

5<sup>th</sup> January 2022

## Media Statement

### Trustee, Dr. Iram Sattar Awarded MBE in 2022 New Year's Honours

The Muslim Women's Network UK (MWNUK) is pleased to announce that trustee, [Dr. Iram Sattar](#), has received recognition in the New Year's Honours list. She has been awarded an MBE for Services to Health and Wellbeing of Vulnerable People. Her influence and voluntary work have helped to improve the quality of life of some of the most disadvantaged and poorest in society.

She has been a doctor for over 20 years with the NHS and whilst caring for patients has continued in her trustee roles at two highly respected charities serving some of the most vulnerable people in society. For more than 10 years, she has served on the boards of [The Passage](#) (services for the Homeless) and the [Muslim Women's Network UK](#), which provides services for Muslim women suffering multiple disadvantage. She has been a safeguarding champion at these charities.

Through her GP surgeries and charitable work, Dr. Sattar recognises that health disparities between minority ethnic groups have been exacerbated by their mistrust of public services. To address deep mental health inequalities that exist for ethnic minority patients, she has worked on effective engagement routes to reach minority communities particularly women. This has led to her developing and delivering tailored mental health workshops to Ahmadiyya, Shia, Somali, Eritrean and Pakistani communities in London. She has used her workshops to research, challenge attitudes and increase uptake of mental health services. More recently, to address a lower uptake of the Covid vaccine, she recorded videos in English and Urdu to challenge misinformation, which she promoted through community networks.

Dr Iram Sattar said: *"There are so many individuals who go above and beyond to help others, so I am very lucky, humbled and blessed to be recognised in this way. And I'm pleased for my parents who have always supported me and shaped me into the person that I am. I always say that 'I get more than I give' doing charitable work - there's a satisfaction that is unrivalled and you're surrounded by wonderful like-minded people without whom I could not have achieved what I have i.e. my colleagues at Muslim Women's Network UK, The Passage and Nisa Global Foundation - so it really is a team effort. I hope this award will add weight to the work I already do and very much plan to do for those who don't have a voice or are not heard. Therefore, I am especially pleased that the award is "For services to Health and Wellbeing of Vulnerable People" as that truly sums up my ethos."*

Dr. Sattar, is not just helping the most disadvantaged in the UK, she recently co-founded [Nisa Global Foundation](#) to address the needs of women and girls in developing countries.

## Ends

- 1) For further media comments, contact Dr. Iram Sattar via [contact@mwnuk.co.uk](mailto:contact@mwnuk.co.uk)
- 2) Further information about Muslim Women, Network UK which is a national charity based in Birmingham to advance equality and social justice for women and girls can be found on its website: <https://www.mwnuk.co.uk>
- 3) The charity also operates an online member platform to share content, Muslim Women's Network Hub, <https://www.mwnhub.com>