January - Weekly





Book Binding & Journalling Workshop



In conjunction with International Women's Day, The Book Binding & Journaling Workshop was successfully conducted at Selarang Halfway Women House, a meaningful collaboration between Ultimate Friends SG and The Good Earth School. This initiative aimed to introduce journaling as a tool for self-care and sustainability, empowering participants with creative and reflective skills. The workshop emphasized the therapeutic benefits of journaling, allowing individuals to explore gratitude, mindfulness, and goal-setting in a supportive environment.

Participants engaged in guided journaling exercises, which encouraged self-expression and emotional well-being. Through structured activities, they learned how writing could serve as a powerful tool for personal growth and healing. In addition to journaling, they also explored bookbinding techniques, creating their own handcrafted cork journals. This hands-on experience not only fostered creativity but also reinforced the importance of sustainable living by using eco-friendly materials.

The workshop provided a safe and nurturing space for the women at Selarang Halfway House to develop new skills while reflecting on their personal journeys. By integrating mental wellness practices with sustainability efforts, this collaboration between Ultimate Friends SG and The Good Earth School contributed to the holistic rehabilitation of participants. The success of the session highlighted the transformative power of journaling and craftsmanship, inspiring continued efforts to support individuals on their path to self-discovery and reintegration.

Moving forward, Ultimate Friends SG and The Good Earth School hope to expand this initiative, offering more workshops that integrate creative expression, mental well-being, and sustainability. By fostering a culture of self-reflection and skill-building, these programs can play a vital role in relapse prevention and personal growth for individuals in transitional spaces like Selarang Halfway Women House. Through continuous collaboration and community support, such efforts can empower participants with the resilience and confidence needed for a fresh start in life.

Her
Voices,
Her
Victory



International Women's Day: Women Power Talk



We wrapped up an incredibly inspiring session filled with raw stories, real strength, and unwavering hope. Women Rising brought together a diverse panel of women—each with her own story, each walking a different path, yet all connected through resilience and purpose.

From uncovering one’s WHY and creating opportunities, to journeys of recovery and second chances, to quiet strength found in self-compassion—every speaker reminded us that transformation isn’t one-size-fits-all. We each carry our struggles differently, and we each rise in our own way.

A Story of Recovery

This event wasn’t just about celebrating personal growth—it was also about bringing light to the often overlooked realities of addiction, recovery, and reintegration. By sharing raw, unfiltered stories from women who have walked through the darkest valleys and emerged with purpose. Many in the audience may have never heard these perspectives before, and that’s exactly why platforms like this are so important. Education and empathy go hand in hand, and increasing public awareness helps shift perceptions from judgment to understanding.

Equally vital was the message around reducing stigma towards ex-offenders. Too often, individuals with past convictions—especially those tied to drug use—are seen through the lens of their mistakes rather than their potential. Azlinda stood as living proof that with resilience, redemption, and community, second chances can lead to powerful new beginnings. By creating spaces for these stories to be heard, we’re not just raising awareness—we’re actively breaking down barriers and building bridges for change.



DrugFreeSG Advocacy Network



◇ We are honored to join the DrugFreeSG Advocacy Network, a meaningful initiative by the Central Narcotics Bureau(CNB) that unites individuals passionate about building a drug-free Singapore. At Ultimate FriendsSG, we believe in fostering strong bonds within our community and standing together to safeguard our shared future.

Through this partnership, we commit to playing our part in shaping a society free from the harms of drugs. By empowering our members and amplifying the message of a drug-free lifestyle, we aim to inspire individuals to make positive choices and take active roles in this vital cause.

As advocates for a better future, we are committed to shaping a society where everyone plays a role in the fight against drugs. Together, we stand firm in upholding the values of resilience, unity, and hope, ensuring that our collective efforts leave a lasting impact for generations to come.

We envision a future where every individual contributes to the collective effort of protecting lives and creating a safe, resilient, and united Singapore. Let us continue to uphold the spirit of solidarity and make a lasting impact in the fight against drugs.



Desistor Network



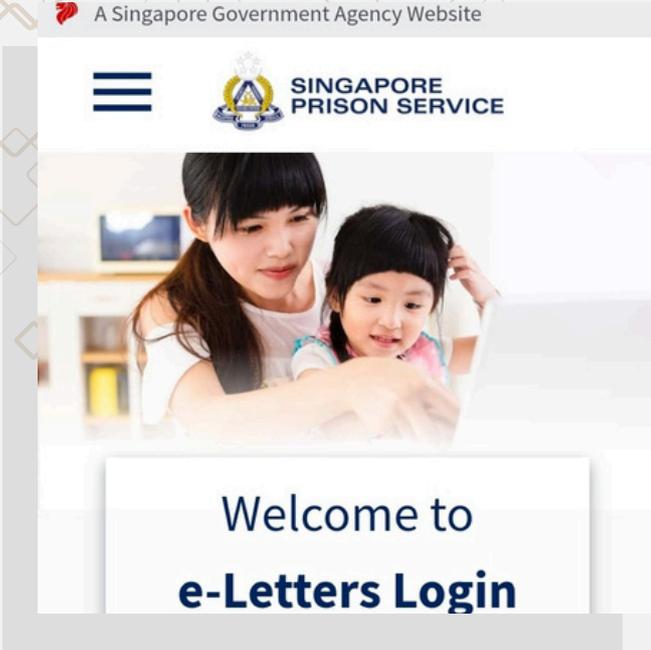
Ultimate Friends SG highlights its role within the Singapore Prison Service (SPS) Directory of Desistor Support Activities. It serves as a community for desistors—individuals who have chosen to desist from offending behaviors—helping them reintegrate into society. The group not only supports persons-in-recovery but also extends assistance to their family members, fostering a holistic approach to rehabilitation and community reintegration.

Desistors and support groups come together to create a better and cohesive community.

We extend our heartfelt thanks to Assistant Director (AD) Mr. Louis Woo from the Community Partnership and Family Policy Branch, Rehabilitation and Reintegration Division, Singapore Prison Service (SPS) for the kind invitation to be part of this meaningful community partnership. This opportunity allows us to broaden our reach and continue our mission of supporting persons-in-recovery and their families in their journey towards reintegration and positive transformation.

Community Partners' Booth





Befriending Services



We provides befriending services to incarcerated individuals through the Desistor Network directories, which inmates can access via the Digitalisation of Inmate Rehabilitation and Corrections Tool (DIRECT) electronic tablet. Through this platform, inmates can reach out to us via e-letters DIRECT portal, and our volunteers actively respond with messages of encouragement, moral support, and companionship.

This consistent communication helps build trust, foster hope, and support inmates in their rehabilitation journey, reminding them that they are not alone as they work towards reintegration into society. Inmates from facilities such as Tanah Merah Prison School reach out to us through their family members or friends to request our befriending services via e-letters. By offering a listening ear, we provide inmates with a safe space to express their thoughts, struggles, and aspirations without judgment. Through our letters, we remind them that they are valued and not forgotten, reinforcing their motivation to stay on the path of positive change.

Aftercare Approach

MENDAKI REFERRAL

The collaboration between MENDAKI and Ultimate Friends SG on the Befriender Service for Aftercare Approach reflects a strong commitment to supporting individuals reintegrating into society.

By entrusting us with this initiative, MENDAKI acknowledges our dedication to provide mentorship, guidance, and community support for those in need. This opportunity allows us to foster resilience, empowerment, and a sense of belonging among beneficiaries, ensuring they receive the necessary care and encouragement for a positive and sustainable future. We are truly grateful for the trust given to us in running this meaningful aftercare approach.





Partnership Effort

The partnership effort with Yayasan MENDAKI through the Befriending Engagement and Family Excellence Circle reflects a shared commitment to fostering collaboration and strengthening community support for individuals and families. This collaboration brings together collective expertise, resources, and shared values to create meaningful and sustainable impact.



Through the Befriending Engagement, participants receive consistent encouragement, guidance, and companionship from trained befrienders who walk alongside them in their journey. This approach helps reduce isolation, build trust, and provide emotional support—especially for individuals navigating recovery, reintegration, or transitional life challenges. The presence of a befriender reinforces the message that no one has to face difficulties alone.

MMO Rehabilitation Network

YAYASAN MENDAKI

The Family Excellence Circle complements this effort by focusing on strengthening family relationships and communication. By creating a safe space for dialogue, reflection, and shared learning, families are supported in understanding one another better, rebuilding trust, and developing healthier dynamics. Strong family support plays a crucial role in long-term stability and positive outcomes for individuals.

This partnership fosters collaboration across organisations, allowing programmes to be more holistic and responsive to real needs on the ground. By working together, both parties are able to align efforts, share best practices, and extend support beyond the individual to include family and community systems.



Women Rising Seminar In Support of 'Drug Free SG'



The Women Rising Seminar, held at the National Library Board @ Our Tampines Hub, brought together women from diverse backgrounds for an empowering session focused on awareness, resilience, and personal growth. The seminar provided a meaningful platform to address prevention, recovery, and reintegration through lived experiences and community-based learning.

During the seminar, Nur Azlinda conducted a Preventive Drug Education (PDE) and sharing session, highlighting the dangers of drug use, the impact of choices and consequences, and the importance of making informed decisions. Through real-life examples and open engagement, participants were encouraged to reflect on risk factors, protective factors, and how early awareness can prevent long-term harm to individuals, families, and communities.

Complementing this, Sheilanesan shared her personal journey of rehabilitation and reintegration, offering honest reflections on challenges, setbacks, and growth. Her sharing provided participants with insight into the realities of recovery, emphasising resilience, accountability, and the role of support systems in rebuilding one's life. Her story served as a powerful reminder that transformation is possible with perseverance and community support.

Together, these sharings created a balanced and impactful narrative—linking prevention with lived experience. The seminar not only raised awareness but also fostered empathy, reduced stigma, and encouraged meaningful conversations around recovery and reintegration.

Overall, the Women Rising Seminar at Our Tampines Hub reinforced the importance of empowering women through education, storytelling, and shared understanding. By amplifying authentic voices and practical knowledge, the session inspired participants to make informed choices, support one another, and believe in the possibility of change and growth.



SG60 : Voices From The Heart



SG60: Voices from the Heart, organised by Entrepreneur Synergy Circle and Speak Out Collective, was a powerful platform dedicated to authentic storytelling, lived experiences, and meaningful dialogue. The event created a safe and respectful space for voices from different walks of life to be heard, understood, and valued.

As part of the programme, Ultimate Friends SG was invited to have its peer mentors share their recovery journeys. Dania Aryanny and Sarasiwathy Angel took the stage to share their personal stories of struggle, resilience, and transformation—offering honest reflections on recovery, growth, and rebuilding life with purpose.

Their sharings highlighted the realities behind recovery, emphasising that change is not instant but built through consistent effort, accountability, and community support. By speaking from lived experience, Dania and Sarasiwathy helped humanise recovery, challenge stigma, and inspire empathy among the audience. Their stories demonstrated that setbacks do not define a person's worth, and that healing is possible when individuals are supported and believed in.

SG60: Voices from the Heart reinforced the importance of storytelling as a tool for healing and connection. Through courage and vulnerability, the peer mentors' sharings encouraged reflection, understanding, and hope—reminding the audience that every journey matters and every voice has the power to inspire change.

Overall, the event reflected a shared commitment by all organisers and partners to uplift voices, foster inclusivity, and strengthen community bonds. By centring lived experiences, SG60: Voices from the Heart affirmed that recovery is not only personal—it is collective, and it grows stronger when stories are shared from the heart.



Speak Out Night Series



The Speak Out Night Series, organised by Entrepreneur Synergy Circle and Speak Out Collective, is a powerful platform that amplifies authentic voices through storytelling, reflection, and shared human experiences. The series creates a safe and inclusive space where individuals are encouraged to speak openly, be heard, and connect through lived truths.

As part of this meaningful series, Ultimate Friends SG was invited to have its peer mentor, peer trainee, and participants share their recovery journeys. Zuraini and Ajeera courageously shared their experiences of navigating recovery—speaking honestly about struggles, growth, and the ongoing process of rebuilding their lives with resilience and accountability.

The session was further enriched by heartfelt sharings from participants Jesslyn Ng and Jordyn Lew, who reflected on their personal journeys, challenges faced, and the importance of support and self-belief in sustaining recovery. Their stories highlighted how recovery is not a linear path, but one shaped by perseverance, community, and the courage to keep moving forward.

Through these sharings, the Speak Out Night Series reinforced the power of storytelling as a tool for healing, empowerment, and stigma reduction. By giving space to lived experiences, the event fostered empathy, understanding, and meaningful dialogue—reminding the audience that recovery is possible and that every voice matters.

Overall, the Speak Out Night Series exemplified how community platforms can nurture connection and transformation. By uplifting the voices of peer mentors, trainees, and participants, the event strengthened collective awareness, inspired hope, and reaffirmed the importance of walking the recovery journey together with honesty, courage, and support.



Coordination Program for Community Based Learning from Putra Malaysia University



Ultimate Friends SG is honored to have facilitated this meaningful connection between Universiti Putra Malaysia and ISCOS, bridging academic research with real-world rehabilitation efforts.

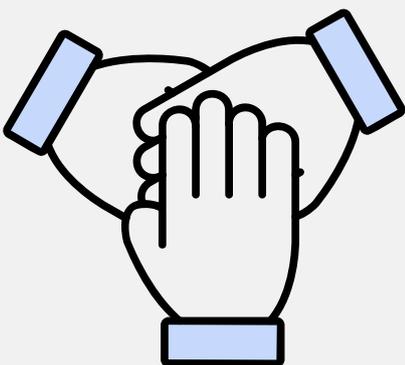


We deeply appreciate ISCOS for warmly welcoming the lecturers and students, providing invaluable insights into Singapore's Throughcare Approach in addressing drug and substance abuse. This collaboration highlights the importance of knowledge-sharing and cross-border engagement in creating a more informed and effective support system for individuals on the path to recovery. By fostering such partnerships, we collectively contribute to a society that prioritizes second chances, empowerment, and long-term reintegration. We look forward to more impactful collaborations that drive positive change and inspire future generations of counselors and advocate.



On behalf of Ultimate Friends SG, we sincerely apologize for being unable to host your esteemed delegation from Universiti Putra Malaysia. It was truly an honor to be considered for this engagement, and we deeply regret any inconvenience caused by our inability to accommodate your visit.

While we were unable to host you personally, we are grateful that we could facilitate a connection with ISCOS, ensuring that your delegation could still gain valuable insights into Singapore's Throughcare Approach. We sincerely appreciate your understanding and look forward to future opportunities to collaborate and support your meaningful work in the field of drug abuse and substance rehabilitation.



Once again, we extend our heartfelt apologies and gratitude for your patience and consideration. We hope to welcome you in the future under better circumstances.



Preventive Drug Education in ITE College

The Preventive Drug Education (PDE) sessions conducted at ITE College East and ITE College West were part of a proactive effort to educate youths on the dangers of drug use and the long-term impact it can have on their lives. These sessions aimed to raise awareness early, empower informed decision-making, and encourage students to take responsibility for their choices.

The programme focused strongly on choices and consequences, helping students understand that every decision—especially during formative years—can lead to lasting outcomes. Through real-life scenarios and open discussions, students were guided to reflect on how experimentation, peer influence, and curiosity can quickly escalate into serious consequences affecting education, relationships, freedom, and future opportunities.

A key highlight of the PDE sessions was the sharing of first-hand lived experiences from individuals who have walked the path of substance abuse and recovery. These authentic stories brought reality into the classroom, moving beyond theory to show the real cost of drug use. Hearing directly from someone who has experienced loss, regret, and recovery allowed students to connect emotionally and understand that drug abuse is not distant or abstract—it can happen to anyone.

The sessions also emphasised personal accountability and resilience, encouraging students to recognise their strengths, set boundaries, and seek support when faced with pressure. By creating a safe space for dialogue, students were able to ask questions, challenge misconceptions, and reflect on the kind of future they want to build for themselves.

These PDE engagements were made possible through the invitation extended by Adam Explorer, reflecting a shared commitment to youth empowerment and preventive education. Overall, the sessions reinforced the message that staying drug-free is a conscious choice—one that protects not only individual potential, but also families, communities, and society at large.



Family Excellence Circle (FEC) Graduation Event

The Family Excellence Circle (FEC) Graduation Event by Yayasan MENDAKI marked a meaningful milestone in celebrating growth, resilience, and the collective efforts of participants and their families. The event brought together participants, loved ones, and the community to honour the journeys undertaken throughout the programme and to recognise the courage it takes to heal and rebuild together.



A special highlight of the evening was a singing performance by Fariesha, Naslela, and Ellyriana, who delivered a heartfelt rendition of *The Climb* by Miley Cyrus. The song symbolised perseverance, hope, and the ongoing journey of recovery—reminding everyone present that progress is made step by step, even when the path is challenging.



The event also featured powerful recovery journey sharings by Yusoff, Asziah, and Jumeati, who spoke openly about their experiences, struggles, and growth throughout their recovery process. Their reflections highlighted the importance of support, self-belief, and family involvement in sustaining positive change. These sharings served as inspiration and affirmation for others walking similar paths.



In addition, participants engaged in sharing sessions based on their FEC family trees, where they reflected on family relationships, roles, and connections. This activity encouraged deeper understanding of family dynamics, acknowledgement of support systems, and recognition of areas for healing and strengthening bonds. It reinforced the idea that recovery is not an individual effort alone, but one that is deeply connected to family and community.



Overall, the Family Excellence Circle Graduation Event was a celebration of courage, connection, and commitment. Through music, shared stories, and family reflections, the event affirmed the power of collective healing and the importance of walking the recovery journey together—stronger, more connected, and hopeful for the future.



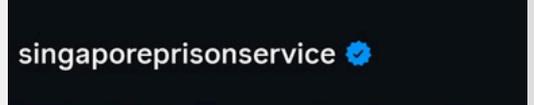
CARE Network Summit 2025

The Care Network Summit 2025, organised by the Singapore Prison Service, brought together key community partners, practitioners, and stakeholders committed to strengthening aftercare, rehabilitation, and reintegration efforts. The summit served as a platform to deepen collaboration, share best practices, and reaffirm a collective responsibility in supporting individuals on their desistance and recovery journeys.

We were honoured that Nur Azlinda from Ultimate Friends SG was selected to be featured as part of the event’s collateral. Her inclusion reflects the meaningful contributions of community partners and peer-led initiatives in complementing institutional rehabilitation efforts. It also recognises the value of lived experience, peer support, and grassroots engagement in building trust and sustaining long-term change.

Nur Azlinda was also invited to attend the summit, representing Ultimate Friends SG and the wider recovery community. Her presence symbolised the importance of authentic voices and community-grounded perspectives in shaping care networks that are responsive, inclusive, and impactful.

Overall, the Care Network Summit 2025 reinforced the strength of partnerships between the Singapore Prison Service and community organisations. By recognising and uplifting collaborative efforts, the summit highlighted how shared commitment, mutual respect, and aligned goals can create stronger support systems—ultimately enabling individuals to reintegrate successfully and rebuild their lives with dignity and purpose.



"WE ARE NOT A SUPPORT GROUP. WE ARE A PEER SUPPORT PROGRAMME."

"As an ex-offender, I know how hard reintegration is without the right support. I started Ultimate Friends SG so that people in recovery can walk alongside others who truly understand their journey."

Through structured peer mentoring and lived experience, we create a space where no one has to feel alone. Real change is possible when support comes from someone who has been there."

Ms Nur Azlinda Zulkifli
Founder,
Ultimate Friends SG



Yellow Ribbon Community Arts Festival 2025



The provided a meaningful platform to celebrate creativity, second chances, and the power of self-expression. We were honoured to be invited to this special event, where two of our participants, and , had the opportunity to showcase their artworks to the wider community.

Their participation reflects how art can serve as a powerful medium for healing and transformation. Through their creative works, Fariesha and Mandis shared personal stories of growth, resilience, and hope—demonstrating that recovery is not only about overcoming challenges, but also about rediscovering identity, purpose, and voice.

A highlight of the festival was when Fariesha was invited on stage to walk the runway, modelling clothing designs created by inmates. This moment symbolised confidence, courage, and trust—showing how individuals in recovery can step forward proudly and represent change. Beyond the runway, Fariesha was also given the opportunity to share her journey, offering heartfelt reflections on recovery, self-belief, and the impact of community support.

The experience reinforced the importance of community acceptance and inclusion in the recovery journey. By providing a public platform for participants to be seen, heard, and celebrated, the festival helped break stigma and challenge perceptions surrounding incarceration and reintegration.

Overall, the Yellow Ribbon Community Arts Festival was a powerful reminder that when individuals are given opportunities to express themselves and be supported by the community, transformation becomes visible.



Yellow Ribbon - CARE Network Gala Dinner 2025

The Yellow Ribbon – Care Network Gala Dinner Event was a significant occasion that brought together community partners, stakeholders, and advocates united in supporting rehabilitation, aftercare, and reintegration efforts. We were honoured to be invited to this meaningful event, which celebrates collaboration, second chances, and collective impact within the care network.

Beyond attendance, we were proud that our participants and peer mentor were invited to take part in media features, providing a platform for authentic voices from the recovery community to be heard. Sarasiwathy Angel and Jordyn Lew represented the lived experiences of individuals who have journeyed through challenges, growth, and transformation.

Their involvement in the media feature highlighted the importance of storytelling in reducing stigma and reshaping public perception. By sharing their journeys, insights, and reflections, they demonstrated how community support, peer mentorship, and opportunities for reintegration can create real and lasting change. These stories serve as powerful reminders that recovery is possible when individuals are supported with trust, dignity, and meaningful connections.

The Care Network Gala Dinner reinforced the value of strong partnerships between institutions and community organisations. It recognised the role that peer mentors and participants play in inspiring hope, strengthening aftercare ecosystems, and encouraging others to believe in second chances.

Overall, the event was a celebration of collaboration and resilience—affirming that when the community comes together to uplift voices from lived experience, it strengthens the collective mission of building safer, more inclusive, and compassionate pathways forward.



Ms Jordyn Lew Jun Kai

Ms Jordyn's rehabilitation journey exemplifies the transformative power of structured support and personal commitment to recovery. The foundation of her recovery was established through the support of her partner, who demonstrated that a meaningful life without substance dependency was achievable, leading them both to engage in professional counselling services.

Her rehabilitation advanced through structured, evidence-based recovery programmes, introduced to the XO-Accelerator Program by Architects of Life via her partner's SACA counsellor, she progressed from participant to Peer Mentor. She then engaged monthly in Ultimate Friends SG's Peer Support Programmes and Community Recovery Support Groups, and became actively involved in SANA's therapeutic activities – including art therapy, music therapy, and peer-led support groups – where she now serves as a Peer Leader. Her journey illustrates the power of comprehensive support systems and peer mentorship in achieving sustained recovery and meaningful community contribution.





The continuation of the Drug Prevention Socialisation Programme in Batam, Indonesia, marks a sustained commitment to early prevention and youth empowerment. Conducted on a quarterly basis, this programme focuses on educating and engaging youths aged 12 to 18 years old, recognising the importance of early awareness in shaping healthy choices and future outcomes.

The programme is implemented through a school-to-school outreach approach, allowing facilitators to meet youths in familiar and accessible environments. By bringing preventive education directly into schools, the initiative ensures that key messages about drug awareness, personal responsibility, and informed decision-making reach students consistently and effectively.

Sessions are designed to be age-appropriate, interactive, and relatable. Youths are guided to understand the dangers of drug use, the influence of peer pressure, and the long-term consequences that substance abuse can have on education, family relationships, health, and future opportunities. Emphasis is placed on choices and consequences, empowering students to pause, think critically, and make decisions aligned with their goals and values.

Beyond awareness, the programme encourages youths to build protective factors such as self-confidence, resilience, and the ability to seek help when needed. Open discussions and real-life examples help students relate the information to their own lives, reinforcing that saying “no” to drugs is an act of strength and self-respect.

By consistently engaging youths through school-based outreach, the programme aims to nurture informed, confident, and resilient young individuals—supporting them to stay drug-free and build positive pathways for their future.





As part of the programme’s continued development, interactive activities such as games and facilitated engagement were intentionally incorporated to capture students’ attention and encourage active participation. These activities created a lively and safe learning environment where students could engage openly, ask questions, and better relate preventive messages to their own lives. By learning through interaction rather than lectures alone, students were more receptive and retained key messages more effectively.

The first few sessions of this initiative were conducted by and , who brought in lived experience, relatable examples, and youth-friendly facilitation styles. Their approach helped bridge the gap between information and real-life application, making discussions on drug prevention, peer pressure, and personal choices more meaningful for students.

This programme was further strengthened through a collaborative partnership with (YSAI), led by . The collaboration ensured cultural relevance, local engagement, and stronger connections with schools, reinforcing the programme’s impact and sustainability.

Together, these combined efforts reflect a shared commitment to youth prevention through education, engagement, and collaboration. By blending interactive learning, lived experience sharing, and strong local partnerships, the Drug Prevention Socialisation Programme continues to build meaningful connections with youths—empowering them to make informed choices and stay drug-free as they grow.





Building on the momentum of the ongoing Drug Prevention Socialisation Programme, December marked the official launch of Ultimate Friends Indonesia. This milestone represents a significant step forward in strengthening our presence and commitment to long-term prevention, recovery advocacy, and community empowerment in Batam, Indonesia.

To support this expansion, a dedicated local operations team was established. Eko Istiyanto and Rajwa Alifah Fidelya were appointed as Event Operations Leads, overseeing programme coordination, ground engagement, and community collaboration. In addition, Alif Nur Idayat took on the role of Media and Design Operations Lead, strengthening outreach through creative content, visual storytelling, and public engagement.

With this structure in place, Ultimate Friends Indonesia is now better positioned to grow its outreach and engage a wider audience in Batam. What began with youth-focused prevention efforts is evolving into a broader movement—one that aims not only to educate youths but also to extend support and awareness to families and the wider community.

This launch reflects a shared vision of building a sustainable, community-driven ecosystem where prevention, recovery, and empowerment go hand in hand. Moving forward, Ultimate Friends Indonesia seeks to deepen its impact by fostering partnerships, amplifying lived experiences, and creating inclusive spaces that support positive choices and long-term well-being for the Batam community.



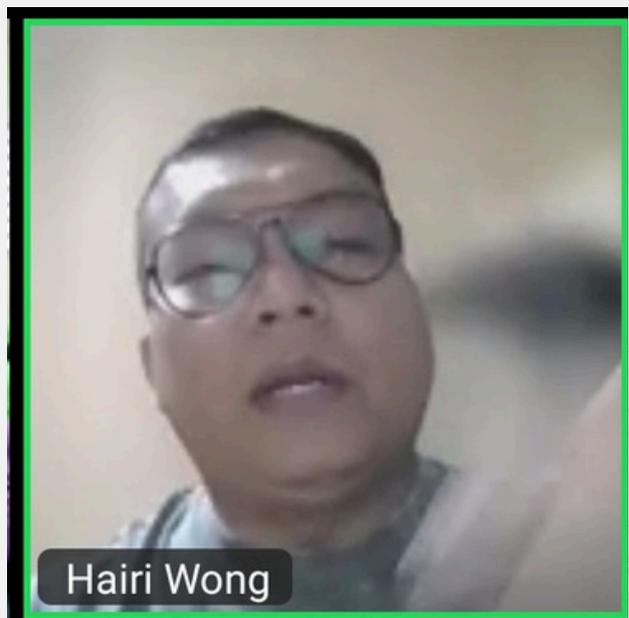
Zoom Seminar: Puspén Tiang Dua Melaka



The Zoom Recovery and Mentoring Sharing session conducted by Mohd Hairi for PUSPEN Tiang Dua, Melaka, Malaysia, reflects a meaningful cross-border collaboration in supporting recovery and rehabilitation efforts.

PUSPEN (Pusat Pemulihan Penagihan Narkotik) is a government-run drug rehabilitation centre under Malaysia’s National Anti-Drugs Agency (AADK). PUSPEN Tiang Dua provides structured rehabilitation, counselling, and recovery programmes for individuals undergoing treatment for substance use, with a strong emphasis on discipline, personal responsibility, and long-term reintegration into society.

The mentoring component focused on preparing participants for life beyond PUSPEN—encouraging self-awareness, healthy decision-making, and the importance of building positive networks upon reintegration. Participants were reminded that recovery is not just about abstinence, but about rebuilding identity, purpose, and meaningful relationships.



AADK Negeri Johor Program Recovery Mates



The invitation from AADK Negeri Johor to conduct the Recovery Mates programme marked a meaningful cross-border collaboration in supporting sustained recovery and reintegration. This initiative brought together men and women who have successfully completed their rehabilitation, providing them with opportunities to engage in pro-social activities that reinforce positive lifestyles, healthy relationships, and continued personal growth.



Recovery Mates was designed to support participants as they transition from structured rehabilitation into community living. Through shared activities and guided engagement, participants were encouraged to rebuild confidence, practise social skills, and strengthen peer connections in a safe and supportive environment. The programme emphasised the importance of staying connected, active, and purposeful after rehabilitation.



As part of the programme, Ultimate Friends SG was invited to facilitate one of the sessions, contributing its peer-led, recovery-focused approach. Drawing from lived experience and community-based practices, the session focused on connection, mutual support, and reinforcing positive choices. Participants were encouraged to support one another, share experiences, and recognise that recovery is strengthened through meaningful relationships and community involvement.



The inclusion of both men and women highlighted the importance of inclusive recovery spaces, where individuals at different stages of their journey can learn from one another and grow together. Pro-social activities within Recovery Mates helped participants replace past high-risk behaviours with healthier alternatives, reinforcing accountability, belonging, and long-term resilience.

Overall, the collaboration with AADK Negeri Johor through the Recovery Mates programme reflected a shared commitment to sustainable recovery. By empowering individuals who have completed rehabilitation to remain engaged, supported, and connected, this initiative reinforced the belief that recovery does not end with treatment—it continues through community, purpose, and positive relationships.

Exodus Home Motivational Talk



Exodus Home, a privately run rehabilitation home based in Segamat, Johor Bahru, Malaysia, extended an invitation to Ultimate Friends SG to conduct a Mentoring Workshop and Sharing Session for its residents. This engagement reflects a shared commitment to supporting individuals in recovery through guidance, lived experience, and meaningful human connection.

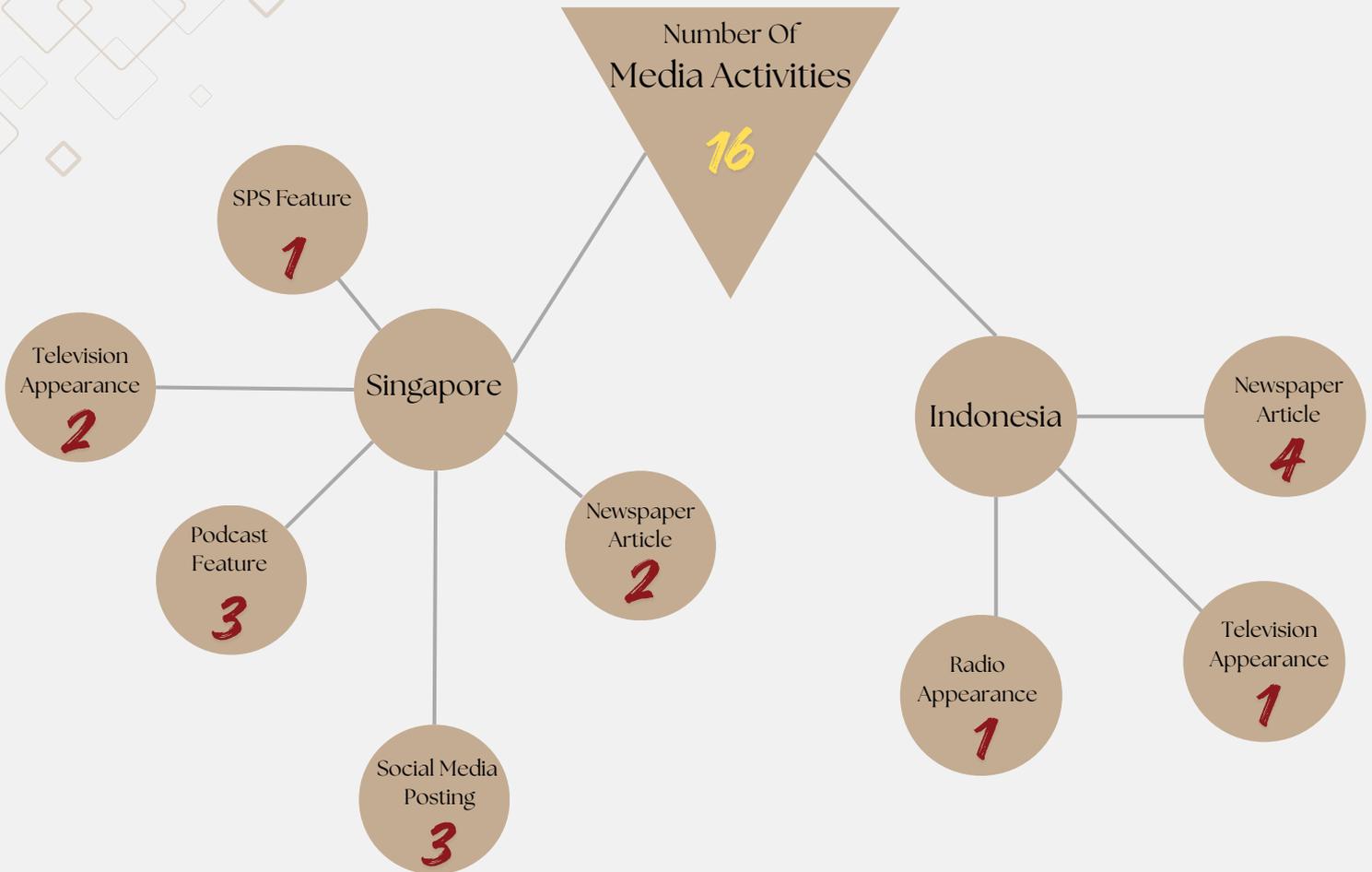
The mentoring workshop was designed to help residents understand the importance of having positive role models, accountability, and direction during and after rehabilitation. Through structured discussions and interactive engagement, participants explored themes such as personal responsibility, decision-making, resilience, and the role of mentorship in sustaining recovery beyond a controlled environment.

A key component of the session was sharing from lived experience, where facilitators from Ultimate Friends SG shared real-life recovery journeys—highlighting struggles, setbacks, and growth. These authentic stories helped residents relate on a deeper level, offering hope and practical insight into what recovery looks like in real-world settings. Participants were encouraged to reflect on their own journeys and recognise that change is possible with consistent effort and support.

The session also emphasised peer support and pro-social connections, encouraging residents to support one another and build healthy relationships grounded in trust and accountability. Mentoring was positioned not only as receiving guidance, but also as learning to become a source of encouragement for others—fostering confidence and a sense of purpose.

Overall, the collaboration with Exodus Home provided residents with valuable tools and perspectives to strengthen their recovery journey. By combining mentorship, shared experiences, and community-based values, the session reinforced the message that recovery continues beyond rehabilitation—and that with support, discipline, and purpose, individuals can rebuild their lives and move forward positively.

Ultimate Friends SG Media Featuring Activities



Ultimate Friends SG has been featured across various media platforms locally and regionally, including television coverage by Mediacorp, news features in Singapore, and media exposure in Batam, Indonesia.

In addition to mainstream media, we are also invited to podcasts and digital platforms where we share lived experiences, recovery journeys, and community-based work. Through these media engagements, we amplify authentic voices, challenge stigma, and highlight the realities of recovery, reintegration, and community support.

Beyond being featured, Ultimate Friends SG actively creates purposeful media content to drive awareness, inspire change, and mobilise action. Our stories are not just told — they are designed to create impact and invite participation. Through media, we call on individuals, communities, partners, and organisations to support recovery-centred initiatives, volunteer their time, collaborate on programmes, and stand together in building safer, more inclusive communities.

Media, for us, is not just visibility — it is a call for action.



International Women's Day



This International Women’s Day, the women of Ultimate Friends SG unite to celebrate the power of resilience, sisterhood, and hope. As women in recovery, we have walked through pain, faced setbacks, and fought to reclaim our lives. But we did not do it alone. Through this bond, we found strength in one another, proving that recovery is not just an individual journey—it is a collective movement of support, healing, and empowerment.

In a world where addiction often carries shame and silence, we choose to break the stigma. By sharing our stories, we inspire others to believe that change is possible, that no woman is beyond hope, and that setbacks do not define us. We stand together as living proof that recovery is not just about overcoming the past—it is about rebuilding a future filled with purpose, courage, and self-worth.

Women Rising Together

08 MARCH 2025

Today, as we honor International Women’s Day, we send a message to every woman still struggling: You are not alone. You are stronger than you think. And no matter how many times you fall, you have the power to rise again. Let us continue to uplift, support, and inspire one another—because when women in recovery stand together, we don’t just survive; we thrive, we empower, and we create a future where every woman knows her worth.



International Women's Day

uf UKHWAH FILLAH

Sar Farieda Lam Huey Min, your journey of resilience, growth, and transformation is truly inspiring. From overcoming challenges to building a successful career as a Project Manager in the beauty and skincare industry, you are proving that determination and hard work can create new beginnings. Your commitment to furthering your education at LaSalle School for Fine Arts is a powerful step toward an even brighter future.

Your past experiences, including your time in rehabilitation, have shaped you into the strong and determined person you are today. They do not define you—your strength, courage, and perseverance do.

Your story has touched many others, reminding us all that change is possible and that every step forward counts. On this special day, we celebrate you. Happy International Women's Day! Keep shining and inspiring those around you. The best is yet to come!

International Women's Day

uf UKHWAH FILLAH

Saraswathy Angelina's journey is a testament to strength, perseverance, and the power of transformation. As a new person in recovery, she has taken bold steps toward rebuilding her life, securing a career as a Customer Service Specialist with her Diploma qualification.

Despite the challenges of her past, she refuses to be defined by it. Instead, she stands as a role model for her peers, proving that change is possible with determination and the right support.

As we celebrate International Women's Day, Saraswathy encourages every woman to embrace their potential: "Your past does not determine your future—every day is a new chance to rise, grow, and create the life you deserve."

International Women's Day

uf UKHWAH FILLAH

Nur Azlinda understands the struggles of rebuilding life after addiction, which is why she is deeply committed to supporting others on the same journey.

As the founder of Ukhwah Fillah (Ultimate Friends) SG and a person in recovery with 6 years of sobriety, she works tirelessly as a facilitator and anti-drug advocate to encourage, destigmatize, and embrace change. Balancing her role as a Project Manager in the Public Sector with her passion for helping others, she uses her experiences and knowledge to guide those seeking a fresh start.

As we celebrate International Women's Day, she reminds us: "Change is never easy, but you don't have to walk this path alone. Keep moving forward, and trust that better days are ahead."

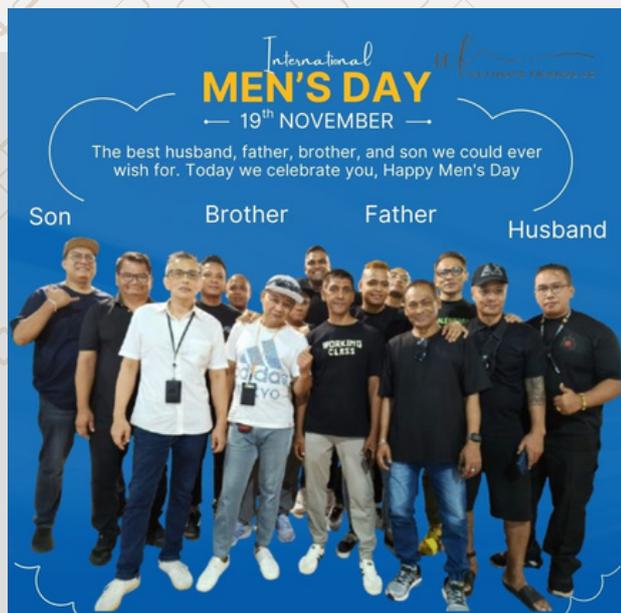
International Women's Day

uf UKHWAH FILLAH

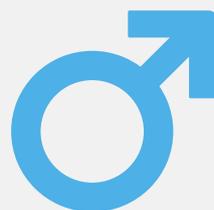
Sheilanesan Jassu's journey is a testament to resilience, transformation, and the power of unwavering determination.

With 11 years of sobriety, she has rebuilt her life, not only as an accomplished Restaurant Manager at Cotyland Restaurant at Singapore Polo Club but also as a mentor and co-facilitator at Ukhwah Fillah (Ultimate Friends) SG, where she guides others on their paths to recovery. Her story is a beacon of hope, proving that no matter how difficult the past, change is always possible.

As we celebrate International Women's Day, Sheilanesan reminds us that strength lies in every woman who chooses to rise above challenges. "Never let your past define you—let it refine you, keep pushing forward, because you are capable of more than you know." Her success inspires many, showing that with perseverance, support, and faith, a new and meaningful life is always within reach.



International Men's Day



International Men's Day, observed annually on 19 November, is a meaningful occasion to recognise the strengths, responsibilities, and growth of men, while creating space for open conversations about well-being, mental health, and recovery. It highlights the importance of positive male role models, healthy masculinity, and strong support systems that empower men to lead purposeful and balanced lives.

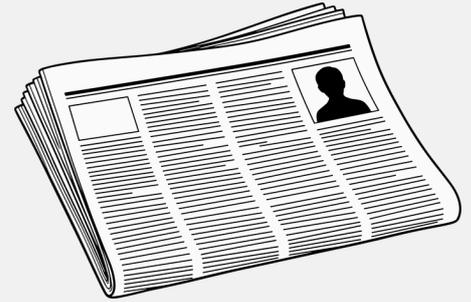
For men in recovery, International Men's Day reinforces the message that seeking help is a sign of strength, not weakness. It encourages men to speak honestly about their struggles, challenge stigma, and move away from harmful coping behaviours. By normalising these conversations, the day supports emotional awareness and promotes healthier responses to stress, pressure, and life challenges.

The values behind International Men's Day closely align with recovery principles such as accountability, resilience, and personal responsibility. It provides an opportunity for men in recovery to reflect on their roles as fathers, sons, partners, and community members, and to recognise how positive change in themselves contributes to healing and stability within their families and communities.

International Men's Day also emphasises connection and brotherhood, which are essential in sustaining recovery. Through peer support, group discussions, and shared experiences, men are reminded that they do not have to walk their journey alone. These connections strengthen trust, encourage accountability, and foster mutual growth.

Ultimately, International Men's Day supports recovery by affirming that men deserve understanding, care, and opportunities to grow. It reinforces the belief that recovery is not only about staying substance-free, but about becoming healthier, more self-aware individuals who can build meaningful relationships and contribute positively to society.

The Straits Times Life After Series



The Life After Series media appearance with The Straits Times provided a meaningful platform to highlight stories of recovery, resilience, and second chances. Featured in this series were Mohd Hairi and Nur Azlinda, who shared their personal journeys of transformation shaped by friendship, love, and mutual support.

During the feature, Hairi and Azlinda reflected on their recovery journeys—speaking candidly about struggles, setbacks, and the importance of having someone who believes in you even when you struggle to believe in yourself. Their story highlighted how recovery is not a solitary path, but one strengthened through connection, understanding, and shared commitment to change.

The interview also explored how Ultimate Friends SG was formed. What began as friendship rooted in lived experience grew into a shared vision to support others navigating recovery and reintegration. United by purpose and compassion, Ultimate Friends SG was established to create safe, peer-led spaces where individuals feel seen, heard, and supported—without judgment.

Through the Life After Series, the feature shed light on how friendship and love can become powerful anchors in the everyday heroes who have reinvented themselves, turned their lives around, and serve as an inspiration to us all.

Overall, the media appearance reaffirmed the mission of Ultimate Friends SG—to walk alongside individuals in recovery, foster meaningful connections, and remind society that life after addiction and incarceration is not only possible, but meaningful when built together with trust, compassion, and hope.

THE STRAITS TIMES
 Tuesday, September 16, 2025

LIFE AFTER... DRUG ADDICTION

Husband and wife duo now inspire others to kick the habit

life after...

So much of the news is about what's happening at the moment. But after a major event, people pick up the pieces, and life goes on. In this new series, The Straits Times talks to the everyday heroes who have reinvented themselves, turned their lives around, and serve as an inspiration to us all.

Zuhdi Mohd Hairi
 Entrepreneur

When the pain first set in after a decade of drug use, he knew he had to change. He started by cutting out all the bad habits, and then he started to work on his mental health. He found support in the community, and he started to work on his physical health. He started to work on his mental health, and he started to work on his physical health. He started to work on his mental health, and he started to work on his physical health.

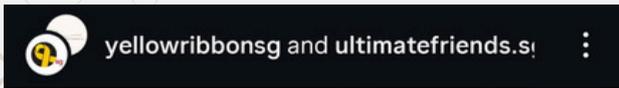
BETTER TOGETHER
 People think couples who are former offenders will have a toxic relationship or negative impact on each other, but we want to show people that they can actually be better together.

FORWARD THINKING
 Nur Azlinda is a former offender who has turned her life around. She is now a successful entrepreneur and a mother of two children. She is a role model for many other former offenders who are trying to turn their lives around.

RELIANCE
 The couple's journey is a testament to the power of friendship and mutual support. They have shown that recovery is possible, and that life after addiction and incarceration is not only possible, but meaningful when built together with trust, compassion, and hope.

STAY TOGETHER
 The couple's journey is a testament to the power of friendship and mutual support. They have shown that recovery is possible, and that life after addiction and incarceration is not only possible, but meaningful when built together with trust, compassion, and hope.

Yellow Ribbon Project Media Collaboration

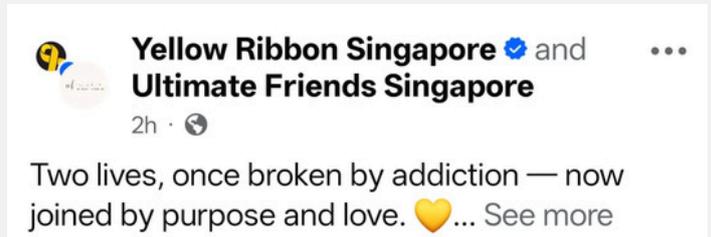


“ Every person in recovery deserves dignity, not to be defined by their past.
TOGETHER, WE CAN CHANGE THE NARRATIVE FROM STIGMA TO SUPPORT, — AND FROM JUDGMENT TO HOPE. ”



The Life After Series media appearance, invited by the Yellow Ribbon Project, provided a meaningful platform to amplify stories of recovery, second chances, and reintegration. Featured in this appearance were Mohd Hairi and Nur Azlinda, who shared their personal journeys of recovery shaped by friendship, love, and shared resilience.

During the feature, Hairi and Azlinda spoke openly about their lived experiences—navigating addiction, setbacks, and rebuilding life with purpose. Their sharing highlighted how recovery is often sustained through meaningful relationships, where trust, encouragement, and accountability play a critical role. Friendship and love were shared as anchors that helped them stay grounded and committed to change, even during difficult moments.



Two lives, once broken by addiction — now joined by purpose and love. 🧡... See more

The session also explored the formation of Ultimate Friends SG. What began as a personal recovery journey evolved into a collective mission to support others facing similar challenges. Ultimate Friends SG was formed to create peer-led, safe spaces where individuals in recovery feel accepted, empowered, and supported through genuine human connection.

Invited by the Yellow Ribbon Project, this media appearance reinforced the shared belief in second chances and community support. By featuring authentic voices from lived experience, the Life After Series helped challenge stigma, inspire hope, and remind the public that reintegration is most effective when individuals are supported with compassion, trust, and opportunity.



BERITA Suria Channel Media Appearance



The media appearance invitation by BERITA Suria provided an important platform to raise public awareness on the growing concerns surrounding K-pod (drug-laced vape) and conventional vaping. The segment focused on educating the community about the dangers, misconceptions, and preventive measures related to vaping—particularly its impact on youths and vulnerable groups.

Representing Ultimate Friends SG, Nur Azlinda shared insights grounded in lived experience and community work. She highlighted how K-pods and vapes are often misperceived as harmless, yet can lead to rapid dependency, serious health risks, and legal consequences. Drawing from her engagement with individuals and families, she emphasised early awareness, honest conversations, and timely intervention as key preventive measures.

Joining the discussion was Ustaz Ahmad Ghazali Nordin from Inicio Pathways, who addressed the issue from a preventive and values-based perspective. He underscored the importance of guidance, strong family support, and community involvement in safeguarding youths, while encouraging informed decision-making and seeking help early.

Together, the sharings addressed the concerns, dangers, and prevention strategies related to both K-pods and normal vapes—highlighting warning signs, long-term consequences, and the shared responsibility of families, schools, and communities.

Overall, the BERITA Suria appearance strengthened public education by bringing together community advocacy (Ultimate Friends SG) and professional insight (Inicio Pathways). It reinforced a collective commitment to harm reduction, prevention, and empowering individuals—especially youths—to make informed, healthy choices amid evolving drug trends.



Media Feature from Yellow Ribbon - CARE Network



黄丝带计划 女郎昔受助脱毒海 盼来日开猫咖施援

陈秋静 报道 qichen@sph.com.sg

幼时的不堪经历让女郎长大后，选择从家中逃离，结果误交损友而染上毒瘾沦为阶下囚，所幸出狱后的她在伴侣支持下意识到即使不依赖毒品，也能活出有意义的人生。

刘俊凯（26岁）的人生曾被阴影笼罩。幼时的她遭受父亲猥亵，16岁时选择离家出走，并暂住友人家中。然而，本以为能逃离苦痛，却跌入了另一深渊。

20岁时，友人吸食冰毒，并与一众朋友劝说她加入。面对同侪压力，刘俊凯最终误入歧途。一年后，浮沉毒海的她被邻居发现“昏睡”楼梯间，于是报警求助。纸包不住火，她也因此被捕入狱。

出狱后，刘俊凯结识了现任伴侣，命运就此出现转机。在伴侣的引荐下，她认识了新加坡狱外监护协会（Singapore After-Care Association）的辅导员，并加入援助计划。从最初的受助者，她逐渐成长为一名同侪导师，帮助和自己有相似经历的人。后来，她还积极加入新加坡戒毒协会的活动，比如艺术和音乐治疗以及同侪支持小组等。

随着生活逐渐稳定，她也萌生了



刘俊凯重新出发，庆幸自己在伴侣的支持下展开新生活。（联合早报）

新的梦想。刘俊凯注意到，许多人因孤独与经济压力，难以饲养宠物。她希望未来能与伴侣共同开设一家猫咪咖啡馆，并邀请其他前囚犯一同参与，让他们在照顾猫咪的过程中重建自信和责任感。

谈及重生之路，她表示：“不要放弃希望。无论境遇多艰难，你只需要找到合适的人，便会有人愿意伸出援手。”

设立林子平—黄丝带之星助学金

黄丝带—关怀网络慈善晚宴一举筹得172万4182元。

关怀网络前晚（20日）在香格里拉酒店宴会厅举办黄丝带计划关怀网络筹款晚宴，宴请约800名嘉宾。律政部长兼内政部第二部长唐振辉担任主宾并在致辞时透露，关怀网络的三个核心成员，即工业与服务合作社协会、新生代基金和黄丝带基金，将合并为新的“黄丝带关怀机构”（Yellow Ribbon Cares），在2026

年上半年运作，计划投入500万元资金。他说，三家机构在更生援助、帮助释囚家庭和接触捐助者方面各有优势，合并能善用彼此的经验，同时优化现有计划和服务，更好地支援释囚和他们的家庭。新机构也将与雇主、社会企业和组织建立更紧密的关系。

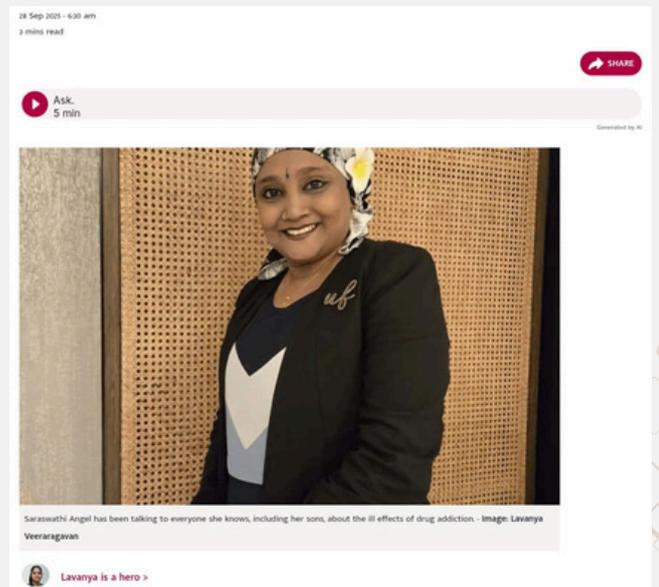
此外，他也宣布，关怀网络将设立林子平—黄丝带之星助学金，拍卖林子平作品所得的14万元，资助有意攻读美术专业的释囚深造。

Yellow Ribbon CARE Network invited Sarasiwathy Angel and Jordyn Lew to take part in a media feature that highlighted authentic recovery journeys and the importance of community-based support in reintegration.

Through this feature, Sarasiwathy and Jordyn shared openly about their personal experiences—speaking on the challenges they faced, the turning points in their recovery, and the ongoing effort required to rebuild their lives. Their stories reflected resilience, accountability, and the courage to confront past struggles while choosing growth and change.

Sarasiwathy shared from the perspective of a peer mentor, emphasising how lived experience can become a source of strength and purpose. By supporting others in recovery, she highlighted the value of giving back, staying accountable, and walking alongside individuals who are navigating similar paths. Jordyn shared her journey as a participant, offering honest reflections on reintegration, self-belief, and the impact of being supported rather than judged.

This media feature reinforced the role of the Yellow Ribbon CARE Network in amplifying lived voices, reducing stigma, and promoting understanding around recovery and second chances. By placing real stories at the forefront, the feature helped humanise recovery and demonstrated how strong care networks and community partnerships can create meaningful pathways forward.



DETIK Semasa Suria Channel Media Appearance

The media feature invitation by Detik Semasa provided Ultimate Friends SG with an important platform to conduct public awareness on K-Pod (drug-laced vape) through a video recording segment. This feature aimed to educate the community on emerging drug trends and the increasing risks associated with vaping disguised as recreational use.

Through the Detik Semasa segment, Ultimate Friends SG highlighted how K-Pods are often misunderstood as “normal vapes”, when in reality they may contain controlled substances that can lead to addiction, serious health complications, and legal consequences. The sharing focused on breaking misconceptions and helping the public—especially youths and parents—recognise that experimentation can quickly escalate into harm.

Drawing from ground engagement and lived recovery experiences, the awareness message emphasised early prevention, informed choices, and the importance of open conversations within families and communities. By presenting real observations from community work, the segment reinforced that prevention is most effective when education is relatable, honest, and grounded in real-life impact.

The Detik Semasa feature also underscored the role of community-led advocacy in complementing national prevention efforts. By amplifying voices from the ground, the segment helped bridge the gap between policy, awareness, and lived realities—making the message more accessible and impactful for the wider audience.

Overall, the Detik Semasa Suria Channel media feature strengthened Ultimate Friends SG’s mission to raise awareness, reduce harm, and protect the community from evolving drug threats. Through this collaboration, the message was clear: staying informed, staying vigilant, and staying connected are key steps in preventing K-Pod misuse and safeguarding future generations.



Singapore Prison Service: IMPACT Training Interview



The IMPACT Refresher Training Interview, conducted under the Singapore Prison Service and delivered by Blended Concept, provided a valuable learning platform to strengthen volunteer engagement and effectiveness in aftercare and rehabilitation work.

As part of the interview, Nur Azlinda—a person in recovery and founder of Ultimate Friends SG—shared her lived perspective to support and guide volunteers in their engagements with individuals in recovery. Her contribution brought an authentic, ground-up understanding of the challenges, needs, and realities faced by those navigating rehabilitation and reintegration.

Nur Azlinda highlighted the importance of empathy, consistency, and non-judgmental support in volunteer engagements. Drawing from lived experience, she shared how small actions—such as listening without assumptions, respecting boundaries, and offering encouragement—can significantly impact trust-building and motivation for individuals in recovery. Her insights helped volunteers better understand how their presence and approach can either strengthen or hinder progress.

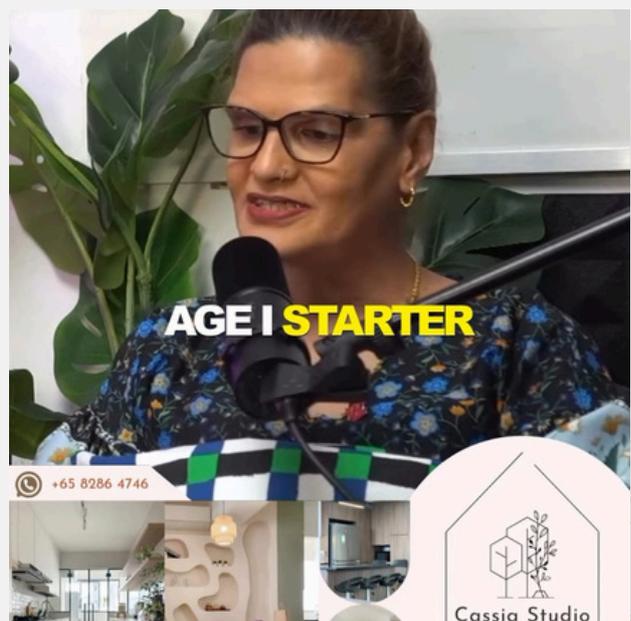


Podcast Sharing- 'Hey Korangz' to share first-hand experience



The Podcast Sharing session provided a safe and reflective platform for authentic conversations around recovery, transformation, and hope. In this episode, Nur Azlinda and Sheilanesan shared openly as persons in recovery, reflecting on their past experiences with drug use and the profound journey of change that followed.

Through honest and heartfelt dialogue, they spoke about the realities of life during active addiction—the struggles, emotional pain, broken relationships, and the sense of being lost. Rather than glorifying the past, the sharing highlighted the consequences of substance use and the internal battles that often go unseen. This transparency helped listeners understand that addiction is complex and deeply human.



Rebuild Podcast Sharing to share first-hand experience



The Podcast Sharing session created a safe and reflective space for an open conversation on recovery, transformation, and hope. In this episode, Nur Azlinda shared her personal journey as a person in recovery, offering honest reflections on her past experiences with drug use and the path that led to meaningful change. Through candid storytelling, Nur Azlinda spoke about the realities of life during active addiction—the struggles, emotional turmoil, broken trust, and the feeling of being disconnected from self and others. Her sharing did not glorify the past, but instead highlighted the real consequences of substance use and the internal conflicts that often remain unseen. She also reflected on the turning points in her recovery, including moments of accountability, the importance of support systems, and the courage required to face painful truths. Her story illustrated that recovery is not a single event, but a continuous journey of self-awareness, growth, and commitment.



Podcast Sharing- ‘Hey Korangz’ to share first-hand experience



The Podcast Sharing session created a safe and reflective space for an open conversation on recovery, transformation, and family healing. In this episode, Dania Aryanny shared her recovery journey together with her mother, offering a rare and heartfelt perspective on how addiction and recovery impact not only the individual, but also the family.

Through candid and honest dialogue, Dania reflected on her past experiences with drug use—the struggles, emotional turmoil, broken trust, and the sense of losing direction. Her mother shared from a parent’s perspective, speaking about the pain, fear, confusion, and hope experienced while supporting a loved one through addiction and recovery. Together, their voices illustrated the deep emotional toll addiction takes on family relationships.

The conversation also highlighted the turning points in Dania’s recovery, including accountability, support systems, and the difficult but necessary conversations that helped rebuild trust. Hearing both perspectives allowed listeners to understand that recovery is not a solo journey—it is a shared process of healing, forgiveness, and growth for both the individual and their loved ones.

Themes of reconciliation, resilience, and unconditional support were strongly reflected throughout the sharing. Dania and her mother spoke about learning to communicate openly, setting healthy boundaries, and slowly rebuilding their relationship through patience and consistency. Their story showed that while recovery takes time, relationships can heal when there is honesty, effort, and mutual commitment.



The 'Stright Times' in Batam News Media Appearance



Socialization of the Dangers of Drugs at SMKN 1 and SMKN 6 Batam: Collaboration of Ukhwah Fillah from Singapore and Yayasan Sahabat Aion Ibrahim

News , Magazine News , legislative candidate edition , latest news / 0



The Stright Times (Batam News), highlights an inspiring and impactful initiative through the anti-drug awareness campaign at SMKN 1 and SMKN 6 Batam. This collaboration between Ultimate Friends Singapore and Yayasan Sahabat Aion Ibrahim serves as a vital reminder of the collective responsibility to educate and protect the younger generation from the devastating effects of drug abuse. With heartfelt testimonials, insightful discussions, and strong community engagement, this program exemplifies how cross-border partnerships can create meaningful change, nurturing a drug-free future for Indonesia's youth."



The 'Stright Times' in Batam News Media Appearance



The feature also underscored our school-to-school outreach approach, where prevention messages are delivered directly to students through interactive discussions and engagement activities. By meeting youths in familiar environments and encouraging participation, the programme ensures prevention education is accessible, relevant, and impactful.

Importantly, this coverage also served as a potential announcement of the official launch of Ultimate Friends Indonesia, led by Eko Istiyanto. The launch marks a significant step in expanding our outreach and strengthening local leadership to support prevention and community well-being in Batam.

As part of the feature, we also brought our peer mentors, Sheilanesan and Dania Aryanny, to share their lived recovery journeys. Their authentic stories provided powerful, real-world perspectives that complemented preventive messaging—helping youths and the wider community understand the realities of substance use and the hope possible through recovery and support.



Batam TV Media Appearance



Ultimate Friends SG also appeared on Batam TV as part of ongoing media engagement to highlight our active anti-drug advocacy efforts and to address the growing drug-related concerns faced by communities across different countries.

During the Batam TV feature, Ultimate Friends SG shared insights from ground engagements in both Singapore and Indonesia, highlighting how drug trends, access, and risks continue to evolve—particularly among youths and vulnerable groups. The discussion emphasised that while each country faces unique drug challenges, the impact on individuals, families, and communities remains deeply interconnected.

The segment focused on the importance of preventive education, early intervention, and community-led advocacy. By sharing lived experiences and real observations from outreach work, Ultimate Friends SG highlighted how curiosity, peer influence, and misinformation can lead to substance misuse if not addressed early.

The feature also reinforced the need for honest conversations, cross-border learning, and culturally relevant prevention strategies



Radio Seila 103.4FM Appearance

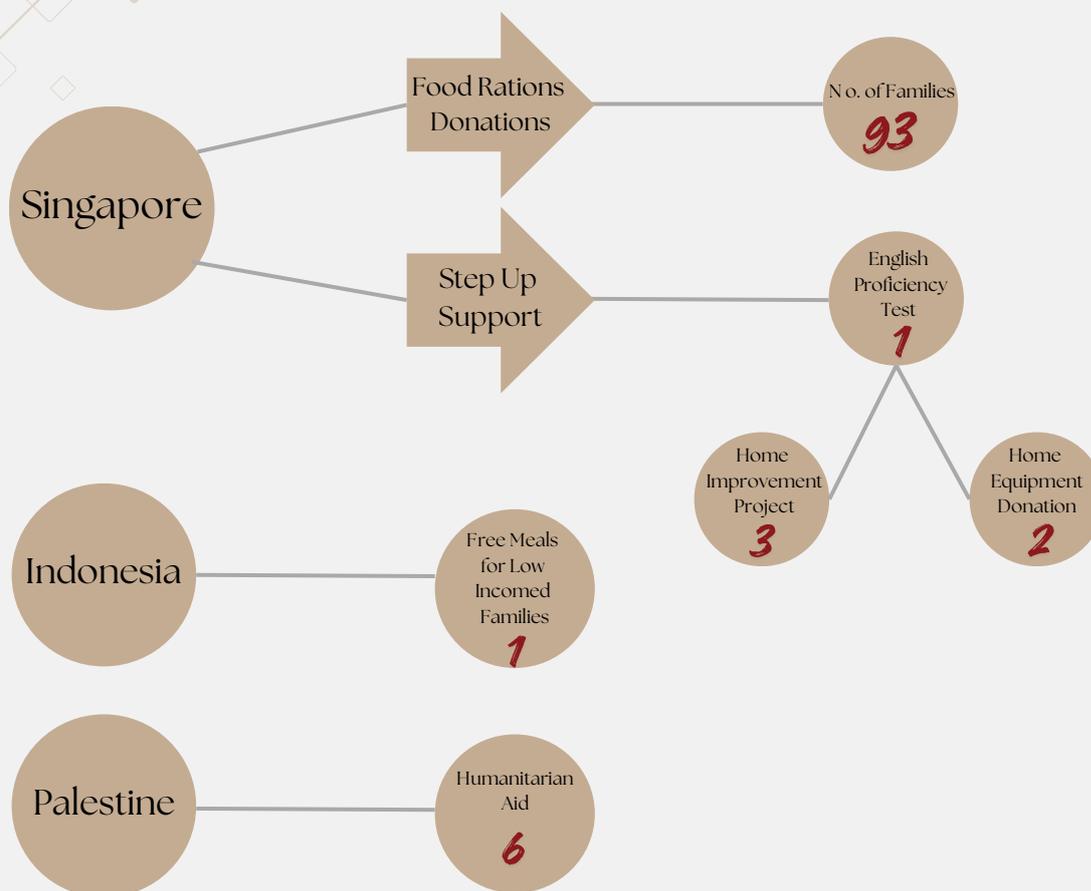


Ultimate Friends SG also appeared on Radio Seila 103.4FM in Batam, Indonesia, as part of its ongoing efforts to strengthen anti-drug advocacy and public education. Through this radio segment, Ultimate Friends SG shared insights from ground engagements in both Singapore and Indonesia, highlighting the evolving drug issues faced by youths, families, and communities across the region.

The discussion emphasised the importance of prevention, early awareness, and community involvement in addressing substance abuse. By drawing from lived experiences and real outreach work, the sharing encouraged listeners to remain vigilant, engage in open conversations, and support one another in building healthier, drug-free communities. The radio appearance reinforced the message that drug prevention is a shared responsibility—and that collective action across borders can create lasting impact.



Beyond Borders: Community Exchange Programme



Beyond Borders: Community Exchange Programme is an initiative by Ultimate Friends SG that supports communities locally and overseas through practical assistance, mutual learning, and humanitarian efforts. Guided by lived experience, the programme addresses essential needs while promoting dignity, stability, and shared responsibility across borders.

In Singapore, the programme includes Food Ration Support and the StepUp Programme, which provide assistance to individuals and families affected by incarceration through food support, home improvement works, and the provision of essential household items such as washing machines and air coolers. Overseas, Beyond Borders extends to providing free meals for low-income families in Indonesia and humanitarian aid for Palestine through trusted partners.

Beyond Borders also supports recovery by transforming lived experience into purposeful action. Through serving others, participants build self-worth, accountability, and a sense of contribution—key elements for sustained recovery. The programme reinforces that recovery is not only about change for oneself, but about giving back, building connection, and creating positive impact in the lives of others, both locally and globally.



In the spirit of Ramadan, a time of giving, compassion, and community support, we are pleased to announce a special initiative aimed at supporting 93 low-income and ex-offenders families across the island with a distribution of raw meat, chicken, and porridge. This effort is designed to ease the burden of food insecurity during the holy month of Ramadan, ensuring that these families can partake in the blessings of the season with enough sustenance for Iftar and beyond.



This initiative was made possible through the collaboration of Ukhwah Fillah (Ultimate Friends) SG, Muslim Funeral Services, and Yayasan Sahabat Ainin Ibrahim, with the shared commitment to uplifting those in need. This year, we were also blessed to have the support of teachers and their family members who joined us in delivering these items, making the experience even more meaningful.

March 2025

As individuals in recovery, we understand that not everyone comes from a privileged background or has a smooth path to success. Many face struggles beyond what is seen, and for some, opportunities are limited. Recognizing this, we—Hairi and Azlinda—felt a deep responsibility to give back, knowing firsthand the challenges of rebuilding one’s life.



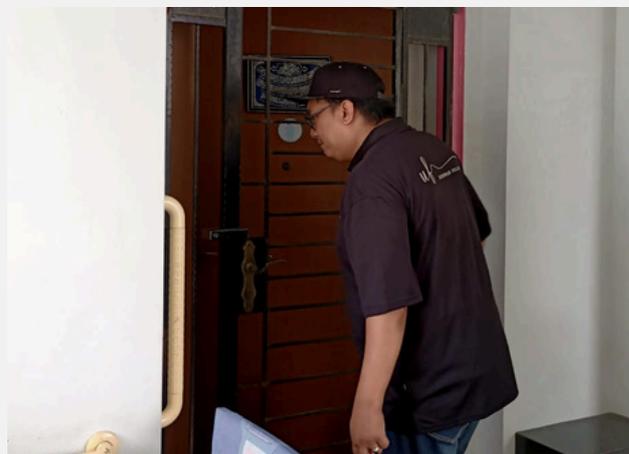
RAMADHAN 2025



With that in mind, we took the step to raise funds and extend our support to others who are on their own journey of recovery and resilience. This effort is not just about providing aid but also about fostering hope, dignity, and a sense of community. Having teachers and their families join us in this mission reminds us that kindness and support come in many forms. We are truly grateful to everyone who contributed, and we pray that this small act of compassion brings ease to those who need it most.



As individuals in recovery, we understand that not everyone comes from a privileged background or has a smooth path to success. Many face struggles beyond what is seen, and for some, opportunities are limited. Recognizing this, we—Hairi and Azlinda—felt a deep responsibility to give back, knowing firsthand the challenges of rebuilding one's life.



Mass Prayer Gathering for Holy Month of Ramadhan



Batam, 8 February 2025 – In the spirit of unity and devotion, Yayasan Sahabat Ainon Ibrahim Batam (YSAI), Ultimate Friends SG, MFS Services and Satu Ummah have come together to organize a Mass Prayer Gathering in anticipation of the holy month of Ramadan 1446H.

This special event, held in Batam, Indonesia, serves as a platform for the community to unite in remembrance of Allah, recite Tahlil, and offer collective du'a (prayers) for the well-being of the Ummah. As part of this gathering, prayers were dedicated to 160 names collected in memory of our beloved ones who have returned to Him. May Allah (SWT) grant them His infinite mercy, forgive their sins, and bless them with Jannah.

As we prepare to embrace the sacred month of fasting, reflection, and spiritual growth, this gathering strengthens our bonds of brotherhood and reinforces our shared commitment to faith and service.

We extend our heartfelt gratitude to all participants, supporters, and organizers who made this gathering possible. May Allah (SWT) accept our prayers, grant us His blessings, and guide us towards a meaningful and fulfilling Ramadan.



StepUp Support: English Proficiency Course Application

Ultimate Friends SG is committed to providing educational support to individuals striving for self-improvement, particularly in language proficiency. Recognizing the importance of English proficiency for academic and career advancement, the organization is actively seeking sponsorships for beneficiaries who need to take the Basic English Test or other required courses. By securing financial support, we aim to remove barriers to education and create more opportunities for personal and professional growth.

With the increasing demand for English language certification in educational institutions and workplaces, many individuals face challenges in meeting these requirements due to financial constraints. Ultimate Friends SG believes that no one should be held back from achieving their dreams due to economic limitations. Through sponsorship programs, beneficiaries will have access to the necessary resources, training, and testing opportunities to meet academic or job-related English requirements, empowering them to build a better future.

Organizations, businesses, and individuals looking to make a positive impact are encouraged to support this meaningful initiative. Sponsoring a beneficiary not only contributes to their academic success but also fosters a more skilled and confident community. By working together, Ultimate Friends SG and its sponsors can help individuals overcome language barriers and achieve their full potential in education and beyond.



As mentioned on page 2 of the offer package, this is a conditional offer that will only be recognised if the applicant meets the English requirement. Therefore, if you are unable to provide the English placement test result, your offer will be deemed invalid.

Condition

This offer is made on the fulfilment of the following condition(s) that are required to be submitted to LASALLE according to the deadline. Failing which, the offer will be withdrawn.

- Certified true/notarized copy of IELTS Academic 5.5 / TOEFL iBT 71 / PTE Academic 42 / Duolingo English Test 95 results by **31 Mar 2025**.

With regard to your query about the English test, please be advised that LASALLE does not provide the test. You will need to arrange and take one of the following tests via their official websites: IELTS Academic, TOEFL iBT, PTE Academic, or the Duolingo English Test. You may wish to search for these tests online or Google the respective websites for more information.

Thank you.

update us on the outcome by the given due date. For more information, please refer to LASALLE's website and to page 2 of the offer package.

ACADEMIC REQUIREMENTS

Singapore

The qualifications listed below are common entry qualifications submitted by applicants.

- Singapore-Cambridge GCE O-Level with a pass in English at Grade C6 or better, and an aggregate score of 25 points or better in four other GCE O-Level subjects
- GCSE/IGCSE (five subject passes, including English, at Grade 9-4)
- Full-time Higher Nitec/Nitec
- Part-time Higher Nitec/Nitec (minimum GPA of 2.0 for Higher Nitec holders or 3.5 for Nitec holders)
- Singapore Integrated Programme (successfully completed Year 4 or higher)

Entry into	IELTS Academic	TOEFL iBT	PTE Academic	Duolingo English Test
Diploma	5.5	71	42	95

Condition

This offer is made on the fulfilment of the following condition(s) that are required to be submitted to LASALLE according to the deadline. Failing which, the offer will be withdrawn.

- Certified true/notarized copy of IELTS Academic 5.5 / TOEFL iBT 71 / PTE Academic 42 / Duolingo English Test 95 results by **31 Mar 2025**.

duolingo english test OFFICIAL CERTIFICATE

NUR FARIESHA LAM HUEY MIIN
 Date of birth: January 10, 1991 Certificate ID: 3bb04frsd6yn2ia
 Test taken: March 13, 2025 Link: certs.duolingo.com/3bb04frsd6yn2ia

Overall Score

95 (Scale: 10 to 160)

Intermediate: CEFR B1

- Can understand the main points of clear standard input on familiar matters regularly encountered in work, school, leisure, etc.
- Can produce simple connected text on familiar topics, including straightforward, detailed descriptions.
- Can describe experiences, events, dreams, hopes, and ambitions and give brief reasons and explanations for opinions and plans.

Individual Subscores

SPEAKING	WRITING	READING	LISTENING
115	80	95	90

Integrated Subscores

StepUp Support: Ex-Offenders' Families

StepUp Support is a community-based initiative by Ultimate Friends SG that supports the families of ex-offenders through essential home improvement works.

These include repainting, replacement of damaged windows and doors, and minor safety-related repairs.

The aim is to ensure homes meet basic safety and living standards, creating a more secure and dignified environment for families living in Singapore.

By addressing unsafe or deteriorating home conditions, StepUp Support helps reduce risks, restores a sense of stability, and supports families during a critical period of reintegration.

This initiative is not just about fixing homes — it is about strengthening families, promoting safe living, and giving individuals and their loved ones a better foundation to move forward together.



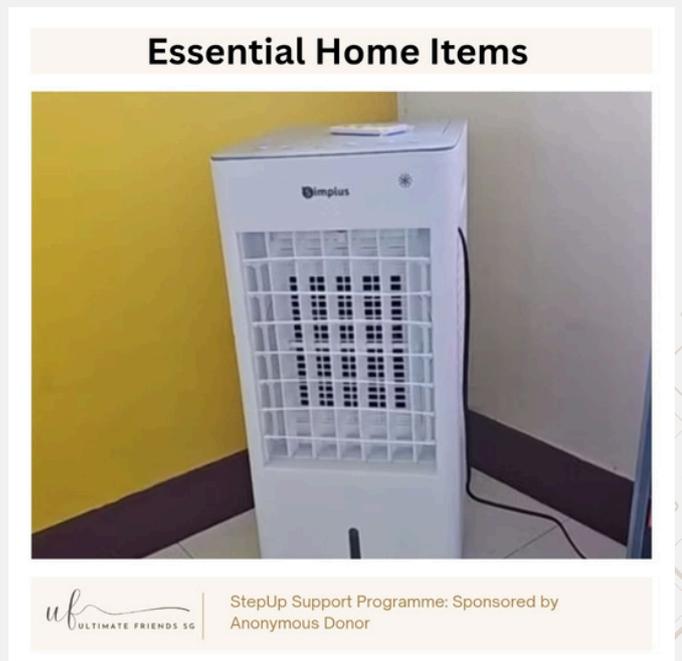
StepUp Support: Ex-Offenders' Families

StepUp Support supports ex-offenders' families through the procurement of essential household items such as washing machines and air coolers.

These items are fundamental to daily living, hygiene, and comfort, especially for families rebuilding stability during the early stages of reintegration and adjustment to life in Singapore.

Access to basic home essentials allows families to focus on work, caregiving, and recovery without the added stress of unmet daily needs.

By providing these items, StepUp Support helps create a stable and functional home environment — offering families a practical foundation and dignity as they begin a new chapter together.



Humanitarian Aid through Food Distribution - Palestine

A meaningful collaboration between Ultimate Friends SG and Ad-Diyar Consultancy to support the vulnerable families in North & South Gaza, Palestine. This humanitarian initiative is dedicated to distributing essential food supplies and water tanks to needy families, addressing their critical needs during these challenging times. We managed to carry out 7 rounds of rice with minced meat and kebab distributions and water tank distribution.

Access to food and clean water is a basic human right, and through this joint effort, we aim to uphold this right for those in dire need.

This initiative reflects the strength of unity and shared purpose, embodying the values of care and community that transcend borders.

We extended our hands to our brothers and sisters in Palestine and show that humanity knows no boundaries.





Rising Champions

The Rising Champion Initiative, launched by Ultimate Friends SG, is a recognition platform created to honour individuals in recovery who consistently demonstrate resilience, growth, and commitment to positive change. This initiative serves as a reminder that recovery is a journey that requires perseverance, accountability, and courage—and that such efforts deserve to be seen and celebrated.

Through this initiative, Ultimate Friends SG acknowledges individuals who have shown full commitment to their recovery journey while actively engaging in UFSG's peer support programmes, community recovery support groups, and outreach activities. The Rising Champion award is not about perfection, but about consistency, effort, and the willingness to keep moving forward despite challenges and supervision.

This year, we proudly recognised Asziah, Nastasha, and Fariesha as our Rising Champions. Each of them has demonstrated strong dedication to their personal recovery, active participation in UFSG programmes, and a positive attitude towards growth and self-improvement. Their commitment reflects not only personal transformation, but also a willingness to inspire and uplift others through their presence and participation.

The Rising Champion Initiative symbolises encouragement, belief, and continued support. It reinforces the message that transformation takes time—and those who stay committed to change, no matter how small the steps, deserve recognition. Ultimate Friends SG remains committed to walking alongside every individual in recovery, celebrating milestones, and building a community where effort, growth, and hope are valued.

Thank you to our Sponsors and Contributors



We would like to extend our heartfelt gratitude to all of our sponsors and contributors who have supported our anti-drug advocacy initiative. As a self-funded organization, we rely on the generosity of individuals and organizations that share our commitment to making a positive impact in the fight against drug abuse.

Your kind support has been instrumental in helping us continue our efforts to raise awareness, provide education, and offer crucial resources for those affected by substance abuse. It is because of your belief in our mission and your dedication to the cause that we are able to make a difference in the lives of many.

We deeply appreciate your ongoing commitment, and we look forward to continuing this journey together, working towards a healthier, drug-free community. Thank you for your invaluable support.

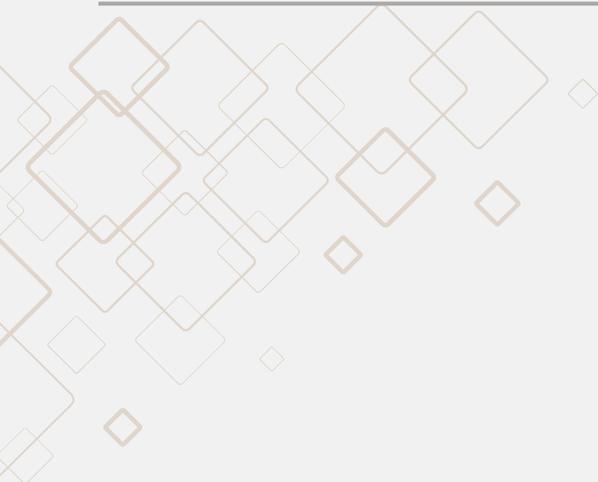
Our Sponsors:

- Antica Foundation
- Inicio Pathways
- Team Satu Ummah
- The Good Earth School
- Hope and Beyond
- Human Hearts Society
- Muslim Funeral Services
- Yayasan Sahabat Ainon Ibrahim, Batam
- Individual Contributors



Thank you to our Sponsors and Contributors





EMPOWERING THROUGH ADVOCACY



thank you.

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