



CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From 17th June 2021 To 31st March 2022

Charity name: NOUR

Charity registration number: 1144213

Objectives and Activities

Summary of the purposes of the charity as set out in its governing document	<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.
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.	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.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Trustees can confirm that we have regard to the Charity commission's public benefit guidance.

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

[illegible]

Name of trustees holding title to property belonging to the charity

[illegible]

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

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)

M. Ahmed

[Signature]

N. Begum

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	31-Mar-22	

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 last year £
		Unrestricted funds £ F01	income funds £ F02	Endowment funds £ F03	Total this year £ F04
Fixed assets					
Tangible assets		12,118	1,855	-	13,973
		-	-	-	-
Investments		-	-	-	-
Total fixed assets		12,118	1,855	-	13,973
Current assets					
Stock and work in progress		-	-	-	-
Debtors		-	-	-	-
(Short term) investments		-	-	-	-
Cash at bank and in hand		40,152	64,665	-	104,817
Total current assets		40,152	64,665	-	104,817
Creditors: amounts falling due within one year		4,057	-	-	4,057
Net current assets/(liabilities)		36,095	64,665	-	100,760
Total assets less current liabilities		48,213	66,520	-	114,733
Creditors: amounts falling due after one year		-	-	-	-
Provisions for liabilities and charges		-	-	-	-
Net assets		48,213	66,520	-	114,733
Funds of the Charity					
Unrestricted funds		48,213			48,213
		-			-
Restricted income funds			66,520		66,520
Endowment funds				-	-
Total funds		48,213	66,520	-	114,733
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*

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 Accounting Standards;
- or
- 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:

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