



Registered Charity No: SC046097

NARJIS FOUNDATION

ANNUAL REPORT 2025

Community • Mental Health • Wellbeing • Compassion



Creative Coffee Morning – Ramadan Kareem Crafts, 2025

Director's Message

A year of connection, creativity and community wellbeing

It gives me great pleasure to reflect on another meaningful year for Narjis Foundation. During 2025, we continued to place community wellbeing at the heart of our work, creating welcoming and culturally sensitive spaces where people could connect, learn, be creative and talk openly about mental health.

With support from the Glasgow Wellbeing Fund, we continued our Wellbeing Creative Coffee Mornings. These regular gatherings provided an informal and friendly setting in which participants could build relationships, take part in creative and wellbeing activities, and explore ways of supporting their emotional wellbeing. The programme also helped challenge the stigma that can prevent people from speaking about mental health or seeking support.

Alongside our wellbeing programme, we continued to demonstrate solidarity with people facing hardship. Our volunteers supported fundraising for people affected by flooding in Pakistan, and we helped provide Ramadan and Eid food packages to people experiencing poverty and hardship.

We are especially grateful to our participants, volunteers, funders and supporters. Their trust, time and generosity make it possible for Narjis Foundation to continue building stronger, healthier and more connected communities.

Colin Grant

Director and Co-Founder, with Syed Nasir Jaffri MBE

About Narjis Foundation

Narjis Foundation is a community-led organisation based in the ethnically diverse south side of Glasgow. We work with community members who can experience cultural, linguistic and social isolation. We work collaboratively with organisations and professional bodies to deliver community-based activities, events and workshops that inform, support and empower local people.

Our Vision

Our principal aims are to:

- Improve mental health and wellbeing.
- Reduce social and economic inequalities.
- Create inclusive opportunities for community connection and participation.

Our Mission

Our approach is centred on education, empowerment and inspiration. We aim to raise awareness of issues affecting mental health and wellbeing, help people identify culturally appropriate sources of support, encourage open discussion about mental health, and provide practical opportunities for people to build confidence, resilience and social connection.

Our Team

Our Community Engagement Team and volunteers are at the heart of our work. Their understanding of community culture, family dynamics and language helps us provide activities that feel accessible, respectful and welcoming. Our multilingual approach, including Urdu, Punjabi and English, helps build trust and enables participants to engage in ways that feel comfortable to them.

2025 Snapshot

A year of wellbeing, creativity and practical community support

100+	people benefited from wellbeing activities and Creative Coffee Mornings
1,000+	people received food support through Ramadan and Eid ration distribution

Glasgow Wellbeing Fund

Narjis Foundation received support from the Glasgow Wellbeing Fund to continue its wellbeing programme and Creative Coffee Mornings, focused on mental health awareness and mental wellbeing.

The Glasgow Wellbeing Fund is a Glasgow-based fund for projects improving adult mental wellbeing. It is administered by Glasgow Council for the Voluntary Sector (GCVS) and is part of the Scottish Government's national Communities Mental Health and Wellbeing Fund.

Wellbeing Creative Coffee Mornings

Throughout 2025, we held regular Creative Coffee Mornings, approximately weekly. These gatherings created a relaxed, supportive environment in which participants could meet others, share experiences, develop new skills and take part in activities designed to support emotional wellbeing.

The programme was intentionally informal and community-focused. By combining creativity, conversation, practical activities and social connection, we aimed to make conversations about mental health feel more natural and less stigmatised.

Our 2025 Wellbeing Activities

Wellbeing Meal & Heal — A community gathering combining food, conversation and opportunities to reflect on wellbeing.

Wellbeing Chai & Chess — A social activity using conversation and a familiar game to encourage connection, relaxation and community participation.

Ramadan Kareem Creative Crafts — A culturally meaningful creative session celebrating Ramadan while bringing participants together.

Canvas Bag Painting — Creative expression through painting, providing a relaxing and enjoyable way to focus on the present moment.

Candle Decorating — A hands-on craft activity designed to encourage creativity, calm and social interaction.

Mug Painting — A simple, accessible creative activity that encouraged participants to express themselves and enjoy time together.

Therapeutic Gardening — An opportunity to connect with nature, participate in practical activity and support wellbeing.

Skincare & Henna Classes — Self-care and creative sessions that encouraged relaxation, confidence and social connection.

Wellbeing Walks & Mindful Discussions — Group walks combined with gentle discussion, reflection and opportunities to connect with others.

Wellbeing Walks with Affirmation Cards — Walking activities incorporating positive affirmations to encourage reflection and emotional wellbeing.

Wellbeing Journaling for Mental Health — Journaling activities encouraging participants to reflect on emotions, thoughts and personal wellbeing.

Wellbeing Book Reading Club — A shared reading space encouraging learning, discussion and reflection around wellbeing.

Creative Coffee Morning in Pictures

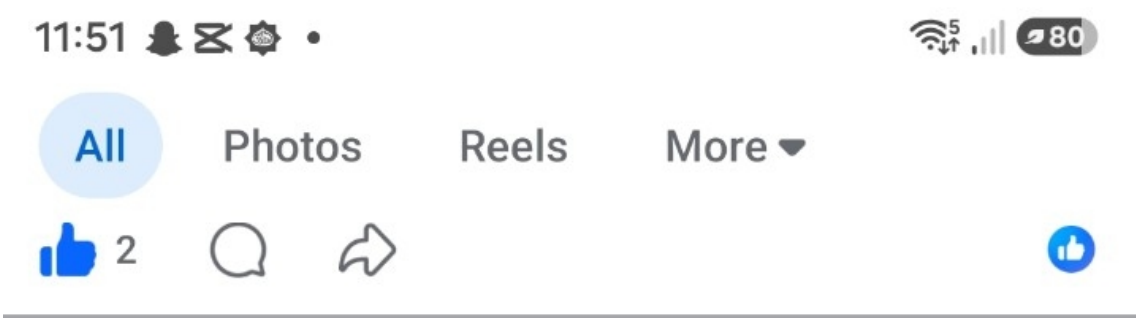


Participants taking part in Ramadan-themed creative activities.

The Creative Coffee Mornings provided a culturally familiar and welcoming environment where people could take part in activities together. The combination of creativity, conversation and shared experiences was central to the programme's approach to reducing isolation and encouraging positive conversations about mental health.

Impact & Voices from Our Community

The programme reached more than 100 people through wellbeing activities and Creative Coffee Mornings. Participants told us that the sessions helped them feel connected, supported and more confident in thinking about their emotional wellbeing.



Narjis Foundation UK

21 Mar 2025 · 🌐

Some lovely reviews received from our Mindful Moments programme participants. Thank y... more

Testimonial

★★★★★

I am very happy I joined the programme because I have learnt how to support my own emotional well-being. Thank you..

Maya

www.narjisfoundation.org

Testimonial

★★★★★

I like that through doing activities like herbal tea making or canvas bag printing we are actually helping our emotions without realising it. Because of this I have found a hobby that makes me feel good and happy.

Shameem

www.narjisfoundation.org

Testimonial

★★★★★

This is a great initiative that makes you feel part of a community. All the sessions have helped me so much with my anxiety and depression.

Zainab

www.narjisfoundation.org

Testimonial

★★★★★

I loved taking part in this programme, from tea filled shared therapy sessions to arts and crafts, it really helped take my mind of daily stresses and worries.

It feels good knowing that there is somewhere I can go where people can relate to my problems and we can share them with one another.

Radha

Testimonial

★★★★★

I learned so much through information sessions with counsellors and psychiatrists. I've always felt a bit up and down, but didn't realise I actually had a degree of fluctuating anxiety.

Thank you to the Narjis Foundation for opening up this subject and helping the community.

Selma

See insights and ads

Boost post

Participant testimonials shared through Narjis Foundation's 2025 Mindful Moments programme.

"I am very happy I joined the programme because I have learnt how to support my own emotional well-being."

— **Maya**

"This is a great initiative that makes you feel part of a community."

— **Zainab**

"It feels good knowing that there is somewhere I can go where people can relate to my problems."

— **Radha**

"Doing activities like herbal tea making or canvas bag painting helped my emotions without me realising it."

— **Shameem**

"I learnt so much through information sessions with counsellors and psychiatrists."

— **Selma**

Community Solidarity & Humanitarian Support

In 2025, Narjis Foundation's community spirit extended beyond our regular wellbeing activities. We responded to humanitarian need by supporting fundraising for people affected by flooding in Pakistan and by helping provide essential food support during Ramadan and Eid.

1,000+ people supported

More than 1,000 people received food packages containing approximately one month's essential food supplies, with some toiletries also included.

The Ramadan and Eid ration distribution focused on people experiencing poverty and hardship. This practical support was delivered alongside our wider commitment to compassion, community solidarity and volunteering.

Volunteering & Fundraising

Our volunteers also contributed to fundraising activities supporting cancer care and research. Their involvement reflected the Foundation's wider commitment to encouraging community participation and giving people opportunities to contribute to causes that matter to them.

Key Achievements in 2025

- Continued a regular programme of Creative Coffee Mornings with support from the Glasgow Wellbeing Fund.
- Engaged more than 100 people in wellbeing activities, creative sessions and opportunities for social connection.
- Delivered a diverse programme combining creative expression, mindful walking, journaling, reading, self-care and social activities.
- Created informal spaces where participants could discuss mental health and wellbeing and challenge stigma.
- Collected participant testimonials demonstrating the personal value of the programme.
- Supported humanitarian fundraising for people affected by flooding in Pakistan.
- Provided Ramadan and Eid food support to more than 1,000 people experiencing poverty and hardship.
- Engaged volunteers in fundraising for cancer care and research.

Looking Ahead

Building on the experience and relationships developed during 2025, Narjis Foundation will continue to focus on accessible, community-led approaches to mental health and wellbeing. We will seek to maintain opportunities for creativity, physical activity, reflection, social connection and open conversation, while continuing to respond to community needs as they emerge.

We will also continue to value participant feedback and lived experience as an important part of shaping future activities. Our aim is to create spaces in which people feel welcomed, respected and able to participate without stigma.

Conclusion

2025 was a year of continued community engagement, creativity and compassion for Narjis Foundation. Through our wellbeing programme, Creative Coffee Mornings, walking and reflective activities, community clubs, humanitarian support and volunteering, we brought people together and created practical opportunities for connection and wellbeing.

We thank our funders, volunteers, participants, supporters and community partners for helping us continue this work. Their contribution enables Narjis Foundation to remain rooted in the community and committed to improving mental health, wellbeing and social connection.

Thank you to everyone who made 2025 possible.