

Outstanding Contribution to the sector

Tahreem Noor

I feel someone as selfless as Tahreem, who dedicates so much of her time to mental health and well-being, is so humble – she has set up the following services which are run weekly and some once a month –

Senior clubs – average attendees 40

Yoga – average attendees 20

Since 2023 Chai and Chaat average attendees 40

April 2023 – Tahreem, ran a fundraising event for forgiven women and raised £18,000 A bereavement circle meets every month where people who have experienced grief talk and share their experiences and how they feel. All of these have been set up and managed by Tahreem, the processes, advertisement, and sourcing of volunteers.

Tahreem, has initiated and launched many initiatives and raised a significant amount of money. Examples are a moonwalking 2021 raised over £10,000, children's reach out to mental health, delivering workshops at schools, podcasts encouraging people to speak up about their experiences, funeral workshops, bereavement workshops winter woollies collecting warm clothing for those in need collaboration with Al Suffa, Branches Hostel, Frank Charles, Ramadan appeal where children were encouraged to cook with a famous chef and share recipes and raised money £2,500, encouraging all ages to get involved.

How to prepare a body funeral (ghusl) workshops –, all bookings, volunteers, and coordination led by Tahreem, here are some further weekly events Tahreem has set up Bereavement workshops,2022 – Yoga classes every Thursday, senior club.

She is an instrumental individual and much of the charity's successes have been achieved through Tahreem's initiatives and planning the impact she has is phenomenal and a great set of skills. She also manages all social media teams, the design, and creativity which promotes all of the charity's activities. Tahreem, has been a finalist in recognition of all of her hard work, recognised by her fellow volunteers and others for the 2022 She's Awards, - Unsung Heroine and Community champion.

Tahreem, recently organised a fundraising event for forgotten women on April 9th, 2023, and raised over £ 15,000 Pounds is another great example of the genuine and caring person that she is and a being that helps and supports others.

Many of the services set up, allow people to have somewhere to go, and meet new people so they feel less isolated, make new friends take part in different activities, exercising, and discuss similar experiences.

Reach out, programme in schools, and make children aware of symptoms and what to look for to help them and others and know where to obtain support from.

The fundraising event inspired 2 people to sign up as volunteers.