



Historic Edition

Amina NWRC

Annual Report

2018/2019



Designed and produced by Ayesha Amin

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Chair's Report

Welcome to our 2018/2019 annual report. I would like to thank our board, staff, volunteers, members and trustees in the work they have put in to make this another successful year for Amina MWRC. I would also like to give a thanks to our recently departed CEO, Samina Ansari, who pushed the organisation forward and built a great staff team in her time with us. Taking learning from the previous year's commitment for a robust organisational infrastructure, both the Board of Directors and staff committed to working on the strategic direction of the organisation - exploring what Amina MWRC should look like in 5 years, 10 years and 15 years.

Governance and the Board were a priority. We continued to diversify our Board by expanding their skillset as well as looking at geographic diversity and co-opting a male board member to help feed in on the work we do, particularly around Violence Against Women. Further work has been done on updating our policies. Board members also took part in Feminist Governance training.

Some of our highlights this year have included a collaboration with Zero Tolerance on our joint campaign #AnyWomanAnyWhere, launched on International Women's Day. We engaged with the South Asian UK Film Festival and curated a strand of short films for the Glasgow Short Film Festival which challenged the representation of Muslim Women in mainstream media. We were awarded funding from the Lotteries 'Awards for All' which allowed us to carry out work around Mental Health/illness as experienced by Muslim Women. We continued to be a part of the conversation around Islamophobia, setting up our own survey to establish the extent to which it impacts Muslim Women. We presented these findings to the Cross Party Working Group on Islamophobia at Scottish Parliament.

Our social media following continued to grow on each platform, with our biggest growth being on Instagram, where we have been able to share our events with those unable to attend. The work of the Helpline continues to be vital, with it having received over 1000 calls this year. Our Volunteers are a huge support to all of our projects. This year we welcome 52 new volunteers from diverse backgrounds and locations. Many of these volunteers also benefit from our Employability programme and have found themselves moving on to future employment.

Adding to our awards, this year we received the Empowering Women Award as part of the Ethnic Minority Impact Awards 2018, Volunteer Friendly Award and the Good Governance Award.

By supporting Amina MWRC and being a part of our journey, you have helped to empower, inspire and support more than 4000 Muslim and Black & Minority Ethnic (BME) Women. Thank you for being a part of our journey this year and for continuing to support our work.

Raisah Ahmed, Chair

21 years of Amina—A Reflection

As we celebrate our twenty-first year as an Incorporated Association, people who have been involved in our organisation over the years have shared with us some of their stories and memories of their time with us as volunteers, staff, service users and programme participants.

I worked at Amina for 3 years and volunteered for 2.5. Amina provided support and a safe learning environment which enabled me to grow on a personal and professional level. It is a wonderful stepping stone for any one who wants to work in the third sector but does not know where to begin.

—Kiran, former Glasgow volunteer and staff

My first day volunteering was so interesting that I decided to commit and before I knew it, this was my calling. I realised fairly quickly whatever I was giving to the Schools project was nowhere near to what I was getting back in return. The volunteering was giving me confidence, social interaction, a platform to share my faith in a better light. It became a hobby that was very rewarding.

—Zaitoon, Glasgow volunteer

Even though I wasn't with Amina long, it's has by far been one of the most impactful and meaningful experience of my life. I met the most genuine, kind, compassionate, caring and supportive people, who have left a lasting impression on me. I want to sincerely thank everyone I met during that period and express how truly grateful I still am for the opportunity I was given.

—Haram, first ever Edinburgh staff

I came to Dundee from Syria. I came from a war zone which ruined my self-confidence but being at Amina and feeling supported by everyone changed everything for me and made me a different person and has helped me to have better future career. Thank you!

—Hannan, former Dundee staff member

21 years: A timeline

'97 Constituted and recognised as an Incorporated Association

'00 Open Meeting

'01 First Fundraising Art Exhibit

'02 Official opening of Amina Office
Start of telephone helpline services

'04 Launch of Freephone Helpline Number

'06 Website launched (mwrc.org.uk)
Helpline project becomes Scotland wide

'07 Official launch of Helpmail in Dundee
Met with First Minister to discuss needs of Muslim Women

'08 VAWG project becomes Scotland wide

'09 Presentation about Amina at European Parliament Brussels

'10 Schools project launched

I'm incredibly grateful to everyone at Amina for giving me the chance to grow. I volunteer because the world needs people like us - frustrated, open-minded, passionate caring and ready to take a stand for what they believe in.

-Iga, Dundee volunteer



of major events (1997-2019)

Media launch to mark new law on Forced Marriage
Scotland 'Muslimah Conference'

'11

Amina's first ever campaign, 'I Speak for Myself'
revealed with a reception at Scottish Parliament
55 MSPs & 3 Ministers signed up to support the campaign

'12

Visit from Scotland's Minister for Justice Kenny MacAskill
EFQM Award received

'13



Former service user, Noreen
with former staff member,
Narhumah

Campaigned and were awarded
£50,000 from People's Project

'15

Edinburgh Office opened
Amina's first ever sold-out theatre
production 'If I Had a Girl'
produced and toured around Scotland

'16

Hosted first ever Muslim youth conference 'Infinity & Beyond'

Launched our short film 'Hopscotch', a finalist at the Howling
Wolf Film Festival, official selection at Women of the Lens Festival

'17

Ran an interfaith dialogue event,
'Tea with Me – A Muslim' in Edinburgh, attracting over 50
people in one morning

'18

Celebrated Amina's 21st birthday!

'19

I joined Amina in 2005 as a volunteer. I was involved
in most projects, then was Vice-Chair of the Board for many
years. I was very happy to work with Amina as most of
their projects are empowering Muslim women.

-Prof Hatham Al - Jubouri, former Board Member

Helpline & Development

The Helpline is a multi-lingual listening ear and signposting service for Muslim women across Scotland. It's available Monday to Friday 10am to 4pm for Muslim-identified women and is free from mobiles and landlines. All calls are strictly confidential, non-judgemental, faith and culturally sensitive. The calls don't show up on phone bills. In the past year, we have also introduced a live chat option to the service,

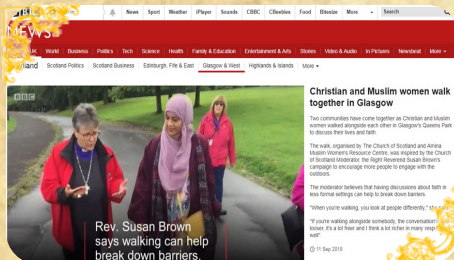
allowing for greater accessibility for women seeking anonymous support. During Helpline hours, a chat box is available on our website, where visitors are able to chat with the Helpline team and discuss any concerns or issues there, instead of calling in. We have had chat users from Scotland and the rest of the UK and Europe, the Middle East, Asia as well as the U.S.A.

The following includes some information about our callers:

- ◆ 34% of callers were of an Asian background, followed by Arab, African, then White
- ◆ The majority of our callers were from the age range 21-40
- ◆ Most of our calls were related to 'Marriage & Relationships', closely followed by 'Social Isolation', then by Islamic Advice. Other issues such as 'Mental Health', 'Domestic Abuse' and 'Divorce' continued to increase over last year

Our development work focuses on community engagement and is driven by the organisation's values to remain accessible and adaptable to the needs of Muslim women within the larger Scottish context. It is funded as part of the Helpline Project to remove barriers and create pathways for Muslim women and BME

women to further participate in society free from discrimination. This year we collaborated with the Moderator of the Church of Scotland to take part in an Interfaith "Tea with Me" event as a follow up to our successful pilot event in Edinburgh. 34 women engaged with us on a short walk through Queen's Park and a chat over tea at 'Spill the Beans' in Glasgow.



BBC News covered the "Tea With Me" Interfaith event with Church of Scotland

'I don't even know how to thank you for your time today when I could just freely talk to you and share my problems. It means so much to talk to someone who understands not only the emotional and marital challenges but also takes into account religion and culture.'

-Helpline client

Our Helpline project also includes the following services:

Telephone Befriending

Our trained befrienders have continued to provide emotional support to socially isolated Muslim women via weekly agreed phone calls. Most clients in this period were referred by GPs, health teams, family or have self-referred. Befriendees required support in their first language, predominantly in Urdu, Punjabi & Arabic. 70% of those receiving befriending support reported an improved sense of well-being.

Amina Drop In

This year, we launched our Drop-In service, which enables women to drop in and speak to a trained Befriender once a month, thus helping to tackle social isolation and loneliness. In total 50 + women have been supported through this service. Those who have attended, have welcomed the service and feel their confidence has improved.

Shaykh on the Helpline

This service was launched in response to an increase in Muslim women seeking Islamic advice on a range of issues affecting their wellbeing. The Shaykh (an Islamic scholar) has continued taking live calls once a month. Topics that the Shaykh has addressed include: Domestic Abuse, Marriage & Relationships, Mental Health & Wellbeing, Addictions, Parenting, Ramadan & Hajj (Pilgrimage).

Young Women's Helpline

We launched our Young Women's chat service in August 2018 to address the needs of our young service users. Our survey results indicated that they were looking for a service outwith the usual helpline hours. We now offer this service in addition to our regular Helpline hours every Wednesday from 6pm to 9pm. Issues brought up have ranged from Relationships, Domestic Abuse, Persecution, Fleeing Violence including honour-based violence.

Alima on the Helpline (New service)

Due to increased demand of Islamic advice, we re-launched 'Alima on the Helpline'. The Alima (female Islamic scholar) is highly experienced in her field and available to take live calls in confidence, every Monday from 10am to 2pm. The Alima has recently dealt with queries such as Domestic Abuse, Relationship & Marital issues, Divorce and Female Health & wellbeing issues.

I have gained skills & confidence on the helpline + like supporting other women.
(HELPLINE OPERATOR)

Campaigns

Our anti-hate crime work has been our main focus this year as Islamophobia disproportionately affects visible Muslim women.

The official statistics for Scotland (COPFS Hate Crime in Scotland 2019) show that reported incidents of racially and religiously aggravated hate crimes have decreased to some of the lowest figures since the legislation was created in 2009. However according to our own survey of 137 Muslim women, over a span of six months, hate incidents have been experienced by 64% of respondents pointing to the possibility that the statistical likelihood of the hate crime figures under-represent the reality. Furthermore, 90% of those who witnessed and/or experienced an Islamophobic incident did not report it.

For Hate Crime Awareness Week in October 2018, we took part in Glasgow City Council's campaign against hate crime and published our own "Letters to a Perpetrator" which captured the stories of women having experienced Islamophobia and racism. Special thanks to Stellar Quines theatre company for partnering with us to

facilitate storytelling workshops to allow this to go ahead.

In our commitment to empowering women, a training course for community champions was also developed. Hate Crime – Training for Trainers, was created for the purpose of equipping people to get the word out about how and what to report and the difference it can make. Opportunities to join this course will be available across Scotland next year.

Our new video on how to report, covering the differences between hate crimes and hate incidents, is also now on our website alongside our online reporting form for further information.



Screenshot of scene from
Hate Crime Awareness video

Schools Project

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We continue to run our schools' programme with opportunities for Muslim women to join the team throughout the year as volunteers. Volunteers are invited to schools to talk about their experience of practicing Islam as a religion in Scotland, with the view to make diversity and inclusion an interactive part of school education.

This year we have:

- ◆ Launched our Teacher's toolkit on our website. It contains, information, history and activities relevant to teaching young people about Islam within a Scottish context. 15 teachers/youth workers have started using the toolkit since January 2019
- ◆ Worked with approximately 1800 pupils, 14 schools across seven different council areas, from Inverness to Dumfries
- ◆ Collaborated with Edinburgh Interfaith Association and University of Edinburgh's Al Waleed Centre around engaging young people on the topic of religion and belief through volunteer run workshops and panels in schools



Visits like this are so important as they can help to challenge prejudices and inspire our students to become global citizens. I would hope to invite you back next year and develop a link with the charity as your visit was invaluable.

—Faye Cuthbertson R.E. teacher at Millburn Academy, Inverness

Women's Friendship Group

The Women's Friendship Group (WFG) is a multicultural group for Muslim and BME women who come together in friendship and harmony. There are various diverse cultures within the group: South Asian, African, Arab, White to name a few. The group are able to share their ideas and interests and celebrate their cultural identity.

Many of the women have little opportunity to meet people outside their ethnic community, this group gives them an opportunity to make new friends, encourages exploring broader interests, and participation in a variety of activities.

The sessions have proven to help decrease isolation, increase confidence, increase access to and awareness of local learning opportunities, where women feel socially supported.

The group meets bi-monthly in Glasgow on a Wednesday morning. This year 65 women regularly took part in workshops and outdoor activities. We participated in an array of sessions, including Mental Health & Wellbeing, Dental Care, Self Defence and cancer awareness. Each session is followed by a light lunch as well as time to socialise.

We enjoy meeting and greeting people, the chit chat and it's nice to have some new information as well. These things are a way to release depression and anxiety.

-Women's Friendship Group Attendee

The group also participated in creating a handling kit for the Glasgow Museum Burrell Collection, over several sessions. They also visited the Resource Centre to look at historical objects. The handling kit created by the women from the Friendship Group will be exhibited in the Burrell Collection.



Top: WFG on a trip to the Science Museum
Bottom: WFG on a trip to Glasgow Museum Resource Centre to create their handling kits to be exhibited at the Burrell Collection



V&A Trainee Tour Guide Project

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Dundee has a long history of design and innovation including the celebrated Duncan of Jordanstone College, video games, apps and fashion design. The new V&A Dundee opened in September 2018 and in October 2018, Amina MWRC launched our trainee tour guide programme, funded by the Rank Foundation. Working together to increase the number of opportunities available for Muslim and BME women in Dundee, we are aiming over the course of two years to develop and deliver BME community language tours of V&A Dundee for participants to earn a living wage as freelance tour guides. This will widen access for visitors speaking other languages such as Urdu, Punjabi, Bengali, Nepalese, Mandarin, Arabic and more.

So far, the programme has run two cohorts and participants have trained in English, confidence building, as well as curatorial training with some of V&A Dundee's exhibitions team. The participants have also been supported with an Introduction to Scottish Design classes, a class

on Flower arranging, which was a practical example of form, function, design layout and colour composition. For the tours, they have been shown examples of other tour styles, such as the Frigate Unicorn, a backstage tour of the McManus Galleries and a tour of the Dundee Science Centre. Two of the participants, Faiza and Raksinda, also took part in V&A Dundee's official opening with the Duke and Duchess of Cambridge, Prince William and Kate Middleton, in January 2019. The feedback from the programme so far has been very positive, with the women showing an increase in confidence and an eagerness to gain more information so they can start to deliver tours. More recruitment is underway with the third and final cohort of around five women starting in late October.

We are currently in the planning process of a 'One Year On' event in early October, where we will launch the guided tours led by these women and would love to welcome BME community groups to trial them out!



Participants Raksinda (left) and Faiza, in the Scottish Design Gallery, V&A Dundee.

Employability

The 'Inspiring Aspirations' project has continued to grow and responsively evolve since it's pilot year in back in 2014-2015. This year we have had a particular focus on working with new scots/ refugee and asylum-seeking women and young women. The project has continued to engage with Muslim and BME women from a rich tapestry of backgrounds, representing over 15 languages.

The project created a space for young Muslim and BME women to showcase their creative writing and content producing skills via an online creative content advisory group. The project also developed an Employability Programme designed for new migrant women, delivered with Arabic language support. Several blogs were produced for us and uploaded to our website.

This year we have continued to provide an additional 56 hours of ESOL classes, in collaboration with the Workers Education Association (WEA) in Glasgow, as well as 108.5 hours of English conversation classes,

across all three cities.

We have delivered 174 resource intensive 1-2-1 appointments, which have continued to grow in demand. The addition of an employability officer with a prior background carrying our employability based focused client work has seen the provision continue to be successful and has generated some inspiring results of progression and support as well as a noted confidence in participants' abilities.

The project hosted events across Glasgow, Dundee and Edinburgh. Our event in Glasgow called 'Lead the Way' showcased the many talented Muslim and BME women in our communities who have successfully balanced pursuing their interests alongside their demanding careers. Across in Edinburgh we hosted an event called 'Confidently Me' which was themed around confidence building using storytelling and drama technique workshops. The guest speakers were locals and gave an insight on their journey to where they are now in their career and what helped them to confidently pursue their goals.

The event in Dundee in February 2019, called 'Discover Yourself', had workshop on how to 'promote yourself' in terms of your skills, what employers are looking for and how to market yourself. There were also 8 local employer present from various organisations who talked about what they look for when hiring, and how to apply and connect with them.



Women attending the Glasgow City Council's Career Fair

Empowerment via Enterprise

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The Amina Empowerment via Enterprise project has helped new and returning participants develop business opportunities and reinforce their knowledge and encourage them to keep working on their ideas. We had a variety of activities offered during this project, ranging from informative—how to run a workshop, English, presentation skills, using Canva, budgeting, marketing and social media, how to bargain, dealing with family, information sessions about benefits and how they might be affected—to

practical/skill building, such as weaving, bookbinding, candle making, how to take pictures of products for social media, screen printing, sewing skills, card making with spray paint, and cooking skills shares. We also had one participant host a henna workshop for the wider Dundee community.

32 Muslim and BME women directly benefitted from this project, and an additional nine people who were from the wider Dundee community attended our participant-led henna workshop.



Enterprise participants at a card making workshop led by C.Gul using spray paints, followed by freehand spray-painting on wood.

I am really thankful for the support I have received from you, and I couldn't have done it without the support from you.

-Enterprise Participant

The enterprise project helped me understand how to work out the prices to charge each person to make it worth my while and also has given me feedback from the workshop which will help me to improve my delivery for the next workshop.

-Enterprise Participant

Ending Violence Against Women & Girls

The Ending Violence against Women and Girls (VAWG) project aims to increase awareness and understanding of issues and relevant services surrounding VAWG affecting Muslim and BME women in Scotland.

Essentially this project is the only Muslim and BME led VAWG project in Scotland which addresses prevention of VAWG as opposed to intervention.

This year the project had another busy year delivering self-care workshops and continuing the men's work. In addition to this we were involved in creating Amina's first animated film to address the root causes of VAWG. This resource has been launched and used in Glasgow, Edinburgh and Dundee.

The partnership with Zero Tolerance to undertake the #AnyWomanAnyWhere campaign was a ground-breaking piece of work. Similarly partnering with Church of

Scotland and working together on issues which are common to us i.e. spiritual abuse, has enabled us to have a stronger voice. We have been running workshops with women from multi-faith backgrounds to ascertain what spiritual abuse looks like for these women. Our staff and volunteers continue to undergo training on VAWG so that when they are working on the helpline or any other areas of work, they are familiar with how to deal with women who are experiencing VAWG. In addition to this, we delivered training on VAWG to other organisations.

Amina spoke at the 'Reclaim the Night' marches in Glasgow and Dundee. We also responded to various consultations including the one on Female Genital Mutilation. Dundee City Council also approached us to update their Harmful Traditional Practices (HTP) handbook.



We took over Reform Street in Dundee with colourful graffiti while giving out leaflets about our campaign that violence can happen to #AnyWomanAnyWhere in partnership with Zero Tolerance and the Church of Scotland.



Ghizala Avan speaks at launch of Jus 'Cos I'm a Girl

Inspire, Connect & Enable

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The Inspire, Connect and Enable (ICE) project in Dundee, funded by National Lottery Community Fund for 3 years, runs as a social group for Muslim and BME women who experience loneliness and isolation, due to cultural, religious, financial and linguistic barriers. This project aims to improve well-being, knowledge on rights and entitlements, social and Scottish connections.

There are three parts to the project:

1. Various activities from arts and crafts, drama, confidence building and physical;
2. Skill sharing, which enables women to showcase their talents and skills with the rest of the group, providing them with the opportunity to improve their English, confidence, learn from one another and also strengthen the connections and friendships within the group;
3. Quarterly trips in order to expand Muslim and BME women's knowledge and access of Dundee and surrounding areas.

The women have been actively involved in the development, direction and delivery of the project with regular consultations, reviewing what has worked and what could improve.

To date we have had painting, candle making,

self care, massage, first aid, cycling, drama workshops and lots more enjoyed by the group.

The project has also provided information, support and advice not only in relation to health and wellbeing, but also in regards to



rights and entitlements, from housing, welfare to women's rights.

This year 68 women regularly took part in the ICE project, with the total number of attendance being 486 women at 37 sessions!

We also partnered with 9 agencies and organisations in delivering workshops and information sessions.



Coming to ICE meant that I had a reason to wake up in the morning. I feel I have improved my social skills and my English. It's nice to do something for myself. It has given me the chance to make my own friends and do my own things.

—ICE Participant

Top Image: ICE participants enjoy a painting class and paint sunsets.

Bottom Image: ICE participants on a bike tour around Dundee.

Volunteers

Amina is an award-winning volunteer friendly organisation. This year, we had 52 amazing talented volunteers join Amina and its project teams in Glasgow, Edinburgh and Dundee. Volunteers are at the heart of our organisation - without their relentless commitment, support, time and energy, we couldn't do the work we do! This year they have participated in various events, campaigns, fundraising, academic research, organising events, helpline support and service delivery.

Amina truly values the importance of our team of volunteers who are vital to our success. We continually accept new volunteers and work with them to ensure they get the kind of experience that they are looking for, to support and encourage them to reach their own personal goals and grow



Dundee volunteers with their certificates at the Volunteer Appreciation event

I started at Amina at the hardest time of life, at the peak of my depression. It supported me not only emotionally but gave me confidence, knowledge and courage to live my life. Now it is a part of my life. I feel excellent, amazing and joyful to volunteer here.

-Glasgow volunteer

through their experience. In addition to volunteer induction training, volunteers have undergone various personal development classes such as employability skills, ending violence against women, helpline training, compassionate communication training and English conversation classes.

As a big thank you to all our amazing volunteers, annually we organise a volunteer appreciation event.

This year the Volunteer Appreciation event comprised of fun exercises, quiz, prizes and presentation of Awards, followed by a hearty delicious lunch!



Glasgow volunteers with their certificates at the Volunteer Appreciation event

Volunteering with Amina increased my self-confidence, social connections and job experience. This helped me to secure a job recently as Crèche support worker.

-Dundee Volunteer

Refugee Support Project

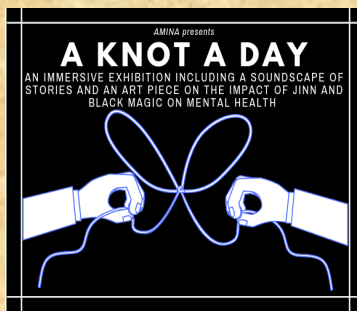
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Up until the project ended in September 2018, we continued to welcome the arrival of new families from Syria and Iraq to Scotland via the Vulnerable Person's Relocation Scheme. We had a total of 157 service users settled in Dundee and accessing support from our Refugee Support Officers (RSO). The RSOs, due to their language skills and cultural knowledge, were able to act as a bridge between Syrian refugees and mainstream services such as the NHS and City Council. The RSOs were always very busy dealing with all the daily

challenges of refugee integration into Dundee - ranging from sorting out benefits to dealing with antisocial behaviour in their neighbourhoods; from new babies to marriages; supporting the sick; liaising with nurseries, schools and colleges, the Home Office and UNHCR, and others. Ultimately the Officers worked towards the inclusion of the 'New Scot' in Dundee communities. Towards the end, the project won an award as well as speaking at major conferences about Dundee's refugees and what Amina had learnt along the way.

Women, Faith & Mental Health

This one year project funded by 'Awards for All', started in October 2018 and works with Muslim and BME women across Glasgow. The project explores women's beliefs in Jinn and black magic through workshops, and how this impacts on



Promotion poster for A Knot A Day

support seeking behaviour e.g. do women go to faith healers and/or mental health care professionals. This project will conclude with an art exhibition/soundscape in Glasgow, Dundee and Edinburgh, called 'A Knot A Day'. Muslim and BME women have contributed to the artwork and stories for this exhibition. We have been successful in securing additional funding to continue this project until March 2020.

How we celebrated

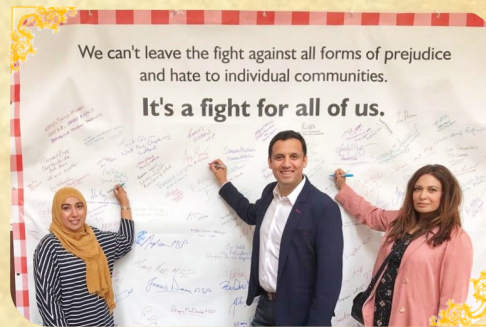


Top Row from Left: CEMVO Awards gala; Flowers sent to office in support of Muslim women in Scotland; CEO Samina Ansari with event flyer for 'Pass the Mic'

Middle Row from Left: Good Governance Committee, attended by CEO Samina Ansari and Raisah Ahmed, Board Chair

Bottom row from Left: Vijiha from Employability speaks about the project at a stall; Amina MWRC were challengers on BCC's Eggheads;

2018/19 at Amina MWRC



Top Row from Left: Dundee team at the 2018 Festive Brunch; stall for International Women's Day event in 2019

Middle Row from Left: Helpline staff promoting their work; Part of the Senior Management Team sign a wall of the great get together in memory of Jo Cox, MP

Bottom row from Left: Staff and Board on a Team Building Day; Volunteers at the Glasgow Festive Brunch

Acknowledgements



AWARDS
FOR ALL
SCOTLAND



The Scottish
Government
Riaghaltas na h-Alba



We would like to also acknowledge Scottish Sadaqa Charitable Trust, James Thin Trust, Austin and Hope Pilkington Trust, Voice Your Choice, George and Grace Thomson—Foundation Scotland for their funding and the individuals who have kindly donated, helping us to continue supporting many more service users. Thank you.

Donate

Amina MWRC is largely project based. As such we are not funded to help in ways which fall outside of our funding outcomes. In order to carry on our legacy of supporting the most vulnerable Muslim and Minority Ethnic women in Scotland we rely on donations; even small amounts can change a woman's life. We recognise that not everyone is in a position to donate financially; we welcome donations of services in kind, tea bags and biscuits that help us create a warm and welcoming environment for each of our visitors and even sanitary items to support destitute women experiencing period poverty. Our community fundraisers join us in our fundraising efforts. From bake sales and short sponsored walks to zip slides and skydives there is something for you, however bold you are feeling. For more information on ways to support us, visit our website.

You can donate by:

- ◆ Using the donate button on our website
- ◆ Cheque (payable to Amina MWRC)
- ◆ Standing order
- ◆ Payroll Giving
- ◆ Donate/Fundraise on Facebook by selecting us as your charity of choice
- ◆ Signing up to websites like "Give as you live" and "Amazon Smile"

Board of Directors

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Raisah Ahmed — Chair	Safeena Rashid
Aziza Khand — Vice Chair	Asma Abdalla
Angela Voulgari — Secretary	Hassan Khan
Nelum Zafar — Treasurer	Sarah Anne Todd
Fariha Thomas	Humera Ashraf
Jamilah Hassan Adewunmi	

info@mwrc.org.uk
www.mwrc.org.uk



@Amina.MWRC.1



@AminaMWRC



Amina Muslim Women's Resource Centre

Scottish Charity Number: SC027690

Registered in Scotland: SC432921

GLASGOW

(Head Office)
City Wall House
32 Eastwood Ave
G41 3NS
0141 212 8420

DUNDEE

1/3, 6 Whitehall Crescent
DD1 4AU
01382 787 450

EDINBURGH

Greyfriars Charteris Centre
138-140 The Pleasance
EH8 9RR
0131 667 9199

Helpline: 0808 801 0301

