



CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

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

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 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>
--	---

	<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>
--	---

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

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

[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)

--

Exemptions from disclosure

Reason for non-disclosure of key personnel details

--

Other optional information

--

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	31-Mar-23	

Section A Statement of financial activities

Recommended categories by activity	Details of own analysis	Note	Restricted		Endowment funds £	Total this year £	Total last year £
			Unrestricted funds £	income 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 £ F01	Restricted income funds £ F02	Endowment funds £ F03	Total this year £ F04	Total last year £ 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
- 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:

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