Nottingham
Muslim Women's
Network

ANNUAL REPORT 2025

Empowering Her, Empowering Us All





Working together to empower women, strengthen communities and build a better Nottingham.





Empowering Women

Strengthening Communities

Building a Better Nottingham

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TABLE OF CONTENTS

01 ABOUT NMWN
02 VISION/MISSION
03 MESSAGE FROM THE CHAIR
04 ORGANISATION STRUCTURE
05 2025 EVENTS & PROGRAMMES
06 OUTREACH AND SPECIALIST SUPPORT
07 HEALTH AND WELLBEING PROGRAMMES
08 EDUCATION AND SKILLS DEVELOPMENT
09 YOUTH PROGRAMMES
10 COMMUNITY & SOCIAL EVENTS
11 CAMPAIGNS
12 PROGRAMMES
13 IMPACT STORIES AND TESTIMONIALS
14 EVENTS-PROGRAMMES-CAMPAIGN HIGHLIGHTS IN 2025
15 FUNDERS AND SUPPORTERS IN 2025
16 APPRECIATION
17 SUPPORT US
18 CONTACT WITH US

1 ABOUT NMWN



The Nottingham Muslim Women's Network (NMWN) is a diverse, women-led organisation committed to empowering women, promoting equality, and building inclusive communities.
We support women from all backgrounds through tailored services, education, wellbeing programmes, and community engagement.

Through partnerships, advocacy, and community activities, we help women overcome barriers, strengthen their confidence, and actively participate in society, contributing to more inclusive services and communities for all.

OUR FOCUS

- **Empowering Women**
- **Strengthening Communities**
- **Building a better Nottingham**

2 MISSION /VISION



At NMWN, we are dedicated to amplifying the voices of women and placing their lived experiences at the heart of everything we do from policy development to advocacy and community campaigns. We address critical issues such as harmful cultural practices, honour-based abuse, FGM, hate crime, and discrimination. Our aim is to empower all women to take an active role in shaping policies and to support and uplift the next generation to reach their full potential.

3 CHAIR'S FOREWORD



It is my privilege to present this year's Chair's Report and reflect on another successful year for Nottingham Muslim Women's Network.

Throughout the year, we have continued to support women and girls facing inequality and disadvantage, providing culturally responsive services that improve wellbeing, reduce isolation, build confidence and create opportunities. Our work remains rooted in community, ensuring that women's voices are heard and valued.

We have strengthened partnerships, expanded opportunities for women and continued to respond to emerging community needs. The impact of our work can be seen not only in the number of people we support, but in the confidence gained, connections formed and positive changes made in women's lives.

While the voluntary sector continues to face challenges, including increasing demand and funding pressures, NMWN remains committed to building a strong and sustainable future. We will continue to develop our services, strengthen our organisation and champion the voices of women and girls across our communities.

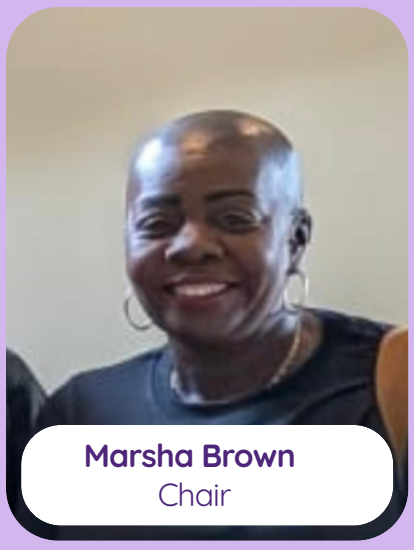
On behalf of the Board, I would like to thank our staff, volunteers, partners, funders and supporters for their dedication and commitment throughout the year. Most importantly, thank you to the women and communities who place their trust in us and inspire everything we do.

I am proud of what we have achieved together and look forward to the year ahead.

Marsha Brown
Chair
Nottingham Muslim Women's Network

Nottingham Muslim Women's Network

OUR TRUSTEES



Marsha Brown
Chair



Maxine Crochet
Vice Chair



Dr Sobia Qazi
Tresuarer



Farzana Chaudry
Secratary



Dr.Nayab Patel
Trustee



Shazia Khan
Trustee

4 MEET OUR TRUSTEES

2025 was a year of transition and continued growth for Nottingham Muslim Women's Network, supported by the dedication and leadership of our Board of Trustees. The Network was led by Marsha Brown as Chair and Maxine Cockett as Vice Chair, whose commitment and guidance helped steer the organisation through another successful year. We were delighted to welcome back Shazia Khan, one of our founder members, to the Board and to recruit Farzana Chaudhury, who took up the role of Secretary. Dr Sobia Qazi continued to provide diligent financial oversight as Treasurer, while Dr Nayab offered valuable expertise, support and strategic direction to help shape the Network's future.

This year also marked a significant milestone as we said a heartfelt farewell to Councillor Neghat Khan, who stepped down after 10 years of dedicated service as a Trustee, including five years as Chair of Nottingham Muslim Women's Network. Neghat's leadership, advocacy and unwavering commitment have been instrumental in strengthening the organisation and expanding its impact within the community. On behalf of the Network, we extend our sincere gratitude for her outstanding contribution and wish her every success in the future.

OUR STAFF



Zaynab Asghar
Manager



Shanaz Din
Office Manager



Nurgus Khan
Outreach and Case Worker



Asia Asghar
Active Wellbeing Outreach Worker &Community Campaign Officer



Ferda Ozcan
Community Campaign Officer



Fatimah Kallis
Administrator



Parveen Akhtar
Case Worker



Rahime Ceylan
IT & Social Media Coordinator



Caroline Mwangi
Case Worker



Malika Miah
Event &Programmes Coordinator



Naheida Janjua
Case Worker

4 MEET OUR STAFF

In 2025, Nottingham Muslim Women's Network was led by Zaynab Asghar and Shanaz Din, whose leadership, vision and dedication continued to drive the organisation forward, supported by an exceptional and passionate staff team.

Rahime Ceylan played a key role in strengthening the Network's communications and visibility, maintaining a vibrant social media presence while introducing monthly newsletters and podcasts that helped engage and inform our communities. Together with Fatimah Khallis, Rahime produced a series of insightful podcasts covering a range of important topics, including Talking Therapies, menopause, health and wellbeing, helping to amplify voices and provide accessible information to women across Nottinghamshire.

As Community Campaigns Officer, Ferda Ozcan worked tirelessly to develop new opportunities and partnerships for the Network. Among her achievements was establishing a partnership with Broadway Cinema, resulting in the screening of Wadjda, creating a valuable space for community discussion and engagement. Ferda's creativity and commitment have helped strengthen the Network's community outreach and impact.

Asia Asghar continued to break down barriers and challenge stereotypes for South Asian, Muslim and Pakistani women and girls through the partnerships she initiated and nurtured throughout the year. Her passion for inclusion, physical activity and community empowerment has opened new opportunities for women and girls to participate, lead and thrive.

Our domestic abuse support services remained at the heart of our work, with Parveen Akhter and Nurgus Khan providing compassionate and vital support to women experiencing abuse and other forms of disadvantage. Through their dedication, empathy and expertise, they have continued to empower women to rebuild their confidence, improve their wellbeing and make informed choices about their futures.

Together, our staff team has demonstrated remarkable professionalism, resilience and commitment throughout 2025. Their hard work and passion have enabled Nottingham Muslim Women's Network to continue delivering high-quality services, strengthening communities and creating positive change for women and families across Nottinghamshire.

Nottingham Muslim Women's Network

5

2025 EVENTS AND PROGRAMMES

Total Number of Participants in 2025

Chair Yoga	300
Cycling Sneinton / King Edwards Park	110
Cycling Forest Recreation Park	233
Friday Ladies Only Swim	604
Drop-in by Appointments Only	49
Women & Girls Activity	713
DV Referrals	58
Outreach	69
Legal Surgery	48
Let's Connect Café	25
Women's Health Workshop	7
Walk @ Wollaton Park	41
Ramadan Walk – Forest Recreation	15
Ramadan Walk – Wollaton Park	14
Islamic Art Workshop	12
Medical English Course (First and Second Group)	170
Trip to Cambridge	52
WADJDA Film Screening	86
Youth Project / Canoeing	137
Notts County Foundation Port Vale Trip	57
International Women's Day Event	86
Trip to York	55
Active Hearts Hub	71
Eid Picnic Event	100
Volunteering Programme	46
EmpowHER Journey Programme	93
Game Changer Youth Project	81
Healthy Goals	195
Walking at St Ann's	32
Tech Support Group	16
Well-being Programme	30
Book Club	5
Solidarity Brunch	50



6 OUTREACH AND SPECIALIST SUPPORT

Legal Advice Clinics

Since launching in 2014, our legal advice clinics have continued to provide free and confidential guidance on a range of sensitive issues, including divorce, domestic abuse, child contact arrangements, sexual exploitation, forced marriage, and other family law matters.

During 2025, NMWN delivered 48 free legal surgery sessions in partnership with Family Law Group, supporting 120 women to access specialist legal advice and assistance. Our legal clinics remain open to all women, regardless of faith or background, reflecting our commitment to delivering inclusive and accessible services across Nottingham.

Alongside this, our partnership with Ring Rose Solicitors continued throughout 2025, offering an additional legal clinic on the third Tuesday of each month. Through these collaborations, women have been able to better understand their legal rights, navigate complex family situations, and make informed decisions for themselves and their families.





Immigration Advice

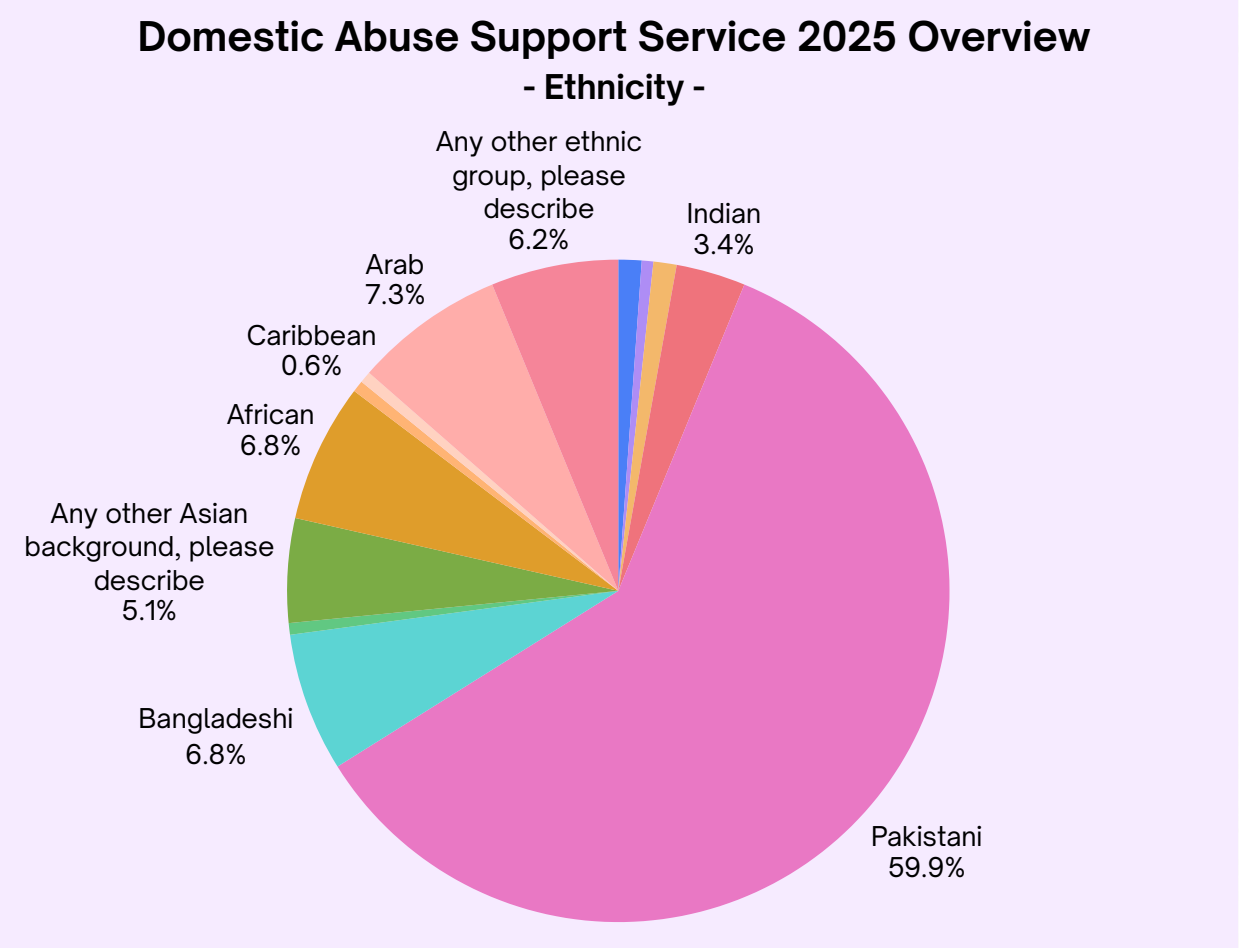
During 2025, NMWN continued to provide appointment-based access to free immigration consultations, supporting women to access specialist immigration advice and guidance. We also continued to offer financial contributions towards the legal costs of submitting DDVC (Destitute Domestic Violence Concession) applications, helping survivors of domestic abuse to access vital immigration support when needed.

We extend our sincere thanks to Masood Khallis of Raiyad Solicitors for their continued partnership and commitment to supporting women accessing our domestic abuse services. Their expertise has played an important role in ensuring that women receive timely, professional legal advice and are able to make informed decisions about their future.

6 OUTREACH AND SPECIALIST SUPPORT

Supporting Women and Children Experiencing Domestic Violence and Outreach Service

In 2025, the Domestic Abuse Support Service supported **175** clients, delivering specialist, survivor-led support to women from diverse backgrounds across our community. Through personalised safety planning, emotional support, advocacy, and signposting, the service empowered women to navigate challenging circumstances and access the help they needed in a safe and supportive environment.

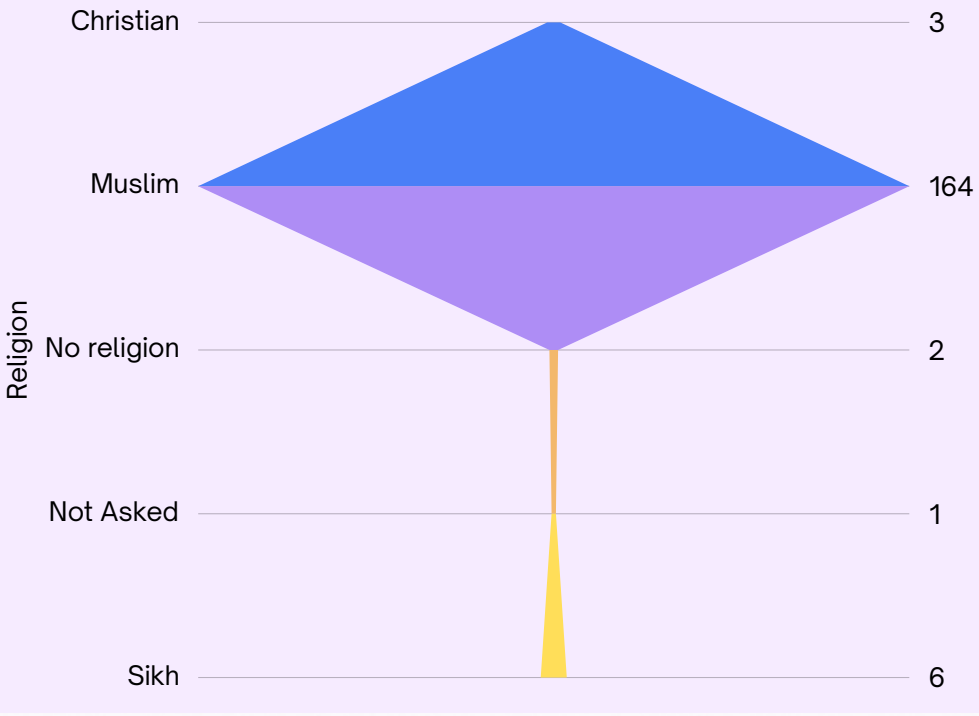


175

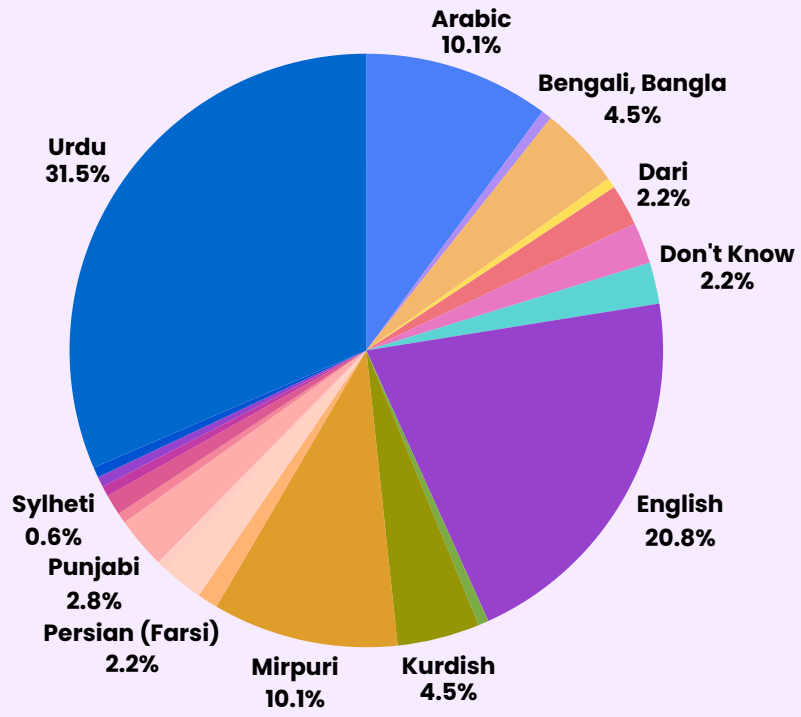
WOMEN ACCESSED OUR DOMESTIC ABUSE AND OUTREACH SERVICE

6 OUTREACH AND SPECIALIST SUPPORT

Domestic Abuse Support Service 2025 Overview
-Religion-



Domestic Abuse Support Service 2025 Overview
-Language-





7 HEALTH AND WELLBEING PROGRAMMES

CYCLING SESSIONS

Cycling sessions at King Edward Park and the Forest Recreation Ground supported 422 participants to develop cycling skills, build confidence, and enjoy being active outdoors. Many women progressed from beginners to confident riders, gaining greater independence, strengthening family and community connections, and embracing active travel as part of everyday life.







CHAIR YOGA

In 2025, our Chair Yoga and Active Hearts programme delivered 27 sessions with 300 participant attendances, supporting predominantly older South Asian women to stay active, connected, and independent. Beyond improving mobility and wellbeing, the sessions provide a valued opportunity to socialise, reduce isolation, and build a sense of belonging.





SWIMMING SESSIONS

In partnership with The Lenton Centre, our women-only swimming programme delivered 46 sessions with 604 participant attendances in 2025. Providing a safe and culturally appropriate environment for South Asian and Muslim women, the sessions have enabled participants to improve their physical wellbeing, build confidence, and connect with others, helping to reduce isolation and promote healthier lifestyles.

7 HEALTH AND WELLBEING PROGRAMMES

WALKING SESSIONS



Our walking sessions delivered 24 sessions in 2025, engaging around 300 participant attendances and providing women with regular opportunities to improve their physical health, build confidence, and connect with others in a supportive environment. Through weekly walks and special Ramadan sessions, participants were encouraged to establish healthier routines, explore local green spaces, and reduce feelings of isolation. For many women, the walks became an important source of friendship, wellbeing, and a renewed sense of belonging within their community.









ACTIVE HEARTS

Our Active Hearts programme delivered 27 sessions in 2025, engaging 71 participant attendances, primarily among older South Asian women. For many participants, these sessions provide a valuable opportunity to stay active, improve mobility and wellbeing, and connect with others. Beyond the physical benefits, the programme has helped reduce isolation, build confidence, and foster a stronger sense of community and belonging.



8 EDUCATION AND SKILLS DEVELOPMENT

TECH SUPPORT GROUP

Our Tech Support Group delivered 5 sessions in 2025, helping women develop digital skills and confidence in using technology. For many participants, these sessions provided a valuable opportunity to access online services, stay connected with family and friends, and navigate an increasingly digital world. Beyond improving practical skills, the programme helped reduce digital exclusion, increase independence, and foster a greater sense of confidence and belonging within the community.



ISLAMIC ART (MARBLING)WORKSHOP



Our Islamic Art Workshop was delivered as a one-off session in 2025, providing women with a welcoming space to explore creativity, learn traditional artistic techniques, and connect with others through shared cultural experiences. The workshop encouraged self-expression, mindfulness, and social interaction, helping participants build confidence and strengthen their sense of community and belonging.

WOMEN HEALTH WORKSHOP



Our Women's Health Workshop delivered one dedicated session in 2025, creating a safe and supportive space for women to discuss important health topics, access reliable information, and increase awareness of preventative care. The workshop encouraged open conversations around women's wellbeing, helping participants feel more informed, empowered, and confident in making decisions about their health.

8 EDUCATION AND SKILLS DEVELOPMENT

VOLUNTEER TRAINING PROGRAMME

In 2025, NMWN continued to deliver its 12-week Volunteer Training Programme, supporting Muslim women to develop skills, build confidence, and gain practical experience in the voluntary sector. Ten women joined the programme, with four successfully completing the course. Two graduates became permanent NMWN volunteers, while volunteers from previous cohorts continued to make valuable contributions across our services. The programme continues to create long-term pathways into volunteering and employment, with four members of our current staff having originally joined NMWN through the first volunteer cohort.

8
WOMEN JOINED



4
COMPLETED







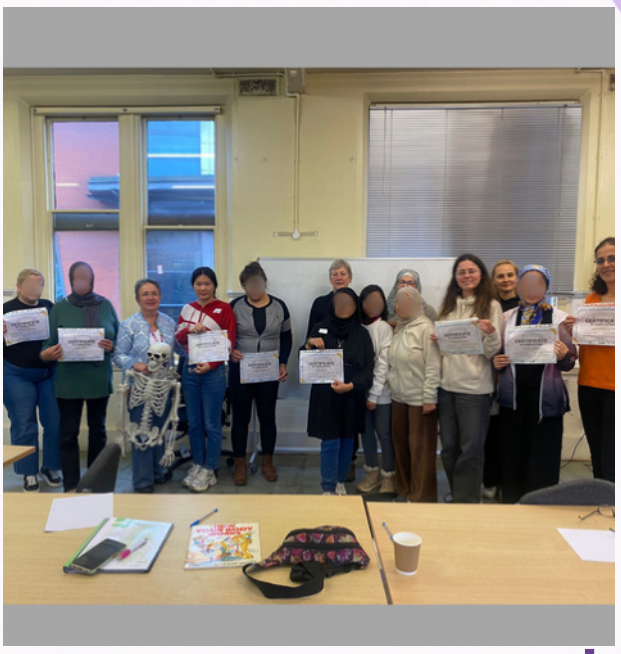
MEDICAL ENGLISH ESOL

The Medical English ESOL course is a tailored programme designed to support women whose first language is not English, helping them gain confidence and communicate effectively within healthcare settings.

The course focuses on practical English used in GP appointments, hospitals, maternity services, pharmacies, and mental health services. Participants learn key medical terminology, how to ask questions, and how to clearly explain symptoms and concerns. Role play is central to the sessions, allowing participants to practise making appointments and having conversations with their GPs.

Language barriers are reported as one of the driving factors behind poor health outcomes for ethnic minority patients. According to a 2015 ONS report, people who could not speak English well were twice as likely to be in poor health than those proficient in the language.











MEDICAL ENGLISH ESOL

The Medical English ESOL course directly addresses the selected priorities by providing women with the language skills and confidence to access healthcare and wellbeing services, which is essential for supporting healthy eating and physical activity. By understanding medical advice and guidance, participants are better equipped to make informed choices about diet, exercise, and lifestyle, contributing to improved overall health.

The programme specifically targets women experiencing severe and multiple disadvantages, including asylum seekers, refugees, survivors of domestic abuse, social isolation, and poverty. It creates a safe, women-only space where they can learn, share experiences, and build peer support, helping to reduce barriers caused by language, culture, or trauma.

In 2025, we delivered two four-week courses funded by Healthwatch Nottingham and Nottinghamshire, as well as one six-week course funded by Nottingham Women's Centre through Nottingham City Council.

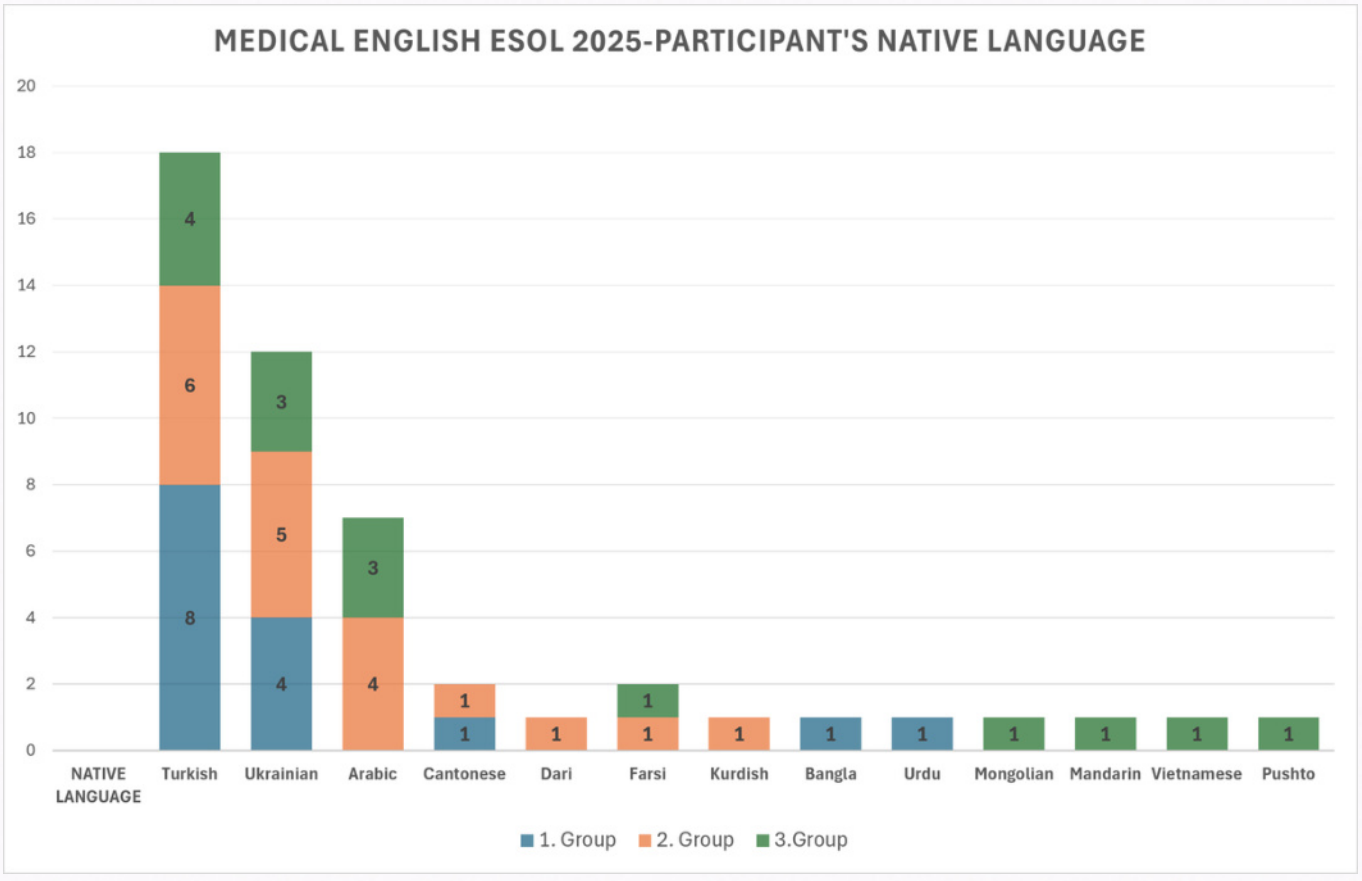
The first links to our YouTube channel, featuring our first Medical English ESOL course, including classroom reels and participant testimonials. The second links to an article in Hyphen Online Magazine, where our third course was featured.



MEDICAL ENGLISH ESOL

The Medical English ESOL programme attracted participants from a wide range of linguistic backgrounds, reflecting the diversity of the communities we support. Turkish was the most commonly spoken first language (18 participants), followed by Ukrainian (12) and Arabic (7). Smaller numbers of participants spoke Cantonese, Dari, Farsi, Kurdish, Bangla, Urdu, Mongolian, Mandarin, Vietnamese and Pushto, highlighting the programme's accessibility to individuals from many different communities.





MEDICAL ENGLISH ESOL

GROUP HELPS MIGRANT WOMEN BREAK LANGUAGE BARRIERS TO HEALTHCARE – HYPHEN

hyphen.

News Culture Lifestyle Voices About

Shoulders, knees and toes: the two retirees helping women break language barriers to healthcare



Ferda Ercan (left) and Jane Bowden (right) with the halloween skeleton to help teach parts of the body. *Photography for Hyphen by Jade Vowles*

How do you express pain in your second language? Friends from Nottingham set out to improve health outcomes by teaching English medical vocabulary



Weronika Strzyżyńska
Reporter
21 October 2025

On a cloudy Tuesday in October, retired primary school teacher Jane Bowden boarded one of Nottingham's trams with a life-size plastic skeleton folded over her arm.

Bowden was not, as many might have assumed, on her way to a Halloween party, but to teach a class of migrant women the very specific set of English vocabulary needed to



9 YOUTH PROGRAMMES





Throughout 2025, Nottingham Muslim Women's Network continued to expand opportunities for young women and girls through a range of youth leadership, wellbeing, and sports programmes that promoted confidence, inclusion, and active participation.

Our Active Wellbeing & Campaign Officer, Asia Asghar, played a key role in representing NMWN at local and national events, showcasing the impact of our youth programmes and advocating for greater inclusion of women and girls in sport. Asia was invited to speak at the Women in Football Leadership Course Networking Event at Nottingham Forest's City Ground, where she shared her experiences of empowering women through community engagement and highlighted the importance of creating pathways for women in sport.

The outstanding work of our Youth Leaders was recognised at the This Girl Can Awards, where they received an award following nominations from parents who praised their dedication to creating an inclusive, welcoming environment for girls. Their leadership has helped young participants build confidence, develop new skills, and engage positively in community activities.

9 YOUTH PROGRAMMES

NMWN's work was also recognised nationally during the EFL Week of Action, where Asia represented the organisation alongside Notts County Foundation, sharing how our South Asian Women and Girls Football Programme is transforming lives by improving confidence, wellbeing, and community connections. She also represented NMWN at the Notts Making Our Move Celebration Event, celebrating collaborative efforts to reduce inequalities and encourage physical activity across Nottinghamshire.

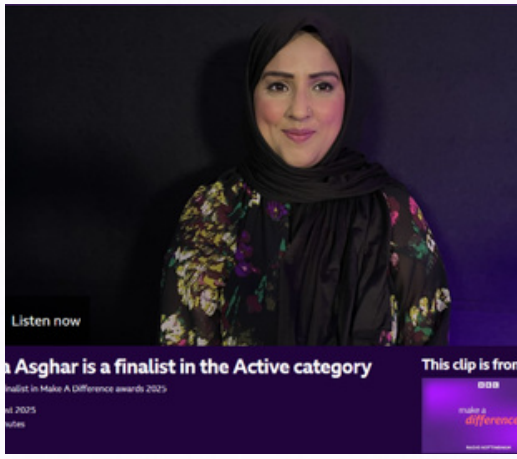
Asia's commitment to community wellbeing received further recognition when she was named a finalist in the BBC Radio Nottingham Make a Difference Awards 2025 and was later honoured with an award for her outstanding contribution to the community. Her achievements reflect not only her personal dedication but also the impact of NMWN's approach to empowering women and girls through sport, leadership, and community engagement.

Throughout South Asian Heritage Month, Asia continued to champion representation by contributing to discussions with Nottingham Forest and Notts County Foundation, exploring themes of identity, belonging, and heritage while highlighting the role of sport in bringing communities together and creating opportunities for future generations.

Through these programmes and partnerships, NMWN has continued to empower young women to become confident leaders, active role models, and positive contributors to their communities, while increasing the visibility and representation of Muslim women and girls across Nottinghamshire.



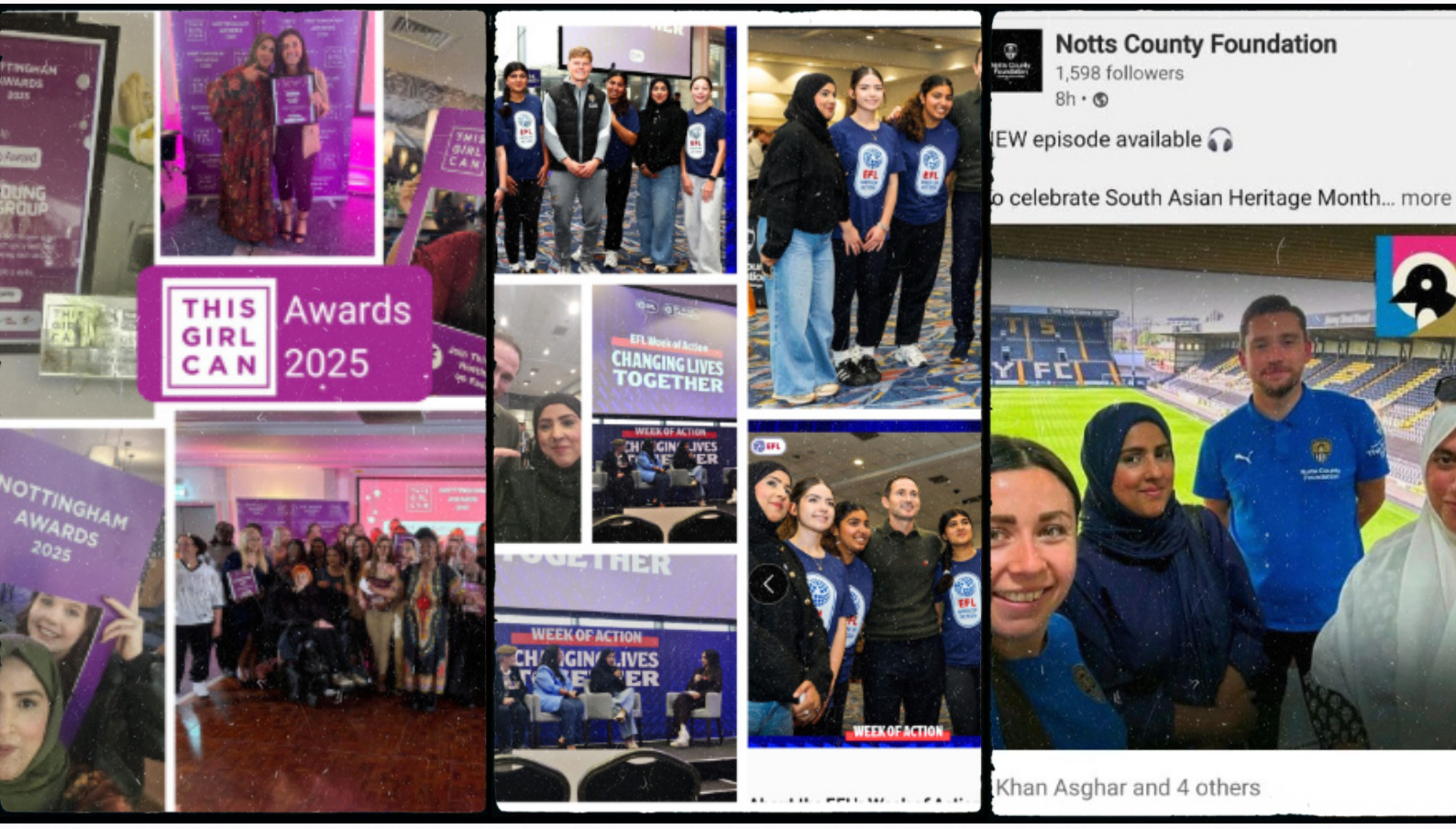




9 YOUTH PROGRAMMES

165

DIFFERENT YOUNG PEOPLE ENGAGED WITH YOUTH PROGRAMME



9 YOUTH PROGRAMMES

GAME CHANGER YOUTH PROJECT



The Game Changer Youth Project, delivered in partnership with the VPR Police and Crime Commissioner, delivered 6 sessions in 2025 as part of a wider youth programme that engaged 218 participant attendances.

The project supported young people to build confidence, develop teamwork and leadership skills, connect with peers and make positive choices through engaging activities, demonstrating the lasting impact of investing in young people's wellbeing and development.

HEALTHY GOALS



Our Healthy Goals Programme, delivered in partnership with Forest Community Trust, delivered 9 sessions in 2025, supporting women and girls to make positive lifestyle changes and improve their overall wellbeing.

The programme helped participants learn about healthy habits, set achievable goals, build confidence and develop healthier routines, while also providing opportunities to connect with others and feel more motivated within their community.

WOMEN AND GIRLS FOOTBALL SESSIONS



In 2025, our Women & Girls Football Programme, delivered in partnership with Notts County Foundation, provided a safe, female-only space for women and girls to enjoy sport and physical activity. We delivered 39 sessions, with 713 participant attendances.

The programme helped participants improve fitness, build confidence, develop friendships and enjoy being part of a supportive team, while helping overcome cultural and practical barriers to taking part in football.

9 YOUTH PROGRAMMES

PORT VALE YOUTH TRIP



The Port Vale Youth Trip, delivered in partnership with Notts County Foundation, formed part of our wider youth engagement programme, which delivered 20 sessions and reached 218 participant attendances in 2025.

Through two dedicated trips, young people were encouraged to step outside their comfort zones, build confidence and strengthen connections with their peers. The experiences promoted teamwork, resilience and aspiration, while creating positive memories and opportunities to broaden their horizons.

CANOEING

As part of our Youth Programme, the canoeing sessions, delivered in partnership with Canal & River Trust, gave young people the opportunity to develop confidence, resilience and teamwork through outdoor adventure activities.

Participants built friendships, improved their wellbeing and challenged themselves in a safe, supportive environment, helping them grow in confidence and develop a stronger sense of belonging.



10 COMMUNITY AND SOCIAL EVENTS

LETS CONNECT CAFE



Our Let's Connect Café delivered three themed sessions in 2025, celebrating the cultures of the UK, Syria, Morocco, and China. The programme brought women from diverse backgrounds together to share traditions, food, stories, and experiences, fostering friendship, reducing social isolation, and strengthening community cohesion through cultural exchange.

TRIP TO CAMBRIDGE

Our trip to Cambridge engaged 52 participant attendances, providing women with the opportunity to explore one of the UK's most historic cities while building friendships and reducing social isolation. The visit encouraged cultural learning, greater confidence in travelling, and meaningful shared experiences that promoted wellbeing and community connection.





TRIP TO YORK

Our trip to York engaged 55 participant attendances, bringing women together for a day of cultural discovery, learning, and community engagement. Exploring the city's rich heritage strengthened social connections, promoted wellbeing, and created lasting memories through shared experiences in an inclusive and supportive environment.

10 COMMUNITY AND SOCIAL EVENTS

WADJDA FILM SCREENING



Our special screening of Wadjda brought together 86 participant attendances for an inspiring evening of film, discussion, and community connection. Delivered in partnership with Broadway Cinema and Women in Tandem, the event created a welcoming space to explore themes of empowerment, resilience, and gender equality while encouraging meaningful conversations and strengthening community relationships.

INTERNATIONAL WOMEN'S DAY

Our International Women's Day celebration at Trent Bridge welcomed 86 participants for an inspiring evening recognising the achievements of women and girls in sport. Held as part of the Trailblazers Sports Night, the event featured inspiring stories, meaningful discussions, and opportunities to celebrate female role models who are breaking barriers and inspiring future generations. Delivered in partnership with Trent Bridge and The Blaze Cricket, the event promoted empowerment, inclusion, and community connection.



EID PICNIC



Our Eid Community Celebration welcomed 100 participants, bringing women, children, and families together to celebrate Eid in a warm and inclusive environment. The event strengthened community connections, promoted wellbeing, and created a lasting sense of belonging through shared celebrations.

10 COMMUNITY AND SOCIAL EVENTS

SOLIDARITY BRUNCH



Our Solidarity Brunch brought together over 50 women and children during Hate Crime Awareness Week, creating a safe and welcoming space for connection, conversation, and mutual support. The event encouraged participants to share experiences, build new friendships, and stand together in solidarity, strengthening community cohesion and promoting a sense of belonging.







BOOK CLUB

Our Book Club brought together five participants for an engaging discussion that encouraged reading, shared learning, and meaningful conversation. The session provided a welcoming space to exchange ideas, build confidence, and strengthen social connections through a shared love of books.



10 COMMUNITY AND SOCIAL EVENTS

SASH KITCHEN



Throughout 2025, the NMWN team volunteered at SASH Kitchen on one Wednesday each month, preparing and serving meals to the local community. This regular initiative strengthened community connections, supported local residents, and reflected our commitment to volunteering, inclusion, and partnership working.













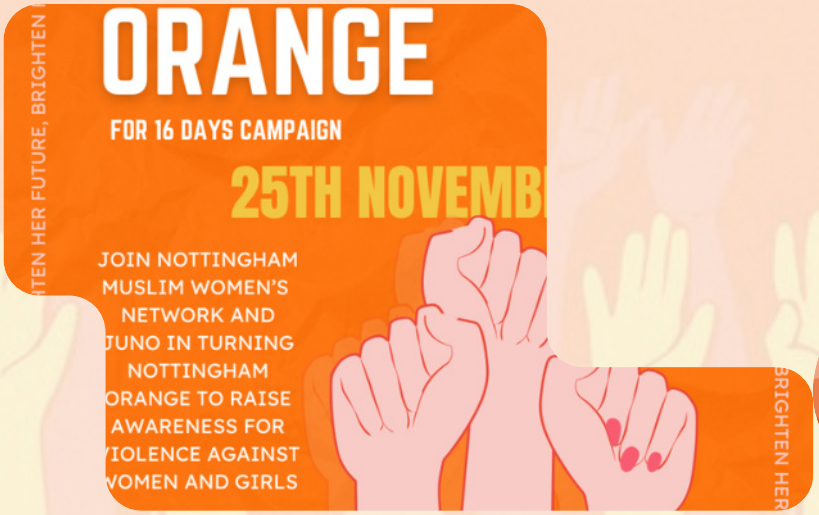
11 CAMPAIGNS

16 DAYS OF ACTIVISM AGAINST GENDER BASED VIOLENCE

As part of the global 16 Days of Activism Against Gender-Based Violence, NMWN proudly supported Juno Women's Aid's #Orange4Juno campaign, standing in solidarity with survivors and raising awareness across our community. Throughout the campaign, we delivered a comprehensive programme of activities, including a dedicated social media campaign featuring daily calls to action, workplace awareness initiatives, and a special podcast exploring the importance of ending violence against women and girls. Together, these activities encouraged community engagement, promoted allyship, and reinforced our commitment to creating safer, more inclusive communities.









Rose

Referred by: Nottingham Police

Case:

ctim of domestic violence. Her ex-husband was arres
but released on bail and continued stalking her.

How NMWN helped:

- Supported her in accessing solicitors for a warning letter, divorce, and her to get immigration advise.
- Arranged interpreters and attended some appointments with her.
- Helped to solve her utility bill problems.
- Referred her for mental health support.

Now:

She has h definite Leave to Remain,
lth support, and
divorce.

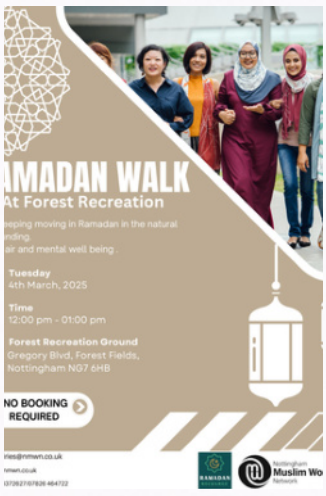
11 CAMPAIGNS

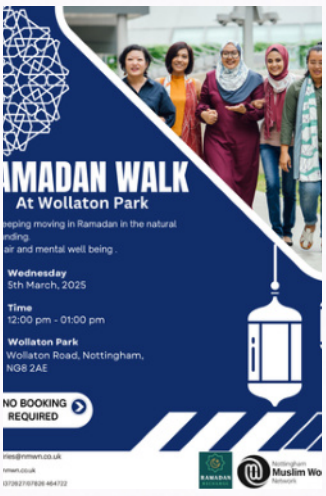
MUSLIM HERITAGE MONTH

During Muslim Heritage Month, NMWN celebrated the rich history, culture, and contributions of Muslim communities while promoting inclusion, understanding, and community cohesion. Throughout the campaign, we raised awareness through educational content, celebrated positive Muslim role models, and challenged misconceptions about Muslim communities. Activities included a traditional Ebru (Turkish Marbling) Art Workshop, offering participants the opportunity to explore Islamic artistic heritage, alongside cultural events and a community trip that encouraged learning, connection, and celebration of Muslim heritage.



RAMADAN CAMPAIGN





As part of our Ramadan Recharge Campaign, NMWN delivered walking sessions across two community locations—Forest Recreation Ground and Wollaton Park. The initiative encouraged women to stay active, improve their physical and mental wellbeing, and connect with others during Ramadan. By combining gentle exercise with social connection, the programme promoted healthier lifestyles while reducing isolation and strengthening community bonds.

EMPOWHER JOURNEY PROGRAMME

TThe EmpowHer Journey aims to bridge the gap between asylum-seeking women, statutory and voluntary sector services, and wider British society. The programme is designed to support personal development, increase understanding of rights and entitlements, promote mental well-being, and encourage meaningful community participation.

1. Empower Asylum-Seeking Women: Equip participants with knowledge of their rights as women in the UK, enhancing their confidence to navigate societal and legal systems.
2. Promote Mental Well-Being: Provide tools and a safe space for women to explore and support their mental health through guided activities and group discussions.
3. Build Connections: Foster integration by creating opportunities to connect with statutory and voluntary services and establish links to the wider community.
4. Encourage Advocacy: Enable participants to become advocates for themselves and their families, building pathways to independence.

We collaborated with Nottingham Women's Centre, making use of their facilities, including workshop rooms and kitchen space. To encourage participants to become familiar with and use the kitchen facilities, we organised a breakfast gathering before some sessions, creating an informal and welcoming environment for women to connect and build relationships.







EMPOWHER JOURNEY PROGRAMME

In 2025, we delivered a 12-week EmpowHER Journey Programme. At the introductory session, participants spoke nine different languages. Following a needs assessment, Arabic was identified as the most spoken language, and the programme was supported by an Arabic interpreter to ensure accessibility and meaningful participation.

As a positive outcome of the programme, we collaborated with Nottingham Women's Centre to establish a Beginner ESOL class for Arabic-speaking women, creating accessible opportunities for participants to develop their English language skills and support their integration into the local community.

As part of the EmpowHER Journey Programme, we delivered a range of activities and workshops, including:

- A four-week Freedom Programme
- Know Your Rights workshop
- Mental Wellbeing workshops
- Let's Connect Café – Britain session
- A visit to Stonebridge Farm
- Trips to local parks
- Visits to Nottingham Central Library

These activities were designed to increase participants' knowledge, confidence, well-being, and connection to their local community.







12 PROGRAMMES

WELLBEING PRPGRAMME



Our Wellbeing Programme delivered five sessions in 2025, providing women with a safe and supportive space to relax, recharge, and prioritise their emotional wellbeing. Through Emotional Freedom Technique (EFT) and other wellbeing practices, participants developed practical tools to manage stress, build resilience, and improve their mental and emotional health while connecting with others in a positive and nurturing environment.

VOLUNTEERS NEEDED SESSION

NMWN hosted a Volunteer Information Session, bringing together community members interested in making a positive impact through volunteering. The event provided an opportunity to learn about volunteering roles, connect with others, and explore ways to support local women and contribute to inclusive community initiatives across Nottingham.









13 IMPACT STORIES AND TESTIMONIALS

Behind every statistic is a woman whose life has been positively changed through support, compassion, and empowerment. At Nottingham Muslim Women's Network (NMWN), we provide confidential advice, emotional support, safety planning, and referrals to specialist services to help women rebuild their lives. To protect their privacy, all names and personal details have been anonymised, with each woman represented by a flower name.

Lily

Referred by: Early Help Team
Case:
Domestic abuse victim - physical, sexual, financial and emotional abuse.
How NMWN helped:
- Referred her to a family law solicitor.
- Assisted with English translation.
- Liaised with social workers, police, and solicitors.
- Continuously followed up with the police to ensure her safety.

Now:
She is separated from her husband and now lives with her children. She has a safety marker in place, is receiving benefits, and has started working part-time. Her court cases regarding child arrangements, protection orders, and physical abuse are still ongoing.

Iris

Referred by: Juno
Case:
Victim of domestic abuse, separated. She was struggling both physically and emotionally due to mistreatment by her ex-husband and in-laws, as well as a lack of support from her own family.
How NMWN helped:
- Provided emotional support and referred her for counselling.
- Assisted with setting up a furniture payment plan so she could furnish her rental home.

Now:
She lives independently with her children and is receiving mental health support.

Peony

Referred by: Self referral
Case:
Divorced, experiencing poor mental health, social anxiety, trauma, and depression. Struggles with self-care.
How NMWN helped:
- Provided ongoing emotional support and regular check-ins.
- Accompanied her to court for her PIP hearing, helping her secure a financial award.
- Attended meetings with Citizens Advice Bureau together.

Now:
Her financial issues have been resolved, but she continues to need support for her mental health and social anxiety.

Violet

Referred by: Juno
Case:
Victim of honour-based abuse. University studentship on hold. Experiencing poor mental health and anxiety, and unable to live independently.
How NMWN helped:
- Made regular welfare calls and continuously checked on her.
- Supported her through a suicidal crisis.
- Referred her to Harmless and Himmah Zekat Clinic for further support.

Now:
She is receiving mental health support and is motivated to return to university to complete her studies.

Dafodile

Referred by: Juno
Case:
Domestic abuse victim. Was on spouse visa, needed help with immigration advice.

How NMWN helped:
- Helped her to get out of the house, arranged her a safe space to stay.
- Helped her with her immigration application.
- Gave her emotional, financial and social support.

Now:
She has received support work. She is a lot happier and less stressed .

Daisy

Referred by: A Midwife at QMC
Case:
Victim of domestic violence. Needed support with DV, family law, housing, finance and mental health.
How NMWN helped:
- Signposted to a family law group.
- Referred to Talking Therapies.
- Helped to apply for a council house through Sanctuary Scheme.
- Helped to apply for NCDV non molestation order.

Now:
She is waiting for the court result for the order. Police is investigating her case. She has received her Islamic divorce documents by post.

13 IMPACT STORIES AND TESTIMONIALS

NMWN

CASE STUDY To protect confidentiality, the client's name has been changed.

> "I know that my feelings matter and there is support available."

THE CHALLENGE

Begonia, a woman in her late 40s from the Pakistani community, self-referred to Nottingham Muslim Women's Network after experiencing domestic abuse.

Years of emotional, physical, financial, and coercive abuse left her feeling isolated and believing she had no rights or support. She was prevented from communicating directly with professionals, meaning her voice was often unheard.

During this time, her child, who required specialist support, was placed into professional care. The abuse also had a significant impact on Begonia's mental wellbeing, causing anxiety and a loss of confidence.

HOW WE HELPED

Our Domestic Abuse Service provided tailored, survivor-centred support to help Begonia rebuild her confidence, improve her wellbeing, and understand her rights.

Support included:

- Regular wellbeing check-ins in her preferred language.
- Emotional support and domestic abuse advocacy.
- Access to specialist counselling.
- Guidance on communicating with professionals.
- Practical advice and ongoing emotional encouragement.

With consistent support, Begonia gained confidence, managed her anxiety more effectively, and developed the skills to make informed decisions.

THE IMPACT

Better understanding that anxiety is not good for her mental health and learning to seek advice before reacting.

More confident when communicating with and responding to professionals.

Actively completing courses and working on the reasons her child was taken into care.

Begonia feels more in control of her future and no longer feels alone in her journey

CLIENT REFLECTION

> "My case was serious, but it was handled quickly and safely. I am extremely happy with the support I received from Nottingham Muslim Women's Network. I now know that my feelings matter and that there is real support available for victims of abuse. I no longer feel afraid to ask for help."

13 IMPACT STORIES AND TESTIMONIALS

NMWN

CASE STUDY To protect confidentiality, the client's name has been changed.

> "I know that my feelings matter and there is support available."

BACKGROUND

Daisy self-referred to Nottingham Muslim Women's Network seeking support in relation to domestic abuse. She is a working professional within the social care sector, supporting children and families.

Although the perpetrator had never physically assaulted her, Daisy was experiencing financial, emotional, and psychological abuse, neglect, and coercive and controlling behaviour.

The cumulative impact of this abuse left her feeling overwhelmed, frightened, and unsure of what steps to take next.

INITIAL ASSESSMENT & SUPPORT

At the initial meeting, Daisy met with our support worker to discuss her circumstances in detail and develop a personalised support plan.

A DASH Risk Indicator Checklist (DASH-RIC) assessment was completed, resulting in a score of six, indicating a medium level of risk.

Following the assessment, practical safety planning advice was provided for home, community, phone, and social media. Daisy confirmed she did not share personal information or passwords with the perpetrator.

ACCESSING SPECIALIST SERVICES

Daisy was referred to a family law solicitor and counselling services as part of her support plan.

After consultations, supporting evidence was provided to help Daisy apply for legal aid.

The solicitor then initiated civil divorce proceedings, and the perpetrator received the legal documentation by post.

ESCALATION OF RISK

Shortly after divorce proceedings began, Daisy reported that the perpetrator started playing short but highly disturbing videos in the home.

Though not containing direct threats, they were intimidating and frightening. Due to the nature and timing of the incidents, Daisy was unable to record them as evidence.

Daisy became increasingly distressed and fearful. During a phone call, our support worker contacted Nottinghamshire Police on 101 for advice and reported the situation.

The officer took full details and arranged for Daisy to provide a formal statement the following morning.

As an additional safeguard, police placed a marker on Daisy's address to ensure a rapid response should any further incidents occur before her statement was taken.

OUTCOME

Following police involvement and Daisy's statement, the situation began to stabilise.

The disturbing videos stopped, and the perpetrator ceased responding to the solicitor.

With support from statutory agencies and specialist services, Daisy took positive steps towards her safety and future independence.

During the school summer holidays, Daisy and her children temporarily stayed with family, providing emotional support and a safer environment while legal proceedings continued.

THE IMPACT

- Daisy feels safer and more in control of her situation, with reduced fear and anxiety.
- A strong support plan and safety measures have increased Daisy's confidence and security.
- Access to legal advice has empowered Daisy to take action and protect her rights.
- Daisy is working towards a safer, independent future for herself and her children.

CLIENT REFLECTION

> "I was so scared and didn't know where to turn. The support I received helped me feel listened to, believed, and safe. I now feel stronger and more hopeful about the future for me and my children."

13 IMPACT STORIES AND TESTIMONIALS

Medical English ESOL

"The course was necessary for me as a woman. All the information was very good. Thank you!"

"I improved medical vocabulary, I learnt a lot information, medical and NHS."

"I learnt what I didn't know about making an appointment and health."

"I learnt what I didn't know about making an appointment and health."

"I learned the new words about health and medical. These make easy to live."

Cycling

"Hi, my name is Marta. I'm 31 years and we've been coming with my friend for the bike section, and with my personal experience, I think it's good. I know it's good. It gives people or women the chance to learn how to ride bicycle, because knowing that you have somebody who would teach you or who guide you through the process is encouraging to always keep coming to learn how to ride a bike. And bike riding is a form of exercise, so in that way, it's also a good form of exercise to do so that you can go out riding with your kids. Yeah. This session have helped me so much get me out of the house and helps me feel good about my self"

13 IMPACT STORIES AND TESTIMONIALS

Cycling

The cycling section has been so helpful to me, because I've never been on bike before, and now I'm on the bike using the pedal, trying to push faster, and I'm building my confidence, hopefully next week, I will do much better. Thank you very much.
Also, NMWN Worker: You were saying that you can't wait to be able to cycle so that you could use it to just get around.
Yeah, " I can wait, also, I can wait to learn how to do this properly so I can take it around Nottingham. Also teach people and teach my children, because my boy said he's bad at riding bike. I'm here because of myself and my children to learn how to ride bike. Thank you very much, and it helps your confidence. Yeah, build our confidence. Thank you. Learning the hard way, like I did, I want to say thank you"

Game Changer Youth Project

I really enjoyed the project and it's really good and it's really fun.

I enjoy this youth group because it has given me the more confidence for when I'm doing job interviews and when I'm doing my applications for my apprenticeships. I know what to do and what I shouldn't do, but it's also helped me build really good relationships with the people around me and helped me identify but good relationships look like and what bad relationships look like. And it's giving me a safe space to talk about how I feel.

NMWN NEWSLETTER & PODCAST

NMWN

11 newsletter Published

Throughout 2025, NMWN strengthened its communications and community engagement through the publication of 11 monthly newsletters and the release of 13 podcast episodes. These platforms kept members, partners, volunteers, and supporters informed about our services, events, campaigns, and community achievements, while also amplifying community voices, sharing inspiring stories, and promoting conversations around health, wellbeing, leadership, and inclusion. Together, they played an important role in keeping our community connected, informed, and engaged throughout the year.



13 Podcast Episodes Released



14 EVENTS-PROGRAMMES-CAMPAIGN HIGHLIGHTS IN 2025









EVENTS-PROGRAMMES-CAMPAIGN HIGHLIGHTS IN 2025









EVENTS-PROGRAMMES-CAMPAIGN HIGHLIGHTS IN 2025















EVENTS-PROGRAMMES-CAMPAIGN HIGHLIGHTS IN 2025









EVENTS-PROGRAMMES-CAMPAIGN HIGHLIGHTS IN 2025













15 FUNDERS & SUPPORTERS-2025

The work of Nottingham Muslim Women's Network would not have been possible without the generous support of our funders and partners. We are deeply grateful for their investment in our organisation and the communities we serve. During 2025, our projects and services were supported by:

The National Lottery Community Fund (Reaching Communities Fund) - Funding core costs, including the creation of the Manager and Community Campaigns Officer posts, as well as supporting our 12-week Volunteer Programme.

Travel Well - Funding the development and delivery of cycling and walking activities for women in Sneinton and St Ann's.

The Big Bike Revival_- Supporting Muslim women to learn to ride a bicycle, build confidence and increase participation in physical activity.

SportsPlus Violence Reduction Programme Unit (VRP) - Funding a youth project that used sport as a positive diversionary activity to help reduce the risk of violence and crime amongst young people.

Ministry of Justice via the Office of the Police and Crime Commissioner (MOJ3) - Funding our Domestic Abuse Support Service, enabling us to provide specialist support to women experiencing abuse.

Near Neighbours - Supporting our Let's Connect Café, which promotes community cohesion, social connection and mutual understanding.

The Welcome Fund - Funding an integration programme for asylum-seeking women, helping participants build confidence, develop skills and feel more connected to their local communities.

We would like to thank all our funders and supporters for believing in our vision and enabling us to continue empowering women, strengthening communities and creating lasting positive change across Nottinghamshire.

NMWN

Appreciation



We extend our heartfelt thanks to the incredible women, children, and young people who have been part of our work over the past year.

Thank you for being part of our journey.
Your involvement helps us grow, reach more people, and create lasting impact.

We value our partners and collaborators.
Your support enables us to deliver meaningful services with care, quality, and integrity.

Your encouragement keeps us going.
Your belief in our mission inspires us to keep improving and make a real difference.

We are grateful to our founders.
Their vision, dedication, and continued support lay the foundation for everything we do.

Thank You

for being an essential part of our mission.
Together, we create change!

Nottingham Muslim Women's Network

Support Us

Your support can take many forms,
and every contribution helps NMWN make a difference for others.

Donate

As a registered charity, your support helps us continue our work.

You can donate by:
PayPal: visit
www.nmwn.co.uk
and click on Donate

BACS Payment:
Nottingham Muslim Women's Network
Sort code:206328
Account #:83222578

Spread the Word

Help raise awareness about what we do:

- Invite others to get involved
- Share and engage with our content
- Connect with us and repost on social media

Fundraise

Get creative and raise funds to support our work:

- Take part in a sponsored challenge
- Host an event or activity in your community
- Organise a fundraiser in your community

CONTACT WITH US

We're here to connect, support and empower. Get in touch with us through any of the following channels.

WWW.NMWN.CO.UK
Visit our website for more information about our work and services.

ENQUIRIES@NMWN.CO.UK
Email us for general enquiries or collaboration opportunities.

**THE HIMMAH HUB,
37A GREGORY BOULEVARD,
NOTTINGHAM, NG7 6BE**
Visit us at our community hub.

07826 464722
Call us during office hours, we're happy to help.



Nottingham Muslim Women's Network

(Registered charity, number 1195648)

Financial statements
for the year ended 31 December 2025

Page	Contents
2 - 7	Trustees' annual report
8	Independent examiner's report
9	Receipts & payments account
10	Statement of assets & liabilities
11 - 13	Notes to the accounts

caPLUS
COMMUNITY ACCOUNTING

Nottingham Muslim Women's Network
Trustees' annual report
for the year ended 31 December 2025

Full name Nottingham Muslim Women's Network

Other names by which the charity is known NMWN

Organisation type Charitable incorporated organisation

Registered charity number 1195648

Principal address Himmah Hub, 37a Gregory Boulevard, Nottingham, NG7 6BE.

Trustees

Marsha Brown, Chair
Maxine Cockett, Vice Chair
Sobia Qazi, Treasurer
Farzana Chaudry, Secretary
Nayab Patel
Shazia Khan
Neghat Khan, until 30.10.25
Shagufta Khan, from 26.2.26

Independent examiner

Eva Stevens, employee of Community Accounting Plus, Units 1 & 2 North West, 41 Talbot Street, Nottingham, NG1 5GL

Governance and management

The charity is operated under the rules of its constitution adopted 27 August 2021.

A person interested on becoming a Trustee will have to complete an application form. They will then be interviewed and it will be discussed at the next Management Committee meeting and if suitable be voted in.

Objectives and activities

- Relieving the needs and suffering of Muslim women in need of such relief due to conditions related to domestic violence and the resulting distress and hardship. In particular, through the provision of counselling, public education, advice and advocacy;
- Promoting social inclusion for the public benefit by working with Muslim women who are socially excluded on the grounds of their ethnic origin, religion, belief, gender and creed to relieve the needs of Muslim women and assist them to integrate into society, in particular by;
    - Providing a local network of support that encourages and enables Muslim women to participate more effectively with and within the wider community;
    - Increasing or co-ordinating opportunities for Muslim women to engage with service providers, to enable those service providers to adapt services to better meet their needs and to encourage community safety.

Nottingham Muslim Women's Network

Our main activities include;

1. Legal Information and Advocacy

- **Monthly legal surgeries** covering family law, domestic abuse, honour-based abuse, child contact, financial matters, and divorce.
- Guidance and signposting to ensure women understand their rights and can make informed decisions.

2. Advice, Support & Advocacy Drop-ins

- **Bi-monthly drop-in sessions** providing practical support around:
    - Housing and homelessness
    - Welfare benefits
    - Employment and training
    - Everyday challenges affecting women's wellbeing and stability

3. Specialist Domestic Abuse Support

- A **Black, Minoritised and Ethnic (BME)-led specialist domestic abuse service** for Muslim women and girls.
- Advocacy delivered in **community languages**, ensuring culturally informed, accessible support.
- Assistance with:
    - Court processes
    - Immigration challenges, including support for women on spouse visas
    - Access to **Islamic divorce** where needed

4. Culturally Competent Programmes

- Delivery of a culturally and linguistically adapted **Freedom Programme**, including sessions in Urdu and other community languages.

5. Wellbeing, Recreation & Social Connection

- Providing **recreational opportunities** and trips (e.g., visits to London, retreats in Buxton) for women and children who have experienced domestic abuse.
- Access to a range of **sports and physical activities**, including:
    - **Cycling sessions** (beginner to intermediate) to build confidence, independence, and social connection
    - **Walking groups** to encourage regular movement, reduce isolation, and improve mental wellbeing
    - Other wellbeing-focused physical activities
- Activities are designed to:
    - Reduce social isolation
    - Build confidence and peer support networks
    - Improve physical and mental health
    - Support recovery from trauma

Summary of the main activities undertaken for the public benefit

All of Nottingham Muslim Women's Network's activities are designed to **engage, inform and empower** Muslim women and girls. While our programmes primarily address the needs of Muslim women, **all of our services are open and welcoming to all women**, regardless of background, faith, or immigration status.

Nottingham Muslim Women's Network

1. Reducing Inequalities in Access to Support
Many women—particularly those facing language barriers, cultural stigma, or fear of discrimination—struggle to seek help from mainstream services.
By offering advocacy, legal information, and domestic abuse support in **community languages**, we make essential services accessible to women who would otherwise be excluded.
This reduces inequalities and ensures vulnerable women are not left behind.

2. Improving Safety and Preventing Harm
Our specialist domestic abuse services, culturally competent Freedom Programme, and awareness-raising campaigns (such as **16 Days of Activism**) help prevent violence against women and girls.
These activities contribute to a safer society by:

- Increasing awareness of harmful practices
- Encouraging early intervention
- Supporting survivors to rebuild their lives
- Strengthening community understanding of domestic abuse

A safer, more informed community benefits the whole public.

3. Enhancing Wellbeing and Mental Health
Physical activities such as **cycling, walking, and recreational trips** reduce social isolation and improve physical and mental health.
Trauma-informed wellbeing programmes help women recover from abuse, build confidence, and support their families.
Stronger, healthier women contribute to stronger, healthier communities.

4. Supporting Women Who Face Hardship or Poverty
Women with **no recourse to public funds (NRPF)** often face severe financial hardship and homelessness.
The Network provides culturally-sensitive emergency support funded by donations from the wider Muslim community.
This reduces crisis situations, destitution, and the burden on public services.

5. Strengthening Community Cohesion
By providing inclusive, welcoming, and culturally-informed spaces, our activities foster trust, understanding, and participation across diverse communities.
Women who are engaged and empowered are more confident to participate in society, contribute to community life, access education and employment, and support one another.

In summary
NMWN benefits the public by ensuring that **every woman—especially those facing the deepest barriers—can access safety, support, wellbeing, and empowerment**.
This creates a more equitable, healthier, and safer society for everyone.

Nottingham Muslim Women's Network

Public benefit statement
The Trustees confirm that they have complied with the duty in section 17 of the Charities Act 2011 to have due regard to the Charity Commission's general guidance on public benefit, 'Charities and Public Benefit'.

Summary of the main achievements during the period
What did you actually do? (You could add some statistics if you like, and give more detail of your activities):

1. Delivering 390 sessions and reaching over 3,000 women
A significant achievement demonstrating substantial growth, high demand, and deep community reach.
NMWN continues to stand as a leading service for Muslim and ethnically diverse women across Nottinghamshire.

2. Strengthening specialist domestic abuse support for Muslim and BME women

- Delivered specialist, culturally informed domestic abuse advocacy.
- Supported women through court processes, child contact, immigration barriers, and Islamic divorce.
- Delivered the Freedom Programme in Urdu and other community languages. This reinforced NMWN's position as a trusted, specialist-by-experience domestic abuse provider.

3. Expanding physical activity, wellbeing and social connection programmes

- Delivered cycling sessions, walking groups, and women-only sports sessions.
- Provided recreational opportunities including a trip to Cambridge and York.
- Supported survivors of abuse to rebuild confidence, reduce isolation, and support mental wellbeing.

4. Delivering high-impact community campaigns (Active Hearts & 16 Days of Activism)

- Active Hearts: Increased cardiovascular health awareness within the Dales ward, promoting lifestyle changes and early prevention.
- 16 Days of Activism Against Gender-Based Violence: Used culturally relevant methods to raise awareness of VAWG and empower women to speak out.

These campaigns strengthened prevention efforts and community awareness.

5. Providing essential support to women with No Recourse to Public Funds (NRPF)

- Supported NRPF women with emergency financial aid raised from the wider Muslim community.
- Prevented homelessness, exploitation, and crisis situations among the most vulnerable.

A key public benefit and evidence of strong community mobilisation.

6. Increasing accessibility through culturally and linguistically tailored services

- Delivered services in community languages including Urdu, Arabic and others.
- Improved access to justice, safety and support for women excluded from mainstream services due to cultural or language barriers.

This positioned NMWN as a crucial bridge between communities and statutory services.

7. Developing and delivering a Medical English course in partnership with the Women's Centre

A major new achievement in 2025:

- NMWN designed and piloted a Medical English course to support migrant and EAL women pursuing healthcare roles.
- The programme became a formal partnership with the Women's Centre, expanding reach and creating a new pathway into education and employment for women who are often excluded from mainstream ESOL provision.

This demonstrates innovation, workforce development, and strong partnership building.

8. Developing and launching the Wings of Integration programme for asylum-seeking women and girls

A significant new strand of work in 2025:

- Designed and delivered the Wings of Integration programme tailored to asylum-seeking women and girls.
- Focused on informing women of their rights as women living in the UK, including:
    - Rights in family life
    - Safety and protection
    - Accessing healthcare and education
    - Navigating UK systems confidently
- Provided a safe space for asylum-seeking women to ask questions, gain clarity, and build independence.

This strengthened NMWN's role in supporting newly arrived and highly vulnerable women.

9. Maintaining NMWN as a trusted, safe space for Muslim and ethnically diverse women

Throughout 2025, NMWN continued to provide a women-led, culturally safe environment where women feel valued, heard and empowered. Maintaining this level of trust is a key organisational achievement.

The charity's policy on reserves

We were trying to build a three month reserves policy and having secured the Lloyds funding this did go towards building our reserves. But with no new large fund secured for 2026 we do face a challenging time. In order to face this challenge, we have decided to downsize on our office space and reduce our operating hours for 2026 to Monday – Thursday. We will also reluctantly look at reduced staff hours.

Nottingham Muslim Women's Network

Financial review

The end of the Reaching Communities fund and not having had the funding extended due to the funder's criteria for funding having been changed. We are facing a challenging time ahead of us. We find ourselves in critical need for funds to secure our core costs including the two newly created management roles.
The main financial risk is related to not securing core costs soon. As this will mean our operations at the Network will have to be significantly reduced to the delivery of activities already funded by the smaller grants we have received for 2026.

We'd like to thank all of our funders and supporters. Without your support we can not continue to provide much needed support to Muslim women and girls in the community.

Signed on behalf of the charity's trustees:

Signed _____ Date _____
Marsha Brown, Trustee

Independent examiner's report to the trustees of Nottingham Muslim Women's Network for the year ended 31 December 2025

I report to the trustees on my examination of the accounts of Nottingham Muslim Women's Network (the charity) for the year ended 31 December 2025.

Responsibilities and basis of report

As the trustees of the charity you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the charity as required by section 130 of the Act; or
2. the accounts do not accord with those records.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Signed _____ Date _____

Eva Stevens BSc, CPFA

Employee of Community Accounting Plus

Nottingham Muslim Women's Network
Receipts & payments account
for the year ended 31 December 2025

2024 Total Funds £		Note	Unrestricted Funds £	Restricted Funds £	***2025*** Total Funds £
	Receipts				
258462	Grants & donations	2	29005	160008	189013
162	Sales & fees		1054	-	1054
387	Activities income		2526	-	2526
1867	Loan repayments		-	-	-
-	Sundry receipts		61	-	61
260878	**Total receipts**		**32646**	**160008**	**192654**
	Payments				
1710	Accounts & bookkeeping		-	2425	2425
3226	Communications		-	1384	1384
-	Equipment, repairs and renewals		-	2164	2164
2273	Events & activities		620	715	1335
154	Freelance pay		680	6781	7461
1255	Insurances		-	1362	1362
2921	IT costs		-	530	530
1326	Payroll fees		-	1230	1230
922	Printing & marketing		96	190	286
11714	Professional fees		907	8772	9679
408	Refreshments		62	1778	1840
12565	Rent & services		-	12033	12033
768	Service delivery		754	-	754
1488	Stationery & Office costs		-	844	844
940	Training		-	62	62
563	Travel		1217	1615	2832
641	Utilities		-	201	201
-	Materials & resources		26	13	39
13	Sundry expenses		-	-	-
1092	Room hire		-	2067	2067
-	Bank charges		-	103	103
-	Internal contributions		(800)	800	-
169434	Wages, NI & pension		4368	155362	159730
734	Volunteer expenses		-	167	167
214147	**Total payments**		**7930**	**200598**	**208528**
46731	**Net receipts/(payments)**		24716	(40590)	(15874)
68675	Cash funds at start of this period		32118	83288	115406
-	Transfers between funds		8106	(8106)	-
115406	**Cash funds at end of this period**		**64940**	**34592**	**99532**

Nottingham Muslim Women's Network
Statement of assets and liabilities
at 31 December 2025

2024			***2025***
£	**Cash assets**	**Note**	**£**
115297	Bank accounts		99406
109	Cash in hand		126
115406			**99532**
	Other monetary assets		
-	Debtors - Accounts & bookkeeping		547
1016	Prepayments	**4**	2746
1016			**3293**
	Assets retained for the charity's own use		
	General equipment.		
	Liabilities		
(4172)	Creditors	**5**	(5336)
(4172)			**(5336)**

These financial statements are accepted on behalf of the charity by:

Signed _____ Date _____
Marsha Brown, Trustee

Nottingham Muslim Women's Network
Notes to the accounts
for the year ended 31 December 2025

1. Receipts & payments accounts

Receipts and payments accounts contain a summary of money received and money spent during the period and a list of assets and liabilities at the end of the period. Usually, cash received and cash spent will include transactions through bank accounts and cash in hand.

2. Grants & donations

	Unrestricted	Restricted	Total
	£	£	£
Active Notts	-	15343	15343
Epic Partners	-	2145	2145
Lloyds Bank Foundation	25000	-	25000
Coach Core	1750	-	1750
Nottingham City Council	-	13097	13097
Nottingham Turkish Community	218	-	218
PCC Nottinghamshire	-	34968	34968
The National Lottery Community Fund	-	88235	88235
The Big Bike Revival	-	6220	6220
Sundry donations	2037	-	2037
	29005	**160008**	**189013**

3. Funds analysis

	Opening balance	Receipts	(Payments)	Transfers	Closing balance
	£	£	£	£	£
Restricted funds					
Big Bike Revival	-	6220	(6220)	-	-
Health is Wealth	1693	2145	(3804)	-	34
NRPF	54	-	-	(54)	-
Reaching Communities	37507	88235	(125742)	-	-
MOJ 4	9380	26968	(24468)	-	11880
Sports Plus	-	8000	(1647)	-	6353
Stride & Ride	7105	2290	(5506)	-	3889
Welcome Fund	-	9407	(857)	-	8550
Youth Inspired	8490	-	(4604)	-	3886
THHG	7563	-	(7563)	-	-
This Girl Can	9621	16743	(18313)	(8051)	-
Women United	1875	-	(1874)	(1)	-
	83288	**160008**	**(200598)**	**(8106)**	**34592**
Unrestricted funds					
General	32118	32646	(7930)	8106	64940
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Nottingham Muslim Women's Network

The transfer from the This Girl Can fund to the General fund reflects the release of any restrictions on the use of these funds.

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4. Prepayments

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Professional fees	1584
Insurance	1162
	2746

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Wages, NI & pension	4407
Payroll fees	293
Accounts & bookkeeping	636
	5336

6. Premises

The group pay monthly rent for premises and services to Foxhall Business Centre.

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Trustees received no expenses, remuneration or benefits in this period.

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Nottingham Muslim Women's Network

(Registered charity, number 1195648)

Financial statements
for the year ended 31 December 2025

Page	Contents
2 - 7	Trustees' annual report
8	Independent examiner's report
9	Receipts & payments account
10	Statement of assets & liabilities
11 - 13	Notes to the accounts

caPLUS
COMMUNITY ACCOUNTING

Nottingham Muslim Women's Network
Trustees' annual report
for the year ended 31 December 2025

Full name Nottingham Muslim Women's Network

Other names by which the charity is known NMWN

Organisation type Charitable incorporated organisation

Registered charity number 1195648

Principal address Himmah Hub, 37a Gregory Boulevard, Nottingham, NG7 6BE.

Trustees

Marsha Brown, Chair
Maxine Cockett, Vice Chair
Sobia Qazi, Treasurer
Farzana Chaudry, Secretary
Nayab Patel
Shazia Khan
Neghat Khan, until 30.10.25
Shagufta Khan, from 26.2.26

Independent examiner

Eva Stevens, employee of Community Accounting Plus, Units 1 & 2 North West, 41 Talbot Street, Nottingham, NG1 5GL

Governance and management

The charity is operated under the rules of its constitution adopted 27 August 2021.

A person interested on becoming a Trustee will have to complete an application form. They will then be interviewed and it will be discussed at the next Management Committee meeting and if suitable be voted in.

Objectives and activities

- Relieving the needs and suffering of Muslim women in need of such relief due to conditions related to domestic violence and the resulting distress and hardship. In particular, through the provision of counselling, public education, advice and advocacy;
- Promoting social inclusion for the public benefit by working with Muslim women who are socially excluded on the grounds of their ethnic origin, religion, belief, gender and creed to relieve the needs of Muslim women and assist them to integrate into society, in particular by;
    - Providing a local network of support that encourages and enables Muslim women to participate more effectively with and within the wider community;
    - Increasing or co-ordinating opportunities for Muslim women to engage with service providers, to enable those service providers to adapt services to better meet their needs and to encourage community safety.

Nottingham Muslim Women's Network

Our main activities include;

1. Legal Information and Advocacy

- **Monthly legal surgeries** covering family law, domestic abuse, honour-based abuse, child contact, financial matters, and divorce.
- Guidance and signposting to ensure women understand their rights and can make informed decisions.

2. Advice, Support & Advocacy Drop-ins

- **Bi-monthly drop-in sessions** providing practical support around:
    - Housing and homelessness
    - Welfare benefits
    - Employment and training
    - Everyday challenges affecting women's wellbeing and stability

3. Specialist Domestic Abuse Support

- A **Black, Minoritised and Ethnic (BME)-led specialist domestic abuse service** for Muslim women and girls.
- Advocacy delivered in **community languages**, ensuring culturally informed, accessible support.
- Assistance with:
    - Court processes
    - Immigration challenges, including support for women on spouse visas
    - Access to **Islamic divorce** where needed

4. Culturally Competent Programmes

- Delivery of a culturally and linguistically adapted **Freedom Programme**, including sessions in Urdu and other community languages.

5. Wellbeing, Recreation & Social Connection

- Providing **recreational opportunities** and trips (e.g., visits to London, retreats in Buxton) for women and children who have experienced domestic abuse.
- Access to a range of **sports and physical activities**, including:
    - **Cycling sessions** (beginner to intermediate) to build confidence, independence, and social connection
    - **Walking groups** to encourage regular movement, reduce isolation, and improve mental wellbeing
    - Other wellbeing-focused physical activities
- Activities are designed to:
    - Reduce social isolation
    - Build confidence and peer support networks
    - Improve physical and mental health
    - Support recovery from trauma

Summary of the main activities undertaken for the public benefit

All of Nottingham Muslim Women's Network's activities are designed to **engage, inform and empower** Muslim women and girls. While our programmes primarily address the needs of Muslim women, **all of our services are open and welcoming to all women**, regardless of background, faith, or immigration status.

Nottingham Muslim Women's Network

1. Reducing Inequalities in Access to Support
Many women—particularly those facing language barriers, cultural stigma, or fear of discrimination—struggle to seek help from mainstream services.
By offering advocacy, legal information, and domestic abuse support in **community languages**, we make essential services accessible to women who would otherwise be excluded.
This reduces inequalities and ensures vulnerable women are not left behind.

2. Improving Safety and Preventing Harm
Our specialist domestic abuse services, culturally competent Freedom Programme, and awareness-raising campaigns (such as **16 Days of Activism**) help prevent violence against women and girls.
These activities contribute to a safer society by:

- Increasing awareness of harmful practices
- Encouraging early intervention
- Supporting survivors to rebuild their lives
- Strengthening community understanding of domestic abuse

A safer, more informed community benefits the whole public.

3. Enhancing Wellbeing and Mental Health
Physical activities such as **cycling, walking, and recreational trips** reduce social isolation and improve physical and mental health.
Trauma-informed wellbeing programmes help women recover from abuse, build confidence, and support their families.
Stronger, healthier women contribute to stronger, healthier communities.

4. Supporting Women Who Face Hardship or Poverty
Women with **no recourse to public funds (NRPF)** often face severe financial hardship and homelessness.
The Network provides culturally-sensitive emergency support funded by donations from the wider Muslim community.
This reduces crisis situations, destitution, and the burden on public services.

5. Strengthening Community Cohesion
By providing inclusive, welcoming, and culturally-informed spaces, our activities foster trust, understanding, and participation across diverse communities.
Women who are engaged and empowered are more confident to participate in society, contribute to community life, access education and employment, and support one another.

In summary
NMWN benefits the public by ensuring that **every woman—especially those facing the deepest barriers—can access safety, support, wellbeing, and empowerment**.
This creates a more equitable, healthier, and safer society for everyone.

Nottingham Muslim Women's Network

Public benefit statement
The Trustees confirm that they have complied with the duty in section 17 of the Charities Act 2011 to have due regard to the Charity Commission's general guidance on public benefit, 'Charities and Public Benefit'.

Summary of the main achievements during the period
What did you actually do? (You could add some statistics if you like, and give more detail of your activities):

1. Delivering 390 sessions and reaching over 3,000 women
A significant achievement demonstrating substantial growth, high demand, and deep community reach.
NMWN continues to stand as a leading service for Muslim and ethnically diverse women across Nottinghamshire.

2. Strengthening specialist domestic abuse support for Muslim and BME women

- Delivered specialist, culturally informed domestic abuse advocacy.
- Supported women through court processes, child contact, immigration barriers, and Islamic divorce.
- Delivered the Freedom Programme in Urdu and other community languages. This reinforced NMWN's position as a trusted, specialist-by-experience domestic abuse provider.

3. Expanding physical activity, wellbeing and social connection programmes

- Delivered cycling sessions, walking groups, and women-only sports sessions.
- Provided recreational opportunities including a trip to Cambridge and York.
- Supported survivors of abuse to rebuild confidence, reduce isolation, and support mental wellbeing.

4. Delivering high-impact community campaigns (Active Hearts & 16 Days of Activism)

- Active Hearts: Increased cardiovascular health awareness within the Dales ward, promoting lifestyle changes and early prevention.
- 16 Days of Activism Against Gender-Based Violence: Used culturally relevant methods to raise awareness of VAWG and empower women to speak out.

These campaigns strengthened prevention efforts and community awareness.

5. Providing essential support to women with No Recourse to Public Funds (NRPF)

- Supported NRPF women with emergency financial aid raised from the wider Muslim community.
- Prevented homelessness, exploitation, and crisis situations among the most vulnerable.

A key public benefit and evidence of strong community mobilisation.

6. Increasing accessibility through culturally and linguistically tailored services

- Delivered services in community languages including Urdu, Arabic and others.
- Improved access to justice, safety and support for women excluded from mainstream services due to cultural or language barriers.

This positioned NMWN as a crucial bridge between communities and statutory services.

7. Developing and delivering a Medical English course in partnership with the Women's Centre

A major new achievement in 2025:

- NMWN designed and piloted a Medical English course to support migrant and EAL women pursuing healthcare roles.
- The programme became a formal partnership with the Women's Centre, expanding reach and creating a new pathway into education and employment for women who are often excluded from mainstream ESOL provision.

This demonstrates innovation, workforce development, and strong partnership building.

8. Developing and launching the Wings of Integration programme for asylum-seeking women and girls

A significant new strand of work in 2025:

- Designed and delivered the Wings of Integration programme tailored to asylum-seeking women and girls.
- Focused on informing women of their rights as women living in the UK, including:
    - Rights in family life
    - Safety and protection
    - Accessing healthcare and education
    - Navigating UK systems confidently
- Provided a safe space for asylum-seeking women to ask questions, gain clarity, and build independence.

This strengthened NMWN's role in supporting newly arrived and highly vulnerable women.

9. Maintaining NMWN as a trusted, safe space for Muslim and ethnically diverse women

Throughout 2025, NMWN continued to provide a women-led, culturally safe environment where women feel valued, heard and empowered. Maintaining this level of trust is a key organisational achievement.

The charity's policy on reserves

We were trying to build a three month reserves policy and having secured the Lloyds funding this did go towards building our reserves. But with no new large fund secured for 2026 we do face a challenging time. In order to face this challenge, we have decided to downsize on our office space and reduce our operating hours for 2026 to Monday – Thursday. We will also reluctantly look at reduced staff hours.

Nottingham Muslim Women's Network

Financial review

The end of the Reaching Communities fund and not having had the funding extended due to the funder's criteria for funding having been changed. We are facing a challenging time ahead of us. We find ourselves in critical need for funds to secure our core costs including the two newly created management roles.
The main financial risk is related to not securing core costs soon. As this will mean our operations at the Network will have to be significantly reduced to the delivery of activities already funded by the smaller grants we have received for 2026.

We'd like to thank all of our funders and supporters. Without your support we can not continue to provide much needed support to Muslim women and girls in the community.

Signed on behalf of the charity's trustees:

Signed _____ Date _____
Marsha Brown, Trustee

Independent examiner's report to the trustees of Nottingham Muslim Women's Network for the year ended 31 December 2025

I report to the trustees on my examination of the accounts of Nottingham Muslim Women's Network (the charity) for the year ended 31 December 2025.

Responsibilities and basis of report

As the trustees of the charity you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the charity as required by section 130 of the Act; or
2. the accounts do not accord with those records.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Signed _____ Date _____

Eva Stevens BSc, CPFA

Employee of Community Accounting Plus

Nottingham Muslim Women's Network
Receipts & payments account
for the year ended 31 December 2025

2024 Total Funds £		Note	Unrestricted Funds £	Restricted Funds £	***2025*** Total Funds £
	Receipts				
258462	Grants & donations	2	29005	160008	189013
162	Sales & fees		1054	-	1054
387	Activities income		2526	-	2526
1867	Loan repayments		-	-	-
-	Sundry receipts		61	-	61
260878	**Total receipts**		**32646**	**160008**	**192654**
	Payments				
1710	Accounts & bookkeeping		-	2425	2425
3226	Communications		-	1384	1384
-	Equipment, repairs and renewals		-	2164	2164
2273	Events & activities		620	715	1335
154	Freelance pay		680	6781	7461
1255	Insurances		-	1362	1362
2921	IT costs		-	530	530
1326	Payroll fees		-	1230	1230
922	Printing & marketing		96	190	286
11714	Professional fees		907	8772	9679
408	Refreshments		62	1778	1840
12565	Rent & services		-	12033	12033
768	Service delivery		754	-	754
1488	Stationery & Office costs		-	844	844
940	Training		-	62	62
563	Travel		1217	1615	2832
641	Utilities		-	201	201
-	Materials & resources		26	13	39
13	Sundry expenses		-	-	-
1092	Room hire		-	2067	2067
-	Bank charges		-	103	103
-	Internal contributions		(800)	800	-
169434	Wages, NI & pension		4368	155362	159730
734	Volunteer expenses		-	167	167
214147	**Total payments**		**7930**	**200598**	**208528**
46731	**Net receipts/(payments)**		24716	(40590)	(15874)
68675	Cash funds at start of this period		32118	83288	115406
-	Transfers between funds		8106	(8106)	-
115406	**Cash funds at end of this period**		**64940**	**34592**	**99532**

Nottingham Muslim Women's Network
Statement of assets and liabilities
at 31 December 2025

2024			***2025***
£	**Cash assets**	**Note**	**£**
115297	Bank accounts		99406
109	Cash in hand		126
115406			**99532**
	Other monetary assets		
-	Debtors - Accounts & bookkeeping		547
1016	Prepayments	**4**	2746
1016			**3293**
	Assets retained for the charity's own use		
	General equipment.		
	Liabilities		
(4172)	Creditors	**5**	(5336)
(4172)			**(5336)**

These financial statements are accepted on behalf of the charity by:

Signed _____ Date _____
Marsha Brown, Trustee

Nottingham Muslim Women's Network
Notes to the accounts
for the year ended 31 December 2025

1. Receipts & payments accounts

Receipts and payments accounts contain a summary of money received and money spent during the period and a list of assets and liabilities at the end of the period. Usually, cash received and cash spent will include transactions through bank accounts and cash in hand.

2. Grants & donations

	Unrestricted	Restricted	Total
	£	£	£
Active Notts	-	15343	15343
Epic Partners	-	2145	2145
Lloyds Bank Foundation	25000	-	25000
Coach Core	1750	-	1750
Nottingham City Council	-	13097	13097
Nottingham Turkish Community	218	-	218
PCC Nottinghamshire	-	34968	34968
The National Lottery Community Fund	-	88235	88235
The Big Bike Revival	-	6220	6220
Sundry donations	2037	-	2037
	29005	**160008**	**189013**

3. Funds analysis

	Opening balance	Receipts	(Payments)	Transfers	Closing balance
	£	£	£	£	£
Restricted funds					
Big Bike Revival	-	6220	(6220)	-	-
Health is Wealth	1693	2145	(3804)	-	34
NRPF	54	-	-	(54)	-
Reaching Communities	37507	88235	(125742)	-	-
MOJ 4	9380	26968	(24468)	-	11880
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