



Nottingham  
**Muslim Women's**  
Network



# 2024 ANNUAL REPORT

**EMPOWERING WOMEN AND  
UPLIFTING COMMUNITIES**



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[www.nmwn.co.uk](http://www.nmwn.co.uk)



Nottingham Muslim Women's Network, Foxhall Lodge, Foxhall Road, NG7 6LH

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## 01 About NMWN

The Nottingham Muslim Women's Network (NMWN) is a diverse organisation committed to promoting the inclusion of Muslim women in decision-making and providing tailored support services.

Over the past year, we have delivered legal advice surgeries, educational workshops, and community events addressing issues such as discrimination, harmful practices, and social exclusion.

Through our work, we continue to support Muslim women's active participation in society and help shape more inclusive policies and services.





## 02 Vision / Mission

At NMWN, we are dedicated to amplifying the voices of Muslim 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 Muslim women to take an active role in shaping policies and to support and uplift the next generation to reach their full potential.



## **03 Foreword from the Chairs**

As Co-Chairs of the Nottingham Muslim Women's Network, we are proud to reflect on a year that marked a major milestone in our journey—our ten-year anniversary.

Since our founding in 2014, the Network has grown from a grassroots initiative into a vital force for change, advocacy, and empowerment. This anniversary is not just a celebration of longevity—it is a testament to the strength, resilience, and leadership of Muslim women and girls in Nottingham.

In 2024, we honoured this milestone with a series of events and reflections that brought together our community, partners, and supporters. These celebrations allowed us to look back on a decade of impact: from supporting women through crisis and transition, to nurturing leadership and amplifying voices that are too often unheard.

Our work this year continued to build on that legacy. We delivered targeted programmes that addressed mental health, youth empowerment, and community cohesion. We strengthened our advocacy efforts, ensuring Muslim women's experiences are represented in local policy and decision-making. And we deepened our partnerships with organisations across Nottingham to create more inclusive and responsive services.

The impact of our work is visible in the lives of the women and girls we serve—those who have found confidence, community, and opportunity through the Network. It is also reflected in the growing recognition of our role as a trusted voice and connector within the city.

We are deeply grateful to our staff, volunteers, funders, and supporters. Your dedication and belief in our mission have carried us through ten years of growth and transformation.

As we look ahead to the next decade, we remain committed to listening, leading, and lifting up the voices of Muslim women in Nottingham. The journey continues—and we are more determined than ever to make it count.

With gratitude and hope,

**Marsha Brown & Councillor Neghat Khan**  
Co-Chairs, Nottingham Muslim Women's Network



# NMWN

## 04 Meet Our Trustees



**NEGHAT KHAN**  
CO-CHAIR



**MARSHA BROWN**  
CO-CHAIR



**DR SOBIA QAZI**  
TREASURER



**SHAZIA KHAN**  
TRUSTEE



**MAXINE COCKETT**  
TRUSTEE



**DR NAVAB PATEL**  
TRUSTEE



**FARZANA CHAUDRY**  
TRUSTEE

## 04 Meet Our Trustees

The strategic development of Nottingham Muslim Women's Network continued to advance under the committed leadership of key individuals. Our Co-Chairs, Councillor Neghat Khan and Marsha Brown (Founder of Bambuuu), provided invaluable guidance and vision, steering the organisation towards its long-term goals. Alongside them, Dr. Sobia Qazi, Lecturer at the University of Nottingham and Treasurer; Maxine Cockett, Founder of Breaking Barriers Building Bridges; Councillor Nayab Patel; Farzana Chaudry, who took on the role of Secretarial Officer at the Network; and Shazia Khan, whom we were delighted to welcome back to the Board, offered their expertise and insight, enriching our strategic planning processes. Together, this dedicated leadership team has played a pivotal role in shaping the organisation's future direction, ensuring our initiatives remain firmly aligned with our mission to empower Muslim women and girls in Nottingham.





## 05 Meet Our Team



**Zaynab Asghar**  
Manager



**Shanaz Din**  
Office Manager



**Asia Asgar**  
Active Wellbeing Outreach  
Worker & Community  
Campaigns Officer



**Nurgus Khan**  
Outreach &  
case worker



**Fatimah Kallis**  
Administrator



**Rahime Ceylan**  
IT & Social Media  
Coordinator



**Ferda Ozcan**  
Community  
Campaigns Officer



**Malika Miah**  
Events & Programme  
Coordinator



**Caroline Mwangi**  
Case Worker



**Parveen Akhtar**  
Case Worker

### Previous Staff

**Sawsan El-Rifai**  
Events & Programme  
Coordinator

**Naheida Junjua**  
Case Worker

**Haya Odeimati**  
Case Worker

**Marwa Mustafa**  
Community Campaign  
Officer

**Aila Ramadan**  
Case Worker

## 05 Meet Our Team

2024 was another great year for the Nottingham Muslim Women's Network—a year in which our team truly flourished under the leadership of Zaynab Asghar. Staff members grew in confidence and ownership of their roles, driving the Network's work to new heights.

Asia Asghar led our physical activities outreach, engaging women in movement and wellbeing across Nottingham.

Ferda Ozcan, who joined as Community Campaigns Officer after graduating from our volunteer programme, introduced a bold and creative approach to marking the 16 Days of Activism, energising our advocacy efforts.

Rahime Ceylan, our very own techie who joined as IT & Social Media Coordinator after graduating from our first volunteer programme, has contributed to the team in many ways.

Shanaz Din and Fatimah Khallis provided essential support in office management and HR, ensuring smooth operations and compassionate coordination.

Our case workers, Nurgus Khan, Caroline Mwangi, and former colleague Naheida Junjua continued to provide one-to-one support to women in crisis, offering advocacy in community languages. We welcomed Parveen Akhter to the team, and briefly worked with Haya Qdeimati and Aila Ramadan, who supported Arabic-speaking women with advice and care.

During the latter part of the year, Sawsan El-Rafai went on maternity leave, and we welcomed Malika Miah as our new Events and Programmes Coordinator, ensuring continuity in our community engagement.

In addition to these staffing developments, we are proud to share that several team members completed Level 3 in Using Counselling Skills and Level 2 in Mental Health in the Workplace. These qualifications have strengthened our capacity to provide trauma-informed, empathetic support to the women and families we serve.

This year's staffing achievements reflect the strength, adaptability, and professionalism of our team—and their unwavering commitment to supporting Muslim women and girls in Nottingham.

## 06 NMWN Services

### Legal Advice Clinics

Established in 2014, our legal advice clinics have continued to provide free legal guidance on sensitive matters such as divorce, domestic abuse, child contact, sexual exploitation, forced marriage, and other family law-related issues. Throughout 2024, we hosted 24 free legal surgeries in partnership with the Family Law Group. Notably, our legal surgery clinics are open to all women, not just Muslim women, as reflected in the statistics. Additionally, we formed a new partnership with Ring Rose Solicitors and Evolve CIC, introducing a new legal clinic every third Tuesday of the month.



#### Legal Surgery

Every third Tuesday of each month

- Personal injury
- Clinical Negligence
- Family Law
- Wills
- Probate
- Criminal Law
- Family Law



**Free Legal Advice**

- Family law
- Domestic abuse
- Honour based abuse
- Forced marriage & divorce
- Children (contact & residency)

**CULTURALLY SENSITIVE SUPPORT**

To book an appointment:  
Call 0115 837 2627  
Mobile 07826 464722  
Email [enquiries@nmwn.co.uk](mailto:enquiries@nmwn.co.uk)

Nottingham Muslim Women's Network  
NottinghamMWN  
nmwnetwork

**WOMEN ONLY**

9am-12.30pm  
First Tuesday of every month

Family Law Group,  
23 Warsaw Gate,  
Nottingham, NG1 1NU

[www.nmwn.co.uk](http://www.nmwn.co.uk)

### Immigration Advice

In 2024, the Network maintained its provision of appointment-based access to free immigration consultations, offering a contribution towards the legal costs of submitting DDVC (Destitute Domestic Violence Concessions) applications. We extend our gratitude to Nazia Ashraf from AMH Solicitors and Masood Khallis from Raiyad Solicitors for their continued support in assisting clients accessing our domestic abuse support service.

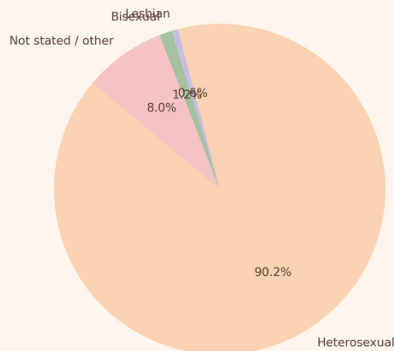
# NMWN

## NMWN Services

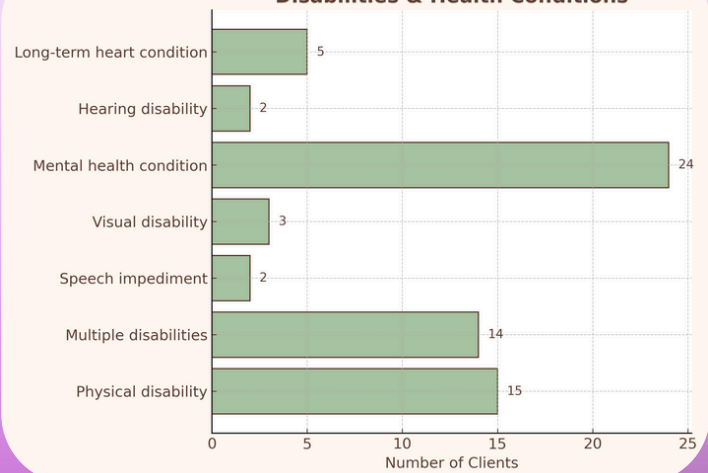
# Supporting Women and Children Experiencing Domestic Violence and Outreach Service

In 2024, the Domestic Abuse Support Service worked with 163 clients, offering specialist, survivor-led support to women from diverse backgrounds across our community. The service provided safety planning, emotional support, advocacy, and signposting, ensuring each client received care tailored to their personal circumstances.

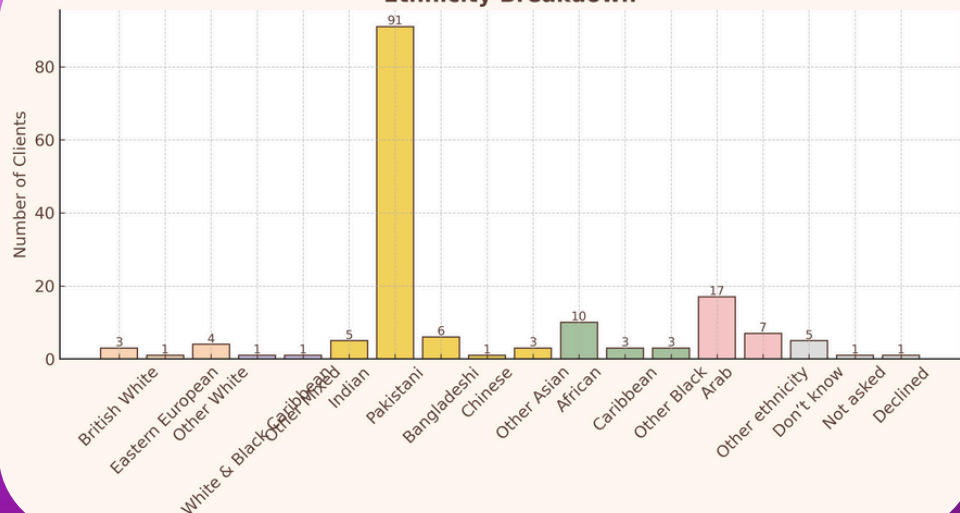
Domestic Abuse Support Service - 2024 Overview  
Sexual Orientation



Domestic Abuse Support Service - 2024 Overview  
Disabilities & Health Conditions



Domestic Abuse Support Service - 2024 Overview  
Ethnicity Breakdown





### Volunteer Training Programme

We developed a 12-week volunteer training programme specifically for Muslim women in Nottingham, aimed at addressing skills gaps and introducing participants to the dynamic women's sector. The programme focused on building essential skills, boosting confidence, and helping participants apply their existing abilities in new contexts. By connecting community strengths with city services, we aimed to empower women to play an active and meaningful role.

The training was delivered in three phases: orientation, practical application, and work placement preparation. Orientation sessions offered insights into the women's sector and skills workshops. The practical phase involved organising community projects, while the final phase prepared participants for and supported them through placements with local women's organisations.

The programme resulted in stronger sector knowledge, successful project delivery, and enhanced transferable skills. Participants built valuable networks that could lead to future employment or volunteering opportunities. Notably, one graduate volunteer went on to join NMWN as a Caseworker. Ongoing collaboration with local partners ensured the programme's sustainability and lasting impact.







Nottingham  
**Muslim Women's**  
Network



## VOLUNTEER TRAINING PROGRAMME 2024

URDU/ENGLISH



28%

ARABIC/ENGLISH



64%

ENGLISH ONLY



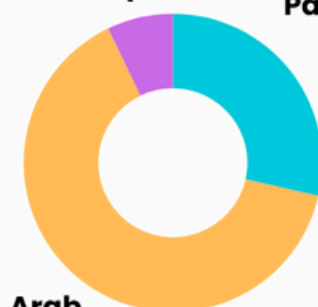
7%



**4 OUT OF 14**  
**SOUTH ASIAN**

English  
1

Pakistani  
4

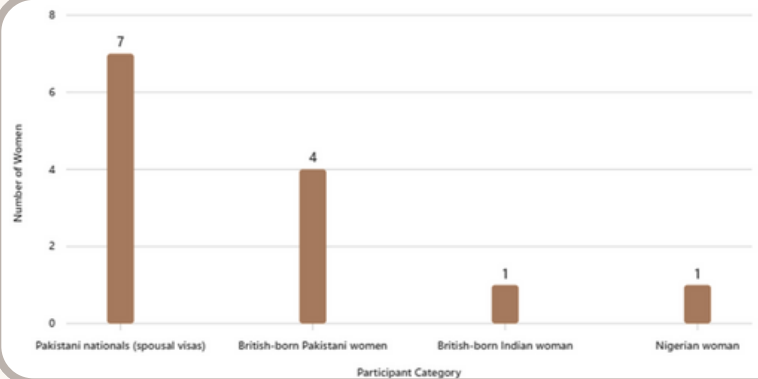


Arab  
9

# Freedom Programme

The **Freedom Programme** is designed to help women understand the dynamics of healthy and unhealthy relationships, particularly in the context of domestic abuse.

**In 2024, 15 women were referred to the programme through Juno Women's Aid.**



### OVERVIEW

- Supports women affected by domestic abuse & coercion.
- Tackles cultural & systemic barriers.
- 15 women referred in 2024 via Juno Women's Aid.

### KEY ISSUES

- Pakistani nationals faced modern day slavery.
- Forced marriage & coercive control issues.
- Pressure to "put up" with abuse due to honour/izzat.
- Multiple perpetrators reported.
- Male privilege recognised as key factor.

## FREEDOM Programme

### PROGRAMME IMPACT

- Clearer understanding of relationships.
- Validation & empowerment to seek help.
- Recognition of systemic & cultural pressures

### RECOMMENDATIONS

- Continue work with Juno Women's Aid.
- Specialist support for migrant women.
- Raise awareness on honour-based abuse.
- Ensure safe housing & legal advocacy.

NMWN

08

# International Women's Day Celebration

International  
Women's  
Day

We had a fantastic International Women's Day celebration at Trent Bridge during the Trailblazers Sports Night on Friday, 8th March. The evening was a powerful tribute to the incredible women & girls in sports, filled with inspiring stories, engaging discussions, and a strong sense of empowerment. It was a privilege to celebrate the achievements of trailblazing women & girls who are breaking barriers and paving the way for future generations. A huge thank you to everyone who joined us in making this event truly special! And huge thank you for this organization to Asia Asghar, Farah Khan, @trentbridge @theblazecricket.

CELEBRATING  
**WOMEN IN SPORT**

FRIDAY 8 MARCH 2024, 5.30PM - 8.30PM  
THE BOUNDARY'S EDGE, TRENT BRIDGE

INCLUDING GUEST APPEARANCES FROM:



MANDY WRIGHT  
Head of Community & Development  
Nottinghamshire CCC



ALEEZA ASGHAR  
Footballer  
Notts County FC



LISA PURSEHOUSE  
Chief Executive  
Trent Bridge



CHARMAINE DALEY  
Workforce Development Officer  
This Girl Can

THIS GIRL CAN TRENT BRIDGE EST. 1838 International Women's Day Nottingham Muslim Women's Network





# NMWN

## 09 10th Year Anniversary



On August 10th, we had the immense joy of celebrating the 10th anniversary of NMWN, a milestone that marks a decade of empowering women and building stronger communities. This special day was made even more meaningful by the presence of our dedicated followers, supportive partners, collaborating institutions, and the incredible women and community members who have been with us on this journey. Your participation, enthusiasm, and shared joy turned this anniversary into an unforgettable event. A heartfelt thank you to everyone who contributed to making this beautiful day even more extraordinary. Your continued support inspires us to keep growing and creating positive change together.



## 10 Campaigns

### THIS GIRL CAN (ACTIVE WOMEN)

This Girl Can Nottingham project has transitioned from mass market to a place-based approach working with different communities and specific demographic to understand the needs. We needed to understand the barriers women face and empowering communities to break them down and remove blockages.

Asia Asghar's role was engaging at a deeper level this project is understanding the community better and support women to happier, healthier lives through physical activity and wellness.







**CYCLING SESSIONS**

Cycling sessions began with beginners learning to ride and grew into a full confidence-building programme. Ten folding bikes were gifted to women who demonstrated leadership potential. The impact was profound:

- One woman now commutes daily by bike, inspiring her community.
- Another taught her daughters to ride—cycling is now a family activity.
- A third gained independence and overcame social anxiety through cycling.

The ripple effects are clear—families are changing, confidence is rising, and women are reclaiming public spaces.

Weekly Chair Yoga classes have engaged over 18 women aged 50–92—primarily first-generation South Asian women. For many, this is their only outlet for movement and community.

Beyond the physical benefits—mobility, circulation, and reduced pain—the sessions have become emotionally transformative. Previously isolated women now find voice, routine, and belonging. As one 84-year-old participant said, “I wait for this every week—it gives me life.”



**CHAIR YOGA**

In partnership with The Lenton Centre, the programme created a private, female-only swimming environment, tailored for South Asian and Muslim women. The response was overwhelming, with sessions expanding and becoming financially self-sufficient.

For many women, swimming was once out of reach. Now, it's a source of strength and joy. As one attendee expressed, “I never thought I'd swim again after marriage. Now I come every week—I feel like myself again.”

**Ladies Only  
Swim Session**

Join us for a women's only swimming session  
with trained instructors on hand to  
help in the water!

**Fridays 6:30 – 7:30pm**

**£4 per person**  
**or included in monthly**  
**Swim Membership!**

The Lenton Centre Willoughby Street Nottingham NG7 1RQ  
☎ 0115 9412422 ✉ admin@thelentoncentre.org.uk

THIS GIRL CAN  
Nottingham City Council  
Nottingham Muslim Women's Network  
TLC

**SWIMMING**

## 10 THIS GIRL CAN (ACTIVE WOMEN)



**FOOTBALL**

The football collaboration with Notts County Foundation has grown into a 58-strong community of women and girls. Designed through co-production, sessions reflect cultural needs and lived experiences.

Highlights include:

- A trip to Port Vale FC, offering a full matchday experience.
- A vibrant Eid celebration hosted at Notts County FC, strengthening bonds among participants and their families.

Feedback has been universally positive, with participants describing pride, excitement, and a newfound sense of belonging.

Nine women were trained through a Walk Leader course, with four continuing to lead vibrant sessions in their own communities:

- Ferda – Leads weekly walks in Wollaton Park, blending local knowledge with a calming, supportive presence.
- Zaynab – Runs Baby Bump and Walk, supporting pregnant women and new mothers in an open, peer-supportive space.
- Sara – Created a virtual walking group to support women with anxiety. Participants log steps, share photos and encouragement via WhatsApp.
- Asia – Leads walks in St Ann's and Sneinton Dale, particularly engaging women from multi-generational, faith-diverse households.

These groups have become pillars of consistency, confidence, and connection.



**WALKING**



## THIS GIRL CAN (ACTIVE WOMEN)



**BADMINTON**

Cricket sessions, once seen as male-dominated, have become hugely popular. In collaboration with Trent Bridge Cricket, two fully booked International Women's Day events showcased cricket and other community sports to wide acclaim.

A participant summed up the experience: "For the first time, I played cricket—not watched it—and it felt amazing."

Three women trained as Badminton Activators now lead twice-weekly sessions. Initially unsure, they've become respected community leaders, fostering fun, inclusive spaces where women of all skill levels can participate without judgment.



**CRICKET**



**DANCE & FITNESS**

Dance, Zumba, and holistic fitness sessions created spaces where women could express themselves freely and joyfully. These sessions offered more than fitness—they became emotional outlets.

One participant noted, "I dance here because it's the only place I can dance like no one is watching."

## THIS GIRL CAN (ACTIVE WOMEN)



**Key Collaborations & Strategic Partnerships**  
A wide-reaching network of partnerships has been central to the success of the programme:

- Badminton England – Delivered women-only and family sessions; trained three women as Badminton Activators.
- The Lenton Centre – Developed bespoke, culturally sensitive swimming sessions for South Asian and Muslim women; sessions are now self-sustaining.
- Cycling UK (Big Bike Revival, Women in Tandem) – Facilitated Learn to Ride sessions, trained Ride Leaders, and secured ten folding bikes through Travel Well funding.
- Active Notts – Co-created the South Asian Women Insight Report, showcased nationally by Sport England.
- Trent Cricket – Ran women-only cricket sessions and hosted impactful International Women's Day events.
- Notts County Foundation – Co-designed football-based activities, including matchday experiences for women and girls.
- Canal & River Trust – Delivered canoeing and narrowboat sessions—first-time experiences for many participants.



### HIGHLIGHT PROJECTS

- Ramadan Recharge – Spiritual walking, filmed yoga, and an online Talking Space with 8+ partner organisations.
- Water Sports – Canoeing and narrowboat trips, expanding outdoor sport access.
- This Girl Can Awards – Celebrated local changemakers, including Special Recognition for the frontline community lead.
- Media Engagement – Features on BBC, Women in Football, Sport England, and local radio stations.
- National Presence – Involvement in the Be Inspired Conference at Wembley and EFL Community Hero recognition via Notts County.



### RECOGNITION & ADVOCACY

- The programme has been widely recognised across national and local platforms:
- Published Articles:
  - South Asian Women and the Stereotype Struggle – Women in Football
  - TGC Nottingham Feature
  - EFL Community Hero write-up
- Media Appearances:
  - BBC Radio Nottingham, BBC National News
  - Radio Faza, Dawn FM
- Speaking Engagements:
  - Women in Football Conference (Wembley)
  - Talking Spaces & Making Our Move forums

**1875**

**SOUTH ASIAN  
WOMEN ENGAGED  
WITH THIS GIRL  
CAN**

**120**

**SESSION  
DELIVERED**

**2000**

**HOURS  
OF CONTACT**



### Supporting Maternity Care

In 2024, we continued our valued partnership with Support Me CIC and Muslim Village through a listening group that provided an important platform for dialogue between Nottingham Maternity Services and Muslim women. We were delighted to be part of the launch of Support Me's Muslim Village Hub in June 2024, which further strengthened our collaborative work. This partnership blossomed with the launch of our new Bump, Baby and Beyond walking group at the Forest Recreation Ground—an idea born from discussions with Ride Wise, a local charity with whom we successfully trained volunteer walk leaders. One of these leaders, our own Zaynab Asghar, was inspired to give back to the community and, after conversations with Ride Wise, identified a dedicated walk for pregnant women at risk of gestational diabetes as the best way to do so. With many Muslim women already using the Forest Recreation Ground for regular walks, we aimed not to reinvent the wheel but to enhance and extend the City's wellbeing offer.



# 16 DAYS OF ACTIVISM

AGAINST GENDER-BASED VIOLENCE

This day kicked off the 16 Days of Activism Against Gender-Based Violence, running through to December 10th, which is Human Rights Day.

As NMWN, we wanted to support Juno and help advance the campaign further.

It was the first time the Network participated in such a large campaign.

Going ORANGE on  
Monday, November 25th

16 Days of Skills  
Auction

16 Friends Challenge

Social Media Activity

## GOING ORANGE

- Started to share the poster on Friday, November 1
- Shared in 4 languages; English, Urdu, Arabic and Turkish.



Backdrop for online meetings



Email signature





## SKILLS AUCTION

- Hosted 5 live auctions on NMWN's YouTube Channel
- Received 24 donated items from individuals and businesses, all of which were sold.
- A total of £505 was raised through five auctions.
  - Lowest-priced item: £5 (Hungrilla gift card)
  - Highest-priced item: £100 (celebration cake)
- Increased our YouTube subscribers from 3 to 33 during the campaign.



## LIVE AUCTION



## DAILY AUCTION ITEMS



## FRIENDS CHALLENGE

### STEP I.

- Asked people to check in on one of their female friends, neighbours, relatives, or family members each day for 16 days.
  - Whether through a visit, phone call, or message,
- These small interactions would remind them they were valued and supported.

### STEP II.

- As a second step, asked people to sign in via LaunchGood - Crowdfunding platform
- Each participant would aim to get 16 friends or family members to donate a small amount (e.g., £5 each), helping raise both awareness and funds for the cause.



- Raised £230 through this initiative.
- No clear indication of whether participants called their female friends, relatives, or neighbours for the campaign.

## DAILY QUOTES

We shared sources of advice and information with the public, service users, family, friends and colleagues every day for the duration of 16 days.

### 16 DAYS OF ACTIVISM DAY #1

“55% of all female homicides are committed by family members or intimate partners, highlighting the alarming fact that home is often not a safe place for women and girls.”



# 16 DAYS OF ACTIVISM

AGAINST GENDER-BASED VIOLENCE

## MEDIA COVERAGE

- Released a press statement.
  - BBC Radio Nottingham
  - Nottingham Post
  - Radio Faza
- Reached out to contacts at other organisations to request their support.

facebook.com/nottinghamshirelive/

THURSDAY, DECEMBER 5, 2024 NOTTINGHAM POST 11

News

## Abuse survivor says network helped her to reclaim her life

ORGANISATION IS CURRENTLY SUPPORTING MORE THAN 70 WOMEN IN THE CITY

By RUCSANDRA MOLDOVEANU

Nottingham Muslim Women's Network

AN abuse survivor has told how she reclaimed her life with the help of a Nottingham charity.

The woman, who wishes to remain anonymous, says Nottingham Muslim Women's Network (NMWN) supported her emotionally, spiritually and practically.

The charity, on Fushell Road, Forest Fields, is currently conducting a 16-day campaign following the International Day for the Elimination of Violence Against Women on November 25.

The campaign will end on Tuesday - Human Rights Day.

The survivor said the first step was not easy, but now feels that she has reclaimed her life back.

"Reaching out for help required breaking down the facade of pretending that life was perfect and courageously opening up about the struggles and adversity I faced."

"Despite this challenge, NMWN's trustworthiness and genuine care encouraged me to share my story and seek justice through their support."

The woman said that the charity supported her with preliminary legal meetings, guiding her through family law workshops and even provided support workers to accompany her to court.

"She was also connected with Shariah law organisations and helped complete her divorce (khula) forms. Khula is a type of Islamic divorce that allows a wife to initiate the process."

The survivor said: "Beyond legal and emotional support, NMWN also signposted me to charities for additional assistance and offered courses that empowered me to upskill and rebuild my confidence. These courses helped me regain a sense of achievement and improved my overall well-being."

"The woman explained that she found out about the charity through social media, adding that, as she struggles with text, the clarity of the posts was crucial in helping her take the first steps."

"There is like contaminated food - don't tolerate it, not even for three seconds."

"Just as you wouldn't consume something harmful, don't allow abuse to infiltrate your life. Speak up and call it out immediately because abuse, if tolerated, can be deeply damaging and even fatal. There is no



AN abuse survivor has told how she reclaimed her life with the help of a Nottingham charity.

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Juno Women's Aid  
Nov 25, 2024 · 🌍

#orange4juno 🧡

Nottingham Muslim Women's Network is with Juno Women's Aid and 8 others.  
Nov 25, 2024 · 🌍

🧡 We Are Going Orange! 🧡

Join us in supporting the Ge... See more



AL\_HURRAYA Posts  
0:49  
0:56  
0:41

👍 Liked by nmwnetwork and 5 others  
al\_hurrraya @nmwnetwork launched the #16daysofactivism and we're joining in!

🧡 We're capturing moments of connection with our friends, families, neighbours, colleagues that show that we care for them and value their presence in our lives.

🧡 Today we have a much needed check-in over voice messages about uni, family, and navigating change on the go, Christmas break travel plans, and some Love is Blind Habibi analysis with a close friend 🧡❤️ shared by Anam!

Check in on your loved ones, talk and connect with them, and share these moments of warmth to join in on the challenge!

## POSITIVE OUTCOMES

- Increased Awareness:
  - 16 Days of Activism Campaign and NMWN's activities gained visibility on social media and press.
- Media Engagement:
  - The Nottingham Post interview boosted our community presence.
- YouTube Growth:
  - Subscribers to our channel grew from 3 to 33.
- Funds:
  - We raised £752 to support NMWN's services for women impacted by gender-based violence.

## CHALLENGES

- Finding the right platform for online auctions was a challenge. Thankfully, Rahime came up with a clever solution—hosting a live auction on Zoom while streaming it simultaneously on YouTube.
- The campaign was planned and executed within a very short timeframe, which put a lot of pressure on me. A well-planned campaign in advance would allow for more effective management.

## 11 Testimonial

Swimming Session-- “ I started learning to swim with the Nottingham Muslim Women’s Network & This Girl Can and I am truly grateful for everything. I was really scared Of water and swimming to the point that the first time I went to the swimming pool I used one of the This Girl Can officers as a shield to create a barrier between myself and the pool. I was shaking. It took a few sessions to even get into the pool and to then have the confidence to learn things in the pool. I never ever, ever would’ve thought that I could say that I feel comfortable in the water and its only thanks to TGC and NMWN that I now can. I recently went on a holiday and it was the first time ever I felt comfortable in the water. For someone like me that is a huge, huge step. I had to stop the lessons for a little while due to health issues but I am looking forward to starting them again. I actually look forward to lessons now. I can’t fault anything from the lessons to the instructions to the lifeguards to the Venus. I’m so so grateful, and always will be.”

DV--Client said that she is happy and very grateful with the support that has been given and really happy with the service she has received from everyone as it has helped gain her more confidence in supporting herself and her children

DV--Client: “I experienced abuse from my ex-husband, and after reporting him to the police, he was arrested but was later released on bail. He then started following me and tried to see our children, falsely telling his family that I was deliberately meeting him. I reported this to the police, and they are handling the issue. The police also referred me to the Nottingham Muslim Women's Network, who has provided vital support by helping me access a solicitor who issued him a warning letter. They also connected me with two more solicitors: one for support with my indefinite leave to remain application as a domestic abuse victim, and the other to start a civil divorce. Since I have limited understanding of English, the network has consistently arranged interpreters for my appointments. I am extremely grateful for their support.”

## 11 Testimonial

Cycling-- “Joining this cycling group has been a transformative experience for me, as I’ve always been passionate about learning to ride a bike, especially to go to work in a more sustainable way. Each week, I make the hour-long bus journey to attend the sessions, and the effort has truly paid off. Recently, I was thrilled to win a free bike from the program, which has been incredibly freeing and exhilarating. Having my own bike has given me a new sense of independence and confidence, and I’m excited to keep building my skills with the support of this amazing community of women.”

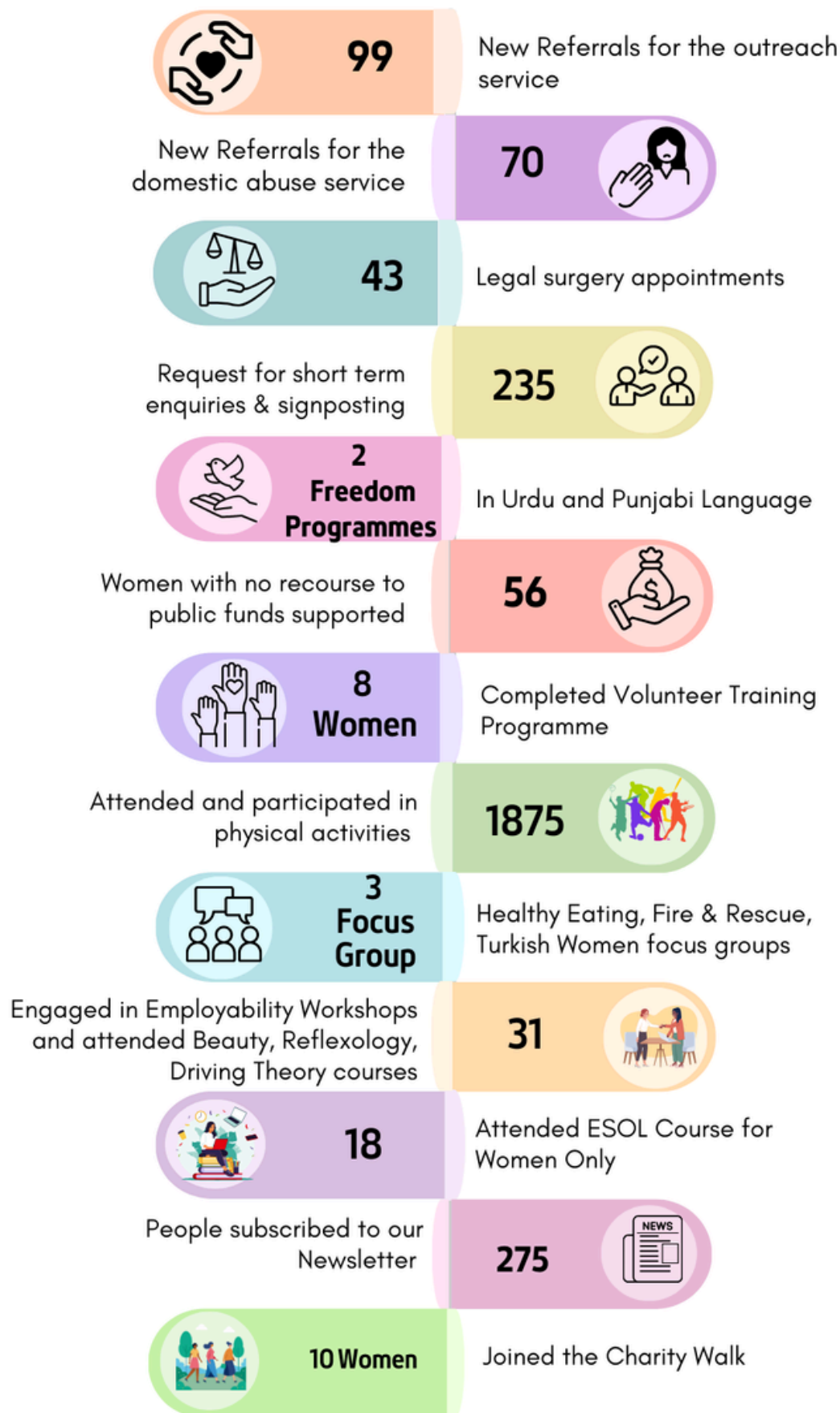
Cycling-- “I would like to express my sincere gratitude for the invaluable support from Asia Asghar and the NMWN. I am truly excited to have acquired my own bike, which now enables me to ride. The NMWN, and especially Asia, have been a significant source of motivation for all the participants. Thank you so much. I am incredibly grateful, and this support has made a real difference in my life.”

Cycling-- “Thanks a lot for bicycle. This has encouraged me. That I can do anything in life your little help by you have given me a chance to move forward in life, you have given me courage you are successful everywhere , Allah bless you”

Football Session-- “This experience I would never be able experience and get access to as my family wouldn’t know how to book or get access to things like this ,pulse we don’t do stuff ;like this as a family. Thank you so much for giving me this opportunity I always look forward to this session all week.”



## NOTTINGHAM MUSLIM WOMEN'S NETWORK NUMBERS-2024



NMWN

13

# Event Gallery- 2024





# Event Gallery- 2024

Registered Charity Number - 1195648

### Cycling Session

*Wednesday's*  
Time :  
Session1 : 11.30am - 12.30pm  
Session2 : 12.45pm - 1.45pm

Location : Near the Café, Forest Recreation Ground Park, Gregory Boulevard., Nottingham, NG7 6HB

*Bikes will be provided*

and instructors teaching you how to cycle and build your confidence

0115 837 2627 / 07826464722 | enquiries@nmwn.co.uk | hammuslimwomensnetwork.co.uk

JOIN US TO

### WALK FOR CHARITY IN WOLLATON PARK

Join us for a 3 mile walk to support Nottingham women who are in need. Each step you take helps "Sisters In Solidarity".

**Monday 4th March 2024**  
11:00am to 1:00pm

**£50**  
Fundraising Target

0115 837 2627 / 07826464722 | enquiries@nmwn.co.uk

## WOMEN'S GOLF

**Booking Required**  
Every Thursdays

Begins  
April 18th  
**2024**  
11.15-12.15 PM  
Ends  
May 23rd

**location**  
At Edwalton Golf Centre Wellin Ln Edwalton, Nottingham

Number - 1195648

To Book scan here

**FOR ALL WOMEN**

BOOKING IS NECESSARY. JUST TURN UP ON THE DAY

STARTING TUESDAY 23RD APRIL 2024  
1.30 PM TILL 2.45PM

LOCATION: Old Sneinton Library  
Sneinton Boulevard  
Sneinton

**CONTACT US**  
0115 837 2627 / 07826464722  
enquiries@nmwn.co.uk

## CHAIR YOGA

JOIN US FOR  
TEA AND SOCIALIZING

REGISTERED CHARITY NUMBER - 1195648





## Community Iftar Event

Come together for an evening of celebration  
and unity with our wider community!

Free Henna Art

Delicious Biryani

Puppet Show

Prizes for Kids

Soulful Nasheed

Art and Crafts

Ramadan Stories

Cookies Art

رمضان  
كريم

3rd April 2024 - 5:30pm to 8:30pm

St Leonard's Community Centre, 4 Bramcote Lane, Nottingham, NG8 2ND

Please bring a traditional dish and wear traditional clothing for the event.

For more information, contact us on 01158372627/ 07826464722

Please ensure to reserve your spot only when you are certain that you will attend.

Women and kids only

Book Now

## CAREER ADVICE

Drop by for personalised  
career advice, next steps,  
and IAG (Information,  
Advice, and Guidance)  
Support.



TIME

Start at

10:00 AM - 15:00 PM

Nottingham  
Muslim Women's  
Network

Nov 4th, 2024

Location

St. Ann's Library  
St. Ann's Valley Centre  
2 Livingstone Road  
Nottingham,  
NG3 3GG

Requirements

- Aged 16+
- Resident of the UK or EU for three years or more,
- Refugee or Asylum status.

Contact us

0115 8372627/ 07826464722

enquiries@nmwn.org.uk



# Event Gallery- 2024



Nottingham Muslim Women's Network

**VOLUNTEER PROGRAM**  
FOR FREE 10 WEEK TRAINING SESSIONS.

**WHY NOT JOIN US FOR FREE TRAINING?**  
EXPAND YOUR SKILLS, BOOST YOUR CONFIDENCE, AND DISCOVER YOUR TRUE POTENTIAL

**CERTIFICATES** ON COMPLETION OF THE COURSE

GAIN AN INSIGHT INTO COMMUNITY DEVELOPMENT, BUDGETING AND ORGANISING COMMUNITY EVENTS

**DOMESTIC VIOLENCE \* FGM \* HATE CRIME**

**CV WORKSHOP** EXTRA SUPPORT WITH WRITING YOUR CV

FOR MORE INFORMATION ABOUT THIS EXCITING PROGRAM, CONTACT US OR BOOK VIA EVENTBRITE:  
enquiries@nmwn.co.uk  
077 77 07826 464722  
nmwnetwork.co.uk

**EVERY MONDAY**  
13TH MAY - 22ND JULY  
10 AM TO 1PM  
St Ann's Valley Centre  
Livingstone Road  
NG3 3DQ





NMWN

# 13 Event Gallery- 2024





## 14 Future Plans



### Expanding Active Travel

Walking and cycling sessions across Nottingham will grow, helping more women and girls get active.



### Building Volunteer Leaders

More volunteer leaders trained to inspire and support their communities.



### Broadening Physical Activities

New Activities designed to engaged and empower women and girls.



### Listening to Young Women

Youth provision shaped by the voices and ideas of young women we represent.



### Bespoke Domestic Abuse Support

Continuing our trauma-informed, trusted service in multiple community languages.



### Expanding Cultural Reach

New Turkish staff members helping us connect with more Muslim women and girls.



### More Listening Groups

Additional community-language listening group across Nottingham to ensure every voice is heard.



### Targeted Outreach & Innovation

Piloting wellbeing programmes for women with gestational diabetes and forging stronger partnership to reach those most at risk.

# 15 Appreciation

*NMWN extends heartfelt thanks to all the women, children, and young people who have taken part in our activities over the past year. We also sincerely appreciate our partners, collaboration is key to delivering our services effectively and efficiently, and your support strengthens our work. We're equally thankful to our founders for their continued support.*

*So  
Grateful  
for Your  
Support!*



# 16 Funders & Supporters -2024

We are deeply grateful to the funders and partners who supported Nottingham Muslim Women's Network throughout 2024. Their investment in our mission has enabled us to expand our services, strengthen our team, and deepen our impact with Muslim women and girls across Nottingham.

- Reaching Communities Fund

Provided core funding to sustain the Network's operations, including the creation of two new posts: a Manager and a Community Campaigns Officer. It also supported the delivery of a 12-week Volunteer Programme, helping to build capacity and leadership within the community.

- Make Notts Safe 2022–2025

Funded our Community Activism Programme and Freedom Programmes, as well as our Domestic Violence Advocacy work. It also contributed to essential office costs, including the Oasis license.

- Ministry of Justice

Supported our Domestic Abuse Service, including provision for clinical supervision for staff—ensuring safe, trauma-informed care for survivors.

- Women United

Enabled targeted work with women in Aspley, raising awareness of Prevent and equipping participants with tools to identify signs of online grooming and radicalisation.

# 16 Funders & Supporters -2024

- The Big Bike Revival

Funded cycling sessions that taught Muslim women how to ride bikes and build confidence navigating Nottingham's streets—promoting physical wellbeing and independence.

- Community Champions / Nottingham City Council / PCT

Supported healthy eating workshops and cooking sessions, helping women explore nutrition and wellbeing in culturally relevant ways.

- Awards4All – Youth Inspired

Funded a youth project aimed at young Muslim women and girls, helping them build confidence and challenge harmful cultural practices through creative and empowering activities.

- Nottingham City Council & Active Notts – This Girl Can

Enabled the development of culturally appropriate and safe health and wellbeing activities, encouraging Muslim women to engage in physical activity in inclusive environments.

We thank each of these funders for their belief in our work and their commitment to equity, empowerment, and community-led change.



## 17 Help 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.

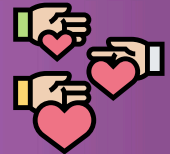
You can donate by:  
PayPal: visit [www.nmwn.co.uk](http://www.nmwn.co.uk) and click on Donate

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



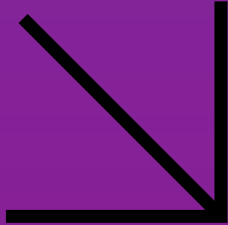
### Fundraise

Get creative and raise funds to support our work:  
Take part in a sponsored challenge  
Host an event or activity in your community

# NMWN

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## Contact Information



[WWW.NMWN.CO.UK](http://WWW.NMWN.CO.UK)



[ENQUIRIES@NMWN.CO.UK](mailto:ENQUIRIES@NMWN.CO.UK)



FOXHALL LODGE, FOXHALL  
ROAD, NG7 6LH



01158-372-627

