

**FATIMA
WOMEN'S**
ASSOCIATION

34th Annual Report

September 2024 – August 2025



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Charitable Incorporated Organisation Number 1160027

INTRODUCTION

Aims

Fatima Women's Association (FWA) is committed to improving the lives of women, young people, children and families across Oldham, particularly in the areas of Glodwick, Alexandra, Roundthorn, and surrounding communities. Our aim is to create opportunities that empower them, promote equality, and help individuals and families to thrive.

We achieve this by:

- Providing training and educational courses that support women and young people to build new skills, increase confidence, and progress into further learning.
- Offering health and wellbeing sessions that encourage healthier lifestyles, emotional resilience, and stronger support networks.
- Organising recreational and leisure activities that bring people together, reduce isolation, and promote community cohesion.
- Offering activities to children and young people.
- Creating volunteering and employment opportunities by working with local partners, offering hands-on experience, and supporting pathways into the workplace.

Our work is made possible through the employment of committed staff, strong partnerships with other agencies, and the invaluable contribution of volunteers from the local community.

Over the past 12 months, FWA has continued to grow as a hub for women, young people, children and families. We have successfully created an environment that is inclusive, welcoming, and reflective of the diverse cultural and social needs of our communities.



Chairperson's Report

As the Chair of Fatima Women's Association (FWA), it gives me immense pleasure to present our 34th Annual Report, reflecting on the progress of our organisation and the new initiatives we have undertaken during the past year.

The journey of the past twelve months has been both challenging and rewarding. Despite the difficulties that our communities and the voluntary sector continue to face, FWA has grown stronger and more resilient. Thanks to the commitment of our management committee, dedicated staff, and tireless volunteers, we have been able to improve and expand our services, ensuring that we continue to meet the needs of women, young people, and families in Oldham.

This year has been particularly eventful and inspiring. We have delivered a range of new and innovative projects, many of which have been developed in direct response to the voices of our community. Listening to our members remains at the heart of everything we do, and their feedback has helped shape services that are both relevant and impactful.

Some of the highlights of the year include:

- The introduction of new training and educational courses, enabling women and young people to enhance their skills, pursue further qualifications, and gain better access to volunteering and employment opportunities.
- A wider variety of health and wellbeing sessions, which have encouraged healthier lifestyles, promoted positive mental health, and helped reduce isolation.
- An expansion of recreational and children's activities, ensuring that families can access safe, supportive, and enjoyable opportunities to learn, grow, and connect.

- The strengthening of partnerships with local agencies, allowing us to pool resources, reach more people, and deliver services more effectively.

We are proud that Fatima Women's Association has once again demonstrated its ability to adapt, innovate, and thrive, even in times of challenge. Our organisation has continued to act as a safe, welcoming, and inclusive space where women of all backgrounds can find support, encouragement, and inspiration.

Looking ahead, our focus remains on sustainability, growth, and deeper community impact. We will continue to develop new initiatives, expand our outreach, and provide opportunities that empower women, build confidence, and improve quality of life for families across Oldham.

For the latest updates on our activities, please visit our website at www.fatimawomens.org.uk, which is regularly updated with information on current and upcoming projects. We warmly encourage you to register your interest in our training programmes, educational courses, health and wellbeing sessions, and children's activities.

On behalf of Fatima Women's Association, I extend my heartfelt thanks to all our members, staff, volunteers, partners, and supporters who have contributed to another successful year. Together, we are building stronger futures, not just for women, but for the wider community.



Strengthening Communities



At Fatima Women's Association (FWA), we believe that strong partnerships are the foundation of strong communities. Over the past year, our team have placed significant focus on building and strengthening relationships across the voluntary sector, community groups, the NHS, educational establishments, and statutory services.

By working together, we have not only enhanced the quality of existing provision but also created integrated networks of support that bring together diverse skills, resources, and expertise. This collaborative approach has enabled us to design and deliver services that are more responsive to the needs of our beneficiaries, ensuring that women, young people, children and families can access the right support at the right time.

A key part of this partnership work has been our monthly consortium meetings, hosted at FWA. These meetings provide a valuable platform for organisations to share best practice, coordinate services, and develop new initiatives collectively. By fostering open dialogue and joint planning, we are helping to reduce duplication, fill service gaps, and maximise the reach and impact of community resources.

We are proud to work in close partnership with a wide range of organisations, including:

- Local and regional voluntary and community groups such as Action Together, Positive Steps, Fresh Belief, Peshkar Productions and the Centre of Wellbeing, Training and Culture.
- Educational and training providers including Get Oldham Working, Oldham Lifelong Learning, The Oldham college, Greater Manchester Violence Reduction Unit and The University of Manchester, who support pathways into education, skills, and employment.

- Health and wellbeing partners such as The Christie NHS Foundation, Xperthealth, Answer Cancer Manchester, Turning Point, and Horizon LGA Greater Manchester, who help us improve physical, medical and mental health outcomes.
- Sports, arts, and cultural organisations including Oldham Greenhill Community Sports and Recreation Club, and Lancashire Cricket Foundation, who support recreation, engagement, and creativity.
- Statutory and interfaith bodies such as Oldham Council's Get Oldham Working initiative, Oldham Interfaith Forum, Faith Action, and Salford CVS, who help us address wider social challenges and promote inclusion.

Through these partnerships, FWA has been able to:

- Widen access to services and opportunities for local women and families.
- Strengthen community resilience by building networks of support across different sectors.
- Provide holistic services that address not just education and employment, but also health, wellbeing, recreation, and cultural needs.
- Ensure sustainability by pooling resources and working collectively to deliver greater impact.

Looking forward, FWA is committed to deepening these partnerships and forging new ones, with the shared vision of building stronger, healthier, and more inclusive communities across Oldham and beyond.

Activities/Training

We are committed to ensuring that all of our projects and services are shaped by the community for the community. Over the past year, we have actively engaged in consultations with local women, young people, and children, as well as regular networking with partner agencies. This ongoing dialogue has enabled us to design and deliver new projects that truly reflect the needs and aspirations of the communities we serve.

Building on our past experience and successes, the FWA team continues to refine and expand our programmes, helping the organisation move closer to its full potential as a hub of learning, wellbeing, and empowerment.

Membership and Participation

Our reach and engagement remain strong. During the past year:

- 470 adults and 108 young people and children completed membership forms to join FWA.
- Across a 52-week period, an average of 165 individuals accessed our sessions each week, highlighting the consistent demand for our services.
- FWA was supported by 20 dedicated volunteers over a 12-month period, who contributed their time, skills, and enthusiasm to enrich the delivery of our programmes.

Range of Activities

Our activities and training sessions have spanned a wide variety of themes, designed to address educational, social, health, and recreational needs. These have included:

- Training and educational courses that improve skills, open pathways into further education, and increase employability prospects.
- Health and wellbeing programmes focusing on fitness, mental health awareness, nutrition, and self-care.
- Creative and recreational activities such as arts, crafts, and cultural events that encourage self-expression and social connection.
- Youth and children's sessions, providing safe, engaging opportunities for younger members to learn, play, and grow.

Impact

The success of our activities is not only measured by numbers but also by the positive changes in participants' lives. Women have reported greater confidence and motivation, young people have expressed new aspirations for education and employment, and families have benefited from strengthened relationships and reduced social isolation.

Our volunteers have also experienced personal growth, gaining valuable skills, confidence, and in many cases progressing towards further opportunities in education and employment.

Funding

It has been another successful year for Fatima Women's Association (FWA) in raising the funds required to deliver high-quality projects, carry out community research and consultations, run workshops, maintain our overheads and resources, and sustain staff positions. We are proud to report that the new projects undertaken this year have met their outcomes and, in many cases, exceeded expectations. These projects have not only strengthened our core delivery but also created a wider impact across the community, ensuring that our work continues to make a meaningful difference to the lives of women, young people, and families in Oldham.

Looking Ahead: The Funding Landscape

As we move into 2025/2026, we are conscious that it will be a challenging year for fundraising. At present, FWA relies on a balanced mix of long-term and short-term grants, alongside small-scale commissioning and contracts. Our fundraising strategy has historically been successful, allowing us to build a strong reputation for delivering value and impact. However, the funding landscape is shifting, presenting new hurdles to sustaining FWA.

In recent years, many major funders have refined their criteria and priorities, with an increasing emphasis on:

- Domestic violence and safeguarding initiatives
- Systemic or structural change programmes
- Large-scale advocacy and campaigning work

While these are critical and valuable areas, they do not fully reflect the core focus of FWA, which is providing grassroots, community-led education, training, health and wellbeing programmes, recreational activities, and practical support that responds directly to the everyday needs of local women and families. This means that opportunities which previously would have been a good fit are no longer as accessible.

Our Response and Strategy

To address these changes, FWA is actively reviewing and adapting our fundraising strategy. We are focusing on:

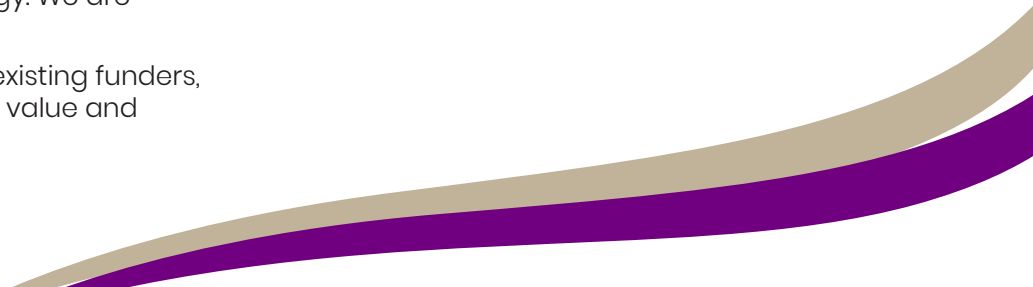
- Strengthening relationships with existing funders, ensuring they continue to see the value and impact of our work.

- Diversifying income streams through social enterprise opportunities, community fundraising, and exploring sponsorships from local businesses.
- Building collaborative bids with partner organisations, particularly in areas where our work overlaps with current funding priorities, such as health, wellbeing, and youth engagement.
- Demonstrating long-term impact by strengthening our monitoring and evaluation systems, ensuring we can provide funders with clear evidence of outcomes, value for money, and community transformation.
- Investing in sustainability by seeking multi-year grants that provide greater security and allow us to plan and deliver with confidence.

Commitment to the Community

Despite the challenges ahead, FWA remains deeply committed to ensuring that no woman, young person, child or family is left behind. Our resilience as an organisation is rooted in the trust we have built within the community over three decades, the dedication of our staff and volunteers, and our ability to respond creatively to changing needs and circumstances.

With continued determination, collaboration, and support from our funders, partners, and the wider community, we are confident that FWA will adapt to the changing funding environment and continue to deliver services that empower women, strengthen families, and build thriving communities.



FWA would like to thank the following for their financial support from April 2024 to March 2025:

- Breast Cancer
- Cancer & Inequalities
- Cost of Living Crisis Greater Manchester
- Costco & United Way UK
- Faith Action
- Garfield Weston Foundation
- Greater Manchester Crime Reduction, Violence Reduction Unit
- John Mason Family Trust
- Manchester University
- MMR Campaign
- NHS Greater Manchester
- One Oldham Fund Children & Young People
- Postcode Neighbourhood Trust
- Skipton Building Society Charitable Foundation
- The National Lottery Reaching Communities Fund

On behalf of the Management Committee, I would like to extend our deepest gratitude and appreciation to all members of staff for their tireless dedication, commitment, and enthusiasm throughout the year. Their hard work continues to be the driving force behind the success and growth of Fatima Women's Association.

A special and heartfelt thank you must also go to our trustees and volunteers, whose generosity of time, skills, and spirit has been invaluable. Their consistent and loyal support enables us to reach further, deliver more, and continue building meaningful connections within the community. Without their contribution, much of what we achieve would simply not be possible.

It is with immense pleasure and pride that I present to you the 34th Annual Report of Fatima Women's Association, covering the period from September 2024 to August 2025. This report not only reflects the achievements of the past year but also stands as a testament to the resilience, creativity, and strength of our organisation and the communities we serve.

As we look ahead, we remain committed to our vision of empowering women, young people, children, strengthening families, and fostering inclusive communities. With the continued support of our trustees, volunteers, staff, partners, funders, and community members, we are confident that FWA will continue to grow, adapt, and thrive, delivering positive change for many more years to come.

Tabassum Kousar
Chairperson

Our Strategic Objectives

Education and Training

Empowering Women Through Education

In 2024/2025, FWA experienced a landmark year in our education and training work. Our students continued to demonstrate outstanding commitment, and our dedicated educators played a vital role in cultivating a supportive and engaging learning environment. With the integration of innovative teaching methods, personalised learning approaches, and advanced technology, we continue to see a steady rise in student achievement year after year.

Our curriculum remains rooted in real-life application, ensuring that lessons are meaningful, relevant, and accessible to all learners. By fostering critical thinking and personalised support, we ensure that each individual receives the attention needed to thrive academically and personally.

The individual focus groups were a turning point for many women. They provided a safe, supportive space to learn about self-examination and screening for breast and cervical cancer. Simple, easy-to-follow videos explained mammograms and smear tests, helping to demystify the process.

Small, age-tailored groups made everyone feel more at ease, encouraging open discussion and questions. Language barriers weren't a problem, we used simplified English, hand-raising for questions, short videos, and interpreters to ensure everyone felt included and informed.



Delivery and Engagement

Over the course of the year, we delivered 183 educational sessions, directly supporting more than 75 women. Of these, 108 sessions focused on Pre-Employment Skills, providing learners with the tools necessary to take their next steps towards further education, volunteering, work placement or employment. While around 20% of women withdrew within the first few sessions, the majority remained engaged for 12 weeks or more. In total, we delivered 366 hours of learning.

These courses are designed not only to boost employability but to support learners holistically. Many women have developed foundational skills that have allowed them to progress to our numeracy, IT, sewing sessions, while others are now preparing to transition to Oldham College and Oldham lifelong learning.

Courses Delivered and Participation

We delivered a wide range of targeted sessions, ensuring learners received well-rounded development opportunities.

Core Educational Programs

- Driving Theory: 30 participants
- British Citizenship: 20 participants
- Employability Skills: 35 participants
- Presentation Skills: 22 participants
- Reading, Writing & Speaking Skills: 28 participants
- Support to Succeed (Manchester Athena): 15 participants

Progression to Further Learning

- Advanced to Numeracy Class (WEA): 13 learners
- Progressed to IT Class (WEA): 14 learners
- Enrolled in Courses at Oldham Lifelong Learning: 10 learners
- Joined English Classes at Oldham College: 5 learners

Excursions & Cultural Engagement

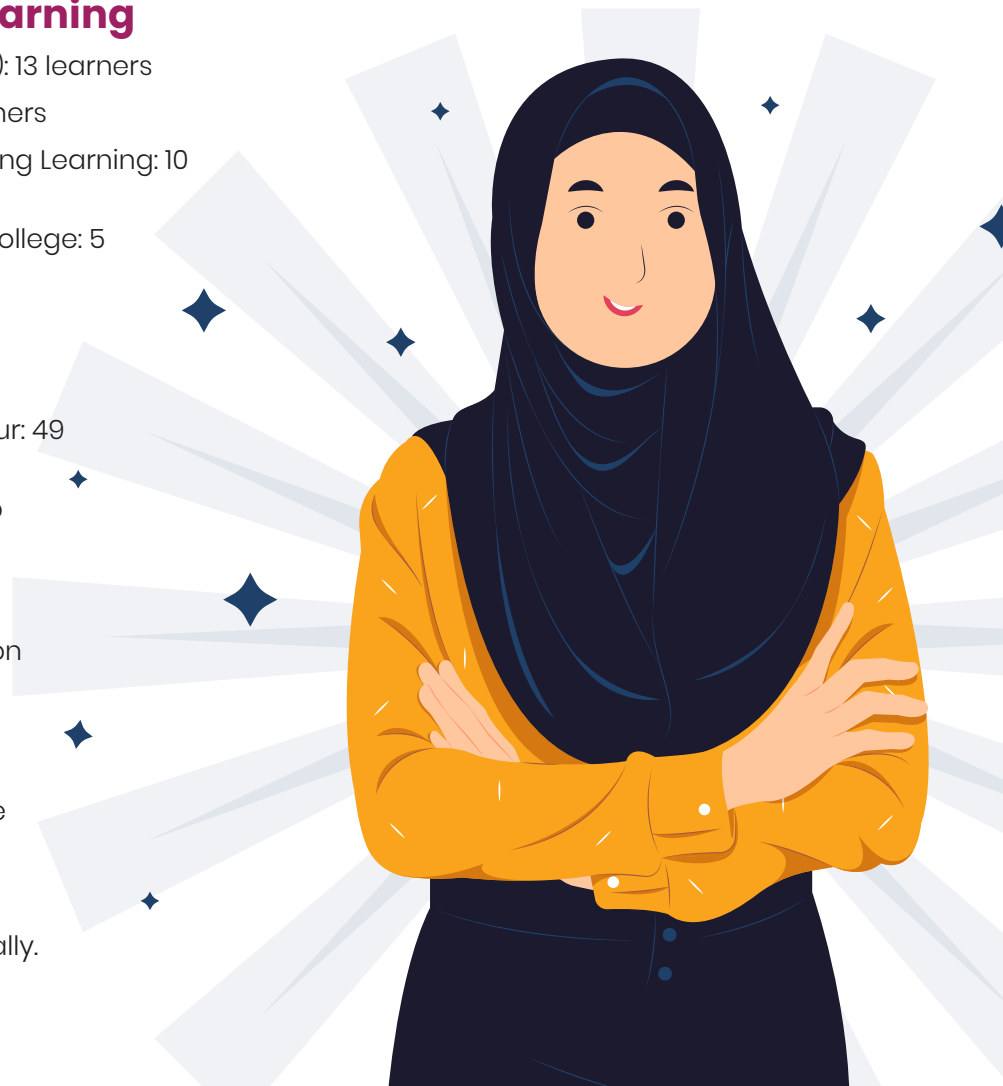
- Liverpool Museum Visit and Dock Tour: 49 participants
- Manchester Christmas Market & Job Search Activity: 20 participants

Conclusion

Through holistic, personalised education and diverse learning experiences, FWA continues to equip women with the confidence, skills, and knowledge to transform their lives. Whether through traditional classroom learning, creative expression, volunteering, or real-world excursions, our programs have created pathways for learners to grow academically, socially, and professionally.

Volunteering & Community Engagement

- Introduction to Volunteering Workshop, through Action Together: 20 participants
- Ripple Effect Performance: 13 volunteer performers, over 200 attended the event
- MMR Campaign Event: 100 total attendees
- Upper GI Cancer Awareness Event: 110 total attendees



Pre-Employment Skills Outcomes & Future Plans

Skills and Confidence Improvements

A total of 64 learners completed the Pre-Employment Skills Programme in 2024/2025, with results reflecting significant growth across various areas.

Key achievements include:



Specific skill enhancements include:



Post-Course Actions and Progression

When asked what learners plan to do once the course finishes, the responses show a clear intention to continue learning and pursuing new opportunities:

59%

plan to enrol in a more advanced course in the same subject

52%

are considering taking a different course in a new subject

16%

intend to apply for volunteering roles

8%

will apply for jobs

14%

have already secured employment in a caring role

Additionally, **15%** of participants have been referred for further career advice, and **17%** are exploring volunteer opportunities to continue their personal and professional development.



Conclusion

The outcomes from the Pre-Employment Skills Programme are testament to the effectiveness of FWA's approach in building critical life and career skills. The percentage of learners continuing onto further study or securing employment shows the real-world impact of the courses offered. By equipping learners with tangible skills and boosting their confidence, FWA continues to make significant strides in fostering personal empowerment and long-term success.



Case Study: Rebuilding Life Through Language and Community Support

Background

Seven years ago, I relocated from Pakistan to the United Kingdom, settling in Leicester. Shortly after arriving, I began experiencing verbal abuse from my husband and in-laws. Hoping the situation would improve, I remained silent. Unfortunately, the abuse escalated to physical violence. Fear and uncertainty prevented me from contacting the police, and without family in the UK, I felt completely isolated.

Crisis and Turning Point

The abuse intensified over time, and my husband began staying out all night. During this period, I became pregnant, despite my husband and in-laws expressing that they did not want children. After the birth of my son, the violence continued. One day, during a particularly brutal incident, my neighbour heard my screams and called the police. Their swift response led to my relocation to a women's shelter in Birmingham for safety.

Transition to Independence

After 18 months in the shelter, I was assigned housing in Oldham. Everything was unfamiliar, and my limited English made communication extremely difficult. I felt emotionally overwhelmed and isolated, struggling with severe depression. With the help of social workers, I was able to attend medical appointments and access essential support services.

A Life-Changing Encounter

One day at the park, I met a kind woman and shared my story. She referred me to the Fatima Women's Association, a turning point in my journey. At FWA, I received holistic support that addressed both my emotional and practical needs.

Empowerment Through Education and Community

FWA encouraged me to join their English classes and participate in the Tea and Toast Hub, which included fitness sessions. Over the past eight months, I've experienced remarkable growth:

- **Language Skills:** My reading, writing, and speaking have improved significantly.
- **Social Connections:** I've made friends and feel part of a supportive community.
- **Confidence:** I can now enjoy tea and conversation with others, something I never thought I would before.
- **Self-Worth:** The emotional support from FWA staff has helped me rebuild my confidence and sense of identity.

Looking Ahead

I plan to continue attending classes at FWA. My goal is to secure employment and support my child's education and homework. I now feel hopeful about the future and empowered to build a better life for myself and my son.

Building Confidence & Language Skills

Our classes promote the development of English language skills through differentiated learning strategies tailored to individual learner needs. Tutors work closely with students to establish personalised goals in a supportive, confidence-building environment.

One tutor focused on enhancing confidence and motivation. A learner who initially doubted her English ability gradually overcame her fears. Over seven weeks, she learned how to:

**Search
and apply for
jobs online**

**Analyse
job adverts**

**Evaluate
job suitability**



Learning Through Experience and Creative Expression

Learners on the Pre-Employment Skills Programme also gained valuable experience through creative and community-led initiatives. Notably, many participants took part in the Ripple Effect drama production, which was performed before an audience of over 200 women. The performance addressed crime awareness in Oldham and significantly boosted participants' self-esteem and public speaking abilities. The Chief Executive and

Leader of Oldham Council presented certificates in to the performers, recognising their achievement.

Additionally, learners improved their communication and listening skills through active participation in cancer awareness sessions, including topics such as upper gastrointestinal and breast cancer. Learners engaged by asking questions and discussing health topics confidently in English.

Supporting Learner Progress & Impact in the Community

Individualised Support and Progression

At FWA, learners consistently report high satisfaction with the guidance and support they receive. Our staff provide clear, tailored advice about course options and progression pathways, enabling participants to make informed decisions. We maintain high standards in Information, Advice, and Guidance (IAG), with staff excelling in delivering support across diverse needs.

Progress is tracked through Individual Learning Plans (ILPs), allowing us to evaluate each learner's journey and ensure personalised goals are met. Attendance is also carefully monitored to assess engagement and the effectiveness of our programs.

FWA's impact extends beyond academic outcomes, our programmes help learners:

- Build confidence and social skills
- Support their children's education
- Strengthen family communication
- Prepare for volunteering, work placement or employment
- Re-engage with lifelong learning opportunities

Experiential Learning & Excursions

FWA incorporates real-world learning opportunities into the curriculum. A standout example includes a visit to the Manchester Christmas Market, where learners:

- Navigated the tram system independently
- Practised purchasing tickets
- Attended a lesson on the high street, exploring local job opportunities

Excursions like this help build learners' independence, awareness of regional employment opportunities, and functional English skills.



Collaboration & Growth

Our impact was greatly enhanced through collaboration with external organisations, including:

- University of Manchester
- Christie's Hospital
- WEA
- Wythenshawe Hospital
- Prevent Cancer, Answer Cancer, Cancer and Inequalities
- ICE
- NHS England
- Manchester Athena
- Action Together

These partnerships not only broadened our curriculum but also strengthened FWA's reputation across Greater Manchester and nationally. Funding and engagement through these networks have allowed us to expand our capacity, improve stability, and contribute to Oldham's local economy.

We also submit quarterly reports to our Board of Trustees and meet regularly to ensure transparency, accountability, and alignment with our strategic goals.

Confidence, Communication, and Community

Beyond formal learning, our education program has also helped women build confidence and improve interpersonal and communication skills.

Many participated in events co-hosted with our partner organisations, including:

- Cancer Awareness and Health Inequality Events (Answer Cancer, Cancer and Equalities)
- Volunteering Opportunities (Action Together)
- Healthy Eating, Numeracy, and Employability Support (Manchester Athena)

Through these sessions, women were encouraged to step beyond their comfort zones, form new social networks, and engage with their wider community. Participation in these events not only enriched their learning but also helped reduce social isolation and foster a deeper sense of belonging.

Celebrating Achievements

A significant highlight of the year was The Ripple Effect, a drama performance written and performed by 13 community volunteers with no professional theatre experience.

The play addressed familial issues, community challenges, and crime, and was met with praise from attendees, including:

- The Leader of the Council
- The Cabinet Member for Children and Young People
- The Deputy Leader of the Council
- The Director of the Science Department at the University of Manchester

This performance marked a turning point in community engagement. Many women who do not usually attend daytime activities joined the evening event, and several expressed interest in volunteering as a result.



Engagement & Feedback

Our commitment to community-driven education was further strengthened at our Annual General Meeting, where 60 women received the annual report and engaged in discussions about future programming. We value feedback deeply and use it to shape our upcoming offerings, ensuring they better meet the needs of our learners.

We continue to promote our training and courses through social media, open days, and targeted outreach, drawing participants from across Oldham. Our goal is to ensure every woman has the opportunity to re-engage with learning in a way that's empowering, inclusive, and sustainable.

Looking Ahead

Building on our successes in 2024/2025, we plan to further expand our programs through:

- New collaborative opportunities
- Innovative learning models
- Targeted outreach to reach underserved groups

Our work this year has laid a strong foundation for continued growth, deeper partnerships, and long-term community impact.


Basic Essential Skills Project: Empowering Women for Economic and Social Progress

The Basic Essential Skills Project was designed to deliver immediate and short-term outcomes by nurturing non-cognitive skills among disadvantaged women in Oldham. Through targeted support in areas such as confidence-building, behaviour change, and digital literacy, the project laid the foundation for long-term transformation, enhancing employability, educational attainment, and social mobility.

Short-Term Impact

- Confidence & Engagement Boost: Women reported feeling more self-assured, empowered in decision-making, and capable of forming friendships across cultural boundaries.
- Skill Development: Participants improved their English, IT, and numeracy skills—essential for job applications, internet navigation, and workplace readiness.
- Tailored Support: One-on-one guidance helped learners overcome barriers, especially those with limited English or writing skills.
- Creative Learning: Math was taught through garment-making, making abstract concepts more accessible and practical.
- Self-Employment Pathways: Some learners chose entrepreneurial routes for financial independence, while others pursued traditional employment.
- Success to Succeed: Eating on a Budget

Ten women progressed to the Eating on a Budget program, gaining confidence and exposure to new environments. Trainers from Manchester Athena and The Growth Company introduced diverse teaching methods, enriching the learning experience. The air fryer initiative was particularly successful, as it blended practical life skills with financial literacy.

 **A celebration event showcased participants' achievements in front of 28 peers and the director of Manchester Athena, an empowering moment that reinforced their progress and potential.**

Long-Term Effects on Economic Growth & Employment

1.

Improved Mental and Physical Health

Enhanced well-being enables participants to pursue meaningful employment, contributing to a healthier, more productive workforce.

2.

Development of Employment Skills & Confidence

Learners gain the self-confidence needed to seek employment or start their own businesses, thereby reducing unemployment and increasing workforce participation.



3.

Pathways to Further Education

Many participants are now pursuing further qualifications, enhancing their long-term employability.

4.

Career Opportunity Sessions

Collaborations with organisations like Action Together provide access to voluntary work and career guidance, stimulating regional economic growth.

Long-Term Effects on Social Progression

1.

Enhanced Confidence & Social Skills

Participants now engage more effectively with peers, educators, and the wider community.

2.

Commitment to Diversity & Inclusivity

The program welcomed women from Pakistani, Bangladeshi, refugee, migrant, and long-established immigrant communities, fostering cultural exchange and mutual respect.

3.

Development of Friendships

Shared experiences led to lasting friendships, reducing isolation and strengthening community bonds.

4.

Community Engagement

Active participation in local events has increased, enhancing identity, purpose, and civic involvement.

5.

Platform for Open Dialogue

Women are now empowered to discuss issues affecting their lives, promoting critical thinking and collaborative solutions for social progress.



This project is a shining example of how targeted interventions can spark lasting change, both economically and socially.

Health & Wellbeing

Warm Hub - A Lifeline of Comfort, Connection, and Care

Project Overview

The Warm Hub Project provides essential support to women and older adults, enabling them to save money, build confidence, and enhance their overall well-being. Through weekly sessions in a welcoming, heated space, participants reduce their electricity and gas costs while accessing a range of services designed to uplift and empower them.

Key Services & Support

| Service Type | Description |
|--------------------|---|
| Energy Saving | Warm facilities reduce home heating costs |
| Career Guidance | Personalized advice for women seeking employment |
| Telephone Outreach | Remote support for those unable to attend in person |
| Emotional Support | Compassionate guidance for women facing domestic challenges |

Dementia Hub Tailored care and activities for older adults

- Hand Massage Sessions: 25 women benefited from relaxing treatments
- Fitness Classes: Promoting physical health and mental clarity
- Luncheon Club: Weekly hot, nourishing meals foster connection and joy
- Tea & Coffee Corner: A comforting space for conversation and companionship

"I come for the warmth, but I stay for the kindness."
Said a Warm Hub Participant

Support for Older Adults

Dementia Hub Sessions:

- 10 women participated
- Enjoyed hot refreshments and tailored activities
- Received practical support and emotional care
- Felt valued, included, and connected to their community

Emotional Impact

- 5 women received critical emotional support during domestic crises
- Staff provided compassionate listening and guidance, helping participants regain strength and confidence
- Outreach efforts encouraged previously hesitant individuals to visit the centre independently

"I didn't think I could come alone. Now I feel safe and supported." said the First-time visitor

Overall Impact

The Warm Hub Project has become a lifeline for its participants, offering:

- Practical assistance
- Emotional support
- Social engagement
- Nourishing meals
- Wellness activities
- Accessible outreach

Together, these elements create a holistic support system that enriches lives and strengthens community bonds.

50-Plus Women's Well-being

Introduction

This report highlights the initiatives undertaken to support women aged 50 and above in the local community. The project aimed to:

- Reduce isolation
- Foster social engagement
- Promote mental and physical well-being

Activities included fitness sessions, massage therapy, mental health and dementia awareness training, laughter therapy, and cancer awareness events, all delivered in a warm and inclusive environment.

Social Inclusion & Well-being Activities

Over 40 individuals attended 36 sessions throughout the year. Volunteers supported the sessions and a warm meal was provided at each session.

"Spending time with others who shared common experiences provided emotional support and comfort."
Said a participant

Physical Wellness: Fitness & Massage Therapy

Fitness Sessions:

- Delivered by a qualified trainer
- 10 sessions attended by 15 to 18 women
- Focused on movement, strength, and confidence

Massage Therapy:

- Each participant received a 10-minute hand massage
- Promoted relaxation and stress relief

Laughing Therapy:

- 5 sessions attended by 18 women
- Boosted mood and emotional resilience

Due to overwhelming positive feedback, FWA arranged 10 additional health-focused sessions.

Mental Health & Dementia Awareness

Facilitated by TOG Mind

- 5 interactive sessions combining education and poetry
- 25 women participated
- Many requested one-on-one follow-up support

"I feel wide awake and fresh."

"This has relieved my stress."

"The poetry made it easier to talk about difficult things." Said an attendee

Cancer Awareness Events

- Focus Areas: Breast and Upper GI Cancer
- Attendance: 20 women
- Topics Covered: **Recognizing symptoms**
Early detection
Preventative measures

Community Engagement & Social Connection

The project culminated in a group outing to a local restaurant, where women strengthened friendships and celebrated their progress.

"Before attending these classes, I was becoming less and less active. I missed a tram and chose to walk two miles instead. I felt a great sense of achievement." Said a participant



Case Study: A Journey Toward Healing and Independence

With each session, the confidence of one participant steadily grew. Initially anxious and withdrawn, she began speaking with other women, forming friendships, and expressing herself more openly. Over time, she felt empowered enough to travel independently to the centre by tram, something she had previously feared.

Her transformation was not only emotional but also visible. She began dressing more brightly, smiling more often, and radiating a renewed sense of self-worth. She shared:

"I am getting better. These sessions have helped me reflect on my past, and I have learned that it's okay to move forward. I don't feel alone anymore."

This case exemplifies the profound impact of compassionate support, community connection, and structured group activities in helping individuals heal, grow, and reclaim their independence.

Outcomes Achieved

| Outcome | Result |
|--|-------------|
| Improved physical & mental well-being | 100% |
| Increased confidence | 100% |
| Formed new friendships | 70% |
| Transitioned to dementia support group | 25% |

Key Impact Areas

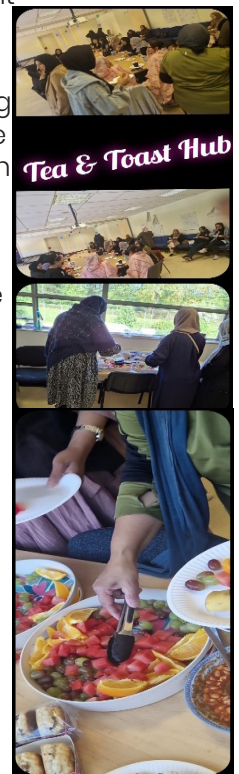
- **Improved Mental Well-being**
Emotional support, confidence-building, and mental health education
- **Improved Physical Health**
Participation in fitness, massage therapy, and disease prevention workshops
- **Enhanced Social Inclusion**
Stronger peer connections, reduced isolation, and community engagement

Conclusion

The 50-Plus Women's Well-being Project has played a crucial role in enhancing the lives of women in our community. Through a blend of physical activities, emotional support, and social engagement, participants have experienced:

- Renewed confidence
- Improved health
- Meaningful friendships
- A sense of belonging

The overwhelmingly positive response underscores the importance of continued investment in programs that support women's well-being. These initiatives are not just services, they are lifelines.



Case Study: Rebuilding Confidence Through Compassion and Community

Supporting a 60-Year-Old Woman Through Depression and Loneliness

A 60-year-old woman was referred to the 50-Plus Group by her GP due to severe depression and anxiety. She described feeling profoundly lonely and lacked the confidence to travel alone by bus or tram. Initially, she attended sessions accompanied by a friend, hesitant and emotionally withdrawn.

During her first visit, she confided in a staff member at FWA. Her husband had left and remarried, a traumatic experience that left her feeling abandoned and emotionally shattered. Now living with her son and daughter-in-law in a small house, she felt like a stranger in her own home, without personal space or emotional connection. She often cried and struggled to accept the changes in her life.

Immediate Support & Gentle Encouragement

FWA staff responded with compassion, offering emotional support and gently encouraging her to participate in group activities. She began with small steps, attending hand massages, fitness sessions, and enjoying hot lunches in a warm, welcoming environment.



Gradual Transformation

With each session, her confidence grew. She started speaking with other women, forming friendships, and expressing herself more openly. Eventually, she felt empowered enough to travel to the centre independently by tram, an achievement that once felt impossible.

Her transformation was not only emotional but also visible:

- She dressed more brightly
- Smiled more often
- Showed clear signs of emotional recovery

"I am getting better. These sessions have helped me reflect on my past, and I have learned that it's okay to move forward. I don't feel alone anymore."

Impact

This case illustrates the profound effect of:

- Compassionate staff support
- Structured group activities
- A safe and inclusive community space

Together, these elements helped her reclaim independence, rebuild confidence, and rediscover joy.

Reclaiming Confidence After Loss

A 60-year-old woman was referred to the 50-plus group by her GP due to severe depression and anxiety. She had:

- Lost her husband to remarriage
- Moved in with her son and daughter-in-law
- Felt emotionally displaced and lacked personal space
- Was unable to travel alone or engage socially

Support Provided

- Immediate emotional support from FWA staff
- Encouragement to join group activities
- Gradual participation in hand massage, fitness, and lunch sessions
- Built friendships and began attending regularly

Conclusion

The 50-Plus Women's Well-being Project has proven to be a transformative initiative, offering:

- Emotional healing
- Physical empowerment
- Social inclusion
- Health education
- Renewed confidence



"I used to cry every day. Now I look forward to Thursdays. I feel like I belong again." said Case Study Participant

The Ripple Effect:

Empowering Women and Young People Through Creative Expression

In one of our most impactful interventions to date, The Ripple Effect brought together 19 local women and 9 young people through a series of 12 workshops, 2 rehearsal sessions, and 4 fashion-focused workshops. The initiative culminated in a vibrant community event attended by 210 women and girls, marking a milestone in our mission to raise awareness, build resilience, and foster emotional well-being.



Building Confidence Through Drama



At the outset, many participants were hesitant, lacking confidence and knowledge about the complex issues affecting their community. Most joined to support scriptwriting, unsure about performing. However, through encouragement, open dialogue, and shared vulnerability, they developed a passion for creating change for future generations.

The workshops became a sanctuary, where laughter, storytelling, and emotional release replaced isolation and silence. Women shared personal struggles, supported one another, and explored topics such as:

- Mental health
- Family conflict
- Drug misuse
- Peer pressure
- Generational misunderstandings
- Raising emotionally healthy families

They contributed through reading, writing, singing, dancing, and reflecting on their own behaviours and family dynamics. Friendships blossomed, and the group became a source of strength and inspiration. This creative journey not only empowered the women to speak out but also equipped them to educate others on recognising the early warning signs of criminal behaviour and crisis. Confidence soared, voices were amplified, and a powerful messages were highlighted.

The culmination of this work was The Ripple Effect, a community event held in May that drew an audience of over 200 people. The evening featured a compelling drama performance and a vibrant fashion show led by young girls, designed to boost self-esteem and presentation skills.

The response was overwhelming, audience members praised the event's creativity, emotional depth, and relevance. Professionals and locals alike described it as "powerful," "moving," and "unforgettable." The impact rippled through the community, sparking conversations and strengthening bonds for weeks afterward.

This initiative didn't just raise awareness, it changed lives. It proved that when women are given the stage, they don't just perform, they lead.

Empowering Young People

Nine young girls participated in a confidence-boosting fashion show, supported by four dedicated workshops. Their involvement helped develop presentation and communication skills, while also addressing peer pressure and the dangers of vaping. Team-building activities helped bridge social gaps and foster a sense of belonging.

Lasting Impact

The Ripple Effect didn't just entertain, it educated, empowered, and united. It sparked dialogue, strengthened community ties, and created safe spaces for healing and growth. The legacy of this project endures in the friendships formed, the confidence gained, and the lives transformed.

Community Engagement and Empowerment

Engagement in Community Events and Activities

FWA has actively encouraged participants to engage in local events and initiatives, fostering a sense of belonging and purpose. This involvement:

- Reduces social isolation
- Strengthens community identity
- Encourages active citizenship

Platform for Open Discussion and Empowerment

Participants have been empowered to take part in meaningful discussions with educators and peers.

These forums:

- Address critical issues affecting individuals and communities
- Promote collaboration and shared learning
- Inspire a collective vision for social progress



Cancer Awareness and Support Initiatives

Cancer Project Impact

The cancer project has played a pivotal role in FWA's organisational development by:

- Strengthening internal capacity
- Expanding the network of strategic partnerships
- Enhancing program effectiveness and outreach

Upper GI Cancer Program

This initiative has positively influenced participants' interpersonal and communication skills, particularly among women. Confidence-building activities included attending events organized in collaboration with key partners:

Key Collaborations:

- **Answer Cancer:** Hosted awareness events to educate the community about cancer prevention and early detection.
- **Cancer and Equalities:** Partnered to address health disparities and promote equitable access to care.
- **Christie Hospital:** Joint initiatives to raise awareness and provide support; learners actively participated.
- **Manchester Athena – Support to Succeed:** Empowerment programs focused on personal development.
- **Action Together:** Delivered sessions on volunteering opportunities to foster civic engagement.

Cancer Awareness & Screening Engagement

- **Community Sessions:** 5 sessions held, each with 16 participants (total: 80 women).
- **Focus:** Breast & cervical cancer awareness, self-examination techniques, and screening education.
- Tools used to overcome language barriers:

Simple educational videos

Interpreters (Urdu & Bengali)

Interactive hand-raising activities

- Some sessions included professional input
- **Outcome:** Increased understanding and encouragement for screening participation.

Public Engagement, stall at the Oldham Library

Date: 28 August – Family Health Event

- Approx. 50 conversations, including 4 men, focused on breast cancer awareness.
- Promoted FWA's cancer project and distributed information.



Major Event, FWA Cancer Awareness Day

Date: 17 October

Attendance: Over 90 individuals

Features:

- 5 informational stands
- 4 interactive workshops

Presentations by professionals from:

- Answer Cancer
- The Christie
- Prevent Breast Cancer
- Other health experts

Support provided:

- Urdu & Bengali interpretation
- Comfortable, welcoming environment
- Feedback: Highly positive from both community



Despite these challenges, ongoing conversations, focus groups, and events have helped shift perceptions. More women now understand the importance of early detection and are choosing to attend screenings to protect their health and stay with their loved ones longer.

Overall Outreach Impact

| Activity Type | Conversations Held | Focus Areas |
|---------------|--------------------|-----------------------------------|
| Focus Groups | 80 | Breast & cervical screening |
| Library Stall | 50 | Breast cancer awareness |
| FWA Event | 70 | General cancer education |
| Total | 200 | Mammograms, smear tests, symptoms |

Case Study: Breaking the Silence

"My family has a history of cancer. Out of the 8 sisters, two of my eldest sisters have breast cancer, and my aunt has it too. This is something in our community we don't talk about as everyone is afraid of the 'C' word, predominantly a female being diagnosed in their feminine area of their body. We couldn't afford checks in Pakistan, if you got it, then you got it.

Since moving to the UK, I've been attending my breast screening, annually. At first, it was very uncomfortable. My husband's ex-wife died of breast cancer, so he was very supportive and encouraged me to attend. He takes me to my appointments. Although the screening can be painful and uncomfortable, I know it's better than getting cancer.

Although breast cancer screening can be a little painful and uncomfortable, especially when my breasts are pressed onto the machine, I know it's a small price to pay compared to the risk of developing cancer. The nurses at Tameside Hospital are always kind and do their best to make the experience as gentle as possible. While I initially requested a location closer to home, I've come to accept the distance. The entire appointment, including travel time, takes approximately an hour.

One of my sisters was hesitant to attend her appointments, but I encouraged her and even accompanied her to her first

screening. She's beginning to understand how important it is to prioritise our health. Attending the event at FWA also helped, it gave her the confidence and motivation to take that first step.

Sadly, my eldest sister passed away four months ago. Her loss has deepened my commitment to raising awareness. I urge all the women in our community: please get checked, learn the symptoms, and take action. Early detection truly can save lives."



Creating Comfort Through Care

The women particularly enjoyed the workshops, not just for the valuable health information, but also for the thoughtful touches that made them feel truly cared for. Free face and hand massages were offered, helping everyone feel comfortable and relaxed. These small acts of kindness created a calming atmosphere, which in turn encouraged more open participation and engagement.

By combining education with genuine care, the workshops became more than just informative, they became empowering experiences that nurtured both body and mind.

Sewing Sessions



Throughout the year on average 40 women benefitted from learning basic sewing techniques, garment construction, alterations and customisation, creative skills and practical applications.

The impact of sewing classes at FWA goes far beyond just learning a craft:

Economic Empowerment

- Women gain skills that can lead to self-employment or income generation through tailoring, alterations, or selling handmade items
- It opens doors to further education or vocational training, increasing employability

Confidence & Self-Esteem

- Learning a new skill boosts self-worth and independence.
- Many women report feeling more capable and motivated to pursue other goals

Social Connection

- Classes provide a safe, inclusive space for women to meet others, share experiences, and build friendships.
- This helps reduce isolation, especially for those new to the UK or facing language barriers

Mental Health & Wellbeing

- Engaging in creative activities like sewing has therapeutic benefits.
- Women often report feeling less stressed, more active, and emotionally supported

Cultural Integration

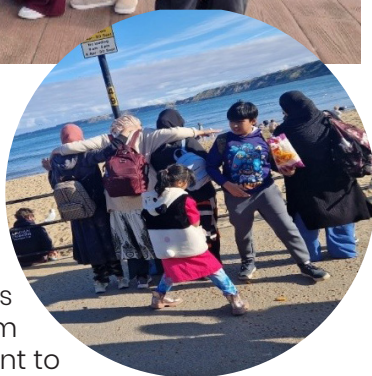
- FWA supports women from diverse backgrounds including Pakistani, Eastern European, African, and refugee communities.
- Sewing classes help bridge cultural gaps and promote community cohesion

Women's Group Trips, Highlights and Reflections

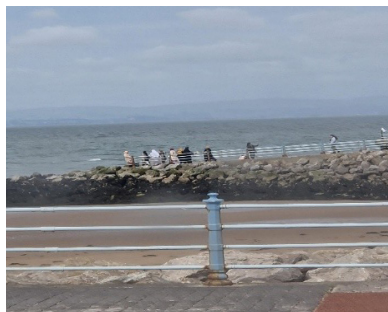


Scarborough

A group of 50 women embarked on a memorable trip to Scarborough, where they spent quality time exploring the town and its scenic surroundings. From strolling along the seafront to enjoying the attractions, the trip offered a refreshing escape. Many appreciated the chance to relax, connect, and take in the coastal charm.



Morecambe



Another group of 50 women visited Morecambe, with several experiencing the seaside for the very first time. The beach was a highlight, walking along the shore, soaking up the sunshine, and enjoying the fresh sea breeze created a joyful atmosphere. The beautiful weather added to the sense of freedom and fun, making it a truly uplifting day.

Birmingham

13 women headed to Birmingham for a vibrant shopping experience. They explored a variety of shops and indulged in a wide range of cuisines, trying new foods and sharing meals. The trip was a delightful blend of retail therapy and culinary adventure.

Bradford

Another group of 13 women visited Bradford, where they enjoyed shopping at Cannon Mills and the Plaza. The outing was not only about finding great deals, it was also a chance to bond, laugh, and form new friendships. The shared experience brought a sense of community and connection.

Hull Residential Caravan Retreat

13 women participated in a residential retreat in Hull, staying in caravans nestled in the countryside. Over several days, they explored three different seaside locations, cooked and shared meals, and gathered each evening to exchange life stories. These heartfelt conversations fostered deep understanding and mutual learning. The retreat significantly reduced feelings of isolation and loneliness, helping participants build lasting friendships and a stronger sense of belonging.



Children & Young People

Overview

This year, All United delivered a dynamic and inclusive programme of workshops, activities, and excursions tailored to the diverse needs of children and young people. Our initiatives focused on:

- Skill development
- Confidence building
- Mental and physical well-being

Through age-appropriate and culturally sensitive programming, we created safe spaces for growth, creativity, and connection. Collaborating with trusted partners, we ensured high-quality sessions that nurtured essential life skills and empowered participants to thrive.

Partners

We proudly collaborated with Oldham Greenhill community sports and recreation centre (OGCSRC), Chai Project, Dynamo Sports, Early Break, JJ Knife Crime, Oak Project, KOGS, BAME Connect, Peshkar Productions, Oldham Library, Lancashire Cricket Club, Every Child is a Filmmaker, OPAG, and Alchemy Arts.



Workshops & Activities

Category

Activities Included

Creative & Practical Skills

Arts & Crafts, Drama, Photography, Filming, Hair & Beauty

Life Skills

First Aid, Food Hygiene, Digital Skills, Sewing, Budgeting, Transport Navigation

Sports & Physical Activity

Taekwondo, Martial Arts, Multisport, Cricket, Outdoor Adventures

Awareness & Wellbeing

Mental Health, Healthy Eating, Environmental Workshops, Crime Awareness

Other Key Themes

Recycling, Cultural Education

Trips & Excursions

We enriched learning and well-being through visits to:

- Alexandra Park, Heart's Head Pike, Dovestones, Crocky Trail and Southport
- Trafford Centre, Ice Rink, Ashton Bowling and Indoor Rock Climbing
- Northern Roots, Heaton Park, Odeon Cinemas the Escape Rooms, Manchester
- Gourmet Restaurant, Café East

Celebrations

We marked cultural milestones and achievements with community-wide events:

- Eid, Ramadan, Easter, Christmas and New Year
- End-of-Project Celebrations
- Achievement Ceremonies featuring local and national partners



Children (Ages 5–11)

Split into cohorts (5–8 and 8–11), children engaged in:

- Creative Exploration: Painting, recycled crafts, environmental awareness
- Sports Engagement: 8 cricket sessions with Lancashire Cricket Club (35 children attended)
- First Aid & Safety: Basic first aid courses
- Special Highlights:
 - 2 children delivered the ball at Trafford Cricket Ground during national competition**
 - 50 children and parents attended a certificate ceremony with local leaders**
 - 15 children participated in the Young Digital Festival at Oldham Library**

Trendy Teens (Ages 11–18)

Teens explored identity, leadership, and wellness through:

- Active Lifestyle: Dodgeball, hiking, dance, cricket
- Healthy Living: Cooking, body image discussions
- Fashion & Self-Esteem: Fashion shows, public performance
- Environmental Impact: Cleanliness, crime reduction workshops
- Cultural & Artistic Growth:
 - Photography & nature workshops**
 - Silver Arts Award with celebratory meal**
 - 14 participants in “Every Child is a Filmmaker”**
- Life Skills for Girls: Sewing, budgeting, flat-pack assembly, transport navigation
- Leadership & Volunteering:
 - Public speaking at an event, organised by FWA where 200 women attended**
 - 8 youth progressed onto becoming community champions**
- Crime & Safety Education: Bullying, grooming, substance abuse, healthy relationships
- Seasonal Activities: Ice skating and group outings

Programme Highlights

- 17 young people earned Bronze/Silver Arts Awards
- 2 children honoured at a major cricket event
- 8 young leaders recognised as community champions
- 14 youth engaged in ongoing film/media project

Evaluation

Total Participants: **108 children and young people**

| Outcome | % Achieved |
|---|-------------|
| Improved confidence | 100% |
| Learned new skills | 100% |
| Improved physical activity | 80% |
| Enjoyed sports | 70% |
| Enjoyed arts & recreational activities | 95% |
| Enjoyed group discussions | 60% |
| Enjoyed outdoor activities | 100% |
| Improved social skills & made new friends | 100% |

Case Study: Transformative Journeys Through Creative & Physical Engagement

Y & Z: From Resistance to Resilience

Initially, Y and Z were difficult to engage. Both girls struggled with short attention spans and found it challenging to connect with others in the group. However, they gradually discovered enjoyment and purpose through taekwondo sessions, using the physical activity as a healthy outlet for their frustrations.

During arts and crafts workshops, they voiced concerns about the easy accessibility of vaping among peers, an issue that prompted deeper conversations around conflict resolution and recognising criminal behaviours. These sessions became a turning point, offering them tools to navigate peer pressure and interpersonal challenges.

Structured team-building activities played a vital role in fostering group cohesion. Over time, Y and Z began to interact more positively with others, contributing to a shift in group dynamics. Their personal growth had a ripple effect, more young people from their community began accessing youth services, and several mothers were inspired to enrol in English classes.

"I feel stronger now. I know how to speak up and help my friends too." Said Z

X: Finding Her Voice Through Poetry

X is a brilliant, talented, and creative young individual. During poetry sessions, she engaged deeply in discussions and courageously shared her feelings of loneliness. These workshops were designed to help young people express emotions indirectly, offering a safe and supportive space for self-reflection.

Recognising signs of emotional distress, staff sensitively communicated concerns to X's parents, ensuring she received appropriate support. The completion and public presentation of her poem at the **Digital Arts Festival** marked a significant milestone. Her peers applauded her work, and she formed new friendships through the project.

X's transformation was profound. She was later entrusted with a **leadership role**, supporting and encouraging other reserved individuals in the classroom. She embraced this responsibility with maturity and continues to demonstrate exceptional leadership qualities. X has completed all tasks for her **Silver Arts Award**.

"Poetry helped me say things I didn't know how to say. Now I help others find their words too." said X.

15+ Girls Group

Empowering young people through Creativity, Confidence & Accreditation

Group Overview

Programme

Registered Members

Average Weekly Attendance

Session Schedule

Details

18 young people

14 participants

**Thursday evenings
(2.5 hours)**

Project Summary



This year-long initiative engaged young women aged 15+ with a passion for entrepreneurship and the creative arts. Delivered in partnership with Peshkar Productions, the program offered a pathway to the Gold Arts Award, which carries 16 UCAS points, a powerful motivator for participants to take ownership of their

learning and creative journeys.

Recruitment was achieved through:

- Digital media outreach
- WhatsApp parent groups
- Word-of-mouth within the community

Participants included both newcomers and those progressing from the Silver Arts Award.



Programme Highlights

- Creative Pathways: Jewellery making, photography, digital art, and visual art
- Skill Development: Leadership, communication, project management, critical thinking
- Long-Term Commitment: Weekly sessions + independent portfolio tasks
- Social Impact: Strong peer bonds, safe space for expression and growth

Outcomes & Impact

Outcome

Confidence & Creativity
Leadership & Teamwork

Social Inclusion

Academic & Career
Readiness

Future Aspirations

Result

Significantly increased

**Enhanced through
collaborative projects**

**New friendships formed,
reducing isolation**

**UCAS-accredited
qualifications gained**

**Greater engagement
with education &
business**

Participants Feedback

"This break was needed after stressful exams."

"I love coming here to meet my friends."

"I never knew I was so creative."

"I want to start my own business."



Case Study: X's Journey to Confidence

Background

X is a homeschooled young person who faced isolation and anxiety in social settings. After discovering our program via social media, she expressed interest to her mother and joined the Gold Arts Award group.

Transformation

Since joining, X has flourished:

- Developed a passion for jewellery making
- Gained confidence and social ease
- Integrated with her peer group
- Preparing to start college in September

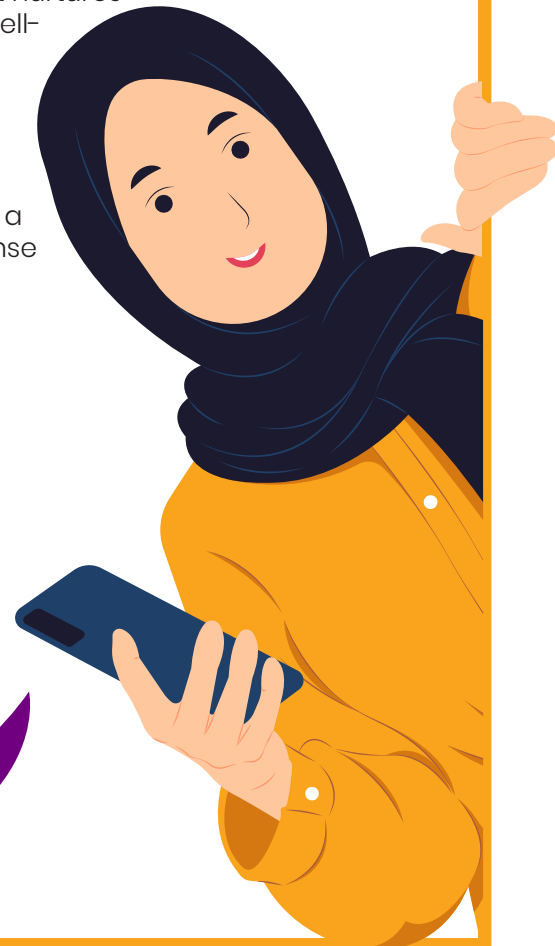
"I feel like I've found my place. I'm excited for college now." Said X

Challenges

- Initial Engagement: Busy schedules and social anxiety can hinder participation
- Outreach: Communicating long-term benefits to new audiences remains a challenge
- Balancing Objectives: Aligning social interests with accredited learning through co-designed activities

Conclusion

- This project provides a transformative platform for young people to explore their creativity, acquire qualifications, and develop self-confidence. The safe, inclusive environment nurtures emotional well-being while equipping participants with transferable life skills and a renewed sense of purpose.



Summary of financial activities, April 2024 to March 2025

INCOME

| | £ |
|---|----------------|
| Action Together, various funds | 2,938 |
| Breast Cancer | 225 |
| Cancer & Inequalities | 4,951 |
| Cost of living Crises Greater Manchester | 5,000 |
| Costco & United Way UK | 1,500 |
| Faith Action | 1,250 |
| Garfield Weston | 10,000 |
| Greater Manchester Crime Reduction VRU | 15,000 |
| GMCA WEA Community Grants Strand 1 | 34,722 |
| John Mason Family Charitable trust | 2,000 |
| MMR Campaign | 5,000 |
| NHS Greater Manchester | 3,000 |
| One Oldham Fund Children & young people | 972 |
| Postcode neighbourhood trust | 25,000 |
| The National Lottery Reaching Communities | 80,230 |
| The Tudor Trust | 48 |
| Other Small Funds | 3,043 |
| Activities for generating funds | 3,618 |
| Total Income | 198,497 |

EXPENDITURE

| | |
|------------------------------|---------|
| Events/Trips/Projects | 34,115 |
| Insurance | 874 |
| Management and Finance | 16,185 |
| Miscellaneous | 41 |
| Office & Communication Costs | 8,547 |
| Payroll Service and Index | 1,390 |
| Property Expenses | 11,296 |
| Training | 532 |
| Travel | 1,209 |
| Staff Costs | 124,787 |
| Volunteers | 3,587 |

| | |
|---------------------------------|----------------|
| Total Expenditure | 202,563 |
| Total Surplus/ (Deficit) | (4,066) |

| | |
|---|----------------|
| Balance brought forward FWA 01/04/24 | 164,111 |
|---|----------------|

| | |
|-------------------------------------|---------------|
| Restricted Funds at 31/03/25 | 91,902 |
|-------------------------------------|---------------|

| | |
|---------------------------------------|---------------|
| Unrestricted Funds at 31/03/25 | 68,143 |
|---------------------------------------|---------------|



Staff Members

Fauzia Chaudhry
MANAGING DIRECTOR

Uzma Khaliq
FINANCE OFFICER/FUNDRAISER

Farhanda Qadeer
WOMEN'S DEVELOPMENT WORKER

Shabana Parveen
CHILDREN'S AND YOUNG PEOPLE DEVELOPMENT
WORKER

Arjam Sadiq
CHILDREN'S AND YOUNG PEOPLE SUPPORT WORKER

Farhanda Qadeer
CHILDREN'S AND YOUNG PEOPLE SUPPORT WORKER

Management Committee Members

Tabasum Kausar
CHAIRPERSON

Farzana Aziz
VICE CHAIRPERSON

Samina Iqbal
TREASURER

Sylvia Akram
SECRETARY

Shamim Akhtar
Nasreen Shabir
Parveen Akhtar
Maria Nessa



Fatima Women's Association is extremely interested in recruiting new Management Committee Members and volunteers. Interested individuals should contact F.W.A for further information.

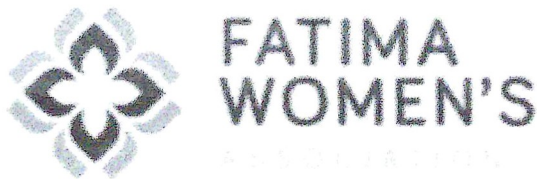
Please visit our web page

www.fatimawomens.org.uk

for up-to-date information.



Charity Registration Number: 1160027



FATIMA WOMEN'S ASSOCIATION
(A Charitable Incorporated Organisation)

TRUSTEES' ANNUAL REPORT AND
FINANCIAL STATEMENTS

Year Ending 31st March 2025

FATIMA WOMEN'S ASSOCIATION

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FATIMA WOMEN'S ASSOCIATION

MEMBERS OF THE BOARD AND PROFESSIONAL ADVISORS

| | |
|--------------------------------|---|
| Registered Charity Name | Fatima Women's Association |
| Charity Number | 1160027 |
| Registered Office | Marlborough Resource Centre Marlborough Street Oldham OL4 1EG |
| Trustees | Mrs N Shabir Mrs P Akhtar Mrs S Akhtar Mrs F Aziz Ms S Akram Mrs S Iqbal Mrs T Kausar Ms M Nessa |
| Accountants | Community Accounting Lancashire C.I.C. Foxfields 9 Norley Close Chadderton Oldham OL1 2RA |
| Bankers | Virgin Money 47 Market Place Oldham OL1 3AB |

FATIMA WOMEN'S ASSOCIATION

TRUSTEES ANNUAL REPORT

FOR THE YEAR ENDING 31ST MARCH 2025

The trustees present their annual report and the unaudited financial statements of the charity for the period ended 31 March 2025.

Structure, Governance and Management

Governing Document

Fatima Women's Association is a Charitable Incorporated Organisation, CIO, registered charity number 1160027.

Recruitment and Training of Trustees

The trustees are appointed or reappointed annually at the annual general meeting held each October. Interested parties can request an application form from staff to join the Management Committee. The current Management Committee members will shortlist and either invite successful applicants to the Annual General Meeting or co-opt individuals as stated below.

The Committee shall consist of at least 8 members elected by and from the representatives of the area of benefit. The Officers and Committee shall be elected at the Annual General Meeting to serve until the conclusion of the Annual General Meeting next after their appointment.

The Committee shall have the power to co-opt persons having special knowledge or experience, provided that the number of co-opted members shall not exceed one-third of the total membership of the Committee. They shall hold office until the end of the Annual General Meeting following their co-option.

The Committee may invite any person to attend its meeting as an observer but without the power to vote. Trustees are advised to attend relevant training when and if required.

Organisational Management

Fatima Women's Association is managed by a Management Committee who is elected at the Annual General Meeting by the members of Fatima Women's Association. There are currently 8 elected members on the Board of Trustees. Regular staff meetings take place with the manager who submits a written report on the work of the association every 6 to 8 weeks at the management committee meetings.

Group Structure and Relationships

Fatima Women's Association has 8 trustees on the management board. It has 1 full time staff and 5 part time staff employed, subject to funding. It has a pool of 22 active volunteers and work experience students. The staff attend the staff meetings to inform the manager of the work conducted and future project planning. The minutes of the staff meeting are submitted at the regular board meetings.

Public Benefit

The objects of Fatima Women's Association are:

- To empower disadvantaged women, young people, and children in Oldham to improve their quality of life.
- To provide and assist in the provision of education, training and recreational activities for women, young people, and children in the Borough of Oldham.

FATIMA WOMEN'S ASSOCIATION
TRUSTEES ANNUAL REPORT continued
FOR THE YEAR ENDING 31ST MARCH 2025

In planning our activities for the year we kept in mind the Charity Commission's guidance on public benefit at our trustees' meetings. The focus of our activities remains around education, training, social and leisure activities.

To capacity build and empower disadvantaged women, young people, and children in Oldham, by building their confidence, self-esteem, social and educational skills through the provision of a range of demand led, quality controlled and fit for purpose educational training programmes.

To improve the health, wellbeing of disadvantaged women, young people and children who may be experiencing isolation, poor physical and mental health, and domestic abuse by providing a variety of educational, social and leisure opportunities.

To further develop the skills, health and social wellbeing of all vulnerable, disadvantaged children and young people enabling them to reach their full potential in terms of education, economic and social contribution, health, and wellbeing.

Risk Management

Regular disclosure and barring service checks take place with every individual that works with children and vulnerable adults in line with statutory requirements.

Objectives, Aims and Activities

Charitable Objectives

The Charitable Objectives of Fatima Women's Association, as set out in the Constitution of the CIO are:

Education/Training:

To capacity build and empower disadvantaged women in Oldham, by building their confidence, self-esteem, social and educational skills through the provision of a range of demand led, quality controlled and fit for purpose educational training programmes.

Health and Wellbeing:

To improve the health, wellbeing of disadvantaged women and their children who may be experiencing isolation, poor physical and mental health, and domestic abuse by providing a variety of educational, social and leisure opportunities.

Activities for children and young people:

To further develop the skills, health and social wellbeing of all vulnerable, disadvantaged children and young people enabling them to reach their full potential in terms of education, economic and social contribution, health and wellbeing.

Principle Activities

The principal activities continued to be education, training, social and leisure activities as listed in the detailed Annual Report 2024/25.

FATIMA WOMEN'S ASSOCIATION
TRUSTEES ANNUAL REPORT continued
FOR THE YEAR ENDING 31ST MARCH 2025

Review of Achievements and Performance for the Year

Operational Performance

Under education FWA delivered Phonics, Speaking and listening, Creative English, communication, reading and writing basic and intermediate level, English Language, Numeracy and IT skills.

Under training FWA delivered pre- employment skills programme, Greater Manchester crime reduction unit programme (Violence reduction unit), Basic First Aid, Fire Safety, British Citizenship, driving theory, Confidence building and Life in the UK test.

Under health and wellbeing FWA delivered the older women's group, tea/toast hub, mental health awareness, dementia awareness, diabetes awareness, cancer awareness, breast cancer awareness, menopause, menstrual cycle and periods, women's resilience, health and wellbeing groups, fitness, Zumba, yoga, Pilates, art and craft, creating internal strength, beauty and wellness, massage, knitting, drama production, fashion and design, sewing, advice surgeries and trips. Collaborating with the communities to improve health and wellbeing, preventing illnesses and overcoming mental health related challenges. We have delivered to women of all ages the walking, exercise and health and wellbeing sessions. In May 2025, FWA held a Ripple Effect event where over 200 individuals attended. During the event the members, volunteers, young people took part in a drama production, fashion show and the dance competition. In the drama production, the message was about family relationships, parenting, cultural expectations, communication, friendships, grooming, drugs awareness, services to access for support and advice, to name a few.

Under activities for children and young people FWA delivered sessions on drama, film making, photography, Taekwondo, dodgeball, pot planting, gardening, recycling, hairdressing, indoor games, art and craft, sewing, canvas painting, learning about the environment and healthy cooking. Various trips took place, Lancaster Farm, Primrose centre, Northern Roots, outdoor activity parks, Crocky Trails, Bowling, Go Karting, and to local heritage destinations. The older people volunteered to hold the Iftar event and took part in the Fashion show at The Ripple Effect event.

Awareness raising and discussions on bullying and harassment, internet grooming, depression, positive attitudes, drugs and cultural awareness. FWA has had the impact of reducing inequality and building resilience across Oldham's communities, reducing poverty and helping people get back on their feet.

22 volunteers attended the annual volunteer celebration event.

We have regularly reviewed and revised the programmes with the tutor to meet the needs of the learners and the organisation. Project updates have been submitted regularly to the management board. The project workers played a key role in building partnerships with other organisations to deliver programmes to meet the needs of the community. Working with other organisations has helped to enhance our existing provisions. FWA is part of the Oldham positive action network (OPAN), the women's network, the community centres network, and attend the Oldham Community Explorers meetings, all facilitated by Action Together.

FATIMA WOMEN'S ASSOCIATION
TRUSTEES ANNUAL REPORT continued
FOR THE YEAR ENDING 31ST MARCH 2025

Fundraising Performance

The association is pleased to announce it has sustained the projects for the forthcoming year due to raising additional funds from The National Lottery awards for all, WEA GMCA Community Grant Strand 1, other small trusts and foundations, which is going to have a positive impact on the sustainability of the association in 2025/2026. The association is already looking to apply for funds to sustain the work of the association beyond September 2026. Therefore, FWA continues to increase or decrease staffing hours based on projects approved throughout the year.

Our main sources of funding have been grant funding and small donations from trust, foundations, NHS, PCN, government commissioning and procurement programmes.

Reserves Policy

To maintain the cost of redundancies if the inevitable happens and redundancies must be made.

Plans


Based on the current staffing commitment on a yearly basis Fatima Women's Association wants to be able to sustain an income of £120,000. This is through the request for continuation funding from The National Lottery Reaching Communities Fund and submitting funding applications to other funders, commissioning and procurement, researchers and consultation providers.

The sources of funding can be spread over a range of sources from the Local government, national government schemes, international government schemes, private trusts, and foundations and local fundraising activities. Trusts and foundations have played a noticeably big part in the sustainability of F.W.A. We shall endeavour to conduct applying for further funding from the great networks that F.W.A has achieved over the past few decades.

There is a great need in the community to further improve the English language, Pre-employability skills, numeracy and information technology to enable women to become independent and integrate within the wider community. This could potentially lead on to gaining work experience, volunteering, or employment.

We have developed a fundraising strategy which will be in line with the Business Plan 2025 to 2030. This is a working document.

The Trustee's Annual Report was approved by the Board of Trustee's and signed on their behalf:

Signed.....

Name.....Tabassum Kausar..... Date.....21/8/2025.....

Trustee chair person

FATIMA WOMEN'S ASSOCIATION
REPORT TO THE MEMBERS ON THE UNAUDITED FINANCIAL STATEMENTS OF
FATIMA WOMEN'S ASSOCIATION
FOR THE YEAR ENDING 31ST MARCH 2025

I report on the accounts for the year ending 31st March 2025 set out on pages 8-11.

Respective Responsibilities of Trustees and Examiner

The charity's trustees consider an audit is not required for this year under s144 (2) of the Charities Act 2011 (the 2011 Act), and that an independent examination is needed.

It is my responsibility to:

- Examine the accounts under s145 of the 2011 Act
- Follow the procedure laid down in the General Directions given by the Charity Commissioners under s145(5)(b) of the 2011 Act, and
- To state whether particular matters have come to my attention.

Basis of Independent Examiners Opinion

My examination was carried out in accordance with General Directions given by the Charity commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items of disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on the accounts.

Independent Examiners Statement

In connection with my examination, no matter has come to my attention:

1. Which gives me reasonable cause to believe that, in any material respect, the requirements:
 - To keep accounting records in accordance with s130 of the 2011 Act; and
 - To prepare accounts which accord with the accounting records and to comply with the accounting requirements of the Act have not been met; or
2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

JB 4th September 2025

Miss Jacqueline Bird F.M.A.A.T.
Community Accounting Lancashire C.I.C.
Foxfields
9 Norley Close
Chadderton
Oldham
OL1 2RA

FATIMA WOMEN'S ASSOCIATION
RECEIPTS AND PAYMENTS ACCOUNT
FOR THE YEAR ENDING 31ST MARCH 2025

| | | Unrestricted Funds | Restricted Funds | Total Funds | Total Funds |
|--|--------------|-------------------------------|-----------------------------|------------------------|------------------------|
| | | 2025 | 2025 | 2025 | 2024 |
| | <i>Notes</i> | £ | £ | £ | £ |
| RECEIPTS | | | | | |
| Grants & Donations | 2 | - | 194,879 | 194,879 | 186,462 |
| Activities for Generating Funds | | <u>3,618</u> | <u>-</u> | <u>3,618</u> | <u>6,574</u> |
| TOTAL RECEIPTS | 3 | <u>3,618</u> | <u>194,879</u> | <u>198,497</u> | <u>193,036</u> |
| PAYMENTS | | | | | |
| Salaries & Pensions | | - | 124,787 | 124,787 | 95,602 |
| Management & Finance | | - | 16,185 | 16,185 | 15,004 |
| Travelling | | - | 1,209 | 1,209 | 1,500 |
| Telephone & Internet | | - | 961 | 961 | 1,124 |
| Events, Projects & Trips | | - | 34,115 | 34,115 | 28,712 |
| Service Charge | | - | 10,991 | 10,991 | 3,535 |
| Room Hire | | - | 197 | 197 | 434 |
| Insurance | | - | 874 | 874 | 923 |
| Cleaning Costs | | - | 108 | 108 | - |
| Stationary, Printing & Postage | | - | 2,398 | 2,398 | 2,276 |
| Volunteers | | - | 3,587 | 3,587 | 3,090 |
| Payroll, Accounts & HR | | - | 1,390 | 1,390 | 1,313 |
| Consultancy | | - | - | - | - |
| Training | | - | 532 | 532 | 1,287 |
| IT Software | | - | 1,809 | 1,809 | 1,973 |
| Equipment | | - | 3,379 | 3,379 | 5,158 |
| Miscellaneous | | <u>41</u> | <u>-</u> | <u>41</u> | <u>-</u> |
| TOTAL PAYMENTS | | <u>41</u> | <u>202,522</u> | <u>202,563</u> | <u>161,931</u> |
| Net of receipts/(payments) | | 3,577 | (7,643) | (4,066) | 31,105 |
| Cash funds at 1st April 2024 | | 65,193 | 98,918 | 164,111 | 133,006 |
| Transfer of Funds | | (627) | 627 | - | - |
| Cash funds at 31 March 2025 | 4 | <u>68,143</u> | <u>91,902</u> | <u>160,045</u> | <u>164,111</u> |

FATIMA WOMEN'S ASSOCIATION
STATEMENT OF ASSETS AND LIABILITIES

AS AT 31ST MARCH 2025

| | Total Funds 2025 £ | Total Funds 2024 £ |
|-------------------------------------|-----------------------------|-----------------------------|
| ASSETS | | |
| Cash Funds | 162,635 | 164,111 |
| Debtors | - | - |
| | <u>162,635</u> | <u>164,111</u> |
| LIABILITIES | | |
| Creditors | <u>2,590</u> | - |
| | <u>2,590</u> | - |
| TOTAL NET ASSETS/LIABILITIES | <u>160,045</u> | <u>164,111</u> |
| Additional Liabilities | | |
| Independent Examination Fee | 910 | 910 |

The financial statements were approved by the Board of Trustees and signed on their behalf:

Signed.....*T. Kausar*.....

Name.....*Tabassum Kausar*..... Date.....*21/8/2025*.....

Trustee *chair person*

FATIMA WOMEN'S ASSOCIATION

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDING 31ST MARCH 2025

1. Receipts and payments accounts

Receipts and payments accounts are statements that summarise the movement of cash into and out of the organisation during the financial year. In this context "cash" includes cash equivalents, for example, bank accounts where cash can be readily withdrawn to pay for debts as they become due.

2. Grants and Donations

| | Total Funds 2025 £ | Total Funds 2024 £ |
|---|-----------------------------------|-----------------------------------|
| Action Together: | | |
| Warm Hub Investment | 938 | - |
| Oldham Vaccination Programme | 1,500 | - |
| Answer Cancer | - | 8,000 |
| Awards For All | - | 10,000 |
| Breast Cancer | 225 | 2,525 |
| Cancer & Inequalities | 4,951 | - |
| Central District Councillors Grant | - | 1,725 |
| Cost of Living Crisis Greater Manchester | 5,000 | - |
| Costco & United Way UK | 1,500 | - |
| Faith Action Creative English | 1,250 | 5,744 |
| Garfield Weston | 10,000 | 10,000 |
| GMCA Community Grants (Strand 1) | 34,722 | - |
| Grace Trust | - | 1,000 |
| Greater Manchester Crime Reduction Unit | 15,000 | 21,750 |
| John Mason Family Trust | 2,000 | 2,000 |
| MMR Campaign | 5,000 | - |
| Magic Little Grants | - | 500 |
| NHS Greater Manchester | 3,000 | - |
| One Oldham Fund Children & Young People Grant | 972 | - |
| Onc Oldham Fund Micro Grants | - | 1,000 |
| Oldham Poverty Action Network | - | 941 |
| Postcode Neighbourhood Trust | 25,000 | - |
| Reaching Communities | 80,230 | 77,571 |
| Skipton Building Society | - | 1,500 |
| Small Other Funds | 3,043 | 5,039 |
| Tudor Trust | 48 | 36,667 |
| Volunteer Celebration Fund | 500 | 500 |
| | <u>194,879</u> | <u>186,462</u> |

3. Activities for Generating Funds

| | Total Funds 2025 £ | Total Funds 2024 £ |
|---------------|-----------------------------------|-----------------------------------|
| General Funds | <u>3,618</u> | <u>6,574</u> |
| | <u>3,618</u> | <u>6,574</u> |

FATIMA WOMEN'S ASSOCIATION
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDING 31ST MARCH 2025

4. Fund Analysis

| Fund Name | Balance as at 1 April 2024 £ | Receipts £ | Payments £ | Transfer of Funds £ | Balance as at 31 March 2025 £ |
|---|---|-----------------------|-------------------------|------------------------------------|--|
| Unrestricted Funds | 65,193 | 3,618 | (41) | (627) | 68,143 |
| Restricted Funds: | | | | | |
| Action Together: | | | | | |
| Warm Hub Investment | - | 938 | (986) | 48 | - |
| Oldham Vaccination Programme | - | 1,500 | (1,500) | - | - |
| Answer Cancer | 7,920 | - | (7,960) | 40 | - |
| Awards For All | 3,636 | - | (3,862) | 226 | - |
| Breast Cancer | 1,423 | 225 | (1,648) | - | - |
| Cancer & Inequalities | - | 4,951 | (5,005) | 54 | - |
| Central District Councillors Grant | 344 | - | (344) | - | - |
| Cost of Living Crisis Greater Manchester (COLC GM) | - | 5,000 | (3,283) | - | 1,717 |
| Costco & United Way UK | - | 1,500 | (1,552) | 52 | - |
| Dementia** | - | - | (3,420) | - | (3,420) |
| Duchy of Lancaster Benevolent Fund | 2,000 | - | (1,360) | - | 640 |
| Faith Action Creative English | 1,464 | 1,250 | (2,714) | - | - |
| Garfield Weston | 10,000 | 10,000 | (11,343) | - | 8,657 |
| GMCA Community Grants (Strand 1) | - | 34,722 | (34,725) | 3 | - |
| Grace Trust | 1,000 | - | (1,003) | 3 | - |
| Greater Manchester Crime Reduction Unit | - | 15,000 | (13,039) | - | 1,961 |
| John Mason Family Trust | 1,130 | 2,000 | (1,421) | - | 1,709 |
| MMR Campaign | - | 5,000 | (5,035) | 35 | - |
| NHS Greater Manchester | - | 3,000 | (3,040) | 40 | - |
| One Oldham Fund Children & Young People Grant | - | 972 | (1,098) | 126 | - |
| One Oldham Fund Micro Grants | 1,000 | - | (1,000) | - | - |
| Postcode Neighbourhood Trust | - | 25,000 | (11,914) | - | 13,086 |
| Reaching Communities | 13,334 | 80,230 | (80,408) | - | 13,156 |
| Skipton Building Society | 1,090 | - | (1,090) | - | - |
| Small Other Funds | 17,271 | 3,043 | - | - | 20,314 |
| Tudor Trust | 37,306 | 48 | (3,272) | - | 34,082 |
| Volunteer Celebration Fund | - | 500 | (500) | - | - |
| | 98,918 | 194,879 | (202,522) | 627 | 91,902 |
| TOTAL FUNDS | <u>164,111</u> | <u>198,497</u> | <u>(202,563)</u> | <u>-</u> | <u>160,045</u> |