



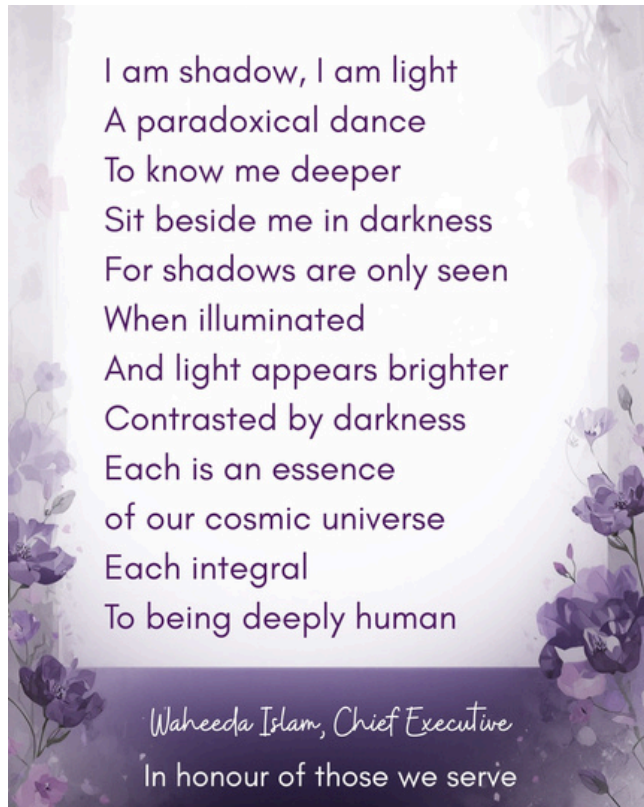
TRUSTEES ANNUAL REPORT &
FINANCIAL STATEMENTS FOR THE YEAR ENDING
31 MARCH 2025

Nour
A healing light

2024-2025

Charity Number: 1144213

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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 refugees, 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 GROUNDHOG 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

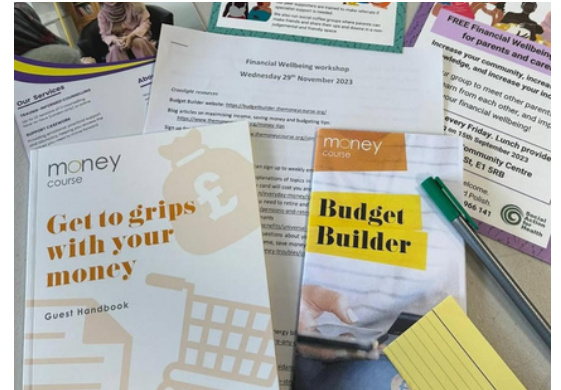
New clients accessed spiritual advocacy

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.

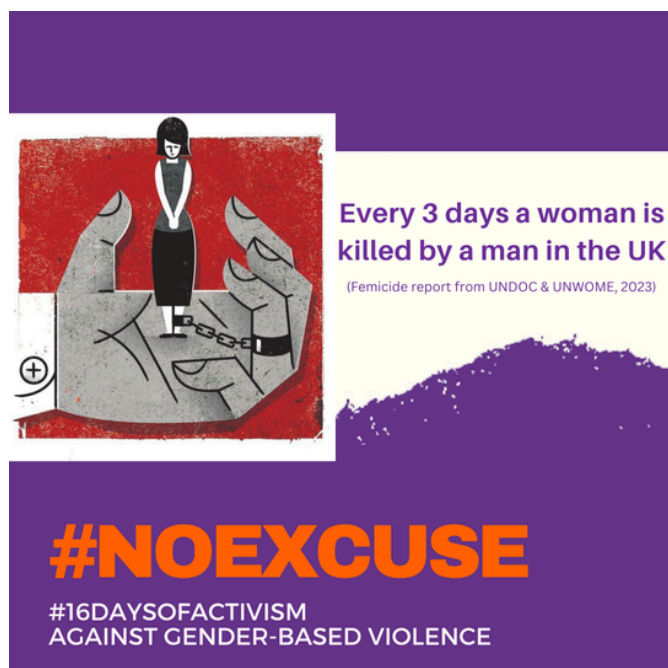
We also offered guests some light entertainment with poetry, table quizzes with some attendees winning beautiful hampers filled with books, toiletries and wellbeing treats. All items were donated and we are thankful to our donors for their generosity. And of course, the Open Mic session was such a hit! 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



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

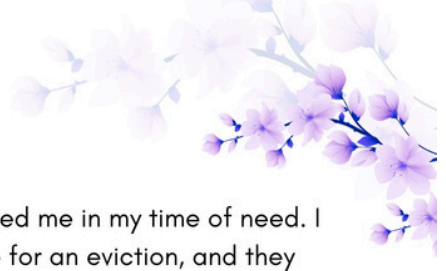
Client Testimonials

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 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





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

Healthy Relationships
Workshop Attendee



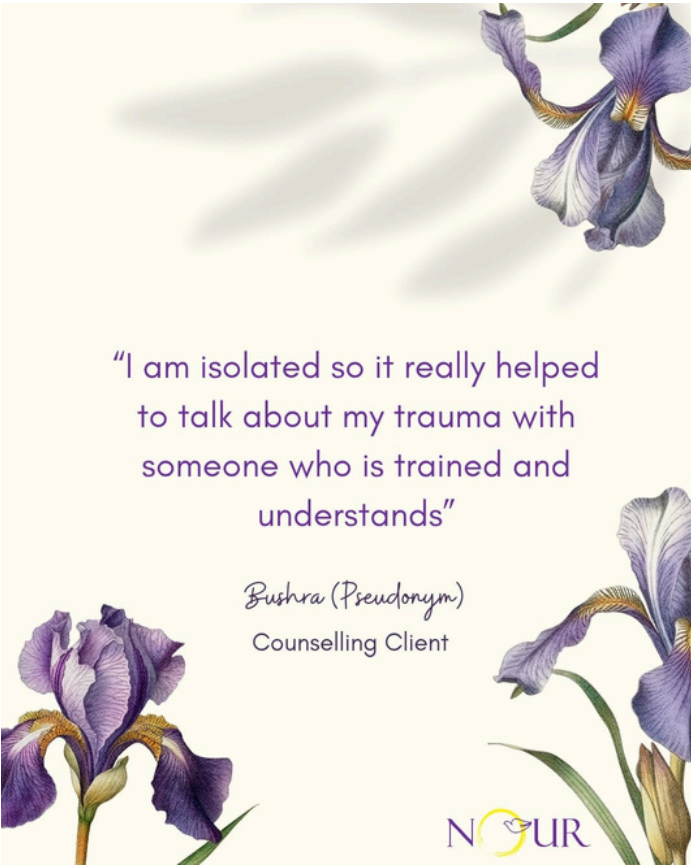
"I have stopped having suicidal thoughts
and look forward to my life rather than
feel hopeless. When I feel sad about the
past I am able to work through the feeling
and carry on with my day as opposed to
being completely stuck."

Mahima (Pseudonym)
Counselling Client



Service Delivery Report

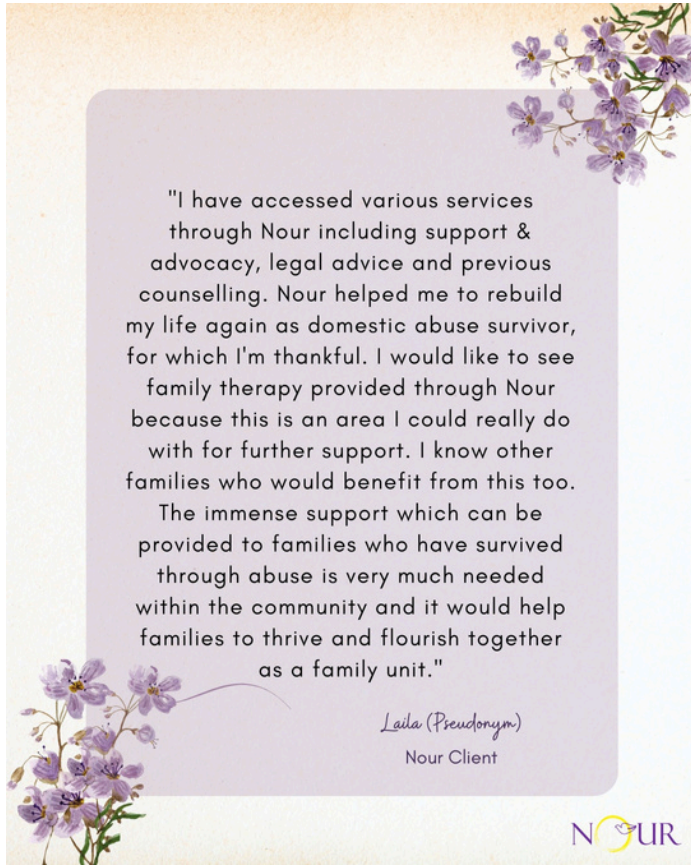
Client Testimonials



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

Bushra (Pseudonym)
Counselling Client

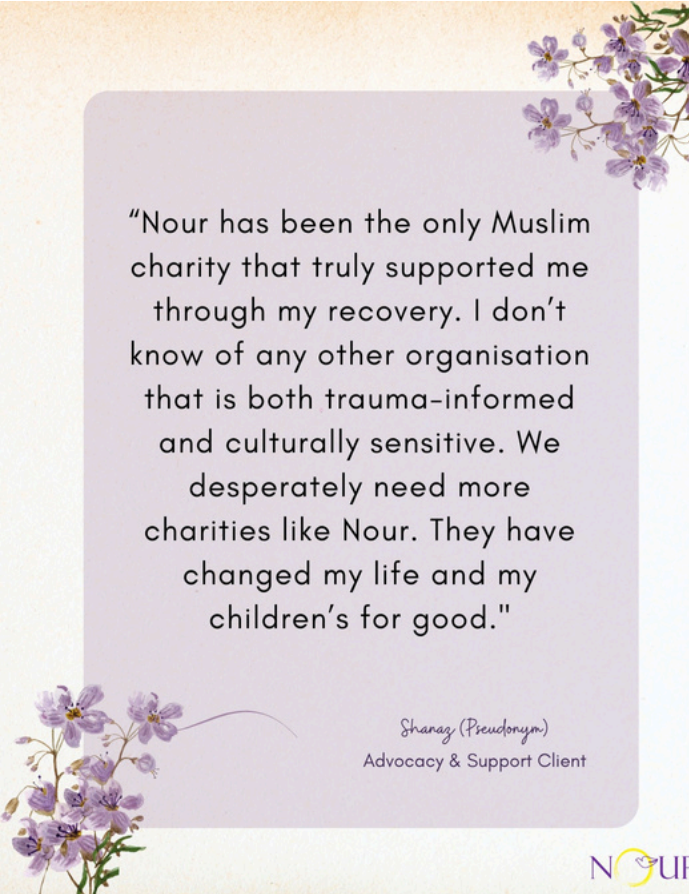
NOUR



"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

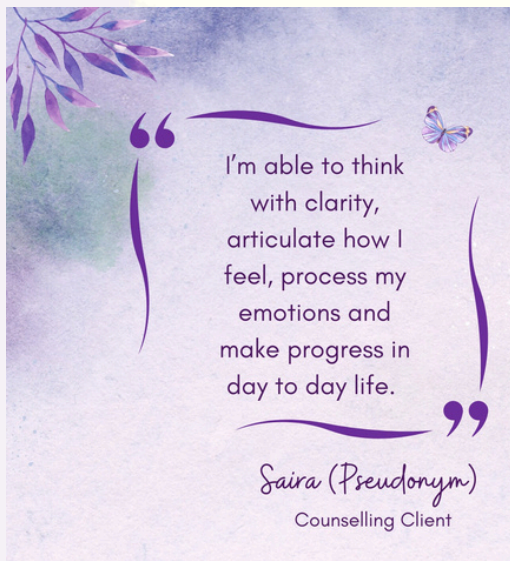


"Counselling helped me during the hardest, most confusing time. Leaving an abusive relationship is harder, being out is harder, your mental, emotional state is really messed up and it is like a very dark tunnel. Being out can be equally dangerous. The confusion about if it was even abusive is real.

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.

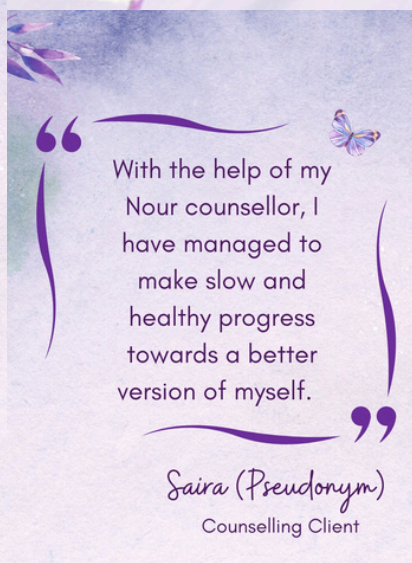
Nour do a wonderful job, taking time and the effort to support and recognise how difficult it is".

Tasnim (Pseudonym)
Counselling Client



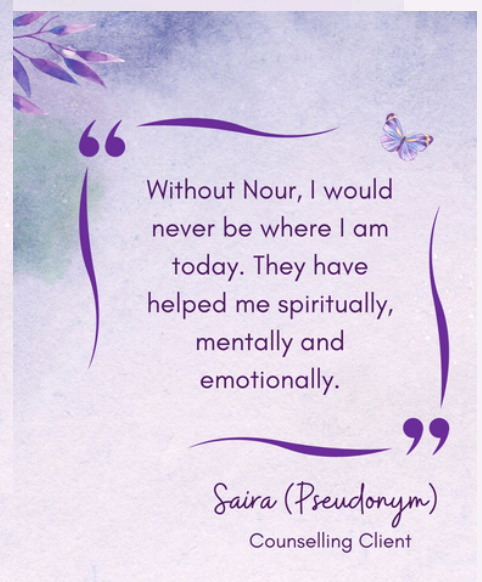
I'm able to think with clarity, articulate how I feel, process my emotions and make progress in day to day life.

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

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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
Depreciation		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 last year £
		Unrestricted funds	income funds	Endowment funds	
		£ F01	£ F02	£ F03	
Fixed assets					
Tangible assets		6,810	425	-	7,235
				-	-
Investments		-	-	-	-
Total fixed assets		6,810	425	-	7,235
Current assets					
Stock and work in progress		-	-	-	-
Debtors	1	9,482	-	-	9,482
(Short term) investments		-	-	-	-
Cash at bank and in hand		54,356	95,530	-	149,886
Total current assets		63,838	95,530	-	159,368
Creditors: amounts falling due within one year	2	1,591	-	-	1,591
Net current assets/(liabilities)		62,247	95,530	-	157,777
Total assets less current liabilities		69,057	95,955	-	165,012
Creditors: amounts falling due after one year		-	-	-	-
Provisions for liabilities and charges		-	-	-	-
Net assets		69,057	95,955	-	165,012
Funds of the Charity					
Unrestricted funds		69,057			69,057
		-			-
Restricted income funds			95,955		95,955
Endowment funds				-	-
Total funds		69,057	95,955	-	165,012
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

Trade debtors

Amounts due from subsidiary and associated undertakings

Other debtors

Prepayments and accrued income

	Amounts falling due within one year		Amounts falling due after more than one year	
	This year £	Last year £	This year £	Last year £
	-	-	-	-
	-	-	-	-
	9,482	6,252	-	6,252.0
	-	-	-	-
Total	9,482	6,252	-	6,252.0

Note 2 Creditors and accruals

12.1 Analysis of creditors

Loans and overdrafts

Trade creditors

Amounts due to subsidiary and associated undertakings

Other creditors

Accruals and deferred income

	Amounts falling due within one year		Amounts falling due after more than one year	
	This year £	Last year £	This year £	Last year £
	-	-	-	-
	-	-	-	-
	-	-	-	-
	960	605	-	-
	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