

# Annual Report

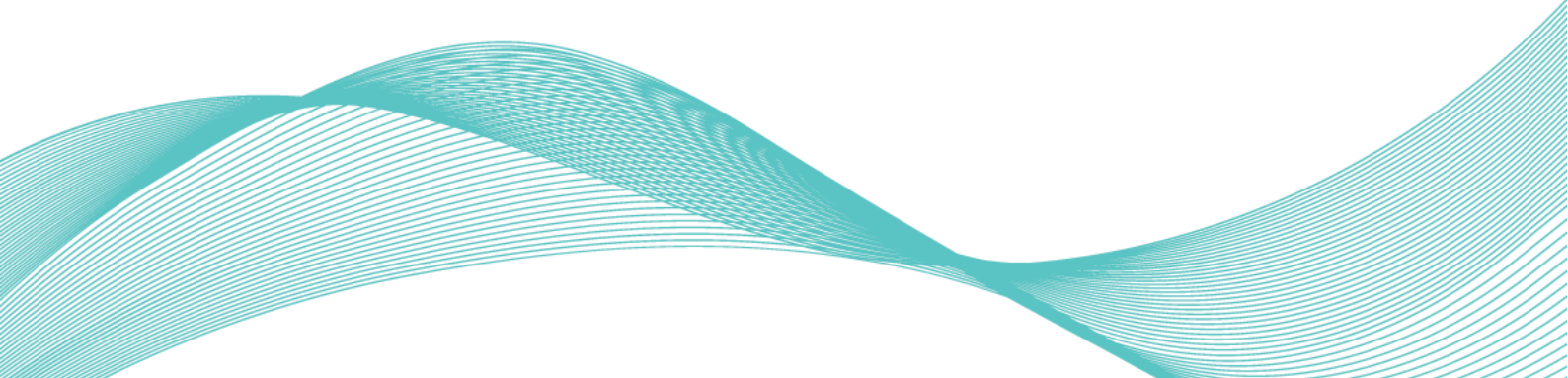
**March 2024-March 2025**





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# Introduction

Falkirk has been  
breaking down barriers  
for almost 20 years

Community is at the heart of the work  
undertaken by the Rainbow Muslim  
Women's Group in Falkirk.



In 1999, more than 20 years ago,  
a group of ethnic minority women joined hands to  
create an organisation to help other women, who  
were isolated due to language, confidence issues, and  
cultural barriers, hence the Rainbow Group was  
formed.

We believe in evolving according to the needs of the  
community. Initially our aim was to create informal  
educational opportunities which are accessible to  
women from minority ethnic groups.

Over time with rising racism within the community  
and Islamophobia, our vision and aims have extended  
to promoting multiculturalism and reducing racism.

During COVID-19 lockdown, our group worked 7 days a  
week to supply essential food packages and  
prescription pick-up for the local community,  
including refugees, senior citizens, low-income  
families, and others who were in need.

# Message from our Chairperson

As we reflect on the year from March 2024 to March 2025, I am proud to share that the Rainbow Muslim Women's Group has continued to thrive, delivering a wide range of programs that enhance the health, well-being, and resilience of our community in Falkirk and beyond.

This year, we supported women through workshops on entrepreneurship, international women's day celebrations, and regular yoga and mindfulness sessions, fostering empowerment and personal development. Children and families engaged in creative and educational activities, from art, crafts, and gardening projects during British Science Week to hands-on experiences at Dynamic Earth, Almond Valley Heritage Centre, and local parks. Holiday food and activity programs brought joy, learning, and connection to children while promoting healthy eating and life skills.

Our dedication to solidarity and giving back remained strong. We raised funds for Gaza through pre-Eid and Iftar charity events, installed a seventh water filtration plant in Pakistan, and continued to provide meals and support to vulnerable groups. In recognition of our work, Rainbow Muslim Women's Group received the "Outstanding Achievement in Health and Wellbeing" award, and I was deeply honoured with a Lifetime Achievement Award for service to the community.

These accomplishments would not have been possible without our 50-strong team of volunteers, generous funders, partner organizations, and the wider Falkirk community. Your support, commitment, and trust continue to inspire us and drive our mission forward. Together, we have strengthened connections, empowered individuals, and brought joy and support to those who need it most.

I extend my heartfelt thanks to everyone involved and look forward to another year of learning, growth, and positive impact.

Chairperson, Rainbow Muslim Women's Group

**Looking ahead, we are inspired by this year's successes and excited to continue making a positive impact in 2025. Thank you to everyone who contributed their time, effort, and heart to our mission.**

I am proud of the progress we have achieved in delivering sustainable solutions across healthcare, education, and community development. Yet, there is still much to be done to secure a brighter and better future for the generations to come. As we enter our third decade as a thriving and sustainable organisation, we are excited to continue this journey alongside our people, our families, and the communities we serve.

# Our Story

## OUR MISSION

The mission of the Rainbow Muslim Women's Group is to empower and support women and their communities by promoting physical and mental wellbeing fostering social inclusion, and advocating for humanitarian causes.

Here is an outline of our major events and activities during the last year;

- Socialising, eating together sharing each others lives and challenges, seeking peer support, planning their voluntary community activities within and out with the group.
- Promoting active health and well being through participating in cycling, walking and exercise classes such as yoga and Zumba.
- Volunteering, cooking, and growing sessions to promote a healthy lifestyle at Jupiter Urban Wildlife Centre.
- Healthy cooking, arts and craft sessions were arranged for the youth group.
- Organising outdoor trips to local and nearby parks, cities such as visiting the Helix Park, and a trip of Ayr Beach. These outdoor trips are much needed because they give the women an experience of fun, wellbeing and connecting to their local environment.
- Managed to raise money for the people of Gaza.
- Organising recreational activities for family welfare with family fundays.
- Promoting multicultural celebration of Pakistani Independence Day, St Andrew's Day.

## OUR PURPOSE

The organisation's purposes are:  
The advancement of education.

The organisation of recreational activities with the object of improving the conditions of life for the persons for whom the activities are intended.

The organisation and delivery of cultural events designed to bring diverse communities together and to promote equality and diversity, religious and racial harmony.

The relief of those in need.

The organisation and delivery of activities which encourage promote good

Physical/mental health camp: well being.

The provision of training opportunities to increase the skills and knowledge of participants and to improve their life changes and employability.

Offering opportunities to volunteer with the organisation .

The provision of social and recreational activities designed to tackle social isolation and loneliness.

The participation in community cohesion activities to promote tolerance,

Understanding and co-operation and to tackle discrimination and prejudice.

- Conducting outreach activity to engage with new and existing user in order to
- Promote the services of the organisation and to build good relations.
- The delivery of personal development workshops designed to increase the
- Self-confidence of participants



# Our major Projects

**During this year, we had amazing collaborations with various organisations.**

## DETAILS

## OUTCOMES

### Organisational Development & Community Representation

AGM held with election of new committee members. Group achievements, partnerships, and future plans reviewed. Chairperson received Lifetime Achievement Award; group received Outstanding Achievement in Health & Wellbeing Award.

Improved governance and strong organisational structure. Strengthened partnerships and community trust. Volunteers and leadership recognised, increasing motivation and visibility of the group.

### Holidays & Community Activities Programme

A year-round programme funded by Falkirk Council. Included Easter & Summer holiday activities such as crafts, cooking, creative arts, picnics, museum visits, train rides, outdoor play, and healthy meals for children and families.

Supported children's wellbeing through fun, learning and social connection. Provided free meals and safe activities during school holidays. Strengthened family bonds and reduced social isolation.

### Project Rainbow Hen Shed

An ongoing environmental and outdoor-learning project in partnership with TCV, funded by the Ethnic Minority Development Fund and National Lottery. Activities included gardening, outdoor cooking, woodwork, and nature sessions at Jupiter Urban Wildlife Centre.

Improved mental and physical wellbeing through nature-based activities. Developed practical skills such as gardening and woodwork. Increased social connection and environmental awareness among women and families.

### Women's Health & Wellbeing Programme

Regular yoga, mindfulness, gymnastics sessions for children, and wellbeing workshops funded through Community Empowerment Grant and National Lottery support.

Improved mental and physical health of women and families. Increased community participation, confidence, and long-term wellbeing habits.

### Women Empowerment & Skills Development

Aspiring Mums entrepreneurship workshop, first-aid, food hygiene, personal development trainings, and leadership/volunteer awards at CVS Falkirk

Builds skills, confidence, leadership, and recognition for women

Senior Citizens  
Support &  
Engagement  
Project

Recreational trip for senior  
women funded by Age  
Scotland

Improves wellbeing, social  
interaction, and  
intergenerational inclusion

Humanitarian &  
Charitable  
Projects

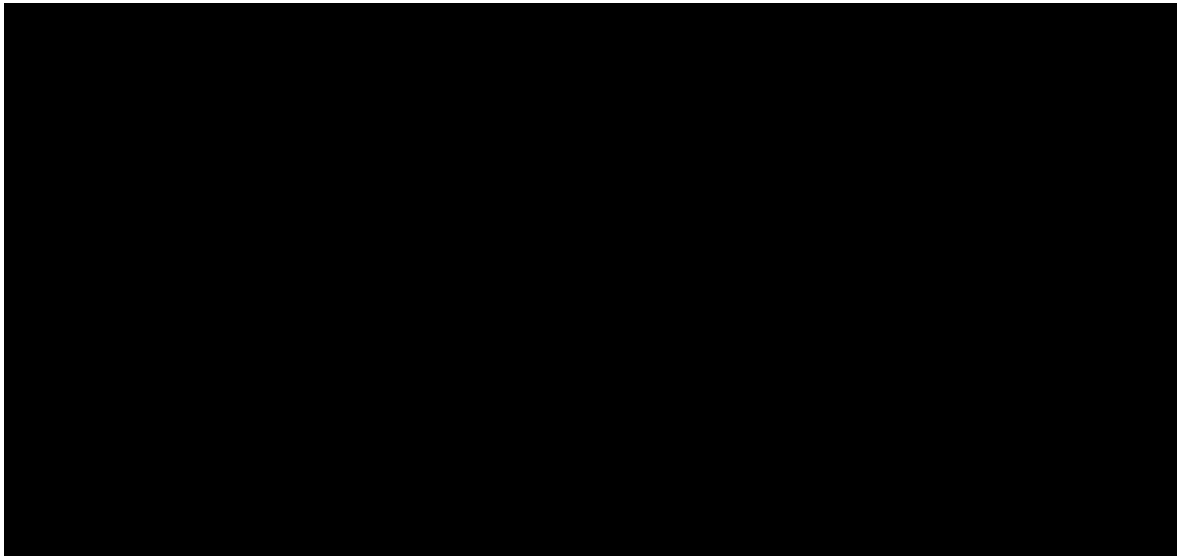
Pre-Eid fundraiser (£487.66 for  
Gaza), Charity Iftaar dinner (£3000 for  
Gaza), and installation of the 7th  
water filtration plant in Pakistan.

Supported vulnerable communities  
internationally. Increased community  
engagement in charitable work and  
strengthened the organisation's  
humanitarian impact.

Education &  
Children's  
Learning  
Projects

British Science Week gardening  
project, Dynamic Earth Marine Life  
workshops, and crafting/arts  
sessions for children

Enhances children's learning,  
creativity, and engagement with  
science and arts

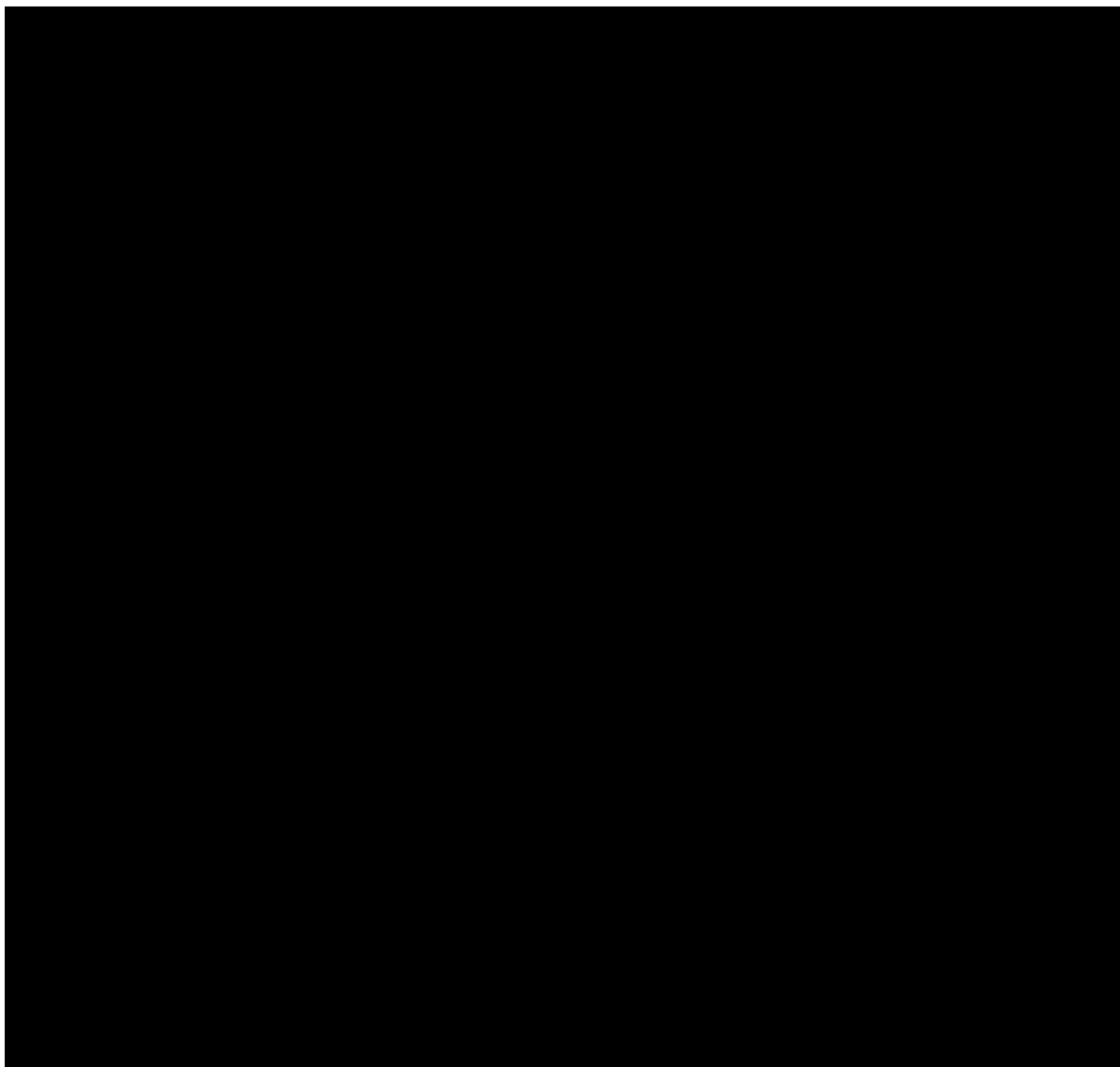


This year was a proud milestone for the Rainbow Muslim Women's Group and the Falkirk community. Our Chairperson, [REDACTED], who has served the Falkirk and Forth Valley community for 25 years, was honoured with the **Lifetime Achievement Award** for her unwavering dedication. The ceremony at Grange Manor Hotel highlighted her decades of service, including fundraising for international disaster relief and providing hot meals to Ukrainian refugees.

[REDACTED] is the heart of the Rainbow Muslim Women's Group, and under her guidance, over 50 volunteers deliver programmes that support mental, physical, and social wellbeing. Popular initiatives include cooking and yoga sessions, food hygiene and first aid training, personal development, and women's empowerment workshops.

Adding to the celebrations, the group also received the **Outstanding Achievement in Health and Wellbeing Award**, recognising our ongoing commitment to community health. We extend heartfelt thanks to our funders, partners, and volunteers, and to [REDACTED], CVS Falkirk, and the judging panel for recognising our work.



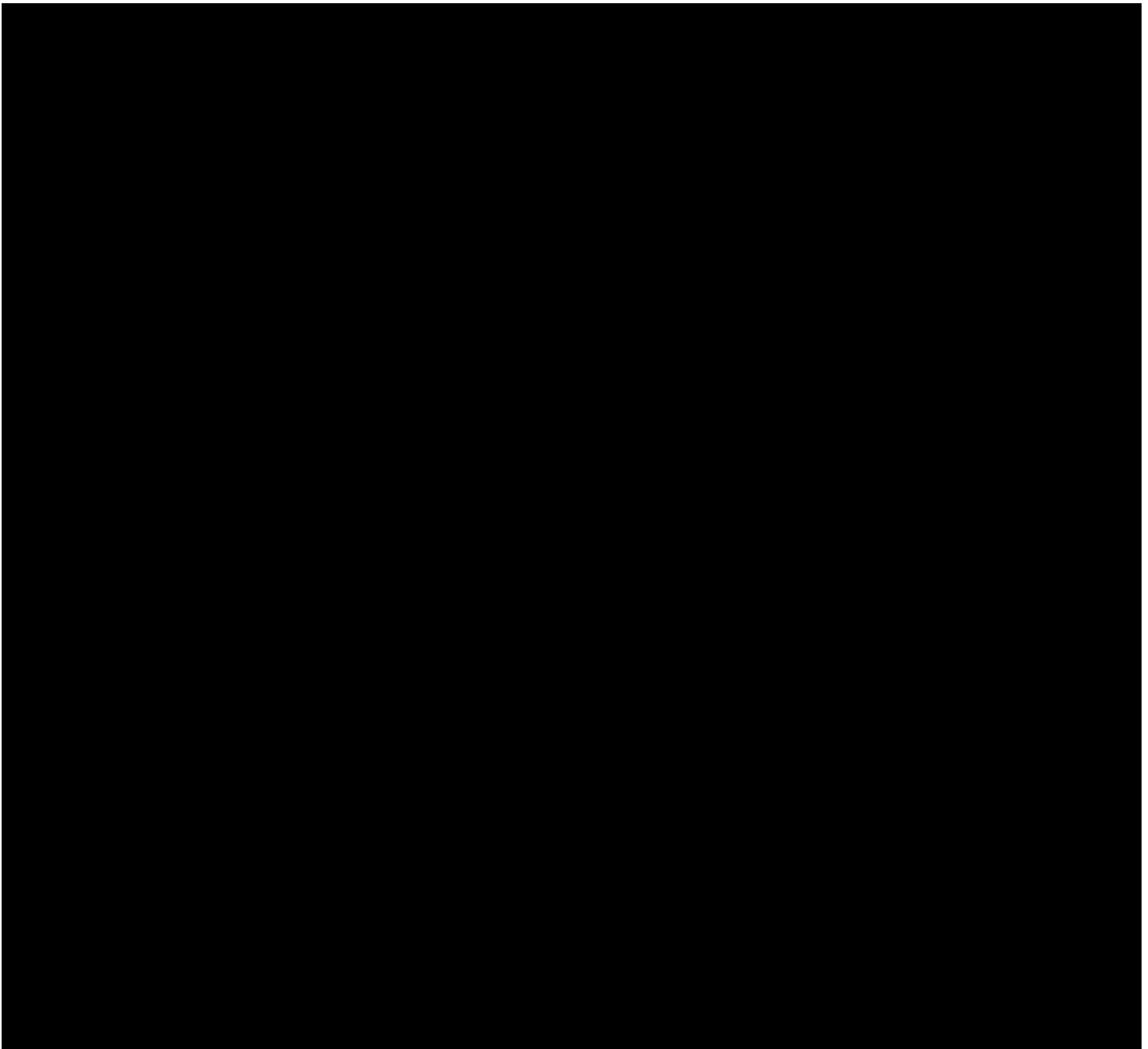


During our AGM this year, new committee members were selected. We looked back at our last two years' progress, achievements and experiences and pledged to move forward to create a bigger positive impact in the community. We were extremely honoured to have esteemed guests including [redacted] **from CVS** **Fa** [redacted] **ciation** The brave head [redacted] tion among many others who have been a part of our journey through the years.

Some of the senior members of the Rainbow Group participated in the **Tape Letters Scotland initiative** — a unique oral-history project that documents the tradition within the **Scottish Pakistani community** of sending recorded voice messages on cassette tapes between the 1960s and 1980s. As part of this project, our members shared their personal stories and experiences. We also attended the exhibition launch at the **Museum of Edinburgh**, where these powerful intergenerational narratives were showcased.

### **Holiday Trip – Bo’ness Museum of Scottish Railways & Bo’ness and Kinneil Steam Railway**

During the holidays, children and families had the opportunity to explore history and enjoy a fun-filled day at the Bo’ness Museum of Scottish Railways and Bo’ness and Kinneil Steam Railway, thanks to the support of Falkirk Council. Participants were thrilled to board a historical steam train, experiencing firsthand the sights and sounds of a bygone era. The museum visit was equally captivating, with children particularly fascinated by the Royal Mail train, where they had the chance to sort letters, including those bound for imaginative destinations like Hogwarts and Sodor. The trip combined learning with enjoyment, offering a hands-on understanding of railway history while sparking curiosity and excitement. The day concluded with a delightful picnic in the nearby picnic area, allowing families to relax, socialise, and reflect on the memorable experiences of the day. This outing provided a perfect balance of education, recreation, and community bonding.





## **Outdoor Walk and Play Session – Helix Park, Falkirk**

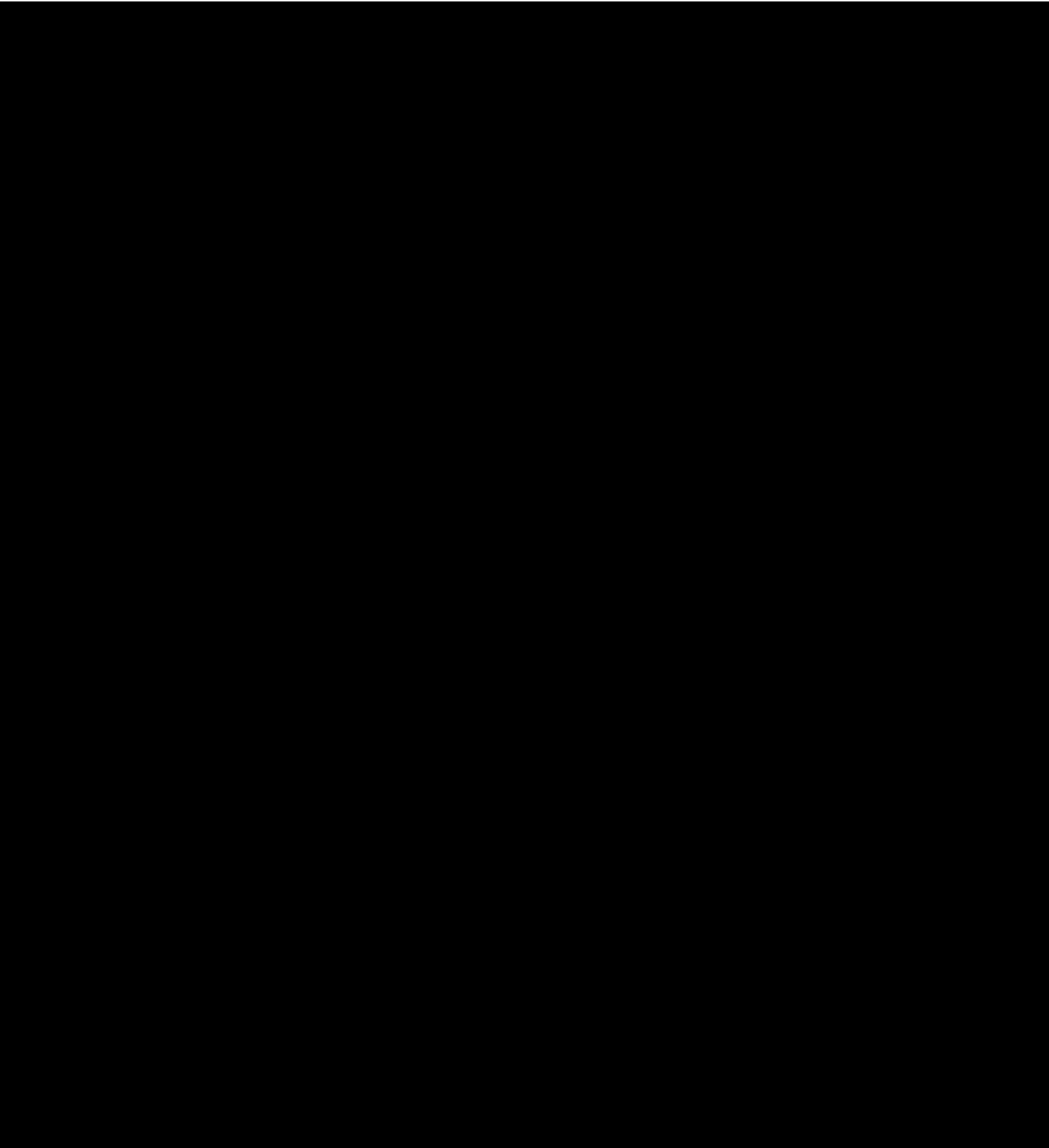
As part of our Easter holidays food and activities programme, children and families enjoyed a fun-filled outdoor walk and play session at Helix Park, Falkirk, supported by Falkirk Council. Participants explored the walking tracks, climbed and played on the park's climbing frames, and engaged in energetic outdoor games such as football. The sunny weather added to the enjoyment, creating a perfect day for physical activity, social interaction, and fun in nature. The session also included a delightful picnic, with a menu of chicken pulao, vegetable and yogurt raita, fresh fruits like oranges and bananas, and cakes. Sharing the meal together enhanced the sense of community and brought joy to both children and their families. This activity marked the successful conclusion of our Easter holidays food and activities project, providing memorable experiences, promoting wellbeing, and encouraging active, healthy lifestyles.



## **Creative Money Box Painting Session – Holiday Activities**

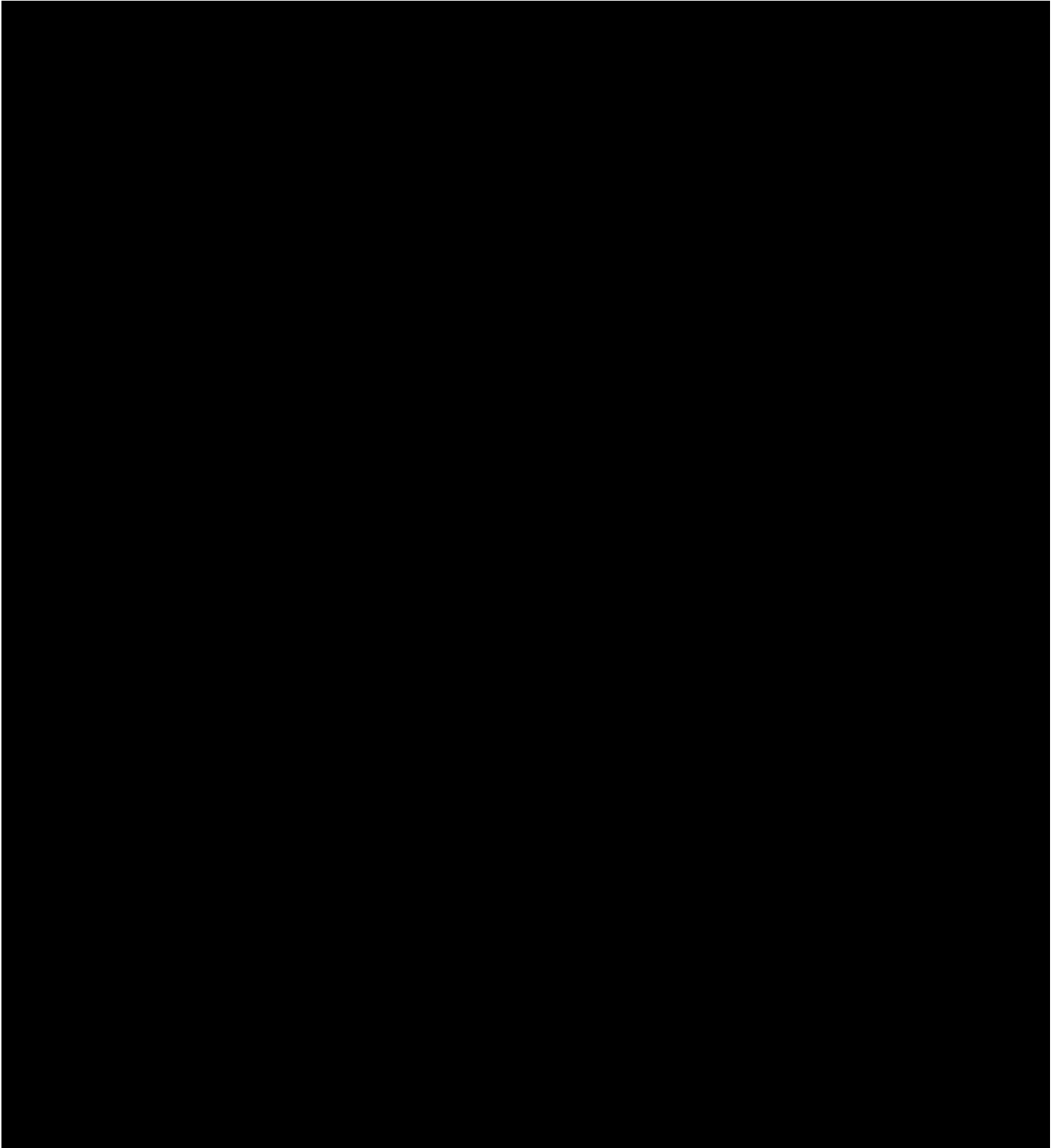
As part of our holiday activities, children participated in a fun and creative session where they painted their own ceramic money boxes using colourful paints. Each child received a complete set, including a ceramic box, paint set, and brushes, allowing them to express their imagination and artistic skills freely. In addition to the painting activity, some of our volunteers added to the festive atmosphere by creating intricate henna patterns on the hands of both children and adults, enhancing the sense of celebration and cultural learning. After the creative session, all participants came together to enjoy a delicious meal, featuring a variety of dishes including chickpea salad, doner kebab, French fries, pizza, fresh fruits, drinks, and juices. This session not only nurtured creativity and fine motor skills but also fostered social interaction, cultural engagement, and a sense of community among the participants.





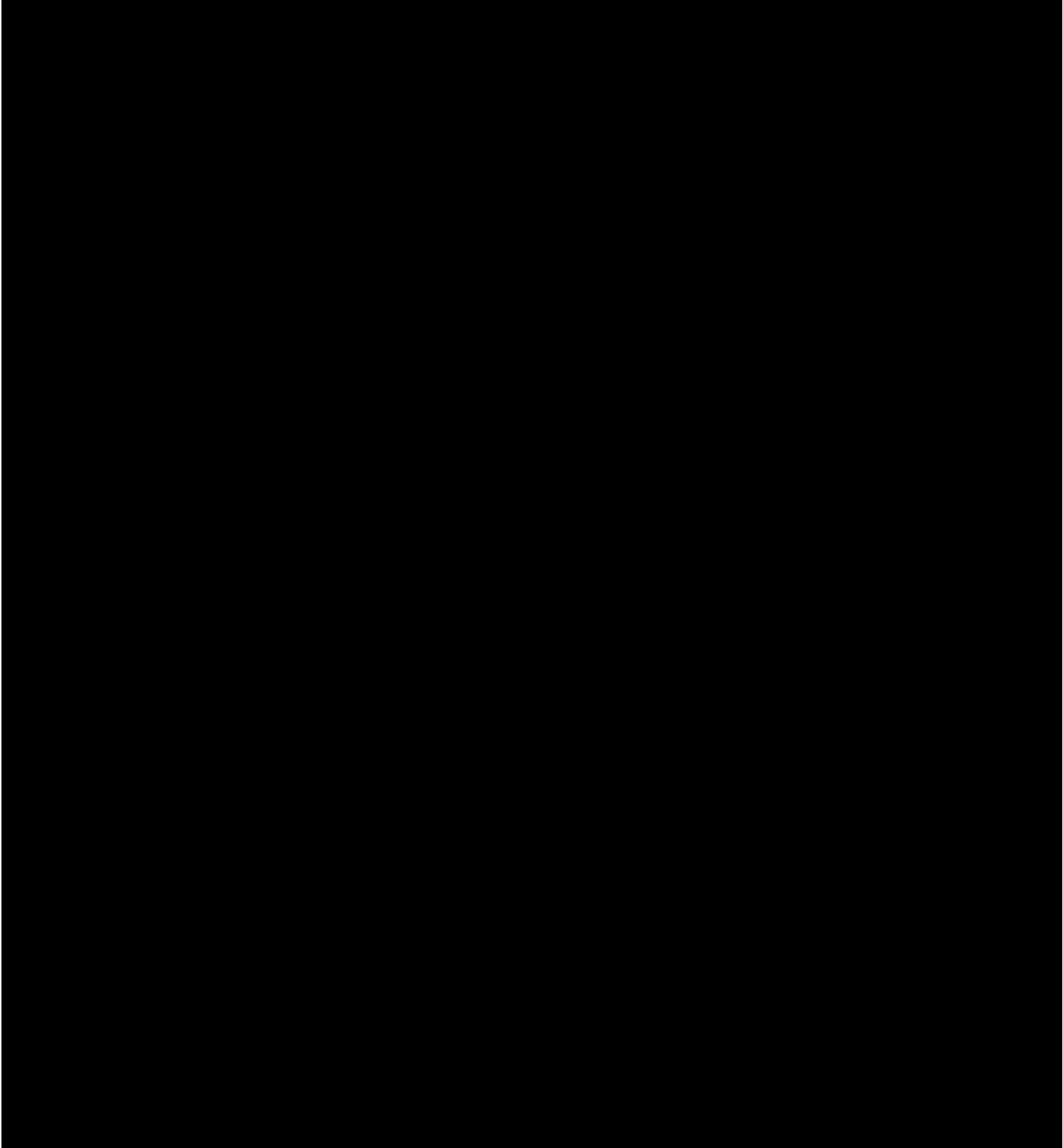
A picnic and sports event was organised at **callendar Park**. This event was free for women and children. Children enjoyed playing team sports and individual games as well. It was a great opportunity for children to catch up and connect with their friends. One of the volunteers was also making henna patterns on hands. There was face painting as well which was kindly organised by **Falkirk new Scots group**. At the end lunch was provided which included chicken pulao rice, tuna sandwiches, egg mayo sandwiches, cookies and fresh fruits.

On one of the holydays, children created their own "**City-scapes**" using various paint and pencil mediums. This session was conducted by the lovely people of **The creative centre**. To get the most out of the day's lovely weather, we had a picnic at dollar park afterwards. Everyone had samosas, spring rolls, fries, fresh salad and fruits which was followed by play in dollar park. All in all a day we'll spent with fabulous company and delicious food.



We collaborated with **kite club of scotland and D2, the creative centre** to organise kite festival. It was a two day family event and was open for all. On Day one, the attendees made their own kites at D2 centre and On day 2 a colourful kite flying outdoor activity was arranged. This event was a part of Refugee week Scotland celebrations and was kindly funded by **Scottish refugee Council**.

Scottish Refugee Council . Special thanks to the amazing [REDACTED] for all her efforts in organising such a fun activity for the community.





## **Summer Holidays Art & Outdoor Activity Session – D2, The Creative Centre**

During the summer holidays, children participated in a creative and engaging art session at D2, The Creative Centre, where they used acrylic paints to design and bring their own landscapes to life.

The session encouraged artistic expression, imagination, and fine motor skills, while providing a supportive environment for children to explore their creativity. After the painting activity, participants enjoyed a delicious meal of grilled chicken, fries, pita bread, and fresh fruits, offering a well-rounded and enjoyable experience. The day concluded with outdoor play at Dollar Park, where children had the opportunity to socialise, be active, and enjoy games in the fresh air. This combination of creativity, nutrition, and outdoor activity provided a balanced, enriching, and memorable experience for all the children involved.

## **Outdoor Holiday Picnics**

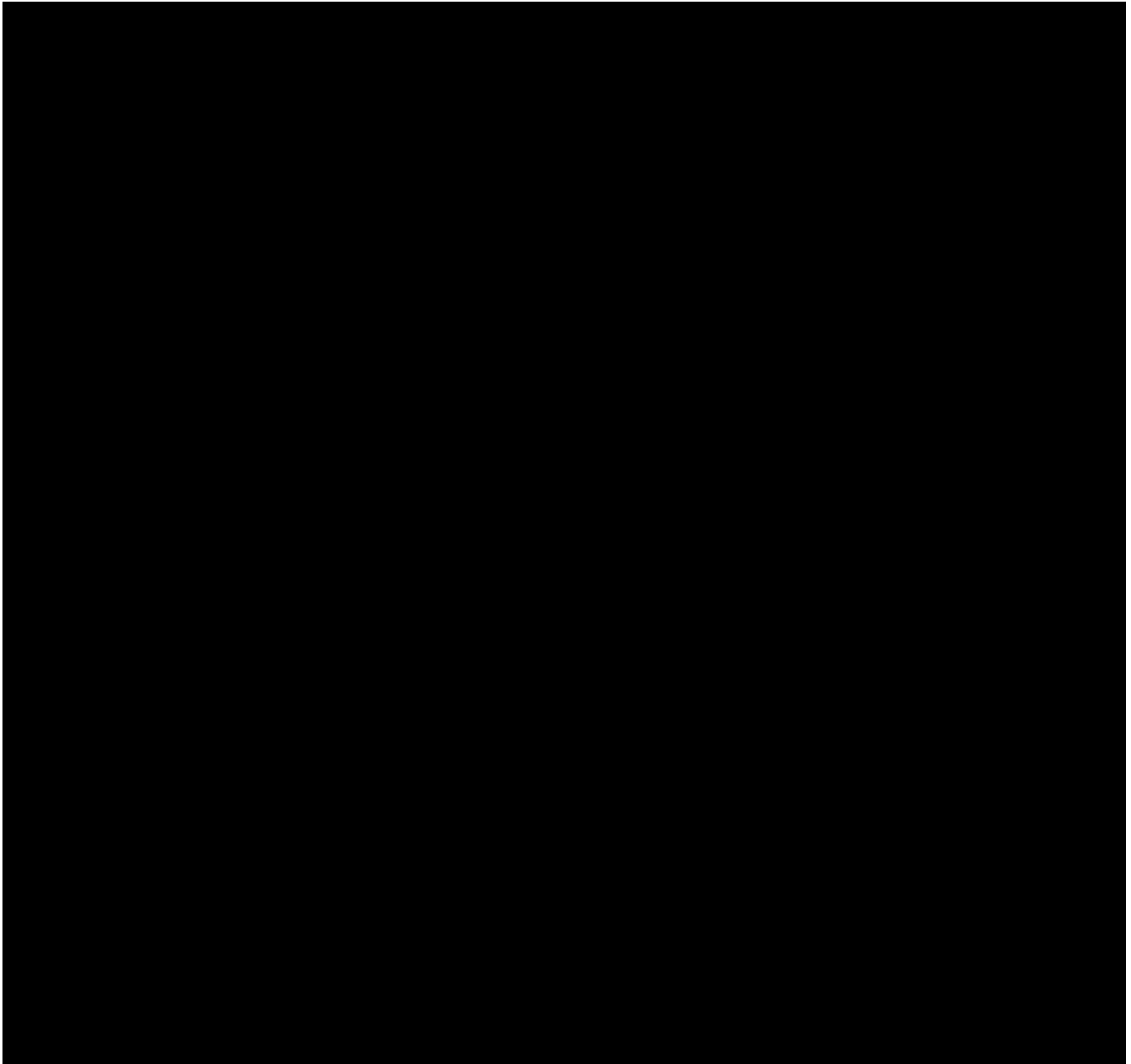
As part of our holiday activities, we organised a series of outdoor picnics that provided children and families with opportunities to relax, socialise, and enjoy nature together. Participants engaged in a variety of outdoor games, explored walking trails, and spent quality time connecting with friends and peers in a safe and welcoming environment.

Nutritious and delicious meals were provided, adding to the enjoyment of the day. These picnics not only offered a fun and healthy way to spend the holidays but also fostered community bonding, physical activity, and a sense of well-being for all who attended.



We organised a **mums and kids cooking session**. Children made sandwiches, pizzas and smoothies with their mums. A couple of our lovely volunteers cooked chicken pulao, mint sauce and mixed salad. Children enjoyed spending time with their mums and friends to create healthy snacks while learning some life skills. Children were encouraged to drink sugar free healthy smoothies. Lunch was followed by outdoor play in the adjacent park.

## **TRIP TO ALMOND VALLEY HERITAGE CENTRE:**



The visit to Almond Valley was such a fun day. There was something for every age group. Children enjoyed looking at the animals and museums. They were really interested in the mill and little historical tid bits that were highlighted throughout the space. Lots of outdoor fun and play was followed by delicious picnic. We enjoyed pulao rice, burgers, sandwiches, drumsticks and ice cream at end of the day.. photos don't do justice to the laughter and joy but here are a few shots of the day...

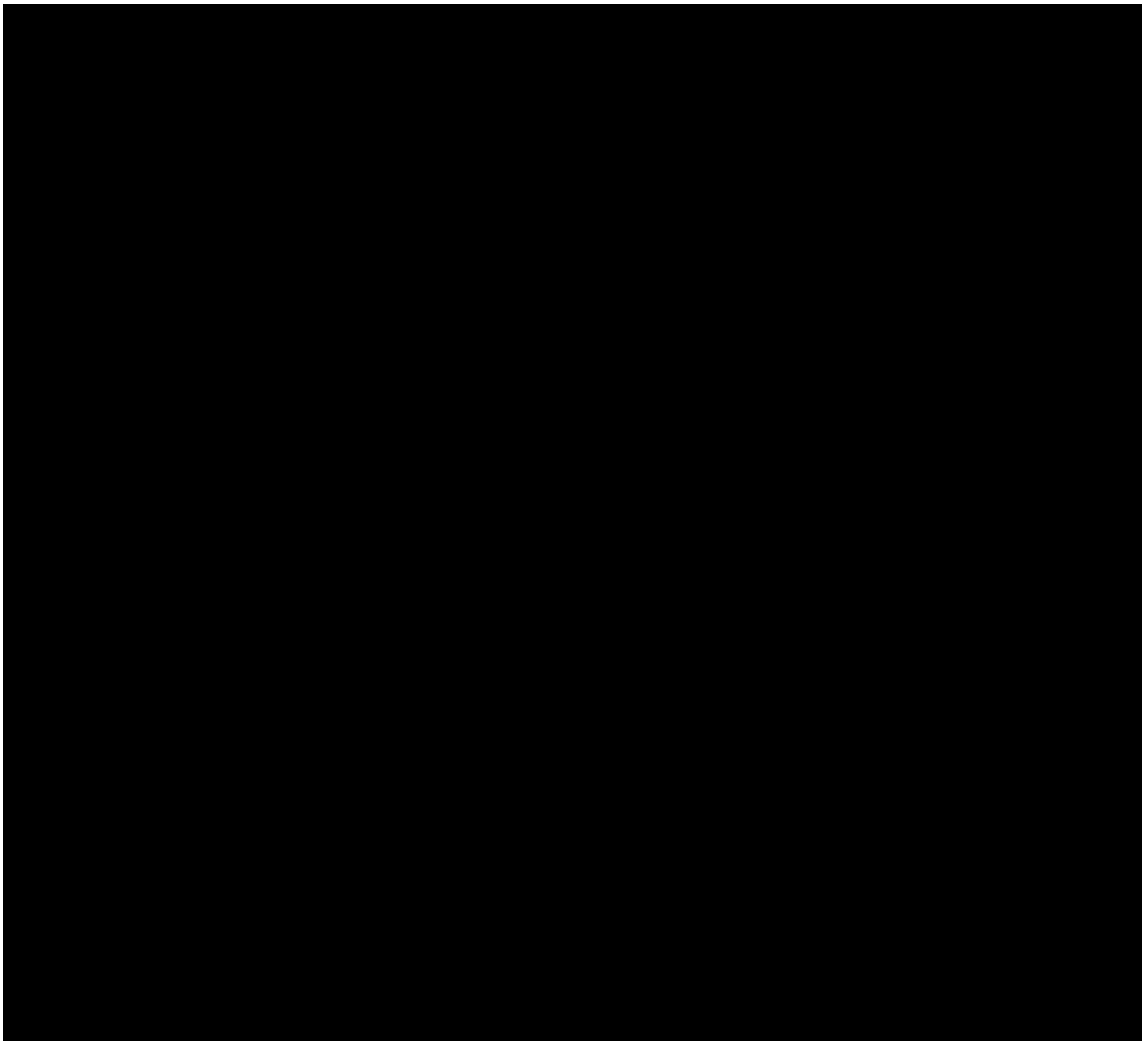
**Falkirk Council Almond Valley Heritage Centre**

## Outdoor Cultural Event

We organised a vibrant outdoor cultural event that brought families together for a joyful day of connection and celebration. Children spent quality time with one another, strengthening friendships as they enjoyed a variety of fun outdoor games and activities. The atmosphere was filled with laughter, energy, and creativity as young participants explored, played, and learned in an open and inclusive environment. Everyone also enjoyed a delicious spread of food, adding to the festive spirit of the day. The event offered a wonderful opportunity for children and families to celebrate culture, build community bonds, and create lasting memories together.

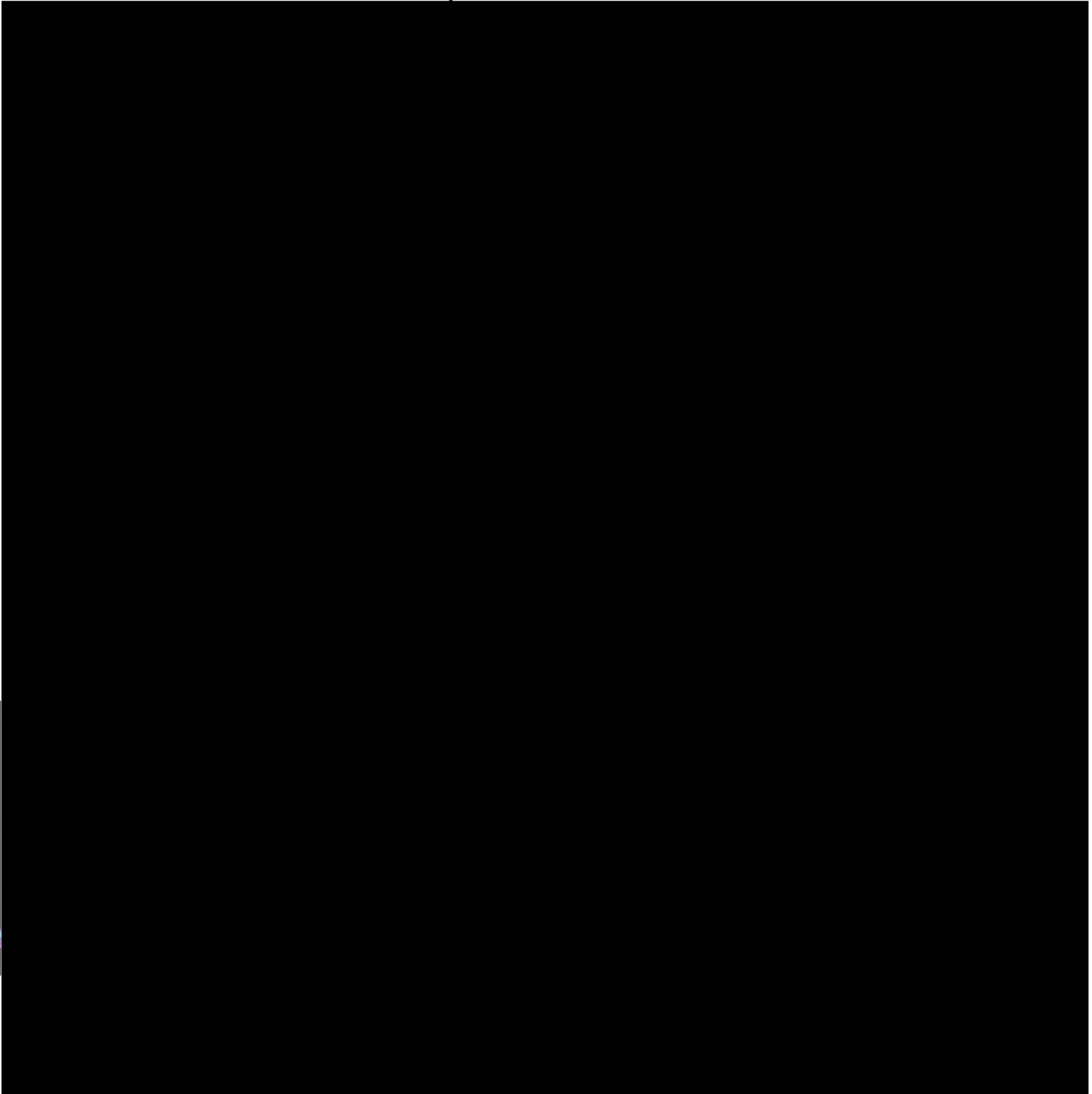
# Canal Boat Trip

We would like to thank **Seagull Trust Cruises** – Falkirk for providing our group with a wonderful and relaxing canal boat experience. The trip offered a peaceful environment where women and families could enjoy nature, socialise, and unwind together. The friendly crew made the experience even more memorable through their warm hospitality and support. It was a refreshing and enjoyable outing that contributed greatly to the wellbeing of our members.



## Cultural Celebration with The Edinburgh Chinese Arts Association

As part of our ongoing commitment to celebrate cultural diversity and community engagement, the Rainbow Muslim Women's Group hosted a vibrant cultural event in collaboration with **The Edinburgh Chinese Arts Association**. The event featured traditional folk performances, interactive activities, and opportunities for participants to learn about Chinese arts and culture. This initiative, supported by Falkirk Council's Community Empowerment Grant, provided a platform for cross-cultural exchange, strengthened community connections, and encouraged inclusivity within our local area.





# Project Rainbow Hen Shed


The project began with an introductory gardening session, during which participants planted flowers in the newly prepared flower beds. This marked the first step in creating a welcoming and engaging outdoor space for the group.

Project Rainbow Hen Shed is being delivered in partnership with **TCV – The Conservation Volunteers** and is generously funded by **the Ethnic Minority Development Fund and The National Lottery Community Fund Scotland**.



As part of the project activities, the group visited **Jupiter Urban Wildlife Centre**, where participants enjoyed a hands-on outdoor session that included cooking and gardening. The visit offered an opportunity to connect with nature, learn new skills, and strengthen community bonds.

**Project Hen Shed** is being delivered in collaboration with TCV – The Conservation Volunteers, with funding support from the **Ethnic Minority Development Fund and The National Lottery Community Fund Scotland**.



## **Rainbow Hen Shed –**

Woodwork Activity

As part of the Rainbow  
Hen Shed Project,  
supported by **TCV – The  
Conservation Volunteers**  
and funded by **The  
National Lottery  
Community Fund**

**Scotland**, participants took  
part in practical woodwork  
activities. These hands-on  
sessions helped build  
confidence, develop new  
skills, and strengthen  
connections among  
women within the  
community.



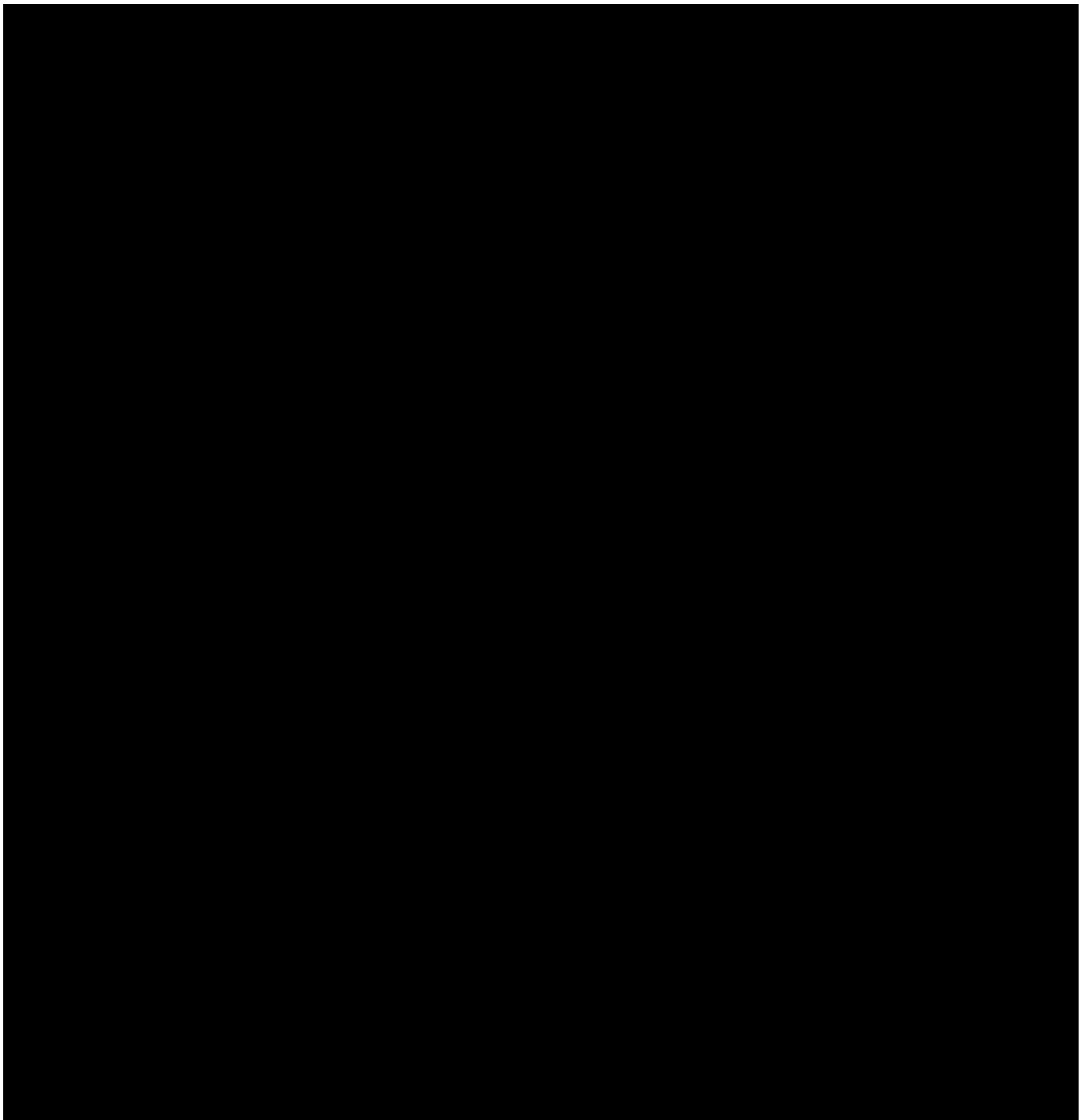
## Herb-Collecting Session in the Woods – Rainbow Hen Shed

Another successful and enriching session took place as part of the Rainbow Hen Shed programme, where participants spent time in the woods learning about local herbs, their uses, and sustainable gathering practices. Guided by experienced facilitators, women explored the natural environment, identified various plants, and collected herbs that could be used for cooking, wellbeing, and traditional remedies.

This hands-on activity not only deepened their connection to nature but also promoted outdoor learning, confidence, and environmental awareness.

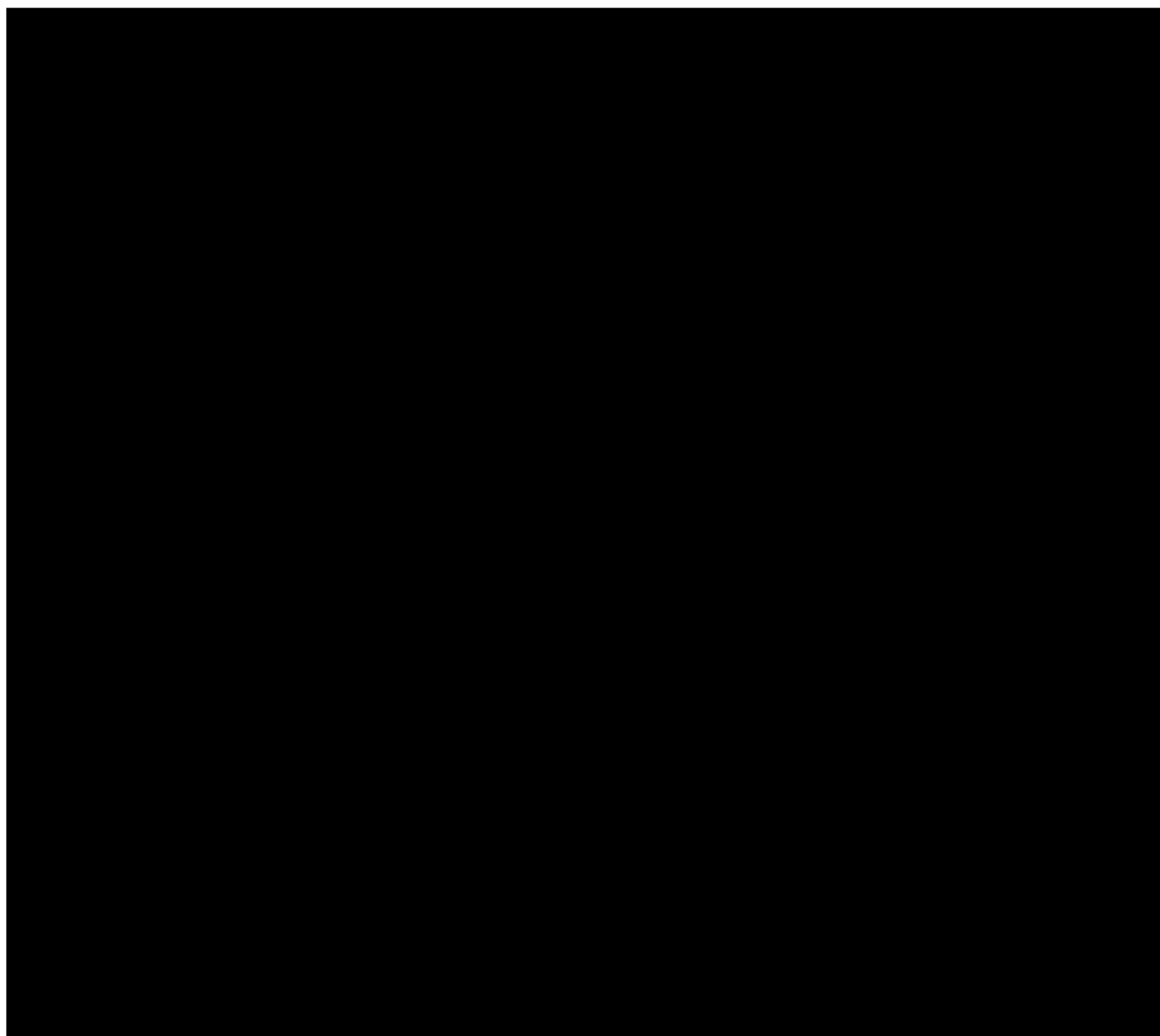
We are grateful to **The National Lottery Community Fund** and **TCV – The Conservation Volunteers** for their invaluable support, which makes these educational and empowering sessions possible.

As part of our **Hen Shed project**, we delivered regular hands-on woodwork sessions that provided women with a creative, practical, and confidence-building learning experience. Participants learned basic woodworking skills, worked on small projects, and enjoyed the opportunity to connect, socialise, and support one another in a relaxed environment. These sessions played a valuable role in promoting wellbeing, reducing isolation, and encouraging women to explore new hobbies. We extend our heartfelt thanks to **The National Lottery Community Fund Scotland and TCV – The Conservation** Volunteers for their continued support in making these empowering activities possible.





As part of the **Rainbow Hen Shed project**, we also organised a combined woodwork and traditional bread-making session, offering women a unique blend of practical skills and cultural connection. Participants engaged in simple woodworking tasks while also learning to prepare and cook fresh bread on the tandoor, an activity that brought back warm memories for many and created a welcoming, communal atmosphere. The session encouraged teamwork, confidence, and creativity, while also providing a meaningful space for women to relax and bond. We are deeply grateful to **TCV – The Conservation Volunteers and The National Lottery Community Fund Scotland** for supporting this initiative and helping us deliver such enriching and enjoyable experiences for our community.



We are grateful to **Age Scotland** for funding a wonderful recreational trip for our senior members. The group enjoyed a visit to the **Kelvingrove Art Gallery and Museum**, where they explored the exhibitions and spent valuable time together.

The trip concluded with a shared lunch at **Kebabish Restaurant**, providing a warm and social environment for everyone. We extend special thanks to the amazing team at **Kelvingrove** for kindly arranging a dedicated space for prayer, ensuring all participants felt comfortable and included.

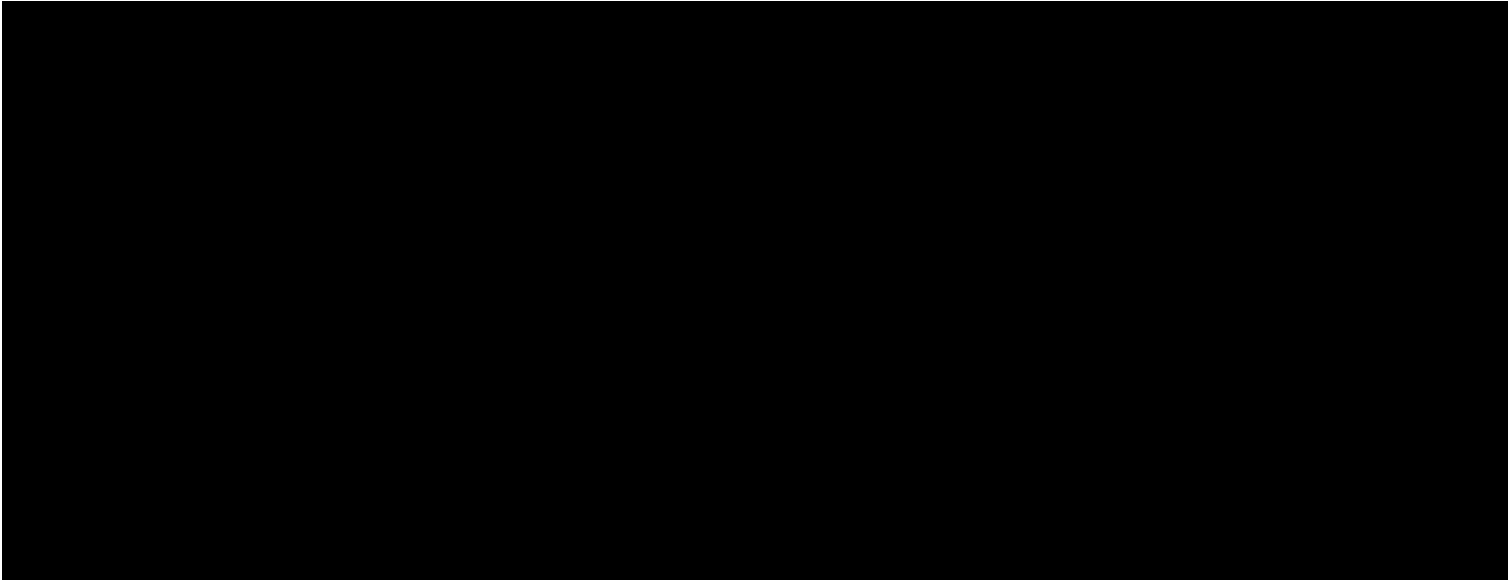
### International Women's Day Celebration

In celebration of International Women's Day, the Rainbow Muslim Women's Group hosted a vibrant event embracing the theme: "A woman is the full circle. Within her is the power to create, nurture, and transform" – [REDACTED]. Participants enjoyed delicious food, henna, relaxing massages, and great company, creating a joyful and empowering experience. This event, supported by **Corra Foundation**, celebrated women's achievements and fostered community connection.



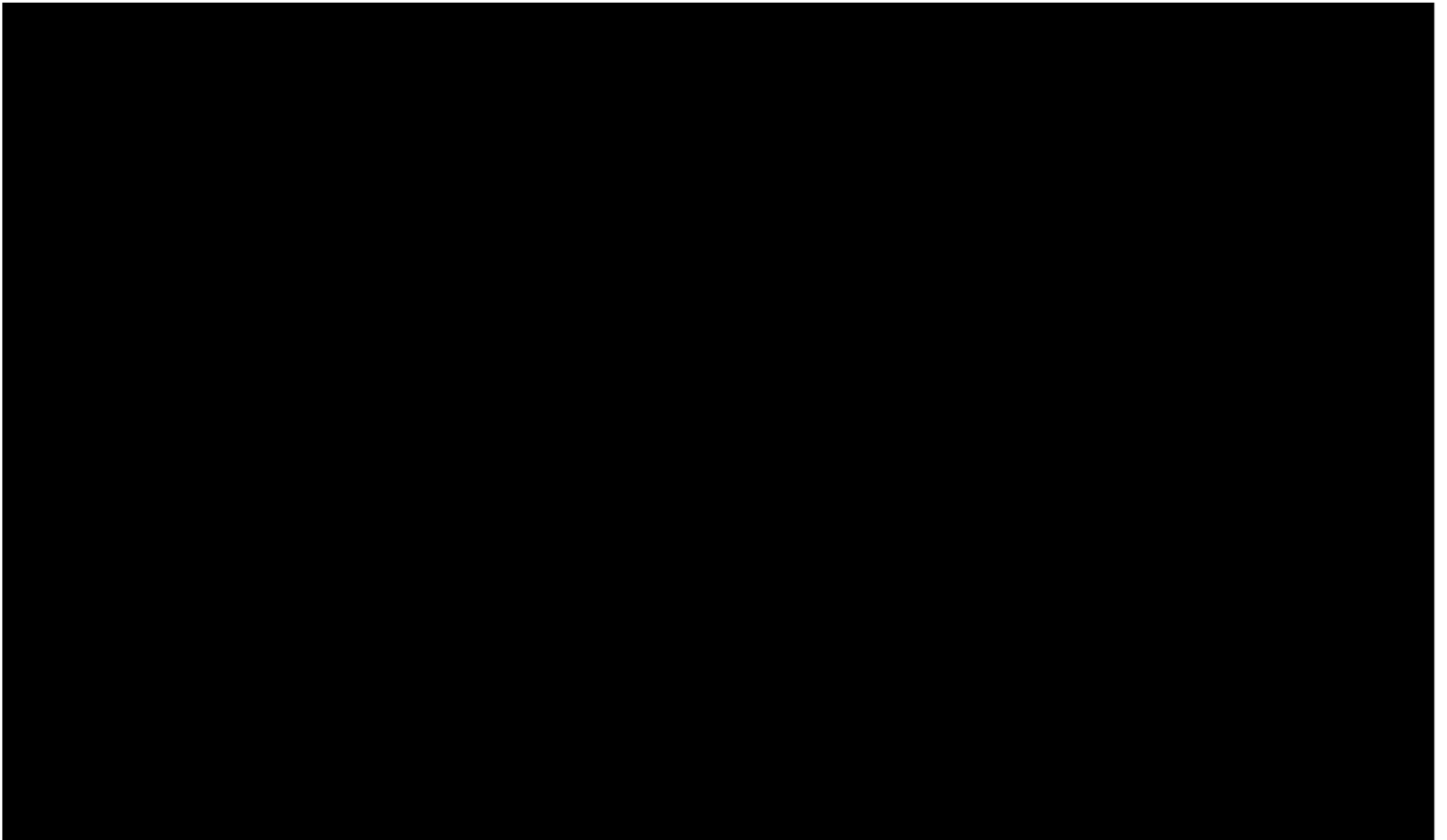
### Aspiring Mums – Women Entrepreneurship Workshop

The Aspiring Mums programme hosted a workshop on women's entrepreneurship, providing participants with guidance, inspiration, and practical skills to develop their own business ideas. The session empowered women to explore their potential, build confidence, and take steps toward economic independence.

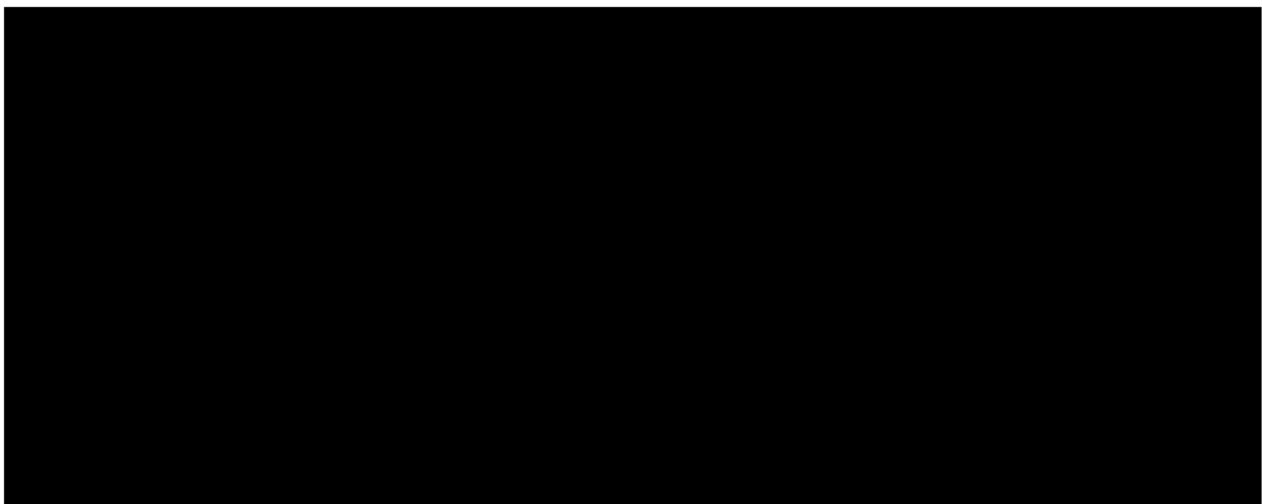


## **British Science Week – Home Gardening Initiative**

As part of this year's British Science Week, we encouraged participants to engage in home gardening activities. The sessions provided hands-on learning about plants and their care, and at the end, fruit trees were distributed for participants to grow in their own spaces. This initiative promoted environmental awareness, responsibility, and a connection with nature while supporting practical learning for all ages.



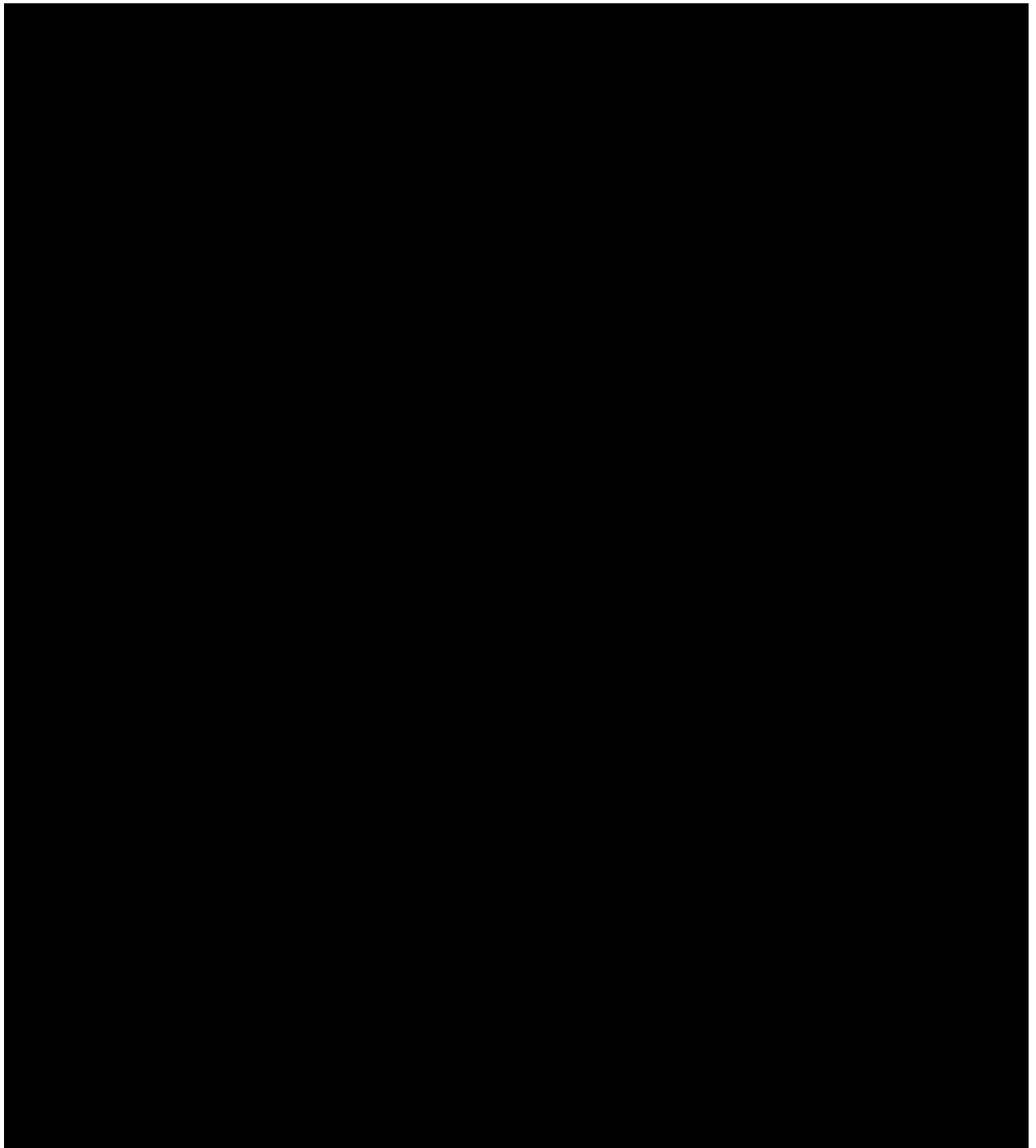
## **Sauerkraut making session at Rainbow group**



## Autumn Cooking Session

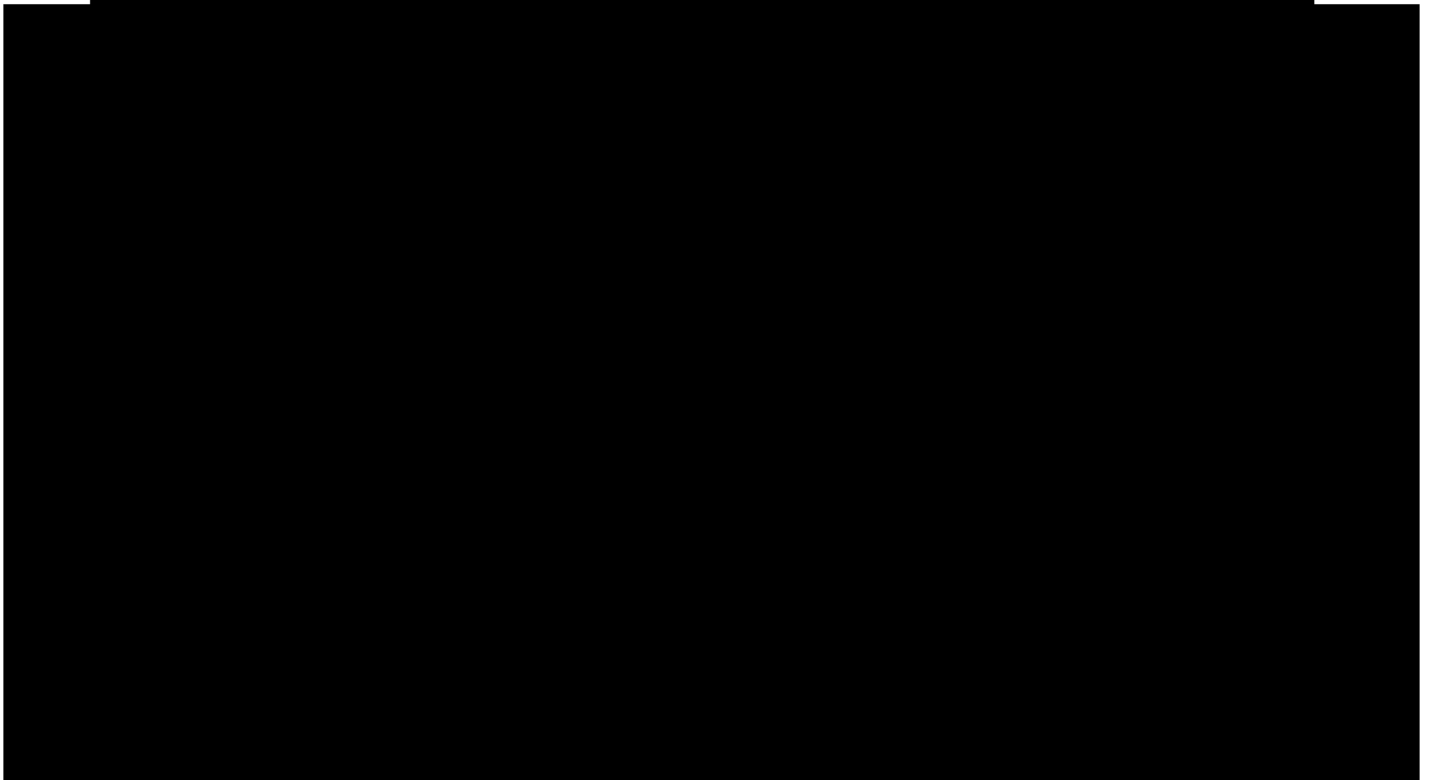
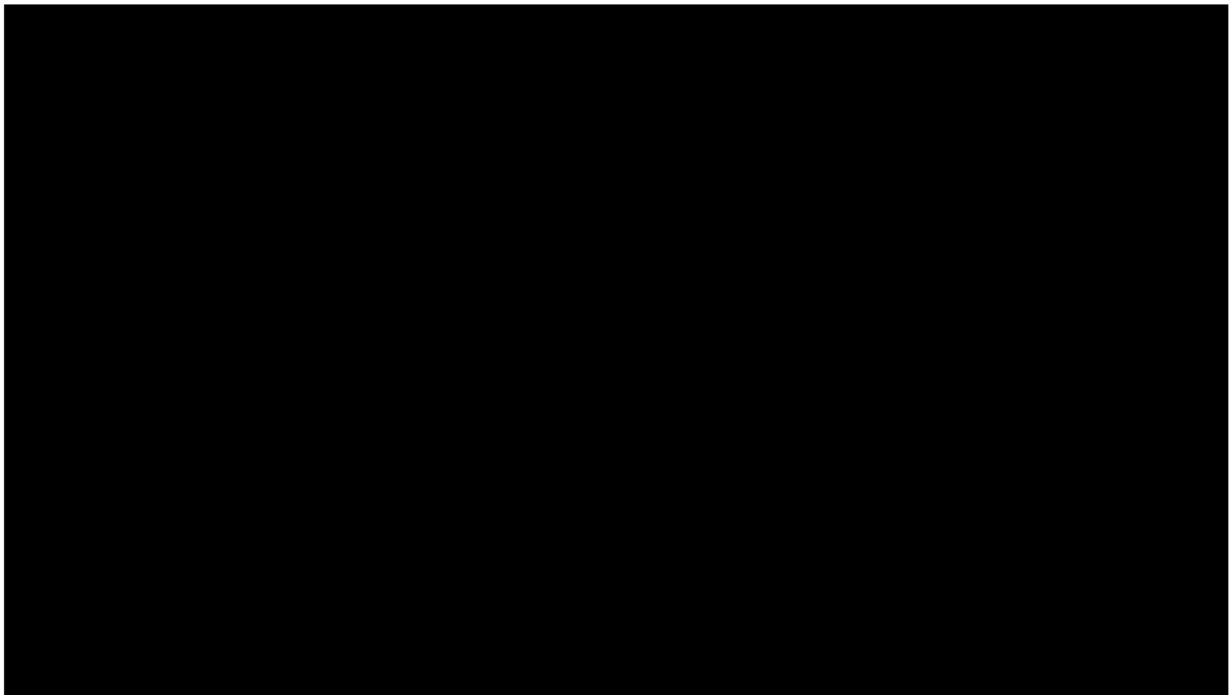
To celebrate the warmth and colours of autumn, we organised a special cooking session where participants came together to enjoy delicious seasonal food and learn new culinary skills. The session created a welcoming space for women and families to connect, share recipes, and experience the joy of cooking together. With guidance and hands-on participation, everyone had the opportunity to prepare wholesome dishes while strengthening community bonds.

This activity was proudly funded through the Community Empowerment Grant provided by **Falkirk Council**, whose support enabled us to deliver an enjoyable, educational, and culturally enriching experience for all.




## **Community Cooking Session – Avonbridge**

As part of our ongoing efforts to foster community connection and promote healthy living, we organised a community cooking session in Avonbridge. Women and families from the area came together to prepare and share nutritious meals, learning new recipes and techniques while enjoying a warm and welcoming atmosphere. This session not only encouraged confidence in home cooking but also strengthened social ties among participants. The activity was delivered through the Community Empowerment Grant funded by **Falkirk Council**, whose continued support enables us to bring meaningful and engaging programmes to communities across Falkirk.



### Family Ceilidh Event

A vibrant family ceilidh was organised in collaboration with **Causeaway Music Project and Blackwood Music Academy**, bringing together community members for an evening of music, dance, and cultural celebration. The event also supported our fundraising efforts, generating **£94.87** to contribute towards our ongoing community activities.

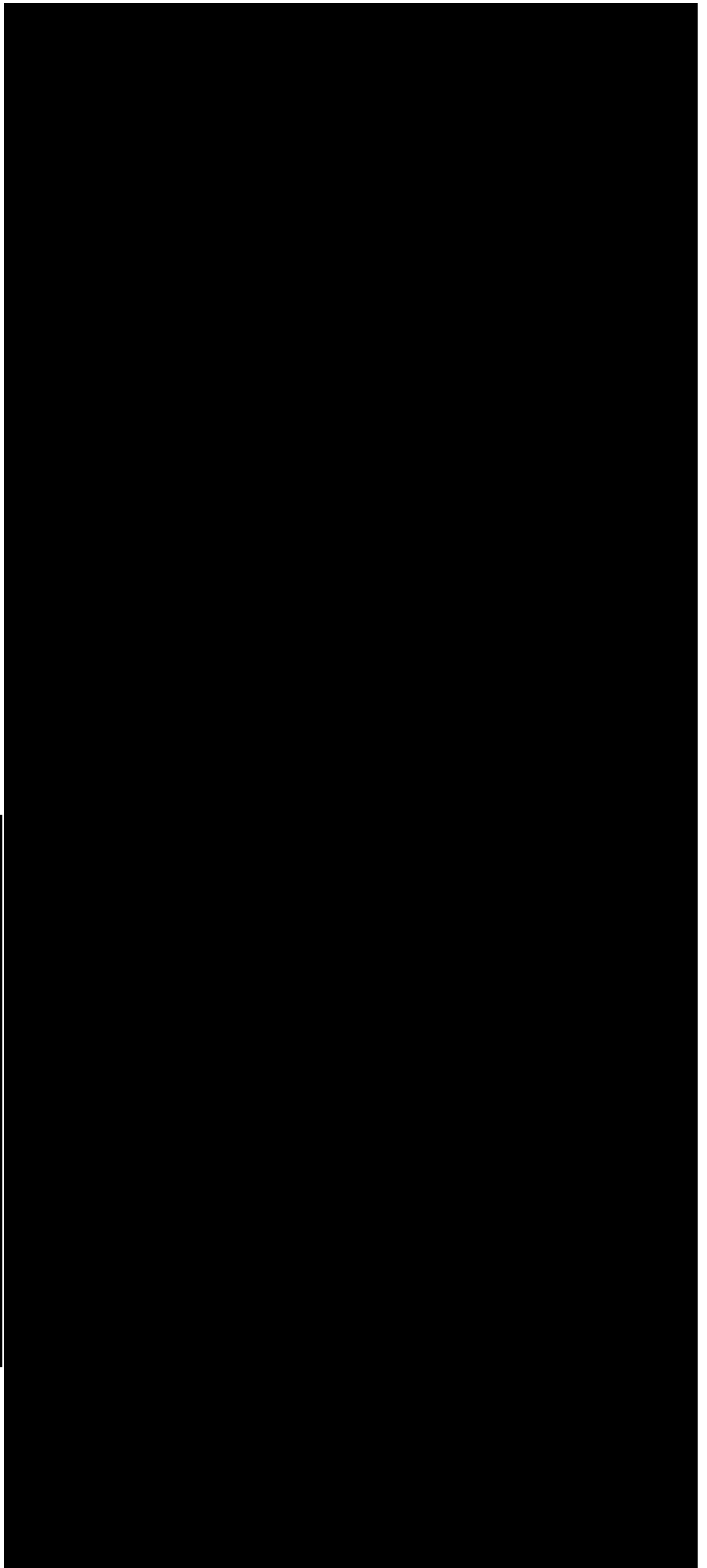
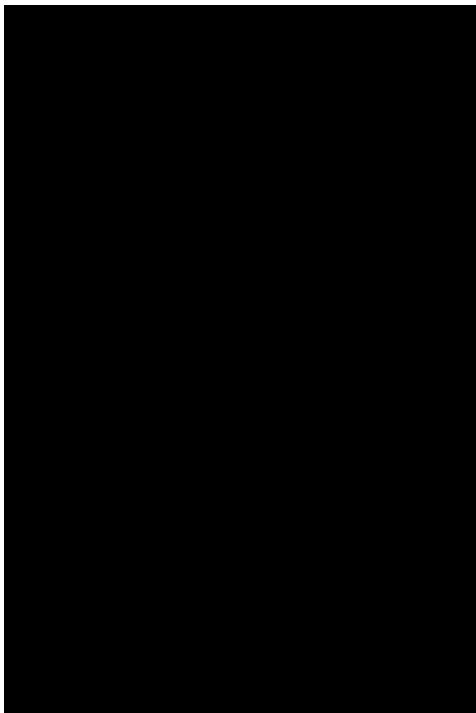


### Charity Iftar Dinner for Gaza

With the generous support of the community and an excellent turnout, the Rainbow Muslim Women's Group successfully raised **£3,000 for Gaza** through our charity Iftar dinner. This achievement was made possible thanks to the contributions of local businesses, including **New Taj Mahal Falkirk, Naz Tandoori, Sanam Tandoori, Kebabish (Graham's Road), Little Asia, and Thistle Cash and Carry**, who generously donated food and groceries. We also extend our gratitude to the management of **St Francis Church Hall, Falkirk** for providing the hall and kitchen. Most importantly, this success reflects the dedication and hard work of our extraordinary team of volunteers who came together to make this event a resounding success.



Thanks to the generous donations from our local community, the Rainbow Muslim Women Group was able to provide hot meals for the people of **war-stricken Gaza**. This effort reflects the compassion and collective spirit of our members, volunteers, and supporters, who came together to offer relief during an extremely challenging time. Through this initiative, we were able to extend a message of solidarity, humanity, and hope to those suffering in crisis. We remain deeply grateful to everyone who contributed towards making this act of support possible.



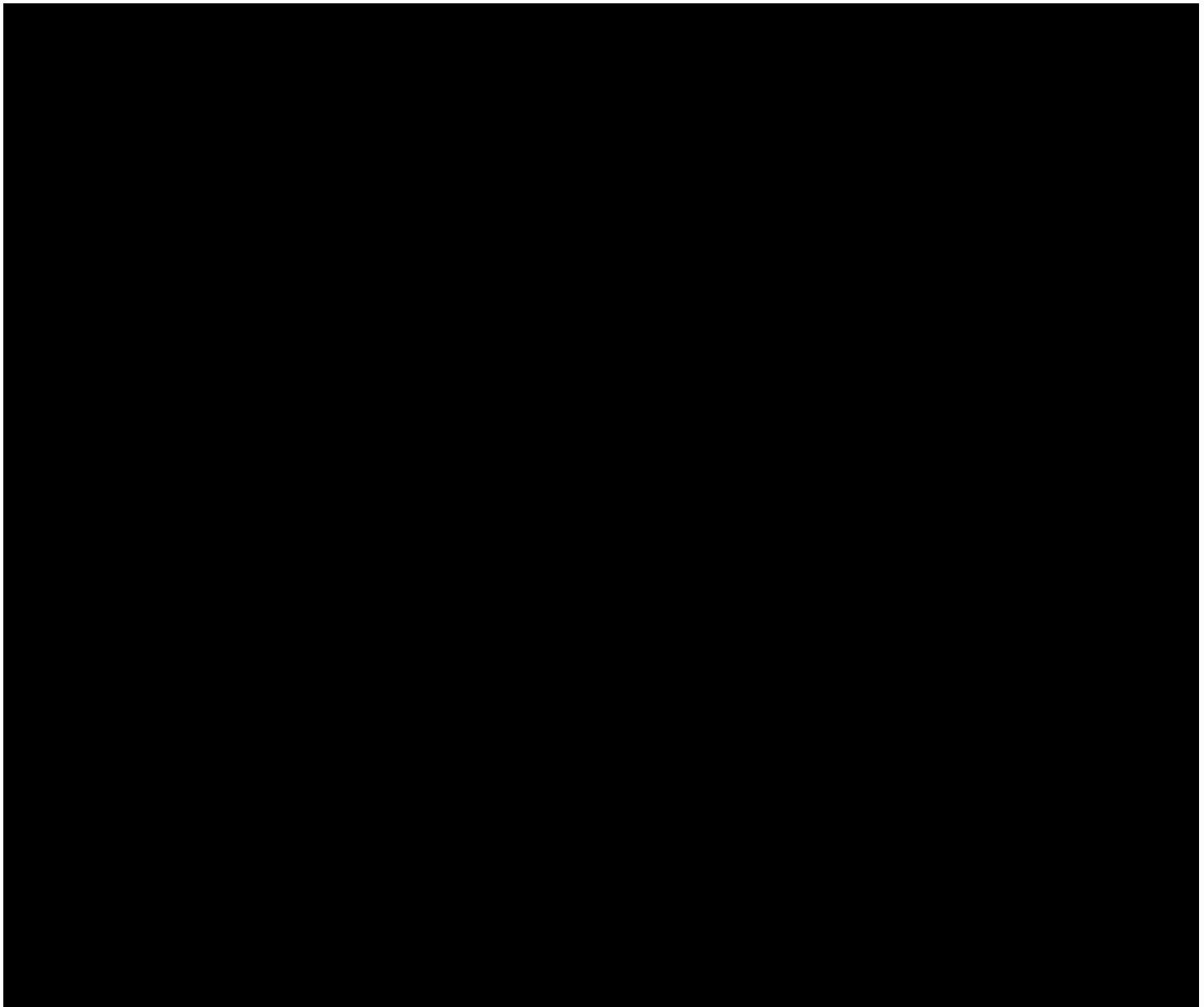


## **Clean Water Access Project – Pakistan**

Rainbow Muslim Women Group successfully installed its 7th water filtration plant in a remote area of Pakistan, continuing our commitment to improving access to safe drinking water for vulnerable communities.

This achievement was made possible through the generous donation from **Dave and his family**, whose support now ensures that hundreds of people can access free, clean, and safe water every day.

We extend our heartfelt gratitude for their kindness and for standing with us in this meaningful humanitarian effort.



## Community Vegetables Distribution – Sustainable Thinking Scotland C.I.C

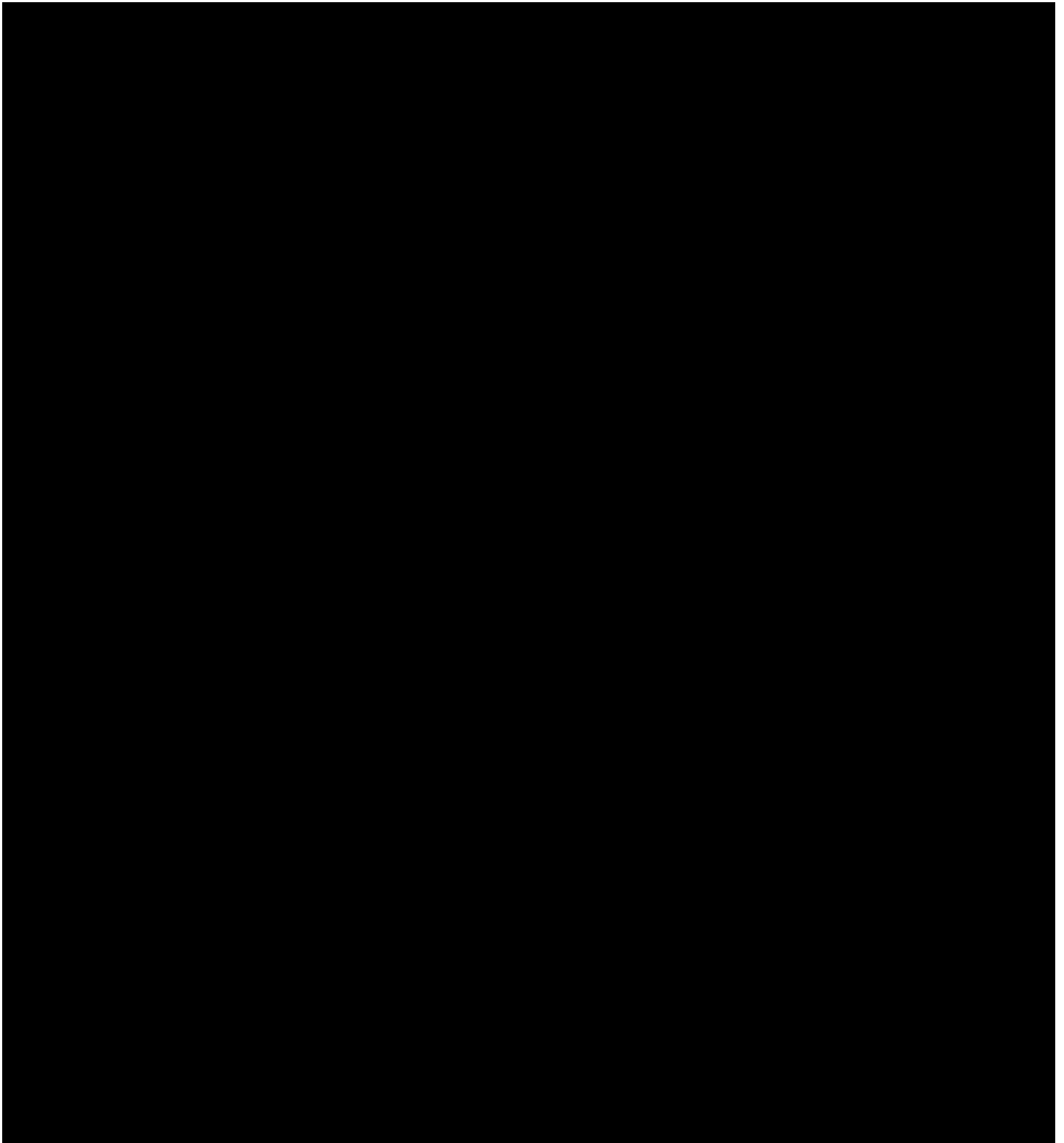
Throughout the year, the Rainbow Muslim Women Group collaborated with **Sustainable Thinking Scotland C.I.C** to grow and distribute fresh, homegrown vegetables within the community. Participants engaged in sustainable gardening practices, nurturing a variety of seasonal produce while learning about eco-friendly cultivation methods. The harvested vegetables were then shared among community members, promoting healthy eating, environmental awareness, and local food resilience.

This initiative not only provided nutritious food but also strengthened community connections, encouraged participation in sustainable practices, and offered an opportunity for families to learn about the benefits of growing and consuming local produce. We extend our sincere thanks to Sustainable Thinking Scotland C.I.C for their support and guidance throughout this ongoing programme.



### Children's Crafting Sessions

We organised various fun and engaging crafting sessions where children painted clay pots with acrylic paints, showcasing their creativity and artistic skills. Parents, particularly mums, also joined in the activities, making it a wonderful family experience. A nutritious dinner, including chicken pulao, fresh salad, and fruits, was provided during the session. This event offered children an enjoyable opportunity to express themselves creatively while socialising with friends and peers.



## Marine Life Workshop at Dynamic Earth

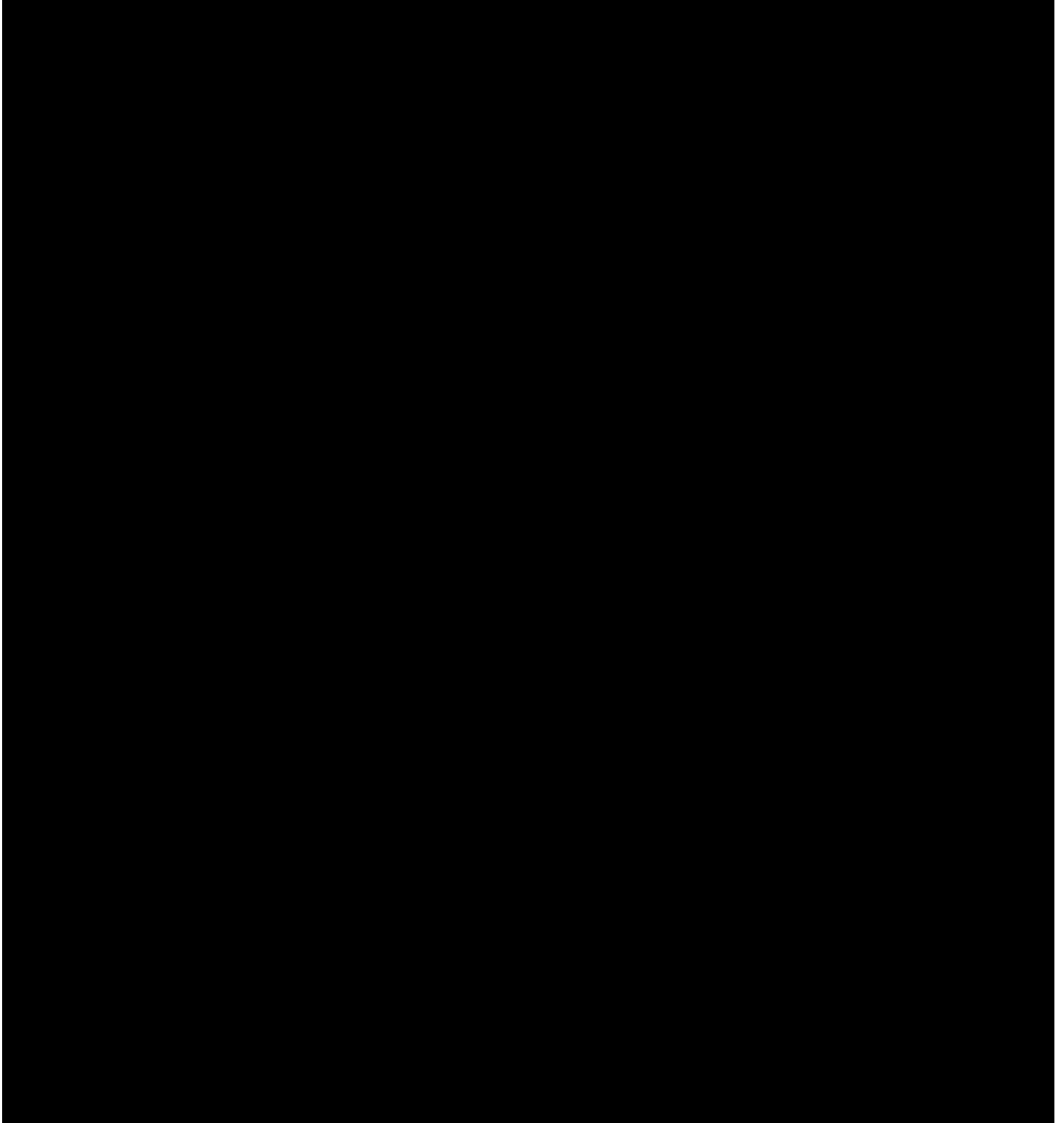
In collaboration with Dynamic Earth, we organised a fun and interactive session for children aged 5–15, with 25 participants taking part. The session focused on marine life and included a variety of activities suitable for all ages, such as sketching, crafting, using microscopes to observe shells, and hands-on experiments. The session was both informative and engaging, providing a memorable learning experience for the children. We extend our gratitude to

for conducting the session.

The day concluded with a healthy and enjoyable meal of rice, salad, and fresh fruits.

## **Visit to Dynamic Earth**

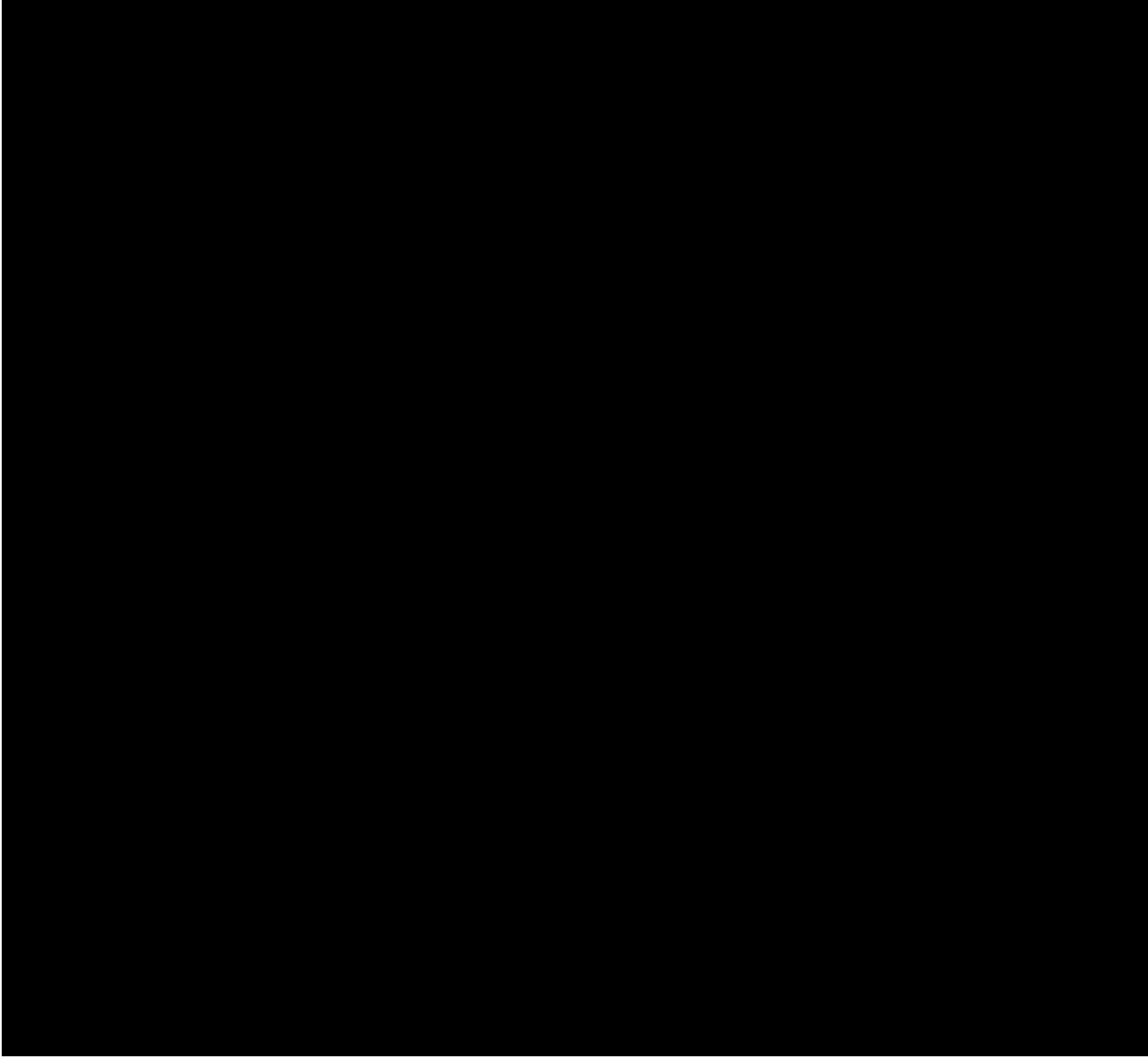
During the October holidays, a group of 50 participants, including children and women, visited Dynamic Earth as part of one of their community programme initiatives. The visit offered an engaging and educational experience, allowing participants to explore the evolution of organisms and the history of life on Earth. Highlights included the Time Machine, volcanic activity simulation, and the planetarium, which captured the imagination of both children and adults. Participants also learned about the fascinating world of fungi and their vital role in ecosystems. Overall, it was an enjoyable and enriching day that combined learning with fun.





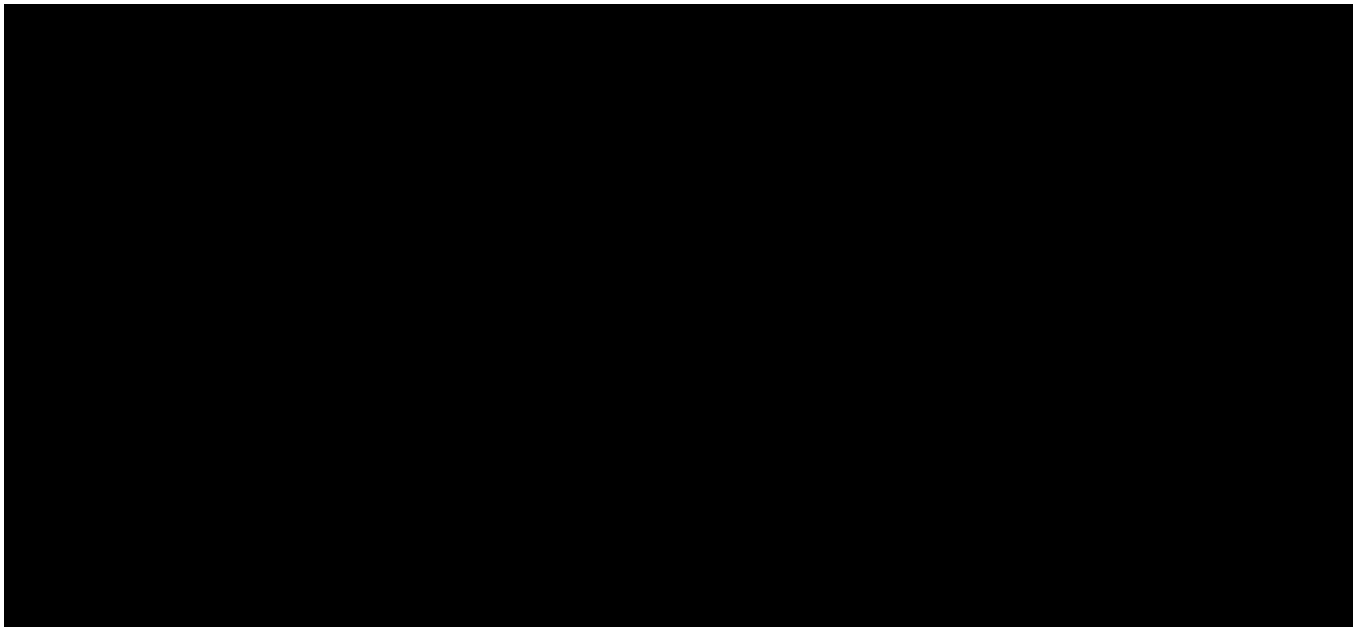
### Regular Yoga & Wellbeing Sessions

Throughout the year, regular yoga and wellbeing sessions were organised for women at **Dalgrain Community Hall**, offering a consistent opportunity to improve both physical and mental health. These sessions focused on gentle movement, stretching, breathing techniques, and relaxation practices that helped participants build strength, flexibility, and emotional balance. The supportive group environment also encouraged social connection, confidence, and a sense of belonging. These valuable wellbeing activities were delivered through the Community Empowerment Grant, funded by **Falkirk Council**, whose continued support enabled us to provide a safe, welcoming, and sustaining space for women to prioritise their health.



## **Mindfulness Sessions**

Regular mindfulness sessions were delivered to support women's emotional wellbeing, stress management, and overall mental resilience. Through guided breathing exercises, grounding techniques, and relaxation practices, participants were able to unwind, reconnect with themselves, and build healthier coping skills for everyday life. These ongoing sessions created a consistent safe space where women could prioritise their mental health and find peer support. This meaningful programme was made possible through the Community Empowerment Grant provided by Falkirk Council, whose support enabled us to continue offering these valuable wellbeing activities throughout the year.



## Questions? Contact us.

### **Charity contact information:**

Rainbow Muslim Women's Group  
Scottish Charity Number: SC047758  
Westfield Community Centre, Westfield St, Falkirk  
FK2 9DX



TWITTER: <https://twitter.com/RMWGfalkirk>

FACEBOOK: <https://www.facebook.com/Rainbow-Muslim-women-Group-SCIO>

INSTAGRAM: <https://instagram.com/rainbowmuslimwomengroupscio?igshid=YmMyMTA2M2Y=>





# Acknowledgements

**We couldn't have done it  
without your generous  
support.**

We would like to thank every volunteer and member of staff for their efforts this year. Our volunteers make the charity what we are. To recognise this we have adjusted the management team to place a greater focus on finding more volunteers and making volunteering for us an enjoyable and rewarding experience.



*Heartfelt*



**THANKS  
TO OUR VOLUNTEERS!**

Receipts and payments accounts							
For the period from	Period start date			to	Period end date		
	Day	Month	Year		Day	Month	Year
	01	April	2024		31	March	2025

## Section A Statement of receipts and payments

	Unrestricted funds to nearest £	Restricted funds to nearest £	Expendable endowment funds to nearest £	Permanent endowment funds to nearest £	Total funds current period to nearest £	Total funds last period to nearest £
<b>A1 Receipts</b>						
Donations	-	3,000			3,000	12,881
Legacies					-	
Grants	11,930	17,684			29,614	35,588
Receipts from fundraising activities		-			-	-
Gross trading receipts					-	-
Income from investments other than land and buildings					-	
Rents from land & buildings					-	
Gross receipts from other charitable activities	514				514	
Cashback	32				32	
<b>A1 Sub total</b>	<b>12,476</b>	<b>20,684</b>	<b>-</b>	<b>-</b>	<b>33,160</b>	<b>48,469</b>
<b>A2 Receipts from asset &amp; investment sales</b>						
Proceeds from sale of fixed assets					-	
Proceeds from sale of investments					-	
<b>A2 Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>12,476</b>	<b>20,684</b>	<b>-</b>	<b>-</b>	<b>33,160</b>	<b>48,469</b>
<b>A3 Payments</b>						
Expenses for fundraising activities	10,396	15,661			26,057	589
Gross trading payments					-	
Investment management costs					-	
Payments relating directly to charitable activities					-	54,067
Grants and donations					-	
Governance costs:					-	
Audit / independent examination		300			300	300
Preparation of annual accounts		200			200	200
Legal costs					-	
Other	13	139			152	
<b>A3 Sub total</b>	<b>10,409</b>	<b>16,300</b>	<b>-</b>	<b>-</b>	<b>26,709</b>	<b>55,156</b>
<b>A4 Payments relating to asset and investment movements</b>						
Purchases of fixed assets					-	
Purchase of investments					-	
<b>A4 Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>10,409</b>	<b>16,300</b>	<b>-</b>	<b>-</b>	<b>26,709</b>	<b>55,156</b>
<b>Net receipts / (payments)</b>	<b>2,068</b>	<b>4,383</b>	<b>-</b>	<b>-</b>	<b>6,451</b>	<b>(6,687)</b>
<b>A5 Transfers to / (from) funds</b>					-	
<b>Surplus / (deficit) for year</b>	<b>2,068</b>	<b>4,383</b>	<b>-</b>	<b>-</b>	<b>6,451</b>	<b>(6,687)</b>

## Section B Statement of balances

Categories	Details	Unrestricted funds	Restricted funds	Expendable endowment funds	Permanent endowment funds	Total current period	Total last period
		to nearest £	to nearest £	to nearest £	to nearest £	to nearest £	to nearest £
B1 Cash funds	Cash and bank balances at start of year	5,371	10,879			16,250	22,937
	Surplus / (deficit) shown on receipts and payments account	2,068	4,383			6,451	(6,687)
						-	
						-	
	Cash and bank balances at end of year	7,439	15,262	-	-	22,701	16,250
22700.76	(Agree balances with receipts and payments account(s))	-	-	-	-	-	-

B2 Investments	Details	Fund to which asset belongs	Market valuation	Last year
			to nearest £	to nearest £
Total			-	-

B3 Other assets	Details	Fund to which asset belongs	Cost (if available)	Current value (if available)	Last year
			to nearest £	to nearest £	to nearest £
Total			-	-	-

B4 Liabilities	Details	Fund to which liability relates	Amount due	Last year
			to nearest £	to nearest £
Total			-	-

B5 Contingent liabilities	Details	Fund to which liability relates	Amount due (estimate)	Last year
			to nearest £	to nearest £
	IE and Account Prep Fee		500	500
Total			500	500

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

Signature

Print Name

Date of approval

24 December 2025

24 December 2025

## Section C Notes to the Accounts

### C1 Nature and purpose of funds (may be stated on analysis of funds worksheets)

Restricted funds are funds subject to specific requirements as to their use which may be declared by the donor or with their authority or created through legal processes, but still within the wider objects of the charity. Unrestricted funds are expendable at the discretion of the trustees in furtherance of the object of the charity. If parts of the unrestricted funds are earmarked at the discretion of the trustees for a particular purpose, they are designated as separate fund. This designation has an administrative purpose only and does not legally restrict the trustee's discretion to apply the fund.

### C2 Grants

Type of activity or project supported	Individual / institution	Number of grants made	£
FPS, [REDACTED], WATER AID		1	3,000
Total			3,000

### C3a Trustee remuneration

If no remuneration was paid during the period to any charity trustee or person connected to a trustee cross this box (otherwise complete section 3b)

### Authority under which paid

### C3b Trustee remuneration - details

	£

### C4a Trustee expenses

If no expenses were paid to any charity trustee during the period then cross this box (otherwise complete section 4b)

X

### C4b Trustee expenses - details

	Number of trustees	£

### C5 Transactions with trustees and connected persons

Nature of relationship	Nature of transaction	Transaction amount (£)	Balance outstanding at period end (£)

### C6 Other information

**Additional analysis (1)****Analysis of receipts and payments****1 Donations**

	Unrestricted funds to nearest £	Restricted funds to nearest £	Expendable endowment funds to nearest £	Permanent endowment funds to nearest £	Total current period to nearest £	Total last period to nearest £
Blackhall Mosque					-	-
Ausat and M					-	150
Bilal					-	1,700
WATER FILTRATION DONATION		3,000			3,000	5,170
Moroco Earthquick					-	2,551
Libya Food crisis					-	1,000
Dates Falkirk					-	1,155
AMINA					-	125
BSA					-	500
Bemis					-	500
Falkirk Islamic Centre					-	-
Scottish Midland					-	-
N Farooqui					-	-
Sport in mind					-	-
Other					-	30
<b>Total</b>	-	3,000	-	-	3,000	12,881

reference

**2 Grants**

	Unrestricted funds to nearest £	Restricted funds to nearest £	Total current period to nearest £	Total last period to nearest £
The children hospital			-	-
Main Grant	11,130		11,130	-
The Corra Foundation		8,000	8,000	8,000
Local Giving Ltd			-	-
Falkirk council		9,684	9,684	11,668
Support in mind			-	-
CVS Falkirk			-	11,170
LINK			-	500
Youth Scotland			-	3,000
AGE SCOTLAND	800		800	750
BEMIS SCOT			-	-
WATER FILTRATION			-	-
ADYEN N.V			-	-
FLOOD RELEIF			-	-
FORTH ENVIRONMENT			-	500
OTHER			-	-
Strath Carron			-	-
<b>Total</b>	11,930	17,684	29,614	35,588

reference

**3 Gross receipts from other charitable activities**

	Unrestricted funds to nearest £	Restricted funds to nearest £	Expendable endowment funds to nearest £	Permanent endowment funds to nearest £	Total current period to nearest £	Total last period to nearest £
Membership	514				514	-
<b>Total</b>	514	-	-	-	514	-

**4 Payments relating directly to charitable activities**

	Unrestricted funds to nearest £	Restricted funds to nearest £	Expendable endowment funds to nearest £	Permanent endowment funds to nearest £	Total current period to nearest £	Total last period to nearest £
Print, post and stationary	146				146	1,399
Insurance	435				435	-
Almond Valley Trip		424			424	-
telephone and internet		95			95	196
Food Parcels and Events					-	9,676
Food and Drinks	1,427	4,715			6,142	3,073
Art and Craft materials	967	715			1,682	1,043
Catering					-	1,360
D Dance Group hire					-	100
Mindfulness Session					-	3,316
Laptop					-	1,430
Tutor Fee					-	1,215
Petrol					-	-
Travel and Parking		393			393	165
Creche Hire					-	120
Volunteer Expenses	2,095	200			2,295	-
Bus Hire	300	480			780	1,630
Programme Activities	4,955	1,387			6,342	2,415
Subscriptions	71	240			311	-
Water filtration		3,000			3,000	-
Yoga Session					-	1,335
wage		4,012			4,012	10,308
Other					-	2,318
<b>Total</b>	10,396	15,661	-	-	26,057	41,099

## **Independent Examiner's Report to the Trustees of Rainbow Muslim Womens Group (SC047758)**

I report on the accounts of the charity for the year ended 31 March 2025

### **Respective responsibilities of trustees and examiner**

The charity's trustees are responsible for the preparation of the accounts in accordance with the terms of the Charities and Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006. The charity trustees consider that the audit requirement of Regulation 10(1) (d) of the 2006 Accounts Regulations does not apply. It is my responsibility to examine the accounts as required under section 44(1) (c) of the Act and to state whether particular matters have come to my attention.

### **Basis of independent examiner's statement**

My examination is carried out in accordance with Regulation 11 of the 2006 Accounts Regulations. 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 or disclosures in the accounts and seeks 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 view given by the accounts.

### **Independent examiner's qualified statement**

During my examination, no matter has come to my attention other than that disclosed below:

1. In my opinion, attention should be drawn to enable a proper understanding of the accounts to be reached.

The matter that has come to my attention is that, during my examination of the accounting records of the charity, it was noted that the accounting records did not contain the details of some of the receipts and payments and there were no physical documents retained to support certain cash/cheque lodgements and cheque payments. This led to the underlying transactions being assigned to the category and fund based on verbal information from the Trustees. The charity trustees are aware of the importance of maintaining full records of such transactions going forward.

Relevant Professional qualification/professional body: Fellow of the Association of Chartered Certified Accountants (ACCA)

Address: SEVENSTARS ACCOUNTANTS LTD, 10 DUNDASS STREET, FALKIRK, FK3 8BX

Date: 24/12/2025