



MUSLIM WOMEN'S FOOTBALL FAQ SHEET.

WHAT CLOTHES CAN I WEAR?

You don't have to wear sporty clothes; you can wear clothes that you feel most comfortable in. Our sessions allow you to continue to dress modestly!

We also provide FREE Nike Pro Hijabs for all participants who attend regularly.

WHAT'S THE ENVIRONMENT LIKE?

We have created a secluded, female only environment with all sessions being led by female members of staff. It's an opportunity to join an inclusive group of ladies, with all abilities welcome.

DO I HAVE TO MAKE A COMMITMENT?

You will not be tied down to this programme. We have created this session to provide a service to the Muslim Women in Milton Keynes where you have the free will to make the decision yourself on whether to attend or not. This session will always be open to you, whether you would like to come every week or turn up and play whenever you can.

DO I HAVE TO REGULARLY ATTEND A MOSQUE TO ATTEND THESE SESSIONS?

No, these sessions do not require you to attend a mosque. If you meet the requirements for this programme (Female Muslim 16+) then you are more than welcome to attend.

DO I HAVE TO BE AN ACTIVELY PRACTICING MUSLIM TO ATTEND?

No, these sessions are for ALL female Muslims in the community. Whether you are praying 5 times a day or not praying at all, if you consider yourself to be a Muslim female then this session is for you.

For any other questions please email ellie.reid@mkdonsset.com