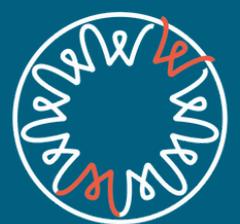




# ANNUAL REPORT

2023



Centre for  
Muslim  
Wellbeing



ACKNOWLEDGEMENT OF COUNTRY: WE ACKNOWLEDGE THAT OUR WORK TAKES PLACE ON THE LANDS OF THE WURUNDJERI PEOPLE OF THE KULIN NATION. WE ACKNOWLEDGE THE TRADITIONAL OWNERS OF COUNTRY THROUGHOUT AUSTRALIA AND RECOGNISE THEIR CONTINUING CONNECTION TO LAND, WATERS AND CULTURE. WE PAY OUR RESPECTS TO THEIR ELDERS, PAST AND PRESENT.

WE ACKNOWLEDGE PEOPLE WITH LIVED EXPERIENCE OF MENTAL ILL-HEALTH AND RECOVERY AND THE EXPERIENCE OF PEOPLE WHO HAVE BEEN CARERS, FAMILIES, OR SUPPORTERS. WE THANK THEM FOR SHARING THEIR KNOWLEDGE AND EXPERTISE, RECOGNISING THEIR VOICES ARE VITAL TO IMPROVING AND STRENGTHENING OUR WORK.

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# A WORD FROM THE CHAIR AND EXECUTIVE OFFICER

Dear friends and supporters,

Peace and blessings be upon you all.

With great honour, we present the third Annual Report of the Centre for Muslim Wellbeing (CMW). Reflecting on the past year's accomplishments, we are reminded of the profound significance of our mission and the positive impact we continue to have in promoting wellbeing within the Muslim community.

The success of our Mental Health First Aid workshops, held in both metropolitan and regional Victoria, has been outstanding. 500 Participants developed the ability to identify signs of mental health issues and acquired valuable tools to assist those in need. We are particularly enthusiastic about our recently launched "Unshakeable Confidence" program, a 4-month leadership immersion initiative for Muslim women. This program aims to foster higher levels of confidence and wellbeing, empowering women to take on community leadership roles.

CMW remains steadfast in engaging diverse audiences digitally through initiatives like the "Be Well" series, led by Monique Toohey, and 'Stories from the Centre', hosted by Husna Pasha. We have also initiated collaboration with the broader mental health sector by offering Cultural Intelligence training workshops, ensuring that mental health service providers are equipped to deliver culturally safe care to their clients.

Alhamdulillah, we take pride in our achievements over the past twelve months, yet we acknowledge that much work is still ahead. Recent statistics indicate that one in five Australian Muslims is affected by mental health issues each year. Additionally, research published in the Journal of Child and Family Studies in 2022 reveals that the psychological distress levels of Australian Muslim adolescents are 34% higher than those of adolescents in the broader community.

CMW remains dedicated to addressing the stigma often associated with mental health issues in the Muslim community, encouraging individuals to seek help before it's too late. If you believe that your group or organisation could benefit from one of our programs, please do not hesitate to reach out. Finally, we extend our sincere gratitude to the members of the Board, our dedicated staff, and our partners across the sector for their unwavering work and support throughout the year. We are thankful for the accomplishments of 2023 and eagerly anticipate our continued collaboration.

Wasalam alikum wa rahmatullahi wabarakatuh.

Warm regards,

Sherene Hassan Chair of CMW  
Ayman Islam Executive Officer



Sherene Hassan,  
President and Chair



Ayman Islam.  
Executive Officer

# ABOUT US



Centre for  
Muslim  
Wellbeing

The Centre for Muslim Wellbeing ('CMW') has a vision of being a leading provider of services that advance partnerships and build flourishing individuals and vibrant communities in Victoria. It will do this through connecting individuals to their neighbours, their community, their society and ultimately to their full potential and purpose.

We will achieve this by focusing on prevention and early intervention, raising awareness of the issues of mental health and social isolation within the community and ensuring community members have the support they need before they get into crisis.

The unique nature of CMW's offering in the mental health and wellbeing space comes, however, not only from what it offers, but also from the approach it takes to how its services are provided:

- We recognise the critical role that spiritual wellbeing plays for Muslim communities in achieving mental wellness—as a result, CMW will focus on creating more culturally-appropriate services and support to ensure this spiritual wellbeing is front of mind
- It acknowledges the importance of Ummah, or 'community' – this is its driving force and will ensure that its services are appropriate to all Muslim communities regardless of background or origin and moves away from just considering the individual to looking at the community that surrounds them
- It is run by Muslims, for Muslims, and will therefore act as a bridge into communities which would otherwise not be open to providers of mental health and wellbeing services

## Vision: (Desired Future)

Advancing Partnerships to build flourishing individuals and vibrant communities.

## Values: (How)

We respect, embrace and harness the constructive power of diversity to support individuals to reach their full potential and purpose.

## Mission: (Why We Exist)

To advance health and social and public welfare of the Muslim communities and multicultural communities in Australia and worldwide by:

(i) Building creative partnerships and collaborations to deliver mental health and wellbeing services and initiatives;

(ii) Promoting community-wide mental health and wellbeing and providing education to raise awareness of mental health and reduce health disparities, misinformation, discrimination and stigma when accessing mental health and social services;

(iii) Undertaking mental health and wellbeing research and evidence gathering to ensure high quality of services and information sharing; and

(iv) Improving the quality of mental health and wellbeing service delivery to health professionals through a range of initiatives to prevent or relieve distress and disadvantage.



Dr Abdullah Rothman with CMW staff and Board Members



Equine Therapy Workshop

---

# OUR ORGANISATION

## CMW Board Members



**SHERENE HASSAN**  
**CHAIRPERSON**



**MARYUM CHAUDHRY**  
**VICE-CHAIRPERSON**



**AYMAN ISLAM**  
**EXECUTIVE OFFICER**



**SENEM EREN**  
**BOARD MEMBER**



**FAYE SPITERI**  
**BOARD MEMBER**



**EBRU YAGCI**  
**PROJECTS OFFICER**



**IAN HORNE**  
**TREASURER**

## CMW Staff

Supporting communities to flourish



# OUR ACTIVITIES

## MENTAL HEALTH AWARENESS WORKSHOPS

The Mental Health First Aid (MHFA) training program is a crucial initiative to equip individuals with the knowledge and skills needed to provide initial support to those experiencing mental health challenges. This training is designed to raise awareness, reduce stigma, and promote early intervention in mental health crises.

The primary objective of the Mental Health First Aid course is to empower participants to recognise the signs and symptoms of mental health issues, respond effectively in crises, and provide initial assistance until professional help is obtained.

### A snapshot in numbers:

- **Over 25 workshops completed across Victoria**
- **500 new people are now registered as MH First Aiders**
- **Workshops were delivered to diverse community organisations, including the Indonesian community, Turkish community, Arabic-speaking communities, and Bangladeshi community**

We express our gratitude to the Department of Health, Mental Health & Wellbeing Division within the State Government of Victoria for their support in facilitating the implementation of this program through funding assistance.

## PSYCHOSOCIAL WORKSHOPS

Over the year, CMW has organised more than 20 varied Mental Health Awareness Workshops, extending their outreach to communities across different regions via in-person and virtual platforms. The workshops were presented in several languages to ensure accessibility and inclusivity. These workshops have been centred around providing easily understandable information on prevalent mental health disorders. They also covered insights into the roles of mental health professionals supporting recovery, addressing barriers Muslim community members face in comprehending these issues and accessing support, and offering practical strategies to enhance participants' well-being. The workshops additionally focused on community experiences and reflections, delving into topics such as self-care, stress management, stigma, Islamophobia, grief, and eating disorders, among others. These workshops constitute a crucial component of CMW's efforts, contributing to improving mental health literacy within the community and actively working towards stigma reduction.





## HOLISTIC WORKSHOPS

Workshops on forest therapy, art therapy, and equine therapy offer unique and enriching experiences for participants seeking holistic wellbeing. Forest therapy workshops immerse individuals in nature, harnessing the therapeutic benefits of natural surroundings. Art therapy workshops provide a creative outlet for expression and healing, utilising artistic mediums to explore emotions and thoughts. Equine therapy workshops involve interactions with horses, fostering emotional growth and self-awareness through these powerful connections. CMW conducted over ten holistic wellbeing workshops throughout 2023, delivered to more than 500 people in the community. Each of these workshops contributes to overall mental health and wellness by addressing diverse aspects of the human experience.



# OUR RESPONSE TO PALESTINE

## THE SHIFA PROJECT

CMW stands in solidarity with the Palestinian people in their pursuit of fundamental rights, justice, and a peaceful resolution to the longstanding Israeli-Palestinian conflict. We believe in the importance of upholding the principles of international law, human rights, and the right to self-determination for all peoples.

To address the psycho-spiritual needs of Muslims affected by the news and sentiments surrounding the situation in Palestine and Gaza, we were excited to launch the “Shifa Project”, a sanctuary for healing, coping, connection, and support. Derived from Al-Shifa Hospital, a beacon of resilience and hope in Gaza providing healing and safety, the name “Shifa” embodies both physical healing and the more profound spiritual tranquillity many seek during these challenging times.

By combining the expertise of various organisations, we offered psycho-spiritual support circles, community events, and a wealth of resources, including:

- Trauma-informed resources for the community and practitioners
- Facilitating workshops for the community, including healing circles and critical incident stress debriefing
- Assisting with individual counselling and support

The Shifa project is a collaboration between Muslim Mental Health Organisations and practitioners in NSW and Victoria.

---

# DIGITAL OFFERINGS

## VIDEOS AND ANIMATIONS

### Shine a Light Muslim Mental Health Documentary

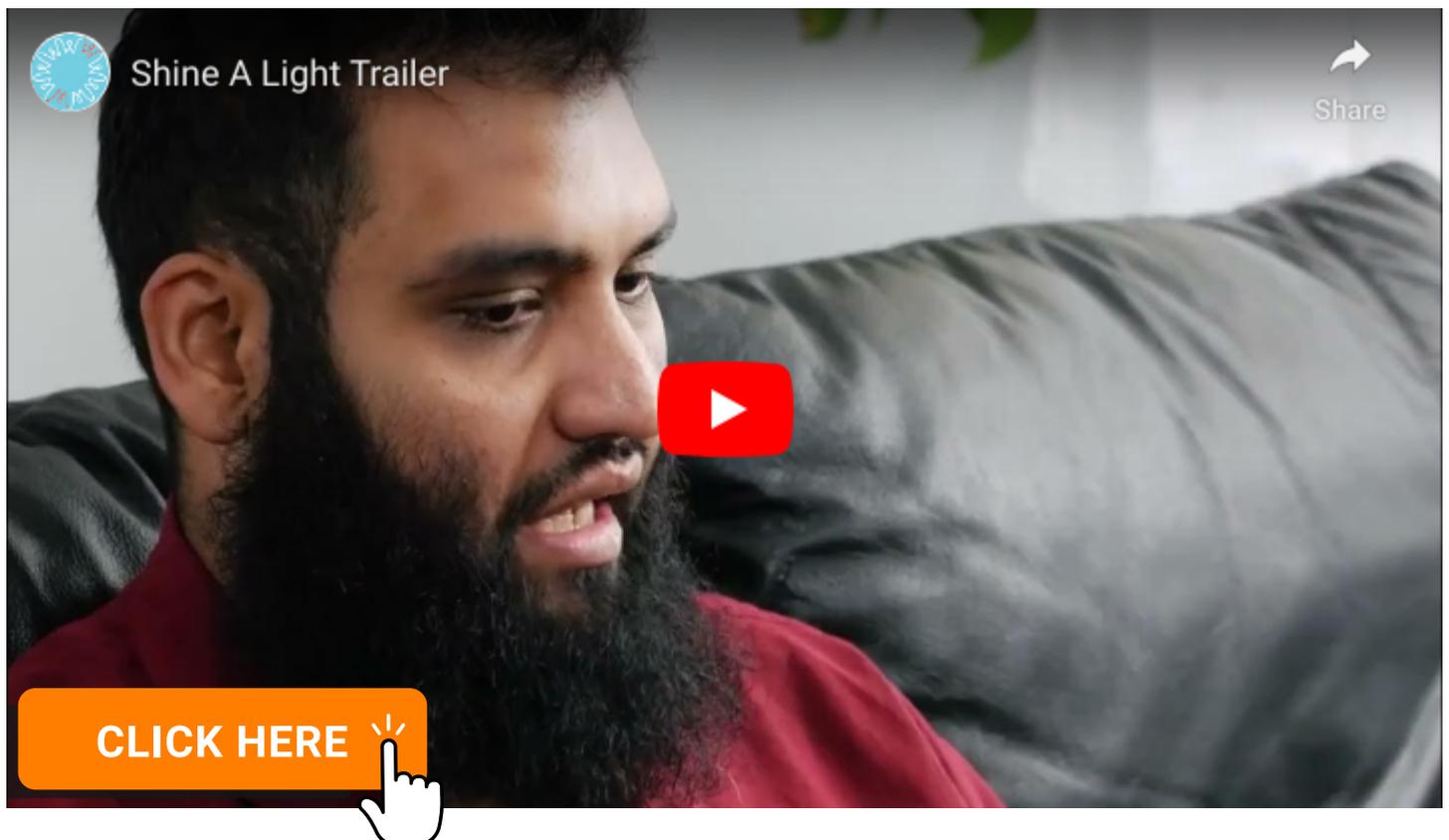
"Shine a Light" is a compelling and eye-opening documentary that delves into the complex intersection of mental health and the Muslim community. This thought-provoking film sheds light on the unique challenges, stigma, and resilience experienced by Muslims in Australia as they navigate the often taboo topic of mental wellbeing.

The narrative follows the journeys of several individuals in Australia with lived experience of mental ill health. Through intimate interviews, viewers gain insight into these individuals' struggles and how they have sought help, both within and outside their communities.

The documentary also features interviews with professionals who provide expert insights, guidance, and culturally sensitive approaches to mental health support.

This documentary is a powerful and enlightening exploration of Muslim mental health, aiming to inspire dialogue and address stigma. "Shine a Light" is a must-see for anyone interested in mental health and the human experience.

The documentary is a collaboration between CMW and Black Syndicate Media.



# DIGITAL OFFERINGS

## VIDEOS AND ANIMATIONS

### World Mental Health Day Campaign

World Mental Health Day was established in 1992 to acknowledge the implications of mental illness, advocate for the systemic and cultural change required to drive transformation and celebrate the tireless work of critical bodies, organisations, and individuals dedicated to improving mental health.

Mental health in Australia today:

- In 2022-21, nearly 2 in 5 Australians reported lived or living experience of mental illness (Australian Bureau of Statistics).
- Nearly 40% of people aged 16-24 had a mental health disorder in 2020-21 that lasted 12 months or more (Australian Bureau of Statistics).
- 1 in 8 people in the world currently have a mental health condition (World Health Organisation).
- Since the start of the COVID-19 pandemic, reports of depressive symptoms grew 28%, and descriptions of anxiety disorders grew 25% (Forbes Health).
- 58% of Australians say the cost of living is impacting their mental health (Ipsos for Mental Health Australia).

So, prioritising mental health and wellbeing is more important than ever!

This World Mental Health Day on 10 October, the message is simple: "Look after your mental health, Australia".

As part of the campaign, CMW created an animation video about seeking help from the Muslim community. The video was created with the support of the Islamic Museum of Australia, The Burnet Institute, AMF, the Islamic Society of Victoria and Your Community Health.

Seeking Help

فَإِنَّ مَعَ الْعُسْرِ يُسْرًا إِنَّ مَعَ الْعُسْرِ يُسْرًا

For indeed, with [every] hardship, there is relief.

QUR'AN, 94:5-6

ISLAMIC MUSEUM OF AUSTRALIA

supported by

ISLAMIC SOCIETY OF VICTORIA

Burnet Institute

AUSTRALIAN multicultural foundation

your COMMUNITY HEALTH

Centre for Muslim Wellbeing

"Supporting communities to flourish"

W cmw.org.au  
@ cmw\_australia  
f cmw.aus  
AustraliaCmw

CLICK HERE

---

# DIGITAL OFFERINGS

## VIDEOS AND ANIMATIONS

### Islamophobia Videos

What is Islamophobia? You matter; your feelings count.

During this challenging period marked by a significant surge in Islamophobia and its profound effects on the Muslim community, The Islamophobia Register Australia and the Centre for Muslim Wellbeing collaborated with pride to create a three-part video series addressing Islamophobia and its intersection with mental health. This series delves into the definition of Islamophobia and explores its repercussions on individual wellbeing.



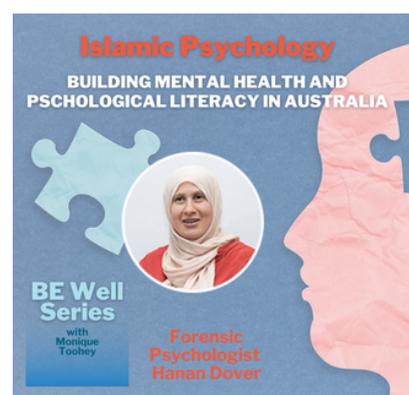
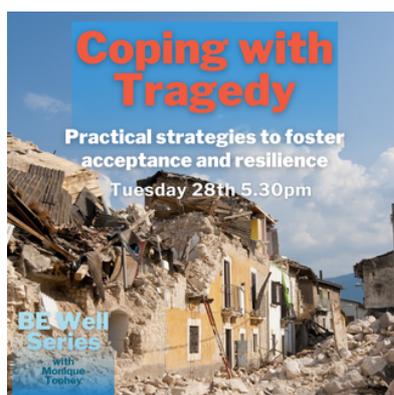
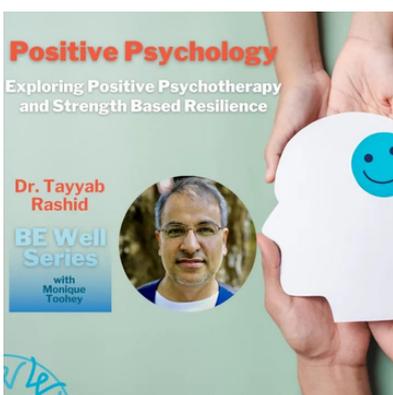
# WEBINARS, PODCASTS AND CONVERSATIONS

## Be Well

'Be Well' is a video series featuring insights, resources and coping skills from leading wellbeing practitioners, users and community influencers that are part of the growing CMW Network to support you and your family through these uncertain times and is hosted by Monique Toohey. The 'Be Well' series presented an opportunity to highlight the work of practitioners and a wide array of topics, including Positive Psychology, Suicide and Men's Health, Family Violence and Islamic psychology, to name a few. The series also allowed the Centre to engage with guests across Australia and overseas.

## Stories from the Centre

The podcast series, 'Stories from the Centre,' focuses on individuals who have encountered mental health challenges and navigated the recovery journey. Additionally, it explores the perspectives of caregivers, families, and supporters. The emphasis on reflecting real-life experiences aligns with the Centre's commitment to incorporating community-lived experiences in our service design principles. This year, the podcast was able to explore topics such as Islamophobia, Disability and Bullying.



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# UNSHAKEABLE CONFIDENCE – MUSLIM WOMEN'S LEADERSHIP PROGRAM

Breaking barriers, empowering dreams! Our Unshakeable Confidence Women's Leadership Program kicked off on Wednesday, the 2nd of August, igniting a powerful journey of growth and inspiration for 30 female leaders. The Unshakeable Confidence - Muslim Women's Leadership Program, led by psychologists and co-founders of The Wellbeing Codes, Dr Rachel Wheeler and Dr Tracey Hunter, alongside the support of Dr Senem Eren, aimed to empower Muslim women seeking to enhance their confidence and wellbeing as leaders in various aspects of their lives.

Throughout the program, participants identified and addressed unhelpful patterns, or "schemas," that often breed fear and doubt along their leadership paths. The focus was on transforming these schemas, enabling participants to tap into more empowered aspects of themselves, fostering sustainable leadership with confidence in their ability to influence, whether within their families, communities, spiritual practices, or workplaces.

The comprehensive program included online live training and coaching over four months, complemented by a 2-day live event in Melbourne. This combination allowed participants to consolidate their learnings from the online sessions while fostering a sense of community and shared experiences.

As the Unshakeable Confidence Leadership Program concludes, it lays the foundation for ongoing empowerment and growth. With enhanced confidence, these women are poised to create a positive ripple effect within their respective fields and contribute to the broader community.

We express our gratitude to the Department of Home Affairs within the Federal Government for their support in facilitating the implementation of this program through funding assistance.



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# MINDFUL CONNECTIONS MUSLIM WELLBEING PRACTITIONER EVENT

The Mindful Connections Muslim Wellbeing Practitioner Event brought together practitioners, professionals, and community members committed to enhancing the wellbeing of the Muslim community. The gathering was opened with a Welcome to Country from Uncle Andrew Gardner, a proud Wurundjeri man of the Woi-wurrung people who spoke passionately about supporting 'The Voice' in the upcoming referendum.

The event highlight was Dr. Abdallah Rothman, an expert in Islamic Psychology and the study of the soul. In Islamic psychology, the soul's journey involves self-awareness, self-improvement, and the cultivation of virtues. Islamic scholars and philosophers have written extensively on the topics of the soul, character development, and moral psychology, often drawing from the Quran, Hadith (sayings and actions of the Prophet Muhammad), and classical Islamic philosophy.

In a wide-ranging conversation, Dr. Rothman also guided the integration of Islamic principles and practices into daily life for improved wellbeing.

Participants left the event nourished by Dr. Rothman's wisdom and opportunity to strengthen community bonds and create a culture of support and awareness in the sector. We thank Mizan Avenue and Muslim Mental Health Professionals for partnering with us to deliver this event.



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# EDUCATION AND ADVOCACY

## ADVOCACY

CMW participated in a delegation of over 80 dedicated representatives from the mental health sector during the Mental Health Australia Parliamentary Advocacy Day at the Australian Parliament House. During this event, we engaged in discussions with various Members of Parliament, emphasising the urgent requirement for lived experience leadership, collaborative design, and the significance of intergovernmental efforts to address social determinants. One notable meeting involved discussions with Senator Fatima Payman on enhancing mental health outcomes for Muslim and CALD communities, emphasising the imperative of government commitment to implementation and accountability. Throughout the year, CMW actively collaborated with both state and federal representatives in multiple meetings, advocating for increased mental health and wellbeing support for Muslims and diverse communities. CMW strongly advocates for Muslim and CALD communities in these influential forums. .

## EDUCATION

### Cultural Intelligence Workshops

Cultural Intelligence (CQ) workshops tailored for the Muslim community aim to enhance understanding and effectiveness when addressing mental health issues. Over the year, CMW delivered CQ Level 1 and Level 2 training to health professionals nationwide. These workshops delve into the unique cultural aspects and considerations relevant to mental health care within the Muslim community. The sessions cover various topics, including cultural nuances, common psychological presentations, and strategies to foster culturally sensitive and competent mental health support.

Participation in these workshops equips attendees with the knowledge and skills necessary to engage effectively with individuals from the Muslim community in a mental health care context. The goal is to promote inclusivity, reduce stigma, and improve overall mental health outcomes by ensuring mental health professionals possess the cultural intelligence to navigate diverse cultural landscapes.



Executive Officer with Senator for W.A Fatima Payman

# HEALTH NAVIGATION

## CMW NAVIGATOR SERVICE

CMW Navigator Service facilitates care by offering support and practical assistance to consumers, aiding them in navigating the complexities of the health system. Service navigators work to identify and overcome barriers that might hinder timely access to care. They address key questions and guide community members to suitable accredited service providers.

Earlier this year, a CMW staff member assumed the role of a service navigator, assisting the community with various inquiries, including issues such as family violence, access to rebates, and mental health plans. Although the service is still in its early stages, it is anticipated to expand as CMW's profile grows.

## CULTURALLY RESPONSIVE PRACTITIONER LIST

Fostering awareness in our community involves establishing networks that provide individuals access to culturally responsive information and support for managing their well-being. Throughout the year, the practitioner list has expanded significantly, growing from a small sample to over 40 individuals in the network. Many of these practitioners have actively contributed to delivering our Mental Health Awareness (MHA) workshops and creating content for our social media and panel discussions. We are grateful for their valuable services and aim to develop the network further in the coming years, exploring additional networking opportunities for continued growth.



Centre for Muslim Wellbeing

[Our Services](#) ▾ [Professionals List](#) [Policy & Publication](#) ▾ [Support & Resources](#) ▾

[Login Portal](#)

[Donate](#)



**Adil Jan (Jonathan) Parker**

Psychologist

Practice Location (Suburb, State):

Blackburn

Phone Number:

0412088543

E-mail Address:

...



**Aisha Fayad**

Psychologist

Practice Location (Suburb, State):

Carlton, VIC

Phone Number:

-

E-mail Address:

aishafayad.psychology@gmail.com

m



**Amal Saleh-Zada**

Counsellor

Practice Location (Suburb, State):

Box Hill (week days) & Footscray (Saturdays)

Phone Number:

0403259007

E-mail Address:

leapoffaithcounselling@gmail.com



**Amr Diab**

GP

Practice Location (Suburb, State):

Lakelands, WA

Phone Number:

0861693900

E-mail Address:

DrDiab1701@gmail.com

## DIGITAL INFORMATION HUB (CMW WEBSITE)

Our website is expanding and evolving into a pivotal hub for information and resources related to mental health and wellbeing. It caters to community members, organisations, mental health providers, and government entities. This platform serves as a foundational element, empowering CMW to explore innovative approaches in community support, aligning with the anticipated digitisation of mental health services in the future. Furthermore, the hub will provide avenues to enhance the capabilities of mainstream mental health providers by offering training, access to supporting materials, and facilitating connections with community members in need of support.

The screenshot displays the Centre for Muslim Wellbeing website. At the top left is the CMW logo. The navigation menu includes 'About Us', 'News', 'Events', 'Blog', 'Palestine Response', 'Contact Us', and 'Get Involved'. Below the menu are links for 'Our Services', 'Professionals List', 'Policy & Publication', 'Support & Resources', 'Login Portal', and 'Donate'. The main banner features a photo of a family and the text 'Centre for Muslim Wellbeing "Supporting communities to flourish" About CMW'. The 'Latest News' section includes a 'View All >' link and a 'Facebook Feed' section. The Facebook feed shows a post from 'Centre for Muslim Wellbeing' about a live event titled 'Nurturing Resilience: Supporting Emotional Intelligence & Neurobiology' in partnership with the Australian Islamic Medical Association (AIMA). To the right of the Facebook feed are four news cards: 'Parent Tips - Talking About Palestine with Children', 'Australian Mental Health Professionals Stand in Solidarity with Palestine', 'Coping with Information Overload and Doomscrolling in Light of the Palestinian Conflict', and 'CMW strongly supports voting yes to enshrining an Aboriginal and Torres Strait Islander Voice to the Australian Constitution'. The 'Latest Past Events' section lists two events: 'Mindful Connections – Muslim Mental Health Practitioner Networking Event' on October 5, 2023, and 'Self Care – Art Therapy Workshop' on September 4, 2023. Below the event list are two event posters: one for 'Mindful Connections' and another for 'Art Therapy Workshop Self Care'.

# WORKSHOPS



**Mental Health First Aid**  
Training for our community  
LEARN SKILLS AND GAIN CONFIDENCE TO ASSIST COMMUNITY MEMBERS EXPERIENCING MENTAL HEALTH PROBLEMS

Monday 22, 29 May 5.30pm-8.30pm  
& Monday 5 June 2023

Venue: Broadmeadows Community Hub, 182 Woodford St, Broadmeadows  
Cost: Free - this course has been subsidised with the support of CMW and Ipswich City Council  
RSVP: By 12 May at [admin@cmw.org.au](mailto:admin@cmw.org.au)  
Light refreshments will be provided  
Find more about CMW: [www.cmw.org.au](http://www.cmw.org.au)



**Art Therapy Workshop**  
*Self Care*  
Monday September 4th  
10 am registration  
10.30am start

Venue: **OneSpace by Madania**  
Unit 3/52 Smith Rd, Springvale VIC 3171  
Cost: \$15  
To register: [0411 885 119](tel:0411885119)  
Limited spots!

Take some time to come back to yourself, rediscover your strengths, and remember where you came from. Treat yourself to some self-care using the creative and gentle approaches of Art Therapy in a safe and comfortable environment with other women. \*Morning snacks and tea provided\*

Dr Amina Mah  
Psychologist, Supervisor & Somatic/Art Therapist

Priority brought to you for the Centre for Muslim Wellbeing

This event is a collaboration between IMCV - Sunnah Madania - CMW



**EQUINE THERAPY WORKSHOP**

Listening to Horses  
The Equine Approach invites you to "Listening to Horses" - a unique experience of connecting, listening and learning from horses. The focus of the session will be about creating awareness of self and practicing mindfulness in the company of the horses.

with facilitator Dr Emma Hart

Cost: \$25 with all proceeds going to Gaza

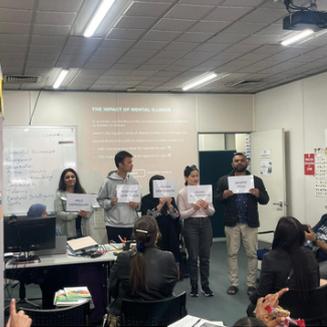
SATURDAY DECEMBER 2ND  
10:30-12:00PM  
MIND CARE CONSULTING  
160 WILDWOOD RD WILDWOOD  
VERY LIMITED SPACES  
Email [admin@cmw.org.au](mailto:admin@cmw.org.au) to secure yours spot

**Mindful CONNECTIONS**  
CONNECTING MINDS FOR MUSLIM WELLBEING - PRACTITIONER NETWORKING EVENT

An networking and professional development event dedicated to fostering connections and collaborations among mental health practitioners committed to enhancing Muslim wellbeing and resilience.

Special guest:  
**Dr Abdallah Rothman**  
Head of Islamic Psychology at Cambridge Muslim College

THURS 5TH OCTOBER, 2023 | 9:00PM - 9:00PM  
VENUE | ISLAMIC MUSEUM OF AUSTRALIA  
Registration | \$20



**Mental Health First Aid**  
Training for our community  
LEARN SKILLS AND GAIN CONFIDENCE TO ASSIST COMMUNITY MEMBERS EXPERIENCING MENTAL HEALTH PROBLEMS

Sunday 16th & 23rd July 2023 10.00am-4pm

Venue: Madina Foundation  
Cost: Free - this course has been subsidised with the support of CMW  
Light refreshments will be provided  
Find more about CMW: [www.cmw.org.au](http://www.cmw.org.au)

**Positive Relationship Building Through Play & Art**

Islamic Society of Geelong will be holding this workshop over two days with psychologist Gulcin Buyukyazici

Sunday 28 May  
Session 1: 5-7yr olds 10:30-11:30  
Session 2: 8-12 yr olds 11:30-12:30

Sunday 4 June  
Session 3: 13-18 yr olds 12:30-1:30

Islamic Society of Geelong

---

# OUR REACH

SOCIAL MEDIA AND WEBSITE



**1,518**

Instagram followers



**1,255**

Facebook followers



**10.6 k**

Website clicks



**28**

Workshops Completed



**1,000**

Workshop Attendees

# FINANCIAL REPORT

**Centre for Muslim Wellbeing Incorporated**

**ABN: 59 149 130 470**

**Financial Statements**

**For the Year Ended 30 June 2023**

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**Centre for Muslim Wellbeing Incorporated**  
**Balance Sheet**  
**As at 30 June 2023**

	Note	2023 \$	2022 \$
<b>Current Assets</b>			
Cash and Cash Equivalents		133,921	31,145
<b>Total Current Assets</b>		<u>133,921</u>	<u>31,145</u>
<b>Total Assets</b>		<u>133,921</u>	<u>31,145</u>
<b>Net Assets</b>		<u>133,921</u>	<u>31,145</u>
<b>Equity</b>			
Retained Profits		133,921	31,145
<b>Total Equity</b>		<u>133,921</u>	<u>31,145</u>

**Centre for Muslim Wellbeing Incorporated**  
**ABN: 59 149 130 470**  
**Statement of Changes in Equity**  
**For the Year ended 30 June 2023**

	2023 \$	2022 \$
<b>Retained Earnings</b>		
Balance at 1 July 2022	31,145	179,849
Profit Attributable to Members	102,776	(148,704)
Balance at 30 June 2023	<u>133,921</u>	<u>31,145</u>

# Centre for Muslim Wellbeing Incorporated

ABN: 59 149 130 470

## Profit and Loss Statement

For the Year ended 30 June 2023

	2023	2022
	\$	\$
<b>Income</b>		
Other Revenue		
- GST Received	-	6,318
- Other Income	440	5
Government Subsidies/Grants		
- Grants Income	235,850	36,300
Income from Events	3,016	-
	<u>239,306</u>	<u>42,623</u>
<b>Expenditure</b>		
Advertising	-	462
Bank Charges	2	(1)
Catering	-	300
Contractors	92,383	146,407
Employees' Amenities	268	-
Filing Fees	330	-
GST Paid	1,046	-
Hall Hire	-	635
Insurance	700	703
Membership Fees	28	100
Media	-	13,000
Office Setup	4,051	4,758
Printing & Stationery	-	117
Software Subscriptions	185	353
Subscriptions	-	100
Telephone	200	200
Training	-	220
Travelling Expenses	-	69
Website Support	4,687	1,291
Workshop Programs	32,458	22,613
Withholding Tax	192	-
	<u>136,530</u>	<u>191,327</u>
<b>Excess of receipts over payments</b>	<b>102,776</b>	<b>(148,704)</b>

**Centre for Muslim Wellbeing Incorporated**  
**ABN: 59 149 130 470**  
**Statement of Cash Flows**  
**For the Year ended 30 June 2023**

	Note	2023 \$	2022 \$
<b>Cash Flows from Operating Activities</b>			
Receipts from Customer (GST Inclusive)		239,306	42,623
Payments to suppliers and employees (GST Inclusive)		(136,530)	(191,327)
<b>Net Cash Inflow from Operating Activities</b>		<b>102,776</b>	<b>(148,704)</b>
<b>Cash Flows from Investing Activities</b>			
Proceeds from Sale of Asset		-	-
Payments for property, plant and equipment		-	-
<b>Net Cash Inflow from Investing Activities</b>		<b>-</b>	<b>-</b>
<b>Cash Flows from Financing Activities</b>			
Loans to Employees		-	-
Loans from/(to) Other Organizations		-	-
<b>Net Cash Inflow from Investing Activities</b>		<b>-</b>	<b>-</b>
<b>Net Increase/(Decrease) in Cash held</b>		<b>102,776</b>	<b>(148,704)</b>
Cash at beginning of the financial year		31,145	179,849
<b>CASH AT END OF FINANCIAL YEAR</b>		<b>133,921</b>	<b>31,145</b>

# Centre for Muslim Wellbeing Incorporated

## Notes to the Financial Statements

### For the Year ended 30 June 2023

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The financial statements cover Centre for Muslim Wellbeing Incorporated as an individual entity. Centre for Muslim Wellbeing Incorporated is a not-for-profit Association incorporated in Victoria under the Associations Incorporation Reform Act 2012 ('the Act').

Comparatives are consistent with prior years, unless otherwise stated.

#### 1. **Basis of Preparation**

In the opinion of the Committee of Management, the Association is not a reporting entity since there are unlikely to exist users of the financial report who are not able to command the preparation of reports tailored so as to satisfy specifically all of their information needs.

These special purpose financial statements have been prepared to meet the reporting requirements of the Act.

The financial statements have been prepared on an accruals basis and are based on historical costs modified, where applicable, by the measurement at fair value of selected non current assets, financial assets and financial liabilities.

Significant accounting policies adopted in the preparation of these financial statements are presented below and are consistent with prior reporting periods unless otherwise stated.

#### 2. **Summary of Significant Accounting Policies**

##### (a) **Cash and Cash Equivalents**

Cash and cash equivalents comprise cash on hand, demand deposits and short term investments which are readily convertible to known amounts of cash and which are subject to an insignificant risk of change in value.

##### (b) **Revenue and Other Income**

###### Sale of Goods

Revenue from the sale of goods is recognised at the point of delivery as this corresponds to the transfer of significant risks and rewards of ownership of the goods and the cessation of all involvement in those goods.

###### Grant Revenue

Government grants are recognised at fair value where there is reasonable assurance that the grant will be received, and all grant conditions will be met. Grants relating to expense items are recognised as income over the periods necessary to match the grant to the costs they are compensating. Grants relating to assets are credited to deferred income at fair value and are credited to income over the expected useful life of the asset on a straight-line basis.

###### Other Revenue

Other revenue is recognised when the association is entitled to the funds.

**Centre for Muslim Wellbeing Incorporated**  
**Notes to the Financial Statements**  
**For the Year ended 30 June 2023**

	2023	2022
	\$	\$
<b>3. Expenses</b>		
<b>Expenses</b>		
Advertising	-	462
Bank Charges	2	(1)
Insurance	700	703
Printing & Stationery	-	117
Telephone	200	200
Other Expenses	135,628	189,846
	136,530	191,327
<b>4. Cash and Cash Equivalents</b>		
NAB Business Account - 448435846	36	17,509
NAB Debit Card Account - 312074092	2,000	2,000
NAB Savings Account - 448465543	131,885	11,636
	133,921	31,145
<b>Reconciliation of Cash</b>		
Cash and Cash Equivalents	133,921	31,145
	133,921	31,145

**5. Statutory Information**

The registered office of the association is:

Centre for Muslim Wellbeing Incorporated  
12 Dimboola Rd, Broadmeadows Vic 3040

# Centre for Muslim Wellbeing Incorporated Committee's Report

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The committee members present their report on the association for the financial year ended 30 June 2023.

## Committee Members

The names of each person who has been a committee member during the year and to the date of this report are:

Sherene Hassan (Chairperson)  
Maryum Chaudhry (Vice-Chairperson)  
Ian Horne (Treasurer)  
Faye Spiteri (Board Member)  
Senem Eren (Board Member)

## Principal Activities

The principal activities of the association during the financial year were:  
mental health and social isolation within community and ensuring community members have support they need before they get to crisis.

## Significant Changes

No significant changes in the nature of the association's activity occurred during the financial year.

## Operating Result

The profit of the association after providing for income tax amounted to \$102,776.

Signed in accordance with a resolution of the Members of the Committee.



.....  
Sherene Hassan (Chairperson)



.....  
Ian Horne (Treasurer)

Dated 12 /12 / 2023

## **David Folley & Co**

Chartered Accountant  
ABN 98 099 175 628  
Unit 2/15 Valley Road  
Mt. Waverley 3149

Postal Address  
PO Box 90  
Mt. Waverley 3149  
Telephone (03) 9853 5566  
Mobile: 0414 547 372  
Email: [dfolley@tpg.com.au](mailto:dfolley@tpg.com.au)

Principal: David Folley FCA

To the Members  
Centre for Muslim Wellbeing Incorporated  
12 Dimboola Road  
Broadmeadows VIC 3047

### **Report on the Financial Report**

I have reviewed the accompanying financial report of the Centre for Muslim Wellbeing (the association) which comprises the balance sheet as at 30 June 2023, the income statement, statement of changes in equity and statement of cash flows for the year then ended, notes comprising a summary of significant accounting policies and other supplementary information and the committee's report

### **Committee's Responsibility for the Financial Report**

The committee of the association is responsible for the preparation of the financial report that gives a true and fair view in accordance with Australian Accounting Standards and the Associations Incorporation Reform Act 2012. The committee determines that the internal control is necessary to enable the preparation of the financial report that gives a true and fair view and is free from material misstatement, whether due to fraud or error.

### **Auditor's Responsibility**

My responsibility is to express a conclusion on the financial report based on my review. I have conducted my review in accordance with auditing standard on Review Engagements ASRE 2415 *Review of Financial Report: Company Limited by Guarantee or an Entity Reporting under the ACNC Act or Other Applicable Legislation or Regulation*, in order to state whether, on the basis of the procedures described, anything has come to my attention that causes me to believe that the financial report is not presented fairly, in all requirements relevant to the audit of the annual financial report.

A review of a financial report consists of making enquires, primarily of persons responsible for financial and accounting matters and applying analytical and other review procedures. A review is substantially less in scope than an audit conducted in accordance with Australian Auditing Standards and consequently does not enable to obtain assurance that I would become aware of all significant matters that might be identified in an audit. Accordingly I do not express an audit opinion.

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Liability limited by a scheme approved under Professional Standards Legislation

## **Auditors Independence Declaration** **Under Section 307C of the Corporations Act 2001**

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### **Independence**

In conducting my review I have complied with the independence requirements of the Australian professional ethical pronouncements.

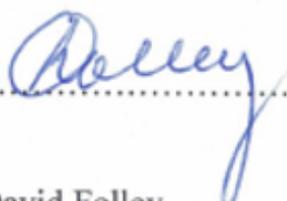
### **Conclusion**

Based on my review, which is not an audit, I have not become aware of any matter that makes me believe that the financial report of the association is not in accordance with the Associations Incorporation Reform Act 2012 including:

- a) giving a true and fair view of the entity's financial position as at 30 June 2023 and of its performance for the year ended on that date; and
- b) complying with Australian Accounting Standards as referred to in Note 1 to the financial statements

### **Basis of accounting and restriction on distribution**

Without modifying our opinion, we draw attention to Note 1 to the financial report, which describes the basis of accounting. The financial report has been prepared to assist Centre for Muslim Wellbeing (the association) to meet the requirements of the Associations Incorporation Reform Act 2012. As a result the report may not be suitable for another purpose.

Signed..........

Dated..........

Name: David Folley  
Principal  
David Folley & Co  
Chartered Accountant

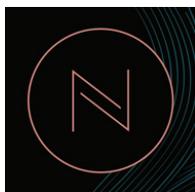
# PARTNERS & SUPPORTERS



**Australian Government**



**ISLAMOPHOBIA REGISTER**  
AUSTRALIA





# FEEDBACK

“I just finished the amazing 'Unshakeable Confidence Training', and I want to say a BIG THANK YOU!!!

It was one of the warmest training I have ever attended, and I feel I have benefited tremendously from it :)”.

“The Muslim women's leadership program could be summed up in one word - 'WOW'! The wisdom and lessons I gained have enriched my life and helped me in my healing journey. Thank you CMW, for initiating an inspirational event!”

“I enjoyed learning about all the different mental illnesses that exist and how to respond to them appropriately in a situation”.

(Mental Health First Aid Workshop)

“Dakhylina was absolutely amazing, workshop was just what I needed, and I loved that as a homeschooling mum I could bring my kids”.

“The Art Therapy workshop reminded me of my priorities and goals, and the most important things in life”.



Sahlah

T 0472 668 101

W [cmw.org.au](http://cmw.org.au)

 [cmw\\_australia](https://www.instagram.com/cmw_australia)

 <https://www.facebook.com/cmw.aus>

OUR REGISTERED OFFICE IS LOCATED AT 12 DIMBOOLA ROAD,  
BROADMEADOWS, VIC 3047