

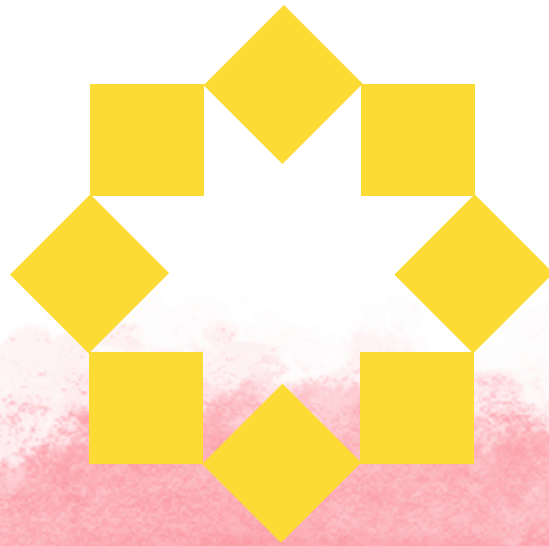
AMINA

The Muslim Women's
Resource Centre



Annual Report 2023 - 2024

Reg in Scotland No: SC432921
Scot Charity No: SC027690



“

Women from marginalised communities often experience discrimination based on their race, gender, and religion. The inherent societal bias places them at a disadvantage from the beginning. Supporting ethnic minority women facing abuse can be complex due to additional obstacles, including immigration challenges, language barriers, and entrenched patriarchal structures within their communities.

”

- CEO Mariam Ahmed

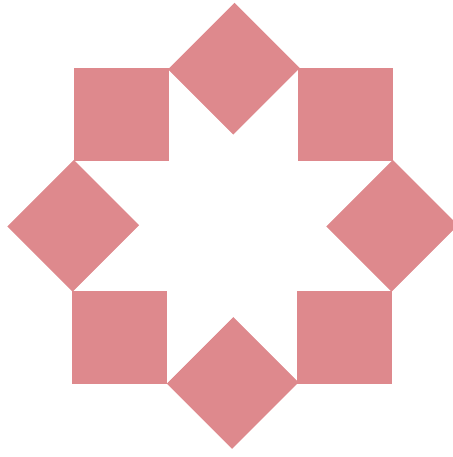


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To protect the privacy of individuals, all participants in this report have been anonymised using pseudonyms.

CEO Report



Mariam Ahmed
Chief Executive Officer

Muslim & BME women face unique challenges and structural barriers, from gender-based violence and health disparities, to limited access to justice, sports, employment, and financial resources.

Amina MWRC is at the forefront of addressing these needs, delivering tremendous work to support Muslim & BME women in Scotland. We have made significant strides, from launching the Sahara Scotland Domestic Abuse Advocacy service, to hosting successful sports activities in Dundee. The release of our extended family abuse report has been a landmark achievement, underscoring our commitment to advocating for issues that deeply affect these women.

This year has brought countless challenges, including the cost-of-living crisis which disproportionately affects Muslim & BME women, rising operational costs and increasingly competitive funding in Scotland. Despite this, we remain committed to working hard to overcome these obstacles to continue delivering our vital services that empower Muslim & BME women in all areas of their lives.

Board Report

Elisa Sajed
Chair of the Board



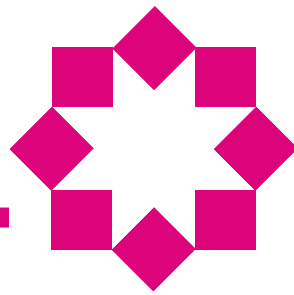
As we mark 26 years of Amina MWRC's services, we reflect on a year of tremendous progress and impact. Our achievements are a direct result of the unwavering dedication of staff and volunteers, whose commitment and passion continue to inspire us all. Their hard work lies at the heart of all that we do, and we extend our deepest gratitude for their tireless efforts.

Amina MWRC serves the unique needs of Muslim & BME women in Scotland, and it's an honour to witness the positive change our services bring, which strengthen our resolve to keep moving forward.

As we look to the future, we know that the need for our services has never been greater. Our focus is clear – to build on our successes while continuing to provide essential support to those who rely on us. Together, we are poised to grow stronger and more resilient in facing the challenges ahead to empower the women we serve.

Helpline

0808 801 0301



The Amina Helpline is a free, confidential service for Muslim & BME women in Scotland. Using a faith & culturally sensitive approach, our Helpline has been operating for 20 years, and is supported by the Scottish Government Equality and Human Rights fund. In addition to the Helpline, our service includes Telephone Befriending, Domestic Abuse Advocacy, Specialist Clinics, and Anti-Discrimination Work.



Helpline

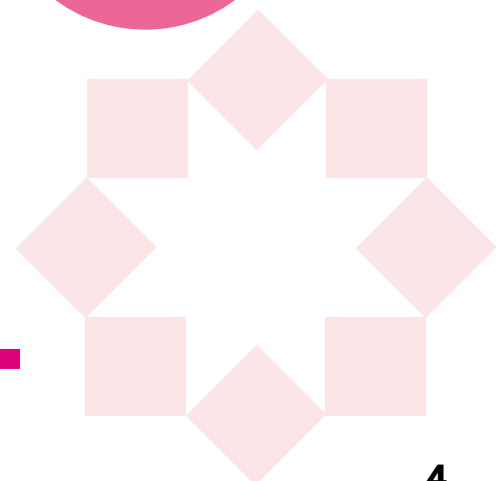
0808 801 0301

Our free and confidential **Helpline services** have been expanded to meet the diverse, growing needs of Muslim & BME women in Scotland. Currently, our Helpline Service include:

- ✿ Helpline, Email & Live Chat Support
- ✿ Telephone Befriending
- ✿ Casework Support
- ✿ Domestic Abuse Advocacy Support
- ✿ Specialist Clinics
- ✿ Anti-Discrimination Work & Campaigns

Our Helpline team builds strategic partnerships and addresses the **increasingly complex issues** faced by Muslim & BME women in Scotland, as observed through calls and cases received.

We identified key statutory agencies including **Crown Office Procurator Fiscal Service (COPFS)**, **Police Scotland**, and **Multi Agency Risk Assessment Conference (MARAC)** to ensure women with intersectional needs receive appropriate support.



Helpline

0808 801 0301

Internal Training and Support

assisted

61

clients

In addition to delivering services, our team took part in **community and partner engagement**, launched our new **Independent Domestic Abuse Advocacy service**, and **trained 17 volunteers**.

To improve efficiency in service delivery and reporting, our team was trained to use the new **Helpline Database** and **PowerBI reporting**.



29

active cases managed

Our Helpline team attended **ASIST training on suicide prevention**. One of our Caseworkers completed the **Independent Domestic Abuse Advocate (IDAA) qualification**, enhancing our ability to support marginalised women who are experiencing abuse.

Our team attended events to engage with stakeholders, showcasing our services and volunteer programme. These included:



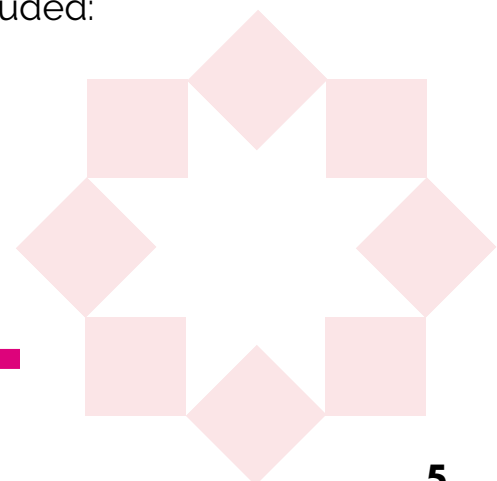
Third Sector Fair



International Women's Day Celebration



Volunteering Conference 2024



Helpline

0808 801 0301

Islamophobia and Women's Rights

Our team has provided **support and capacity building** to various agencies, empowering them to better serve Muslim & BME clients.

To celebrate International Women's Day, we hosted **Menopause & Spirituality**, an enlightening workshop in partnership with **Al Meezan**.

The session offered a supportive space to explore the **intersection of menopause and religious beliefs**, addressing concerns and questions.

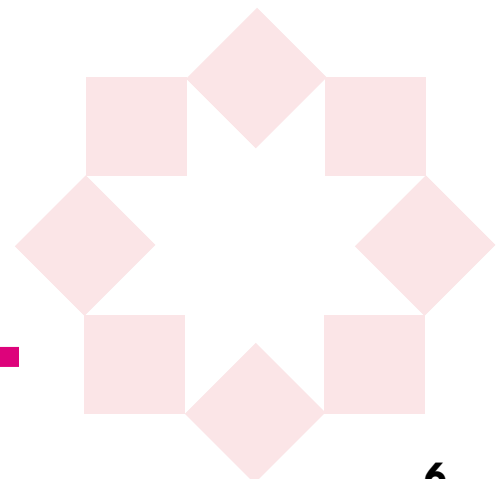
Practical strategies for managing symptoms while maintaining well-being were also discussed.



“
I have learned a lot about Menopause - how to manage it, what age it starts, and how to deal with it. I have also learned how much we need to educate our communities about it.
”

- Event Attendee, Menopause & Spirituality

We held awareness sessions around the **The Human Rights Act** reformation and its impact on communities, compiling feedback for our consultation response to the Scottish Government.



Helpline

0808 801 0301

Islamophobia and Women's Rights

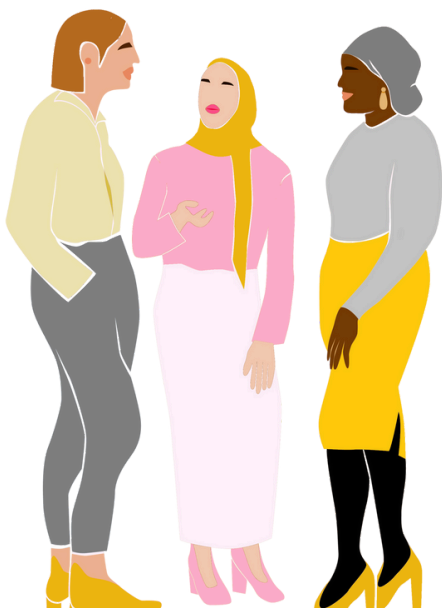
Our team facilitated two creative writing and art sessions on **Islamophobia**, offering a safe space for women to share their experiences.

The artwork was exhibited at the launch of **Islamophobia Awareness Month at Scottish Parliament** in November 2023.

Through our campaign work, we have raised awareness of issues affecting Muslim & BME communities, **underscoring our commitment to social justice and advocacy.**



Using the findings from these sessions, our team **updated training materials** to better address **Islamophobia & Racism**



“

Telling me to go home will result in a trip to Edinburgh - you'll love it there.

”

- Islamophobia Session Attendee

STRONGER TOGETHER

Helpline

0808 801 0301

External Training and Engagements

This year, some notable engagements have included:

- ✿ Participating in the **Interfaith Scotland Civic Event**, also attended by Princess Anne
- ✿ Organising **online training** with **Migrant Help** on the asylum process & NRPF issues
- ✿ Delivering an **Inspiring Scotland** spotlight session on **extended family abuse**
- ✿ At schools, we delivered **workshops on faith-based issues**.



These developments **highlight our adaptability** and **commitment to meeting the evolving needs of our community**, providing valuable opportunities for growth and impact.



Helpline

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Sahara Scotland



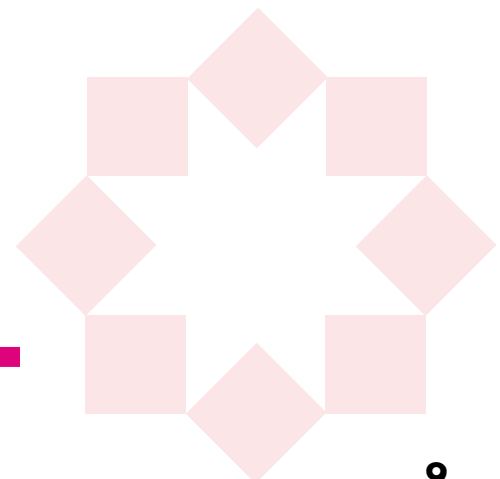
In November 2023, we launched **Sahara Scotland**, our rebranded **Independent Advocacy & Casework service**. The launch highlighted our support for Muslim & BME women who face or at risk of **domestic or sexual abuse**.

The event was a resounding success, attended by representatives from over **35 organisations**, including ASSIST, Police Scotland, Rape Crisis Scotland, The Alliance, and Gray & Co Solicitors.

Our Caseworkers participated in the national **Domestic Abuse Forum chaired by Police Scotland** to highlight arising issues when supporting Muslim & BME women experiencing domestic abuse



We conducted **interviews with domestic abuse survivors** to provide insights to **statutory services** on improving their practices.



Helpline

0808 801 0301

Sahara Scotland



Our team has supported clients in **navigating criminal and civil proceedings**, ensuring they were recognised as vulnerable witnesses and received additional support.

Referrals to our casework team have become more complex, with an increase in cases involving:

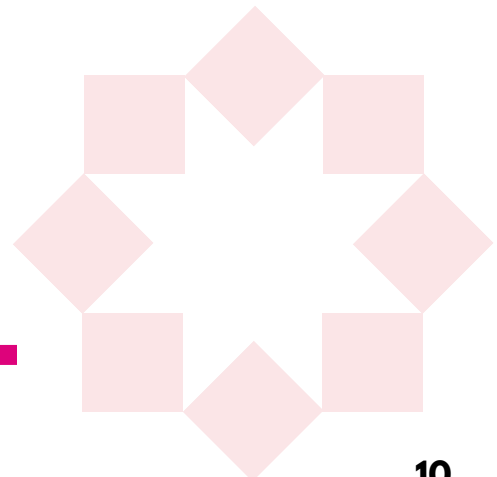
- ☀ high-risk situations
- ☀ spousal visas
- ☀ child contact issues with abusive ex-partners
- ☀ women with no recourse to public funds



“

Thank you for giving us the time and listening to us. We appreciate all the help and support you've given.

”

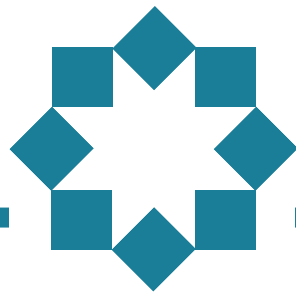




May God bless you and your family, you helped me when I was at my lowest. Even my family closed their doors to me and you always kept in touch to make sure I was okay.

- Helpline Service User

Violence Against Women and Girls



The ending Violence Against Women and Girls (VAWG) programme prevents violence in Muslim & BME communities, challenges gender inequality, harmful attitudes, values & structures. The team organises educational workshops exploring healthy relationships, campaigns, and raises awareness to prevent VAWG. We also offer training to help service providers ensure their services are accessible to Muslim & BME women experiencing gender-based violence.



Violence Against Women and Girls



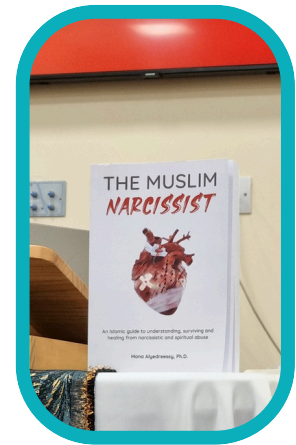
Amina's [Violence Against Women & Girls \(VAWG\)](#) Programme includes five areas:

- ✿ Healthy Relationship Workshops
- ✿ Prevention Workshops
- ✿ VAWG Campaigns
- ✿ Upward: Young Women on the Rise
- ✿ Training for Service Providers

Healthy Relationship Workshops

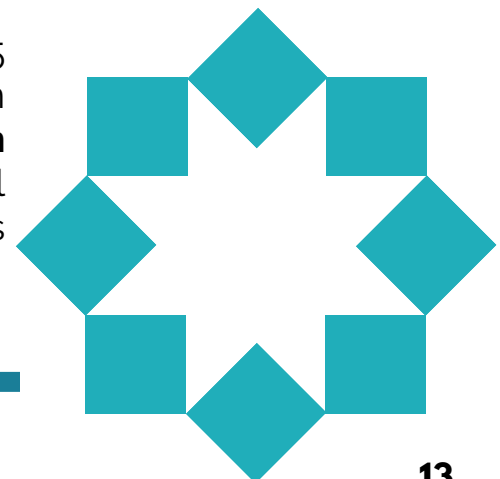
To help promote healthy relationships, our team organised two events with **Dr. Mona Alyedreesy**, author of **The Muslim Narcissist**.

The first session was an open lecture inspired by her book, where she identified **toxic traits to watch for in a partner**. Dr. Mona also addressed common misconceptions held by some Muslim men about Islamic texts, and demonstrated how narcissistic individuals misuse these teachings for power. The event was open to all, with around **100 attendees**.



Swipe for Mr. Right was an interactive session for 16 - 22 year-old Muslim & BME women.

Dr Mona advised the 15 young women on staying safe on **Muslim marriage apps**, as well as identifying toxic traits and red flags.



Violence Against Women and Girls

Menstrual Health: The Seasons Within

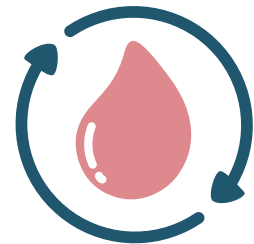
In response to feedback from Upward participants about the stigma surrounding menstrual health, we organised **The Seasons Within**, facilitated by **Iffet Rafeeq, an expert in Muslim women's health**.

The Seasons Within workshop provided a **safe space for Muslim & BME women** to discuss **menstrual well-being** openly.

The session covered the **four phases of the menstrual cycle**, self-care and dietary strategies for women during each phase.

80
spots
allocated

150
interested
participants



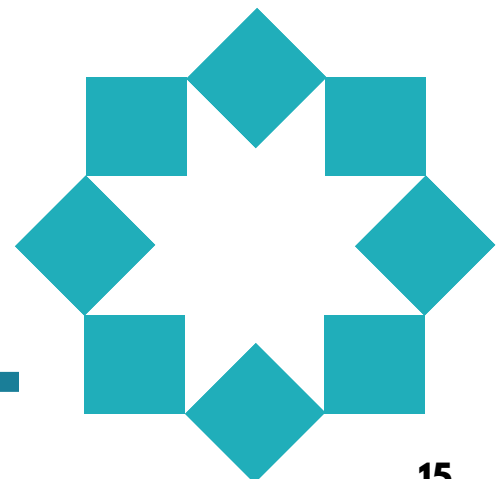
Violence Against Women and Girls

Self Development: Knowing Yourself

In October, we hosted **Mohammed Isaaq**, Educational Consultant and Motivational Speaker, for his renowned two-day **Knowing Yourself** programme on self-development, confidence, and the four temperaments.



The sessions taught attendees to learn about the self through the four temperaments. A crucial focus included identifying dominant temperaments, inspired by the four elements. These insights empowered attendees to **better understand themselves and their role in different relationships.**



Violence Against Women and Girls

Never Allowed: Campaign on In-Law Abuse

In 2022, over a 6-month period, **our Helpline received 332 calls** on abuse BME women experienced from their in-laws.



Many of the women who called reported being traumatised due to years of coercive control, and felt that the legal system did not adequately protect them.

In response to these findings, we launched **Never Allowed**, our campaign to educate service providers and the wider community on the impact of extended family abuse on BME women.

We spoke to **93 Muslim and BME women in Scotland** about their experiences of extended family abuse, using one-to-one interviews, an online survey, and focus groups.

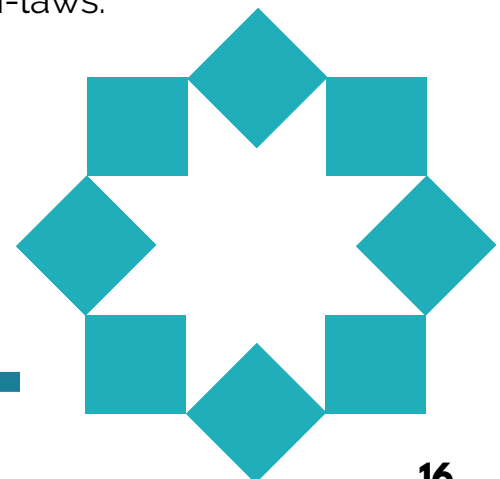
we spoke to
93
women

The findings were compiled in our report [Sabr, Silence and Struggles: Extended Family Abuse in Muslim and BME Communities in Scotland](#), the first report of its kind in Scotland.



During the research, many women began their sentences with **'I was never allowed'** when describing the abuse from their in-laws.

This inspired our social media campaign, titled [Never Allowed](#).



Violence Against Women and Girls

Never Allowed: Campaign on In-Law Abuse

The report details forms of abuse that Muslim & BME women experience from their in-laws. **Patterns of coercive control** are highlighted in the report, similar to those experienced by individuals from their partners or ex-partners.

Currently, **domestic abuse legislation in Scotland only protects individuals against intimate partner or ex-partner violence**, leaving no legal recourse for women who have experienced coercive control from their in-laws.

Amina MWRC is campaigning to the Scottish Government to **include extended family abuse within the definition and legislation around domestic abuse.**

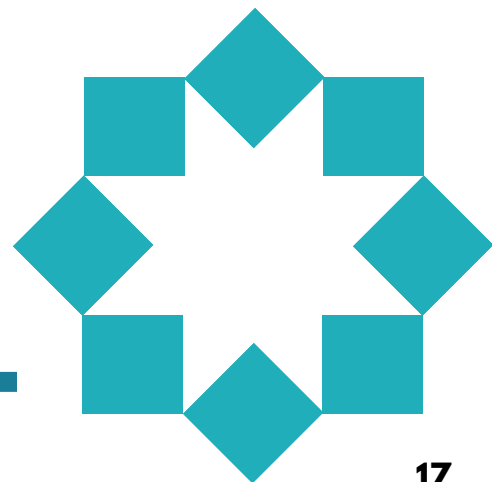
As part of the campaign, our team produced a **short film titled Never Allowed**, featuring real quotes from the interviews.

During **16 Days of Action**, we hosted an event with politicians, the local community & service providers to launch our research and short film.



The event featured a play depicting in-law abuse and its generational impact, as well as an exhibition highlighting case studies from our research.

Over **90**
attendees at
the launch



Violence Against Women and Girls

Never Allowed: Campaign on In-Law Abuse

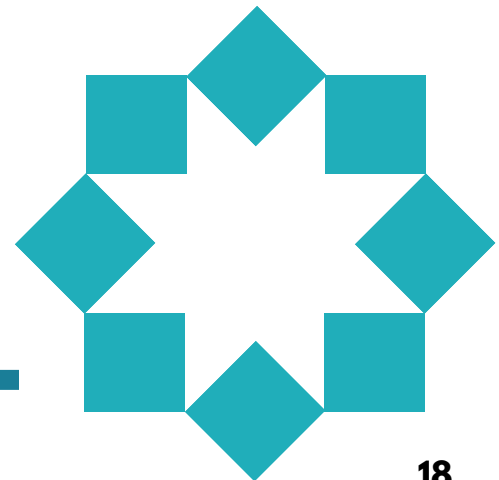


“

I wasn't aware about in-law abuse and how it wasn't covered specifically by the law. I was really surprised at this and think you are right to be pressing for a change in the Domestic Abuse laws in Scotland to encapsulate this.

”

- Staff member, Scottish Women's Rights Centre



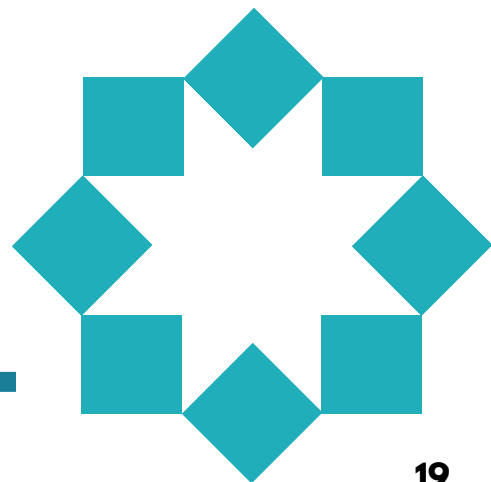
Violence Against Women and Girls

Upward: Young Women on the Rise

Upward: Young Women on the Rise is a program for young BME women aged **16-22**, providing insights into ending violence against women and the women's sector.

Key visits and sessions included:

- ❖ **Scottish Parliament:** Session on Challenges faced by BME Politicians with First Minister Humza Yousaf, Scottish Labour Party Leader Anas Sarwar, MSPs Kaukab Stewart and Pam Gosal
- ❖ **Glasgow Women's Library:** Discussing coercive control & healthy relationships
- ❖ **Sessions on Menstrual Health & Anti-Racism**
- ❖ **Glasgow Sheriff Court**



Violence Against Women and Girls

External Training

We delivered our training **Accessing Support: Challenges faced by Muslim & BME Women** to various beneficiaries. The training covers some of the challenges Muslim & BME women face in accessing services, and how this may impact their confidence in approaching a service for support.

The training also covers difficulties around **immigration** and **No Recourse to Public Funds**.

Key beneficiaries include:



5 social workers



10 support workers



89 student midwives

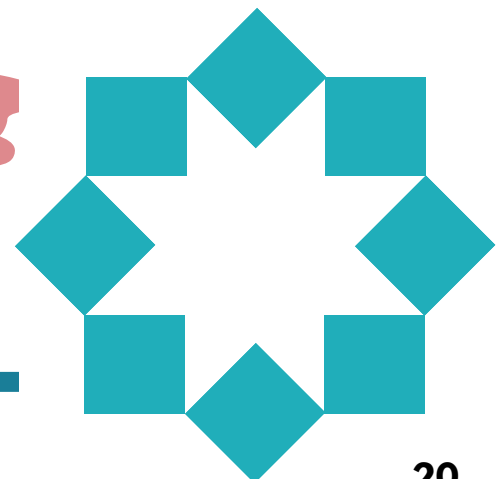


Becoming regular training partners to these organisations, among others, demonstrates the **value and need for our inclusion-focused training workshops**.

We helped **Bloody Amazing**, a teacher-led social enterprise delivering workshops to schools about periods. We advised them on parents' concerns of the RSHP curriculum and advised edits to make material more inclusive & culturally sensitive for Muslim & BME women.

“Information about domestic abuse from extended families was really helpful to know about, and the case studies really made the info feel real and relevant. Safa was such an engaging speaker and talked about the issues with a lot of nuances.”

- **Midwifery Student**, University of West of Scotland

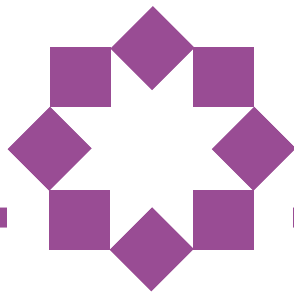




Being more aware of how things that seem simple to us and day to day can be completely different experiences of women in different cultures. Being aware of this after this session is something I will 100% be more aware of when in practice.

- Social Worker,
South Lanarkshire Council

Employability, Adult Learning and Financial Advocacy



Our Employability, Adult Learning & Financial Advocacy services help women with intersecting needs escape cycles of poverty and crisis. Muslim & BME women in Scotland navigate the complexities of job applications, benefits & public services with English as a second language, often facing discrimination and a lack of support. We support those with issues in employment, financial debt, adult learning, and well-being through one-to-ones and group engagements.



Employability, Adult Learning and Financial Advocacy

1:1 Employability Support

One-to-one appointments with our **Employability** Project Officer in Glasgow help women **identify their skills, assess their needs, and set their employability goals**. Through this, we connect them to learning, voluntary and work opportunities by assisting with CV writing, applications, and interview practice.

Areas women were supported in include:

- ✿ CVs & Job Applications
- ✿ Interview Preparation
- ✿ Searching for Courses & Voluntary Opportunities
- ✿ External & Internal Referrals for other Amina Services

37

women supported

Women are supported through 1-to-1s **until their goals are achieved**, with up to **3 months** of support each.

Employability Workshops

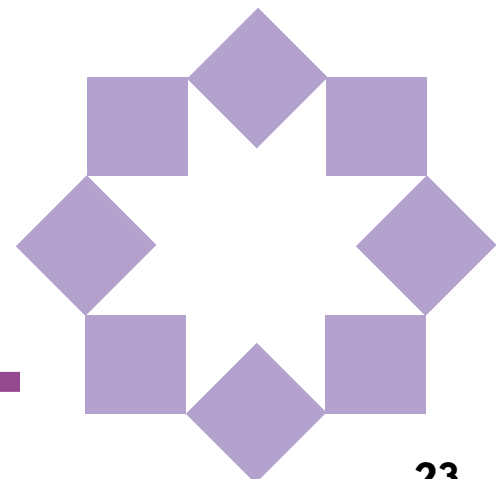
150

women supported through courses & workshops

Amina delivered **six employability workshops** on CVs, interviews, self-confidence and skills development in Glasgow and Dundee. These sessions equipped **50 women with the skills and confidence to apply for jobs and career opportunities**.

“ I have learned quite a lot at this workshop. I have recognised my skills, and I will hopefully choose a career using the skills I have identified. ”

- Employability Workshop Attendee, Glasgow



Employability, Adult Learning and Financial Advocacy

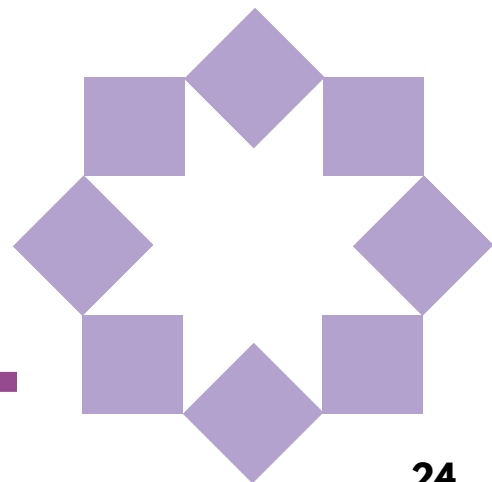
Employability Support Journey

Sara signed up for Amina's Employability project for assistance in securing a volunteering position within an educational setting. The Employability Project Officer at Amina explained the types of support available and shared various volunteering opportunities. With this support, Sara found a local volunteering opportunity that met her needs.

Sara received guidance on the role and application process. She contacted the local educational establishment, submitted her application and was invited for an interview. Sara was ecstatic when she successfully passed the interview and secured the volunteering position.

Sara feels optimistic as she pursues her ambitions and looks forward to the future.

This opportunity will enhance Sara's English skills and allow her to meet new people. She appreciates Amina MWRC, viewing it as a supportive and caring organisation.



Employability, Adult Learning and Financial Advocacy

ICT Click to Connect Course

In partnership with [Glasgow Clyde College](#) (GCC), Amina delivered **two Click to Connect accredited ICT qualifications**. 8 women achieved an SCQF Level 3 qualification and 9 women earned the SCQF Level 4 qualification.

ICT skills open doors to future study, work and volunteering opportunities.



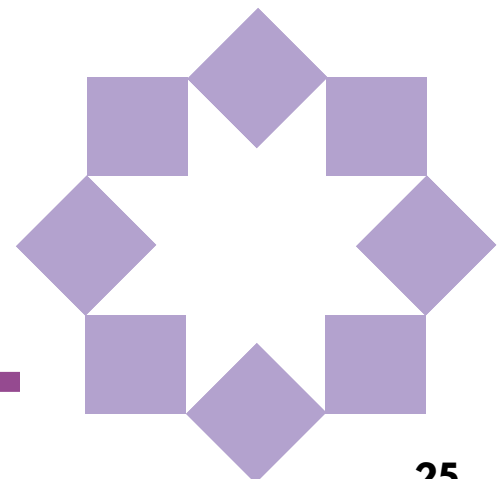
17

women gained
ICT skills from
our course

Without support from Amina & GCC, this free accredited qualification **would not have been possible for these women.**

ESOL Classes

Amina MWRC has continued to deliver free ESOL (English for Speakers of Other Languages) classes online. We run 2 weekly classes, with **30 women attending each week**. Beginner class focuses on grammar and vocabulary, while Intermediate class covers preparation for SQA, IELTS, SELT exams & tests.



Employability, Adult Learning and Financial Advocacy

Workshops and Courses



I received the required mark in the IELTS exam, and I have been accepted for post-graduate studies. Thank you so much for your help.



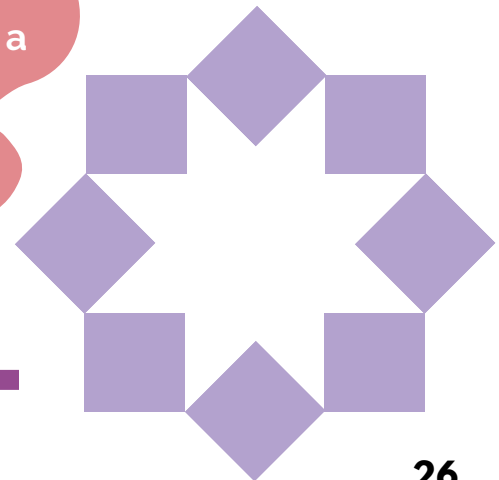
- Regular ESOL Attendee

How Amina MWRC helps women

Before Laiba joined Amina's Click to Connect course, she was not confident in her ICT skills and aspired to support her children while building her own skills. Laiba enrolled in Amina's course, successfully completed the level 3 course, and is currently on track to complete the level 4 ICT course by June 2024.

Laiba enjoyed the community setting that Amina MWRC provided for adult learning, and found it very uplifting and supportive. She has made new friends, grown her confidence and is now more assured in using Microsoft, in addition to paying her bills.

Laiba is grateful to Amina MWRC for providing a well needed and welcoming space for Muslim & BME women to feel empowered and build their confidence in essential skills like ICT.



Employability, Adult Learning and Financial Advocacy

Workshops with External Partners

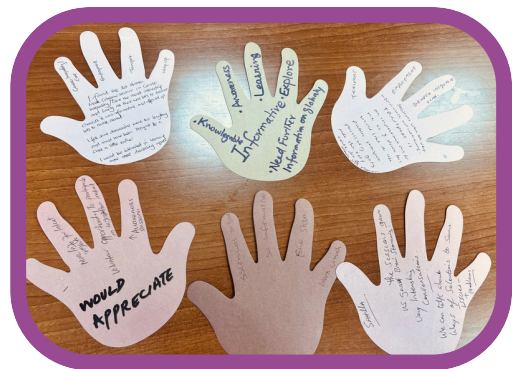


10
women
attended

In collaboration with [Scottish Women's Budget Group](#), we ran **Women Make Glasgow** for our Women's Friendship Group. The workshop series explored gender inequality and its impact on how Muslim & BME women access and spend money.

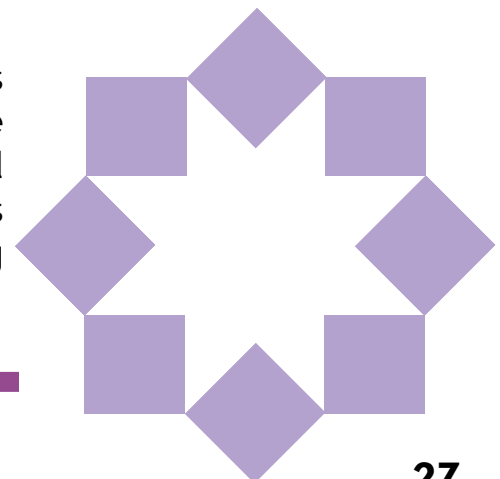
Workshops covered Caring, Budgeting and Transport, in partnership with [Women on Wheels](#) and [Get Glasgow Moving](#).

Four research [Citizen's Data Agency](#) workshops were conducted by University of Edinburgh, [REPHRAIN](#). This is a design research project exploring people's data advice needs at present and in the future, with a focus on digital privacy & security.



17
participants
took part

The sessions taught participants about data risks and online privacy. The workshops captured the views of BME women, barriers they face, and aided co-designing future services.



Employability, Adult Learning and Financial Advocacy

Make Your Mark Volunteering Conference

The Make Your Mark in Volunteering Campaign (MYM) aims to increase the diversity and number of heritage volunteers in Scotland.

Amina joined Make Your Mark with 3 other organisations to represent ethnic minority women, disabled people, African and Caribbean Scots, refugees and those seeking asylum.



Helpline & befriending training covers:

- **Confidentiality & boundaries**
- **Active listening**
- **Mock calls**
- **De-brief & supervision**

After training, volunteers undergo a period of shadowing & mentoring to ensure they can work independently on the helpline.

Arati Ahmed
Creative Well-Being Volunteer

Key Achievements

- Delivered 4 Quilling Workshops
- Oversaw and contributed to the Dundee Tapestry Project
- Helps to execute weekly Creative Well-Being Sessions.

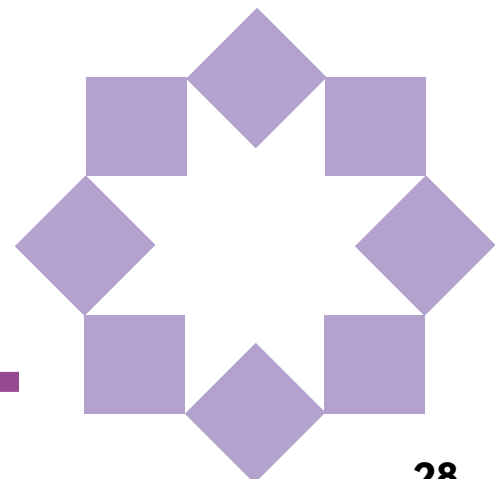
Timeline:

- 2009: Arati first volunteered at Amina Dundee
- 2012: Arati became an Arts & Crafts Sessional Worker for the Dundee Befriending Project
- 2014: Arati left to pursue further education
- 2022: Arati rejoined Amina as a volunteer after graduating from University.
- 2023: Arati secured a paid freelance Artist Tutor role at DCA



CEO Mariam Ahmed presented on **Managing Volunteer Relationships & Providing Support to Empower Women** from Racialised Communities at Inclusion at Every Stage, MYM's first annual hybrid conference in February 2024.

The Volunteering Journey for Creative Well-Being Volunteer Arati Ahmed illustrates the opportunities that volunteering at Amina present. This journey was presented at the Conference,



Employability, Adult Learning and Financial Advocacy

Financial Advocacy

107

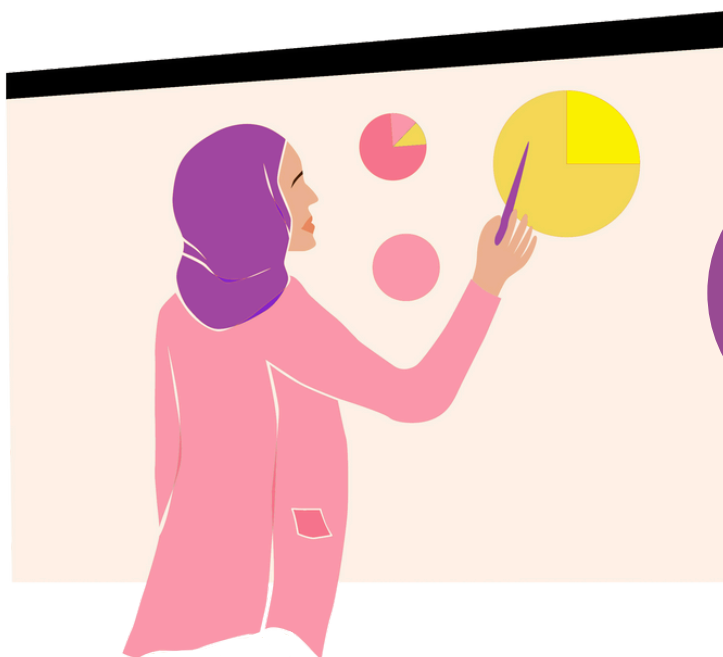
clients used
1-1 support

Amina's **Financial Advocacy** Caseworker remains committed to supporting Muslim & BME women across Scotland who are **struggling financially, especially in the current cost of living crisis.**

Our Financial Advocacy Caseworker develops a clear, flexible, and focused plan with each client. After meeting the client, our Caseworker **assesses eligibility for food or fuel vouchers, hardship funds (whether external or through the Amina Hardship Fund), and grants for essential white goods for immediate needs or crisis.**

Financial Advocacy is a vital community resource, addressing **immediate financial hardships** while promoting **long-term financial stability.**

Our service builds meaningful referral pathways and long-support networks to help women integrate into community groups.

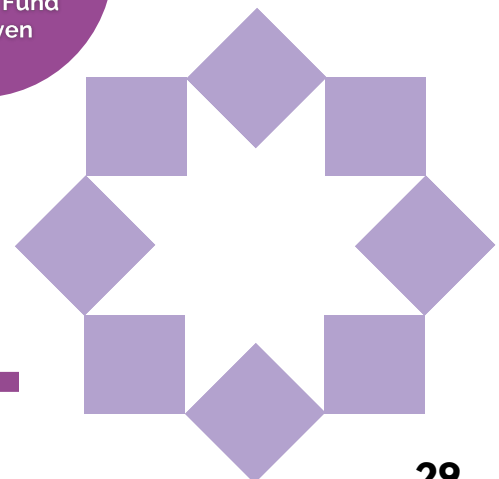


£4029

of Amina's Hardship Fund was given to women in need

£2500

of Aberlour Hardship Fund was given



Employability, Adult Learning and Financial Advocacy

Financial Advocacy

“When the situation changes and you must start from scratch and everything collapses, you need someone to help you find the way and support you. You are my Sahara (Support) - thank you so much for your help.”

- Service User, Financial Advocacy

Initial support is followed by long-term assistance which could include:

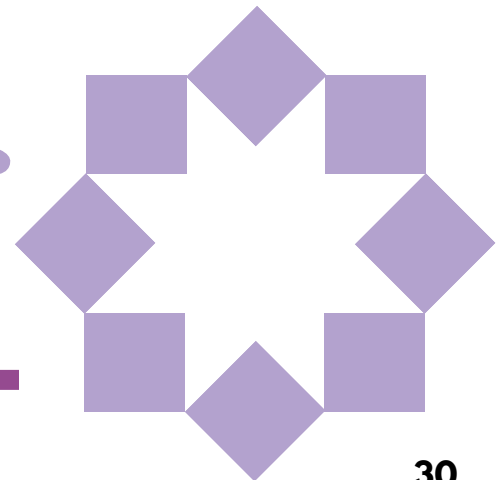
- ✿ Budgeting Advice
- ✿ Benefits Applications & Calculations
- ✿ Fuel Guidance
- ✿ Applications & Communication with Partner Organisations
- ✿ Discussions on Financial Well-Being
- ✿ Internal Referrals to other Amina Services



Without Amina's assistance, many Muslim & BME **women who lack access to critical services would miss out on these essential referrals.**

“I get the most information from Amina, I am new to the UK system and every day I am getting information from you.”

- Service User, Financial Advocacy



Employability, Adult Learning and Financial Inclusion

Financial Advocacy

By offering comprehensive assistance, **Amina helps to meet Scottish government's long term plans to reduce poverty rates** in Scotland.

Our Partner Organisations include



for Mentoring & Fuel Vouchers



Food Parcels for those in need



Emergency Essential White Goods for families



Clothing Parcels for Babies

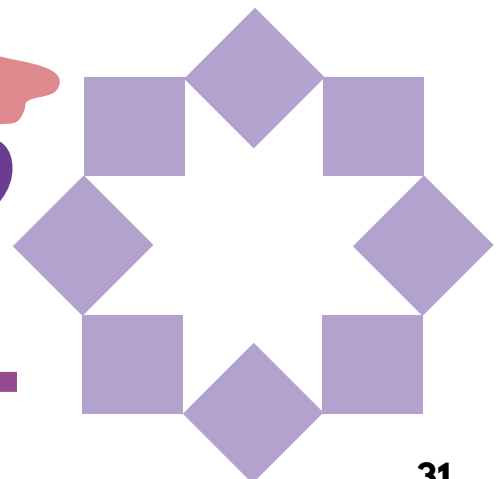


Crisis Fund to support children

“

When the situation changes and everything collapses and you must start from scratch, you need someone to help you find the way and support you.”

- **Service User**, Financial Advocacy



Employability, Adult Learning and Financial Inclusion

External Workshops

12

Muslim & BME Mothers shared their experiences

Amina partnered with the **Poverty and Inequality Commission** to deliver a **workshop on Child Poverty**. All participants had experience of the benefits system. These women shared their views on Government initiatives, as well as personal experiences.

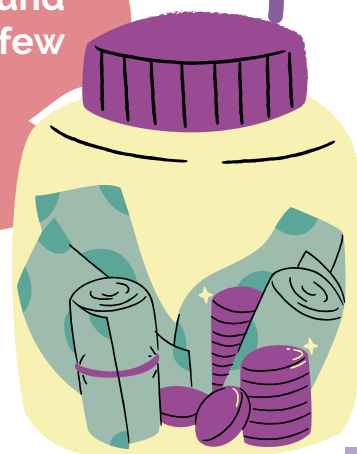
Hardship Fund in Action

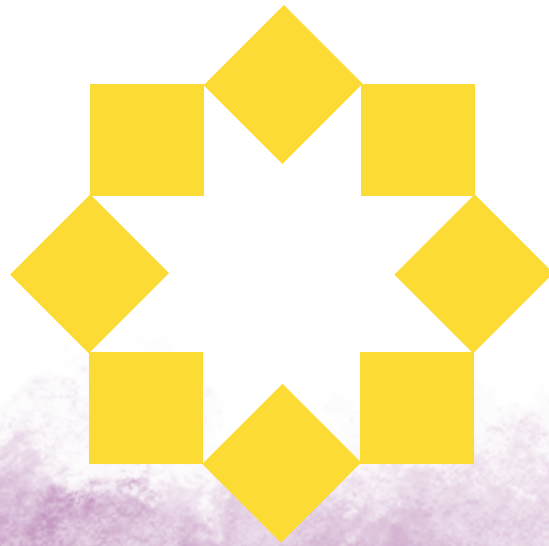
Zakia was staying at a Women's Aid refuge. Her support worker contacted Amina MWRC after she was sanctioned.

Zakia had run out of money and could not afford to buy food or a bus ticket to attend college.

After speaking with her and reviewing her case, Amina MWRC's Financial Advocacy Officer was able to give a payment from the Amina Hardship Fund.

By securing £100 of Amina's Hardship Fund until her Universal Credit sanction ended a few weeks later, Zakia was able to pay for essential purchases during this time.



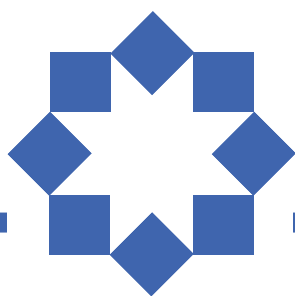


Knowing Amina is here and having a named person to contact and support is helpful. If you are approachable and easily accessible, with even an email address to send questions to, I think it's really important.



**- Service User,
Financial Advocacy**

Creative Well-Being



Our Creative Well-Being Programme offers a safe space for women to learn, create, and connect, serving over 200 women aged 20 - 80. We partner with external organisations to deliver workshops in Dundee and Glasgow that encourage confidence building, creativity, and self-expression. The work we deliver helps to create important change by better informing women around mental health and well-being.



Creative Well-Being Dundee

Amina's [Dundee Creative Well-Being Project](#) works to **enhance the holistic well-being of women** through weekly sessions in a safe and engaging space.

The project offers activities from four key strands:

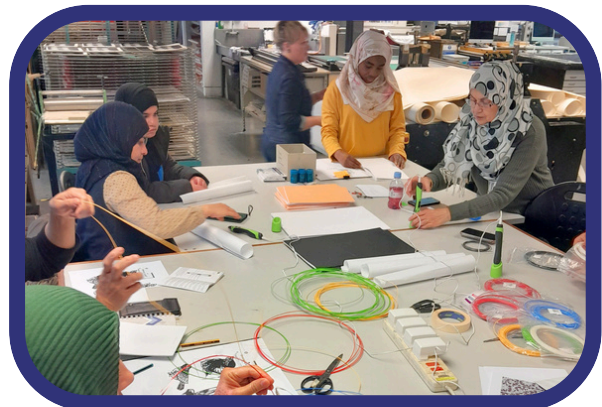
- ✦ Arts and Culture
- ✦ Outdoor Activities
- ✦ Skill Share
- ✦ Health and Well-Being

Creative Well-Being service user ages range from **20-80**

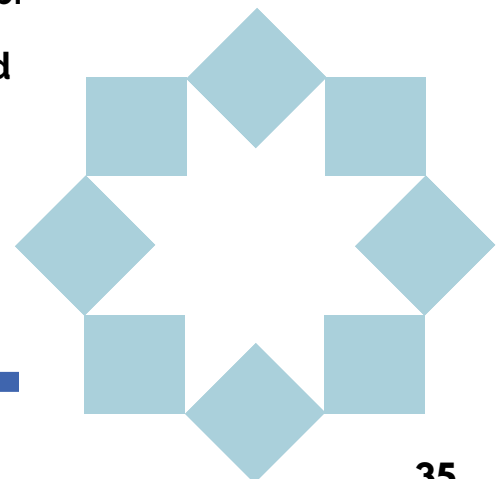
Creative Well-Being Dundee serves over **200** women

Arts and Culture

Drawing on our valuable partnerships, we organised various sessions within our Arts & Culture strand. Our key activities included:



- ✦ **Black History Month** Celebration highlighting African & Caribbean Heritage, attended by 47 women & 9 children.
- ✦ 29 women explored historical textiles and patterns at the **Decolonial Approaches to Materials Workshop**.
- ✦ Tours of the V&A Dundee's **Tartan and Tapestry Exhibitions**.
- ✦ **Tape Letters** interviewed service users who have used tape letters for communication.
- ✦ 6 **Print Skills** workshops at the DCA.

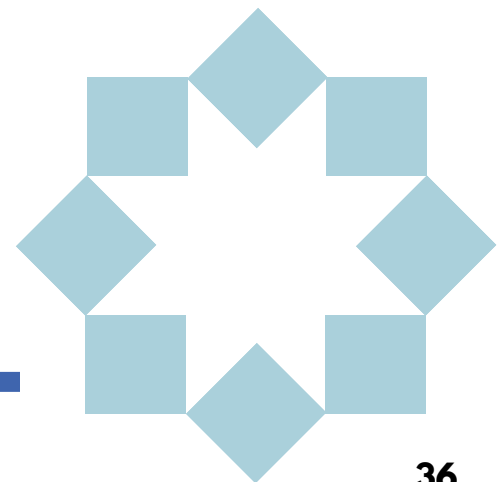


Creative Well-Being Dundee

Arts and Culture



- ❁ 20 women attended Lubna Kerr's play **Tick Box**, exploring migration & culture.
- ❁ Monthly **Rhyme Time** sessions by **Literacy Trust** with free books and support.
- ❁ 27 women attended the Goal Setting for Ramadan workshop, by **How It Felt**, creating paper flowers and motivational quotes.
- ❁ 23 women & 5 children also attended **Puppet Making Sessions** with How It Felt.



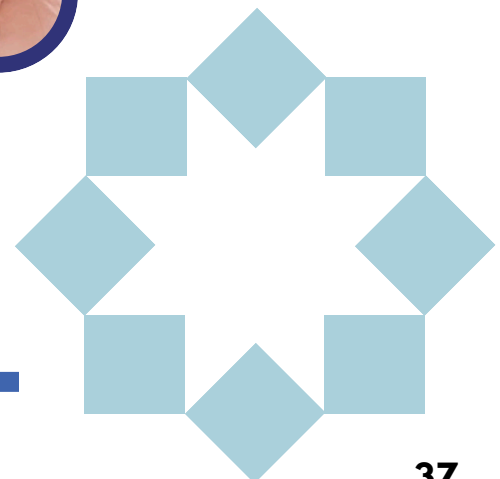
Creative Well-Being Dundee

Skill Share



Skill Share activities this year have included:

- ❖ **Pan African** workshop series with The Cat's Cradle.
- ❖ **Jewellery-making** sessions by **Fab Africa** for **Black History Month**, attended by 44 women.
- ❖ Community-led workshops in **sketching, knitting, crochet and paper art**.
- ❖ **Yoga sessions, community-led gardening workshops, and a collaborative Dundee Tapestry project.**



Creative Well-Being Dundee

Outdoor Activities

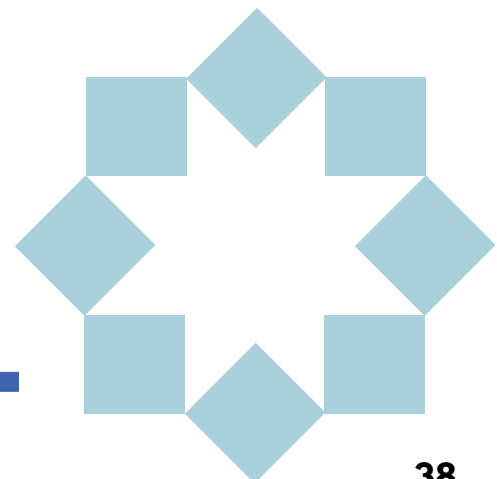
In collaboration with [Paths for All](#), seven women qualified as **Walk Leaders**, with training from [Steps to Health Project](#). Our Walk leaders led **11 weekly walks with 33 women**.

7
women
qualified as
walk leaders

Amina's Outdoor Activities help women **improve their physical and mental well-being** through **connecting with nature**.



Weekly workshops included **4 Gardening** and **3 Natural Infusion** sessions with **Victoria Gardens**. **33 women** attended Victoria Gardens' **Garden Party**.



Creative Well-Being Dundee

Health and Well-Being

Badminton



15

women played Badminton regularly

12

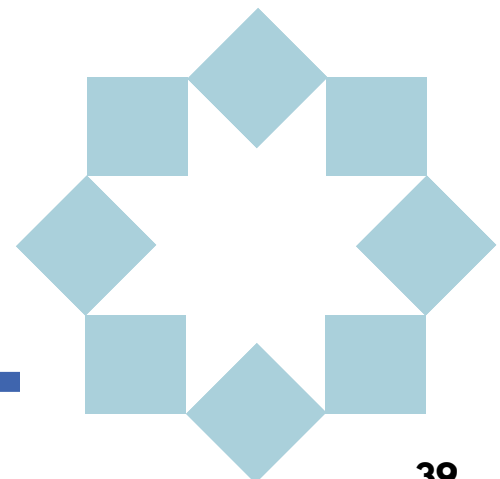
young women completed badminton basics

In partnership with [Badminton Scotland](#), Amina trained women in **Badminton basics** and conducted **8 Badminton play sessions**. The sessions helped to prepare women for the **Badminton BME Tournament** held with Badminton Scotland in May 2024.

Health Workshops

With [Penumbra](#), we delivered workshops on **anxiety, menopause & sleep management**. **22 women** attended a **goal-setting workshop**.

Amina's health workshops help to provide **accessible, culturally relevant health information** for Muslim & BME women.



Creative Well-Being Dundee

Health and Well-Being



Alzheimer's Scotland delivered a **Dementia** workshop, attended by over **20 women**, **Dementia Awareness Training**, and **Dementia drop-in sessions** for ongoing support.

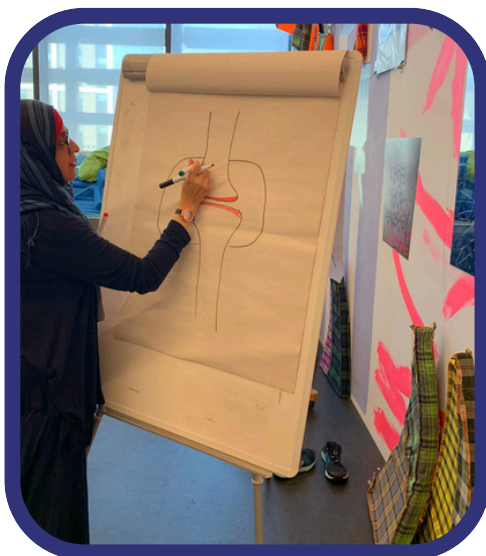
Well-Being

This year, we hosted **accessible weekly Yoga sessions** with Min, including chair and mat yoga.

13

women
joined yoga

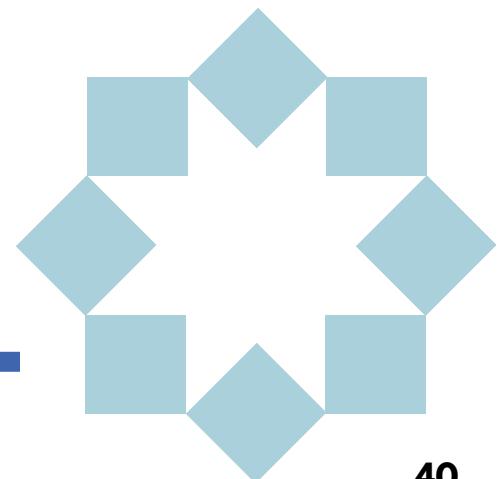
Amina supported research on urban regeneration's effects on community participation in Dundee neighbourhoods, and encouraged attendance at training sessions on **Polycystic Ovary Syndrome (PCOS)**.



We partnered with female doctors to deliver **Anxiety & Osteoarthritis Awareness sessions in Urdu**.

28

women
attended



Creative Well-Being Dundee

Sportscotland: Overcoming Barriers in Sports

We organised meetings to **develop BME sports programs in Dundee**, empowering connections at [Sportscotland](#) through local mosques and centres.



gathered data from

17

women

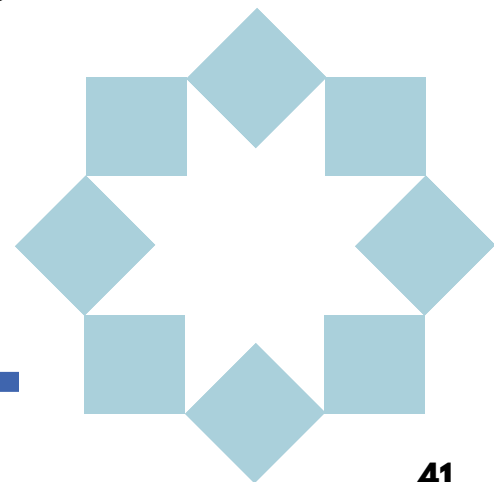
We held a focus group on **Improving Access to Sport for BME Women**, with Sportscotland.

Volunteer Engagements

Dundee Creative Wellbeing has enhanced the well-being and community engagement of its clients. Successful activities and partnerships pave the way for a supportive, creative future for Muslim & BME communities in Dundee.



- One volunteer completed our **six-week Print Skills** workshops and **delivered an Art workshop** to **36 women**.
- Our volunteers showcased the **Ninewells panel at the V&A**.
- One volunteer was supported into a freelance **Art Helper role**, and **hosted an Eid Party** with us, with over **100 attendees**.



Creative Well-Being Glasgow

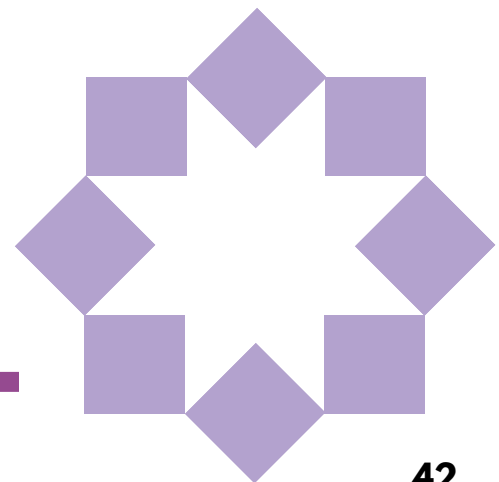
Women's Friendship Group

Our weekly [Glasgow Women's Friendship Group](#) (WFG) is a safe space for women to learn, create and grow. With **16 women** attending on average each week, WFG helps women **boost their confidence, make new friends, reduce isolation, and improve their mental wellbeing.**



WFG sessions have included:

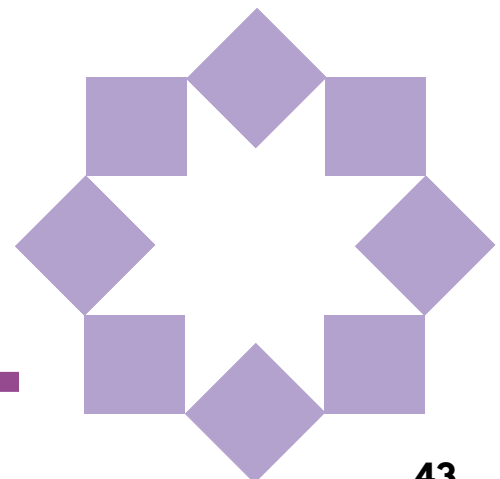
- ✿ Oral Health Workshop with the NHS
- ✿ Painting, Quilling & Floristry sessions
- ✿ Energy saving session with Changeworks
- ✿ Menopause Workshop with Lifelink
- ✿ Social Enterprise session with Empower Women for Change



Creative Well-Being Glasgow

Women's Friendship Group

WFG went on several outings this year, including visiting GOMA, the Willow Tea Rooms, the new Lush store to make their own bath bombs, and a trip to the Science Centre to celebrate International Women's Day.



Creative Well-Being Glasgow

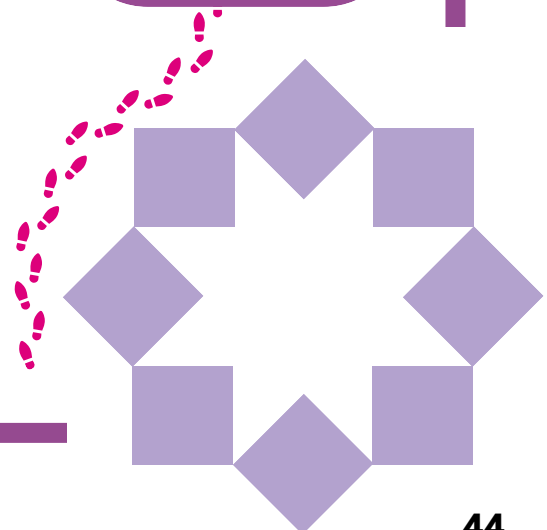
Ramblers Walking Group



We teamed up with **The Ramblers** to create a walking group for Muslim & BME women in Glasgow, from July - December. **12 women participated in the walks**, led by Ramblers, with some local walks led by the women in the group.

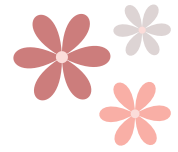
Women were empowered to become walk leaders with **training on Navigation Skills** from the Ramblers team to support their walks using maps and compasses.

Walks included Pollok Park, Queens Park, and Botanic Gardens. The group also ventured out for walks in Dunfermline, Largs and Linlithgow.



Creative Well-Being Glasgow

Bread & Roses Floristry Sessions



In collaboration with [Bread & Roses](#), Amina hosted **8 weekly floristry workshops for refugee and asylum seeking women**. The sessions were supported by funding and a facilitator from Bread & Roses.

The women learned how to prepare and create various arrangements using dry and fresh flowers.

6

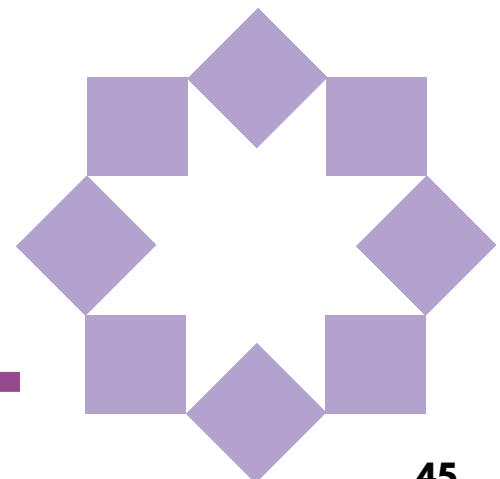
women benefited from the sessions

The sessions offered a safe space for women to learn floristry while practicing their English, and building new ties of friendship.



Badminton at Milk Cafe

In Autumn 2023, we partnered with [Milk Café](#) at Gorbals Leisure Centre to run a badminton group for 9 women, encouraging them towards a healthy lifestyle.



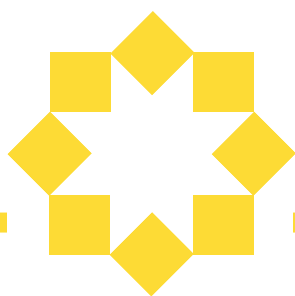


*Make a start
today. It's never
too late!*



*- Service User,
Creative Well-Being*

Fundraising and Communications



Amina's Fundraising, Communications & Marketing staff work across all projects to develop external partnerships and networks, while promoting Amina's work to funders, partners and service users. The team manage Amina's digital platforms, including the website, social media, email marketing and newsletter, in addition to publishing reports, awareness campaigns, public statements and blogs.



Fundraising & Communications

Fundraising

Amina raises funds through **Foundations, Grants, Donations & Sponsored Activities.**

We use online portals for giving through **PayPal and Just Giving**, both of which are accessible through buttons on the website's donate page. Supporters can also sign up to Easy Fundraising.



Easy Fundraising helps Amina MWRC **earn donations through online shopping at no additional cost to shoppers!**



Key Activities have included:



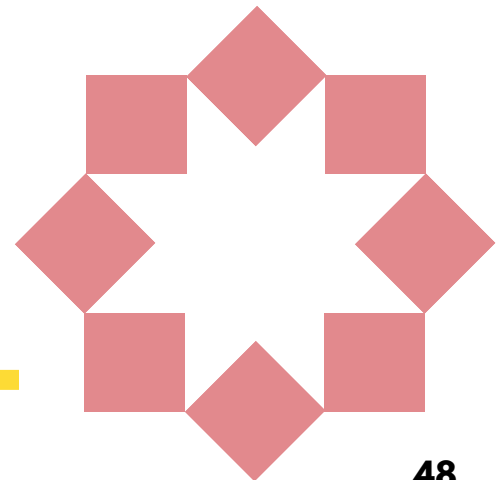
Hosting a **Summer Fundraising Intern**, funded by **University of Glasgow's Find a Solution** programme. Our Intern supported the Fundraising Co-ordinator by gathering data and reporting on the preferences and behaviours of our individual donors.



Staff members walked a combined distance of 181.4 miles from Glasgow Green to Balloch in the **Glasgow Kiltwalk 2023**, raising **£8,158 in sponsorship.**



Raising funds for our VAWG team through the **Big Give: You Can Change This Campaign.** The online campaign was launched over 7 days in November 2023 in partnership with **GWL**, collecting donations from both businesses and individuals.



Fundraising & Communications

Social Media

Amina MWRC holds a digital presence across several online platforms, networking and building awareness across a range of target audiences. Using an integrated marketing communications approach, we keep stakeholders informed of ongoing activities, events and campaigns.



amina.mwrc.1
6,680 followers



aminamwrc
2,806 followers



aminamwrc
4,432 followers



aminamwrc
454 subscribers



**Amina Muslim Women's
Resource Centre**
585 followers



mwrc.org.uk
1,517 contacts

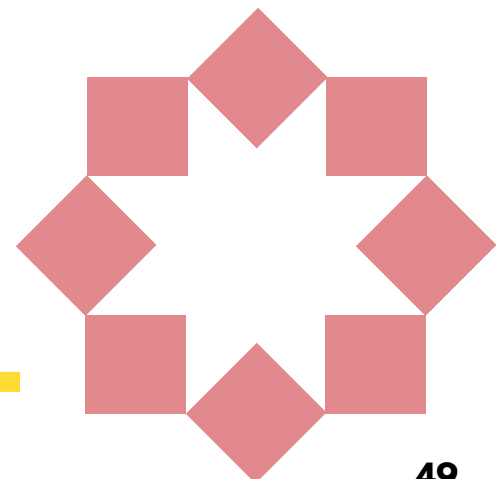
Website and E-Newsletter

This year Amina launched a **quarterly e-newsletter**. The Newsletter informs stakeholders of Amina's recent achievements and upcoming activities, and is circulated through Mailchimp each quarter.

Users can register for the Newsletter through our website.



Amina's Autumn '23 Roundup 



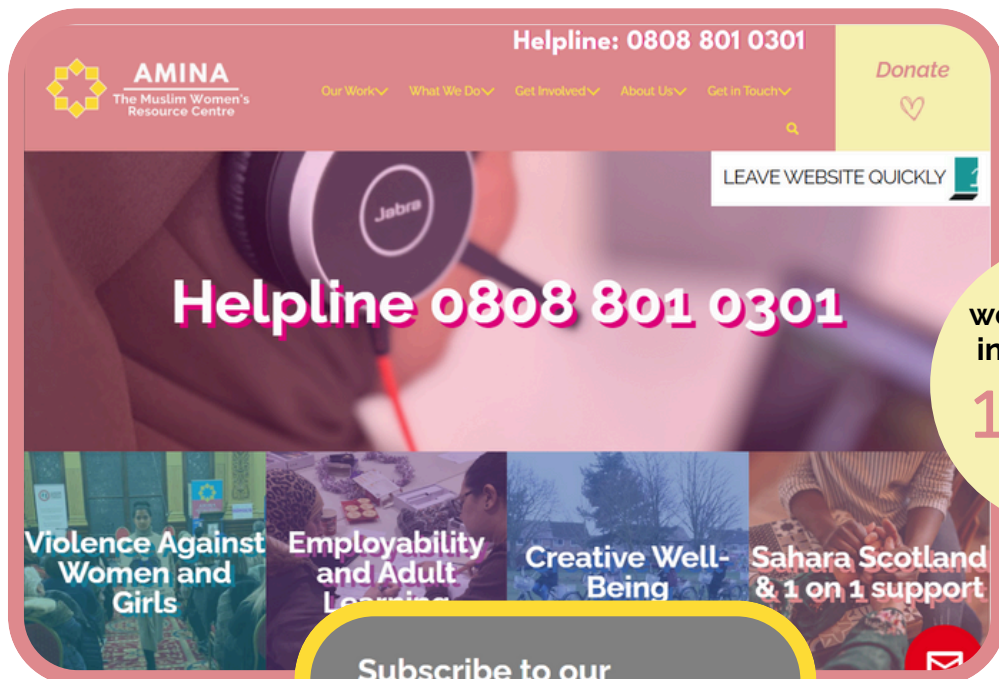
Fundraising & Communications

Website & E-Newsletter

Amina MWRC's website is a **one stop shop resource** for funders, audience, and partners, and is designed as an easy-to-use and easy-to-leave resource.

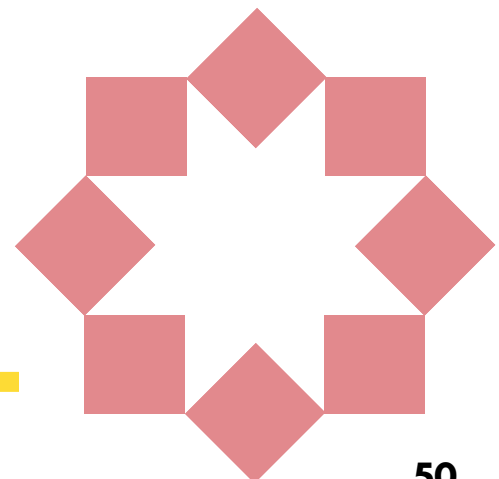
The website is regularly updated with events, project updates, service user case studies, reports and resources. Staff and team information is also available, in addition to the donation portal, signposting to other support organisations, blog posts and public statements.

Our website incorporates **industry best practice**, including a **Leave Website Quickly** button, which is necessary for vulnerable women.



website users increased by
1,340%
this year

Users can register for the **Newsletter** through our website.



Fundraising & Communications



Raising Awareness Digitally



Our team has been using Amina's digital platforms to **raise awareness of events and current affairs** that impact **Muslim & BME women in Scotland**.

These included:



Informative Blogs with learnings from Amina events featuring experts on Menopause, Menstrual Health & Healthy Relationships.



Awareness blogs on World Hijab Day, International Women's Day, and Sexual Abuse Awareness Week.



Public Statements on the ongoing situation in Palestine, Islamophobia in the UK, and the Rwanda Scheme.

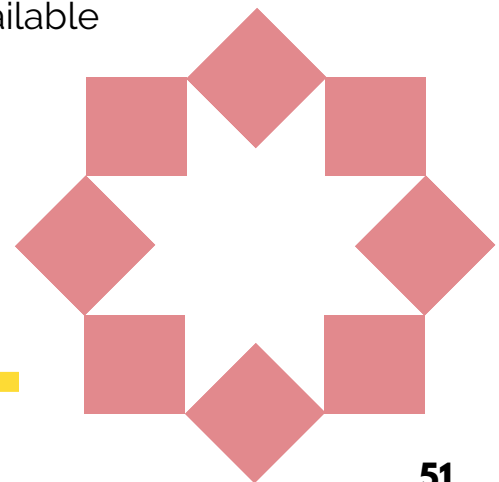


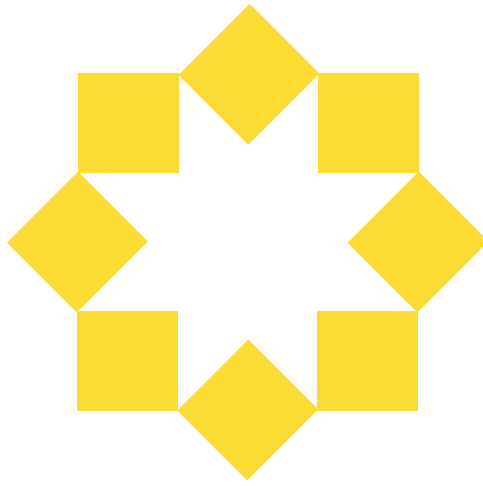
The Amina Podcast

In 2023 we collaborated with Radiophrenia, a temporary radio station, to record a podcast about our work, launched at the CCA.

The podcast is available on our website.

The Podcast takes an auditory approach to **highlighting our work** through sound & voice.

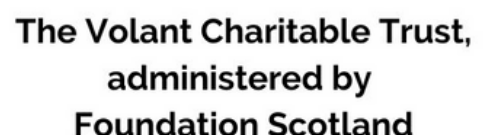


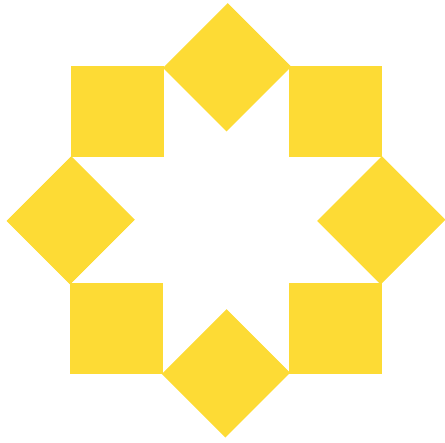


Acknowledgements

Amina has collaborated with a wide range of organisations this year receiving support through partnership, expertise, resources and time.

We extend our thanks to partner organisations, funders, volunteers, individual donors, and corporate bodies for these valued and ongoing contributions that support Amina. Not all are acknowledged through use of logos, but all their support is gratefully received.





AMINA

**The Muslim Women's
Resource Centre**

Helpline: 0808 801 0301

Office Number: 0141 212 8420
Email: info@mwrc.org.uk

Office Address:
**McCormick Business Centre
50 Darnley Street
Pollokshields
Glasgow
G41 2SE**

Follow us on our socials:



Amina Muslim Women's
Resource Centre



@aminamwrc



@AminaMWRC

Website: mwrc.org.uk



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Scot Charity No: SC027690