

My name is Tarze and I have been working in the health sector for over 10 years. My work involves promoting safe sex and healthy relationships in schools, colleges and to support other vulnerable groups in the city. I have always been fortunate enough to have worked with women's groups to help them prioritize their mental and emotional health in this modern environment.

I have worked with grassroots organisations for the past 20+ years as I really love the development and the growth of purpose-led organisations. This is one of the reasons I joined Nottingham Central Women's Aid Board of trustees and have been with the organisation for approximately 4 years.



There are so many courageous women who inspire me from all over the world - both past and present. At a time of global injustice, where people are unified in voicing the need for basic human rights, respect, freedom and to be treated equitably, Harriet Tubman stands out for me. Although she was a woman born into slavery, to her, freedom felt empty unless she could free her family and friends too. ***“I was the conductor of the Underground Railroad for eight years, and I can say what most conductors can’t say — I never ran my train off the track and I never lost a passenger.” Harriet Tubman.***

Her magnanimous act helped 100,000 people to freedom. She is an inspiration of transformation, divine confidence and resilience. All exemplified through the highest act of love.