

DAUGHTERS OF EVE CONFERENCE

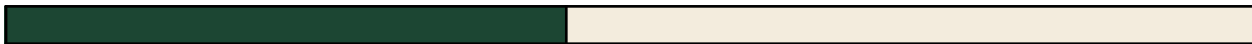
MENTAL HEALTH & WELLBEING: AN ISLAMIC PERSPECTIVE

FRIDAY 17 OCTOBER 2025

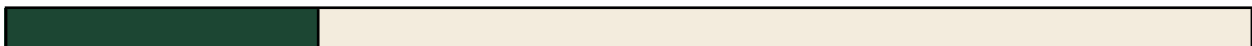


Ethnicity of Participants – 200 Attendees

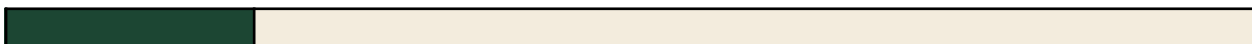
Pakistani 45%



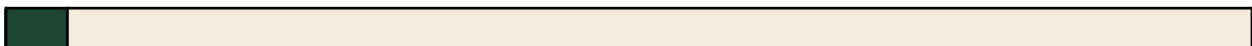
Indian 25%



White British 20%



Arab 5%



Afro Caribbean 3%



Eastern European 2%



Introduction

The Daughters of Eve Conference, founded by the Muslim Women's Council, has evolved into a powerful platform for Muslim women's leadership, expression and visibility across the UK. Since its inception in 2011, it has united voices from around the world and from within local communities to engage in meaningful dialogue about faith, identity, justice and healing.

The Daughters of Eve Conference 2025 took place at Heaton Mount in Bradford. This annual event brought together Muslim women leaders, scholars, professionals and community members for a day of reflection, learning and inspiration under the theme “Mental Health & Wellbeing: An Islamic Perspective.”

The conference explored how Islamic teachings and values can support emotional resilience, mental wellbeing and personal growth, particularly for women balancing multiple responsibilities across family, work and community life. With growing awareness of mental health issues across society, the event provided a much-needed faith-based space to discuss challenges, share lived experiences and celebrate the strength and contributions of Muslim women.

The Significance of Focusing on Muslim Women in Bradford

Bradford holds a unique place in Britain's social and cultural landscape. With one of the largest Muslim populations outside London, and a long history of migration, activism and industrial heritage, Bradford's Muslim women sit at the intersection of faith, race, class and gender in profoundly complex ways.

Why Did Daughters of Eve Start?

The Daughters of Eve conferences are designed to create a space where Muslim women can be seen, heard and celebrated on their own terms. These gatherings are born from a desire to centre the voices that too often exist at the margins, voices that carry stories of faith, resilience, struggle and joy. Through the conferences, the Council aims to dismantle stereotypes, nurture empowerment and honour the complexity of Muslim womanhood in all its forms.

Visibility. Muslim women have always been present, in homes and mosques, classrooms and workplaces, protests and creative spaces, yet rarely visible in mainstream narratives. The conferences restore that visibility, placing Muslim women as the authors and agents of their own experiences, with a platform to speak for themselves and be recognised as the vibrant and essential part of society that they are.

Breaking stigma. Too many conversations about Muslim women are framed by silence or shame, whether around mental health, cultural taboos, racism or gender expectations. Daughters of Eve offers a brave space where these barriers can be challenged, through open dialogue and storytelling that transforms vulnerability into strength.



Empowerment. Each story shared, each connection made, becomes an act of ownership and affirmation. Empowerment is not always loud or performative; it is often found in quiet resilience, everyday courage and the simple act of showing up as one's authentic self. Bringing women together in community sparks confidence and solidarity, inspiring others to recognise their own power and potential.

Faith and healing. Islam is not merely a background to these conversations, it is a living, guiding force that provides meaning, comfort and resilience. The gatherings honour the many ways faith sustains and uplifts Muslim women, celebrating faith as a deeply personal relationship with the Divine, one that anchors women through grief, growth and transformation.

Ultimately, Daughters of Eve conferences exist as spaces of reclamation, reflection and renewal: a reminder that Muslim women are defined not by the limitations imposed upon them, but by the power of their stories, the depth of their faith, and the strength of their collective voice.

Welcome & Opening Remarks

The conference began with welcoming remarks from the Muslim Women's Council team, highlighting the importance of addressing mental health from a holistic perspective, one that embraces both spiritual and emotional wellbeing. Attendees were encouraged to see mental health not as a taboo subject, but as a shared journey toward balance and self-awareness, deeply rooted in Islamic tradition.

The atmosphere at Heaton Mount was both serene and uplifting, as women from across the country gathered to connect, learn and support one another in an environment of mutual respect and faith.



Speaker Highlights

The lineup of speakers included distinguished professionals, academics and spiritual teachers, all sharing valuable perspectives on women's mental health and Islamic guidance for wellbeing.

Selina Ullah

Trust Chair, Derbyshire Healthcare NHS Foundation Trust. Selina emphasised the importance of representation and diversity in mental health services, highlighting the need for greater cultural competence within the healthcare system, so Muslim women and other minority communities can receive care that truly reflects their values and lived experiences.

Zara Mohammed

Former Secretary-General, Muslim Council of Britain. Zara spoke passionately about resilience and leadership, drawing from her experience as the youngest and first female Secretary-General of the MCB. She reflected on the internal and external challenges faced by Muslim women leaders, and how faith can act as a source of empowerment, grounding and purpose in professional and personal life.

Shahin Ashraf MBE

Head of Global Advocacy, Islamic Relief Worldwide. Shahin discussed the importance of compassion, empathy and community care in addressing mental health challenges, reminding attendees that the Prophet Muhammad, peace be upon him, was sent as a mercy to mankind, and that the Islamic model of care is deeply rooted in connection, empathy and service to others.

Mariam Ahmed

Amina MWRC (Muslim Women's Resource Centre, Scotland). Mariam addressed the stigma surrounding mental health within Muslim communities, sharing examples from her work supporting women in Scotland and advocating for open conversations around trauma, anxiety and depression. She emphasised that seeking help is not a sign of weakness, but a recognition of one's humanity and trust in Allah's mercy.



Fatima Rasool

Life Coach, Qur'anic Science of the Nafs. Fatima guided participants through the concept of the nafs (self) and the journey of self-purification as described in the Qur'an, explaining how understanding the self, its desires, struggles and potential, is key to achieving emotional balance and spiritual peace. Her session offered practical tools for self-reflection and personal growth through Qur'anic teachings.

Dr Hany El-Banna OBE

Co-Founder, Islamic Relief Worldwide. Dr Hany brought a heartfelt perspective, reflecting on the sacrifices and contributions of women in building families and communities. He shared a story about his wife's support during the early years of their marriage, reminding attendees that behind every successful initiative there are often women whose quiet strength and dedication make it possible.

Ustadha Nagebah Hayel

Dar al-Zahra UK. Ustadha Nagebah focused on spiritual nourishment and balance, speaking about maintaining a healthy spiritual routine through prayer, remembrance (dhikr) and acts of kindness, all of which bring calm to the heart and clarity to the mind. Her talk inspired attendees to reconnect with their spiritual practices as a means of healing.

Dr Shuruq Naguib

Lecturer in Islamic Studies, Lancaster University. Dr Naguib explored Islamic scholarship and mental wellbeing, drawing on classical sources to show how early Muslim thinkers understood emotional and psychological health, and highlighting how faith and intellect intertwine in the Islamic tradition to offer a balanced approach to wellbeing that values both mind and soul.



Panel Discussions & Audience Engagement

Throughout the day, attendees participated in lively discussions and Q&A sessions, sharing personal reflections, professional insights and community experiences. The panel sessions explored practical steps to:

- Build stronger networks of sisterhood and mutual support
- Promote mental health literacy within mosques and community organisations
- Encourage open conversations about wellbeing, particularly among younger women
- Strengthen collaboration between faith leaders and health professionals

Many attendees expressed that the conference helped them feel seen, understood and spiritually recharged.



Key Themes & Takeaways

Faith as a source of healing. Islam provides deep guidance on emotional balance, patience and gratitude, all vital elements of mental health.

Empowering women in all roles. Speakers repeatedly emphasised that women are at the heart of society, as mothers, professionals, leaders and caregivers, and that their mental wellbeing is foundational to strong families and communities.

Breaking stigma. Open dialogue about mental health in faith spaces helps dismantle stigma and encourages women to seek help when needed.

The power of community. A recurring theme was the importance of building compassionate, inclusive communities that support emotional and spiritual wellbeing.

Integration of faith and practice. The conference underscored the need for mental health services that respect and incorporate Islamic values.

Atmosphere & Networking

Beyond the talks, the event provided an invaluable opportunity for networking and community building. Attendees connected over shared experiences, exchanged resources and discussed future collaborations. The venue, Heaton Mount, offered a tranquil and reflective setting, surrounded by nature, providing the perfect atmosphere for deep conversations, prayer and sisterhood. Lunch and refreshment breaks allowed participants to continue discussions informally, fostering a sense of unity and collective purpose.

Feedback on Speakers

Overall, feedback from participants was overwhelmingly positive. The diverse backgrounds of the speakers, spanning academia, healthcare, humanitarian work, leadership and spiritual education, created a balanced and holistic exploration of mental health and wellbeing from an Islamic perspective. Attendees commented that the sessions were:

- Inspirational: encouraging self-reflection and renewed faith
- Educational: offering practical and spiritual tools for wellbeing
- Empathetic: creating a safe and supportive environment for open dialogue
- Empowering: celebrating women's roles and resilience in all aspects of life

The speakers collectively succeeded in creating an atmosphere of learning, compassion and sisterhood. Their contributions not only informed but also uplifted the hearts of all who attended.

Highlights & Attendee Reflections

- All speakers were experts in their spoken topics.
- All of the speakers were inspirational. Many attendees said they loved Ustadha Nagebah's talk the most, in which she spoke about going back to basics and to nature.
- Ustadha Nagebah's speech made a profound impact on several attendees, who described her sharing of Islamic tradition and history as sweet, beautiful and influential.
- This was described as a much-needed event, with attendees looking forward to the next one.
- Several long-standing attendees said every Daughters of Eve conference has been impactful and deeply relevant, and that they find them incredibly valuable.
- Attendees praised Bana and Dr Shuruq Naguib for a fantastic opening to the conference, and described the day overall as well organised, relaxing and thoughtful.
- The conference was described as very well planned, with professional organisation across every aspect of the day.

Report created by the Muslim Women's Council Team
Daughters of Eve Conference 2025

