

NOUR

England & Wales - Charity number 1144213

Details

Other names NOUR- DOMESTIC VIOLENCE

Status Registered

Legal form Other

Registered 2011-10-11

Register [View on the Charity Commission register](#)

Contact

Address Unit 216
Lock Studios
7 Corsican Square
London

Phone 07598 741 934

Email info@nour-dv.org.uk

Website www.nour-dv.org.uk

Activities

Objects: 1. To relieve the needs, and preserve and protect the physical and mental health of those who are suffering from or have suffered domestic violence, sexual violence or childhood abuse in minoritised communities, in particular, but not exclusively, those from the Muslim communities. This will be through trauma-informed, culturally competent services the trustees think fit, including but not limited to the provision of counselling, legal advice and practical, financial and emotional support. 2. To advance the education of the public in the subject of domestic abuse, sexual violence and childhood abuse, in particular, but not exclusively, among the Muslim community and to work with the perpetrators of domestic violence with a view to rehabilitate them.

Activities: We provide trauma-informed, culturally competent services to adult survivors of abuse, including, but not limited to, survivors of domestic abuse, sexual violence and childhood abuse. We provide free counselling, legal advice, emotional and practical support, financial assistance amongst other services, to survivors from minoritised communities in the UK.

Classification

- **How:** Makes Grants To Individuals, Provides Services, Provides Advocacy/advice/information, Sponsors Or Undertakes Research, Other Charitable Activities
- **What:** General Charitable Purposes, The Advancement Of Health Or Saving Of Lives, The Prevention Or Relief Of Poverty, Economic/community Development/employment, Human Rights/religious Or Racial Harmony/equality Or Diversity, Other Charitable Purposes
- **Who:** People Of A Particular Ethnic Or Racial Origin, The General Public/mankind

Geography

- **Area of benefit:** UNDEFINED. IN PRACTICE, LOCAL.
- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£306,889	£290,914	-	-
2024-03-31	£250,824	£215,786	-	-
2023-03-31	£162,050	£162,786	-	-
2022-03-31	£60,622	£72,826	-	-
2021-06-16	£196,128	£128,844	-	-

Trustees

Name	Role	Appointed
Mahfuja Ahmed		2013-11-14
Morium Ali		2019-01-01
Nehara Begum		2022-09-03

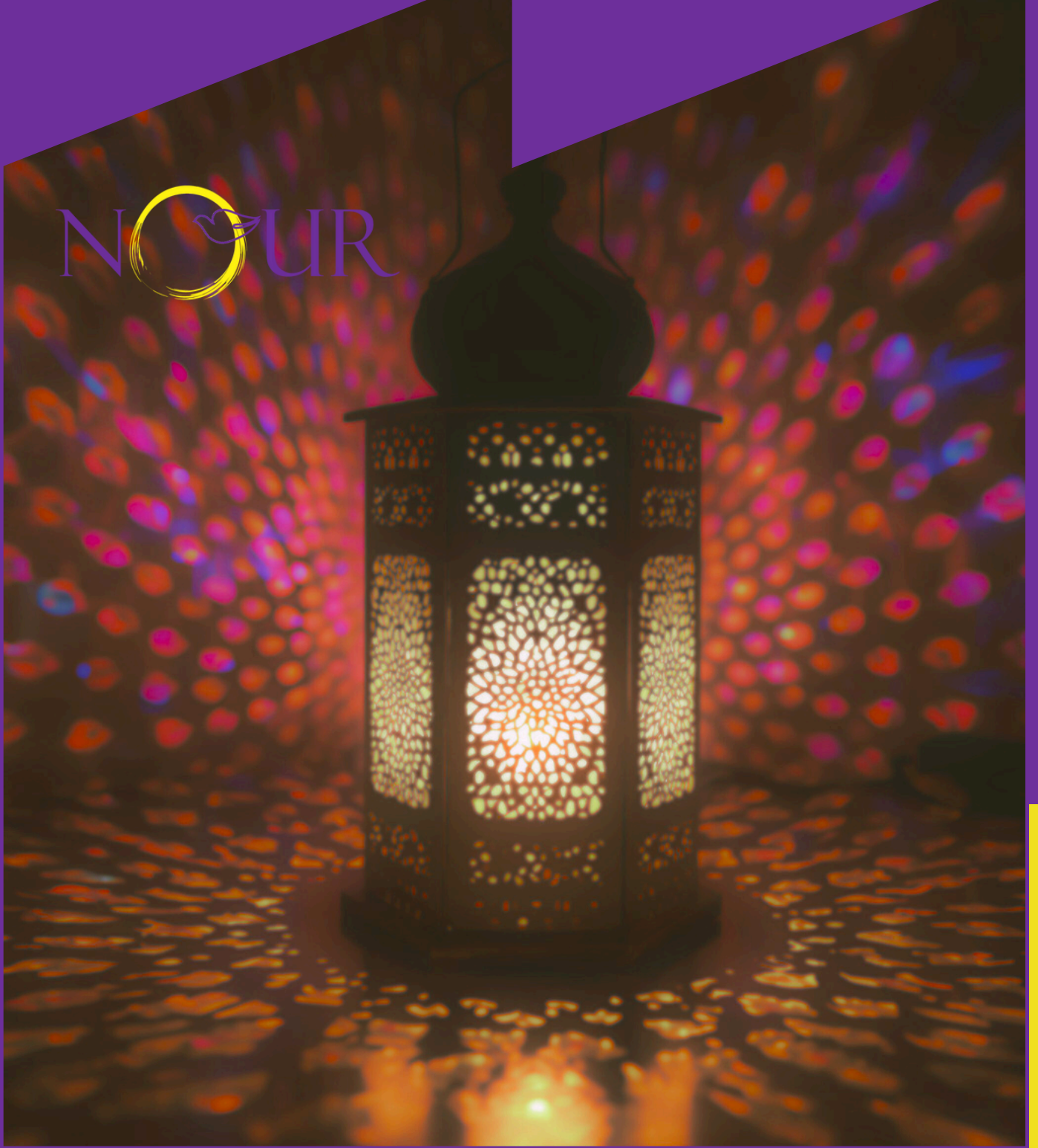
NOUR

England & Wales - Charity number 1144213

Accounts



NOUR



TRUSTEES ANNUAL REPORT &
FINANCIAL STATEMENTS FOR THE YEAR ENDING
31 MARCH 2025

Nour

A healing light

2024-2025

Charity Number: 1144213

Table of Contents

I am shadow, I am light
A paradoxical dance
To know me deeper
Sit beside me in darkness
For shadows are only seen
When illuminated
And light appears brighter
Contrasted by darkness
Each is an essence
of our cosmic universe
Each integral
To being deeply human

Waheeda Islam, Chief Executive
In honour of those we serve



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About Nour

Nour was established in 2010 by two university students from minoritised backgrounds who were moved by stories of untold suffering within minoritised communities due to abuse. They established Nour to address the gap in therapeutic and support services which could meet the cultural and religious nuances that shape an individual's experience of abuse, trauma and healing.

Nour has been supporting survivors in London and across the UK for 14 years. Our services are open to all and we bring specific expertise in supporting female survivors from Muslim communities. We provide long-term support, tailored to survivors' individual needs, encompassing emotional, practical, financial and legal support alongside community education, addressing barriers survivors face on their journey to safety.

Vision

A society where individuals live free from abuse and contribute positively to their communities and the world.

Mission

Nour is dedicated to preventing and addressing abuse in all forms, physical abuse, sexual violence, psychological abuse and childhood abuse—within minoritised communities, particularly Muslim communities.

Values

Led by and for minoritised women, Nour's mission is to overcome the injustices and inequalities experienced by survivors of abuse. We live our values with compassion, connection, justice, equity, humility, integrity and empathy integral to our way of working.



Over the last 3-years, we have supported **1,098** Domestic Abuse victims/survivors (London) with:

- **90%** reporting improved mental-health (counselling);
- **85%** reporting increased confidence through accessing various Nour services
- **95%** reporting reduced financial stress (hardship-grants).

Chief Executive's Reflections

Weaving Relationships, Illuminating Pathways

I feel deeply honoured to lead Nour as its Chief Executive. Our team brings not just expertise, but lived experience that shapes everything we do, making Nour truly led by and for the communities we serve. At Nour, healing happens through genuine human connection; safety built in soft, healing light through consistent presence, cultural attunement, and the willingness to journey alongside those we serve with profound empathy and compassion.

As a deeply relational service, we build strong alliances with other organisations just as much as we do with our clients and the communities we serve, providing support and shared learning as respected and equitable partners. This year, Nour has delivered services on behalf of MOPAC and through a Home Office-funded consortium with the London Community Foundation, while developing survivor voice through Rosa's Stand With Us programme. We're grateful for the support of Lloyd's Bank foundation for strengthening our capacity, and for Canary Wharf Group and Islamic Relief grants which enabled us to further deepen our work with minoritised communities.

Our bilateral referral partnerships are flourishing with specialist organisations and we receive significant referrals from refuges, voluntary sector partners, and statutory services. We achieved Recognised Counselling Service status with the National Counselling & Psychotherapy Society, recognition of our deeply relational, trauma-responsive and culturally-attuned model of counselling.

Recognised Counselling Service

This year we have achieved a Recognised Counselling Service status with the **National Counselling & Psychotherapy Society**.



We understand that individual healing and collective liberation are intertwined. Led by and for minoritised women, we bring a decolonised approach that refuses to separate care from justice-making. Weaving together compassion and action in every interaction.



Waheeda Islam is Nour's Chief Executive, a Senior Psychotherapist and Clinical Supervisor

"We at The London Community Foundation are proud to partner with Nour as a grantee of the MOPAC VAWG Grassroots Fund. Their unique experience and trauma informed approach of working with the most marginalised women in London is bridging a critical gap. They recognise the ever-changing needs in the women they support - they are aware of how a lack of support network, language skills and trust in mainstream services affects the ability to heal from violence and abuse.

I find their team is incredibly diligent with spend, reporting and they engage well with The London Community Foundation and other VAWG charities. I'd recommend Nour for funding."

Nimat Jaffer
VAWG Programme Manager
The London Community Foundation

We create spaces where survivors are met with cultural attunement, where they don't have to explain their identity before being allowed to heal, where their whole selves are welcomed. This is what it means to illuminate pathways beyond abuse and trauma: addressing not just individual experiences of violence but all the systems that perpetuate harm.

Thank you for being part of Nour's community. Together, we continue weaving relationships and illuminating pathways toward healing and liberation.

Chair of Trustees Message



Mahfuja Ahmed is Director, Nour's Chair of Trustees and co-founder. Mahfuja works in research as a Senior Clinical Trial Manager

Survivor's voices shaping our services

I am proud to reflect on another year of commitment to supporting those affected by domestic abuse. Nour has continued to provide vital, survivor-centred services, offering safety, advocacy, and hope to those who need it most. A much needed trauma responsive, culturally attuned charity.

Demand for our services has remained high, highlighting the ongoing need for specialist domestic abuse support. Despite financial pressures and increasing complexity of cases, the charity has continued to deliver its work through the dedication of our staff and volunteers, and the strength of our partnerships.

"Minoritised women carry layers of baggage before they are seen as survivors. They have to explain 'where they come from', their culture, their faith, their personality and presentation before they are seen as survivors worthy of acknowledgement and value"

Survivor panel participant

I would like to thank our staff, volunteers, funders, partners, and supporters for their continued commitment, and to recognise the courage of the survivors who place their trust in Nour, particularly those participating in our user-led panel, offering vital insights to shape our services. Looking ahead, the Board remains focused on sustainability, growth, and continuing to work towards a future free from all forms of abuse.

Trustees' Report

Nour received donations, grants and other income worth £306,889 compared to £250,824 in year ended 31 March 2025. The statement of Financial Activities portrays that Nour spent £290,914 on charitable activities.

At 31 March 2025 we carried forward a positive bank balance of £165,010.

Structure, Governance and Management

Nour is a Constituted Charity and Unincorporated Association. Trustees meet for quarterly board meetings.

Risk Policy

Nour trustees continue to review risks to the charity. Nour's trustees are satisfied that due process is being followed to ensure risks are managed. The charity has secured multi-year funding from mainstream funders, including MOPAC, Tower Hamlets Healthy Equity Fund and from faith-based charities, including Islamic Relief and Global Relief Trust. Nour trustees continue to discuss diversifying funding through other sources, including paid-for counselling services, community events and challenges and discussions have started with philanthropists and grant-makers from minoritised communities to ensure Nour's services are sustained and protected.

Public Benefit

- To relieve the needs, and preserve and protect the physical and mental health of those who are suffering from or have suffered domestic violence, sexual violence or childhood abuse in minoritised communities, in particular, but not exclusively, those from the Muslim communities. This will be through trauma-informed, culturally competent services the trustees think fit, including but not limited to the provision of counselling, legal advice and practical, financial and emotional support.
- To advance the education of the public in the subject of domestic abuse, sexual violence and childhood abuse, in particular, but not exclusively, among the Muslim community and to work with the perpetrators of domestic abuse with a view to rehabilitate them.

Trustees Declaration

The trustees declare that they have approved the trustees' report above. Signed on behalf of the charity's trustees.

M. Ahmed
Mahfuja Ahmed

M. Ali
Morium Ali

N. Begum
Nehara Begum

Reference and Administrative Details

Charity name	Nour
Other name the charity uses	
Registered charity number	1144213
Charity's principal address	Unit 216 Lock Studios 7 Corsican Square London E3 3YD

Reserves policy

The trustees aim to maintain free reserves in unrestricted funds at a level which equates to approximately four months of unrestricted charitable expenditure. The trustees consider that this level will provide sufficient funds to continue providing the free counselling service which is offered to the beneficiaries as well as maintaining our staff. The trustees consider that a level of six months is sufficient, which allows trustees to acquire funding from either the public domain or grant applications.

Unrestricted Reserves Held: £45,461

Programme Manager's Overview

Snapshot of our year

2024- 2025 has been a busy year for Nour. We have continued to strive to increase capacity across all our services to meet demand. Our focus is still on providing wrap-around support as a model that nurtures safety and trust between the charity and those we serve. Our services have grown in popularity amongst new organisations that refer their clients to us for our specialist support. Our relationships with partners and other organisations in the field has enabled us to signpost our clients to other services we know and trust.

Our approach is to provide a one stop shop service so that survivors can return to us as many times as is needed in their healing journey, so they have the best chance at recovering from the emotional, physical, spiritual and financial impacts of abuse. We have continued to listen to those who access our services and respond with change and commitment to their emerging needs.

We remain a by and for organisation, representative of the communities we serve, with the majority of staff having lived experience of the issues we support.

Our culturally competent approach facilitated deeply relational interactions with people of diverse cultures who overwhelmingly face intersectionality; nurturing safe & compassionate environments that fostered deeper engagement and collaboration. This approach enabled our beneficiaries to progress towards greater healing and leading fulfilled & meaningful lives.

Counselling Service

Counselling and psychotherapy remain the most referred to support service we provide. The team is made up of several senior psychotherapists and 13 counsellors in training – all from diverse backgrounds and many offering sessions in several community languages.

Restructure

We have now settled into our restructure and have observed huge improvements in work efficiency and the clinical support of staff and volunteers.



Laura Cullen is Nour's Programme Manager, overseeing our support services and managing coordination of Nour's counselling allocations

Expanding hardship grants programme

Our hardship grants programme has processed and awarded many grants over the past year, helping survivors meet essential needs as well as move on from abusive relationships. We have awarded grants that have helped clients pay for essential bills, buy clothing and food, purchase household items such as beds, cookers and pushchairs.

We have also provided budgeting and financial management advice, as well as completed assisted grant applications for third party organisations and statutory services when applicable. Money worries often exacerbate stress and anxiety, impacting daily life. Our hardship grant is an essential aspect of our work and continues to grow in capacity and need. Financial insecurity is a real concern for our clients and we work hard to both provide the practical support to alleviate hardship but also the tools to improve their financial situation for the future by providing tailored advice.

Feedback from a Trainee Counsellor

Working at Nour has been the highlight of my counselling training. The people here are incredible, and the quality of the support for trainees is high. It's an honour to be a part of this community and to be a part of the journey of the clients I am working with.

Data collection & New CRM

Survivor voice continues to be a priority, and we continue to make it easier for those who access our services to provide their thoughts and feedback on our services and support services in general. We use this feedback to better support them and to make adjustments to the services we offer when possible. We have successfully moved over to a new CRM system and staff key have been trained and are now using the new system to track client support and manage waiting lists more conveniently. The system will enable us to report on our work more easily and provide figures to support funding applications to continue and expand our services.

Public awareness campaigns to create lasting change for generations

We are extremely proud of our public awareness campaign which has been developed with significant contributions from survivors, Nour employees, and volunteers, creating impactful stories to raise awareness in the general public. Nour understands that community support is vital in breaking cycles of abuse, addressing taboos, and developing healed communities where survivors are well supported and abusers are held to account. This year our campaign was titled '**Our Community Our Responsibility**' bringing home the sense of individual responsibility in ending abuse in our communities.



Our campaign message was shared across all Nour's social media platforms and sent in direct messaging to our supporter database, reaching thousands of people. Campaign videos and social media posts received incredible feedback from survivors and supporters, many were moved by the stories of hidden suffering. You can find them on our YouTube site, links have been shared below.

£35,967
Raised from public donations



FILM 1:
'HER GROUNDHOOG DAY'

@nourdv:
[https://youtu.be/przpl-nTxfU?
feature=shared](https://youtu.be/przpl-nTxfU?feature=shared)



FILM 2:
'A DAY IN THE LIFE'

@nourdv:
[https://youtu.be/przpl-nTxfU?
feature=shared](https://youtu.be/przpl-nTxfU?feature=shared)

Service Delivery Report

Our year in numbers

649

Survivors of abuse accessed culturally-attuned, trauma-responsive services

180

New clients referred

52

New clients accessed support & advocacy services

47

New clients accessed trauma-responsive counselling

46

New clients accessed financial assistance from Nour's hardship grants

29

New clients accessed legal advice

23

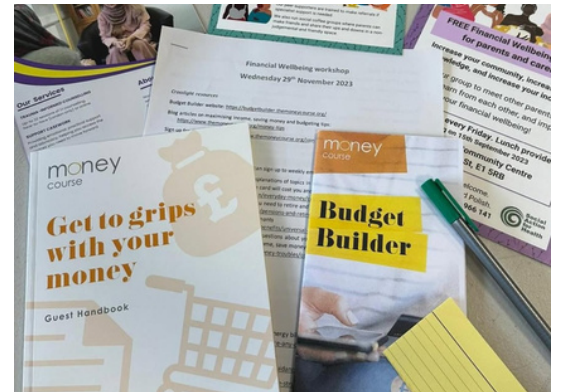
New clients accessed spiritual advocacy

Service Delivery Report

Our year in numbers

£31,552.68
Hardship
Grants

Distributed in hardship grants. Clients have also been supported with financial advice, debt management support and budgeting skills.



40
Hampers of
Hope

For women and children fleeing violence. Hampers were filled with personal care items, essential food staples, and creative activities for children.



13
Community
Languages

Nour's counselling and support services have been delivered in 13 community languages including; Somali, Urdu, Bengali, Turkish, Spanish, Sylheti, Punjabi, Gujarati, Farsi, Arabic, French, Pashto and Hindi.



243
workshop
and events
attendees

Nour delivered 14 awareness raising events and workshops to the community, online and in-person in community spaces.

Service Delivery Report

Our life-changing services



Counselling

We delivered trauma-responsive counselling through qualified senior psychotherapists and counsellors. Clients received up to 22 sessions of trauma-informed culturally competent counselling, delivered in multiple community languages, including; Somali, Urdu, Bengali, Turkish, Spanish, Sylheti, Punjabi, Gujarati, Farsi, Arabic, French, Pashto and Hindi.



Support & Advocacy

We provided general emotional and practical support, alongside advocacy and facilitating referrals to external services. Practical support enabled clients to re-integrate into community spaces, building confidence, reducing fear and expanding their support networks. Support workers maintain regular contact with high-risk clients such as those who lack a support network, those with suicidal ideation or in abusive relationships. Nour's team offered support with; welfare benefits, safety planning, emotional support, housing advice, immigration and employment.



Legal Advice

We delivered legal advice through qualified solicitors who are experts in family law and working with domestic abuse survivors. This vital service offers survivors of abuse the guidance and support they need to navigate legal challenges related to family law, and safety and protection from abusers.



Spiritual Advocacy

Survivors of spiritual abuse were supported by advocates who are specifically trained in Islamic law, to combat spiritual abuse that is often used as a means of controlling and repressing the voice survivors of abuse. This team is critical to countering harmful narratives about Islam, and the idea that those living with abuse should endure abuse as a sign of having '*sabr*' (*patience*). Advocates provide clarity and remove blame from survivors and are crucial to rewriting narratives in the Muslim community.

Service Delivery Report

Celebrating survivor journeys



Afternoon Tea with Nour

Nour's afternoon tea event is the most popular event of our annual calendar, with tickets selling out soon after release. More than 70 survivors and supporters, who wanted to show their solidarity for Nour's work, joined our Tea Party. The day marked a celebration of the journey for many women in the room who have made the journey of recovery from abuse and celebrated the courage of others who are seeking help now. The programme was filled with engaging, reflective and heartfelt connections. Attendees heard the story of one survivor who spoke about the challenges she faced when she decided to leave her abusive husband and the barriers to accessing support.

Nour's Senior Psychotherapist, **Sandra Ortiz**, shared a collective grounding exercise for attendees to experience the power of the body to help release and regulate emotional trauma which is trapped in the body. The Emotionally Focused Therapy (EFT) session witnessed the unison of everyone's heart beating together beautifully, with many attendees feeling connected to a powerful energy in the room.

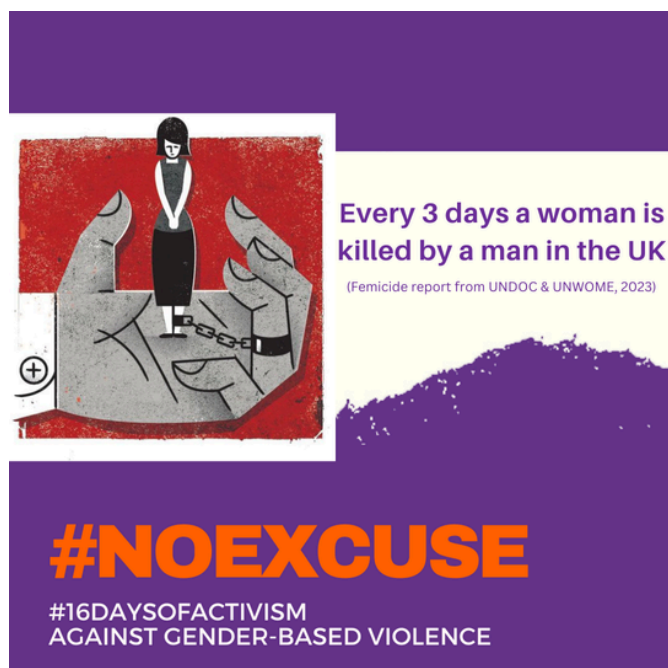
We also offered guests some light entertainment with poetry, table quizzes with some attendees winning beautiful hampers filled with books, toiletries and wellbeing treats. All items were donated and we are thankful to our donors for their generosity. And of course, the Open Mic session was such a hit! We heard the creative words of many talented women in the room, sharing inspiring messages, opening up about their personal stories of healing and warming hearts with deeply moving poetry.



Service Delivery Report

16 Days of Activism

Events continue to be an important part of our work to celebrate survivors and raise awareness on issues around abuse that impact all of our communities. To mark UNICEF's '16 Days of Activism' against gender-based violence we shared awareness raising posts on our social media platform to highlight the devastating impacts of abuse on women.



Tea & Harmony

As part of our planned activity to support 16 days of activism, Nour organised an event that focused on sharing new approaches to healing from trauma. At Nour's Tea & Harmony event we invited a breath-work practitioner to introduce the art of breathwork as a therapeutic tool in connecting and finding safety in the body - a common challenge for survivors of abuse and trauma who often feel disconnected from their bodies due to years of living in survival response. The breathwork session was fully booked with participants sharing that they found the experience relaxing, centring.

The breathwork exercise was followed by a relaxing painting session, another approach to healing by engaging the creative part of the brain.



Service Delivery Report

Changing public perceptions



Free Webinars

Online Mental Health Webinars

Sessions led by experienced psychotherapists

Tuesday 4th February 2025
How trauma affects our lives

Tuesday 11th February 2025
A woman's conversation on sexual health

Tuesday 18th February 2025
Understanding neurodiversity

Tuesday 25th February 2025
Spiritual abuse in Muslim communities

Each session will be online (Zoom)
Time: 7:15pm - 8:30pm

To register, visit
www.nour.org.uk/webinars

NOUR

Nour is committed to addressing the root causes of abuse in our communities which includes societal factors such as patriarchal structures, gendered roles, cultural norms and stigma. We delivered webinars attended by more than 100 people to help dismantle harmful traditional beliefs, inform and engage the public into a dialogue about abuse, to remove shame and stigma carried by survivors and experienced within their families and communities. We delivered webinars on a range of topics including;

- How trauma affects our lives
- A woman's conversation on sexual health
- Understanding neurodiversity and
- Spiritual abuse in Muslim communities



Workshops form an essential part of work in raising awareness of the many forms of abuse and promoting the support that is available. We have delivered 12 workshops that promote mental wellbeing and healthy relationships. We offer the workshops, that are delivered by the Nour's support and counselling staff, to existing community groups and also open them up online for all to access. Our message is clear - abuse should never be tolerated, and the community has an important role in sharing this message. In delivering education on what constitutes healthy relationships, we empower communities to know what behaviour is acceptable - regardless of cultural norms and traditions.

We have tailored presentations to meet the needs of different groups, taking into account language barriers and accessibility needs, particularly when working with groups who live with sight loss.

By taking our workshops direct to the community, we have received referrals from survivors who have been struggling alone and were not aware that support is available.



Service Delivery Report

Therapeutic walking group



Nour's Walk & Talk group connects survivors to a support network. Led by our therapeutic team the walks to encourage a healing connection between the group and in nature, building their confidence to access local parks and greenspaces. Our walk and talk sessions take place in local parks providing a different experience of healing, particularly beneficial for survivors who have been prevented from leaving their homes or feel anxious to walk out alone.

The group support provides survivors who are lonely or isolated an opportunity to meet others in a safe space. This encourages a healing connection within the group and in nature, building confidence to access local parks and greenspaces alone, contributing to the overall sense of wellbeing and healing, as well as providing healthy exercise.



Walk & Talk
with NOUR

Weekly women's walking group for survivors of abuse
Join us for a moment of care and connection with like-minded women on a healing journey.

Mindful activities to help reconnect your mind and body


Walk in nature to enhance your mental and physical health

End with a warm drink supporting local cafés

Service Delivery Report

Client Testimonials

Giving a voice to those who have often been silenced is a cornerstone of our mission. It ensures survivors are recognised, not just as data points, but as human beings with unique, valuable stories. By sharing their experiences, survivors contribute to a richer, more comprehensive picture of the challenges they face and the support they need. This, in turn, informs and enhances our services, making them more effective and empathetic. Empowering survivors to tell their stories helps build a culture of understanding and compassion, breaking down the stigma surrounding abuse and fostering a community where every voice is heard and valued.




"Counselling with Nour kept me alive and moving forward."

Samina (Pseudonym)
Counselling Client



NOUR




"Nour helped me in my time of need. I was due for an eviction, and they supported me throughout with my debts and rent arrears. Very helpful and sensitive staff. Really understanding and loving. Very profound and helpful and eased my debts."

Somaya (Pseudonym)
Hardship Grants Client



NOUR




"It has made me more aware about how to keep myself safe and how to recognise abuse."

Healthy Relationships
Workshop Attendee



NOUR



"I have stopped having suicidal thoughts and look forward to my life rather than feel hopeless. When I feel sad about the past I am able to work through the feeling and carry on with my day as opposed to being completely stuck."

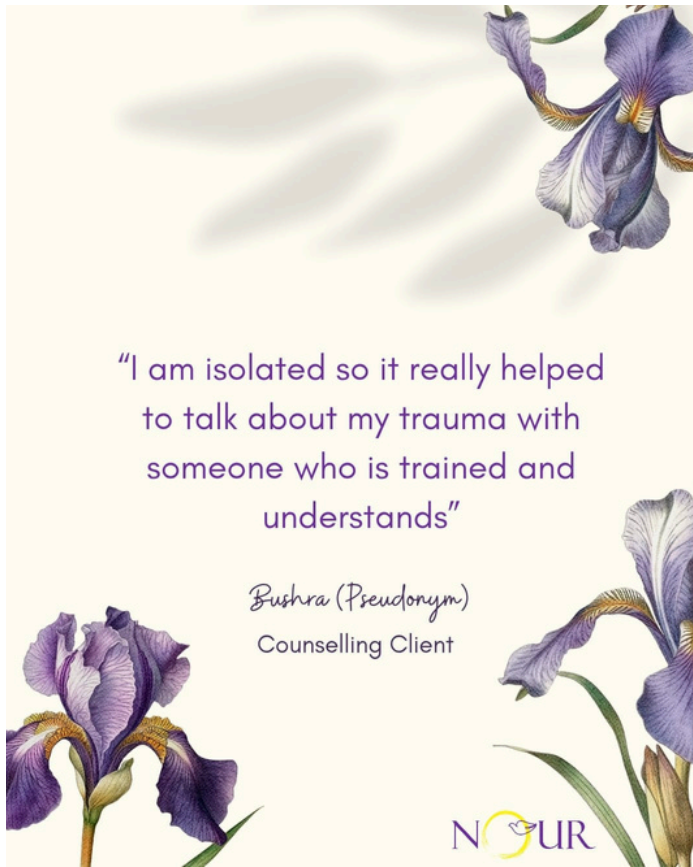
Mahima (Pseudonym)
Counselling Client



NOUR

Service Delivery Report

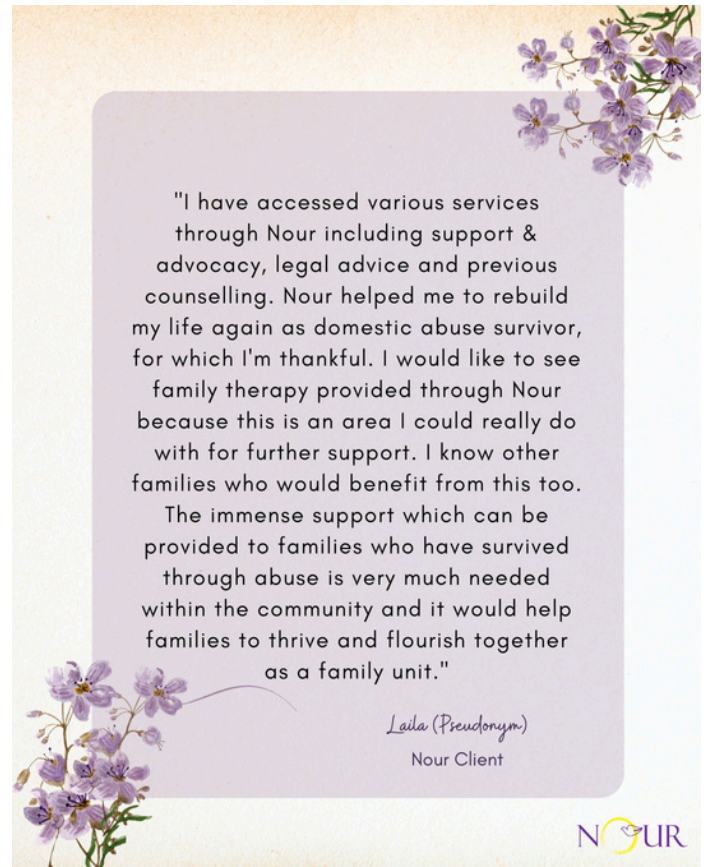
Client Testimonials



"I am isolated so it really helped to talk about my trauma with someone who is trained and understands"

Bushra (Pseudonym)
Counselling Client

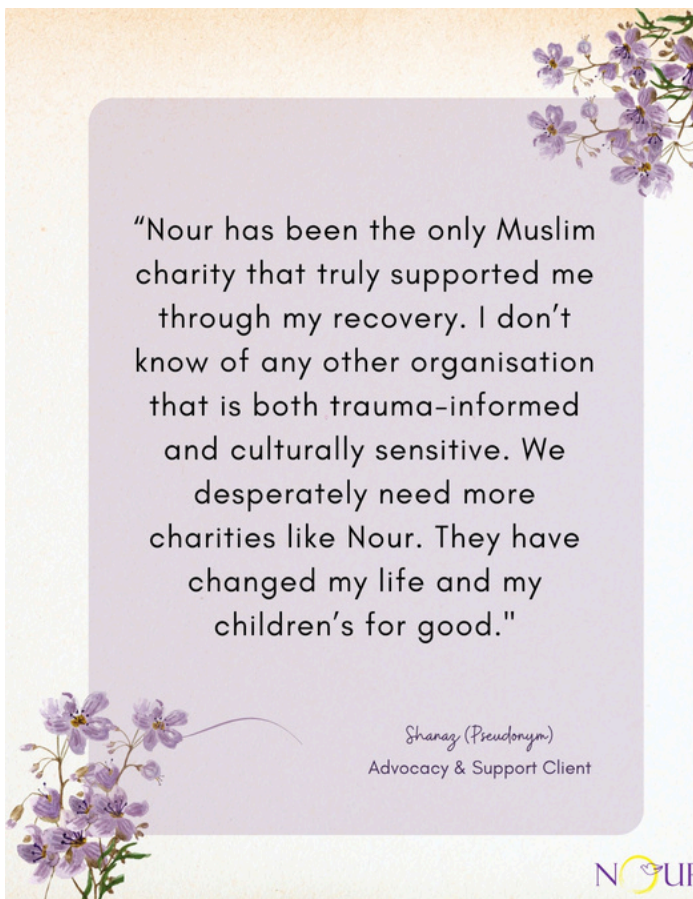
NOUR



"I have accessed various services through Nour including support & advocacy, legal advice and previous counselling. Nour helped me to rebuild my life again as domestic abuse survivor, for which I'm thankful. I would like to see family therapy provided through Nour because this is an area I could really do with for further support. I know other families who would benefit from this too. The immense support which can be provided to families who have survived through abuse is very much needed within the community and it would help families to thrive and flourish together as a family unit."

Laila (Pseudonym)
Nour Client

NOUR



"Nour has been the only Muslim charity that truly supported me through my recovery. I don't know of any other organisation that is both trauma-informed and culturally sensitive. We desperately need more charities like Nour. They have changed my life and my children's for good."

Shanaz (Pseudonym)
Advocacy & Support Client

NOUR



"Counselling has become a lifeline for me every week."

Asiya (Pseudonym)
Counselling Client

NOUR

Service Delivery Report

Client Testimonials



"Counselling helped me during the hardest, most confusing time. Leaving an abusive relationship is harder, being out is harder, your mental, emotional state is really messed up and it is like a very dark tunnel. Being out can be equally dangerous. The confusion about if it was even abusive is real.

We often focus on someone being in an abusive relationship but don't think about how difficult it is being out. The right support for someone to hear you whilst you are finding yourself was very helpful. I am thankful for the sessions.

Nour do a wonderful job, taking time and the effort to support and recognise how difficult it is".

Tasnim (Pseudonym)
Counselling Client

"I'm able to think with clarity, articulate how I feel, process my emotions and make progress in day to day life."

Saira (Pseudonym)
Counselling Client

"With the help of my Nour counsellor, I have managed to make slow and healthy progress towards a better version of myself."

Saira (Pseudonym)
Counselling Client

"Without Nour, I would never be where I am today. They have helped me spiritually, mentally and emotionally."

Saira (Pseudonym)
Counselling Client

Service Delivery Report

Case Study- Sara's Story

Hardship Grants

Sara (pseudonym) contacted Nour seeking emotional support and counselling services after suffering sexual abuse in her home country. She had received threats against her life, forcing her to seek asylum status in the UK for protection and permanent residency. As trust developed through 1:1 support sessions with her support worker, Sara was able to express her deep fears and worries. She also shared the challenges around her living situation and asked for help to buy food and clothing for her child, as she was struggling to meet even their most basic needs.

The support we provided

Sara was supported to apply for a hardship grant through Nour's financial assistance programme. Our Grants Manager worked closely with our specialist zakat advisor to determine whether Nour could pay towards Sara's immediate debt in addition to providing food and clothing. Her application was carefully processed in consultation with our specialist zakat advisor, and Sara received a grant to both clear her debt and contribute towards essential food and clothing for herself and her child.

The Impact

The stress and fear caused by the threats, debt repayment demands, and inability to meet essential living needs had taken a severe toll on Sara's mental health. The grant relieved significant adversity and lifted a huge burden from her shoulders. In her first conversation with the grants manager, Sara had expressed that she could not see a future and had no will to live. The support she received gave her hope again. Sara continued to receive support from her support worker and began counselling sessions to help her heal and recover from the trauma she had faced, taking steps toward rebuilding her life in safety.

"Nour helped me a lot. When I was in crisis and badly needed their help. They made me realise that I have to live. I can heal. I am happy."

~ Sara (pseudonym)

Hardship Grant Client

Service Delivery Report

Case Study- Mina's Story

Counselling

Mina (pseudonym) had experienced emotional and financial abuse from her ex-husband. Court proceedings regarding the abuse and child contact for her children were causing her significant distress and feelings of overwhelm. As a carer to her two children who had significant disabilities and limited support, she was struggling with daily life while also trying to heal from her abusive marriage. She was deeply concerned about her children having unsupervised contact with their father, as they were non-verbal, which made them more vulnerable. Mina reached out to Nour to access counselling support. T

The Support we provided

Through Nour's counselling service, Mina found solace in therapy sessions where she could be open and honest about how difficult she was finding her situation. Her counsellor created a space of safety and compassion where she could begin to identify the physical and emotional impact of the abuse she had suffered. They worked together on understanding the impact of trauma on her body, helping her identify and understand her responses, and developing strategies to manage these reactions.

The Impact

By the end of her time with Nour, Mina was in a much better place. She had started prioritising her own needs and focusing on taking care of her health through diet and exercise. Her commitment to self-care and focusing on what she could control improved her overall sense of wellbeing and significantly reduced mental health symptoms related to anxiety and trauma. Mina became more confident in asserting her needs to others and felt more hopeful about the future for herself and her children. She was better equipped to navigate the ongoing challenges while caring for herself and her family with renewed strength and clarity.

"It has been really useful for me to explore behaviour in relation to past traumas, and how the body reacts to situations involving stress and trauma. I am isolated so it really helps to talk about my trauma with someone who is trained and understands."

~ Mina (pseudonym)

Counselling Client

Service Delivery Report

Case Study- Shakila's Story

Support & Advocacy

Shakila (pseudonym), a 28-year-old woman, had experienced severe abuse from her father in her home country, which had significantly impacted her mental health. She recently arrived in the UK to stay with extended family while pursuing her studies. Shakila was experiencing intense feelings of loneliness and isolation, unable to speak about the challenges of her past. She referred herself to Nour for support to work on the harm caused by the abuse and to find groups where she could connect with others who shared similar experiences.

The support we provided

Shakila engaged in 1:1 sessions with her Advocacy & Support Worker at Nour, who provided a safe space for her to express her feelings freely without judgment. Her support worker also helped her access other services and provided employment support to help her build independence and stability in her new life in the UK. Shakila then accessed Nour's counselling service with a counsellor who speaks her mother tongue, ensuring she received culturally and linguistically appropriate therapeutic support to further explore her trauma.

The impact

Through accessing support, Shakila has become more confident and better equipped to navigate her new life in the UK. Having a safe, confidential space to share her experiences has reduced her feelings of isolation and loneliness. She is now connected to resources and support that are helping her heal and build a foundation for her future.

"I can contact them easily. The most important thing is that I can speak Bangla with them and can share all the problems with them. I feel comfortable when I speak to them. They supported me that's why I feel safe and better."

~ Shakila (pseudonym)

Support & Advocacy Client

Thanks to our funders and supporters

Every pathway we illuminate, every relationship we weave, every moment of healing we witness, none of this would be possible without the partners who believe in Nour's vision and mission.

To our funders, you are more than financial supporters. You are co-creators of a future where minoritised survivors of abuse are met with compassion, cultural understanding, and justice. Your trust in our work allows us to sit with those who have suffered, to journey alongside them with gentleness, and to address the systems that perpetuate harm.

Thank you to London Community Foundation (LCF) and the Mayor's Office for Policing And Crime (MOPAC) for supporting our VAWG Grassroots Fund and DASV Fund work. Thank you also to LCF for partnering with us in the Home Office-funded consortium, recognizing the critical gap we bridge. To Rosa for enabling survivor voice development through the Stand With Us programme, and for supporting us to build capacity and develop our website. To Islamic Relief, Rise Mutual CIC for your vital support that allows us to serve our communities with cultural attunement and care. And to Lloyd's Bank Foundation for a flexible, core costs grant and an enhanced programme that enabled us to build vital capacity that supports our growth. And to East End Community Foundation and the Canary Wharf Group for funding innovative community programmes such as our Walk & Talk group therapy.

We are also deeply grateful to our individual donors and supporters who contribute through fundraising campaigns, afternoon tea events, and direct giving. Your generosity sustains our hardship grants programme, our hampers of hope, and countless moments of practical support that make a tangible difference in survivors' lives. To the public who engage with our awareness campaigns, share our stories, and stand with survivors, you are part of the web of support that makes healing possible. Together, we are creating communities where abuse is not tolerated, where survivors are believed, and where healing is held as sacred work.

Thank you for illuminating these pathways with us. Thank you for your belief in liberation, justice, and the profound power of compassion.

With deep gratitude,
The Nour Team



We thank you for your ongoing support of Nour's work

Acknowledgements

This annual report was produced by Salma Begum, Operations Coordinator, with support from Waheeda Islam, Chief Executive, and Laura Cullen, Programme Manager.

We extend our heartfelt gratitude to all the Nour Trustees, Staff and Volunteers whose tireless dedication and commitment make our work possible. Your passion for supporting survivors and creating lasting change drives everything we do.

Special thanks to the members of our User Led Panel for their invaluable insights, lived experience, and unwavering support. Your voices ensure that our services remain responsive, meaningful, and truly centered on the needs of those we serve.

We are deeply grateful to our partners and collaborators whose ongoing support strengthens our ability to reach and serve survivors across London. Your commitment to this vital work amplifies our impact and helps us build a safer, more supportive community for all.

This report reflects the collective effort of everyone at Nour who works tirelessly to break the silence around abuse and support survivors on their journey to healing and recovery.

Nour

216 Lock Studios
7 Corsican Square
London E3 3YD
www.nour.org.uk
info@nour.org.uk





Charity Name: Nour		Charity No	1144213	CC17a
Annual accounts for the period				
01-Apr-24	To	Period end date	31-Mar-25	

Section A Statement of financial activities

Recommended categories by activity	Note	Restricted			Total this year	Total last year
		Unrestricted funds	income funds	Endowment funds		
		£	£	£	£	£
		F01	F02	F03	F04	F05
Incoming resources						
Donations		15,825	291,064	-	306,889	51,967
Gift aid claim		-	-	-	-	126
Grants		-	-	-	-	198,731
Incoming resources from charitable activities		-	-	-	-	-
Total incoming resources		15,825	291,064	-	306,889	250,824
Resources expended						
Charity Projects		9,388	42,562	-	51,950	42,111
Rent, Rates and Insurance		6,306	11,690	-	17,996	1,667
telephone postage and stationery		1,080	387	-	1,467	806
Wages and salaries		21,866	178,259	-	200,125	157,968
Softwares		3,848	-	-	3,848	1,629
Travelling expense		27	-	-	27	628
Staff Training		932	700	-	1,632	1,095
Bank charges		269	-	-	269	115
Advertising		7,398	-	-	7,398	629
Website		-	-	-	-	374
legal and professional fees		3,235	-	-	3,235	5,191
Depriciation		2,967	-	-	2,967	3,573
		-	-	-	-	-
Total resources expended		57,316	233,598	-	290,914	215,786
Net incoming resources		-41,491	57,466	-	15,975	35,038
Gross transfers between funds		-	-	-	-	-
Net incoming/(outgoing) resources before other recognised gains/(losses)		-41,491	57,466	-	15,975	35,038
Other recognised gains/(losses)						
Gains and losses on revaluation of fixed assets for the charity's own use		-	-	-	-	-
Gains and losses on investment assets		-	-	-	-	-
Net movement in funds		-41,491	57,466	-	15,975	35,038
Total funds brought forward		86,952	62,083	-	149,035	113,998
Total funds carried forward		45,461	119,549	-	165,010	149,036

Section B

Balance sheet

	Note	Restricted			Total this year £	Total last year £
		Unrestricted funds £	income funds £	Endowment funds £		
		F01	F02	F03	F04	F05
Fixed assets						
Tangible assets		6,810	425	-	7,235	2,692
				-	-	-
Investments		-	-	-	-	-
<i>Total fixed assets</i>		6,810	425	-	7,235	2,692
Current assets						
Stock and work in progress		-	-	-	-	-
Debtors	1	9,482	-	-	9,482	6,252
(Short term) investments		-	-	-	-	-
Cash at bank and in hand		54,356	95,530	-	149,886	141,657
<i>Total current assets</i>		63,838	95,530	-	159,368	147,909
Creditors: amounts falling due within one year	2	1,591	-	-	1,591	1,565
<i>Net current assets/(liabilities)</i>		62,247	95,530	-	157,777	146,344
<i>Total assets less current liabilities</i>		69,057	95,955	-	165,012	149,036
Creditors: amounts falling due after one year		-	-	-	-	-
Provisions for liabilities and charges		-	-	-	-	-
<i>Net assets</i>		69,057	95,955	-	165,012	149,036
Funds of the Charity						
Unrestricted funds		69,057			69,057	39,624
		-			-	-
Restricted income funds			95,955		95,955	109,412
Endowment funds				-	-	-
<i>Total funds</i>		69,057	95,955	-	165,012	149,036
Signed by one or two trustees on behalf of all the trustees		Signature		Print Name		Date of approval
				Morium Ali		28-Jan-26
				Mahfuja Ahmed		28-Jan-26
				Nehara Begum		28-Jan-26

Note 1 **Basis of preparation****1.1 Basis of accounting**

These accounts have been prepared on the basis of historic cost (except that investments are shown at market value) in accordance with:

- Accounting and Reporting by Charities – Statement of Recommended Practice (SORP 2005);
- and with*

✓

 Accounting Standards;
- or

--

 Financial Reporting Standards for Smaller Enterprises (FRSSE);
- and with the Charities Act.

Income

Income is accounted for on a receipts basis.

Resources expended

Resources expended are accounted for as the liability is incurred. Expenditure includes irrecoverable VAT which is reported as part of the expenditure to which it relates.

Note 1 Debtors and prepayments

Analysis of debtors

	Amounts falling due within one year		Amounts falling due after more than one year	
	This year £	Last year £	This year £	Last year £
Trade debtors	-	-	-	-
Amounts due from subsidiary and associated undertakings	-	-	-	-
Other debtors	9,482	6,252	-	6,252.0
Prepayments and accrued income	-	-	-	-
Total	9,482	6,252	-	6,252.0

Note 2 Creditors and accruals

12.1 Analysis of creditors

	Amounts falling due within one year		Amounts falling due after more than one year	
	This year £	Last year £	This year £	Last year £
Loans and overdrafts	-	-	-	-
Trade creditors	-	-	-	-
Amounts due to subsidiary and associated undertakings	-	-	-	-
Other creditors	960	605	-	-
Accruals and deferred income	631	960	-	-
Total	1,591	1,565	-	-



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Nour

**On accounts for the year
ended**

31-March-2025

Charity no

1144213

Set out on pages

Page 1 - 2

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended **31/03/2025**

**Responsibilities and
basis of report**

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

I report in respect of my examination of the Trust'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**

The charity's gross income has exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of ACCA & ICAEW.

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

- the accounting records were not kept in accordance with section 130 of the Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

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: W H Baloch

Date: 31/12/2025

Name: Wajahat Hussain Baloch (FCA, FCCA) on behalf of Redbird Accountants

**Relevant professional
body:**

Institute of Chartered Accountants in England and Wales
Association of Chartered Certified Accountants

Address:

Redbird Accountants
72 Evington Road, Leicester
LE2 1HH

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here details of any items that the examiner wishes to disclose.

None

NOUR

England & Wales - Charity number 1144213

Accounts



Trustees' Annual Report for the period

From **1st April 2023** To **31st March 2024**

Charity name: NOUR

Charity registration number: 1144213

Objectives and Activities

<p>Summary of the purposes of the charity as set out in its governing document</p>	<ol style="list-style-type: none">1. To relieve the needs, and preserve and protect the physical and mental health of those who are suffering from or have suffered domestic violence, sexual violence or childhood abuse in minoritised communities, in particular, but not exclusively, those from the Muslim communities. This will be through trauma-informed, culturally competent services the trustees think fit, including but not limited to the provision of counselling, legal advice and practical, financial and emotional support.2. To advance the education of the public in the subject of domestic abuse, sexual violence and childhood abuse, in particular, but not exclusively, among the Muslim community and to work with the perpetrators of domestic violence with a view to rehabilitate them.
<p>Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.</p>	<p>We have provided trauma-informed, culturally competent services to adult survivors of abuse, including, but not limited to, survivors of domestic abuse, sexual violence and childhood abuse. We provided free counselling, legal advice, emotional and practical support, financial assistance amongst other services, to survivors from minoritised communities in the UK. We have delivered workshops raising awareness of abuse and the support available, with the aim to also educate communities who can champion and advocate whenever possible.</p>
<p>Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit</p>	<p>Trustees can confirm that we have regard to the Charity commission's public benefit guidance.</p>

Achievements and Performance

Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.

In the past year we have provided wrap-around trauma-informed services to support survivors sense of safety and healing by building trusting and reliable relationships. We promoted empowerment and self-efficacy, so survivors move towards leading fulfilled and independent lives. Our culturally competent approach facilitated deeply relational interactions with people of diverse cultures who overwhelmingly face intersectionality; nurturing safe & compassionate environments that fostered deeper engagement and collaboration. This approach enabled our beneficiaries to progress towards greater healing and leading meaningful lives. Our Support Worker's case management allowed us to meet the unique and diverse needs of each client, meeting them where they are. As a by and for charity, the majority of staff and volunteers have lived experience which has contributed to the design and develop of services so they continue to be relevant and appropriate. All our services have been introduced because clients have told us this is what they need to recover and heal from their experiences, we seek feedback for all our services as a standard practise; a commitment to providing meaningful support and advocacy. All our services have been accessible in several community languages alongside English, which has enabled greater access for those whom language is a constant barrier to accessing services.

Walk & Talk - a safe, therapeutic walking group

Nour's Walk & Talk sessions is developing as a safe walking group for women survivors in London, particularly in response to clients who have expressed deep loneliness and isolation. We arranged several walks over the last year with many women registering to attend. Some of the reasons shared for wanting to join the walks include; "to improve physical and mental health", "enjoy landscape", "do something new", "walking with [other] survivors".

Nour's support team and counselling staff were available to provide support to attendees on the day. Following our walks, we received encouraging feedback including; "This service is brilliant I am enjoying taking part and enjoying conversations outside of being mum." "I really enjoyed today's event. Great company and good conversation. Looking forward to the next event." "The Nour team members are very friendly it felt like I was out and

about with friends.” We will continue to offer coffee mornings and walks for survivors into the new year. ‘My mind feels fresher to be outside and with others who can relate to/have been through the same things as me’

Workshops

We have conducted workshops in various community settings, including schools and community groups, where we deliver presentations on abuse, its recognition, available resources for help, and the efforts of our charity in supporting survivors. These presentations are tailored to suit the audience and encourage active participation. Through these workshops, we have observed that people feel more comfortable sharing their experiences in smaller in-person groups, often realizing that certain behaviours they had considered normal were actually forms of abuse or unhealthy. The response to these events has been positive, with attendees reaching out to request workshops for other groups and referring individuals to our services. Additionally, we have collaborated with organisations like One Plus One to provide comprehensive workshops that cover related topics, such as effective communication and its impact on relationships. We have run a workshop with a community group for those living with sight impairment or sight loss, called GlobalEyes, it was very well attended, and they were able to share with us the challenges they face accessing support while living with a disability. We found it incredibly useful to look at the barriers facing disabled victim/survivors of abuse and think about how we would overcome these as a service.

Expanding hardship grants programme

Our hardship funds have seen an increase in demand. We have developed two separate funds from which we support clients with financial needs. One fund offers support with immediate needs such as purchase of clothing, food, essential items such as pushchairs, beds and mattresses. We have a second fund offering larger grants, often for clients who have inherited debts following financial abuse. Our larger grants involve a more rigorous assessment process to ensure we are helping clients who are most in need and ensuring fair access to this unique and much needed fund. This grant has facilitated clients to not only receive financial assistance but access to our other services including legal advice, emotional support, and financial management assistance, thereby empowering our clients to make lasting changes. This service has provided relief from debts and worries around meeting essential needs, which has also alleviated the mental load associated with financial insecurity.

Our funding supported Kelly (a pseudonym), a 31-year-old woman and has 4 children. Kelly is an asylum seeker, currently receiving Home Office support in the form of a small weekly allowance and lives in temporary housing. Kelly has severe back problems and has been sleeping on an unsuitable mattress. Kelly has limited money which she needs for basic food and household items including warm clothing for her children. Despite her health issues, Kelly often walked to appointments, sometimes walking more than one hour. Nour supported Kelly by providing a mattress, clothing for her children and covering some of her travel costs. Nour's support team provided emotional support and identified activity spaces for her children at local children's centres, and a community project which provides a social space for Kelly.

We received feedback from Somaya, a survivor of abuse who faced sudden unemployment, who shared *"Nour helped me in my time of need. I was due for an eviction, and they supported me throughout with my debts and rent arrears. Very helpful and sensitive staff. Really understanding and loving. Very profound and helpful and eased my debts"*.

"I am very grateful for the support I have received so far from Nour, and I am looking forward to receiving further support which will hopefully be beneficial for my mental and emotional wellbeing."

"The lady dealing with my application was so kind in her words, compassionate and non-judgmental. I felt supported throughout the process, and it did not take long before my application was approved which was a huge relief."

Counselling

The counselling service continues to be the most demanded service the charity offers. The team is growing and in the past year has supported the training of 11 counsellors from diverse backgrounds speaking several community languages at the final stages of their training.

Feedback received from one student;

"My placement has provided great opportunities to progress in my training and I have now completed all aspects of my course with their help. I was allocated diverse clients with varying needs which helped me develop my skills. I am grateful for the supervision and clinical support which developed my professional and compassionate approach. The team have a wealth of knowledge and experience in working with survivors of abuse from diverse backgrounds." (Trainee counsellor)

A new role was developed to further enhance the experience of the trainees as well as improve efficiency, the Clinical Lead offers specialist oversight and ongoing individual support as the service receives more complex cases.

Our counselling service continues to create significant positive impact on the lives of clients. In this reporting period, 100% of clients have reported an improvement in their overall wellbeing, and an improvement in their symptoms related to PTSD, anxiety or depression. We have shared some feedback from clients below:

“This therapy was such an important part of my life’s journey. I cannot praise my counsellor enough. It has been very valuable and rewarding for me. I have made small changes for myself. It has allowed me to see things from a different perspective. It has helped me mentally and emotionally. I can now better meet the needs of my family. I think and feel more positively about myself. I feel worthy and able. The reflections during the sessions have helped me to realise my abilities. Nour is an absolutely brilliant organisation. To be able to access these sessions and for free as well means a lot to women like me”.

“I am grateful to Nour for giving me this opportunity to talk about my difficulties, understand my trauma and move on with my life in a healthier way. It’s a service much needed in the community.”

“I feel an improvement in my condition. I feel more confident and hopeful, and less angry.”

“Speaking to [my counsellor] really helped to just express how I felt without feeling embarrassment fear or judgement. I just needed someone to listen and that’s exactly what she did. She is amazing!”

“I cannot thank Nour enough for making these sessions free, as I do not think I could have afforded them otherwise”

“I wish I had more sessions.”

“I felt truly lost a year ago. I feel so much stronger in my life. Thank you for everything that you have done. I truly appreciate the support and the time that you have given me to unburden my soul of my past traumas and my current difficulties in life. Without [my counsellor], I wouldn’t have got through the past year or survived it so well. [my counsellor] has given me a space to discuss and vent some of the roughest parts of my life without ever making me feel uncomfortable or awkward.”

“I have had suicidal thoughts in the past and did think about death a lot, but I don’t believe I am in the same mental space as I was at that time. I feel I am in a better place now and have been able to regain my self-esteem, identity, and confidence. Since then, I have had a few setbacks and have thought about death but not in the same extreme that I did before.”

“I have stopped eating in past, as a form of punishment. I don’t do this anymore; it does make sense to me. Also, I want to live. My children are the best things in my life, and I want to give them the best, which means the best version of me. I know

and completely believe that children need a mum who is healthy and well rather than one that is weak and miserable. Taking care of yourself is a part of taking care of your children. And although I do have days where this is very hard, I am able bounce back up much quicker than I used before.”

“Trying new things and going out more, children now say I go out too much. I used to stay in the same clothes for days without changing even to sleep, last few months I’ve been changing my clothes even when I sleep and have pyjamas, children said they haven’t seen me in pyjamas in years. Started to brush hair again – my children have noticed that. Don’t feel sad all the time anymore, feel ok being alone sometimes – before I had that fear all the time, I still initially panic but then feel ok – one of the biggest things for me.”

“I have recommended it to so many people. It changed my mindset about counselling, before I thought what will talking do, but it’s helped so much.”

Restructure

We have further restructured our staffing, and this has enhanced our ability to work efficiently through creating critical lead roles. Our staff members are now in positions that align with their strengths, resulting in improved work efficiency and better support for staff and our clients. New staff have been recruited to enhance and develop services.

Feedback collection

As a trauma-informed charity, we have adopted the Internal Trauma Questionnaire as a tool to assess and track clients experience of our counselling service. The ITQ is a thorough and accessible tool to collect data from clients and allows us to use this information in a meaningful way. We have updated our feedback questions for our services, and these will be integrated within our CRM to make data collection and service review easier.

CRM System

There has been investment in designing and building a CRM system, working with Lamplight to create a system that meets all the data collection and reporting needs of the charity in its period of growth. Nour’s core team will be trained in the coming months to begin utilising the system which has been developed considering Nour’s range of services, funders and reporting requirements. We look forward to benefiting from the CRM which will help us capture accurate feedback from clients, help us monitor our impact and improve our internal systems and processes.

We have organised several events to both champion the incredible survival stories of our clients and promote awareness in the community on the devastating impact of abuse on families and the wider community. We ran a boxercise event to empower

	<p>survivors in a safe and supported environment as part of UNICEF's '16 Days of Activism'.</p> <p>We have run a crowdfunding campaign to raise awareness on the healing journey of survivors of abuse and the need for public support not just for the 'victim' and their family, but as a part of the work in recognising the impacts of abuse and the activism involved in ending abuse.</p>
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Financial Review

Review of the charity's financial position at the end of the period	
Statement explaining the policy for holding reserves stating why they are held	The trustees aim to maintain free reserves in unrestricted funds at a level which equates to approximately six months of unrestricted charitable expenditure. The trustees consider that this level will provide sufficient funds to continue providing the free counselling service which is offered to the beneficiaries as well as maintaining our staff. The trustees consider that a level of six months is sufficient, which allows trustees to acquire funding from either the public domain or grant applications.
Amount of reserves held	£74,515
Reasons for holding zero reserves	n/a
Details of fund materially in deficit	n/a
Explanation of any uncertainties about the charity continuing as a going concern	none

Structure, Governance and Management

Description of charity's trusts:	
Type of governing document	Constitution
How is the charity constituted?	Unincorporated Association

Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Meeting
---	---------

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	
The charity's organisational structure and any wider network with which the charity works	
Relationship with any related parties	
Other	

Reference and Administrative details

Charity name	Nour Domestic violence
Other name the charity uses	Nour
Registered charity number	1144213
Charity's principal address	Unit 216 Lock Studios 7 Corsican Square London E3 3YD

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Mahfuja Ahmed			
2	Morium Ali			
3	Nehara Begum			
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Corporate trustees – names of the directors at the date the report was approved

Director name		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
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Name of chief executive or names of senior staff members (Optional information)

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Exemptions from disclosure

Reason for non-disclosure of key personnel details

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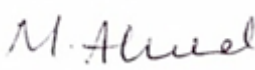

Other optional information

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Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)			<i>N. Begum</i>
Full name(s)	Mahfuja Ahmed	Morium Ali	Nehara Begum
Position (eg Secretary, Chair, etc)			
Date	18/01/2025	18/01/2025	18/01/2025



Charity Name: Nour		Charity No	1144213	CC17a
Annual accounts for the period				
01-Apr-23	To	Period end date	31-Mar-24	

Section A Statement of financial activities

Recommended categories by activity	Note	Restricted			Total this year	Total last year
		Unrestricted funds	income funds	Endowment funds		
		£	£	£	£	£
		F01	F02	F03	F04	F05
Incoming resources						
Donations		29,371	22,596	-	51,967	162,050
Gift aid claim		126		-	126	-
Grants			198,731	-	198,731	-
Incoming resources from charitable activities				-	-	-
Other incoming resources		-	-	-	-	-
Total incoming resources		29,497	221,327	-	250,824	162,050
Resources expended						
Charity Projects		9,448	32,663	-	42,111	33,874
Rent, Rates and Insurance		1,667	-	-	1,667	483
telephone postage and stationery		806	-	-	806	747
Wages and salaries		6,553	151,415	-	157,968	105,519
Softwares		1,629	-	-	1,629	1,311
Travelling expense		628	-	-	628	2,791
Staff Training		1,095		-	1,095	21
Bank charges		115	-	-	115	7,431
Advertising		629	-	-	629	189
Website		374	-	-	374	374
legal and professional fees			5,191	-	5,191	2,020
Depriciation		3,573	-	-	3,573	8,026
		-	-	-	-	-
Total resources expended		26,517	189,269	-	215,786	162,786
Net incoming resources		2,980	32,058	0	35,038	-736
Gross transfers between funds		-	-	-	-	-
before other recognised gains/(losses)		2,980	32,058	0	35,038	-736
Other recognised gains/(losses)						
Gains and losses on revaluation of fixed assets for the charity's own use		-	-	-	-	-
Gains and losses on investment assets		-	-	-	-	-
Net movement in funds		2,980	32,058	0	35,038	-736
Total funds brought forward		83,972	30,025	0	113,997	114,733
Total funds carried forward		86,952	62,083	0	149,035	113,997

Section B Balance sheet

	Note	Restricted			Total this year £	Total last year £
		Unrestricted funds £	income funds £	Endowment funds £		
		F01	F02	F03	F04	F05
Fixed assets						
Tangible assets		1,803	889	-	2,692	6,265
				-	-	-
Investments		-	-	-	-	-
Total fixed assets		1,803	889	-	2,692	6,265
Current assets						
Stock and work in progress		-	-	-	-	-
Debtors	1	6,252	-	-	6,252	345
(Short term) investments		-	-	-	-	-
Cash at bank and in hand		33,134	108,523	-	141,657	107,387
Total current assets		39,386	108,523	-	147,909	107,732
Creditors: amounts falling due within one year	2	1,565	-	-	1,565	-
Net current assets/(liabilities)		37,821	108,523	-	146,344	107,732
Total assets less current liabilities		39,624	109,412	-	149,036	113,997
Creditors: amounts falling due after one year		-	-	-	-	-
Provisions for liabilities and charges		-	-	-	-	-
Net assets		39,624	109,412	-	149,036	113,997
Funds of the Charity						
Unrestricted funds		39,624			39,624	14,606
		-			-	-
Restricted income funds			109,412		109,412	99,391
Endowment funds				-	-	-
Total funds		39,624	109,412	-	149,036	113,997
Signed by one or two trustees on behalf of all the trustees		Signature	Print Name	Date of approval		
			Morium Ali	15-Jan-25		
			Mahfuja Ahmed	15-Jan-25		
			Nehara Begum	15-Jan-25		

Note 1 **Basis of preparation****1.1 Basis of accounting**

These accounts have been prepared on the basis of historic cost (except that investments are shown at market value) in accordance with:

- Accounting and Reporting by Charities – Statement of Recommended Practice (SORP 2005);
- and with*

✓

 Accounting Standards;
- or

 Financial Reporting Standards for Smaller Enterprises (FRSSE);
- and with the Charities Act.

Income

Income is accounted for on a receipts basis.

Resources expended

Resources expended are accounted for as the liability is incurred. Expenditure includes irrecoverable VAT which is reported as part of the expenditure to which it relates.



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Nour

**On accounts for the year
ended**

31-March-2024

Charity no

1144213

Set out on pages

Page 1 - 2

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended **31/03/2024**

**Responsibilities and
basis of report**

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

I report in respect of my examination of the Trust'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**

The charity's gross income has not exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of ACCA & ICAEW.

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

- the accounting records were not kept in accordance with section 130 of the Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

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: W H Baloch

Date: 31/01/2025

Name: Wajahat Hussain Baloch (FCA, FCCA) on behalf of Redbird Accountants

**Relevant professional
body:**

Institute of Chartered Accountants in England and Wales
Association of Chartered Certified Accountants

Address:

Redbird Accountants
72 Evington Road, Leicester
LE2 1HH

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here details of any items that the examiner wishes to disclose.

None

NOUR

England & Wales - Charity number 1144213

Accounts



Trustees' Annual Report for the period

From **1st April 2022** To **31st March 2023**

Charity name: NOUR

Charity registration number: 1144213

Objectives and Activities

<p>Summary of the purposes of the charity as set out in its governing document</p>	<ol style="list-style-type: none">1. To relieve the needs and preserve and protect the physical and mental health of those who are suffering from or have suffered domestic violence, sexual violence or childhood abuse in minoritised communities, in particular, but not exclusively, those from the Muslim communities. This will be through trauma-informed, culturally competent services the trustees think fit, including but not limited to the provision of counselling, legal advice and practical, financial and emotional support.2. To advance the education of the public in the subject of domestic abuse, sexual violence and childhood abuse, in particular, but not exclusively, among the Muslim community and to work with the perpetrators of domestic violence with a view to rehabilitate them.
<p>Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.</p>	<p>We have provided trauma-informed, culturally competent services to adult survivors of abuse, including, but not limited to, survivors of domestic abuse, sexual violence and childhood abuse. We provided free counselling, legal advice, emotional and practical support, financial assistance amongst other services, to survivors from minoritised communities in the UK.</p>
<p>Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit</p>	<p>Trustees can confirm that we have regard to the Charity commission's public benefit guidance.</p>

Achievements and Performance

<p>Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.</p>	<p>We provided a safe and secure place for survivors to build trust and rapport, so Nour became a base to which they can return as often as necessary. We promoted empowerment and self-efficacy, being aware of power dynamics between services and their users and the impact this can have on survivors of abuse.</p> <p>Our culturally competent approach facilitated effective interaction with people of diverse cultures, thereby creating a safe, warm environment that fosters deeper trust and collaboration. This enables our beneficiaries to begin to heal from the trauma of abuse and start to lead meaningful lives. We understand that the lived experience of each individual survivor is unique and nuanced, and we have tailored our services to meet individual needs of clients through our Support Worker's case management. Many of our staff and volunteers have lived experience of the devastating impacts of abuse and trauma and they have been instrumental in helping us design and adapt our services. Additionally, we invite and feedback from our beneficiaries at several points in their support journey and incorporate in developing our services. We were able to meet people where they are, in the way they need, and our services were delivered in multiple community languages. This enabled greater access and deeper engagement for those beneficiaries for whom language was a barrier to access.</p> <p>Nour's work focuses on the long-term healing of those impacted by abuse and trauma. We provided a trauma-informed counselling service (up to 22 free sessions) through psychotherapists/counsellors experienced in working with trauma and who have a deep knowledge and understanding of issues faced by BAME communities and those living with intersectionality. We also facilitated counselling placements for trainee counsellors of BAME backgrounds, thereby ensuring that more culturally competent, trauma-informed counsellors can serve our communities, investing in long-term availability of comprehensive trauma therapy.</p> <p>We were able to respond to the mental health needs of our beneficiaries in the Covid-19 pandemic by running online anxiety webinars and podcasts, this helped our beneficiaries and the wider community to access specialist mental health advice and guidance. Our online counselling and support services were a lifeline for many facing crises in their lives and in their mental health and wellbeing. We had received a 100% increase in demand of our</p>
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	<p>services and were able to meet these demands by responsively increasing our capacity. It was critical that we did not turn clients away when we understand the barriers to asking for help and the courage this takes.</p> <p>We have developed and delivered many community-based workshops, raising awareness of the signs of abuse, and highlighting the support available. In taking these workshops to the community we are disseminating this knowledge and informing the public about this taboo subject. We developed partnerships with schools, statutory organisations, and grassroots organisations to raise awareness of the issues around abuse and the specific support Nour provide, a particularly important aspect when there have been developments in our support provisions. Nour are proud to share that they are responsive to the needs of survivors and work hard to fill gaps in support that is needed.</p> <p>We have organised events to engage community members and survivors to champion our work and be advocates to tackling abuse whenever possible. We have amplified the voices of survivors to challenge public perceptions of abuse and its impact and by doing so empower survivors to seek support. We have collaborated with community groups supporting those living with disability to share knowledge and learn about their specific issues. We have developed campaigns to highlight the signs and impact of less known forms of abuse, such as child physical abuse, child neglect, child sexual abuse and abuse perpetrated against men. We believe that all survivors of abuse deserve and should have access to free trauma-informed support.</p>
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Financial Review

Review of the charity's financial position at the end of the period	
Statement explaining the policy for holding reserves stating why they are held	The trustees aim to maintain free reserves in unrestricted funds at a level which equates to approximately four months of unrestricted charitable expenditure. The trustees consider that this level will provide sufficient funds to continue providing the free counselling service which is offered to the beneficiaries as well as maintaining our staff. The trustees consider that a level of four months is sufficient, which allows trustees to acquire funding from either the public domain or grant applications.
Amount of reserves held	£113,997.00
Reasons for holding zero reserves	NA

Details of fund materially in deficit	NA
Explanation of any uncertainties about the charity continuing as a going concern	None

Structure, Governance and Management

Description of charity's trusts:	
Type of governing document	Constitution
How is the charity constituted?	Unincorporated Association
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Meeting

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	
The charity's organisational structure and any wider network with which the charity works	
Relationship with any related parties	
Other	

Reference and Administrative details

Charity name	Nour Domestic violence
Other name the charity uses	Nour
Registered charity number	1144213
Charity's principal address	PO Box 62954, London, N9 1BT

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
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Name of chief executive or names of senior staff members (Optional information)

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Exemptions from disclosure

Reason for non-disclosure of key personnel details

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Other optional information

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Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)			
Full name(s)	Mahfuja Ahmed	Morium Ali	Nehara Begum
Position (eg Secretary, Chair, etc)			
Date			



Charity Name: Nour		Charity No	1144213	CC17a
Annual accounts for the period				
Period start date	01-Apr-22	To	Period end date	

Section A Statement of financial activities

Recommended categories by activity	Details of own analysis	Note	Restricted			Total this year £	Total last year £
			Unrestricted funds £	income funds £	Endowment funds £		
			F01	F02	F03	F04	F05
Incoming resources							
Donations			28,751	133,299	-	162,050	11,620
Gift aid claim			-	-	-	-	-
Grants			-	-	-	-	49,003
Incoming resources from charitable activities			-	-	-	-	-
Other incoming resources			-	-	-	-	-
Total incoming resources			28,751	133,299	-	162,050	60,622
Resources expended							
Charity Projects			-	33,874	-	33,874	8,347
Rates and Insurance			483			483	60
telephone postage and stationery			747		-	747	568
Wages and salaries			-	105,519	-	105,519	56,821
Softwares			1,311			1,311	2,901
Advertising			1,240	1,551	-	2,791	-
Travelling expense			21		-	21	-
Staff Training			361	7,070		7,431	48
Bank charges			189			189	12
Website			374			374	1,800
legal and professional fees			-	2,020	-	2,020	2,269
Depreciation			502	7,524	-	8,026	-
Total resources expended			5,228	157,558	-	162,786	72,826
Net incoming resources			23,523	(24,259)	-	(736)	(12,204)
Gross transfers between funds			(14,959)	14,959	-	-	-
Net incoming/(outgoing) resources before other recognised gains/(losses)			8,564	(9,300)	-	(736)	(12,204)
Other recognised gains/(losses)							
Gains and losses on revaluation of fixed assets for the charity's own use			-	-	-	-	-
Gains and losses on investment assets			-	-	-	-	-
Net movement in funds			8,564	(9,300)	-	(736)	(12,204)
Total funds brought forward			75,408	39,325	-	114,733	126,937
Total funds carried forward			83,972	30,025	-	113,997	114,733

Section B Balance sheet

	Note	Unrestricted funds £	Restricted income funds £	Endowment funds £	Total this year £	Total last year £
		F01	F02	F03	F04	F05
Fixed assets						
Tangible assets		4,912	1,353	-	6,265	13,973
		-	-	-	-	-
Investments		-	-	-	-	-
Total fixed assets		4,912	1,353	-	6,265	13,973
Current assets						
Stock and work in progress		-	-	-	-	-
Debtors		345	-	-	345	-
(Short term) investments		-	-	-	-	-
Cash at bank and in hand		9,349	98,038	-	107,387	104,817
Total current assets		9,694	98,038	-	107,732	104,817
Creditors: amounts falling due within one year			-	-	-	4,057
Net current assets/(liabilities)		9,694	98,038	-	107,732	100,760
Total assets less current liabilities		14,606	99,391	-	113,997	114,733
Creditors: amounts falling due after one year		-	-	-	-	-
Provisions for liabilities and charges		-	-	-	-	-
Net assets		14,606	99,391	-	113,997	114,733
Funds of the Charity						
Unrestricted funds		14,606			14,606	48,213
		-			-	-
Restricted income funds			99,391		99,391	66,520
Endowment funds				-	-	-
Total funds		14,606	99,391	-	113,997	114,733
Signed by one or two trustees on behalf of all the trustees		Signature	Print Name		Date of approval	
			Morium Ali		07-Jan-24	
			Mahfuja Ahmed		07-Jan-24	
			Nehara Begum		07-Jan-24	

Note 1 **Basis of preparation****1.1 Basis of accounting**

These accounts have been prepared on the basis of historic cost (except that investments are shown at market value) in accordance with:

- Accounting and Reporting by Charities – Statement of Recommended Practice (SORP 2005);
- and with*

✓

 Accounting Standards;
- or

 Financial Reporting Standards for Smaller Enterprises (FRSSE);
- and with the Charities Act.

Income

Income is accounted for on a receipts basis.

Resources expended

Resources expended are accounted for as the liability is incurred. Expenditure includes irrecoverable VAT which is reported as part of the expenditure to which it relates.



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Nour

**On accounts for the year
ended**

31-March-2023

Charity no

1144213

Set out on pages

Page 1 - 2

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended **31/03/2023**

**Responsibilities and
basis of report**

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

I report in respect of my examination of the Trust'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**

The charity's gross income has not exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of ACCA & ICAEW.

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

- the accounting records were not kept in accordance with section 130 of the Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

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:

[Signature box]

Date:

10/12/2023

Name:

Wajahat Hussain Baloch (FCA, FCCA) on behalf of Redbird Accountants

**Relevant professional
body:**

Institute of Chartered Accountants in England and Wales
Association of Chartered Certified Accountants

Address:

Redbird Accountants

72 Evington Road, Leicester

LE2 1HH

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here details of any items that the examiner wishes to disclose.

None

NOUR

England & Wales - Charity number 1144213

Accounts



Trustees' Annual Report for the period

From 17th June 2021 To 31st March 2022

Charity name: NOUR

Charity registration number: 1144213

Objectives and Activities

<p>Summary of the purposes of the charity as set out in its governing document</p>	<ol style="list-style-type: none">1. To relieve the needs, and preserve and protect the physical and mental health of those who are suffering from or have suffered domestic violence, sexual violence or childhood abuse in minoritised communities, in particular, but not exclusively, those from the Muslim communities. This will be through trauma-informed, culturally competent services the trustees think fit, including but not limited to the provision of counselling, legal advice and practical, financial and emotional support.2. To advance the education of the public in the subject of domestic abuse, sexual violence and childhood abuse, in particular, but not exclusively, among the Muslim community and to work with the perpetrators of domestic violence with a view to rehabilitate them.
<p>Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.</p>	<p>We have provided trauma-informed, culturally competent services to adult survivors of abuse, including, but not limited to, survivors of domestic abuse, sexual violence and childhood abuse. We provided free counselling, legal advice, emotional and practical support, financial assistance amongst other services, to survivors from minoritised communities in the UK.</p>
<p>Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit</p>	<p>Trustees can confirm that we have regard to the Charity commission's public benefit guidance.</p>

Achievements and Performance

Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.

We provided a safe place to survivors, build trust and rapport so Nour became a base to which they can return as often as necessary. We promoted empowerment and self-efficacy, being acutely aware of power dynamics and their impacts on survivors of abuse. Our culturally competent approach facilitated effective interaction with people of diverse cultures, thereby creating a safe, warm environment that fostered deeper trust and collaboration. This enabled our beneficiaries to begin to heal from the trauma of abuse and start to lead meaningful lives. We understand that the lived experience of each individual survivor is unique and nuanced, and tailored our services to meet individual needs of clients through our Support Worker's case management. We have staff and volunteers with lived experience of the devastating impacts of abuse and trauma and they helped us to design our services. Additionally, we invited and incorporated feedback that we receive from our beneficiaries. We were able to meet people where they are, in the way they need, and our services were delivered in multiple community languages. This enabled greater access for those beneficiaries for whom language was a barrier to access.

Nour's work focuses on the long-term healing of those impacted by abuse and trauma. We provided a trauma-informed counselling service (up to 24 free sessions) through psychotherapists/counsellors experienced in working with trauma and who have a deep knowledge and understanding of issues faced by BAME communities. We also facilitated counselling placements for trainee counsellors of BAME backgrounds, thereby ensuring that more culturally competent, trauma-informed counsellors can serve our communities.

We were able to respond to the mental health needs of our beneficiaries in the Covid-19 pandemic by running online anxiety webinars and podcasts, This helped our beneficiaries and the wider community to access specialist mental health advice and guidance. Our online counselling and support services were a lifeline for many facing crises in their lives and in their mental health and wellbeing.

Financial Review

Review of the charity's financial position at the end of the period	
Statement explaining the policy for holding reserves stating why they are held	The trustees aim to maintain free reserves in unrestricted funds at a level which equates to approximately six months of unrestricted charitable expenditure. The trustees consider that this level will provide sufficient funds to continue providing the free counselling service which is offered to the beneficiaries as well as maintaining our staff. The trustees consider that a level of six months is sufficient, which allows trustees to acquire funding from either the public domain or grant applications.
Amount of reserves held	£64665.17
Reasons for holding zero reserves	n/a
Details of fund materially in deficit	n/a
Explanation of any uncertainties about the charity continuing as a going concern	none

Structure, Governance and Management

Description of charity's trusts:	
Type of governing document	Constitution
How is the charity constituted?	Unincorporated Association
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Meeting

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	
The charity's organisational structure and any wider network with which the charity works	

Relationship with any related parties	
Other	

Reference and Administrative details

Charity name	Nour Domestic violence
Other name the charity uses	Nour
Registered charity number	1144213
Charity's principal address	PO Box 62954, London, N9 1BT

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Mahfuja Ahmed			
2	Morium Ali			
3	Nehara Begum		Started 3 rd September 2022	
4	Ruzina Begum		Resigned as trustee on 3 rd September 2022	
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Corporate trustees – names of the directors at the date the report was approved

Director name		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
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Name of chief executive or names of senior staff members (Optional information)

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Exemptions from disclosure

Reason for non-disclosure of key personnel details

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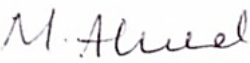
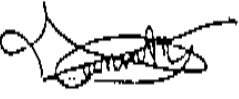

Other optional information

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Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)			
Full name(s)	Mahfuja Ahmed	Morium Ali	Nehara Begum
Position (eg Secretary, Chair, etc)			
Date			



Charity Name: Nour		Charity No	1144213	CC17a
Annual accounts for the period				
Period start date	17-Jun-21	To	Period end date	

Section A Statement of financial activities

Recommended categories by activity	Details of own analysis	Note	Restricted			Total this year £	Total last year £
			Unrestricted funds £	income funds £	Endowment funds £		
			F01	F02	F03	F04	F05
Incoming resources							
Donations			11,620	-	-	11,620	25,342
Gift aid claim			-	-	-	-	-
Grants			-	49,003	-	49,003	170,786
Incoming resources from charitable activities			-	-	-	-	-
Other incoming resources			-	-	-	-	-
Total incoming resources			11,620	49,003	-	60,622	196,128
Resources expended							
Charity Projects			4,347	4,000	-	8,347	56,332
Rates and Insurance			60	-	-	60	355
telephone postage and stationery			568	-	-	568	405
Wages and salaries			-	56,821	-	56,821	63,943
Softwares			2,901	-	-	2,901	849
Travelling expense			-	-	-	-	72
Staff Training			-	48	-	48	2,502
Bank charges			12	-	-	12	-
Website			1,800	-	-	1,800	3,190
legal and professional fees			2,269	-	-	2,269	1,196
			-	-	-	-	-
Total resources expended			11,957	60,869	-	72,826	128,844
Net incoming resources			-337	-11,867	0	-12,204	67,284
Gross transfers between funds			-	-	-	-	-
Net incoming/(outgoing) resources before other recognised gains/(losses)			-337	-11,867	0	-12,204	67,284
Other recognised gains/(losses)							
Gains and losses on revaluation of fixed assets for the charity's own use			-	-	-	-	-
Gains and losses on investment assets			-	-	-	-	-
Net movement in funds			-337	-11,867	0	-12,204	67,284
Total funds brought forward			75,745	51,192	0	126,937	59,653
Total funds carried forward			75,408	39,326	0	114,733	126,937

Section B Balance sheet

	Note	Restricted			Total this year £	Total last year £
		Unrestricted funds £	income funds £	Endowment funds £		
		F01	F02	F03	F04	F05
Fixed assets						
Tangible assets		12,118	1,855	-	13,973	11,519
		-	-	-	-	-
Investments		-	-	-	-	-
<i>Total fixed assets</i>		12,118	1,855	-	13,973	11,519
Current assets						
Stock and work in progress		-	-	-	-	-
Debtors		-	-	-	-	-
(Short term) investments		-	-	-	-	-
Cash at bank and in hand		40,152	64,665	-	104,817	118,172
<i>Total current assets</i>		40,152	64,665	-	104,817	118,172
Creditors: amounts falling due within one year		4,057	-	-	4,057	2,754
<i>Net current assets/(liabilities)</i>		36,095	64,665	-	100,760	115,418
<i>Total assets less current liabilities</i>		48,213	66,520	-	114,733	126,937
Creditors: amounts falling due after one year		-	-	-	-	-
Provisions for liabilities and charges		-	-	-	-	-
<i>Net assets</i>		48,213	66,520	-	114,733	126,937
Funds of the Charity						
Unrestricted funds		48,213			48,213	126,937
		-			-	-
Restricted income funds			66,520		66,520	-
Endowment funds				-	-	-
<i>Total funds</i>		48,213	66,520	-	114,733	126,937
Signed by one or two trustees on behalf of all the trustees		Signature	Print Name	Date of approval		
			Morium Ali	07-Dec-22		
			Mahfuja Ahmed	07-Dec-22		
			Nehara Begum	07-Dec-22		

Note 1 **Basis of preparation****1.1 Basis of accounting**

These accounts have been prepared on the basis of historic cost (except that investments are shown at market value) in accordance with:

- Accounting and Reporting by Charities – Statement of Recommended Practice (SORP 2005);
- and with*

✓

 Accounting Standards;
- or

 Financial Reporting Standards for Smaller Enterprises (FRSSE);
- and with the Charities Act.

Income

Income is accounted for on a receipts basis.

Resources expended

Resources expended are accounted for as the liability is incurred. Expenditure includes irrecoverable VAT which is reported as part of the expenditure to which it relates.



Section A Independent Examiner's Report

**Report to the trustees/
members of**

Nour

**On accounts for the year
ended**

31-March-2022

Charity no

1144213

Set out on pages

Page 1 - 2

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended **31/03/2022**

**Responsibilities and
basis of report**

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

I report in respect of my examination of the Trust'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**

The charity's gross income has not exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of ACCA & ICAEW.

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

- the accounting records were not kept in accordance with section 130 of the Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

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:

[Signature box]

Date:

07/12/2022

Name:

Wajahat Hussain Baloch (FCA, FCCA) on behalf of Redbird Accountants

**Relevant professional
body:**

Institute of Chartered Accountants in England and Wales
Association of Chartered Certified Accountants

Address:

Redbird Accountants

72 Evington Road, Leicester

LE2 1HH

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here details of any items that the examiner wishes to disclose.

None

NOUR

England & Wales - Charity number 1144213

Accounts



Trustees' Annual Report for the period

From 17th June 2020 To 16th June 2021

Charity name: **NOUR**

Charity registration number: **1144213**

Objectives and Activities

<p>Summary of the purposes of the charity as set out in its governing document</p>	<p>To relieve the needs and preserve and protect the physical and mental health of those who are suffering from or have suffered domestic violence, in particular but not exclusively those from the Muslim communities, in such ways as the trustees think fit, including but not limited to the provision of counselling, legal advice and practical support.</p> <p>To advance the education of the public in the subject of domestic violence, in particular among the Muslim community and to work with the perpetrators of domestic violence with a view to rehabilitate them.</p>
<p>Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.</p>	<p>We have delivered free culturally competent, trauma informed counselling for survivors of abuse in English and also in community languages, such as Bengali and urdu. We have provided free legal advice through our Solicitor - a specialist in family law and working with survivors of abuse; she volunteers her time for our legal advice project. We have provided emotional and practical support for through our casework team, who also help signpost to other services, helping women access financial aid and other support. We responded to the Covid-19 pandemic by adapting our services to online services, and raised awareness of the impacts of the pandemic on survivors of abuse. We focused on safeguarding for complex cases, networked with refuges and other charities to assist beneficiaries and delivered crisis hampers to women in need.</p>
<p>Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit</p>	<p>Trustees can confirm that we have regard to the Charity commission's public benefit guidance.</p>

Achievements and Performance

<p>Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.</p>	<p>We provided a safe place to survivors, build trust and rapport so Nour became a base to which they can return as often as necessary. We promoted empowerment and self-efficacy, being acutely aware of power dynamics and their impacts on survivors of abuse. Our culturally competent approach facilitated effective interaction with people of diverse cultures, thereby creating a safe, warm environment that fostered deeper trust and collaboration. This enabled our beneficiaries to begin to heal from the trauma of abuse and start to lead meaningful lives. We understand that the lived experience of each individual survivor is unique and nuanced, and tailored our services to meet individual needs of clients through our Support Worker's case management. We have staff and volunteers with lived experience of the devastating impacts of abuse and trauma and they helped us to design our services. Additionally, we invited and incorporated feedback that we receive from our beneficiaries. We were able to meet people where they are, in the way they need, and our services were delivered in multiple community languages. This enabled greater access for those beneficiaries for whom language was a barrier to access.</p> <p>Nour's work focuses on the long-term healing of those impacted by abuse and trauma. We provided a trauma-informed counselling service (up to 24 free sessions) through psychotherapists/counsellors experienced in working with trauma and who have a deep knowledge and understanding of issues faced by BAME communities. We also facilitated counselling placements for trainee counsellors of BAME backgrounds, thereby ensuring that more culturally competent, trauma-informed counsellors can serve our communities.</p> <p>We were able to respond to the mental health needs of our beneficiaries in the Covid-19 pandemic by running online anxiety webinars and podcasts, This helped our beneficiaries and the wider community to access specialist mental health advice and guidance. Our online counselling and support services were a lifeline for many facing crises in their lives and in their mental health and wellbeing.</p>
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Financial Review

Review of the charity's financial position at the end of the period	
Statement explaining the policy for holding reserves stating why they are held	The trustees aim to maintain free reserves in unrestricted funds at a level which equates to approximately six months of unrestricted charitable expenditure. The trustees consider that this level will provide sufficient funds to continue providing the free counselling service which is offered to the beneficiaries as well as maintaining our staff. The trustees consider that a level of four months is sufficient, which allows trustees to acquire funding from either the public domain or grant applications.
Amount of reserves held	£43000
Reasons for holding zero reserves	n/a
Details of fund materially in deficit	n/a
Explanation of any uncertainties about the charity continuing as a going concern	none

Structure, Governance and Management

Description of charity's trusts:	
Type of governing document	Constitution
How is the charity constituted?	Unincorporated Association
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Meeting

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	
--	--

The charity's organisational structure and any wider network with which the charity works	
Relationship with any related parties	
Other	

Reference and Administrative details

Charity name	Nour Domestic violence
Other name the charity uses	Nour
Registered charity number	1144213
Charity's principal address	PO Box 62954, London, N9 1BT

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Mahfuja Ahmed			
2	Ruzina Begum			
3	Morium Ali			
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Corporate trustees – names of the directors at the date the report was approved

Director name		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
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Name of chief executive or names of senior staff members (Optional information)

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Exemptions from disclosure

Reason for non-disclosure of key personnel details

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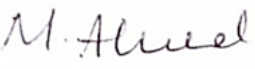

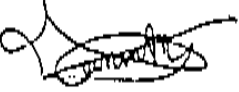
Other optional information

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Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)			
Full name(s)	Mahfuja Ahmed	Ruzina Begum	Morium Ali
Position (eg Secretary, Chair, etc)	Trustee	Trustee	Trustee
Date	16/04/22	16/04/22	16/04/22



Charity Name: Nour		Charity No	1144213	CC17a
Annual accounts for the period				
Period start date	17-Jun-20	To	Period end date	

Section A Statement of financial activities

Recommended categories by activity	Details of own analysis	Note	Restricted			Total this year £	Total last year £
			Unrestricted funds £	income funds £	Endowment funds £		
			F01	F02	F03	F04	F05
Incoming resources							
Donations			25,342	-	-	25,342	61,586
Gift aid claim			-	-	-	-	-
Grants			-	170,786	-	170,786	-
Incoming resources from charitable activities			-	-	-	-	-
Other incoming resources			-	-	-	-	-
Total incoming resources			25,342	170,786	-	196,128	61,586
Resources expended							
Charity Projects			7,222	49,110	-	56,332	11,512
Rates and Insurance			355	-	-	355	-
telephone postage and stationery			405	-	-	405	347
Wages and salaries			-	63,943	-	63,943	19,278
Advertising			-	849	-	849	457
Travelling expense			72	-	-	72	55
Staff Training			-	2,502	-	2,502	-
Website			-	3,190	-	3,190	-
legal and professional fees			1,196	-	-	1,196	813
			-	-	-	-	-
Total resources expended			9,250	119,594	-	128,844	32,462
Net incoming resources			16,092	51,192	-	67,284	29,124
Gross transfers between funds							
			-	-	-	-	-
Net incoming/(outgoing) resources before other recognised gains/(losses)			16,092	51,192	-	67,284	29,124
Other recognised gains/(losses)							
Gains and losses on revaluation of fixed assets for the charity's own use			-	-	-	-	-
Gains and losses on investment assets			-	-	-	-	-
Net movement in funds			16,092	51,192	-	67,284	29,124
Total funds brought forward			59,653	-	-	59,653	30,529
Total funds carried forward			75,745	51,192	-	126,937	59,653

Section B Balance sheet

	Note	Restricted			Total this year £	Total last year £
		Unrestricted funds £	income funds £	Endowment funds £		
		F01	F02	F03	F04	F05
Fixed assets						
Tangible assets		3,490	8,029	-	11,519	3,490
		-	-	-	-	-
Investments		-	-	-	-	-
<i>Total fixed assets</i>		3,490	8,029	-	11,519	3,490
Current assets						
Stock and work in progress		-	-	-	-	-
Debtors		-	-	-	-	-
(Short term) investments		-	-	-	-	-
Cash at bank and in hand		51,150	67,022	-	118,172	58,859
<i>Total current assets</i>		51,150	67,022	-	118,172	58,859
Creditors: amounts falling due within one year		2,754	-	-	2,754	2,696
<i>Net current assets/(liabilities)</i>		48,396	67,022	-	115,418	56,163
<i>Total assets less current liabilities</i>		51,886	75,051	-	126,937	59,653
Creditors: amounts falling due after one year		-	-	-	-	-
Provisions for liabilities and charges		-	-	-	-	-
<i>Net assets</i>		51,886	75,051	-	126,937	59,653
Funds of the Charity						
Unrestricted funds		51,886			51,886	59,653
		-			-	-
Restricted income funds			75,051		75,051	-
Endowment funds				-	-	-
<i>Total funds</i>		51,886	75,051	-	126,937	59,653

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	Morium Ali	16-Apr-22
	Mahfuja Ahmed	16-Apr-22
	Ruzina Begum	16-Apr-22

Note 1 **Basis of preparation****1.1 Basis of accounting**

These accounts have been prepared on the basis of historic cost (except that investments are shown at market value) in accordance with:

- Accounting and Reporting by Charities – Statement of Recommended Practice (SORP 2005);
- and with*

✓

 Accounting Standards;
- or

 Financial Reporting Standards for Smaller Enterprises (FRSSE);
- and with the Charities Act.

Income

Income is accounted for on a receipts basis.

Resources expended

Resources expended are accounted for as the liability is incurred. Expenditure includes irrecoverable VAT which is reported as part of the expenditure to which it relates.



Section A Independent Examiner's Report

**Report to the trustees/
members of**

Nour

**On accounts for the year
ended**

16-June-2021

Charity no

1144213

Set out on pages

Page 1 - 4

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended **16/06/2021**

**Responsibilities and
basis of report**

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

I report in respect of my examination of the Trust'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**

The charity's gross income has not exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of ACCA & ICAEW.

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

- the accounting records were not kept in accordance with section 130 of the Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

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:

[Signature]

Date:

16/02/2021

Name:

Wajahat Hussain Baloch (FCA, FCCA) on behalf of Redbird Accountants

**Relevant professional
body:**

Institute of Chartered Accountants in England and Wales
Association of Chartered Certified Accountants

Address:

Redbird Accountants

72 Evington Road, Leicester

LE2 1HH

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here details of any items that the examiner wishes to disclose.

None