

THE MAYA CENTRE

England & Wales · Charity number 1012889

Details

Other names ISLINGTON WOMEN'S COUNSELLING CENTRE

Status Registered

Legal form Charitable company

Company number [02701313](#)

Registered 1992-07-24

Register [View on the Charity Commission register](#)

Contact

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Unit 8
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Activities

Objects: (1)TO PROVIDE RELIEF FOR WOMEN WHO ARE SUFFERING FROM MENTAL HEALTH PROBLEMS BY MEANS OF THERAPEUTIC SERVICES (11)TO EDUCATE THE GENERAL PUBLIC ON THE SUBJECT OF MENTAL HEALTH

Activities: To provide relief for women who are suffering from mental health problems by means of therapeutic services. To educate the general public on the subject of mental health.

Classification

- **How:** Provides Services
- **What:** The Advancement Of Health Or Saving Of Lives
- **Who:** Other Defined Groups

Geography

- **Area of benefit:** ISLINGTON
- Islington

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£708,024	£673,696	£382,427	9
2024-03-31	£591,335	£582,554	£348,099	10
2023-03-31	£633,521	£507,119	£339,318	5
2022-03-31	£415,753	£410,556	-	-
2021-03-31	£410,318	£346,191	-	-

Trustees

Name	Role	Appointed
Meera Nair	Chair	2022-11-28
Ayan Man		2019-11-25
Gabriele Ruth Duesberg		2023-11-28
Karen Greenidge-Hutchinson		2023-11-28
Liberty Pattison		2023-11-28
Marina Djomina		2026-03-31
Rumina Taylor		2023-11-28
Tabia Farhin Salam		2023-11-28
Valentine Del Giudice		2026-03-31

THE MAYA CENTRE

England & Wales - Charity number 1012889

Accounts

Company Registration No. 02701313 (England and Wales)
Registered charity number: 1012889

The Maya Centre

(A company limited by guarantee)

**Unaudited trustees' report
and financial statements**

For the year ended 31 March 2025

bacp | **Accredited
Service**

The Maya Centre

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The Maya Centre

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Report of the trustees

For the year ended 31 March 2025

The trustees who are also directors of the charity for the purposes of the Companies Act, present their report and the financial statements for the year ended 31 March 2025 which are also prepared to meet the requirements for a directors' report and accounts for Companies Act purposes.

The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (second edition - October 2019) - (Charity SORP (FRS 102) Revised).

Vision

Our vision is a world where all women can prioritise their mental health and wellbeing, equality and dignity, safe from abuse, exclusion or discrimination of any kind.

Mission

Our mission is to build a safe and inclusive women-for-women community in which minoritised women on low incomes can access a range of free trauma-informed services and support to recover from depression, trauma and Violence Against Women and Girls (VAWG), with a focus on building trust, resilience and voice. We prioritise intercultural and intersectional approaches via tailored and targeted support in community languages and for specific and minoritised groups.

Aims & Objectives

In setting objectives, the trustees have given due consideration to general guidance published by the Charity Commission relating to public benefit, and to the objects of the charity which are:

1. To provide relief for women who are suffering from mental health problems by means of therapeutic services;
2. To educate the general public on the subject of mental health.

Activities

To achieve these objectives, the charity works with the general aim of improving the mental health of deprived and minoritised women. This is done by providing:

- Free individual counselling
- Group therapy and psychoeducation programs
- Community based wellbeing activities
- Enabling service users' voice and agency through advocacy.

Main activities undertaken to further the charity's purposes for the public benefit

The Trustees are aware that section 17 of the Charities Act 2011 requires charities to demonstrate that their work is of direct benefit to the public. When planning the Maya Centre's activities each year, the Trustees take due regard of the Charity Commission's general guidance on public benefit.

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Report of the trustees (continued)

For the year ended 31 March 2025

ACHIEVEMENTS AND PERFORMANCE

Review of activities

All our activities are in line with our vision and mission.

Overview of the year 2024-2025 :

In 2024–25, the Maya Centre marked its 40th Anniversary, adding another year of free, trauma-informed counselling and holistic support for women on low incomes and from minoritised backgrounds in Islington and across North London. This milestone gave us the chance to celebrate our long history while focusing on how we continue to respond to the needs of women today.

Our one-to-one counselling service remains the heart of our work. Rooted in psychodynamic practice and adapted for women facing multiple and complex barriers, it continues to offer a safe and consistent space for healing.

During the year, we received 362 new referrals, of those 295 women referred for one-to-one counselling and 67 women referred for therapeutic groups, including creative groups (Art and Drama), and thematic psychoeducation programs. At the end of the year 258 women completed their therapy courses, 45 women attended holistic body and mind therapies, and 60 women attended therapeutic groups.

The Women's Hub project, which reached the end of its three-year funding cycle in March 2025, supported 601 women in its final year. The Hub provided a wide range of community-based wellbeing activities including peer-support groups, wellbeing workshops, open days, Saturday sessions, and creative workshops. It was especially valued during a period of increasing cost-of-living pressures, when many women described the Hub as a safe and welcoming place to connect with others.

To reduce barriers to service users, we provided travel costs for women to attend our spaces, provided hygiene and personal care products, and small cash grants for women and their families to join wellbeing and skills-building activities.

The Maya Centre's work is strengthened by co-production and partnerships building.

During the period, we delivered weekly art therapy and psychoeducation groups for asylum-seeking and refugee women with MamaSuze at Highbury Roundhouse and offered art therapy groups from our own centre.

Our new partnership with Islington Mind, through the Pathway to Mental Health Recovery programme (funded by Islington Council), enabled us to deliver a weekly women-only day at Despard Road Centre. This safe and welcoming space offers one-to-one support, wellbeing and creative groups (e.g. art and drama), and communal lunches. Each session supports 20–30 women and the programme will run for four years.

Our Accept Consortium, led by Nafsiyat Intercultural Therapy Centre continued to support hundreds of Islington women referred by their GPs.

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Report of the trustees (continued)

For the year ended 31 March 2025

ACHIEVEMENTS AND PERFORMANCE (continued)

Early in 2025, we began exploring new partnerships with ICAP, Nafsiyat, Highbury Counselling Service and a number of specialist Domestic Abuse led by and for Women organisations across London, to increase access to services and champion collaborative working amongst women's mental health and domestic abuse services across London.

We continued to contribute to the Islington Domestic Abuse Partnership Programme, led by Cripplegate Foundation, Islington VAWG Strategy board led by Islington's Community safety commissioners, Suicide Prevention partnership, and Challenging Inequalities subgroup led by Islington Health Watch, where we share our expertise in trauma-informed mental health support for survivors of VAWG.

The Women's Hub team builds wider community-based partnerships through co-production of community engagement activities, building links with over 50 local community organisations and groups. These included the Eritrean community in Islington, London Metropolitan University, the Red Cross Women's Support Group, Cubitt Artist Space, Health Watch, and local councillors. These connections not only increased women's access to services but also helped ensure that women's voices informed local decision-making and policy.

Community events remained an important part of our work. In 2024, we hosted a Black History Month celebration and a Women's Forum, and we brought together over 150 local women, leaders and community members at Islington Assembly Hall for International Women's Day 2025.

Internally, this was a year of both growth and transition. We celebrated our 40th Anniversary, strengthened our staff teams and enhanced staff wellbeing practices. Meanwhile, the end of funding for our Women's Hub project by March 2025 meant a number of staff redundancies and reduced capacity for our community-based wellbeing work. We worked hard over six months to ensure that we managed the impact of this change, offered reasonable redundancy packages, including training opportunities and support with CVs and alternative employment searches.

Our services were enabled through the generosity and trust of funders and donors. The Mayor's Office for Policing and Crime (MOPAC), The Accept Consortium (NCL CCG), The Embassy of Ireland's Emigrant Support Programme, The City Bridge Foundation, National Lottery Awards for All, Richard Cloudesley Foundation.

Our Holistic Body and Mind therapies were enabled through match funding from MOPAC and individual donation from our longstanding supporter and donor Margaret Bluman.

The Big Lottery Reaching Communities Fund supported the wider community-based wellbeing programs through Women's Hub project.

Service users' accessibility and cost of living support made possible through Islington Giving – Family Catalyst.

Our running costs and admin and management capacities were enabled through several foundations and trusts and corporate donations: Cripplegate Foundation, Henry Smith Charity, Islington VCS Partnership Fund, Blue Thread Foundation and Considered Ask Foundation, TOMS, Macquarie & Co. and Bupa.

In addition, monthly Individual donors played an important role in keeping our services running, filling gaps in project funding and enabling us to respond to the emerging needs.

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Report of the trustees (continued)

For the year ended 31 March 2025

ACHIEVEMENTS AND PERFORMANCE (continued)

These diverse sources of organisational annual income have enabled us to continue reaching women experiencing poverty, violence, isolation, and inequality, while also strengthening our partnerships and structures much needed for the future.

The year 2024–25 was a time of celebration and of change. Looking back, we are proud to have added another year to our 40-year legacy, providing safe and healing spaces to thousands of women enabling them to heal, recover and build resilience. As we move forward, the Maya Centre will continue to stand alongside women, offering care, connection and hope.

1 - Individual Counselling

Our core offer of specialist individual and group counselling continues to flourish, delivered by a team of 21 trained and experienced counsellors, all registered or accredited by the BACP. Therapists are supported by 5 clinical supervisors, alongside the Clinical Director and clinical admin staff.

The Maya Centre has external accreditation from the British Association of Counselling and Psychotherapy (BACP) for our counselling service, assuring clients, commissioners, and funders of our professionalism.

During the reporting period, counselling sessions ranged from 10 to 24 weeks depending on presenting issues and recommended treatment. Services were provided Monday – Friday between 9:30 am – 5:30 pm, with late opening on Tuesday until 8 pm to maximise accessibility for women.

The service is provided through a number of specialist and targeted projects, each addressing the unique needs of specific groups of women from diverse backgrounds and experiences.

Our 1:1 Art Therapy specifically targets migrant, refugee, and asylum-seeking women.

Our dedicated Irish women's Counselling Service provides culturally sensitive therapy to Irish-born or Irish descent women and girls in the whole London. The service is delivered by a dedicated team of practitioners who understand the distinctive challenges faced by women of Irish descent.

Tailored interventions are also available for Black women and for the wider BAMER (Black, Asian, Minority Ethnic and Refugee) communities, ensuring language accessibility and cultural relevance throughout the therapeutic process.

In addition, the Centre offers holistic mental health support for survivors of Violence Against Women and Girls (VAWG) and sexual abuse, recognising the complexity and lasting impact of trauma, and providing long-term support designed to foster healing and empowerment in a safe, supportive environment in 13 languages.

Counselling Service Outputs in the reporting period:

- Our referrals lines received 295 new referrals for one-to-one counselling.
- Therapists carried out 258 full assessments, while 42 arranged assessments were not attended by service users.
- 225 women engaged in one-to-one counselling.
- 238 women completed their one-to-one counselling and 45 women moved on to start Holistic Mind and Body therapies.

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Report of the trustees (continued)

For the year ended 31 March 2025

ACHIEVEMENTS AND PERFORMANCE (continued)

The figures on the previous page represent women referred, assessed, and in service during the reporting period, but do not account for those already receiving support at the period's start or those remaining in service at year-end. Numbers shift weekly as new referrals join, waiting lists fluctuate, screenings and allocations occur, and therapy starts or concludes. On average, 180 women are in service at any stage each week.

Monitoring data for 295 women in our CoreNet database indicates that self-referrals comprised 45% of the total, and 55% came through professionals and agencies, with significant referrals from iCope, GPs, Solace Women's Aid, Mind, Advance, Nia, Age UK, and Help at Your Doorstep.

58% of the women accessed face-to-face sessions; 18% received counselling by telephone; 24% attended online. Of the total participants, about 20% engaged with a mix of these formats.

2- Holistic Mind and Body Therapies (Complementary therapies)

The Maya Centre offers six sessions of either Reiki, Reflexology or Holistic Massage to women who have completed their individual counselling and have requested a mind-body treatment. During the period April 2024-March 2025, 45 women received treatments from three specialist therapists. These therapies often enhance emotional, physical, and mental wellbeing of women, contributing to their journey of healing and recovery, by resetting the parasympathetic system, providing a sense of safety and relief.

Another year of complex intense traumatic issues:

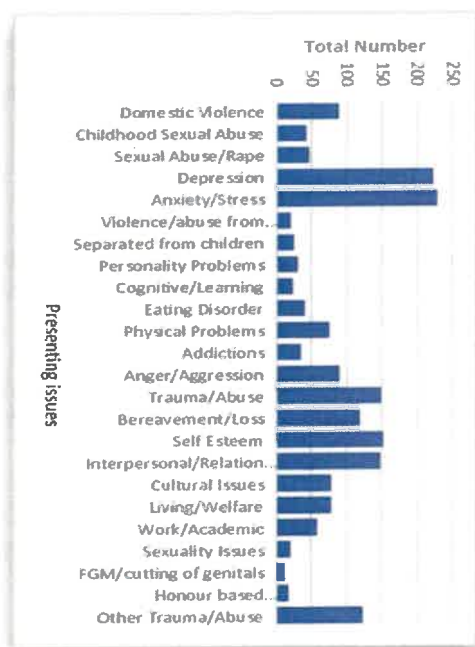


Chart 1

A significant 1,929 issues were disclosed by the 258 women assessed for counselling. (Chart 1) illustrates the complexity of challenges at the start of each woman's healing journey.

The data represents a ratio of 7.5 issues per woman—an indicator of complexity and the range of challenges each may face. Severe impacts on mental health are reflected in high rates of anxiety (89%) and depression (87%). Notably, 58% reported trauma due to abuse; 34% experienced domestic abuse; 34% reported sexual abuse or rape (including childhood sexual abuse); and 12% reported honour-based abuse. Overall, reporting on VAWG issues rises to 85% as trust builds during therapy and women begin to recognise and disclose abuse.

Other significant challenges include loss and bereavement (46%), cultural issues (31%), poverty and welfare issues (30%), and physical health challenges (29%).

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Report of the trustees (continued)
For the year ended 31 March 2025

ACHIEVEMENTS AND PERFORMANCE (continued)

Demographics of service users :

(Chart 2) shows that 77% of our service users are from global majority, migrant, or refugee backgrounds; 19% are White British; and 4% did not disclose ethnicity.

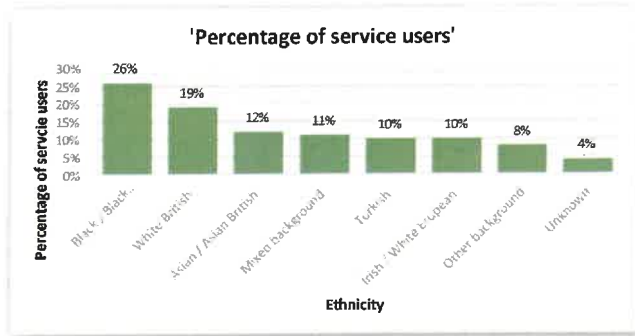


Chart 2

Charts 3 and 4 represent the breakdown of service users by age groups and residency:

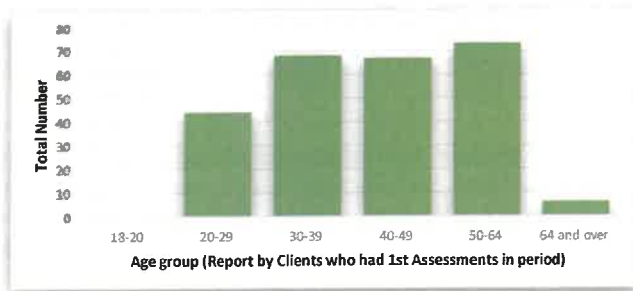


Chart 3

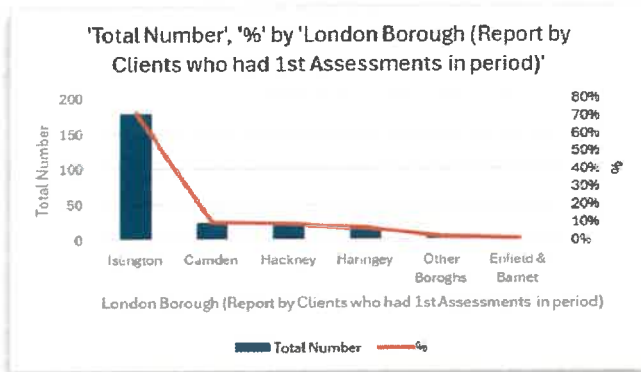


Chart 4

The Maya Centre

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Report of the trustees (continued)

For the year ended 31 March 2025

ACHIEVEMENTS AND PERFORMANCE (continued)

3 - Group Counselling & Psychoeducation groups

In the past few years, group therapy and psychoeducation programs have grown to become a core part of The Maya Centre's services, supporting between 50-100 women each year, depending on resources. With the appointment of a Therapeutic Group Coordinator in 2024, these services have expanded significantly and are increasingly popular, with a waiting list now in place.

In this reporting period, our specialist therapists have applied creative approaches to group work, including Art and Drama therapy groups, which offered women new and expressive ways to process their experiences. The groups provide a dynamic space for peer connection, shared healing space, reducing isolation, and strengthening resilience. All our group programs were enabled through Black Women Project, funded by Cloudesley and Awards for All, our Art Therapy groups were enabled through MOPAC Grass Root Fund Round 2.

The Black Women's Project (BWP): Black women in Islington engage in a range of culturally responsive and trauma-informed therapeutic groups. These groups have contributed significantly to the emotional wellbeing, resilience, and empowerment of Black women in our community, many of whom face multiple layers of marginalisation and trauma.

Drama therapy: Drama therapy in the Creative Courage group offers a culturally affirming and trauma-informed space for Black and Black Mixed Heritage women to heal, rediscover themselves, and reclaim their power. Rooted in African-centred and liberation-focused frameworks, it uses expressive arts—such as storytelling, role play, ritual, and movement—to explore identity, ancestral memory, and collective healing. The group fosters emotional resilience, self-love, and solidarity, while encouraging women to confront internalised oppression and reimagine themselves as whole and empowered. Sessions are guided with cultural humility and creativity, honouring each woman's lived experience and spiritual wisdom.

Creative Art Groups: Art therapy is a therapeutic practice that uses creative expression—such as painting, drawing, and other visual arts—as a way to explore emotions, process trauma, and promote psychological healing. It is especially effective for individuals who may find it difficult to express themselves verbally. Targeting a community of refugee and asylum seeking women in partnership with MamaSuze community, The Maya Centre directly supported 24 women through Art therapy groups during the reporting period.

The psychoeducation workshops: responds to emerging needs, they are thematic programs designed to address the intersectional issues affecting women's wellbeing, such as loss and bereavement, migration, cultural identity, inequalities, and racism. These programmes empower participants with knowledge about systemic issues, solidarity and collective voice and coping strategies, enabling them to take positive steps towards recovery and long-term mental health.

All groups are facilitated by BACP-accredited group therapists who specialise in trauma-informed practices, enabling creativity and in-depth discussions to help women process emotions related to trauma.

During 2024-25, 67 women directly registered for groups at The Maya Centre, by the end of the year 60 women took part in seven group programmes across the year, together attending 73 weekly sessions. Of those 17 women attended Art therapy group. In addition, The Maya Centre also provided external Psychoeducation programs for our partner MamaSuze for 30 refugee and asylum-seeking women at their Community space.

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Report of the trustees (continued)

For the year ended 31 March 2025

ACHIEVEMENTS AND PERFORMANCE (continued)

(Table 1) shows all the seven groups and their themes:

Activity / Program	Method/ theme	Number of weekly sessions
Group Therapy	Specialist - Somali Women	14
Group Therapy	Art-therapy	12
Group therapy	Drama therapy	15
Psychoeducation	Self-Trust	6
Psychoeducation	Support with Depression	8
Psychoeducation	Life, Changes, and Transforming Through Grief	6
Psychoeducation	Moving Forward	6

Outcomes and benefits of Counselling, Groups and psychoeducation services

The Maya Centre has a strong commitment to evaluating the work that we do to provide a high quality, continuously improving service. Across all of our services, we work to 4 main organisational outcomes:

- **Recovery:** reduced impact of trauma, greater ability to enjoy life and plan for the future.
- **Resilience:** reduced isolation; increased sense of wellbeing and self-esteem.
- **Prevention:** reduced risk to self and likelihood of abusive relationships.
- **Wider community:** improved personal relationships, social and support networks

Effectiveness of Counselling Service

For our core individual and group counselling, we continue to use the nationally recognised Clinical Outcomes in Routine Evaluation via our online system, CoreNet. This system enables us to evaluate the therapeutic outcomes of our service and to use that learning to develop and deliver the best possible services to clients. It also allows for accurate reporting to funders, and for comparison with many NHS and third sector psychological counselling services.

Counselling clients are given CORE questionnaires to complete at different stages: pre-counselling, mid-counselling and at the end of their counselling, scores are taken from the questions answered and are calculated within four areas; emotional wellbeing, problems, functioning and risk to self and others. Counsellors also complete a CORE Therapy assessment form as part of the assessment process and a CORE End of therapy assessment form.

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Report of the trustees (continued)

For the year ended 31 March 2025

ACHIEVEMENTS AND PERFORMANCE (continued)

Based on a sample of 244 Benefit of Therapy Questionnaires on CORE, from women who completed their individual counselling between April 2024 to March 2025, we see the following:

- 97% improved exploration of their feeling and problems
- 96% Improved expression of feeling and problems
- 95% improved healthy relationships
- 94% have improved personal insights and understanding.
- 90% said they have improved subjective wellbeing
- 88% have improved symptoms of wellbeing
- 87% said they have improved ability of control, planning, and decision making
- 87% improved day to day functioning
- 84% improved coping strategies and techniques
- 81% said they have improved access to practical help

This excludes 'not addressed or no data' entries and simply focuses on 'improved' or 'not improved' in each area of measurement.



Testimonies from service users who took part in one to one complementary therapies & workshops:

"I really enjoyed today's session. It felt good to let someone hold my hand. I felt relaxed and safe."

"I feel stressed all the time and I get pains in my body, but today I learnt how to relax myself, how to hold my own hand."

"I like this as I can use these skills on my baby to help him relax."

"I had an incredible experience doing the holistic massage sessions. {the therapist} is very professional, mindful and respectful with what she does, and I really appreciated that! Thanks again. I have learned so much throughout the sessions about my body and how it's connected to the mind also – which is fantastic!"

"Thank you for a wonderful session. I appreciate the dedication you bring to your work and your generosity in helping me and many others."

"It was a powerful learning we did together. I will try and remember to use it often. Very appreciated, especially when difficult feelings surface- and they often do!"

"My last reflexology session, has left me in a complete state of ecstasy. The treatment has been magical and transformational and as my practitioner, used to say: it has helped me "shift".

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Report of the trustees (continued)

For the year ended 31 March 2025

ACHIEVEMENTS AND PERFORMANCE (continued)

Impact of Therapy Groups and Psychoeducational

The Warwick-Edinburgh Mental WellBeing Scale (WEMWBS) was used to measure individual changes resulting from participation in the Workshops. This included learning from the content, shared lived experiences, and the benefits of fellowship and cultural community within the Group.

The results of 43 feedback forms using this measurement for group participants indicated an 80% positive increase in wellbeing among the women. Indicators of improvement included participants reporting better problem-solving, feeling optimistic about the future, feeling useful, thinking clearly, feeling good about themselves, and feeling close to others. The groups have effectively improved participant's mental health, daily functioning, and coping skills while addressing cultural and gender expectations.

The quantitative data are more powerful indicators of how our groups are transforming and changing women's lives.

Over the past year, our trauma-informed and culturally tailored interventions have led to notable improvements in several areas:

- **Emotional Wellbeing:** Somali women participating in online therapy reported reduced isolation and increased emotional support, benefiting from therapy in their native language. Drama Therapy offered a creative outlet for trauma processing, enhancing self-expression and resilience. Individual counselling provided tailored support for complex personal and mental health challenges
- **Awareness and Knowledge:** The Self-Trust psychoeducation group deepened participants' understanding of emotional patterns, boundaries, and self-worth. The Life, Change and Transformation Through Grief group helped women view grief as a transformative process, equipping them with tools to manage loss. Across all sessions, participants gained valuable insights into mental health and culturally relevant coping strategies.
- **Social Justice and Empowerment:** Many women reported a renewed sense of agency, recognising systemic barriers and their impact on mental health. Group discussions explored identity, belonging, and justice, fostering solidarity and collective healing. These safe spaces enabled free expression and validation—acts of social justice in themselves.
- **Community Connection:** Group formats promoted peer support and reduced isolation. Hosting sessions in accessible venues such as like St. Mary's Church strengthened ties between therapeutic services and the local community. Successful match funding increased accessibility for clients.



Testimonies from Psychoeducation group:

"Made me have a better understanding of myself"

"I have learned to put myself first and to love myself"

"I learned to manage difficult feelings better"

"I feel much better because I learned about so many tools to work on myself"

"It has given me a new perspective of self, absolutely excellent"

"The group was very helpful, as I have put the skills into practice in other situations ensuring that my needs are met"

"I have learned that I have the power to change myself"

"Meeting new people who are going through similar situation was very supporting to me. Counsellors were absolutely lovely, understanding and very welcoming, Thank You!"

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Report of the trustees (continued) For the year ended 31 March 2025

ACHIEVEMENTS AND PERFORMANCE (continued)



Testimonies from service users who attended our Art Therapy Groups

"I hope that we can continue as I really want to explore me with this special group."

"It is very beneficial and therapeutic to be part of and witness other women's stories. Share and bounce off ideas about each other's painting."

"Positive. a great space each week"

4 - Community based Projects

Women's Hub Project:

Over the past three years, the Hub has evolved into a vital resource for hundreds of women and girls facing marginalisation, financial hardship, and systemic barriers. During its final year, the Hub expanded its reach, engaging more women than ever before. Understanding the challenges many women face—especially asylum seekers, refugees, and single mothers—due to the rising cost of living and limited personal time, the team focused on creating joyful, supportive spaces. They have introduced innovative workshops, strengthened community partnerships, and created new ways of engaging women in a variety of wellbeing workshops, peer support groups and community-based events. They reached out to 751 women, of whom 601 became beneficiaries. They expanded into new communities, piloted innovative workshops, and provided critical support during a time of economic and social uncertainty.

Women Hub Activities/ outputs:

- The team has delivered 20 co-designed wellbeing workshops, each between 4-10 weekly sessions: focusing on sustainable, soft-skill development., such as Jewellery Making, Cooking classes, Drama Therapy and head massages.
- The team organised 24 peer support group sessions and listening exercises, including specialist groups for Somali women, young women, women with neurodiversity and women with diabetes. The Neurodiversity peer support group was the first of its kind in the whole North London and all sessions were promoted by the NHS as the only peer support group in the borough.
- The team organised 11 open days over the 12 months, engaging women and their children in activities such as picnics, visit to the Zoo and wellbeing Saturdays, while also promoting activities and groups to participants and creating welcoming spaces for a diverse range of participants.
- Community navigators delivered tailored one-on-one support to 15 women highlighting the growing demand for advocacy services.

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Report of the trustees (continued)
For the year ended 31 March 2025

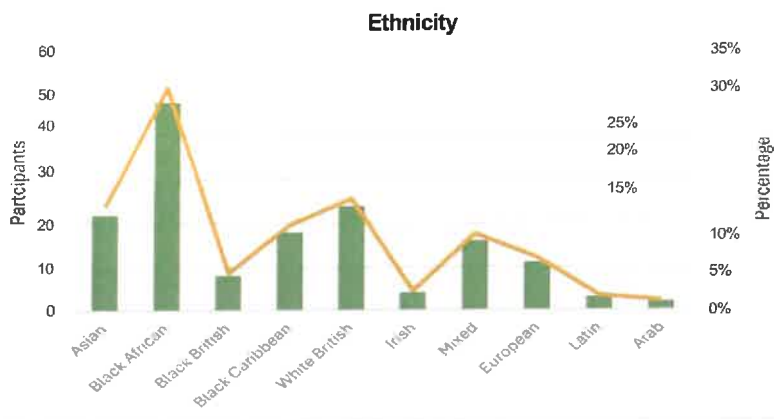
ACHIEVEMENTS AND PERFORMANCE (continued)

Please see table below for a list of Community based wellbeing activities:

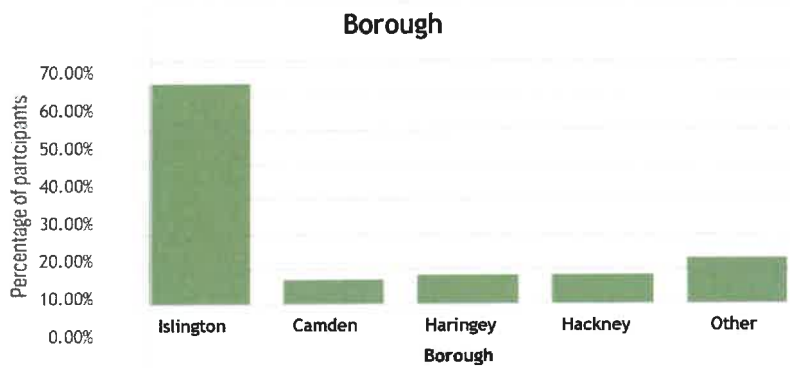
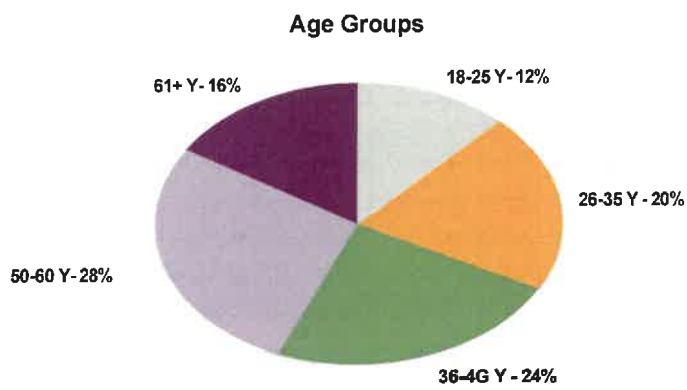
Activity name	Number of Sessions	Number of People registered	Number of people attended	Type of activity
African Yoga	6	8	5	Workshop
Art in the Park	1	8	7	Open day
Black History Month Event	1	54	47	Open day
Boat Trip	2	20	19	Open day
Cooking on a Budget P.1	6	12	4	Workshop
Cooking on a Budget P.2	6	6	5	Workshop
Discovering You	7	12	5	Workshop
Drama in Mind	4	7	2	Workshop
Drama Workshop	4	12	4	Workshop
Employment	4	23	6	Workshop
Family Fun Day in the Park	1	47	30	Open day
Fitness and Fun	3	2	1	Workshop
Games in Islington Refugee Council	1	25	25	Taster session
Hair Talk	1	20	17	Wellbeing Sat
Indian Head Massage	3	19	16	Workshop
Indian Head Massage 6/1 - 20/1	4	6	6	Workshop
International Women's Day 2025	1	124	124	Open Day
It Is Giving Social	1	8	8	Wellbeing Sat
Jewelry making -- Refugee women at Red Cross	4	18	14	Workshop
JWL in LGBTQ	1	8	8	Taster session
Mind Islington Women Group	1	20	13	Taster session
Moon Breath Work 23/1 - 13/2	3	7	7	Workshop
Navigating Your 20s	8	10	7	Peer support group
Neuro Diversity	6	30	19	Peer support group
Reflexology 16/1-30/1	3	10	8	Workshop
Somali Support Group	7	36	20	Peer support group
Talitha	3	23	12	Workshop
Jewel Making	1	3	3	Taster session
Deeper Connection	2	6	5	Taster session
Textile	5	20	15	Workshop
Wellbeing Sat	1	15	12	Wellbeing sat
Women's Forum	1	20	20	Forum
Yoga in the Park	1	9	9	Open day
Zoo	1	100	95	Open day
Zumba	1	3	3	Workshop
TOTAL	105	751	601	

The Maya Centre

Key Demographics of Women's Hub service users (sample data):



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ACHIEVEMENTS AND PERFORMANCE (continued)

Outcomes and Impact of Women’s Hub activities:

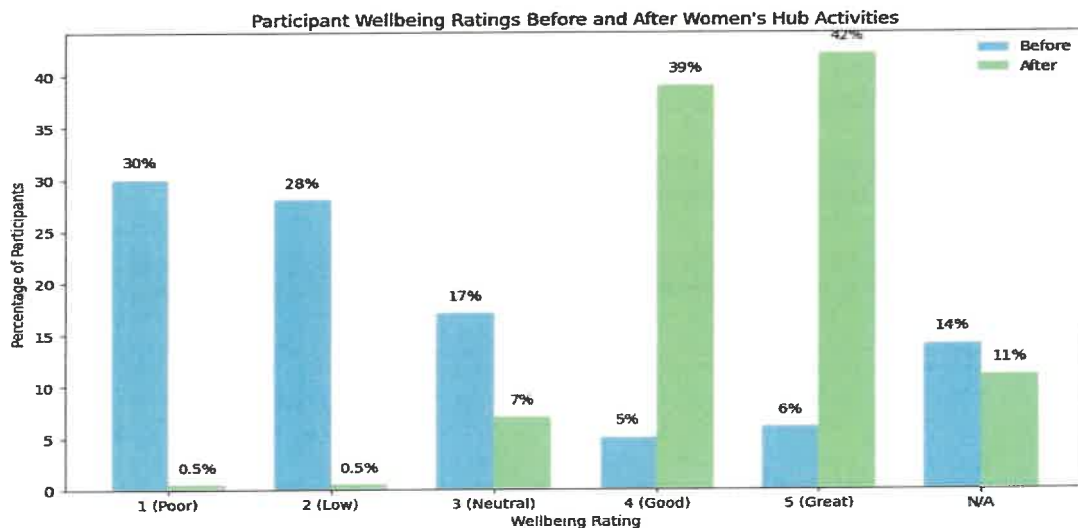
The Women Hub team provided community based safe spaces for women to explore their issues and decide on culturally specific activities that might support their wellbeing. The team organised listening exercises and established diverse community-based connections with various women’s groups, including Somali, Irish, Black African, and Caribbean women’s groups. They built broader relationships with local voluntary and community organisations, local councillors, and professionals from the statutory sector. The community-based wellbeing days and activities helped the women to relax, learn new skills, overcome isolation and build a network of peers. Feedback forms and a survey indicated to the following outcomes:

- 81% of participants in workshops and activities reported improved wellbeing and enhanced knowledge and skills.
- 75% of women mentioned that group participation helped them feel connected to the community.
- 100% of participants in our cooking class reported improved food budgeting and nutrition skills, as well as enhanced social networks and wellbeing.
- 96% of participants in two menopause information workshops indicated improved knowledge on managing symptoms, self-care strategies, and understanding treatment options.

Analysing a sample feedback data from 216 women who participated in a range of activities provided a clear insight of the impact of our workshops and peer support groups delivered. Overall, the data clearly shows that participation in the workshops and peer support groups led to a positive impact on participants’ feelings, with many moving from low or neutral feelings to positively feeling supported, confident, or better after the group sessions.

The Chart below visually demonstrates the impact and success of the Women’s Hub activities in improving wellbeing and emotional states among participants. Comparing women’s responses **before** and **after** attending activities to two questions:

"How did you feel before the group?" and "How did you feel after the group?"



The Maya Centre

(A Company limited by guarantee)

Report of the trustees (continued) For the year ended 31 March 2025

ACHIEVEMENTS AND PERFORMANCE (continued)

Key Features of the Chart:

Blue bars represent wellbeing ratings **before** attending Women's Hub activities.

Green bars represent ratings **after** attending.

Key Insights:

Dramatic Positive Shift in Wellbeing

Before attending activities, 58% of participants rated their feelings as poor or low (ratings 1 & 2). After participation, this dropped to just 1%, showing a near elimination of negative emotional states.

Significant Increase in Positive Feelings

Ratings of 4 and 5 (good/great) jumped from 11% before to 81% after. The number of participants feeling "great" (rating 5) rose from 6% to 42%.

Neutral Feelings Reduced

Mid-range rating (3) decreased from 17% before to 7% after, meaning fewer participants felt "neutral" and more moved into positive wellbeing.

Skills and Confidence Boost

72% of participants reported learning new skills, which suggests the activities not only improved mood but also built practical capabilities and confidence.

Community Connection

75% of women said they felt more connected to the community, reducing isolation—a key factor in mental health recovery.

Partnerships building and Co-production

Partnerships and co-production strengthen community ties and boost our impact. The Women Hub team collaborated with over 50 partners from diverse sectors, including schools, community centres, mental health groups, and cultural institutions, expanding access to resources and opportunities for the women supported.

The open days offered inclusive, family-friendly activities, such as a zoo trip for 100 women and their children in collaboration with Eritrean Community group in Islington.

They teamed up with the Canal Museum in King's Cross to host a unique visit with a boat trip for 25 women, promoting relaxation, family bonding, and community connection.

Through these partnerships, the team supported mental health first aid training, refugee events, and wellness programs, enhancing wellbeing and empowerment across the region. Here are a few examples:

The Maya Centre

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Report of the trustees (continued)

For the year ended 31 March 2025

ACHIEVEMENTS AND PERFORMANCE (continued)

Cubitt Artist Space

Partnered with Cubitt Gallery to deliver art therapy workshops for LGBTQ+ participants, enabling exploration of identity and emotions through creative expression.

Testimony: *"Using art helped me feel better after a difficult relationship."*

Red Cross - Women's Support Group

Delivered jewellery-making workshops for refugee and asylum-seeking women at Hackney Destitution Centre. Helped participants process emotions and build confidence.

One participant's story: *M, a 65-year-old asylum seeker, repaired a cherished bracelet from home and learned jewellery repair skills, calling it the best birthday gift.*

Al Abrar Community Group

Provided peer support groups for Somali women affected by 2024 far-right attacks. Offered practical skills and a safe space to share experiences.

Testimony: *"It feels safe to be with my community again after feeling scared to go outside."*

London Metropolitan University

Co-delivered a pilot program teaching textile skills to empower women to create and sell handmade items.

Testimony: *"Learning textile skills reconnects me with my childhood memories and helps me feel productive and fulfilled."*

The Maya Centre

(A Company limited by guarantee)

Report of the trustees (continued)

For the year ended 31 March 2025

ACHIEVEMENTS AND PERFORMANCE (continued)

5 - Social Justice Project – Propel Expand

The Maya Centre's Social Justice and Service User Voice Project builds on over four decades of survivor informed practice, ensuring that women with lived experience are central to shaping, delivering, and evaluating all services. This commitment was formalised in 2022 with the creation of the Women Leaders Group, which has since trained 14 women in leadership, community organising, systems thinking, and self-care. These cohorts have gone on to lead peer-support and wellbeing groups for Somali, Bengali, Irish, and Black women, extending the Centre's reach into underserved communities.

During 2024, the project deepened community engagement and leadership development. The second Women's Forum in July 2024 saw women leaders co-produce a proposal for a Holistic Information Hub—a community-led vision to improve access to support and services. A new cohort of young women with lived mental health experience was recruited, supported by extensive outreach through local councils, the British Red Cross, and other community partners.

Listening exercises between October and December 2024, including sessions with the Hair Talk, Culture Day, Neurodiversity Group, and Young Women's Social Group, strengthened inclusion and representation. The Centre also launched the first peer-led group for neurodivergent women in North London and co-created the Women's Only Day with Islington Mind, reflecting women's diverse needs and interests.

Partnerships were expanded with Mind in Haringey, Centre 404, and Global Generation, preparing the ground for the training of a new cohort in early 2025. Initiatives such as the System Change Workshop (March 2025), African Yoga sessions, and International Women's Day events showcased leadership in action and collective healing.

Survivor leaders continue to contribute to borough-level strategy, including the Islington Women's Forum, the Domestic Abuse Partnership Board, and co-design work with Islington Mental Health Services. Their input continues to shape priorities around culturally sensitive services, peer-led spaces, language inclusion, and sustained engagement.

6 - Women Only Day from Despard Road

In November 2024, we launched a new partnership with Islington Mind as part of the broader Pathway to Recovery from Mental Health initiative. The Women-Only Day at the Despard Road Centre is a key element of this collaboration, aimed at providing a safe, welcoming space for women in the community. Now in its first year of a four-year programme, the initiative has already shown promising impact by combining therapeutic support with opportunities for social connection. Every Thursday, the centre supports a community of about 30 women from Islington, offering access to a safe and inclusive environment, creative arts and crafts sessions, a communal lunches, and one-to-one support. These services are delivered in partnership between The Maya Centre and Islington Mind. Looking ahead, we plan to continue and expand this partnership, enhancing the range of services and activities available to meet the evolving needs of the women we support.

The Maya Centre

(A Company limited by guarantee)

Report of the trustees (continued) For the year ended 31 March 2025

FUTURE DEVELOPMENTS AT THE MAYA CENTRE

The period from April 2024 to March 2025 marked continued progress in expanding and refining our services and organisational profile. As we conclude our 2020–2025 Strategic Plan, we are now laying the groundwork for the next five years. Our priorities for the coming year include:

1. Expanding Our Services: We aim to reach at least 500 unique beneficiaries annually, with a continued focus on supporting minoritised communities. Our services will remain culturally responsive, trauma-informed, and accessible in multiple languages.

2. Strengthen partnerships: with organisations such as Islington Mind, Nafisyat Intercultural Therapy Centre, and MamaSuze to create safe, inclusive spaces for women and girls across Islington and North London.

3. Diversifying Income Streams: Building on the success of recent corporate funding, we will broaden our fundraising efforts to include more corporate partnerships and individual contributions. Strengthening donor relationships and implementing effective recognition strategies will be key to sustaining and growing our financial base.

4. Strategic Planning for Growth: We will develop a new five-year strategy that includes:

- Upgrading our technology infrastructure
- Exploring a business model for a counselling enterprise
- Reclaiming and amplifying our legacy and name
- Ensuring the sustainability of our core services

5. Amplifying Client Voices: We are committed to empowering our service users to shape best practices and influence policy. By supporting their voices, we aim to advocate for improvements in services related to violence against women and girls (VAWG), mental health, and overall wellbeing.

6. Showcasing Our Impact: Drawing on feedback from service users, the expertise of our therapists, and external consultants, we will continue to highlight the impact of our work. Through independent evaluations, publications, and active participation in sector-wide discussions, we will share our learning and contribute to the wider discourse on trauma-informed, intercultural, and intersectional care.

The Maya Centre

(A Company limited by guarantee)

Report of the trustees (continued)

For the year ended 31 March 2025

Reference and administrative details

Registered charity number	1012889
Company number	2701313
Registered office and principal place of business	Unit 8 9-15 Elthorne Road London N19 4AJ

Our advisers

Independent examiner	P.G. Browne FCA CTA Chanter, Browne & Curry Chartered Accountants 1 Plato Place 72-74 St Dionis Road London SW6 4TU
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Bankers	The Co-operative Bank 1 Islington High Street London EC1Y 4YX CAF Bank 25 Kings Hill Avenue West Malling Kent ME19 4JQ
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Directors and trustees

The directors of the charitable company (the charity) are its trustees for the purpose of charity law. The trustees and officers serving during the year and since the year end were as follows:

Meera Nair, Chair
Ayan Man, Vice Chair
Rochelle Burgess (resigned 27/05/2025)
Monique Velani (resigned 26/11/2024)
Dr Jessica Walker
Gabriele Ruth Duesberg
Tabia Farhin Salam
Liberty Pattison
Dr Rumina Taylor
Su Yin Yap
Karen Greenidge-Hutchinson

The Maya Centre

(A Company limited by guarantee)

Report of the trustees (continued)

For the year ended 31 March 2025

Financial Review

In the year, the income increased by £116,689 to £708,024 and expenditure followed the same trend, increasing by £91,142 to £673,696, giving a surplus of £34,328 (2024: surplus of £8,781).

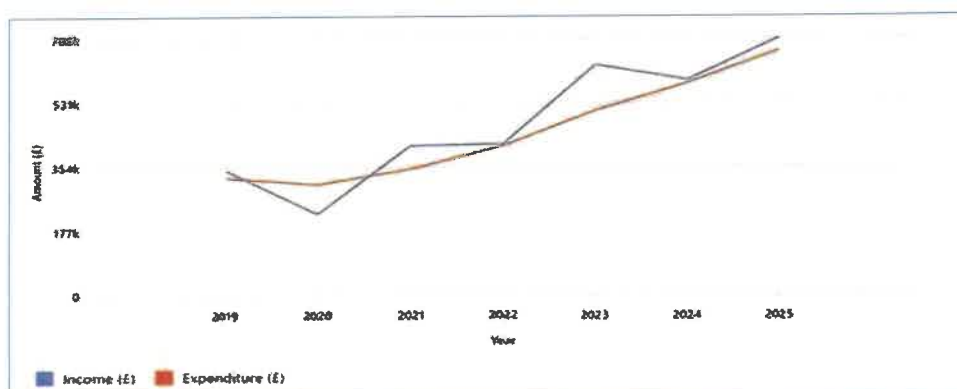
The graph below clearly shows that there has been a steady upward trend in both income (and expenditure) from 2021 to date.

The Maya Centre – Income & Expenditure (2019–2025):

Year	Income (£)	Expenditure (£)
2019	343,677	322,675
2020	222,557	304,188
2021	410,318	346,191
2022	415,753	410,556
2023	633,521	507,119
2024	591,335	582,554
2025	708,204	673,696

Key Points

- **Surplus/Deficit:**
 - o Positive in most years except **2020**, where the income dipped by £ 121,120 while the expenditure remained the same from prior year.
- **Growth Trends:**
 - o Income grew significantly from **2022 to 2025** (approx. +70% over three years) particularly from major funders such as MOPAC Main, MOPAC Grassroots, The National Lottery and significant contributions from Bluethread and one-off donations via The Big Give
- **Expense Ratio:**
 - o Highest in **2020** (136.68%), indicating a deficit year.
 - o Drops to **95% in 2025**, showing improved financial health.



In common with many other voluntary organisations working in an economic downturn, our financial situation is difficult, requiring a constant programme of identifying potential sources of funding, applying for grants, bidding for contracts, analysing and evaluating our data and performance, reviewing our expenditure and finding efficiencies.

The Maya Centre

(A Company limited by guarantee)

Report of the trustees (continued)

For the year ended 31 March 2025

Financial Review (continued)

We are very grateful for the continued support from our Patrons, Friends and Supporters and charitable trusts which provide the greater part of our income. While there is considerable pressure on our finances, we remain optimistic that the quality, reputation, and continued efficiency of our services to vulnerable women will ensure that this work will be supported into the future.

Reserves policy

It is the policy of the Maya Centre that it retains sufficient reserves to ensure that the organisation can cover its liabilities for at least 3 months and up to 6 months of operating costs and this is our continuing aim.

Our reserves are sufficient to cover operating costs for more than three months, and we will review and update this policy during the 2025–26 period.

Going concern

After making appropriate enquiries, the Trustees have a reasonable expectation that the company has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing the financial statements.

Structure, governance and management

Constitution

The Maya Centre is a company limited by guarantee governed by its Memorandum and Articles of Association dated 27th March 1992. It is registered as a charity with the Charity Commission. No director has any beneficial interest in the charitable company. All directors are members of the company and guarantee to contribute £1 in the event of a winding up.

Method of appointment or election of Trustees

Under the governing Articles, the Trustees are elected at the Annual General Meeting to serve a period of one year, subject to re-election at each Annual General Meeting. Trustees are recruited from the local community and are divided into those who bring clinical expertise to the organisation and those with wider organisational skills such as HR, management, business and finance. All Trustees retire at the Annual General Meeting and are eligible for re-election.

Policies adopted for the induction and training of Trustees

All new Trustees are provided with information about The Maya Centre and attend an induction meeting with relevant staff and Trustees.

Organisational structure and decision making

The Board of Trustees is responsible for decisions relating to the governance and future development of the organisation, and has been operating as a single Board, with two sub-committees which report regularly to the Board of Trustees: Clinical Governance (co-chaired by Dr Jessica Walker and Dr Jennie Robertson); Finance & Fundraising (chaired by Monique Velani).

The Board of Trustees appoints a CEO and delegates all day-to-day organisational work to her, including ongoing financial management, clinical direction, fundraising and management of staff.

The Maya Centre

(A Company limited by guarantee)

Report of the trustees (continued)

For the year ended 31 March 2025

Risk management

The Centre has risk mitigation policies in place and maintains a risk register. Risks are reviewed regularly by the management team and the risk register reviewed by the Board of Trustees and updated on a bi-annual basis. The register identifies key risks, contributing factors and mitigating actions and any early warning mechanisms. The risks, to which the charity is exposed, as identified by the Trustees, are effectively mitigated as part of this procedure.

The Centre has a robust system of internal control that supports its aims and objectives, whilst safeguarding clients and its funds. We have taken steps to mitigate and resolve issues that have arisen in-year and continue to work towards successful assurance outcomes.

Trustees' responsibilities statement

The Trustees (who are also directors of The Maya Centre for the purposes of company law) are responsible for preparing the Trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial year. Under company law the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgments and accounting estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the charitable company's transactions and disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

This report was approved by the board of directors and trustees on 15 November 2025 and is signed on its behalf.


.....
Meera Nair
Chair of Trustees

The Maya Centre

(A company limited by guarantee)

Independent examiner's report to the trustees For the year ended 31 March 2025

I report to the charity's trustees on my examination of the financial statements of The Maya Centre ("the company") for the year ended 31 March 2025 which are set out on pages 23 to 38.

Responsibilities and basis of report

As the charity's trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the financial statements of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of The Maya Centre's financial statements as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

Since the Company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of ICAEW which is one of the listed bodies.

I have completed my examination. I confirm no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- 1) accounting records were not kept in accordance with section 386 of the 2006 Act; or
- 2) the financial statements do not accord with such records; or
- 3) the financial statements do not comply with relevant accounting requirements under section 396 of the 2006 Act other than any requirement that the financial statements give a 'true and fair' view which is not a matter considered as part of an independent examination; or
- 4) the financial statements have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities preparing their financial statements in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the financial statements to be reached.

.....
P.G. Browne FCA CTA

Chanter, Browne & Curry

Chartered Accountants
1 Plato Place
72-74 St Dionis Road
London SW6 4TU.

Date: 15 November 2025

The Maya Centre
(A Company limited by guarantee)

Statement of financial activities
For the year ended 31 March 2025

Summary income and expenditure account

	Notes	2025		2024	
		Unrestricted funds	Restricted funds	Total funds	Total funds
		£	£	£	£
Income					
Donations and grants	2	95,011	597,703	692,714	559,262
Other trading activities	3	11,752	-	11,752	30,586
Investments	4	3,558	-	3,558	1,487
Total incoming resources		110,321	597,703	708,024	591,335
Expenditure					
Raising funds	5	6,102	21,778	27,880	25,048
Charitable activities	5	90,645	555,171	645,816	557,506
Total expenditure		96,747	576,949	673,696	582,554
Net income/(expenditure)	6	13,574	20,754	34,328	8,781
Transfers between funds		-	-	-	-
Net movement in funds for the year		13,574	20,754	34,328	8,781
Reconciliation of funds					
Total funds brought forward		256,296	91,803	348,099	339,318
Total funds carried forward		269,870	112,557	382,427	348,099

The Statement of Financial Activities includes all gains and losses in the year. All incoming resources and resources expended derive from continuing activities.

The Maya Centre

(A Company limited by guarantee)

Balance sheet**At 31 March 2025**

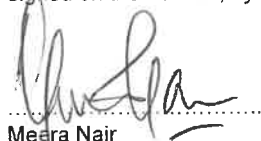
	<u>Notes</u>	<u>2025</u> <u>Total funds</u>		<u>2024</u> <u>Total funds</u>	
		£	£	£	£
Current assets					
Debtors	8	71,251		58,839	
Cash at bank and in hand		459,970		381,887	
		<u>531,221</u>		<u>440,726</u>	
Creditors: amounts falling due within one year	9	<u>148,794</u>		<u>92,627</u>	
Net current assets			<u>382,427</u>		<u>348,099</u>
Net assets			<u>382,427</u>		<u>348,099</u>
Funds of the charity					
Restricted funds	10		112,557		91,803
Unrestricted funds:					
General funds	10		<u>269,870</u>		<u>256,296</u>
Total charity funds			<u>382,427</u>		<u>348,099</u>

The Trustees consider that the charity is entitled to exemption from the requirement to have an audit under the provisions of section 477 of the Companies Act 2006 ("the Act") and members have not required the charity to obtain an audit for the year in question in accordance with section 476 of the Act.

The Trustees acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

These financial statements have been prepared in accordance with the provisions applicable to small companies subject to the small companies regime and in accordance with FRS102 SORP.

The financial statements were approved and authorised for issue by the Trustees on 15 November 2025 and signed on their behalf, by:



Meera Nair
Chair

Company Registration Number: 02701313

The Maya Centre

(A Company limited by guarantee)

Statement of cash flows**For the year ended 31 March 2025**

	Notes	2025	2024
		£	£
Cash flows from operating activities			
Net cash provided by (used in) operating activities		78,083	39,685
Cash flows from investing activities		-	103
Change in cash and cash equivalents in the year	12	<u>78,083</u>	<u>39,788</u>
Change in cash and cash equivalents in the year			
Cash and cash equivalents brought forward		381,887	342,099
Cash and cash equivalents carried forward	13	<u><u>459,970</u></u>	<u><u>381,887</u></u>

The Maya Centre

(A Company limited by guarantee)

Notes to the financial statements For the year ended 31 March 2025

1 Accounting policies

The principal accounting policies are summarised below. The accounting policies have been applied consistently throughout the year and in the preceding year, except where noted.

1.1 Legal form

The Maya Centre ("the company") is a charity limited by guarantee and domiciled in the United Kingdom. The address of its registered office and principal place of business is Unit 8, 9-15 Elthorne Road, London, N19 4AJ. The nature of the company's operations and principal activities are to provide relief for women who are suffering from mental health problems by means of therapeutic services. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the charity.

1.2 Basis of preparation of financial statements

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Charities Act 2011, the Companies Act 2006 and UK Generally Accepted Accounting Practice.

The company constitutes a public benefit entity as defined by FRS 102. The financial statements are prepared on a going concern basis under the historical cost convention, modified to include certain items at fair value.

1.3 Going concern

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

1.4 Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

Designated funds comprise unrestricted funds that have been set aside by the trustees for particular purposes. Currently there are no funds in this category.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the charity for particular purposes. The costs of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

1.5 Income

All income is recognised once the charity has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

The Maya Centre

(A Company limited by guarantee)

Notes to the financial statements (continued)

For the year ended 31 March 2025

1 Accounting policies (continued)

1.6 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use.

Fundraising costs are those incurred in seeking voluntary contributions and do not include the costs of disseminating information in support of the charitable activities. Support costs are those costs incurred directly in support of expenditure on the objects of the charity and include project management. Governance costs are those incurred in connection with administration of the charity and compliance with constitutional and statutory requirements.

Charitable activities and governance costs are costs incurred on the charity's therapeutic services and educational operations, including support costs and costs relating to the governance of the charity apportioned to charitable activities .

All expenditure is inclusive of irrecoverable VAT.

1.7 Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank.

1.8 Operating leases

Rentals under operating leases are charged to the Statement of Financial Activities on a straight line basis over the lease term.

1.9 Debtors

Trade and other debtors are recognised at the settlement amount after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

1.10 Cash at bank and in hand

Cash at bank and in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

The Maya Centre

(A Company limited by guarantee)

Notes to the financial statements (continued)

For the year ended 31 March 2025

1 Accounting policies (continued)

1.11 Creditors

Creditors are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors are normally recognised at their settlement amount.

1.12 Financial instruments

The company only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

1.13 Taxation

The company is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

1.14 Pensions

The company operates a defined contribution pension scheme and the pension charge represents the amounts payable by the charity to the fund in respect of the year.

1.15 Judgements in applying accounting policies and key sources of estimation uncertainty

Estimates and judgements are continually evaluated and are based on historical experience and other factors, including expectations for future events that are believed to be reasonable under the circumstances.

The level of deferred income varies depending on when a grant is received and the time frame the grant is to be spread over. The level of deferred income is re-assessed annually to ensure that an appropriate amount is being recognised.

The Maya Centre

(A Company limited by guarantee)

Notes to the financial statements (continued)

For the year ended 31 March 2025

2 Income from donations and legacies

	2025			2024
	Unrestricted funds £	Restricted funds £	Total funds £	Total funds £
Donations	36,011	-	36,011	19,071
Grants	59,000	597,703	656,703	540,191
	<u>95,011</u>	<u>597,703</u>	<u>692,714</u>	<u>559,262</u>

Grant income comprised:-

	2025			2024
	Unrestricted funds £	Restricted funds £	Total funds £	Total funds £
Awards For All	-	6,667	6,667	-
City Bridge Trust - BAMER	-	53,495	53,495	37,690
Cloudesley - Main	3,000	-	3,000	-
Cloudesley - Black Womens Project	-	35,000	35,000	35,000
Complementary Therapies	-	-	-	165
Cripplegate Foundation	26,000	-	26,000	26,000
Department of Foreign Affairs and Trade; Emigrant Support Programme	-	32,496	32,496	32,496
Family Catalyst Fund	-	1,750	1,750	1,500
Hearthstone DV Project	-	-	-	6,437
Henry Smith	-	67,038	67,038	49,437
Islington Voluntary and Community Grant	15,000	-	15,000	-
LB Islington & CCG	-	71,203	71,203	71,002
MOPAC	-	44,646	44,646	44,652
MOPAC - Cost Of Living	-	-	-	27,933
MOPAC - VAWG Grassroots Fund	-	44,910	44,910	29,875
National Lottery Community Fund	-	124,373	124,373	116,392
Propel	-	84,125	84,125	37,500
The Blue Thread	15,000	-	15,000	-
The Charities Trust	-	-	-	112
The Considered Ask Foundation	-	32,000	32,000	24,000
	<u>59,000</u>	<u>597,703</u>	<u>656,703</u>	<u>540,191</u>

3 Income from other trading activities

	2025			2024
	Unrestricted funds £	Restricted funds £	Total funds £	Total funds £
Fundraising income	870	-	870	28,087
Other	10,882	-	10,882	2,499
	<u>11,752</u>	<u>-</u>	<u>11,752</u>	<u>30,586</u>

The Maya Centre

(A Company limited by guarantee)

**Notes to the financial statements (continued)
For the year ended 31 March 2025****4 Investment income**

	2025			2024
	Unrestricted funds	Restricted funds	Total funds	Total funds
	£	£	£	£
Bank interest receivable	3,558	-	3,558	1,487

5 Expenditure

	2025			2024
	Unrestricted funds	Restricted funds	Total funds	Total funds
	£	£	£	£
<u>Raising funds</u>				
Fundraising expenditure	6,102	21,778	27,880	25,048

Charitable activities

Wages and salaries	13,670	230,381	244,051	208,512
National insurance	1,468	16,589	18,057	12,643
Pension contributions	349	3,938	4,287	4,074
Sessional workers	224	121,929	122,153	119,598
Clinical supervision	11,727	22,333	34,060	37,221
DBS Checks	105	142	247	162
Disbursements	-	23,662	23,662	30,031
Project costs	5,289	42,681	47,970	11,084
Group/non therapeutic sessions and psychoeducation	527	8,648	9,175	10,706
Rent and rates	7,956	51,726	59,682	55,337
Insurance	3,065	-	3,065	5,870
Utilities	13,135	-	13,135	5,753
Cleaning	4,444	-	4,444	2,958
Furnishings	-	-	-	46
Maintenance	2,532	3,270	5,802	836
IT costs	(524)	25,646	25,122	24,556
Printing, postage & stationery	2,814	93	2,907	3,366
Staff training and supervision	9,607	1,548	11,155	2,530
Telephone	2,620	819	3,439	3,251
Workshop expenses	-	-	-	5,017
Recruitment costs	-	-	-	1,749
Sundries	3,047	1,766	4,813	8,337
	82,055	555,171	637,226	553,637

The Maya Centre

(A Company limited by guarantee)

Notes to the financial statements (continued) For the year ended 31 March 2025

5 Expenditure (continued)

Governance costs

	2025			2024
	Unrestricted funds £	Restricted funds £	Total funds £	Total funds £
Independent examination fees	3,200	-	3,200	3,050
Consultancy	5,130	-	5,130	-
Legal and professional fees	35	-	35	48
Board expenses	225	-	225	771
	<u>8,590</u>	<u>-</u>	<u>8,590</u>	<u>3,869</u>
Total expenditure on charitable activities	<u>90,645</u>	<u>555,171</u>	<u>645,816</u>	<u>557,506</u>
Total expenditure	<u>96,747</u>	<u>576,949</u>	<u>673,696</u>	<u>582,554</u>

6 Net income/(expenditure)

This is stated after charging:

	2025 £	2024 £
Independent examination fee	<u>3,200</u>	<u>3,050</u>

No trustees received any remuneration, benefits in kind or reimbursement of expenses (2024 - £NIL).

7 Staff costs

Staff costs were as follows:

	2025			2024
	Unrestricted funds £	Restricted funds £	Total funds £	Total funds £
Wages and salaries	19,772	252,159	271,931	233,560
Social security costs	1,468	16,589	18,057	12,643
Pension contributions	349	3,938	4,287	4,074
	<u>21,589</u>	<u>272,686</u>	<u>294,275</u>	<u>250,277</u>

The average number of persons employed by the charity during the year was as follows:-

	2025 £	2024 £
Number of employees	<u>9</u>	<u>10</u>

No employee received remuneration amounting to more than £60,000 in either year.

The Maya Centre

(A Company limited by guarantee)

**Notes to the financial statements (continued)
For the year ended 31 March 2025****8 Debtors**

	2025	2024
	£	£
Prepayments	24,359	1,679
Other debtors	46,892	57,160
	<u>71,251</u>	<u>58,839</u>

9 Creditors: Amounts falling due within one year

	2025	2024
	£	£
Trade creditors	52,663	20,332
Accruals	33,333	26,382
Deferred income	53,294	36,763
Other creditors	9,504	9,150
	<u>148,794</u>	<u>92,627</u>

Deferred income

	£
Deferred income at 1 April 2024	36,763
Resources deferred during the year	53,294
Amounts released to income from previous periods	(36,763)
Deferred income at 31 March 2025	<u>53,294</u>

The Maya Centre

(A Company limited by guarantee)

Notes to the financial statements (continued)**For the year ended 31 March 2025****10 Statement of funds****Statement of funds - current year**

	Balance at 1 April 2024	Income	Expenditure	Transfer in/ (out)	Balance at 31 March 2025
	£	£	£	£	£
General funds	256,296	110,321	(96,747)	-	269,870
Total unrestricted funds	256,296	110,321	(96,747)	-	269,870
Restricted funds					
Awards For All	-	6,667	(6,555)	-	112
City Bridge Trust - BAMER	19,247	53,495	(54,388)	-	18,354
Cloudesley - Black Womens Project	8,222	35,000	(34,062)	-	9,160
Complementary Therapies	3,679	-	(2,617)	-	1,062
The Considered Ask Foundation	7,066	32,000	(29,906)	-	9,160
Department of Foreign Affairs and Trade; Emigrant Support Programme	8,891	32,496	(32,496)	-	8,891
Family Catalyst Fund	2,681	1,750	(1,350)	-	3,081
Henry Smith	68	67,038	(67,038)	-	68
LB Islington & CCG	-	71,203	(71,203)	-	-
MOPAC - Main	2,682	44,646	(44,646)	-	2,682
MOPAC - VAWG Grassroots Fund	13,206	44,910	(41,566)	-	16,550
National Lottery Community Fund	14,306	124,373	(131,486)	-	7,193
Propel	11,755	84,125	(59,636)	-	36,244
Total restricted funds	91,803	597,703	(576,949)	-	112,557
Total funds	348,099	708,024	(673,696)	-	382,427

The Maya Centre

(A Company limited by guarantee)

Notes to the financial statements (continued)**For the year ended 31 March 2025****10 Statement of funds (continued)****Statement of funds - prior year**

	Balance at 1 April 2023	Income	Expenditure	Transfer in/ (out)	Balance at 31 March 2024
	£	£	£	£	£
General funds	268,627	77,256	(96,703)	7,116	256,296
Total unrestricted funds	268,627	77,256	(96,703)	7,116	256,296
Restricted funds					
City Bridge Trust - BAMER	15,942	37,690	(34,385)	-	19,247
Cloudesley - Black Womens Project	11,993	35,000	(38,771)	-	8,222
Cloudesley - Main	3,058	-	-	(3,058)	-
Complementary Therapies	7,083	165	(3,569)	-	3,679
The Considered Ask Foundation	-	24,000	(16,934)	-	7,066
Department of Foreign Affairs and Trade; Emigrant Support Programme	8,175	32,496	(31,780)	-	8,891
Family Catalyst Fund	3,476	1,500	(2,295)	-	2,681
Hearthstone DV Project	4,625	6,437	(5,993)	(5,069)	-
Henry Smith	-	49,437	(49,369)	-	68
LB Islington & CCG	-	71,002	(71,002)	-	-
MOPAC - Main	2,682	44,652	(44,652)	-	2,682
MOPAC - Cost Of Living	-	27,933	(26,039)	(1,894)	-
MOPAC - Grassroots	1,943	-	(4,848)	2,905	-
MOPAC - VAWG Grassroots 2024	-	29,875	(16,669)	-	13,206
National Lottery Community Fund Propel	11,714	116,392	(113,800)	-	14,306
	-	37,500	(25,745)	-	11,755
Total restricted funds	70,691	514,079	(485,851)	(7,116)	91,803
Total funds	339,318	591,335	(582,554)	-	348,099

The Maya Centre

(A Company limited by guarantee)

Notes to the financial statements (continued) For the year ended 31 March 2025

10 Statement of funds (continued)

Statement of funds - current year

	Balance at 1 April 2024	Income	Expenditure	Transfer in/ (out)	Balance at 31 March 2025
	£	£	£	£	£
General funds	256,296	110,321	(96,747)	-	269,870
	<u>256,296</u>	<u>110,321</u>	<u>(96,747)</u>	<u>-</u>	<u>269,870</u>
Restricted funds	91,803	597,703	(576,949)	-	112,557
Total funds	<u>348,099</u>	<u>708,024</u>	<u>(673,696)</u>	<u>-</u>	<u>382,427</u>

Statement of funds - prior year

	Balance at 1 April 2023	Income	Expenditure	Transfer in/ (out)	Balance at 31 March 2024
	£	£	£	£	£
General funds	268,627	77,256	(96,703)	7,116	256,296
	<u>268,627</u>	<u>77,256</u>	<u>(96,703)</u>	<u>7,116</u>	<u>256,296</u>
Restricted funds	70,691	514,079	(485,851)	(7,116)	91,803
Total funds	<u>339,318</u>	<u>591,335</u>	<u>(582,554)</u>	<u>-</u>	<u>348,099</u>

The charity's funds comprise the following:

Restricted funds

City Bridge Trust – to expand counselling services to BAMER women.

Cloudesley Black Women's Project - funding for targeting Black African and Caribbean women for 1-2-1 counselling, group therapy and psychoeducation groups.

Cloudesley - This funding has been restricted for therapeutic group work.

Complementary Therapies - funding restricted for the provision of Reiki, Massage and Reflexology sessions to women affected by domestic violence and sexual abuse.

Considered Ask Foundation – to cover the cost of the Communications and Fundraising manager.

Emigrant Support Programme Department of Foreign Affairs and Trade: The Emigrant Support Programme (Irish project) received a grant of £32,496 for the year from 1st July 2024 to 30th June 2025. The funds were restricted for the following projects: The Irish Women's Project. Nine months grant income was utilised in the period to 31st March 2024. Three months grant income amounting to £8,891 has been deferred to the 2025-26 financial year and will be utilised by 30th June 2025.

The Maya Centre

(A Company limited by guarantee)

Notes to the financial statements (continued)

For the year ended 31 March 2025

10 Statement of funds (continued)

Restricted funds (continued)

Family Catalyst – funding restricted awarded to provide small grants to disadvantaged families or family members to enable them to access opportunities or they have difficulty in doing so without additional help. For example, educational opportunities, starting a hobby or tickets to events etc.

Henry Smith – to cover core costs of the organisation.

LB Islington & CCG - funding restricted for the provision of counselling for BAMER women and women who have experienced domestic violence and child sexual abuse.

MoPAC: Grassroots – to contribute toward the delivery of psycho-education and art therapy for women from refugee, trafficked and isolated migrant backgrounds.

MOPAC: VAWG Grassroots 2024: funded for a collaborative agreement to support and empower black minoritized women from refugee, asylum-seeking and vulnerable migrant communities.

MoPAC: Main – funding provided for women who have suffered domestic abuse and sexual violence trauma.

The National Lottery Community Fund - for the Community Development Programme to empower the women in the community for practical and social skills and well-being support for minoritized women.

Propel – grant given towards the activities of the experts by experience groups and towards core management.

The Maya Centre

(A Company limited by guarantee)

Notes to the financial statements (continued)**For the year ended 31 March 2025****11 Analysis of net assets between funds****Current year**

	2025		
	Unrestricted funds	Restricted funds	Total funds
	£	£	£
Current assets	269,870	261,351	531,221
Creditors due within one year	-	(148,794)	(148,794)
	<u>269,870</u>	<u>112,557</u>	<u>382,427</u>

Prior year

	2024		
	Unrestricted funds	Restricted funds	Total funds
	£	£	£
Current assets	256,296	184,430	440,726
Creditors due within one year	-	(92,627)	(92,627)
	<u>256,296</u>	<u>91,803</u>	<u>348,099</u>

12 Reconciliation of net movement in funds to net cash flow from operating activities

	2025	2024
	£	£
Net income for the year (as per statement of financial activities)	34,328	8,781
(Increase)/decrease in debtors	(12,412)	3,280
Increase/(decrease) in creditors	56,167	27,727
Net cash provided by operating activities	<u>78,083</u>	<u>39,788</u>

13 Analysis of cash and cash equivalents

	2025	2024
	£	£
Cash at bank and in hand	<u>459,970</u>	<u>381,887</u>

The Maya Centre

(A Company limited by guarantee)

Notes to the financial statements (continued) For the year ended 31 March 2025

14 Operating lease commitments

The total of future minimum lease payments under non-cancellable operating leases are as follows:

	Land and buildings	
	2025	2024
	£	£
Not later than one year	59,800	59,800
Later than one year and not later than five years	163,122	222,922
Total	<u>222,922</u>	<u>282,722</u>

15 Related party disclosures

There were no related party transactions for the year ended 31 March 2025.

THE MAYA CENTRE

England & Wales - Charity number 1012889

Accounts

Company Registration No. 02701313 (England and Wales)
Registered charity number: 1012889

The Maya Centre
(A company limited by guarantee)

**Unaudited trustees' report
and financial statements**

For the year ended 31 March 2024

TUESDAY



A53 *ADINIUW2* #285
24/12/2024
COMPANIES HOUSE

bacp | **Accredited
Service**

The Maya Centre

(A Company limited by guarantee)

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The Maya Centre

(A Company limited by guarantee)

Report of the trustees

For the year ended 31 March 2024

The trustees who are also directors of the charity for the purposes of the Companies Act, present their report and the financial statements for the year ended 31 March 2024 which are also prepared to meet the requirements for a directors' report and accounts for Companies Act purposes.

The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (second edition - October 2019) - (Charity SORP (FRS 102) Revised).

Objectives and Activities

Policies and objectives

In setting objectives and planning for activities, the Trustees have given due consideration to general guidance published by the Charity Commission relating to public benefit, and to the objects of the charity which are:

1. To provide relief for women who are suffering from mental health problems by means of therapeutic services;
2. To educate the general public on the subject of mental health.

The charity has the general aim of improving the mental health of deprived and marginalised women by providing free individual counselling, group therapy and community wellbeing activities.

Main activities undertaken to further the charity's purposes for the public benefit

The Trustees are aware that section 17 of the Charities Act 2011 requires charities to demonstrate that their work is of direct benefit to the public. When planning the Maya Centre's activities each year, the Trustees take due regard of the Charity Commission's general guidance on public benefit.

ACHIEVEMENTS AND PERFORMANCE

Review of activities

All our activities are in line with our vision and mission.

Vision

Our vision is a world where all women can prioritise their mental health and wellbeing, equality and dignity, safe from abuse, exclusion or discrimination of any kind.

Mission

Our mission is to build a safe and inclusive women-for-women community in which we:

- Offer a range of free trauma-informed services to minoritised women on low-incomes, including counselling & psychotherapy, group work and complementary therapies.
- Support recovery from depression, trauma and Violence Against Women and Girls (VAWG) with a focus on building trust, resilience and voice.
- Flex to meet women's different needs by offering between 6-24 sessions of counselling, as individuals, in groups, face-to-face or remotely.
- Prioritise intercultural and intersectional approaches via tailored and targeted support in community languages and for specific, minoritised cultural groups.

The Maya Centre

(A Company limited by guarantee)

Report of the trustees (continued)

For the year ended 31 March 2024

ACHIEVEMENTS AND PERFORMANCE (continued)

Overview of the year 2023-2024 :

The Maya Centre specialises in free, trauma-informed counselling for low-income, minoritised women living in Islington and surrounding boroughs. Our counselling is psychodynamic in origin, with the flexibility to adapt to the specific needs of diverse women seeking our services. In recent years this has led to the development of broader trauma-informed services, including a full suite of holistic mind-body therapies, psychoeducational group work in community languages, 1-2-1 and group Art therapy and inclusive wellbeing workshops.

From April 2023 to March 2024, The Maya Centre continued to manage the large number of referrals received for counselling in the post-Covid era. On 1st April 2023, there were 164 women on the waiting list for therapy, and 148 women who were at various stages of engagement with our services, from assessment to completing therapy—all of whom had been referred before. During the 12-month reporting period, an additional 255 referrals for therapy were received, increasing the number of women needing to be risk assessed and screened for eligibility to 419 women. By 1st April 2024, 273 referrals were processed and, the waiting list remained at 146 women.

Our holistic, wrap-around support approach ensures that women are informed about all available services, have the opportunity to choose new services, and are internally referred at the right time. This approach facilitates a planned and smooth transition to the most suitable services within the centre. This constant movement reflects the fluid nature of service engagement at The Maya Centre, where women progress at different rates. This dynamic affects how we produce our monitoring reports, as it may appear that many women are following similar therapeutic pathways, albeit at different stages. Although this presents some challenges, we remain committed to meeting our target numbers and fulfilling our obligations to funders. Our annual target for the number of women in therapy can fluctuate based on funding availability. For this year, our funding allowed 237 women to complete a full course of individual or group therapy at The Maya Centre, while in total, 421 women accessed various stages of therapy or participated in psychoeducational workshops.

In addition to our one-to-one and group therapy services, The Maya Centre offers safe community spaces through our Women's Hub. The Women's Hub community wellbeing project in Islington empowers women by providing safe, supportive spaces for those facing marginalisation, low income, domestic abuse, and other barriers to wellbeing. During this period, the Women Hub team engaged 330 women from diverse backgrounds in various activities, including 59 peer support group sessions, 73 wellbeing workshops, and one-to-one support for 34 women. Seven family wellbeing events engaged 229 women, featuring themes like Black History Month and International Women's Day.

The long term impact of the dual pandemic of Covid-19 and Violence Against Women and Girls (VAWG), was further deepened by the rise of cost of living and the reduction in mainstream support services, leading to worsened mental health, especially amongst low income, migrant and minoritised women, adding to the complexity of client's issues and their mental health support needs. In addition to providing our core therapeutic interventions and Women Hub's wellbeing groups, The Maya Centre adapted new responses to meet these emerging needs by focusing on raising resources to support women with Cost of Living, to help them access therapy and group activities at the centre. We supported 55 women through targeted funds — Crisis Fund, Travel Fund and Creche Fund — and 120 women through the provision of hygiene and personal care products. In addition to the funding from MOPAC, we were able to support another 14 women through Islington Giving - Family Catalyst funding by providing cash grants to improve wellbeing. These grants enabled women to travel, pay for tuition fees, and access wellbeing activities.

The Maya Centre

(A Company limited by guarantee)

Report of the trustees (continued) For the year ended 31 March 2024

ACHIEVEMENTS AND PERFORMANCE (continued)

In 2023-24, The Maya Centre's holistic services were made possible through diverse funding sources. The Mayor's Office for Policing and Crime (MOPAC) provided a three-year grant to support long-term specialist counselling and mind-body therapies for 35 highly traumatised women annually. Additional support came from Richard Cloudesley for the Black Women's Project, offering group therapy and workshops for 40 women, while the City Bridge Foundation funded one-to-one counselling services targeting 36 Black, Asian, Minority Ethnic, and Refugee (BAMER) women. The Accept Consortium (NCL CCG) supported counselling for 91 women referred by Islington health services, with a focus on minoritised women and addressing Violence Against Women and Girls (VAWG). The Embassy of Ireland funded counselling for 35 Irish women, and the Big Lottery Reaching Communities fund enabled Community Wellbeing programs for women and girls in Islington through the Women's Hub. A second City Bridge Foundation grant (Propel -Explore) supported social justice initiatives, empowering service users to shape local women's services.

Support for operational costs was secured through various sources, including Cripplegate Foundation, Henry Smith Charity, Islington VCS Partnership Fund, and Considered Ask Funding, which helped hire a Communications and Fundraising Manager. Additionally, MOPAC provided a new two-year grant starting in January 2024, in partnership with MamaSuze, to deliver Art therapy and counselling for migrant, asylum-seeking, and refugee women. Cost-of-living support came through Islington Giving – Family catalyst Fund and the Mayor's Office for Policing and Crime, while donations from TOMS, Macquarie & Co., Slaughter and May, and other individual contributors helped sustain the organisation's core functions. These contributions were bolstered by increased visibility through the centre's website and social media.

The Maya Centre has made significant strides in partnership building and organisational development. A new partnership with MamaSuze was launched to deliver art-based therapeutic groups for asylum-seeking and refugee women in January 2024. The Centre also continued its active role in Islington's Domestic Abuse Partnership Programme, led by Cripplegate Foundation, where it serves as a mental health expert. Furthermore, the Centre has been instrumental in promoting a newly developed Islington inequalities toolkit aimed at enhancing anti-racist and culturally sensitive service provision. Outreach efforts by the Women's Hub team resulted in collaborations with over 20 local organisations, forming strategic partnerships with key groups such as Islington Mind, Health Watch, local councillors, Community Group and Cripplegate Foundation to amplify women's voices in local policy development.

Organisationally, the Maya Centre underwent important changes and faced challenges. In November 2023, five new trustees joined the board, bringing diverse expertise in clinical, finance, and HR areas. The Centre renewed its premises lease for five more years, including improved accessibility features like lift access for disabled women. It also formed a historic partnership with three women's organisations—WRC, KMEWO, and TF—to bid for permanent occupancy of the upcoming Holloway Women's Building, set to complete in 2027. Staff turnover presented difficulties, with several key departures and subsequent new hires, including a new CEO in August 2023 and additional managerial roles filled by March 2024. The Centre shifted its focus to staff wellbeing, implementing new HR support, wellbeing initiatives, and a five-year service plan with Peninsula, which includes an Employee Assistance Program offering counselling and advice services.

1. Therapeutic services: Individual and Group Counselling

Our core offer of specialist individual and group counselling continues to flourish via a team of 19 trained and experienced counsellors, all of whom are registered or accredited by the BACP. Therapists are also supported by 5 clinical supervisors in addition to Clinical Director's and clinical admin support.

The Maya Centre

(A Company limited by guarantee)

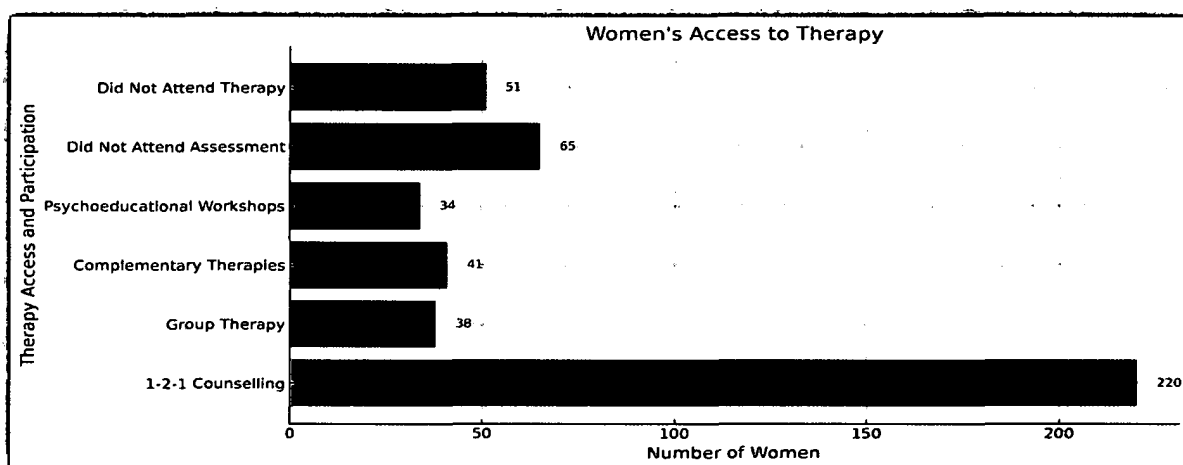
Report of the trustees (continued)

For the year ended 31 March 2024

ACHIEVEMENTS AND PERFORMANCE (continued)

We successfully renewed our external accreditation from the British Association of Counselling and Psychotherapy for our counselling service for Five years, demonstrating to clients, commissioners and funders that they can have confidence in the professionalism of the Centre and its staff.

Over the 12-month period, The Maya Centre supported 421 women through various therapeutic interventions, including 148 women who were already in service and 273 newly processed referrals. It is important to note that while some women were reaching the end of their therapeutic journey, others were just beginning, and some were transitioning from individual therapy to complementary or group therapies.



The Chart (1) above illustrates women's access to therapy: from a total of 421 women, 220 women accessed 1-2-1 counselling, 38 women accessed group therapy (Art therapy, Hidden Chronic illnesses and 3 X EECs), 44 women attended complementary therapies, and 34 women attended psychoeducational workshops, 65 women who did not attend their offered assessment sessions and 51 women who did not attend their therapy sessions after their assessments.

Individual Counselling:

The Maya Centre continued to offer from 6 to 24 weeks of counselling sessions depending on presenting issues and recommended treatment. Our Service are provided in 13 different languages with specialised services targeting Black women, Irish women and women from global majority communities (BAMER). Our Art Therapy specifically targets migrant, refugee and asylum seeking women. Other funding streams for the service targets those who are survivors of domestic and /or sexual abuse through long term counselling, up to 24 sessions.

A data sample of 246 women in our CoreNet data base system indicates that Self-referrals made up 52% of referrals and 48% were referred through local professionals and agencies, with an increase in referrals from NHS services, Solace Women's Aid, Mind, IMECE, Nia and Age UK.

During this year, 57% of the women accessed face-to-face sessions, 18% received counselling by telephone, and 25% were seen online, with about 20% of the women receiving a combination of face to face, telephone and/or online sessions.

The Maya Centre

(A Company limited by guarantee)

Report of the trustees (continued)

For the year ended 31 March 2024

ACHIEVEMENTS AND PERFORMANCE (continued)

Presenting traumatic issues:

A significant 2700 issues presented by the 298 women completed therapy within the 12 months period.

(chart 2) illustrate the complexity of issues women have disclosed during their therapy journey:

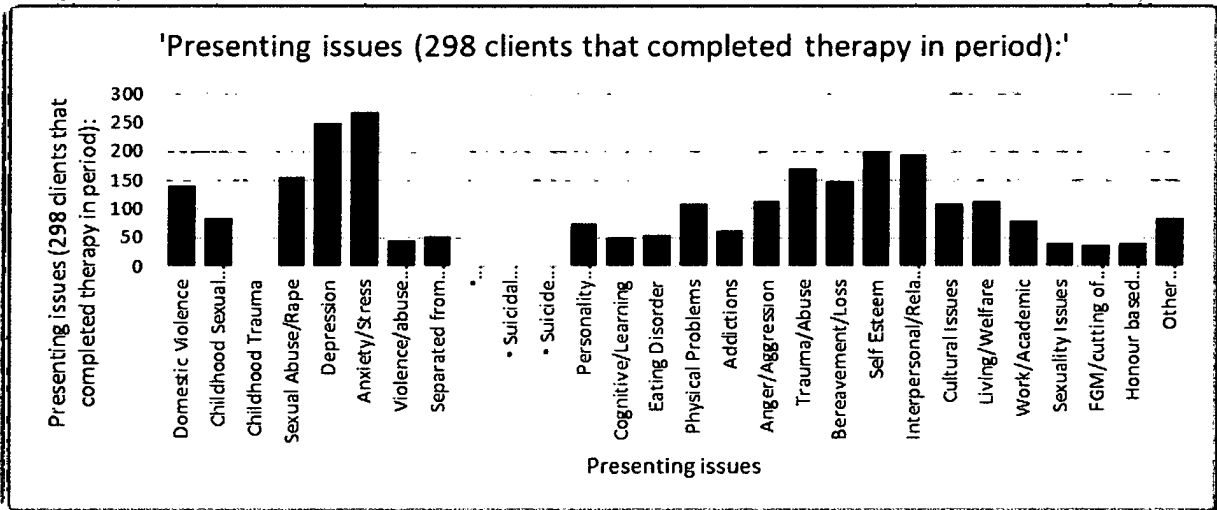
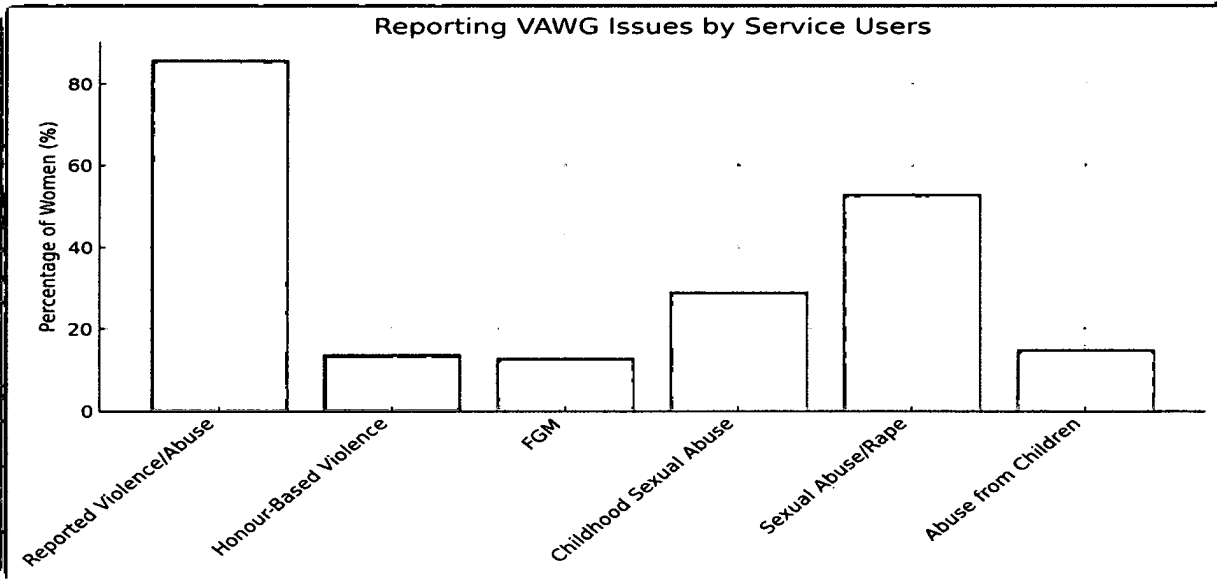


Chart (2) also indicates that 50% of the women reported trauma due to bereavements, reflecting the impact of post Covid-19 era, and 38.2% reported difficulties in welfare and living costs due to poverty, reflecting the impact of rise of cost of living crises.

Chart (3) below illustrates the prevalence of different forms of VAWG reported among the 298 women supported, showing the alarming percentages of women who reported various forms of violence and abuse. Including general violence/abuse, honour-based violence, FGM, childhood sexual abuse, sexual abuse including rape, and abuse from children.



ACHIEVEMENTS AND PERFORMANCE (continued)

Demographics of service users :

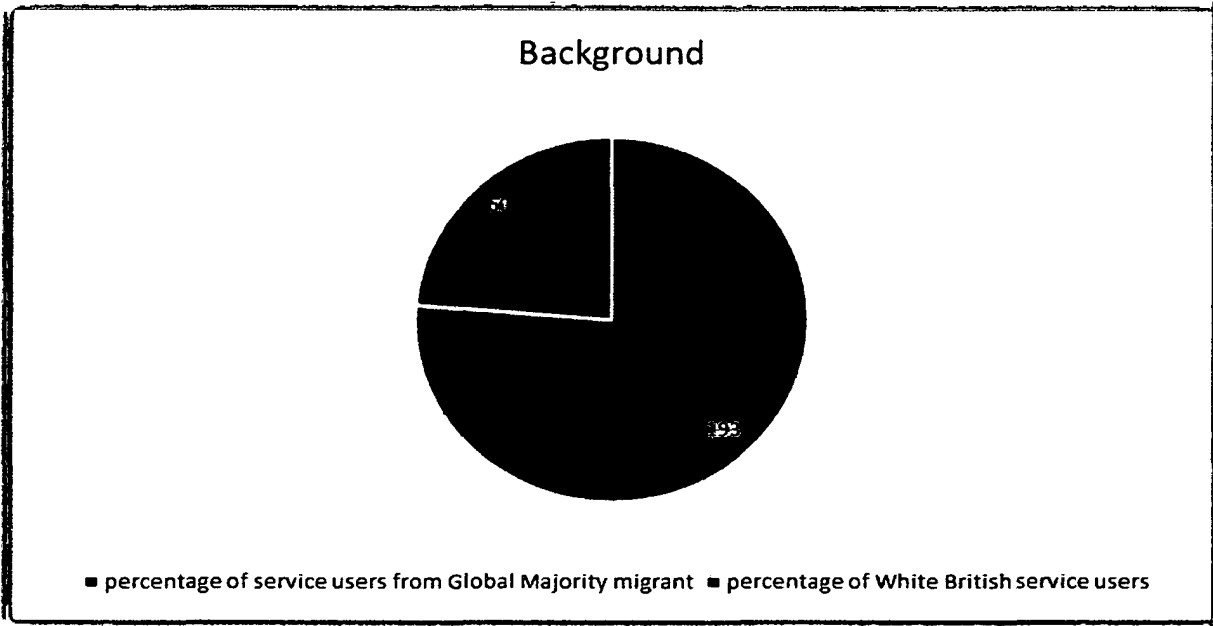
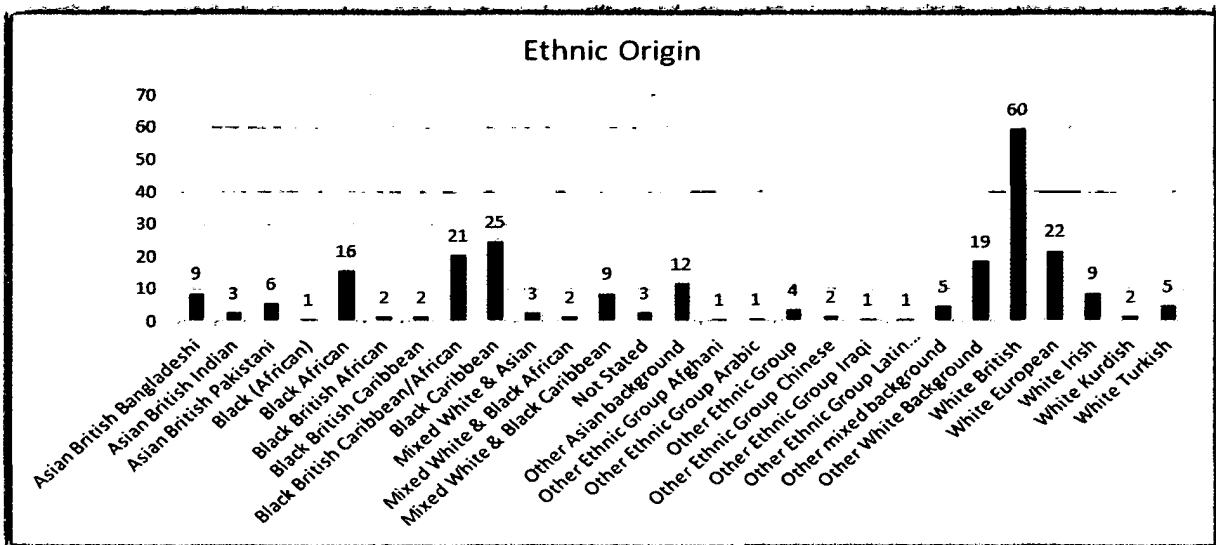


Chart (4) indicates that 76.2% of our service-users were from Global Majority, migrant or refugee backgrounds and 23.8% White British .

Chart (5) : Ethnicity:



The Maya Centre

(A Company limited by guarantee)

Report of the trustees (continued)

For the year ended 31 March 2024

ACHIEVEMENTS AND PERFORMANCE (continued)

Chart (6) : Age group

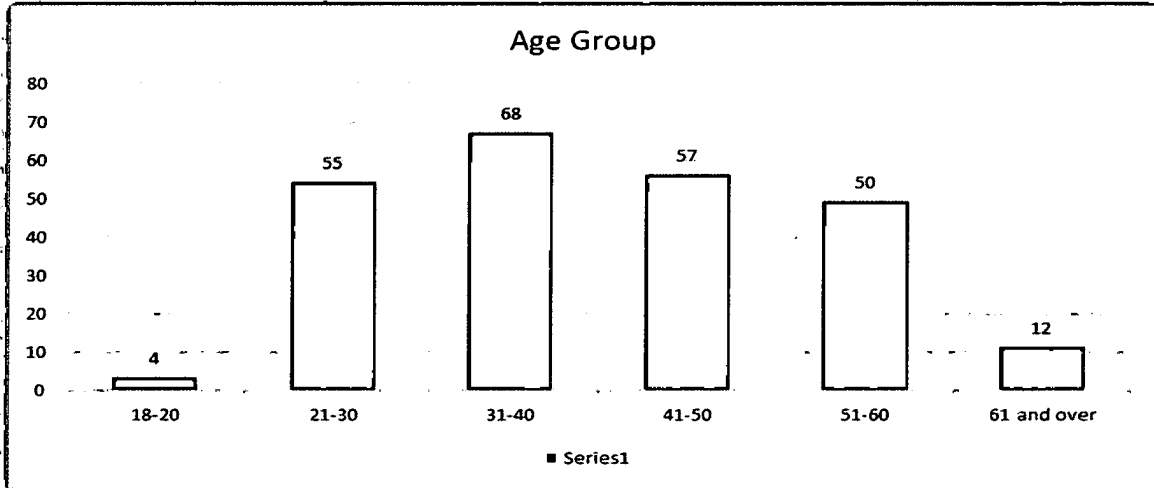
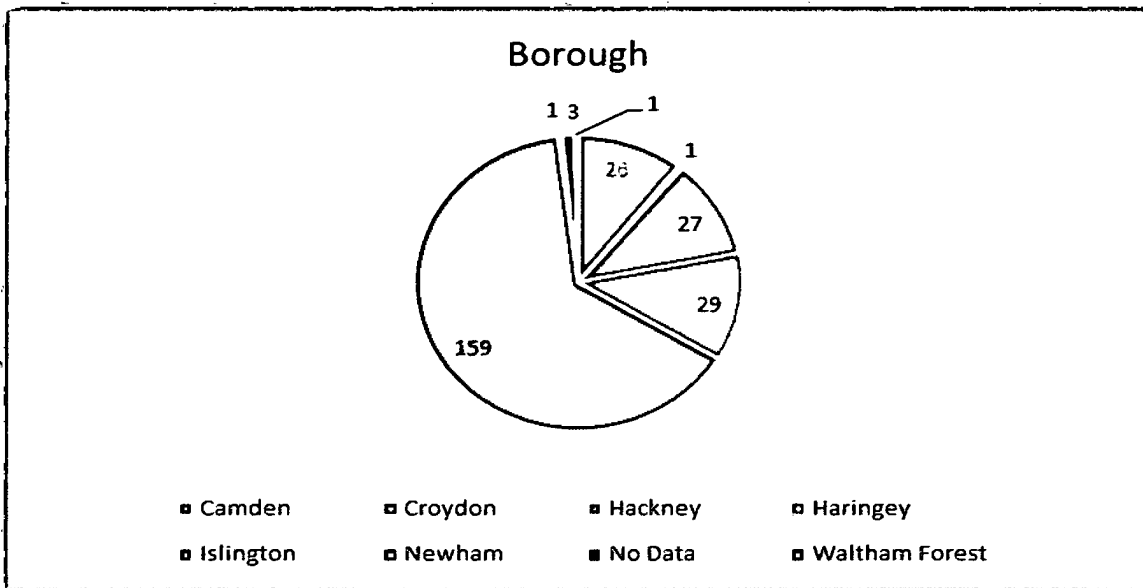


Chart (7) : Residency by London-Boroughs



The Irish Women’s Project at The Maya Centre provides counselling and psychotherapy to vulnerable women of Irish descent (minimum of one Irish grandparent) of all ages over 18. Through the Irish women’s service, each woman receives six to 24 sessions of one-to-one counselling and specialist trauma therapy with Counsellor or Psychotherapist of Irish or Irish descent. Most will have experienced gender-based violence, sexual assault, rape, incest or childhood sexual abuse. For these clients, this will be the first time they receive culturally sensitive counselling from a therapist who understands their specific experience as Irish women or members of the Irish diaspora. At the start, middle and end of the allocation, clients’ own responses to treatment are monitored and recorded on our CORE system. Each therapist also completes an End of Therapy form where they clinically assess the client’s development throughout the process. Each client also completes an End of Therapy Feedback form.

The Maya Centre

(A Company limited by guarantee)

Report of the trustees (continued)

For the year ended 31 March 2024

ACHIEVEMENTS AND PERFORMANCE (continued)

Holistic Mind-Body Therapies (Complementary therapies):

HMB therapies are offered to women who have completed a course of specialist 1-2-1 counselling; therefore they are included within our clinical services for reporting purposes. The Maya Centre offers six sessions of either Reiki, Reflexology or Holistic Massage to women who have completed their individual counselling and have requested a mind-body treatment. During the period April 2023-March 2024, 44 women received treatments from three specialist therapists. The women benefited from one of the types of body-mind therapies delivered from the Maya Centre. They include Holistic Bodywork Therapy, Reiki and Cranio-Sacral Reflexology. These therapies often enhance emotional, physical, and mental well-being of women, contributing to their journey of healing and recovery by resetting the parasympathetic system, providing a sense of safety and relief.

Group Counselling & Psychoeducation groups:

The Black Women's Project (BWP) supports women from Black African and Caribbean heritages who are seeking representative trauma-informed counselling on issues including abuse and violence, racism, discrimination and misogyny. Two Lead Counsellors have managed the project since January 2023, delivering the new framework that includes 9-12 weeks of Emotional Emancipation Circles (EEC) and psychoeducation groups, with some women referred on to 1-2-1 counselling. All EECs, the BWP psychoeducation workshops, and 1-2-1 counselling sessions have been delivered face to face onsite.

Aiming at reducing health disparities for Black women in Islington, the project provided safe spaces for tailored activities that meet their specific needs. Access to childcare has significantly improved participation and retention rates.

The project also provides a gender-specific and intersectional space where women can openly discuss issues like violence against women and girls (VAWG) and domestic abuse, especially for those with intersecting identities such as being Muslim, single parents, or neurodivergent.

The Emotional Emancipation Circles (EECs):

are secure, safe and communal nurturing spaces where Black people come together to 1) share personal stories and feelings 2) deepen understanding of the impact of our history on our emotions, relationships, and community, and 3) free-self from the stereotypes, learn and practice essential emotional wellness skills. Although the EECs are for all genders, here at the Maya Centre, it focuses on the women from the community and how gender and intersectionality compound the above statements.

Black Women's Psycho-education Groups (PEW)

are psychotherapeutic spaces that provide a well curated and specific space to explore themes that impact on the lives of women and come face to face with the nuances of race, religion, culture and gender.

Over the past twelve months :

- Three Emotional Emancipation Circle Groups, each consisting of 9 sessions. Out of 19 assessments, 11 women completed the programs.

- Three Psychoeducation Groups were held, with sessions organised over 6, 8, and 4 weeks. Out of 27 women registering for the groups, 19 women attended the groups. The groups included: Moving On vs Moving Forward (6 weeks), Coping with Feelings of Isolation (8 weeks), and Therapeutic Writing - My Journey to Me, My Story, My Way (4 weeks)

The Maya Centre

(A Company limited by guarantee)

Report of the trustees (continued) For the year ended 31 March 2024

ACHIEVEMENTS AND PERFORMANCE (continued)

Specialist / Thematic therapy groups / Psychoeducational groups:

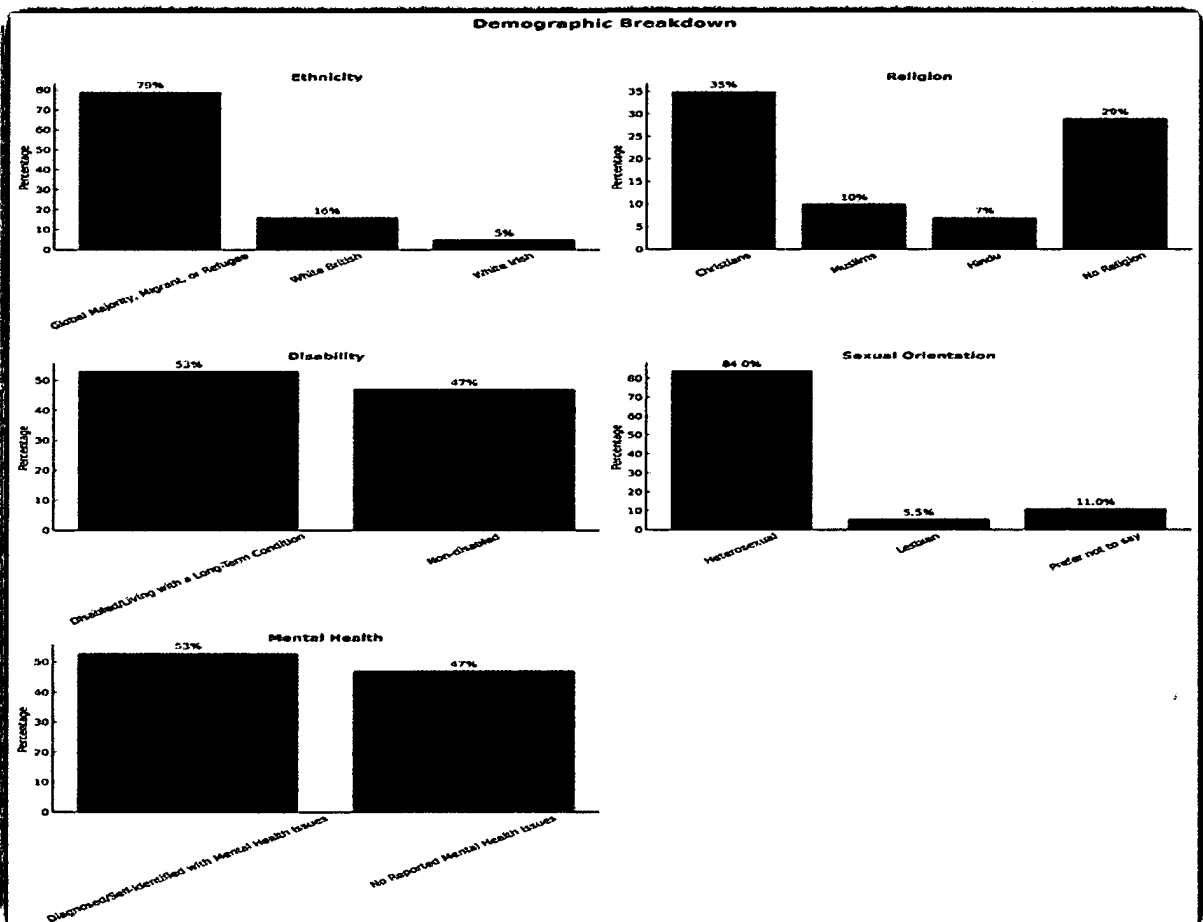
- Six sessions of Psychoeducation group sessions were provided to a group of Bengali women, the sessions were attended by four women.
- Art Therapy: Ten sessions of Art therapy were provided to a group of 11 women between April-June 2023.
- A 30 sessions program of group therapy focusing on "chronic and long-term health conditions" started early 2024. By end of 31st March of 2024, nine sessions were delivered to a group of 8 women.

2. Community based Wellbeing services/spaces:

Women's Hub Project:

The Women's Hub community wellbeing project was established to empower women in Islington by providing safe and nurturing platforms, especially for those most affected by marginalization, low income, domestic abuse, and other barriers to mental health and wellbeing. The initiative aims to amplify women's voices and support their agency within the community. Women's Hub activities mainly represent minoritised women from disadvantaged communities. All women who often face adverse health outcomes due to factors such as low income, discrimination, abuse, and exploitation.

Data analysis from 38% of the unique beneficiaries monitoring information indicates to the intersectionality of our service users' experiences. The chart below illustrates the demographic breakdown across five categories: Ethnicity, Religion, Disability, Sexual Orientation, and Mental Health.



The Maya Centre

(A Company limited by guarantee)

Report of the trustees (continued)

For the year ended 31 March 2024

ACHIEVEMENTS AND PERFORMANCE (continued)

Key Achievements:

A total of 330 women from diverse ethnic and social backgrounds participated, coming together to learn, socialize, and engage in women-only community-based wellbeing activities.

- **Peer Support Groups:** The team organised 59 weekly peer support sessions, engaging 55 women across seven groups. The purpose of these groups is to discuss ideas for wellbeing activities, form social networks, and encourage service user involvement through volunteering in social activities
- **Wellbeing Workshop Sessions:** The team conducted 73 weekly wellbeing workshops facilitated by community navigators, therapists, volunteers, and clinicians. Workshops covered topics such as fitness and fun, budgeting for cooking, menopause awareness, self-discovery, dealing with grief, relaxation through "Follow Your Feet," Indian head massage, and more.
- **One-to-One Support:** Individual support was provided to 34 women through sessions with community navigators in a safe and confidential environment, addressing issues related to children's school arrangements, welfare, health and social care, and access to other services.
- **Community Events:** Seven family wellbeing events were organized, engaging 229 women. Events included Wellbeing Saturdays, Black History Month celebrations, Animal Therapy, Flower Therapy, and International Women's Day 2024.

Leaders Group and Propel-Explore Project:

(Establishing Women's Voices in Mental Health for Social Justice)

Starting in June 2023, the Propel-Explore project introduced a Community Organizer role to the Women's Hub team to guide and organize the Women Leaders Group. The group began meeting weekly to discuss initiatives, acting as champions to amplify women's voices and agency in the community. Their efforts included launching a Women's Forum, conducting outreach to build new partnerships, and participating in local discussions on service improvements. The group's focused on leading community discussions on issues affecting women's well-being and to develop ideas and strategies for influencing change, particularly with mainstream service providers, local authorities, and decision-makers. The dedicated staff member in this role had previously volunteered with the Leaders Group and joined the Women's Hub to continue her impact through community-building activities and to lead the new cohort of the Leaders Group. By October 2023, a team of six women leaders started meeting regularly to plan the way forward.

The project have established local partnerships with organisations such as Islington Mind, Nafsiyat, Cripplegate Foundation, and Mental Health commissioners to strengthen the influence of Women Leaders groups in shaping local policies.

One Women's Forum was organised, with over 107 women actively participating in presentations, activities, discussions, and sample sessions of yoga and wellbeing workshops. They held discussions and collaborated with over 20 local voluntary and community organizations, community centres, children's centres, and libraries. In addition, two service users participated in a local partnership led by Cripplegate Foundation to improve the response for women survivors of domestic abuse and Violence Against Women and Girls (VAWG).

Cost of Living crisis services:

During the reporting period, The Maya Centre supported 55 women through three targeted funds (Crisis, Travel, and Creche) and provided hygiene and personal care products to 120 women. The Crisis Fund distributed cash grants between £30 and £500 to 37 women, covering essentials like food, household items, and energy bills; 59% of the recipients were mothers, with support also extended to carers and women without dependents. The Travel Fund assisted 20 women with local transportation costs, enabling them to attend counselling or Women's Hub activities. The Creche Fund covered the cost of three qualified creche workers, providing 39 childcare sessions for children of mothers attending therapy, including those facing complex access barriers such as special needs. Additionally, creche services were made available for group activities through the Women's Hub and the Black Women's Project. Hygiene and personal care products were distributed to 120 women at events, group activities, and the reception area of The Maya Centre.

The Maya Centre

(A Company limited by guarantee)

Report of the trustees (continued) For the year ended 31 March 2024

ACHIEVEMENTS AND PERFORMANCE (continued)

Impact and benefits of our services

The Maya Centre has a strong commitment to evaluating the work that we do to provide a high quality, continuously improving service. Across all of our services, we work to 4 main organisational outcomes:

- **Recovery**: reduced impact of trauma, greater ability to enjoy life and plan for the future.
- **Resilience**: reduced isolation; increased sense of wellbeing and self-esteem.
- **Prevention**: reduced risk to self and likelihood of abusive relationships.
- **Wider community**: improved personal relationships, social and support networks

Effectiveness of Counselling Service:

For our core individual and group counselling offer, we continue to use the nationally recognised Clinical Outcomes in Routine Evaluation via our online system, CoreNet. This system enables us to evaluate the therapeutic outcomes of our service and to use that learning to develop and deliver the best possible services to clients. It also allows for accurate reporting to funders, and for comparison with many NHS and third sector psychological counselling services.

Counselling clients are given CORE questionnaires to complete at different stages: pre-counselling, mid-counselling and at the end of their counselling, scores are taken from the questions answered and are calculated within four areas; emotional well-being, problems, functioning and risk to self and others. Counsellors also complete a CORE Therapy assessment form as part of the assessment process and a CORE end of therapy assessment form.

Based on the information from CORE questionnaires, relating to 254 women who completed their individual counselling between April 2023 to March 2024, we see the following:

- 99% of women showed an improvement in their ability to explore their feelings and problems.
- 97% of women showed an improvement in their ability to express how they are feeling
- 92% of women showed an improvement in personal insight.
- 92% of women showed an improvement in their coping strategies.
- 94% of women showed an improvement in their subjective well-being.
- 93% of women showed an improvement in day-to-day functioning.
- 84% of women showed an improvement in their decision-making
- 94% of women showed an improvement in personal relationships.

This excludes 'not addressed or no data' entries and simply focuses on 'improved' or 'not improved': our enhanced clinical outcomes in 2023-4 suggests that women being offered both longer-term counselling and extensions to counselling sessions had a significant impact on their recovery and resilience.

Effectiveness of Group therapy and workshops:

Measurement of Change in our Psychoeducational Groups:

The Warwick-Edinburgh Mental Well-Being Scale (WEMWBS) was used to measure individual changes resulting from participation in the Workshops. This included learning from the content, shared lived experiences, and the benefits of fellowship and cultural community within the Group. Comparisons were made of scores related to psychological, emotional, and physical well-being, collected at the start, middle, and end of the Workshops. Scores were calculated, reflecting either "Low" or "Moderate" levels of Well-being.

The Maya Centre

(A Company limited by guarantee)

Report of the trustees (continued)

For the year ended 31 March 2024

ACHIEVEMENTS AND PERFORMANCE (continued)

The result of this measurement for workshops participants have indicated to 80% positive increase in Well-being among the women. Indicators of improvement included participants reporting better problem-solving, feeling optimistic about the future, feeling useful, thinking clearly, feeling good about themselves, and feeling close to others.

The groups have effectively improved participant's mental health, daily functioning, and coping skills while addressing cultural and gender expectations.

The greatest level of positive change was reported by a young mother, who shared,

"I was able to put boundaries in place with my daughter and then wrote down how good it felt. It's the first time in years I've been able to write..."

Overall change measured through all our types of group therapy and psychoeducation workshops, our data for the reporting period indicates to:

- 95% of women showed an improvement in their overall wellbeing, resilience and expressive ability.
- 98% of women showed an improvement in their coping strategies
- 92% of women showed improvement in personal insight.

Effectiveness of Women's Hub Community Wellbeing Project:

The Women Hub team was able to organise listening exercises, develop multidimensional relationships, and build partnerships. The team have established effective community-based connections with various women's groups, including Somali, Irish, Black African, and Caribbean women's groups. The team have built broader relationships with local voluntary and community organisations, local councillors, and professionals from the statutory sector.

The community based wellbeing days and activities helped the women to relax, learn new skills and overcome the isolation and build a network of peers. Using feedback forms and a survey indicated to the following outcomes:

- 81% of participants in workshops and activities reported improved wellbeing and enhanced knowledge and skills.
- 75% of women mentioned that group participation helped them feel connected to the community.
- 100% of participants in our cooking class reported improved food budgeting and nutrition skills, as well as enhanced social networks and wellbeing.
- 96% of participants in two menopause information workshops indicated improved knowledge on managing symptoms, self-care strategies, and understanding treatment options.

Some of the peer support sessions are run in languages other than English. For example, our Somali speaking Community Navigator focuses on listening to Somali women's specific experiences and needs, leading the group conversations in their mother tongue language. These groups could be the only gateway for some women to connect to other women people and gain access to wellbeing groups activities.

The Maya Centre

(A Company limited by guarantee)

Report of the trustees (continued)

For the year ended 31 March 2024

ACHIEVEMENTS AND PERFORMANCE (continued)

The one-to-one support provided to women by the Women Hub's Community Navigators give women the opportunity to explore local resources, services, and activities. They actively engage with women to understand their specific needs, preferences, and challenges. Community navigators collaborate closely with professionals such as NHS services, mental health teams, GPs, and social services. By gathering essential information, they guide decisions and refer women to specialised help when needed.

Testimonials across our services:

Women attending The Maya Centre are invited to complete feedback forms when they end an activity. These feedback forms ask about their experience of the Centre and the service they have attended. Here are some quotes from our service-users during 2023-2024:

A (Women's Hub)

"Every week, I looked forward to this group. Fitness was non-existent in my life because I don't see the joy in it, but when I saw the flyer, I just knew I had to try it out. E. the community navigator was such a character, the way she would lift everyone's spirits, was just pure. She has taught me to smile more as there's nothing wrong with a smile."

B (Women's Hub)

"I'm thankful for the neurodivergent group. S created a space that made me feel warm internally and accepted. Being alone impacted me; It's wonderful to find a sense of community and support among others who understand and share similar experiences."

C (Art Therapy)

Art Therapist: "My client who was having the same fear and nightmares from the age of five. ... she began with drawings and later my client was able to recreate her bedroom, using doll house toys and a shoe box, where she had experience Adverse Childhood Experience. She was able to navigate her feelings safely to such an extent that she is now less fearful to fall asleep at night."

D (Irish Women's Project):

'All staff know what they are doing, and they are very friendly and welcoming'... 'I can deal with life stuff better, instead of giving up - I'm now more determined.'

E (Black Women's Project):

"I was relieved..." "I managed to talk (about) some underlying issues I had never addressed"

"The shared experiences and togetherness were very helpful. (I) am a little less alone in my thoughts and feelings"

F (Mind Body Therapies – Reflexology):

"This treatment has brought ease to my life. The way my therapist is and how transparent and patient she is has made the world of difference. She is amazingly gifted"

"Very grateful and glad with the therapy I received. It has been immensely helpful with controlling my nervous system and realising my autonomy"

G (Psychoeducation workshop on loss and bereavement):

"As we are refugees, we have experienced more loss than most. I realized today I'm grieving, I'm grieving my life before, my culture, my country, the people I left behind. It's all loss."

The Maya Centre

(A Company limited by guarantee)

Report of the trustees (continued)

For the year ended 31 March 2024

ACHIEVEMENTS AND PERFORMANCE (continued)

Future Developments :

The period April 2023-2024 continued our development work to grow and develop our services and profile. Looking ahead, we continue to deliver on our Strategic Plan 2020-25, interpreting this each year according to our learning.

This includes:

- **Growing our services:** Over the coming year, we will focus on expanding our services to engage more young women and girls (18-25) years, to access our services. We aim to build resources to include a variety of offerings such as wellbeing workshops, psychoeducation, and both short- and long-term counselling. We will continue our aim to reach 500 unique beneficiaries each year, prioritising support for minoritised communities with services that address racial, cultural, and language needs. One significant development to our services will be building on our partnership with Islington Mind that gives us access to the Despard Road – Islington Mind Centre to provide a Women Sanctuary Day Centre, a consistent, safe space for women and girls in Islington. Here, they can access a range of resources, including wellbeing groups, group therapy, communal lunches, one-on-one support, and art and music therapies. We also look to expand resources dedicated to this vital area of our work.
- **Broadening our income sources:** We are currently developing and refining our finance, fundraising, and communication strategies. Our focus for the coming year will be to build on this year's success in attracting corporate funding and to expand these efforts further as well as grow individual contributions. A key section of our strategy is to strengthen donor relationships and establish effective recognition methods. These approaches are important to complement our significant income from Trusts and Foundations and will help ensure a steady increase in unrestricted funds. Moreover, we plan to diversify our revenue streams by exploring the idea of a counselling enterprise. This initiative would provide private counselling services to women who can afford it, as well as to women's charities and businesses looking to offer counselling support to their staff.
- **Increasing the visibility of our clients:** we aim to further develop our quarterly Women's Forum in 2024-25, working with Three groups of Expert by Experience- Volunteer Leaders to ensure that service-users are involved in both the design of our services and strategic influencing work. We are working towards this by also networking with several local stakeholders and partners. By supporting the voices of our service users, we strive to shape best practices and advocate for policy changes that improve services related to violence against women and girls (VAWG), mental health, and overall wellbeing for all women.
- **Amplify the Impact of Our Work:** Drawing on feedback and involvement from our service users, utilizing the skills within our pool of therapists, and seeking support from external resources and consultants, we will continue to showcase the impact of our work and strengthen our culture of intercultural and intersectional, women-for-women learning. Through the production of independent evaluations, reports, and publications, as well as active participation in sector discussions, we aim to share our impact, knowledge, and expertise with our peers, stakeholders, and the wider society.

The Maya Centre

(A Company limited by guarantee)

Report of the trustees (continued) For the year ended 31 March 2024

Reference and administrative details

Registered charity number	1012889
Company number	2701313
Registered office and principal place of business	Unit 8 9-15 Elthorne Road London N19 4AJ

Our advisers

Independent examiner	P.G. Browne FCA CTA Charter, Browne & Curry Chartered Accountants 1 Plato Place 72-74 St Dionis Road London SW6 4TU
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Bankers	The Co-operative Bank 1 Islington High Street London EC1Y 4YX
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CAF Bank
25 Kings Hill Avenue
West Malling
Kent ME19 4JQ

Directors and trustees

The directors of the charitable company (the charity) are its trustees for the purpose of charity law. The trustees and officers serving during the year and since the year end were as follows:

Meera Nair, Chair
Ayan Man, Vice Chair
Rochelle Burgess
Monique Velani
Dr Jessica Walker
Gabriele Ruth Duesberg (appointed 28 November 2023)
Tabia Farhin Salam (appointed 28 November 2023)
Liberty Pattison (appointed 28 November 2023)
Dr Rumina Taylor (appointed 28 November 2023)
Su Yin Yap (appointed 28 November 2023)
Karen Greenidge-Hutchinson (appointed 28 November 2023)
Nishma Jethwa (resigned 1 August 2023)
Dr Jennie Robertson (resigned 26 September 2023)

The Maya Centre

(A Company limited by guarantee)

Report of the trustees (continued)

For the year ended 31 March 2024

Financial Review

Financial update

Income for the year totalled £591,335, a decrease of £42,186 compared to the previous year. Expenditure for the year totalled £582,554 an increase of £75,435 compared to the previous year. The net surplus for the year was £8,781. This compares to a net surplus for the previous year of £126,402.

In common with many other voluntary organisations working in an economic downturn, our financial situation is difficult, requiring a constant programme of identifying potential sources of funding, applying for grants, bidding for contracts, analysing and evaluating our data and performance, reviewing our expenditure and finding efficiencies.

We are very grateful for the continued support from our Patrons, Friends and Supporters and charitable trusts which provide the greater part of our income. While there is considerable pressure on our finances we remain optimistic that the quality, reputation, and continued efficiency of our services to vulnerable women will ensure that this work will be supported into the future.

Reserves policy

It is the policy of the Maya Centre that it retains sufficient reserves to ensure that the organisation can cover its liabilities for at least 3 months and up to 6 months of operating costs and this is our continuing aim.

Our reserves are sufficient to cover 3 months running costs and we will endeavour to build on this.

Going concern

After making appropriate enquiries, the Trustees have a reasonable expectation that the company has adequate resources to continue in operational existence for the foreseeable future. For this reason they continue to adopt the going concern basis in preparing the financial statements.

Structure, governance and management

Constitution

The Maya Centre is a company limited by guarantee governed by its Memorandum and Articles of Association dated 27th March 1992. It is registered as a charity with the Charity Commission. No director has any beneficial interest in the charitable company. All directors are members of the company and guarantee to contribute £1 in the event of a winding up.

The Maya Centre

(A Company limited by guarantee)

Report of the trustees (continued)

For the year ended 31 March 2024

Method of appointment or election of Trustees

Under the governing Articles, the Trustees are elected at the Annual General Meeting to serve a period of one year, subject to re-election at each Annual General Meeting. Trustees are recruited from the local community and are divided into those who bring clinical expertise to the organisation and those with wider organisational skills such as HR, management, business and finance. All Trustees retire at the Annual General Meeting and are eligible for re-election.

Trustees Rebecca Harrington, Katherine Tu, Lisa Marsh and Ieva Marcinkeviciute resigned, Dr Jessica Walker, Dr Jennie Robertson, Meera Nair, Ayan Man, Nishma Jethwa, and Rochelle Burgess were re-elected. Monique Velani was elected as the Interim Treasurer. Meera Nair was elected Chair; Ayan Man was elected Vice Chair.

Policies adopted for the induction and training of Trustees

All new Trustees are provided with information about The Maya Centre and attend an induction meeting with relevant staff and Trustees.

Organisational structure and decision making

The Board of Trustees is responsible for decisions relating to the governance and future development of the organisation, and has been operating as a single Board, with two sub-committees which report regularly to the Board of Trustees: Clinical Governance (co-chaired by Dr Jessica Walker and Dr Jennie Robertson); Finance & Fundraising (chaired by Monique Velani).

The Board of Trustees appoints a CEO and delegates all day-to-day organisational work to her, including ongoing financial management, clinical direction, fundraising and management of staff.

Risk management

The Centre has risk mitigation policies in place and maintains a risk register. Risks are reviewed regularly by the management team and the risk register reviewed by the Board of Trustees and updated on a bi-annual basis. The register identifies key risks, contributing factors and mitigating actions and any early warning mechanisms. The risks, to which the charity is exposed, as identified by the Trustees, are effectively mitigated as part of this procedure.

The Centre has a robust system of internal control that supports its aims and objectives, whilst safeguarding clients and its funds. We have taken steps to mitigate and resolve issues that have arisen in-year and continue to work towards successful assurance outcomes.

The Maya Centre

(A Company limited by guarantee)

Report of the trustees (continued)

For the year ended 31 March 2024

Trustees' responsibilities statement

The Trustees (who are also directors of The Maya Centre for the purposes of company law) are responsible for preparing the Trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial year. Under company law the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgments and accounting estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the charitable company's transactions and disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

This report was approved by the board of directors and trustees on 26 November 2024 and is signed on its behalf.



Meeta Nair
Chair of Trustees

The Maya Centre

(A company limited by guarantee)

Independent examiner's report to the trustees For the year ended 31 March 2024

I report to the charity's trustees on my examination of the financial statements of The Maya Centre ("the company") for the year ended 31 March 2024 which are set out on pages 20 to 35.

Responsibilities and basis of report

As the charity's trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the financial statements of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of The Maya Centre's financial statements as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

Since the Company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of ICAEW which is one of the listed bodies.

I have completed my examination. I confirm no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- 1) accounting records were not kept in accordance with section 386 of the 2006 Act; or
- 2) the financial statements do not accord with such records; or
- 3) the financial statements do not comply with relevant accounting requirements under section 396 of the 2006 Act other than any requirement that the financial statements give a 'true and fair' view which is not a matter considered as part of an independent examination; or
- 4) the financial statements have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities preparing their financial statements in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the financial statements to be reached.


.....
P.G. Browne FCA CTA

Chanter, Browne & Curry

Chartered Accountants

1 Plato Place

72-74 St Dionis Road

London SW6 4TU.

Date: 26 November 2024

The Maya Centre
(A Company limited by guarantee)

Statement of financial activities
For the year ended 31 March 2024

Summary income and expenditure account

	<u>Notes</u>	2024		2023	
		Unrestricted funds	Restricted funds	Total funds	Total funds
		£	£	£	£
Income					
Donations and grants	2	45,183	514,079	559,262	599,881
Other trading activities	3	30,586	-	30,586	33,537
Investments	4	1,487	-	1,487	103
Total incoming resources		77,256	514,079	591,335	633,521
Expenditure					
Raising funds	5	8,114	16,934	25,048	-
Charitable activities	5	88,589	468,917	557,506	507,119
Total expenditure		96,703	485,851	582,554	507,119
Net income/(expenditure)	6	(19,447)	28,228	8,781	126,402
Transfers between funds		7,116	(7,116)	-	-
Net movement in funds for the year		(12,331)	21,112	8,781	126,402
Reconciliation of funds					
Total funds brought forward		268,627	70,691	339,318	212,916
Total funds carried forward		256,296	91,803	348,099	339,318

The Statement of Financial Activities includes all gains and losses in the year. All incoming resources and resources expended derive from continuing activities.

The Maya Centre

(A Company limited by guarantee)

Balance sheet At 31 March 2024


	<u>Notes</u>	<u>2024</u> <u>Total funds</u>		<u>2023</u> <u>Total funds</u>	
		£	£	£	£
Current assets					
Debtors	8	58,839		62,119	
Cash at bank and in hand		381,887		342,099	
		<u>440,726</u>		<u>404,218</u>	
Creditors: amounts falling due within one year	9	<u>92,627</u>		<u>64,900</u>	
Net current assets			<u>348,099</u>		<u>339,318</u>
Net assets			<u>348,099</u>		<u>339,318</u>
Funds of the charity					
Restricted funds	10		91,803		70,691
Unrestricted funds					
General funds	10		<u>256,296</u>		<u>268,627</u>
Total charity funds			<u>348,099</u>		<u>339,318</u>

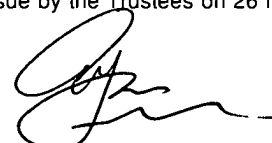
The Trustees consider that the charity is entitled to exemption from the requirement to have an audit under the provisions of section 477 of the Companies Act 2006 ("the Act") and members have not required the charity to obtain an audit for the year in question in accordance with section 476 of the Act.

The Trustees acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

These financial statements have been prepared in accordance with the provisions applicable to small companies subject to the small companies regime and in accordance with FRS102 SORP.

The financial statements were approved and authorised for issue by the Trustees on 26 November 2024 and signed on their behalf, by:


.....
Meera Nair
Chair


.....
Monique Velani
Trustee / VICE CHAIR

AYAN MAN
CHAIR

Company Registration Number: 02701313

The Maya Centre

(A Company limited by guarantee)

Statement of cash flows**For the year ended 31 March 2024**

	Notes	2024 £	2023 £
Cash flows from operating activities			
Net cash provided by (used in) operating activities		39,685	51,939
Cash flows from investing activities		<u>103</u>	<u>103</u>
Change in cash and cash equivalents in the year	12	39,788	52,042
Change in cash and cash equivalents in the year			
Cash and cash equivalents brought forward		342,099	290,057
Cash and cash equivalents carried forward	13	<u>381,887</u>	<u>342,099</u>

The Maya Centre

(A Company limited by guarantee)

Notes to the financial statements For the year ended 31 March 2024

1 Accounting policies

The principal accounting policies are summarised below. The accounting policies have been applied consistently throughout the year and in the preceding year, except where noted.

1.1 Legal form

The Maya Centre ("the company") is a charity limited by guarantee and domiciled in the United Kingdom. The address of its registered office and principal place of business is Unit 8, 9-15 Elthorne Road, London, N19 4AJ. The nature of the company's operations and principal activities are to provide relief for women who are suffering from mental health problems by means of therapeutic services. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the charity.

1.2 Basis of preparation of financial statements

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Charities Act 2011, the Companies Act 2006 and UK Generally Accepted Accounting Practice.

The company constitutes a public benefit entity as defined by FRS 102. The financial statements are prepared on a going concern basis under the historical cost convention, modified to include certain items at fair value.

1.3 Going concern

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

1.4 Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

Designated funds comprise unrestricted funds that have been set aside by the trustees for particular purposes. Currently there are no funds in this category.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the charity for particular purposes. The costs of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

1.5 Income

All income is recognised once the charity has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

The Maya Centre

(A Company limited by guarantee)

Notes to the financial statements (continued)

For the year ended 31 March 2024

1 Accounting policies (continued)

1.6 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use.

Fundraising costs are those incurred in seeking voluntary contributions and do not include the costs of disseminating information in support of the charitable activities. Support costs are those costs incurred directly in support of expenditure on the objects of the charity and include project management. Governance costs are those incurred in connection with administration of the charity and compliance with constitutional and statutory requirements.

Charitable activities and governance costs are costs incurred on the charity's therapeutic services and educational operations, including support costs and costs relating to the governance of the charity apportioned to charitable activities.

All expenditure is inclusive of irrecoverable VAT.

1.7 Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank.

1.8 Operating leases

Rentals under operating leases are charged to the Statement of Financial Activities on a straight line basis over the lease term.

1.9 Debtors

Trade and other debtors are recognised at the settlement amount after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

1.10 Cash at bank and in hand

Cash at bank and in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

The Maya Centre

(A Company limited by guarantee)

Notes to the financial statements (continued)

For the year ended 31 March 2024

1 Accounting policies (continued)

1.11 Creditors

Creditors are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors are normally recognised at their settlement amount.

1.12 Financial instruments

The company only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

1.13 Taxation

The company is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

1.14 Pensions

The company operates a defined contribution pension scheme and the pension charge represents the amounts payable by the charity to the fund in respect of the year.

1.15 Judgements in applying accounting policies and key sources of estimation uncertainty

Estimates and judgements are continually evaluated and are based on historical experience and other factors, including expectations for future events that are believed to be reasonable under the circumstances.

The level of deferred income varies depending on when a grant is received and the time frame the grant is to be spread over. The level of deferred income is re-assessed annually to ensure that an appropriate amount is being recognised.

The Maya Centre

(A Company limited by guarantee)

Notes to the financial statements (continued)

For the year ended 31 March 2024

2 Income from donations and legacies

	2024			2023
	Unrestricted funds	Restricted funds	Total funds	Total funds
	£	£	£	£
Donations	19,071	-	19,071	86,078
Grants	26,112	514,079	540,191	513,803
	<u>45,183</u>	<u>514,079</u>	<u>559,262</u>	<u>599,881</u>

Grant income comprised:-

	2024			2023
	Unrestricted funds	Restricted funds	Total funds	Total funds
	£	£	£	£
City Bridge Trust - BAMER	-	37,690	37,690	62,481
Cloudesley - Black Womens Project	-	35,000	35,000	32,500
Cloudesley - Main	-	-	-	3,750
Complementary Therapies	-	165	165	9,071
The Considered Ask Foundation	-	24,000	24,000	-
Cripplegate Foundation	26,000	-	26,000	33,875
Crucible Trust	-	-	-	9,000
Department of Foreign Affairs and Trade; Emigrant Support Programme	-	32,496	32,496	32,700
Family Catalyst Fund	-	1,500	1,500	3,333
Hearthstone DV Project	-	6,437	6,437	12,152
Henry Smith	-	49,437	49,437	-
LB Islington & CCG	-	71,002	71,002	68,795
Lloyds TSB Foundation	-	-	-	20,050
MOPAC	-	44,652	44,652	53,653
MOPAC - Cost Of Living	-	27,933	27,933	-
MOPAC - Grassroots	-	-	-	48,002
MOPAC - VAWG Grassroots 2024	-	29,875	29,875	-
National Lottery Community Fund	-	116,392	116,392	120,273
Propel	-	37,500	37,500	-
The Charities Trust	112	-	112	2,418
Wates Foundation	-	-	-	1,750
	<u>26,112</u>	<u>514,079</u>	<u>540,191</u>	<u>513,803</u>

3 Income from other trading activities

	2024			2023
	Unrestricted funds	Restricted funds	Total funds	Total funds
	£	£	£	£
Fundraising income	28,087	-	28,087	23,408
Kickstarter scheme	-	-	-	10,306
Other	2,499	-	2,499	(177)
	<u>30,586</u>	<u>-</u>	<u>30,586</u>	<u>33,537</u>

The Maya Centre

(A Company limited by guarantee)

Notes to the financial statements (continued)

For the year ended 31 March 2024

4 Investment income

	2024			2023
	Unrestricted funds	Restricted funds	Total funds	Total funds
	£	£	£	£
Bank interest receivable	1,487	-	1,487	103

5 Expenditure

	2024			2023
	Unrestricted funds	Restricted funds	Total funds	Total funds
	£	£	£	£
<u>Raising funds</u>				
Fundraising expenditure	8,114	16,934	25,048	-
<u>Charitable activities</u>				
Wages and salaries	42,961	165,551	208,512	204,550
National insurance	2,620	10,023	12,643	14,455
Pension contributions	1,100	2,974	4,074	3,278
Sessional workers	12,787	106,811	119,598	129,116
Clinical supervision	10,226	26,995	37,221	24,605
DBS Checks	162	-	162	184
Disbursements	-	30,031	30,031	1,735
Project costs	1,401	9,683	11,084	7,146
Group/non therapeutic sessions and psychoeducation	211	10,495	10,706	9,507
Consultancy	-	-	-	957
Rent and rates	157	55,180	55,337	43,315
Insurance	870	5,000	5,870	3,884
Utilities	953	4,800	5,753	5,605
Cleaning	958	2,000	2,958	2,090
Furnishings	46	-	46	10
Maintenance	836	-	836	1,770
IT costs	3,876	20,680	24,556	30,129
Printing, postage & stationery	1,053	2,313	3,366	3,135
Staff training and supervision	1,530	1,000	2,530	6,240
Telephone	803	2,448	3,251	5,234
Workshop expenses	-	5,017	5,017	3,098
Recruitment costs	1,395	354	1,749	100
Sundries	775	7,562	8,337	3,753
	84,720	468,917	553,637	503,896

The Maya Centre

(A Company limited by guarantee)

Notes to the financial statements (continued)

For the year ended 31 March 2024

5 Expenditure (continued)

Governance costs

	2024			2023
	Unrestricted funds	Restricted funds	Total funds	Total funds
	£	£	£	£
Independent examination fees	3,050	-	3,050	2,900
Legal and professional fees	48	-	48	48
Board expenses	771	-	771	275
	<u>3,869</u>	<u>-</u>	<u>3,869</u>	<u>3,223</u>
Total expenditure on charitable activities	<u>88,589</u>	<u>468,917</u>	<u>557,506</u>	<u>507,119</u>
Total expenditure	<u>96,703</u>	<u>485,851</u>	<u>582,554</u>	<u>507,119</u>

6 Net income/(expenditure)

This is stated after charging:

	2024	2023
	£	£
Independent examination fee	<u>3,050</u>	<u>2,900</u>

No trustees received any remuneration, benefits in kind or reimbursement of expenses (2023 - £NIL).

7 Staff costs

Staff costs were as follows:

	2024			2023
	Unrestricted funds	Restricted funds	Total funds	Total funds
	£	£	£	£
Wages and salaries	51,075	182,485	233,560	207,828
Social security costs	2,620	10,023	12,643	14,455
	<u>53,695</u>	<u>192,508</u>	<u>246,203</u>	<u>222,283</u>

The average number of persons employed by the charity during the year was as follows:-

	2024	2023
	£	£
Number of employees	<u>10</u>	<u>5</u>

No employee received remuneration amounting to more than £60,000 in either year.

The increase in staff costs relates mainly to the creation of a new funded role for fundraising and communication. The purpose of this new role is to establish and connect with both individual and corporate organisations.

The Maya Centre

(A Company limited by guarantee)

**Notes to the financial statements (continued)
For the year ended 31 March 2024****8 Debtors**

	2024	2023
	£	£
Prepayments	1,679	5,996
Other debtors	57,160	56,123
	<u>58,839</u>	<u>62,119</u>

9 Creditors: Amounts falling due within one year

	2024	2023
	£	£
Trade creditors	20,332	23,918
Accruals	26,382	33,140
Deferred income	36,763	-
Other creditors	9,150	7,842
	<u>92,627</u>	<u>64,900</u>

Deferred income

	£
Deferred income at 1 April 2023	-
Resources deferred during the year	36,763
Amounts released to income from previous periods	-
Deferred income at 31 March 2024	<u>36,763</u>

The Maya Centre

(A Company limited by guarantee)

**Notes to the financial statements (continued)
For the year ended 31 March 2024**

10 Statement of funds

Statement of funds - current year

	Balance at 1 April 2023	Income	Expenditure	Transfer in/ (out)	Balance at 31 March 2024
	£	£	£	£	£
General funds	<u>268,627</u>	<u>77,256</u>	<u>(96,703)</u>	<u>7,116</u>	<u>256,296</u>
Total unrestricted funds	<u>268,627</u>	<u>77,256</u>	<u>(96,703)</u>	<u>7,116</u>	<u>256,296</u>
Restricted funds					
City Bridge Trust - BAMER	15,942	37,690	(34,385)	-	19,247
Cloudesley - Black Womens Project	11,993	35,000	(38,771)	-	8,222
Cloudesley - Main	3,058	-	-	(3,058)	-
Complementary Therapies	7,083	165	(3,569)	-	3,679
The Considered Ask Foundation	-	24,000	(16,934)	-	7,066
Department of Foreign Affairs and Trade; Emigrant Support Programme	8,175	32,496	(31,780)	-	8,891
Family Catalyst Fund	3,476	1,500	(2,295)	-	2,681
Hearthstone DV Project	4,625	6,437	(5,993)	(5,069)	-
Henry Smith	-	49,437	(49,369)	-	68
LB Islington & CCG	-	71,002	(71,002)	-	-
MOPAC - Main	2,682	44,652	(44,652)	-	2,682
MOPAC - Cost Of Living	-	27,933	(26,039)	(1,894)	-
MOPAC - Grassroots	1,943	-	(4,848)	2,905	-
MOPAC - VAWG Grassroots 2024	-	29,875	(16,669)	-	13,206
National Lottery Community Fund	11,714	116,392	(113,800)	-	14,306
Propel	-	37,500	(25,745)	-	11,755
Total restricted funds	<u>70,691</u>	<u>514,079</u>	<u>(485,851)</u>	<u>(7,116)</u>	<u>91,803</u>
Total funds	<u>339,318</u>	<u>591,335</u>	<u>(582,554)</u>	<u>-</u>	<u>348,099</u>

The Maya Centre

(A Company limited by guarantee)

Notes to the financial statements (continued) For the year ended 31 March 2024

10 Statement of funds (continued)

Statement of funds - prior year

	Balance at 1 April 2022	Income	Expenditure	Transfer in/ (out)	Balance at 31 March 2023
	£	£	£	£	£
Designated funds					
Raising Profile	2,074	-	(2,074)	-	-
General funds	180,057	169,572	(78,434)	(2,568)	268,627
Total unrestricted funds	182,131	169,572	(80,508)	(2,568)	268,627
Restricted funds					
City Bridge Trust - BAMER	11,252	57,920	(53,230)	-	15,942
Cloudesley - Black Womens Project	-	32,500	(20,507)	-	11,993
Cloudesley - Main	9,731	3,750	(13,674)	3,251	3,058
Complementary Therapies	(642)	9,071	(1,346)	-	7,083
Department of Foreign Affairs and Trade; Emigrant Support Programme	8,763	32,700	(33,288)	-	8,175
Family Catalyst Fund	422	3,333	(1,735)	1,456	3,476
Hearthstone DV Project	1,584	12,152	(9,111)	-	4,625
LB Islington & CCG	-	68,795	(68,795)	-	-
Lloyds TSB Foundation	-	20,050	(20,050)	-	-
MOPAC - Main	-	53,653	(50,971)	-	2,682
MOPAC - Grassroots	(2,464)	48,002	(43,595)	-	1,943
National Lottery Community Fund	-	120,273	(108,559)	-	11,714
Wates Foundation	-	1,750	(1,750)	-	-
	28,646	463,949	(426,611)	4,707	70,691
Covid funds (restricted)					
Lloyds React Fund	2,139	-	-	(2,139)	-
Total restricted funds	30,785	463,949	(426,611)	2,568	70,691
Total funds	212,916	633,521	(507,119)	-	339,318
London Community Response Fund	-	49,643	(49,643)	-	-
London Funders Wave 3	7,441	7,890	(14,990)	(341)	-
DCMS	17	-	(1,376)	1,359	-
Cloudesley Emergency Fund	3,343	-	-	(3,343)	-
Total restricted funds	223,717	691,054	(573,128)	(2,325)	339,318
Total funds	233,448	694,804	(586,802)	926	342,376

The Maya Centre

(A Company limited by guarantee)

Notes to the financial statements (continued) For the year ended 31 March 2024

10 Statement of funds (continued)

Statement of funds - current year

	Balance at 1 April 2023	Income	Expenditure	Transfer in/ (out)	Balance at 31 March 2024
	£	£	£	£	£
General funds	268,627	77,256	(96,703)	7,116	256,296
	<u>268,627</u>	<u>77,256</u>	<u>(96,703)</u>	<u>7,116</u>	<u>256,296</u>
Restricted funds	70,691	514,079	(485,851)	(7,116)	91,803
Total funds	<u>339,318</u>	<u>591,335</u>	<u>(582,554)</u>	<u>-</u>	<u>348,099</u>

Statement of funds - prior year

	Balance at 1 April 2022	Income	Expenditure	Transfer in/ (out)	Balance at 31 March 2023
	£	£	£	£	£
Designated funds	2,074	-	(2,074)	-	-
General funds	180,057	169,572	(78,434)	(2,568)	268,627
	<u>182,131</u>	<u>169,572</u>	<u>(80,508)</u>	<u>(2,568)</u>	<u>268,627</u>
Restricted funds	30,785	463,949	(426,611)	2,568	70,691
Total funds	<u>212,916</u>	<u>633,521</u>	<u>(507,119)</u>	<u>-</u>	<u>339,318</u>

The charity's funds comprise the following:

Restricted funds

City Bridge Trust – to expand counselling services to BAMER women.

Cloudesley Black Women's Project - funding for targeting Black African and Caribbean women for 1-2-1 counselling, group therapy and psychoeducation groups.

Cloudesley - This funding has been restricted for therapeutic group work.

Complementary Therapies - funding restricted for the provision of Reiki, Massage and Reflexology sessions to women affected by domestic violence and sexual abuse.

Considered Ask Foundation – to cover the cost of the Communications and Fundraising manager.

Emigrant Support Programme Department of Foreign Affairs and Trade: The Emigrant Support Programme (Irish project) received a grant of £32,496 for the year from 1st July 2023 to 30th June 2024. The funds were restricted for the following projects: The Irish Women's Project. Nine months grant income was utilised in the period to 31st March 2024. Three months grant income amounting to £8,891 has been deferred to the 2024-25 financial year and will be utilised by 30th June 2024.

The Maya Centre

(A Company limited by guarantee)

Notes to the financial statements (continued)

For the year ended 31 March 2024

10 Statement of funds (continued)

Restricted funds (continued)

Family Catalyst – funding restricted awarded to provide small grants to disadvantaged families or family members to enable them to access opportunities or they have difficulty in doing so without additional help. For example, educational opportunities, starting a hobby or tickets to events etc.

Hearthstone DV Project - funding restricted for the provision of shorter-term counselling women who have experienced domestic violence.

Henry Smith – to cover core costs of the organisation.

LB Islington & CCG - funding restricted for the provision of counselling for BAMER women and women who have experienced domestic violence and child sexual abuse.

MoPAC: Grassroots – to contribute toward the delivery of psycho-education and art therapy for women from refugee, trafficked and isolated migrant backgrounds.

MOPAC: VAWG Grassroots 2024: funded for a collaborative agreement to support and empower black minoritized women from refugee, asylum-seeking and vulnerable migrant communities.

MOPAC: Cost of Living – a small grant given to help women and girls affected by VAWG who are impacted with the cost of living crisis.

MoPAC: Main – funding provided for women who have suffered domestic abuse and sexual violence trauma.

The National Lottery Community Fund - for the Community Development Programme to empower the women in the community for practical and social skills and well-being support for minoritized women.

Propel – grant given towards the costs of an Explore project.

The Maya Centre

(A Company limited by guarantee)

Notes to the financial statements (continued)

For the year ended 31 March 2024

11 Analysis of net assets between funds

Current year

	2024		
	Unrestricted funds	Restricted funds	Total funds
	£	£	£
Current assets	256,296	184,430	440,726
Creditors due within one year	-	(92,627)	(92,627)
	<u>256,296</u>	<u>91,803</u>	<u>348,099</u>

Prior year

	2023		
	Unrestricted funds	Restricted funds	Total funds
	£	£	£
Current assets	268,627	135,591	404,218
Creditors due within one year	-	(64,900)	(64,900)
	<u>268,627</u>	<u>70,691</u>	<u>339,318</u>

12 Reconciliation of net movement in funds to net cash flow from operating activities

	2024	2023
	£	£
Net income for the year (as per statement of financial activities)	8,781	126,402
(Increase)/decrease in debtors	3,280	(13,810)
Increase/(decrease) in creditors	27,727	(60,550)
Net cash provided by operating activities	<u>39,788</u>	<u>52,042</u>

13 Analysis of cash and cash equivalents

	2024	2023
	£	£
Cash at bank and in hand	<u>381,887</u>	<u>342,099</u>

The Maya Centre

(A Company limited by guarantee)

Notes to the financial statements (continued) For the year ended 31 March 2024

14 Operating lease commitments

The total of future minimum lease payments under non-cancellable operating leases are as follows:

	Land and buildings	
	2024	2023
	£	£
Not later than one year	59,800	-
Later than one year and not later than five years	222,922	-
Total	<u>282,722</u>	<u>-</u>

15 Related party disclosures

There were no related party transactions for the year ended 31 March 2024.

THE MAYA CENTRE

England & Wales - Charity number 1012889

Accounts

Company Registration No. 02701313 (England and Wales)
Registered charity number: 1012889

The Maya Centre
(A company limited by guarantee)

**Unaudited trustees' report
and financial statements**

For the year ended 31 March 2023

bacp | **Accredited
Service**

The Maya Centre
(A Company limited by guarantee)

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The Maya Centre

(A Company limited by guarantee)

Report of the trustees

For the year ended 31 March 2023

The trustees who are also directors of the charity for the purposes of the Companies Act, present their report and the financial statements for the year ended 31 March 2023 which are also prepared to meet the requirements for a directors' report and accounts for Companies Act purposes.

The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (second edition - October 2019) - (Charity SORP (FRS 102) Revised).

Objectives and Activities

Policies and objectives

In setting objectives and planning for activities, the Trustees have given due consideration to general guidance published by the Charity Commission relating to public benefit, and to the objects of the charity which are:

1. To provide relief for women who are suffering from mental health problems by means of therapeutic services;
2. To educate the general public on the subject of mental health.

The charity has the general aim of improving the mental health of deprived and marginalised women by providing free individual counselling, group therapy and community wellbeing activities.

Main activities undertaken to further the charity's purposes for the public benefit

The Trustees are aware that section 17 of the Charities Act 2011 requires charities to demonstrate that their work is of direct benefit to the public. When planning the Maya Centre's activities each year, the Trustees take due regard of the Charity Commission's general guidance on public benefit.

ACHIEVEMENTS AND PERFORMANCE

Review of activities

All our activities are in line with our vision and mission.

Vision

Our vision is a world where all women can prioritise their mental health and wellbeing, equality and dignity, safe from abuse, exclusion or discrimination of any kind.

Mission

Our mission is to build a safe and inclusive women-for-women community in which we:

- Offer a range of free trauma-informed services to minoritised women on low-incomes, including counselling & psychotherapy, group work and complementary therapies.
- Support recovery from depression, trauma and Violence Against Women and Girls (VAWG) with a focus on building trust, resilience and voice.
- Flex to meet women's different needs by offering between 6-24 sessions of counselling, as individuals, in groups, face-to-face or remotely.
- Prioritise intercultural and intersectional approaches via tailored and targeted support in community languages and for specific, minoritised cultural groups.

The Maya Centre

(A Company limited by guarantee)

Report of the trustees (continued)

For the year ended 31 March 2023

ACHIEVEMENTS AND PERFORMANCE (continued)

Our work in 2022-23

The Maya Centre specialises in free, trauma-informed counselling for low-income, minoritised women living in Islington and surrounding boroughs. Our counselling is psychodynamic in origin, with the flexibility to adapt to the specific needs of diverse women seeking our services. In recent years this has led to the development of broader trauma-informed services, including a full suite of holistic mind-body therapies, psychoeducational group work in community languages and inclusive wellbeing workshops.

During the period April 2022-March 2023, The Maya Centre continued to experience increasing and complex referrals as the result of public awareness on issues relating to Violence Against Women and Girls (VAWG) and improved awareness of how this links in with minoritised women's mental health and wellbeing. We responded to this by focusing on two key areas of work:

- Refining our service model to provide wrap-around support which caters to a woman at any stage of her journey from early-intervention to longer term trauma counselling, to ongoing self-care;
- Introducing and promoting a specific focus on inclusive women's participation and leadership across the organisation.

Highlights to the year included the launch of our Women's Hub Community Wellbeing Project in July 2022; our inclusion as mental health experts within an Islington-specific Domestic Abuse Partnership Programme; the expansion of both our dedicated Irish Women's and Black Women's Projects; and our involvement in the promotion of a new Islington Inequalities Toolkit, co-designed with a number of Islington mental health agencies with the aim of improving anti-racist and culturally sensitive approaches to service provision.

Overall, The Maya Centre supported 491 women in the year 2022-3, an increase of over 100 women per year. Our new annual target is 500 women per year across all of our services.

The increase in service-users during this time was made possible due to the ongoing support and flexibility of our funders. Whilst continued funding from the Lloyds Bank Foundation focused on enhancing our financial strategy and resilience, new 3-year Domestic Abuse funding from Mopac enabled us to boost our long-term specialist counselling offer, for the first time linking this with our holistic mind-body therapies as part of a care package for our most traumatised clients. In line with our continuing focus on minoritised women and VAWG, we received ongoing funding from the Accept Consortium (NCL CCG), Hearthstone Housing Association, City Bridge Trust, the Cripplegate Foundation, the Embassy of Ireland London, Richard Cloudesley, Islington Giving and the Mayor's Office for Policing and Crime (via the London Community Foundation), Hollick Family Foundation, The National Lottery Community Fund and The Crucible Trust.

We were also extremely fortunate to attract significant donations during the year, building on our work to raise our profile via our website and social media channels. These included TOMS, 10x10 Philanthropy, Celebrity Catchphrase (via our Ambassador Siobhan McSweeney), Macquarie & Co. and Margaret Bluman.

The Maya Centre

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Report of the trustees (continued)

For the year ended 31 March 2023

ACHIEVEMENTS AND PERFORMANCE (continued)

Individual and Group Counselling

Our core offer of specialist individual and group counselling continues to flourish via a team of 19 trained and experienced counsellors, all of whom are registered or accredited by the BACP. During the period April 2022-March 2023 we introduced the new role of Office & Clinical Systems Manager and expanded our infrastructure in order to refine our clinical systems, referrals processing and data collation. We successfully renewed our external accreditation from the British Association of Counselling and Psychotherapy for our counselling service, demonstrating to clients, commissioners and funders that they can have confidence in the professionalism of the Centre and its staff.

Individual Counselling

The Maya Centre continues to offer from 6 to 24 weeks of counselling sessions depending on presenting issues and recommended treatment.

Self-referrals made up 46% of referrals in the year April 2022-March 2023, with an increase in referrals from NHS services, and the voluntary sector including Solace Women's Aid, Mind, Imece, Nia and Age UK. Our referral and assessment process showed that in this period, 86% of the women we supported disclosed experiences of Violence Against Women and Girls: within this, 13% reported 'honour-based' violence and 10% FGM. 30% of women disclosed childhood sexual abuse, and 52% disclosed experiences of sexual abuse including rape. 90% of women referred to our services reported experiencing depression, stress or anxiety and 43% reported loneliness and isolation, a 13% increase on 2021-22. 77% of our service-users were from Global Majority, migrant or refugee backgrounds and 23% White British. The full demographic data for all services is in Table 2, pages 9 to 10.

During this year, we received additional funding and increased the number of women in individual counselling from 271 to 328. We received 512 referrals and applications for counselling. Of these, 114 were closed at application, did not attend during the assessment process or were deemed not suitable for our services following an assessment. 313 completed individual counselling and 79 women remained in assessment or on our waiting list at the end of the period. During this year, numbers attending counselling sessions in person increased significantly, reversing the percentages from 2021-22: 66% of women were seen face-to-face, 24% received counselling by telephone, and 10% were seen online. Our data analysis showed good retention during this period, with average attendance per client of 82%. Clients with planned endings scored an average of 89% attendance. Those with unplanned endings scored an average rate of 54%, a slight increase on 2021-22. Overall, self-referrals scored 4% better attendance than agency referrals. Average waiting times from referral to assessment decreased slightly during this period from 24 to 23 weeks.

Specialist Projects and Group Counselling

The Black Women's Project (BWP) expanded from the Black Women's Therapeutic Group in July 2022 to form its own unique project, targeting women in our community from Black African and Caribbean heritages who are seeking representative trauma-informed counselling on issues including abuse and violence, racism, discrimination and misogyny. Two Lead Counsellors was appointed in January 2023 and a new framework developed to include Emotional Emancipation Circles alongside psychoeducation and 1-2-1 counselling. 19 out of 50 women had been supported in this project by the end of March 2023.

The Maya Centre

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Report of the trustees (continued)

For the year ended 31 March 2023

ACHIEVEMENTS AND PERFORMANCE (continued)

The Irish Women's Project also expanded in this period due to increasingly complex referrals associated with displacement/ racism and historical/ Institutional trauma, as well as a rise in mixed-heritage clients. 30 out of 37 women had been supported in this project by the end of March 2023.

Art Therapy resumed at The Maya Centre in October 2022 with two 10-week, face-to-face groups attended by 19 women. 31 women attended individual art therapy sessions of between 6-12 weeks. Our learning this year includes a greater focus on flexibility of offer, developing towards a drop-in model of group art therapy alongside 1-2-1 work as an approach which demystifies art-making and allows women to explore if this works for them before committing to a closed group.

Psychoeducation Workshops

The Maya Centre introduced psychoeducation workshops as a result of a number of factors, including long waiting times for our individual counselling; feedback from counsellors indicating the need for wider services to support trauma work; and outreach to women in the community as a means of better understanding different cultural attitudes towards mental health and VAWG.

During the period April 2022-March 2023, 9 psychoeducation groups were delivered to 53 women. Highlights to this work included two Turkish women's groups addressing coercive control; a mixed Domestic Abuse group; our first South Asian Women's Group, our first online GenZ Group and the expansion of our Somali Women's Group with referral routes through to 1-2-1 counselling.

Holistic Mind-Body Therapies

HMB Therapies expanded at The Maya Centre during this period due to additional funding from MOPAC, the first of its kind to fund body-based therapies alongside psychological counselling. HMB therapies are only offered to women who have completed a course of specialist 1-2-1 counselling, therefore they are included within our clinical services for reporting purposes.

The Maya Centre offers 5 sessions of Reiki, Reflexology or Holistic Massage to women who have completed their individual counselling and have requested a mind-body treatment. During the period April 2022-March 2023, 45 women received treatments commented on the value of somatic experience and requested more of this kind of treatment for trauma and post-traumatic stress symptoms.

Women's Hub Community Wellbeing Project

The Maya Centre Women's Hub launched in July 2022 with the aim of providing holistic, co-designed wellbeing activities for minoritised women in our community. With the focus on Lived Experience, 4 Community Navigators were recruited to engage in outreach and advocacy work. Between July 2022 and March 2023, 163 women took part in a range of wellbeing support activities which brought them together, encouraged greater connection, and enabled them to support their health on their own terms and in ways that best suited them.

Activities

59 women received individual support sessions on issues ranging from welfare, to housing, to family breakdown and domestic abuse;

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Report of the trustees (continued)

For the year ended 31 March 2023

ACHIEVEMENTS AND PERFORMANCE (continued)

107 weekly wellbeing and peer support groups were delivered by and for Somali, neurodivergent, disabled and refugee women and our weekly programme include classes such Relaxation, Qi Gong, Movement & Scent, and Song Club;

11 different wellbeing workshops (25 sessions) were delivered including collaborations with Talith Arts (relaxation and healing); King's College London and Andreena Leanne ('Not My Shame: Black Queer Women's Writing Group') and 'Making Me' with Little Angel Puppet Theatre/ Nia (Trauma Recovery);

2 community events took place for Islington women (Launch Event and International Women's Day Celebration).

24 different local individuals and organisations were engaged to support women's health and wellbeing. We reached a further 62 individuals and organisations to share and promote our activities.

Monitoring and evaluation report

The Maya Centre has a strong commitment to evaluating the work that we do to provide a high quality, continuously improving service. Across all of our services, we work to 4 main organisational outcomes:

- **Recovery:** reduced impact of trauma, greater ability to enjoy life and plan for the future.
- **Resilience:** reduced isolation; increased sense of wellbeing and self-esteem.
- **Prevention:** reduced risk to self and likelihood of abusive relationships.
- **Wider community:** improved personal relationships, social and support networks

Overall Effectiveness of Counselling Service:

For our core individual and group counselling offer, we continue to use the nationally recognised Clinical Outcomes in Routine Evaluation via our online system, CoreNet. This system enables us to evaluate the therapeutic outcomes of our service and to use that learning to develop and deliver the best possible services to clients. It also allows for accurate reporting to funders, and for comparison with many NHS and third sector psychological counselling services .

Clients are given CORE questionnaires to complete at different stages: pre-counselling, mid-counselling and at the end of their counselling, scores are taken from the questions answered and are calculated within four areas; emotional well-being, problems, functioning and risk to self and others.

Counsellors also complete a CORE Therapy assessment form as part of the assessment process and a CORE end of therapy assessment form.

Based on the information from CORE questionnaires, relating to 237 women who completed their individual counselling between April 2022 to March 2023, we see the following:

98% (91% in 2022) of women showed an improvement in their ability to explore their feelings and problems.

98% (97% in 2022) of women showed an improvement in their ability to express how they are feeling

93% (56% in 2022) of women showed an improvement in personal insight.

96% (65% in 2022) of women showed an improvement in their coping strategies.

94% (68% in 2022) of women showed an improvement in their subjective well-being.

93% (64% in 2022) of women showed an improvement in day-to-day functioning.

89% (50% in 2022) of women showed an improvement in their decision-making

97% (81% in 2022) of women showed an improvement in personal relationships.

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Report of the trustees (continued)

For the year ended 31 March 2023

ACHIEVEMENTS AND PERFORMANCE (continued)

This excludes 'not addressed or no data' entries and simply focuses on 'improved' or 'not improved': our enhanced clinical outcomes in 2022-3 suggests that women being offered both longer-term counselling and extensions to counselling sessions had a significant impact on their recovery and resilience.

Effectiveness of Group Work

Black Women's Project EEC Group:

Emotional Emancipation Circles (EECs) are safe gatherings in which Black people come together to 1) share personal stories and feelings 2) deepen understanding of the impact of our history on our emotions, relationships, and community, and 3) free ourselves from the lie that Black people are "less than"—that we are not as human, beautiful, capable, intelligent, worthy, valuable, as White people. The lie created negative stereotypes and fostered unconscious biases that still impacts us all today. Learning from the Summer 2023 EEC group included the following:

- Women were a support to each other, validating each other's emotions, offering words of wisdom and encouragement;
- The shared experiences of micro-aggressions that sometimes has no language but a felt sense was named, demystifying pervasive racism as real;
- The shared experiences of being both Black and a Woman in places of work, education, relationships, services and wider society brought up issues such as stereotypes of being 'angry' or 'aggressive' or over-sexualised in terms of appearance, or the burden of 'representing' Black culture as a monoculture.
- Intergenerational trauma – how parents internalised oppression affects self-concept, and conflict within the parent-daughter relationship and how the women desired to parent their own children.

Art Therapy:

Art Therapy was affected by staff illness and recruitment issues throughout this period. Nevertheless, 83% of women showed an improvement in their overall wellbeing, resilience and expressive ability. 83% of women showed an improvement in their coping strategies and 75% of women showed improvement in personal insight. Women attending appreciated the gentleness and creativity of both art therapists and co-facilitators who delivered these groups.

Psychoeducation Groups:

For reasons of accessibility and with the focus on asset-based approaches, it was decided to adopt the Warwick Edinburgh Mental Wellbeing Scale (WEMWBS) to measure outcomes for psychoeducation groups. Women were asked 15 questions at the beginning and end of the group, and a percentage improvement recorded against each. A sample of responses across our psychoeducation groups indicated that 75% of women attending groups felt more energetic; 75% felt closer to people; 67% felt loved and 88% felt interested in new things following 6 sessions of psychoeducation.

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Report of the trustees (continued) For the year ended 31 March 2023

ACHIEVEMENTS AND PERFORMANCE (continued)

Evaluation of Women's Hub Community Wellbeing Project

The Women's Hub is improving women's wellbeing and enhancing their skills using co-production and lived experience. Achievements for the project as a whole during this period include the following:

- 1) We engaged new communities of women who traditionally are not well looked after by mental health services. Our Community Navigators and Volunteer Leaders were key to this, bringing with them direct experience of and insight into barriers faced by women from refugee; minoritised GenZ; Black British/ African/ Caribbean; Neurodivergent; LGBTQ+ identities and women who had been through the Criminal Justice System.
- 2) Our Listening Activities modelled a culture of openness and inclusion which made it easier for women to test out what they think, feel and want in relation to women's wellbeing. Women wanted to speak up about their identity post-abuse, look after their physical health, connect with other women with similar experiences and have their perspective and voices heard. They would like to increase community awareness of trauma and factors influencing their wellbeing and improve community responses to their issues. Women want to address issues of low self-value, and self-confidence and build their assertiveness and self-advocacy.
- 3) Individual conversations between women and Community Navigators have brought about greater trust, sense of empowerment and engagement with our activities over time: this slow-build of relationships has been key for women who may have never have experienced social connection, trust or solidarity before.
- 4) We established a Leader Group made up of 7 experienced ex-service-users who had benefited from counselling services and moved on to recovery. Using their lived experience, our Leaders have supported co-design and delivery of Women's Hub activities. Meeting regularly, each Leader brings unique skills, cultural insights and expertise. Together, they have developed Terms of Reference and played the role of a "critical friend" to the Women's Hub team throughout set up and delivery of the project so far.

Using feedback forms and a snap survey, we also achieved the following outcomes:

- 88% women who attended our workshops and activities told us that they had learned a new skill.
- 83% women reported improved wellbeing.
- 75% women told us that there are positive changes in their lives after engaging in Women's Hub.
- 67% women said that it helped them to feel part of a community.

Testimonials across our services:

Women attending The Maya Centre are invited to complete feedback forms when they end an activity. These feedback forms ask about their experience of the Centre and the service they have attended. Here are some quotes from our service-users during 2022-2023:

A (Women's Hub)

"I have learned to listen to others, to communicate and express gratitude in life."

B (Women's Hub)

"I feel like I have become more aware of self-hate and the best strategy to use for me to enhance the self-love that I deserve."

C (Art Therapy Group)

"The group allowed me to reflect on my self-critical behaviours and begin to overcome them. It also allowed me to bring out my creativity/ inner child and just go with the flow, which was a wonderful experience."

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Report of the trustees (continued)

For the year ended 31 March 2023

ACHIEVEMENTS AND PERFORMANCE (continued)

D (ACCEPT Consortium)

"I have a new positive outlook on my life and I am looking forward to the future."It has helped me in more ways I could have ever hoped for and I am going to continue with other types of therapy thanks to The Maya Centre."

E (Irish Women's Project)

"I feel calmer and in control of my life in a way that not only had a positive effect on me but also had a knock-on effect on the people who are closest to me in my life."

F (Black Women's Project)

"The sessions helped me explore my cultural identity. I now have the confidence to access cultural groups I have previously felt excluded from."

G (Mind Body Therapies – Reflexology)

"I have been in a good frame of mind recently and especially the last two days; my energy levels are better and I'm feeling positive about life. My sleep has improved, which has also helped to reduce my anxiety plus my stress is coming down too. To top it all off, I was promoted at work and this has given me a great boost."

Table 1: Clinical Services

Client data: Comparison with prior year	2022-23	2021-22
Referrals received	512	482
Applications rejected	5.3%	5.3%
Clients dropped out at application stage	3%	7.8%
Did not attend or complete assessment process	7.6%	8.3%
Total number of individuals receiving assessment in the period	267	235
Total number of clients who received 1:1 counselling in the period	328	279
Total number of clients who attended and completed a group in the period	79	75
Clients starting counselling in the period	264	236
Clients ending counselling in the period	282	227
Position at the end of year (snapshot)	2022-23	2021-22
Clients awaiting allocation to a counsellor	12	9
Number of individuals ongoing in 1:1 counselling	79	53
Number of individuals ongoing in group counselling or psychoeducation	19	35

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Report of the trustees (continued)**For the year ended 31 March 2023****ACHIEVEMENTS AND PERFORMANCE (continued)****Table 2: Demographic data (All Services, Total)**

Age group	2022-23	2021-22
18-20	3.2%	1.3%
21-30	22.2%	26.4%
31-40	24.7%	28.6%
41-50	24%	22%
51-60	20.5%	17.6%
Over 60	5.4%	4.1%
Ethnicity	2022-23	2021-22
Asian or Asian British Bangladeshi	5.26%	3%
Asian or Asian British Indian	3.89%	1.1%
Asian Other (Pakistani, Chinese, Japanese, Korean, Sri Lanka, Afghan)	2.52%	9.6%
Black African or British African	7.09%	15.5%
Somali	4.81%	1.8%
Black Caribbean or British Caribbean	12.13%	7.4%
Other/Mixed Black	6.87%	1.8%
Middle Eastern	2.06%	2.6%
Mixed Heritage	6.64%	9%
Turkish	6.64%	8.9%
Kurdish	0.92%	0%
Albanian	0.46%	0.7%
White British	22.43%	21%
White European	4.12%	3.7%
White Irish	7.09%	9.2%
Mixed Irish heritage	1.37%	n/a
Other ethnicity	5.49%	5.1%
Not stated	0%	2.1%
Prefer not to say	0.21%	0%

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Report of the trustees (continued)

For the year ended 31 March 2023

ACHIEVEMENTS AND PERFORMANCE (continued)

Table 2: Demographic data (continued)

Other	2022-23	2021-22
Refugee background stated in referral form or register	3%	11.8%
Referrals from London Boroughs (Individual Counselling):		
Islington	72.8%	68.3%
Camden	8.6%	7.5%
Haringey	11.2%	11.9%
Hackney	6.4%	9.7%
Other	1%	2.6%

Future Developments

The period April 2022-March 2023 continued our development work to grow and develop our services and profile. Looking ahead, we continue to deliver on our Strategic Plan 2020-25, interpreting this each year according to our learning.

This includes:-

- *Growing our services*: our focus over the next year will be to continue offering a range of services which include a balance of wellbeing workshops, psychoeducation, short and longer-term counselling. We aim to reach our target of 500 unique beneficiaries per year, ensuring that we keep increasing our reach into minoritised communities via targeted racial, cultural and language provision.
- *Broadening our income sources*: drawing on our strategic finance review, we will endeavour to build on our success with corporate donations and improve individual giving. This will balance out our significant income from Trusts and Foundations and ensure we can keep increasing our unrestricted income.
- *Increasing the visibility of our clients*: we aim to launch our quarterly Women's Forum in 2023-4, working with our Volunteer Leaders to ensure that service-users are involved in both the design of our services and strategic influencing work. We are working towards this by also networking with several local stakeholders and partners.
- *Amplify the impact of our work*: we will continue to build on our culture of intercultural and intersectional, women-for-women learning to become thought leaders in this space, using both our Women's Forum and online/ digital presence to influence best practice and change both commissioning and policy in support of better VAWG, mental health & wellbeing provision for all women.

The Maya Centre

(A Company limited by guarantee)

Report of the trustees (continued)

For the year ended 31 March 2023

Reference and administrative details

Registered charity number	1012889
Company number	2701313
Registered office and principal place of business	Unit 8 9-15 Elthorne Road London N19 4AJ

Our advisers

Independent examiner	P.G. Browne FCA CTA Chanter, Browne & Curry Chartered Accountants 1 Plato Place 72-74 St Dionis Road London SW6 4TU
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Bankers	The Co-operative Bank 1 Islington High Street London EC1Y 4YX
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CAF Bank
25 Kings Hill Avenue
West Malling
Kent ME19 4JQ

Directors and trustees

The directors of the charitable company (the charity) are its trustees for the purpose of charity law. The trustees and officers serving during the year and since the year end were as follows:

Rebecca Harrington, Chair (resigned 28 November 2022)
Meera Nair, Vice Chair (appointed Chair, 28 November 2022)
Ayan Man (appointed Vice Chair, 28 November 2022)
Lisa Marsh, Treasurer (resigned 28 November 2022)
Dr Jessica Walker
Dr Jennie Robertson (resigned 26 September 2023)
Ieva Marcinkeviciute (resigned 28 November 2022)
Katherine Tu (resigned 28 November 2022)
Rochelle Burgess
Nishma Jethwa (resigned 1 August 2023)
Monique Velani (appointed 28 November 2022)

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Report of the trustees (continued)

For the year ended 31 March 2023

Financial Review

Financial update

Income for the year totalled £633,521, an increase of £217,768 compared to the previous year. Expenditure for the year totalled £507,119 an increase of £96,563 compared to the previous year. The net surplus for the year was £126,402. This compares to a net surplus for the previous year of £5,197.

In common with many other voluntary organisations working in an economic downturn, our financial situation is difficult, requiring a constant programme of identifying potential sources of funding, applying for grants, bidding for contracts, analysing and evaluating our data and performance, reviewing our expenditure and finding efficiencies.

We are very grateful for the continued support from our Patrons, Friends and Supporters and charitable trusts which provide the greater part of our income. While there is considerable pressure on our finances we remain optimistic that the quality, reputation, and continued efficiency of our services to vulnerable women will ensure that this work will be supported into the future.

Reserves policy

It is the policy of the Maya Centre that it retains sufficient reserves to ensure that the organisation can cover its liabilities for at least 3 months and up to 6 months of operating costs and this is our continuing aim.

The minimum we are obliged to keep in reserves is sufficient to cover liabilities in the event that the charity should be wound up, including redundancy for all employed staff plus sufficient to cover completion of client services; settling outstanding utilities, extraction from all leases and other bills. The amount we need and are able to put aside (according to conditions placed on grant income) will be agreed on an annual basis as part of the budget setting process.

Our reserves are sufficient to cover 3 months running costs and we will endeavour to build on this.

Going concern

After making appropriate enquiries, the Trustees have a reasonable expectation that the company has adequate resources to continue in operational existence for the foreseeable future. For this reason they continue to adopt the going concern basis in preparing the financial statements.

Structure, governance and management

Constitution

The Maya Centre is a company limited by guarantee governed by its Memorandum and Articles of Association dated 27th March 1992. It is registered as a charity with the Charity Commission. No director has any beneficial interest in the charitable company. All directors are members of the company and guarantee to contribute £1 in the event of a winding up.

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Report of the trustees (continued)

For the year ended 31 March 2023

Method of appointment or election of Trustees

Under the governing Articles, the Trustees are elected at the Annual General Meeting to serve a period of one year, subject to re-election at each Annual General Meeting. Trustees are recruited from the local community and are divided into those who bring clinical expertise to the organisation and those with wider organisational skills such as HR, clinical, management, business and finance. All Trustees retire at the Annual General Meeting and are eligible for re-election.

Trustees Rebecca Harrington, Katherine Tu, Lisa Marsh and Ieva Marcinkeviciute resigned, Dr Jessica Walker, Dr Jennie Robertson, Meera Nair, Ayan Man, Nishma Jethwa, and Rochelle Burgess were re-elected. Monique Velani was elected as the Interim Treasurer. Meera Nair was elected Chair; Ayan Man was elected Vice Chair.

Policies adopted for the induction and training of Trustees

All new Trustees are provided with information about The Maya Centre and attend an induction meeting with relevant staff and Trustees.

Organisational structure and decision making

The Board of Trustees is responsible for decisions relating to the governance and future development of the organisation, and has been operating as a single Board, with two sub-committees which report regularly to the Board of Trustees: Clinical Governance (co-chaired by Dr Jessica Walker and Dr Jennie Robertson); Finance & Fundraising (chaired by Monique Velani).

The Board of Trustees appoints a CEO and delegates all day-to-day organisational work to her, including ongoing financial management, clinical direction, fundraising and management of staff.

Risk management

The Centre has risk mitigation policies in place and maintains a risk register. Risks are reviewed regularly by the management team and the risk register reviewed by the Board of Trustees and updated on a bi-annual basis. The register identifies key risks, contributing factors and mitigating actions and any early warning mechanisms. The risks, to which the charity is exposed, as identified by the Trustees, are effectively mitigated as part of this procedure.

The Centre has a robust system of internal control that supports its aims and objectives, whilst safeguarding clients and its funds. We have taken steps to mitigate and resolve issues that have arisen in-year and continue to work towards successful assurance outcomes.

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Report of the trustees (continued)

For the year ended 31 March 2023

Trustees' responsibilities statement

The Trustees (who are also directors of The Maya Centre for the purposes of company law) are responsible for preparing the Trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial year. Under company law the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgments and accounting estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the charitable company's transactions and disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

This report was approved by the board of directors and trustees on 28/11/..... 2023 and is signed on its behalf.


.....
Meera Nair
Chair of Trustees

The Maya Centre

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Independent examiner's report to the trustees

For the year ended 31 March 2023

I report to the charity's trustees on my examination of the financial statements of The Maya Centre ("the company") for the year ended 31 March 2023 which are set out on pages 16 to 31.

Responsibilities and basis of report

As the charity's trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the financial statements of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of The Maya Centre's financial statements as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

Since the Company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of ICAEW which is one of the listed bodies.

I have completed my examination. I confirm no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- 1) accounting records were not kept in accordance with section 386 of the 2006 Act; or
- 2) the financial statements do not accord with such records; or
- 3) the financial statements do not comply with relevant accounting requirements under section 396 of the 2006 Act other than any requirement that the financial statements give a 'true and fair' view which is not a matter considered as part of an independent examination; or
- 4) the financial statements have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities preparing their financial statements in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the financial statements to be reached.



P.G. Browne FCA CTA

Chanter, Browne & Curry

Chartered Accountants

1 Plato Place

72-74 St Dionis Road

London SW6 4TU.

Date: 15 December 2023

The Maya Centre
(A Company limited by guarantee)

Statement of financial activities
For the year ended 31 March 2023

Summary income and expenditure account

	<u>Notes</u>	2023			2022	
		Unrestricted funds £	Designated funds £	Restricted funds £	Total funds £	
Income						
Donations and grants	2	135,932	-	463,949	599,881	403,030
Other trading activities	3	33,537	-	-	33,537	12,412
Investments	4	103	-	-	103	311
Total incoming resources		169,572	-	463,949	633,521	415,753
Expenditure						
Charitable activities	5	78,434	2,074	426,611	507,119	410,556
Total expenditure		78,434	2,074	426,611	507,119	410,556
Net income/(expenditure)		91,138	(2,074)	37,338	126,402	5,197
Transfers between funds		(2,568)	-	2,568	-	-
Net movement in funds for the year		88,570	(2,074)	39,906	126,402	5,197
Reconciliation of funds						
Total funds brought forward		180,057	2,074	30,785	212,916	207,719
Total funds carried forward		268,627	-	70,691	339,318	212,916

The Statement of Financial Activities includes all gains and losses in the year. All incoming resources and resources expended derive from continuing activities.

The Maya Centre
(A Company limited by guarantee)

Balance sheet
At 31 March 2023

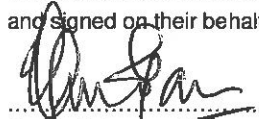
	<u>Notes</u>	<u>2023</u>		<u>2022</u>	
		<u>Total funds</u>		<u>Total funds</u>	
		£	£	£	£
Current assets					
Debtors	8	62,119		48,309	
Cash at bank and in hand		342,099		290,057	
		404,218		338,366	
Creditors: amounts falling due within one year	9	64,900		125,450	
Net current assets			339,318		212,916
Net assets			339,318		212,916
Funds of the charity					
Restricted funds	10		70,691		30,785
Unrestricted funds					
Designated funds	10		-		2,074
General funds	10		268,627		180,057
Total charity funds			339,318		212,916

The Trustees consider that the charity is entitled to exemption from the requirement to have an audit under the provisions of section 477 of the Companies Act 2006 ("the Act") and members have not required the charity to obtain an audit for the year in question in accordance with section 476 of the Act.

The Trustees acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

These financial statements have been prepared in accordance with the provisions applicable to small companies subject to the small companies regime and in accordance with FRS102 SORP.

The financial statements were approved and authorised for issue by the Trustees on 30/11 2023 and signed on their behalf, by:


.....
Meera Nair
Chair


.....
Treasurer

Company Registration Number: 02701313

The Maya Centre
(A Company limited by guarantee)

Statement of cash flows
At 31 March 2023

	Notes	2023 £	2022 £
Cash flows from operating activities			
Net cash provided by (used in) operating activities		51,939	9,138
Cash flows from investing activities		<u>103</u>	<u>311</u>
Change in cash and cash equivalents in the year	12	52,042	9,449
Change in cash and cash equivalents in the year			
Cash and cash equivalents brought forward		290,057	280,608
Cash and cash equivalents carried forward	13	<u>342,099</u>	<u>290,057</u>

The Maya Centre

(A Company limited by guarantee)

Notes to the financial statements For the year ended 31 March 2023

1 Accounting policies

The principal accounting policies are summarised below. The accounting policies have been applied consistently throughout the year and in the preceding year, except where noted.

1.1 Legal form

The Maya Centre ("the company") is a charity limited by guarantee and domiciled in the United Kingdom. The address of its registered office and principal place of business is Unit 8, 9-15 Elthorne Road, London, N19 4AJ. The nature of the company's operations and principal activities are to provide relief for women who are suffering from mental health problems by means of therapeutic services. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the charity.

1.2 Basis of preparation of financial statements

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Charities Act 2011, the Companies Act 2006 and UK Generally Accepted Accounting Practice.

The company constitutes a public benefit entity as defined by FRS 102. The financial statements are prepared on a going concern basis under the historical cost convention, modified to include certain items at fair value.

1.3 Going concern

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

1.4 Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

Designated funds comprise unrestricted funds that have been set aside by the trustees for particular purposes. The aim and use of each designated fund is set out in the notes to the financial statements.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the charity for particular purposes. The costs of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

1.5 Income

All income is recognised once the charity has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

The Maya Centre

(A Company limited by guarantee)

Notes to the financial statements (continued)

For the year ended 31 March 2023

1 Accounting policies (continued)

1.6 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use.

Fundraising costs are those incurred in seeking voluntary contributions and do not include the costs of disseminating information in support of the charitable activities. Support costs are those costs incurred directly in support of expenditure on the objects of the charity and include project management. Governance costs are those incurred in connection with administration of the charity and compliance with constitutional and statutory requirements.

Charitable activities and governance costs are costs incurred on the charity's therapeutic services and educational operations, including support costs and costs relating to the governance of the charity apportioned to charitable activities .

All expenditure is inclusive of irrecoverable VAT.

1.7 Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank.

1.8 Operating leases

Rentals under operating leases are charged to the Statement of Financial Activities on a straight line basis over the lease term.

1.9 Debtors

Trade and other debtors are recognised at the settlement amount after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

1.10 Cash at bank and in hand

Cash at bank and in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

The Maya Centre

(A Company limited by guarantee)

Notes to the financial statements (continued)

For the year ended 31 March 2023

1 Accounting policies (continued)

1.11 Liabilities and provisions

Liabilities are recognised when there is an obligation at the balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably. Liabilities are recognised at the amount that the charity anticipates it will pay to settle the debt or the amount it has received as advance payments for the goods or services it must provide. Provisions are measured at the best estimate of the amounts required to settle the obligation. Where the effect of the time value of money is material, the provision is based on the present value of those amounts, discounted at the pre tax discount rate that reflects the risks specific to the liability. The unwinding of the discount is recognised within interest payable and similar charges.

1.12 Financial instruments

The company only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

1.13 Taxation

The company is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

1.14 Pensions

The company operates a defined contribution pension scheme and the pension charge represents the amounts payable by the charity to the fund in respect of the year.

1.15 Judgements in applying accounting policies and key sources of estimation uncertainty

Estimates and judgements are continually evaluated and are based on historical experience and other factors, including expectations for future events that are believed to be reasonable under the circumstances.

The level of deferred income varies depending on when a grant is received and the time frame the grant is to be spread over. The level of deferred income is re-assessed annually to ensure that an appropriate amount is being recognised.

The Maya Centre

(A Company limited by guarantee)

Notes to the financial statements (continued)

For the year ended 31 March 2023

2 Income from donations and legacies

	2023				2022
	Unrestricted funds	Designated funds	Restricted funds	Total funds	Total funds
	£	£	£	£	£
Donations	86,078	-	-	86,078	29,212
Grants	49,854	-	463,949	513,803	373,818
	<u>135,932</u>	<u>-</u>	<u>463,949</u>	<u>599,881</u>	<u>403,030</u>

Grant income comprised:-

	2023				2022
	Unrestricted funds	Designated funds	Restricted funds	Total funds	Total funds
	£	£	£	£	£
City Bridge Trust - BAMER	4,561	-	57,920	62,481	43,910
Cloudesley - Black Womens Project	-	-	32,500	32,500	-
Cloudesley - Main	-	-	3,750	3,750	36,000
Complementary Therapies	-	-	9,071	9,071	2,913
Cripplegate Foundation	33,875	-	-	33,875	15,150
Crucible Trust	9,000	-	-	9,000	-
Department of Foreign Affairs and Trade; Emigrant Support Programme	-	-	32,700	32,700	28,715
Family Catalyst Fund	-	-	3,333	3,333	1,167
Hearthstone DV Project	-	-	12,152	12,152	17,072
Hibiscus	-	-	-	-	60
LB Islington & CCG	-	-	68,795	68,795	68,825
Leathersellers' Company Charitable Fund	-	-	-	-	15,000
Lloyds TSB Foundation	-	-	20,050	20,050	25,000
London Community Response Fund	-	-	-	-	49,643
London Funders Wave 3	-	-	-	-	7,890
MOPAC	-	-	53,653	53,653	-
MOPAC - Critical Fund	-	-	-	-	8,363
MOPAC - Grassroots	-	-	48,002	48,002	47,962
National Lottery Community Fund	-	-	120,273	120,273	-
The Charities Trust	2,418	-	-	2,418	898
Wates Foundation	-	-	1,750	1,750	5,250
	<u>49,854</u>	<u>-</u>	<u>463,949</u>	<u>513,803</u>	<u>373,818</u>

3 Income from other trading activities

	2023				2022
	Unrestricted funds	Designated funds	Restricted funds	Total funds	Total funds
	£	£	£	£	£
Fundraising income	23,408	-	-	23,408	-
Kickstarter scheme	10,306	-	-	10,306	12,412
Other	(177)	-	-	(177)	-
	<u>33,537</u>	<u>-</u>	<u>-</u>	<u>33,537</u>	<u>12,412</u>

The Maya Centre

(A Company limited by guarantee)

Notes to the financial statements (continued)

For the year ended 31 March 2023

4 Investment income

	2023			2022
	Unrestricted funds	Designated funds	Restricted funds	Total funds
	£	£	£	£
Bank interest receivable	103	-	-	103
				311

5 Expenditure

	2023			2022
	Unrestricted funds	Designated funds	Restricted funds	Total funds
	£	£	£	£
<u>Charitable activities</u>				
Wages and salaries	36,130	-	171,698	207,828
National insurance	2,582	-	11,873	14,455
Sessional workers	(1,389)	-	130,505	129,116
Clinical supervision	10,698	-	13,907	24,605
DBS Checks	62	-	122	184
Family Catalyst Fund	-	-	1,735	1,735
Project costs	2,425	-	4,721	7,146
Group/non therapeutic sessions and psychoeducation	114	-	9,393	9,507
Consultancy	957	-	-	957
Rent and rates	2,659	-	40,656	43,315
Insurance	1,312	-	2,572	3,884
Utilities	835	-	4,770	5,605
Cleaning	1,102	-	988	2,090
Furnishings	10	-	-	10
Maintenance	1,737	-	33	1,770
IT costs	9,286	-	20,843	30,129
Printing, postage & stationery	1,433	-	1,702	3,135
Staff training and supervision	3,204	-	3,036	6,240
Telephone	3,869	-	1,365	5,234
Workshop expenses	-	-	3,098	3,098
Recruitment costs	-	-	100	100
Sundries	53	2,074	1,626	3,753
	77,079	2,074	424,743	503,896
				407,523

The Maya Centre
(A Company limited by guarantee)

Notes to the financial statements (continued)
For the year ended 31 March 2023

5 Expenditure (continued)

Governance costs

	2023			2022	
	Unrestricted funds	Designated funds	Restricted funds	Total funds	Total funds
	£	£	£	£	£
Independent examination fees	1,032	-	1,868	2,900	2,700
Legal and professional fees	48	-	-	48	48
Board expenses	275	-	-	275	285
	<u>1,355</u>	<u>-</u>	<u>1,868</u>	<u>3,223</u>	<u>3,033</u>
Total expenditure on charitable activities	<u>78,434</u>	<u>2,074</u>	<u>426,611</u>	<u>507,119</u>	<u>410,556</u>
Total expenditure	<u>78,434</u>	<u>2,074</u>	<u>426,611</u>	<u>507,119</u>	<u>410,556</u>

6 Net income/(expenditure)

This is stated after charging:

	2023	2022
	£	£
Independent examination fee	<u>2,700</u>	<u>2,700</u>

No trustees received any remuneration, benefits in kind or reimbursement of expenses (2022 - £NIL).

7 Staff costs

Staff costs were as follows:

	2023			2022	
	Unrestricted funds	Designated funds	Restricted funds	Total funds	Total funds
	£	£	£	£	£
Wages and salaries	36,130	-	171,698	207,828	135,519
Social security costs	2,582	-	11,873	14,455	5,670
	<u>38,712</u>	<u>-</u>	<u>183,571</u>	<u>222,283</u>	<u>141,189</u>

The average number of persons employed by the charity during the year was as follows:-

	2023	2022
	£	£
Number of employees	<u>5</u>	<u>5</u>

No employee received remuneration amounting to more than £60,000 in either year.

The increase in staff costs relates partly to the new project for the Women's Hub, the promotion of the Office and Clinical Admin role and the creation of other Core team roles to shape and establish more efficient workflows and better support the wider team.

The Maya Centre

(A Company limited by guarantee)

Notes to the financial statements (continued)**For the year ended 31 March 2023****8 Debtors**

	2023	2022
	£	£
Prepayments	5,996	15,454
Other debtors	56,123	32,855
	<u>62,119</u>	<u>48,309</u>

9 Creditors: Amounts falling due within one year

	2023	2022
	£	£
Trade creditors	23,918	36,787
Accruals	33,140	27,327
Deferred income	-	59,910
Other creditors	7,842	1,426
	<u>64,900</u>	<u>125,450</u>

Deferred income

	£
Deferred income at 1 April 2022	59,910
Resources deferred during the year	-
Amounts released to income from previous periods	(59,910)
Deferred income at 31 March 2023	<u>-</u>

The Maya Centre

(A Company limited by guarantee)

Notes to the financial statements (continued) For the year ended 31 March 2023

10 Statement of funds

Statement of funds - current year

	Balance at 1 April 2022	Income	Expenditure	Transfer in/ (out)	Balance at 31 March 2023
	£	£	£	£	£
Designated funds					
Raising Profile	2,074	-	(2,074)	-	-
General funds	180,057	169,572	(78,434)	(2,568)	268,627
Total unrestricted funds	182,131	169,572	(80,508)	(2,568)	268,627
Restricted funds					
City Bridge Trust - BAMER	11,252	57,920	(53,230)	-	15,942
Cloudesley - Black Womens Project	-	32,500	(20,507)	-	11,993
Cloudesley - Main	9,731	3,750	(13,674)	3,251	3,058
Complementary Therapies	(642)	9,071	(1,346)	-	7,083
Department of Foreign Affairs and Trade; Emigrant Support Programme	8,763	32,700	(33,288)	-	8,175
Family Catalyst Fund	422	3,333	(1,735)	1,456	3,476
Hearthstone DV Project	1,584	12,152	(9,111)	-	4,625
LB Islington & CCG	-	68,795	(68,795)	-	-
Lloyds TSB Foundation	-	20,050	(20,050)	-	-
MOPAC - Main	-	53,653	(50,971)	-	2,682
MOPAC - Grassroots	(2,464)	48,002	(43,595)	-	1,943
National Lottery Community Fund	-	120,273	(108,559)	-	11,714
Wates Foundation	-	1,750	(1,750)	-	-
	28,646	463,949	(426,611)	4,707	70,691
Covid funds (restricted)					
Lloyds React Fund	2,139	-	-	(2,139)	-
Total restricted funds	30,785	463,949	(426,611)	2,568	70,691
Total funds	212,916	633,521	(507,119)	-	339,318

The Maya Centre

(A Company limited by guarantee)

Notes to the financial statements (continued)

For the year ended 31 March 2023

10 Statement of funds (continued)

Statement of funds - prior year

	Balance at 1 April 2021	Income	Expenditure	Transfer in/ (out)	Balance at 31 March 2022
	£	£	£	£	£
Designated funds					
Hibiscus	7,714	60	(2,135)	(5,639)	-
Raising Profile	3,058	-	(984)	-	2,074
Richard Cloudesley	25	-	-	(25)	-
Leathersellers' Company Charitable Fund	18,750	15,000	(19,829)	(13,921)	-
Covid funds	3,495	-	(3,831)	336	-
	<u>33,042</u>	<u>15,060</u>	<u>(26,779)</u>	<u>(19,249)</u>	<u>2,074</u>
General funds	<u>121,918</u>	<u>88,983</u>	<u>(51,764)</u>	<u>20,920</u>	<u>180,057</u>
Total unrestricted funds	<u>154,960</u>	<u>104,043</u>	<u>(78,543)</u>	<u>1,671</u>	<u>182,131</u>
Restricted funds					
The Big Lottery Fund: Awards For All	529	-	-	(529)	-
City Bridge Trust - BAMER	8,655	43,910	(41,313)	-	11,252
Cloudesley Legacy	(4,818)	-	-	4,818	-
Cloudesley Main	19,548	30,000	(39,817)	-	9,731
Complementary Therapies	3,147	2,913	(6,702)	-	(642)
Department of Foreign Affairs and Trade; Emigrant Support Programme	5,684	28,715	(25,636)	-	8,763
Family Catalyst Fund	1,669	1,167	(2,414)	-	422
Hearthstone DV Project	1,584	17,072	(17,072)	-	1,584
LB Islington & CCG	-	68,825	(68,825)	-	-
Lloyds TSB Foundation	3,821	-	-	(3,821)	-
MOPAC - Critical Fund	-	8,363	(8,549)	186	-
MOPAC - Grassroots	-	47,962	(50,426)	-	(2,464)
Wates Foundation	-	5,250	(5,250)	-	-
	<u>39,819</u>	<u>254,177</u>	<u>(266,004)</u>	<u>654</u>	<u>28,646</u>
Covid funds (restricted)					
Lloyds React Fund	2,139	-	-	-	2,139
London Community Response Fund	-	49,643	(49,643)	-	-
London Funders Wave 3	7,441	7,890	(14,990)	(341)	-
DCMS	17	-	(1,376)	1,359	-
Cloudesley Emergency Fund	3,343	-	-	(3,343)	-
	<u>52,759</u>	<u>311,710</u>	<u>(332,013)</u>	<u>(1,671)</u>	<u>30,785</u>
Total restricted funds	<u>52,759</u>	<u>311,710</u>	<u>(332,013)</u>	<u>(1,671)</u>	<u>30,785</u>
Total funds	<u>207,719</u>	<u>415,753</u>	<u>(410,556)</u>	<u>-</u>	<u>212,916</u>

The Maya Centre

(A Company limited by guarantee)

Notes to the financial statements (continued)

For the year ended 31 March 2023

10 Statement of funds (continued)

Statement of funds - current year

	Balance at 1 April 2022	Income	Expenditure	Transfer in/ (out)	Balance at 31 March 2023
	£	£	£	£	£
Designated funds	2,074	-	(2,074)	-	-
General funds	180,057	169,572	(78,434)	(2,568)	268,627
	<u>182,131</u>	<u>169,572</u>	<u>(80,508)</u>	<u>(2,568)</u>	<u>268,627</u>
Restricted funds	30,785	463,949	(426,611)	2,568	70,691
Total funds	<u>212,916</u>	<u>633,521</u>	<u>(507,119)</u>	<u>-</u>	<u>339,318</u>

Statement of funds - prior year

	Balance at 1 April 2021	Income	Expenditure	Transfer in/ (out)	Balance at 31 March 2022
	£	£	£	£	£
Designated funds	33,042	15,060	(26,779)	(19,249)	2,074
General funds	121,918	88,983	(51,764)	20,920	180,057
	<u>154,960</u>	<u>104,043</u>	<u>(78,543)</u>	<u>1,671</u>	<u>182,131</u>
Restricted funds	52,759	311,710	(332,013)	(1,671)	30,785
Total funds	<u>207,719</u>	<u>415,753</u>	<u>(410,556)</u>	<u>-</u>	<u>212,916</u>

The charity's funds comprise the following:

Restricted funds

Emigrant Support Programme (Irish project) received a grant of £32,700 for the year from 1st July 2022 to 30th June 2023. The funds were restricted for the following projects: The Irish Women's Project. Nine months grant income was utilised in the period to 31st March 2023. Three months grant income amounting to £8,175 has been deferred to the 2023-24 financial year and will be utilised by 30th June 2023.

Lloyds Bank Foundation - funding restricted for the provision of specialist counselling and support focusing on highly vulnerable women. This fund has now ended and has been replaced with an alternative unrestricted grant.

City Bridge Trust – to expand counselling services to BAMER women.

LB Islington & CCG - funding restricted for the provision of counselling for BAMER women and women who have experienced domestic violence and child sexual abuse.

The Maya Centre

(A Company limited by guarantee)

Notes to the financial statements (continued)

For the year ended 31 March 2023

10 Statement of funds (continued)

Restricted funds (continued)

The National Lottery Community Fund - for the Community Development Programme to empower the women in the community for practical and social skills and well-being support for minoritized women.

Complementary Therapies - funding restricted for the provision of Reiki, Massage and Reflexology sessions to women affected by domestic violence and sexual abuse.

MoPAC: Main – funding provided for women who have suffered domestic abuse and sexual violence trauma.

MoPAC: Grassroots – to contribute toward the delivery of psycho-education and art therapy for women from refugee, trafficked and isolated migrant backgrounds.

Cloudesley - This funding has been restricted for therapeutic group work.

Cloudesley Black Women's Project - funding for targeting Black African and Caribbean women for 1-2-1 counselling, group therapy and psychoeducation groups.

Family Catalyst – funding restricted awarded to provide small grants to disadvantaged families or family members to enable them to access opportunities or they have difficulty in doing so without additional help. For example, educational opportunities, starting a hobby or tickets to events etc.

Wates Foundation – awarded to towards core costs of the organisation.

Hearthstone DV Project - funding restricted for the provision of shorter-term counselling women who have experienced domestic violence.

The Maya Centre

(A Company limited by guarantee)

Notes to the financial statements (continued)**For the year ended 31 March 2023****11 Analysis of net assets between funds****Current year**

	2023			
	Unrestricted funds	Designated funds	Restricted funds	Total funds
	£	£	£	£
Current assets	268,627	=	135,591	404,218
Creditors due within one year	=	=	(64,900)	(64,900)
	<u>268,627</u>	<u>-</u>	<u>70,691</u>	<u>339,318</u>

Prior year

	2022			
	Unrestricted funds	Designated funds	Restricted funds	Total funds
	£	£	£	£
Current assets	251,850	2,074	84,442	338,366
Creditors due within one year	(71,793)	-	(53,657)	(125,450)
	<u>180,057</u>	<u>2,074</u>	<u>30,785</u>	<u>212,916</u>

12 Reconciliation of net movement in funds to net cash flow from operating activities

	2023	2022
	£	£
Net income for the year (as per statement of financial activities)	126,402	5,197
(Increase)/decrease in debtors	(13,810)	(4,407)
Increase/(decrease) in creditors	(60,550)	8,659
Net cash provided by operating activities	<u>52,042</u>	<u>9,449</u>

13 Analysis of cash and cash equivalents

	2023	2022
	£	£
Cash at bank and in hand	<u>342,099</u>	<u>290,057</u>

The Maya Centre

(A Company limited by guarantee)

Notes to the financial statements (continued)

For the year ended 31 March 2023

14 Operating lease commitments

The total of future minimum lease payments under non-cancellable operating leases are as follows:

	Land and buildings	
	2023	2022
	£	£
Not later than one year	-	42,500
Later than one year and not later than five years	-	-
Total	-	42,500

15 Related party disclosures

Controlling party

The company is limited by guarantee and has no share capital; thus no single party controls the company.

The liability of members is limited. Every member promises that if the company is dissolved while they are a member or within twelve months of ceasing to be a member, they will contribute such sum, not exceeding £1, that may be demanded, towards payments of the debts and liability of the company incurred before they ceased to be a member.

THE MAYA CENTRE

England & Wales - Charity number 1012889

Accounts

Company Registration No. 02701313 (England and Wales)
Registered charity number: 1012889

The Maya Centre

(A company limited by guarantee)

**Unaudited trustees' report
and financial statements**

For the year ended 31 March 2022

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The Maya Centre
(A Company limited by guarantee)

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The Maya Centre
(A Company limited by guarantee)

Report of the trustees
For the year ended 31 March 2022

The trustees who are also directors of the charity for the purposes of the Companies Act, present their report and the financial statements for the year ended 31 March 2022 which are also prepared to meet the requirements for a directors' report and accounts for Companies Act purposes.

The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (second edition - October 2019) - (Charity SORP (FRS 102) Revised).

Objectives and Activities

Policies and objectives

In setting objectives and planning for activities, the Trustees have given due consideration to general guidance published by the Charity Commission relating to public benefit, and to the objects of the charity which are:

1. To provide relief for women who are suffering from mental health problems by means of therapeutic services;
2. To educate the general public on the subject of mental health.

The charity has the general aim of improving the mental health of deprived and marginalised women by providing free individual counselling, group therapy and community wellbeing activities.

Main activities undertaken to further the charity's purposes for the public benefit

The Trustees are aware that section 17 of the Charities Act 2011 requires charities to demonstrate that their work is of direct benefit to the public. When planning the Maya Centre's activities each year, the Trustees take due regard of the Charity Commission's general guidance on public benefit.

ACHIEVEMENTS AND PERFORMANCE

Review of activities

All our activities are in line with our vision and mission.

Vision

Our vision is a world where all women can prioritise their mental health and wellbeing, equality and dignity, safe from abuse, exclusion or discrimination of any kind.

Mission

Our mission is to build a safe and inclusive women-for-women community in which we:

- Offer a range of free trauma-informed services to minoritised women on low-incomes, including counselling & psychotherapy, group work and complementary therapies.
- Support recovery from depression, trauma and Violence Against Women and Girls (VAWG) with a focus on building trust, resilience and voice.
- Flex to meet women's different needs by offering between 6-24 sessions of counselling, as individuals, in groups, face-to-face or remotely.
- Prioritise intercultural and intersectional approaches via tailored and targeted support in community languages and for specific, minoritised cultural groups.

ACHIEVEMENTS AND PERFORMANCE (continued)

Our work in 2021-22

The Maya Centre specialises in free, trauma-informed counselling for low-income, minoritised women living in Islington and surrounding boroughs. Our counselling is psychodynamic in origin, with the flexibility to adapt to the specific needs of diverse women seeking our services. During the period April 2021-March 2022, continuing media attention on the safety and equality of women in UK society increased our resolve to contextualise our work on women's mental health, utilising our awareness of key influencing factors such as exclusion, discrimination, racism and violence against women and girls (VAWG). As a result of this, we have continued to build on our intercultural and anti-racist ethos to focus on the most excluded groups of women within our community. This has involved actively promoting our work via outreach and growing our team of counsellors to better reflect the language, cultural and racial diversity of our clients. It has also involved expanding our services to offer wider psychoeducation and wellbeing activities to women who benefit from early-intervention support as well as more accessible and flexible routes into specialist counselling.

Our work during this period took place within the confines of Covid-19 with two national lock-downs in Spring 2021 and in Winter 2021-22. Despite these challenges, The Maya Centre focused on developing a mixed model of delivery, combining online and remote counselling with a considered drive towards office return. This decision was taken in the light of a 53% increase in referrals to our services during the year, including more complex trauma cases requiring face-to-face support. By September 2021, our offices were Covid-secure and we were able to restart some face-to-face counselling alongside limited group work, albeit with small numbers and full safety precautions.

The development of our services during this time was made possible due to the support and flexibility of our funders. Whilst continued funding from the Lloyds Bank Foundation focused on our strategic priorities, the London Community Response Fund and new funding from The Wates Foundation enabled us to increase core staff time while we made important changes to our delivery and systems. In line with our continuing focus on minoritised women and VAWG, we received ongoing funding from the Accept Consortium (NCL CCG), City Bridge Trust, the Cripplegate Foundation, the Embassy of Ireland London, Richard Cloudesley, Leathersellers Foundation, City Bridge Trust, Islington Giving and the Mayor's Office for Policing and Crime (via the London Community Foundation).

This gave us the capacity to explore other potential sources of support and development. Our decision to join the DWP Kickstart scheme in Autumn 2021 gave us key administration resource and provided a new supportive route into sustainable employment for 3 young women. Our investment in digital & social media led to a raised online profile for our work, thanks also to the Big Alliance CoRE programme through which we designed a new website and held a Launch/Open Evening in October 2021. This new digital platform meant that we were successful with our first Big Give Campaign for International Women's Day 2022, which raised £29,650 in match-funded donations under the Violence against Women and Girls stream. During this year we also saw an increase of 28% in regular and one-off donations from private individual supporters, and received generous donations from Margaret Bluman and organisations including Overbury, L'Occitane, Connock London, Islington Giving, Big Alliance, Skomer, Universal Music, Kingsley Napley LLP, Brunswick Group and Church & Dwight.

The Maya Centre

(A Company limited by guarantee)

Report of the trustees (continued)

For the year ended 31 March 2022

ACHIEVEMENTS AND PERFORMANCE (continued)

Individual and Group Counselling

Our core offer of specialist individual and group counselling continues to flourish via a team of 19 trained and experienced counsellors, all of whom are registered or accredited by the BACP. During the period April 2021-March 2022 we recruited a new Clinical Director and four additional counsellors, increasing our language provision to include Somali, Farsi, additional Bengali/Sylheti and Turkish-speaking counsellors, alongside two new Black Women's counsellors and an additional Irish Women's Counsellor. We successfully renewed our external accreditation from the British Association of Counselling and Psychotherapy for our counselling service, demonstrating to clients, commissioners and funders that they can have confidence in the professionalism of the Centre and its staff.

Individual Counselling

The Maya Centre continues to offer from 6 to 24 weeks of counselling sessions depending on presenting issues and recommended treatment. As we continue to develop better pathways into longer-term counselling, our 6-week offer has been renamed as psychoeducation and focuses on building awareness of mental health and VAWG, via the exploration of what women need and want in terms of information, language and skills.

Whilst self-referrals made up 58% of referrals in the year April 2021-March 2022, we also welcomed referrals from Islington GPs and local referral partners including IAPT, NHS acute MH services, Solace Women's Aid, Age UK, Hibiscus, Imece, Better Lives, Help on Your Doorstep and the London Irish Centre. Our referral and assessment process showed that in this period, 62% of the women we supported disclosed experiences of domestic abuse or violence; 37% disclosed childhood sexual abuse; 31% disclosed experiences of sexual abuse including rape. 87% of women referred to our services reported experiencing depression, stress or anxiety. 74% of our clients were from Global Majority, migrant or refugee backgrounds, 21% White British and 1% Not Stated. The full demographic data is in Table 2, page 9.

During this year, we increased the number of women in individual counselling from 211 to 271 women. During this period, we received 482 referrals and applications for counselling. Of these, 132 were closed at application, did not attend during the assessment process or were deemed not suitable for our services following an assessment: due to Covid-19, we had a higher number of DNAs at assessment compared to previous years. 236 women progressed to individual counselling and 119 women remained in assessment or on our waiting list at the end of the period. Due to Covid-19, 71% of women received counselling by telephone, 16% were seen face-to-face and 13% were seen online. Our data analysis showed good retention during this period, with average attendance per client of 81%. Clients with planned endings scored an average of 90% attendance. Those with unplanned endings scored an average of rate of 52%. Overall, self-referrals scored 3% better attendance than agency referrals.

Group Counselling

Group Counselling at The Maya Centre is offered to women with prior experience of therapeutic support who have the psychological language to join a closed therapy group, facilitated by two experienced and qualified counsellors. Although most of our group work paused under Covid-19, we successfully re-started both our Black Women's Therapeutic Group and our Art Therapy Group from September 2021.

ACHIEVEMENTS AND PERFORMANCE (continued)

The Black Women's Therapeutic Group (BWTG) is designed to provide a safe and confidential space for Black women and women of dual heritage whose mental health & wellbeing have been impacted negatively by their experiences within their communities and wider society. It aims to address health inequalities and reduce violence against women and girls by providing Black women with targeted support, knowledge and resources within a social justice framework.

The group is facilitated by qualified therapists who are both Black women. This provides a culturally sensitive and competent service for the participants, enabling them to explore their trauma with professionals who have a clear understanding of their lived experience.

During this period, 16 women completed BWTG group sessions. Common themes to both groups included social and intergenerational impacts of racism and discrimination, family relationships, past (childhood) trauma and abuse, identity, internalised oppression and how to build trust/ solidarity: the phrase 'difference within sameness' was explored and upheld as an important facet of BWTG work.

Art Therapy resumed at The Maya Centre in October 2021 with a 12-week, face-to-face group attended by 8 women using Covid-secure measures. 10 further women attended individual art therapy sessions of between 6-12 weeks. The group members in particular shared heightened experiences of domestic abuse and control under lock-down and were able to explore this safely within their artwork and group processing.

Psychoeducation Workshops

The Maya Centre introduced psychoeducation workshops as a result of a number of factors, including long waiting times for our individual counselling; feedback from counsellors indicating the need for wider services to support trauma work; and outreach to women in the community as a means of better understanding attitudes towards mental health and VAWG.

Activities during the period April 2021-March 2022 focused on co-production training with 12 counsellors, and the piloting of 4 themed psycho-education groups, each running for a period of 6 weeks, with a total of 51 women attending. Highlights to this work included our first Somali Women's Group and our first Afghan Refugee Women's Group delivered in partnership with Hopscotch. By the end of the year, we also created a Black Women's Psychoeducation group as a feeder to the BWTG. These groups ensured that we reached women otherwise excluded from mainstream mental health and wellbeing services, opening up new, supportive referral pathways and widening our own knowledge about the need within the community.

Complementary Therapies

Complementary Therapies returned to The Maya Centre in September 2021 following a pause during Covid-19. Many women who attend counselling here have experienced more than one form of trauma and may complain of somatic as well as emotional symptoms: including insomnia, stiffness, headaches or migraines, digestive issues, dizziness and lack of concentration. Some women with experiences of sexual abuse may be particularly detached from their body as a means of self-protection and it can be helpful over time to gently explore this as part of recovery.

The Maya Centre offers Reiki, Reflexology and Holistic Massage to women who have completed their individual counselling and have requested a mind-body treatment. During the period April 2021-March 2022, 40 women received treatments of 5 sessions each and commented on the value of a holistic, wrap-around approach to their trauma recovery. In recognition of this specific value, this service has been renamed for 2022-23 as Holistic Mind-Body Therapies.

ACHIEVEMENTS AND PERFORMANCE (continued)

Wellbeing

Our learning throughout the Covid-19 pandemic indicated that minoritised women experienced high levels of isolation, stress and distress during this period. As part of our strategic decision to reach more excluded women, The Maya Centre commissioned a 12-week online workshop called 'The Wellbeing Academy' in May 2021, with the aim of recruiting Experts by Experience who could co-design an inclusive, community-led women's wellbeing programme. 12 women attended the Academy and explored a range of topics around trauma-informed wellbeing including:

- the difference between mental health and mental illness;
- medical models of mental health which may discriminate against minoritised women;
- wellbeing as a trauma-informed, inclusive and intercultural topic;
- diversity in women's wellbeing activities: which women were not represented and why;
- knowledge and resources needed to identify which services a woman needs for herself, from the earliest opportunity.

Learning from the Academy informed a 3-year project application to the National Lottery Community Fund which was successful in January 2022. It also formed the basis of our Open Evening in October 2021 where our inclusive approach and community development plans in relation to women's mental health were well received by 35 attendees. Our Women's Hub community project is funded to begin in April 2022.

Monitoring and evaluation report

The Maya Centre has a strong commitment to evaluating the work that we do to provide a high quality, continuously improving service.

We work to 4 main organisational outcomes, and gather data to support our learning via clinical outcomes tools, service user feedback forms and case studies:

- Recovery: reduced impact of trauma, greater ability to enjoy life and plan for the future.
- Resilience: reduced isolation; increased sense of wellbeing and self-esteem.
- Prevention: reduced risk to self and likelihood of abusive relationships.
- Wider community: improved personal relationships, social and support networks

Overall Effectiveness of Counselling Service:

For our core individual and group counselling offer, we continue to use the nationally recognised Clinical Outcomes in Routine Evaluation via our online system, CoreNet. This system enables us to evaluate the therapeutic outcomes of our service and to use that learning to develop and deliver the best possible services to clients. It also allows for accurate reporting to funders, and for comparison with many NHS and third sector psychological counselling services .

Clients are given CORE questionnaires to complete at different stages: pre-counselling, mid-counselling and at the end of their counselling, scores are taken from the questions answered and are calculated within four areas; emotional well-being, problems, functioning and risk to self and others. Counsellors also complete a CORE Therapy assessment form as part of the assessment process and a CORE end of therapy assessment form.

The Maya Centre

(A Company limited by guarantee)

Report of the trustees (continued)

For the year ended 31 March 2022

ACHIEVEMENTS AND PERFORMANCE (continued)

CORE gives a framework to assess changes over time for the individual, and the overall effectiveness of the service. Data is collated where counselling has reached a planned ending and this forms a segment of our client base from which to evaluate our outcomes.

Based on the information from CORE questionnaires, relating to 213 women who completed their individual counselling between April 2021, we see the following:

91% of women showed an improvement in their ability to explore their feelings and problems.

87% of women showed an improvement in their ability to express how they are feeling

56% of women showed an improvement in personal insight.

65% of women showed an improvement in their coping strategies.

68% of women showed an improvement in their subjective well-being.

64% of women showed an improvement in day-to-day functioning.

50% of women showed an improvement in their decision-making

81% of women showed an improvement in personal relationships.

This data reflects our anecdotal findings that women struggled more as the Covid-19 pandemic continued, with significant drops across the service in scores relating to personal insight/ perspective, decision-making and relationships. Scores relating to their experience of therapy remained high as women engaged more consistently with their counselling than in previous years.

Effectiveness of Group Work

BWTG: 90% of women started the group with severe/moderate mental health issues. On completion of the group, 70% of women had moved from severe/moderate to mild/low level mental health scores. Women attending commented on the value of having Black women counsellors who created and held a strong social justice ethos to the work.

Art Therapy: Across all art therapy work, 80% of women showed an improvement in their overall wellbeing, resilience and expressive ability. 60% of women showed an improvement in their day-to-day functioning. Women attending commented on the value working in a safe, Covid-secure way, using artwork to reconnect with themselves and others without pressure.

Psycho-education Groups: Feedback from our psychoeducation workshops indicated that 100% of women felt this was a safe space in which to connect with other women and 80% reported a better understanding of mental health and self-care. 100% of counsellors welcomed the training which they felt allowed them to relate to clients in a different way and explore particular themes which underpin counselling such as attachment, boundaries, conflict resolution and communication.

The Maya Centre

(A Company limited by guarantee)

Report of the trustees (continued)

For the year ended 31 March 2022

ACHIEVEMENTS AND PERFORMANCE (continued)

Client Testimonials

Aside from CORE, clients also complete feedback forms when they end an activity with The Maya Centre. These feedback forms ask about the client's experience of the Centre and the service they have attended. Here are some quotes from clients:

Client A (Counselling)

"I loved that you had calming music in the waiting area and a thought-out environment. I was going through one of the worst episodes of depression at the start and it really helped me navigate me through my recovery. It offered me a space to explore myself and my past, to understand it and reframe it in some ways I found it validating, when so many of my relationships in life do entirely the opposite."

Client B (Counselling – Domestic Abuse)

"It helped me work through painful experiences and become a more confident and self-expressed woman. She [therapist] is amazing, present, very knowledgeable about domestic abuse and a very wise woman. Having my emotional self understood and not judged or criticized was a healing experience, and has helped me in my relationships in general."

Client C (Counselling – Domestic Abuse)

"Speaking as a Black Woman, I felt heard and understood. Having never thought about the need for a culturally appropriate counsellor, I now think it's the most useful, incredible way to approach the questioning of one's past / present and their relationship."

Client D (Counselling & Holistic Massage)

"I found the counselling to be really helpful through my most difficult time in life. I loved the rapport we built and how well [the counsellor] helped me explore myself and ultimately come to like myself more and feel less hopeless and actually empowered. I was then fortunate enough to receive massage and I love how intuitive [the massage therapist] was in her approach to what I needed. It was honestly the best therapy and massage I have ever had."

Client E (Counselling - Bengali)

"The services are provided by people from my own culture and this was really good. It helped me especially because my issues were culture related and the counsellor was from my own culture. I felt that she understood me and help me to change my perspective."

Client F (BWTG)

"I was the youngest in the Black Women's Group and I didn't have that much personal experience to draw from. The other women in the group were much older than me and gave me advice. I started becoming more open and confident in the group and was able to participate more. I was able to distinguish the root cause of my personal issues and surround myself with a group of women that made me realise there is no one way to be Black, which was something that I had to recognise and reconcile with. It's been really a very profound experience being part of the Black Women's Group. The Maya Centre is one of the best counselling experiences I've had and it has made a significant impact in my life."

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Report of the trustees (continued)

For the year ended 31 March 2022

ACHIEVEMENTS AND PERFORMANCE (continued)

Case Studies: Group Work

Case Study 1: Client G is a 42 year-old Asian woman who attended Art Therapy group sessions. She was in a relationship with a partner with substance abuse issues who exhibits coercive, controlling behaviours. As the group progressed, G realised other women had substance abuse issues in their families and felt safe sharing her experiences in the group. Receiving feedback from others helped her to see that she was trapped, and subject to her partner's addiction and anger, which was making her depressed. With the support of the group, G decided to separate from her partner. G's clinical outcome scores show that she made significant improvements in all areas relation to wellbeing, functioning, problem solving and risk as a result of attending the group. In feedback, G commented on the welcoming environment at The Maya Centre, how this had enabled her to build trust with other women and share aspects of her life for the first time. Being supported to see things differently provided the catalyst for change and G was grateful to the group for this.

Case Study 2: Client H is a Somali woman attending the Somali Women's Psycho-education group. H was originally referred to 1-2-1 counselling due to historical FGM but struggled to understand its purpose and therefore did not communicate well online. On entering the group, H visibly relaxed and spoke up more, sharing her experience of poverty, isolation and single-parenthood in London; her grief over the loss of her Somali culture and her need to find other Somali women with whom to feel safe and supported. H is now attending regularly and making good friendships within the group.

Table 1: Activity

Client data: Comparison with prior year	2021-22	2020-21
Referrals received	482	396
Applications rejected	27%	24%
Clients dropped out at application stage	7.8%	4.5%
Did not attend or complete assessment process	8.3%	3.3%
Total number of individuals receiving assessment in the period	235	224
Total number of clients who received 1:1 counselling in the period	279	211
Total number of clients who attended and completed a group in the period	75	0
Clients starting counselling in the period	236	165
Clients ending counselling in the period	227	146
Position at the end of year (snapshot)	2021-22	2020-21
Clients awaiting allocation to a counsellor	9	24
Number of individuals ongoing in 1:1 counselling	53	54
Number of individuals ongoing in group counselling or psychoeducation	35	0

The Maya Centre

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Report of the trustees (continued)

For the year ended 31 March 2022

ACHIEVEMENTS AND PERFORMANCE (continued)

Table 2: Demographic data

Age group	2021-22	2020-21
18-20	1.3%	1.1%
21-30	26.4%	31.5%
31-40	28.6%	28.5%
41-50	22%	21.6%
51-60	17.6%	13.6%
Over 60	4.1%	3.7%
Ethnicity	2021-22	2020-21
Asian or Asian British Bangladeshi	3%	4.3%
Asian or Asian British Indian	1.1%	1.3%
Asian Other (East African/ Pakistani, Chinese, Japanese, Korean, Sri Lanka, Afghanistan)	9.6%	3.5%
Black African or British African	15.5%	10.9%
Black Caribbean or British Caribbean	7.4%	10.4%
Other Black	1.8%	0%
Middle Eastern	2.6%	3.2%
Mixed Heritage	10%	11.2%
Turkish/Kurdish	8.9%	8.8%
White British	21%	24.5%
White European	3.7%	9.9%
White Irish	9.2%	4.3%
Other ethnicity	5.1%	4.8%
Not stated	1.1%	2.1%
Prefer not to say	0%	0.8%

The Maya Centre

(A Company limited by guarantee)

Report of the trustees (continued) For the year ended 31 March 2022

ACHIEVEMENTS AND PERFORMANCE (continued)

Table 2: Demographic data (continued)

Other	2021-22	2020-21
Refugee background stated in referral form or register	11.8%	Not collected
Referrals from London Boroughs (Individual Counselling):		
Islington	68.3%	Not collected
Camden	7.5%	
Haringey	12%	
Hackney	9.7%	
Other	2.6%	

Future Developments

The period April 2021-March 2022 represented a time of intense development for The Maya Centre, supported by a dedicated grant from the Lloyds Bank Foundation. Looking ahead, we are well placed to continue refining our Strategic Plan 2020-25, offering more inclusive and accessible mental health and wellbeing support to women within Islington and North London.

This includes:-

- *Growing our services:* our focus over the next year will be to integrate a new Women's Hub community project with our clinical services, providing holistic and wrap around support for women, alongside opportunities for participation and leadership. This will increase our service-user base to 500 women per year over the next 3 years.
- *Broadening our income sources:* we will undertake a strategic finance review, building on recent success with donations to explore investment in our digital fundraising capabilities. Dedicated focus on raising unrestricted income will support our core costs so that we can sustain our current service delivery over the next 3 years.
- *Increasing the visibility of our clients:* with a new team of Community Navigators and Leaders recruited from our client base in 2022, we will develop our co-production, influencing and media skills so that the women we support can shape Maya Centre services and have greater voice within the mental health and VAWG sectors.
- *Amplify the impact of our work:* we will work on developing our Board of Trustees, Staff and Volunteer teams to co-create a culture of intercultural and intersectional learning within The Maya Centre which can be shared with the wider community via learning and community events which promote women's mental health and wellbeing as part of our right to fulfilling, safe and equal lives free from violence and abuse.

The Maya Centre

(A Company limited by guarantee)

Report of the trustees (continued) For the year ended 31 March 2022

Reference and administrative details

Registered charity number	1012889
Company number	2701313
Registered office and principal place of business	Unit 8 9-15 Elthorne Road London N19 4AJ

Our advisers

Independent examiner	P.G. Browne FCA CTA Chanter, Browne & Curry Chartered Accountants 1 Plato Place 72-74 St Dionis Road London SW6 4TU
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Bankers	The Co-operative Bank 1 Islington High Street London EC1Y 4YX CAF Bank 25 Kings Hill Avenue West Malling Kent ME19 4JQ
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Directors and trustees

The directors of the charitable company (the charity) are its trustees for the purpose of charity law. The trustees and officers serving during the year and since the year end were as follows:

Rebecca Harrington, Chair
Pat Lloyd, Vice Chair (resigned 30 November 2021)
Meera Nair, Vice Chair (since 30 November 2021)
Ayan Man, Vice Chair (since 30 November 2021)
Lisa Marsh, Treasurer
Dr Jessica Walker
Dr Jennie Robertson
Ieva Marcinkeviciute
Laura Catherine Mackinnon (resigned 30 November 2021)
Katherine Tu
Rochelle Burgess
Nishma Jethwa

The Maya Centre

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Report of the trustees (continued)

For the year ended 31 March 2022

Financial Review

Financial update

Income for the year totalled £415,753, an increase of £5,435 compared to the previous year. Expenditure for the year totalled £410,556, an increase of £64,451 compared to the previous year. The net surplus for the year was £5,197. This compares to a net surplus for the previous year of £64,127.

In common with many other voluntary organisations working in an economic downturn, our financial situation is difficult, requiring a constant programme of identifying potential sources of funding, applying for grants, bidding for contracts, analysing and evaluating our data and performance, reviewing our expenditure and finding efficiencies.

We are very grateful for the continued support from our Patrons, Friends and Supporters and charitable trusts which provide the greater part of our income. While there is considerable pressure on our finances we remain optimistic that the quality, reputation, and continued efficiency of our services to vulnerable women will ensure that this work will be supported into the future.

Reserves policy

It is the policy of the Maya Centre that it retains sufficient reserves to ensure that the organisation can cover its liabilities for at least 3 months and up to 6 months of operating costs and this is our continuing aim.

The minimum we are obliged to keep in reserves is sufficient to cover liabilities in the event that the charity should be wound up, including redundancy for all employed staff plus sufficient to cover completion of client services; settling outstanding utilities, extraction from all leases and other bills. The amount we need and are able to put aside (according to conditions placed on grant income) will be agreed on an annual basis as part of the budget setting process.

Our reserves are sufficient to cover 3 months running costs and we will endeavour to build on this.

Going concern

After making appropriate enquiries, the Trustees have a reasonable expectation that the company has adequate resources to continue in operational existence for the foreseeable future. For this reason they continue to adopt the going concern basis in preparing the financial statements.

Structure, governance and management

Constitution

The Maya Centre is a company limited by guarantee governed by its Memorandum and Articles of Association dated 27th March 1992. It is registered as a charity with the Charity Commission. No director has any beneficial interest in the charitable company. All directors are members of the company and guarantee to contribute £1 in the event of a winding up.

The Maya Centre

(A Company limited by guarantee)

Report of the trustees (continued)

For the year ended 31 March 2022

Method of appointment or election of Trustees

Under the governing Articles, the Trustees are elected at the Annual General Meeting to serve a period of one year, subject to re-election at each Annual General Meeting. Trustees are recruited from the local community and are divided into those who bring clinical expertise to the organisation and those with wider organisational skills such as HR, academia, management, business and finance. All Trustees retire at the Annual General Meeting and are eligible for re-election.

Trustees Pat Lloyd and Laura Mackinnon resigned. Trustees Rebecca Harrington, Dr Jessica Walker, Dr Jennie Robertson, Meera Nair, Ieva Marcinkeviciute, Ayan Man, Nishma Jethwa, Katherine Tu, Lisa Marsh and Rochelle Burgess were re-elected. Rebecca Harrington was elected Chair; Meera Nair and Ayan Man were both elected Vice Chairs and Lisa Marsh was elected Treasurer.

Policies adopted for the induction and training of Trustees

All new Trustees are provided with information about The Maya Centre and attend an induction meeting with relevant staff and Trustees.

Organisational structure and decision making

The Board of Trustees is responsible for decisions relating to the governance and future development of the organisation, and has been operating as a single Board, with three sub-committees which report regularly to the Board of Trustees: Clinical Governance (co-chaired by Dr Jessica Walker and Dr Jennie Robertson); Fundraising (chaired by Katie Tu); and Finance (chaired by Lisa Marsh).

The Board of Trustees appoints a CEO and delegates all day-to-day organisational work to her, including ongoing financial management, clinical direction, fundraising and management of staff.

Risk management

The Centre has risk mitigation policies in place and maintains a risk register. Risks are reviewed regularly by the management team and the risk register reviewed by the Board of Trustees and updated on a bi-annual basis. The register identifies major and minor risks, contributing factors and mitigating actions and any early warning mechanisms. The risks, to which the charity is exposed, as identified by the Trustees, are effectively mitigated as part of this procedure.

The Centre has a robust system of internal control that supports its aims and objectives, whilst safeguarding clients and its funds. We have taken steps to mitigate and resolve issues that have arisen in-year and continue to work towards successful assurance outcomes.

The Maya Centre

(A Company limited by guarantee)

Report of the trustees (continued)

For the year ended 31 March 2022

Trustees' responsibilities statement

The Trustees (who are also directors of The Maya Centre for the purposes of company law) are responsible for preparing the Trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial year. Under company law the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgments and accounting estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the charitable company's transactions and disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

This report was approved by the board of directors and trustees on 25 Nov 2022 and is signed on its behalf.


.....
Rebecca Harrington
Chair of Trustees

The Maya Centre

(A company limited by guarantee)

Independent examiner's report to the trustees For the year ended 31 March 2022

I report to the charity's trustees on my examination of the financial statements of The Maya Centre ("the company") for the year ended 31 March 2022 which are set out on pages 16 to 29.

Responsibilities and basis of report

As the charity's trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the financial statements of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of The Maya Centre's financial statements as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

Since the Company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of ICAEW which is one of the listed bodies.

I have completed my examination. I confirm no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- 1) accounting records were not kept in accordance with section 386 of the 2006 Act; or
- 2) the financial statements do not accord with such records; or
- 3) the financial statements do not comply with relevant accounting requirements under section 396 of the 2006 Act other than any requirement that the financial statements give a 'true and fair' view which is not a matter considered as part of an independent examination; or
- 4) the financial statements have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities preparing their financial statements in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the financial statements to be reached.


.....
P.G. Browne FCA CTA

Chanter, Browne & Curry

Chartered Accountants

1 Plato Place

72-74 St Dionis Road

London SW6 4TU.

Date: 28 November 2022

The Maya Centre

(A Company limited by guarantee)

**Statement of financial activities
For the year ended 31 March 2022****Summary income and expenditure account**

	Notes	2022			2021
		Unrestricted funds	Designated funds	Restricted funds	Total funds
		£	£	£	£
Income					
Donations and grants	2	76,260	15,060	311,710	407,529
Other trading activities	3	12,412	-	-	2,070
Investments	4	311	-	-	719
Total incoming resources		88,983	15,060	311,710	410,318
Expenditure					
Raising funds	5	-	-	-	86
Charitable activities	5	51,764	26,779	332,013	346,105
Total expenditure		51,764	26,779	332,013	346,191
Net income/(expenditure)		37,219	(11,719)	(20,303)	64,127
Transfers between funds		20,920	(19,249)	(1,671)	-
Net movement in funds for the year		58,139	(30,968)	(21,974)	64,127
Reconciliation of funds					
Total funds brought forward		121,918	33,042	52,759	207,719
Total funds carried forward		180,057	2,074	30,785	212,916

The Statement of Financial Activities includes all gains and losses in the year. All incoming resources and resources expended derive from continuing activities.

The Maya Centre
(A Company limited by guarantee)

Balance sheet
At 31 March 2022

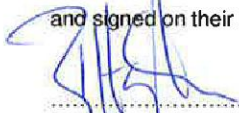
	<u>Notes</u>	<u>2022</u>		<u>2021</u>	
		<u>Total funds</u>		<u>Total funds</u>	
		£	£	£	£
Current assets					
Debtors	8	48,309		43,902	
Cash at bank and in hand		290,057		280,608	
		<u>338,366</u>		<u>324,510</u>	
Creditors: amounts falling due within one year	9	<u>125,450</u>		<u>116,791</u>	
Net current assets			212,916		207,719
Net assets			<u>212,916</u>		<u>207,719</u>
Funds of the charity					
Restricted funds	10		30,785		52,759
Unrestricted funds					
Designated funds	10		2,074		33,042
General funds	10		180,057		121,918
Total charity funds			<u>212,916</u>		<u>207,719</u>

The Trustees consider that the charity is entitled to exemption from the requirement to have an audit under the provisions of section 477 of the Companies Act 2006 ("the Act") and members have not required the charity to obtain an audit for the year in question in accordance with section 476 of the Act.

The Trustees acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

These financial statements have been prepared in accordance with the provisions applicable to small companies subject to the small companies regime and in accordance with FRS102 SORP.

The financial statements were approved and authorised for issue by the Trustees on 28 Nov 2022 and signed on their behalf, by:


Rebecca Harrington
Chair


Lisa Marsh
Treasurer

Company Registration Number: 02701313

The Maya Centre

(A Company limited by guarantee)

Notes to the financial statements For the year ended 31 March 2022

1 Accounting policies

The principal accounting policies are summarised below. The accounting policies have been applied consistently throughout the year and in the preceding year, except where noted.

1.1 Legal form

The Maya Centre ("the company") is a charity limited by guarantee and domiciled in the United Kingdom. The address of its registered office and principal place of business is Unit 8, 9-15 Elthorne Road, London, N19 4AJ. The nature of the company's operations and principal activities are to provide relief for women who are suffering from mental health problems by means of therapeutic services. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the charity.

1.2 Basis of preparation of financial statements

The Financial Statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued in October 2019 and the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and the Charities Act 2011 and UK Generally Accepted Practice as it applies from 1 January 2019.

The company constitutes a public benefit entity as defined by FRS 102. The financial statements are prepared on a going concern basis under the historical cost convention, modified to include certain items at fair value.

1.3 Going concern

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

1.4 Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

Designated funds comprise unrestricted funds that have been set aside by the trustees for particular purposes. The aim and use of each designated fund is set out in the notes to the financial statements.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the charity for particular purposes. The costs of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

1.5 Income

All income is recognised once the charity has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

The Maya Centre

(A Company limited by guarantee)

Notes to the financial statements (continued)

For the year ended 31 March 2022

1 Accounting policies (continued)

1.6 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use.

Fundraising costs are those incurred in seeking voluntary contributions and do not include the costs of disseminating information in support of the charitable activities. Support costs are those costs incurred directly in support of expenditure on the objects of the charity and include project management. Governance costs are those incurred in connection with administration of the charity and compliance with constitutional and statutory requirements.

Charitable activities and governance costs are costs incurred on the charity's therapeutic services and educational operations, including support costs and costs relating to the governance of the charity apportioned to charitable activities .

All expenditure is inclusive of irrecoverable VAT.

1.7 Cash flow

The company has taken advantage of the disclosure exemption in the "Amendments to Accounting and Reporting by Charities: Statement of recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland - Update Bulletin 1".

1.8 Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank.

1.9 Operating leases

Rentals under operating leases are charged to the Statement of Financial Activities on a straight line basis over the lease term.

1.10 Debtors

Trade and other debtors are recognised at the settlement amount after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

1.11 Cash at bank and in hand

Cash at bank and in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

The Maya Centre

(A Company limited by guarantee)

Notes to the financial statements (continued)

For the year ended 31 March 2022

1 Accounting policies (continued)

1.12 Liabilities and provisions

Liabilities are recognised when there is an obligation at the balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably. Liabilities are recognised at the amount that the charity anticipates it will pay to settle the debt or the amount it has received as advance payments for the goods or services it must provide. Provisions are measured at the best estimate of the amounts required to settle the obligation. Where the effect of the time value of money is material, the provision is based on the present value of those amounts, discounted at the pre tax discount rate that reflects the risks specific to the liability. The unwinding of the discount is recognised within interest payable and similar charges.

1.13 Financial instruments

The company only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

1.14 Taxation

The company is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

1.15 Pensions

The company operates a defined contribution pension scheme and the pension charge represents the amounts payable by the charity to the fund in respect of the year.

1.16 Judgements in applying accounting policies and key sources of estimation uncertainty

Estimates and judgements are continually evaluated and are based on historical experience and other factors, including expectations for future events that are believed to be reasonable under the circumstances.

The level of deferred income varies depending on when a grant is received and the time frame the grant is to be spread over. The level of deferred income is re-assessed annually to ensure that an appropriate amount is being recognised.

The Maya Centre

(A Company limited by guarantee)

Notes to the financial statements (continued)

For the year ended 31 March 2022

2 Income from donations and legacies

	2022				2021
	Unrestricted funds	Designated funds	Restricted funds	Total funds	Total funds
	£	£	£	£	£
Donations	29,212	-	-	29,212	23,743
Grants	47,048	15,060	311,710	373,818	383,786
	76,260	15,060	311,710	403,030	407,529

Grant income comprised:-

	2022				2021
	Unrestricted funds	Designated funds	Restricted funds	Total funds	Total funds
	£	£	£	£	£
BUPA	-	-	-	-	4,000
City Bridge Trust - BAMER	-	-	43,910	43,910	21,150
Cloudesley Emergency Fund	-	-	-	-	5,060
Cloudesley Legacy	-	-	-	-	30,000
Cloudesley Main	6,000	-	30,000	36,000	37,500
Complementary Therapies	-	-	2,913	2,913	-
Cripplegate Foundation	15,150	-	-	15,150	23,150
DCMS	-	-	-	-	29,857
Department of Foreign Affairs and Trade; Emigrant Support Programme	-	-	28,715	28,715	22,735
Family Catalyst Fund	-	-	1,167	1,167	-
Hearthstone DV Project	-	-	17,072	17,072	17,015
Hibiscus	-	60	-	60	7,950
LB Islington & CCG	-	-	68,825	68,825	64,682
Leathersellers' Company Charitable Fund	-	15,000	-	15,000	18,000
Lloyds React Fund	-	-	-	-	10,674
Lloyds TSB Foundation	25,000	-	-	25,000	23,563
London Community Response Fund	-	-	49,643	49,643	-
London Funders Wave 3	-	-	7,890	7,890	15,780
MOPAC	-	-	-	-	6,335
MOPAC - Covid Fund	-	-	-	-	8,260
MOPAC - Critical Fund	-	-	8,363	8,363	-
MOPAC - Grassroots	-	-	47,962	47,962	-
National Lottery Community Fund	-	-	-	-	9,585
Stebbing	-	-	-	-	2,000
Tampon Tax Community Grant programme	-	-	-	-	11,250
The Charities Trust	898	-	-	898	240
Two Magpies	-	-	-	-	15,000
Wates Foundation	-	-	5,250	5,250	-
	47,048	15,060	311,710	373,818	383,786

3 Income from other trading activities

	2022				2021
	Unrestricted funds	Designated funds	Restricted funds	Total funds	Total funds
	£	£	£	£	£
Fundraising income	-	-	-	-	1,500
Room hire	-	-	-	-	570
Kickstarter scheme	12,412	-	-	12,412	-
	12,412	-	-	12,412	2,070

The Maya Centre

(A Company limited by guarantee)

Notes to the financial statements (continued)**For the year ended 31 March 2022****4 Investment income**

	2022				2021
	Unrestricted funds	Designated funds	Restricted funds	Total funds	Total funds
	£	£	£	£	£
Bank interest receivable	311	-	-	311	719

5 Expenditure

	2022				2021
	Unrestricted funds	Designated funds	Restricted funds	Total funds	Total funds
	£	£	£	£	£

Expenditure on raising voluntary income

Fundraising	-	-	-	-	86
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Charitable activities

Wages and salaries	26,591	12,657	96,271	135,519	110,539
National insurance	1,113	529	4,028	5,670	5,129
Sessional workers	-	2,135	110,984	113,119	100,213
Clinical supervision	-	5,406	20,376	25,782	17,000
DBS Checks	371	-	208	579	492
Family Catalyst Fund	-	-	2,414	2,414	902
Group/non therapeutic sessions and psychoeducation	(720)	-	8,798	8,078	2,257
Consultancy	4,565	-	75	4,640	10,690
Rent and rates	9,962	-	32,858	42,820	43,209
Insurance	1,424	-	2,035	3,459	3,243
Utilities	689	490	3,718	4,897	4,693
Cleaning	-	712	1,576	2,288	683
Furnishings	62	50	-	112	-
Maintenance	1,566	65	200	1,831	309
IT costs	1,010	3,454	28,602	33,066	29,713
Printing, postage & stationery	-	282	5,701	5,983	2,183
Staff training	-	-	3,093	3,093	5,454
Telephone	1,698	10	3,863	5,571	2,605
Workshop expenses	-	-	2,988	2,988	454
Recruitment costs	293	-	-	293	2,488
Sundries	1,269	989	3,063	5,321	1,281
	<u>49,893</u>	<u>26,779</u>	<u>330,851</u>	<u>407,523</u>	<u>343,537</u>

The Maya Centre
(A Company limited by guarantee)

Notes to the financial statements (continued)
For the year ended 31 March 2022

5 Expenditure (continued)

Governance costs

	2022			2021
	Unrestricted funds £	Designated funds £	Restricted funds £	Total funds £
Independent examination fees	1,679	-	1,021	2,700
Legal and professional fees	28	-	20	48
Board expenses	164	-	121	285
	<u>1,871</u>	<u>-</u>	<u>1,162</u>	<u>3,033</u>
Total expenditure on charitable activities	51,764	26,779	332,013	410,556
Total expenditure	<u>51,764</u>	<u>26,779</u>	<u>332,013</u>	<u>410,556</u>

6 Net income/(expenditure)

This is stated after charging:

	2022 £	2021 £
Independent examination fee	<u>2,700</u>	<u>2,520</u>

No trustees received any remuneration, benefits in kind or reimbursement of expenses (2021 - £NIL).

7 Staff costs

Staff costs were as follows:

	2022			2021
	Unrestricted funds £	Designated funds £	Restricted funds £	Total funds £
Wages and salaries	26,591	12,657	96,271	135,519
Social security costs	1,113	529	4,028	5,670
	<u>27,704</u>	<u>13,186</u>	<u>100,299</u>	<u>141,189</u>

The average number of persons employed by the charity during the year was as follows:-

	2022 £	2021 £
Number of employees	<u>5</u>	<u>5</u>

No employee received remuneration amounting to more than £60,000 in either year.

The Maya Centre

(A Company limited by guarantee)

Notes to the financial statements (continued)**For the year ended 31 March 2022****8 Debtors**

	2022	2021
	£	£
Prepayments	15,454	14,317
Other debtors	32,855	29,585
	<u>48,309</u>	<u>43,902</u>

9 Creditors: Amounts falling due within one year

	2022	2021
	£	£
Trade creditors	36,787	22,185
Accruals	27,327	27,008
Deferred income	59,910	67,598
Other creditors	1,426	-
	<u>125,450</u>	<u>116,791</u>

Deferred income

	£
Deferred income at 1 April 2021	67,598
Resources deferred during the year	59,910
Amounts released to income from previous periods	(67,598)
Deferred income at 31 March 2022	<u>59,910</u>

The Maya Centre

(A Company limited by guarantee)

Notes to the financial statements (continued) For the year ended 31 March 2022

10 Statement of funds

Statement of funds - current year

	Balance at 1 April 2021	Income	Expenditure	Transfer in/ (out)	Balance at 31 March 2022
	£	£	£	£	£
Designated funds					
Hibiscus	7,714	60	(2,135)	(5,639)	-
Raising Profile	3,058	-	(984)	-	2,074
Richard Cloudesley	25	-	-	(25)	-
Leathersellers' Company Charitable Fund	18,750	15,000	(19,829)	(13,921)	-
Covid funds	3,495	-	(3,831)	336	-
	<u>33,042</u>	<u>15,060</u>	<u>(26,779)</u>	<u>(19,249)</u>	<u>2,074</u>
General funds	<u>121,918</u>	<u>88,983</u>	<u>(51,764)</u>	<u>20,920</u>	<u>180,057</u>
Total unrestricted funds	<u>154,960</u>	<u>104,043</u>	<u>(78,543)</u>	<u>1,671</u>	<u>182,131</u>
Restricted funds					
The Big Lottery Fund: Awards For All	529	-	-	(529)	-
City Bridge Trust - BAMER	8,655	43,910	(41,313)	-	11,252
Cloudesley Legacy	(4,818)	-	-	4,818	-
Cloudesley Main	19,548	30,000	(39,817)	-	9,731
Complementary Therapies	3,147	2,913	(6,702)	-	(642)
Department of Foreign Affairs and Trade; Emigrant Support Programme	5,684	28,715	(25,636)	-	8,763
Family Catalyst Fund	1,669	1,167	(2,414)	-	422
Hearthstone DV Project	1,584	17,072	(17,072)	-	1,584
LB Islington & CCG	-	68,825	(68,825)	-	-
Lloyds TSB Foundation	3,821	-	-	(3,821)	-
MOPAC - Critical Fund	-	8,363	(8,549)	186	-
MOPAC - Grassroots	-	47,962	(50,426)	-	(2,464)
Wates Foundation	-	5,250	(5,250)	-	-
	<u>39,819</u>	<u>254,177</u>	<u>(266,004)</u>	<u>654</u>	<u>28,646</u>
Covid funds (restricted)					
Lloyds React Fund	2,139	-	-	-	2,139
London Community Response Fund	-	49,643	(49,643)	-	-
London Funders Wave 3	7,441	7,890	(14,990)	(341)	-
DCMS	17	-	(1,376)	1,359	-
Cloudesley Emergency Fund	3,343	-	-	(3,343)	-
Total restricted funds	<u>52,759</u>	<u>311,710</u>	<u>(332,013)</u>	<u>(1,671)</u>	<u>30,785</u>
Total funds	<u>207,719</u>	<u>415,753</u>	<u>(410,556)</u>	<u>-</u>	<u>212,916</u>

The Maya Centre

(A Company limited by guarantee)

Notes to the financial statements (continued) For the year ended 31 March 2022

10 Statement of funds (continued)

Statement of funds - prior year

	Balance at 1 April 2020	Income	Expenditure	Transfer in/ (out)	Balance at 31 March 2021
	£	£	£	£	£
Designated funds					
Hibiscus	-	7,950	(236)	-	7,714
Raising Profile	3,058	-	-	-	3,058
Richard Cloudesley	25	-	-	-	25
Tampon Tax Community Grant programme	240	11,250	(11,490)	-	-
Leathersellers' Company Charitable Fund	3,750	15,000	-	-	18,750
Tracey Emin & Deutsche Bank Centenary Fund	12,848	-	(12,848)	-	-
Covid funds	-	9,000	(5,505)	-	3,495
	<u>19,921</u>	<u>43,200</u>	<u>(30,079)</u>	<u>-</u>	<u>33,042</u>
General funds	<u>93,474</u>	<u>70,775</u>	<u>(36,722)</u>	<u>(5,609)</u>	<u>121,918</u>
Total unrestricted funds	<u>113,395</u>	<u>113,975</u>	<u>(66,801)</u>	<u>(5,609)</u>	<u>154,960</u>
Restricted funds					
The Big Lottery Fund: Awards For All	979	-	(450)	-	529
City Bridge Trust - BAMER	-	21,150	(12,495)	-	8,655
Cloudesley Legacy	12,992	30,000	(47,810)	-	(4,818)
Cloudesley Main	647	37,500	(20,275)	1,676	19,548
Complementary Therapies	3,331	-	(184)	-	3,147
Department of Foreign Affairs and Trade; Emigrant Support Programme	4,534	22,735	(21,585)	-	5,684
Family Catalyst Fund	97	-	(928)	2,500	1,669
Hearthstone DV Project	-	17,015	(15,431)	-	1,584
LB Islington & CCG	-	63,829	(63,829)	-	-
Lloyds TSB Foundation	10,310	18,563	(25,052)	-	3,821
MOPAC	(2,693)	6,335	(5,039)	1,397	-
	<u>30,197</u>	<u>217,127</u>	<u>(213,078)</u>	<u>5,573</u>	<u>39,819</u>
Covid funds (restricted)					
Lloyds React Fund	-	10,674	(8,535)	-	2,139
London Funders Wave 3	-	15,780	(8,339)	-	7,441
MOPAC	-	8,260	(8,287)	27	-
National Lottery Community Fund	-	9,585	(9,594)	9	-
DCMS	-	29,857	(29,840)	-	17
Cloudesley Emergency Fund	-	5,060	(1,717)	-	3,343
Total restricted funds	<u>30,197</u>	<u>296,343</u>	<u>(279,390)</u>	<u>5,609</u>	<u>52,759</u>

The Maya Centre

(A Company limited by guarantee)

Notes to the financial statements (continued) For the year ended 31 March 2022

10 Statement of funds (continued)

Statement of funds - current year

	Balance at 1 April 2021	Income	Expenditure	Transfer in/ (out)	Balance at 31 March 2022
	£	£	£	£	£
Designated funds	33,042	15,060	(26,779)	(19,249)	2,074
General funds	121,918	88,983	(51,764)	20,920	180,057
	<u>154,960</u>	<u>104,043</u>	<u>(78,543)</u>	<u>1,671</u>	<u>182,131</u>
Restricted funds	52,759	311,710	(332,013)	(1,671)	30,785
Total funds	<u>207,719</u>	<u>415,753</u>	<u>(410,556)</u>	<u>-</u>	<u>212,916</u>

Statement of funds - prior year

	Balance at 1 April 2020	Income	Expenditure	Transfer in/ (out)	Balance at 31 March 2021
	£	£	£	£	£
Designated funds	19,921	43,200	(30,079)	-	33,042
General funds	93,474	70,775	(36,722)	(5,609)	121,918
	<u>113,395</u>	<u>113,975</u>	<u>(66,801)</u>	<u>(5,609)</u>	<u>154,960</u>
Restricted funds	30,197	296,343	(279,390)	5,609	52,759
Total funds	<u>143,592</u>	<u>410,318</u>	<u>(346,191)</u>	<u>-</u>	<u>207,719</u>

The charity's funds comprise the following:

Restricted funds

Irish Women's Counselling Project - Department of Foreign Affairs and Trade: Emigrant Support Programme Department of Foreign Affairs and Trade: The Emigrant Support Programme received a grant of £28,715 for the year from 1st July 2021 to 30th June 2022. The funds were restricted for the following projects: The Irish Women's Project. Nine months grant income was utilised in the period to 31st March 2022. Three months grant income amounting to £8,763 has been deferred to the 2022-23 financial year and will be utilised by 30th June 2022.

Lloyds Bank Foundation - funding restricted for the provision of specialist counselling and support focusing on highly vulnerable women. This fund has now ended and has been replaced with an alternative unrestricted grant.

City Bridge Trust – to expand counselling services to BAMER women.

LB Islington & CCG - funding restricted for the provision of counselling for BAMER women and women who have experienced domestic violence and child sexual abuse.

THE MAYA CENTRE

England & Wales - Charity number 1012889

Accounts

Company Registration No. 02701313 (England and Wales)
Registered charity number: 1012889

The Maya Centre
(A company limited by guarantee)

**Unaudited trustees' report
and financial statements**

For the year ended 31 March 2021



The Maya Centre

(A Company limited by guarantee)

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The Maya Centre

(A Company limited by guarantee)

Report of the trustees

For the year ended 31 March 2021

The trustees who are also directors of the charity for the purposes of the Companies Act, present their report and the financial statements for the year ended 31 March 2021 which are also prepared to meet the requirements for a directors' report and accounts for Companies Act purposes.

The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (second edition - October 2019) - (Charity SORP (FRS 102) Revised).

Objectives and Activities

Policies and objectives

In setting objectives and planning for activities, the Trustees have given due consideration to general guidance published by the Charity Commission relating to public benefit, and to the objects of the charity which are:

- 1. To provide relief for women who are suffering from mental health problems by means of therapeutic services;*
- 2. To educate the general public on the subject of mental health.*

The charity has the general aim of improving the mental health of deprived and marginalised women by providing free individual counselling, group therapy and community wellbeing activities.

During this financial year, the Maya Centre began to implement our new Strategic Plan 2020 – 2025: Playing our Part in Developing a Safer, Healthier Community. This includes 4 key priorities:

- 1.** To grow our services, thoughtfully, to meet the increasing issues of gender-based violence which seriously affect the diverse women who come to us.
- 2.** To broaden our income sources so we can offer our expertise to more women, from all ethnic and cultural backgrounds, and to do so effectively and cost efficiently.
- 3.** To increase the visibility of the challenges our clients face and the benefits they can gain from our services, supporting their voices to be heard more widely.
- 4.** To amplify the impact of our work in support of our whole team, therapists, staff, students, volunteers and academic partners as a learning organisation, to evaluate the impact of our holistic approach and create resources to share the approach more widely.

Main activities undertaken to further the charity's purposes for the public benefit

The Trustees are aware that section 17 of the Charities Act 2011 requires charities to demonstrate that their work is of direct benefit to the public. When planning the Maya Centre's activities each year, the Trustees take due regard of the Charity Commission's general guidance on public benefit.

The Maya Centre

(A Company limited by guarantee)

Report of the trustees (continued) For the year ended 31 March 2021

Achievements and performance

Review of activities

All our activities are in line with our vision and mission.

Vision

Our vision is to increase wellbeing and enhance resilience in women who have experienced mental health issues which may stem from trauma and gender-based violence including domestic violence, physical abuse or sexual abuse in childhood, including harmful traditional practices, and experiences of war, conflict and migration.

Mission

We support and enable women towards:

Recovery: reduced impact of trauma and greater ability to enjoy life and plan for the future.

Resilience: reduced isolation, increased willingness to talk about and report abuse; increased sense of selfworth and self-esteem.

Prevention: reduced risk to self and others, changed patterns of behaviour and reduced likelihood of remaining in or re-entering abusive relationships.

Wider community: improved relationships with children and family, and more engaged in community activities, education, training and employment.

Our work in 2020-21

The Maya Centre specialises in trauma-informed counselling, which is psychodynamic in origin, with the flexibility to adapt to the specific needs of diverse women seeking our services so that we are as inclusive and accessible as possible.

Central to this is our use of community languages and targeted services so that women who attend The Maya Centre see themselves represented and can be confident in receiving support which is relevant to their cultural background or identity. Our core offer of 1-2-1 specialist counselling continues to flourish via a team of 14 trained and experienced therapists, all of whom are BACP registered. Our Black Women's Group and Irish Women's Project have been further added to in 2021 by new pilots with Hibiscus Initiatives (trafficked women) and an online workshop with the Islington Bangladeshi Association's Women's Project in support of women's wellbeing.

More broadly than this, we have continued to reflect on intercultural and intersectional approaches which highlight the many barriers' women face to good mental health: poverty, racism, discrimination, language barriers, displacement and isolation, any of which make women more likely to experience violence, exploitation or abuse; and many of which are experienced in just one woman presenting for treatment. Our work, to reach out and identify more 'hidden' women, and to provide a place of sanctuary and recuperation amid multiple barriers, has never been more needed, a fact which was brought into sharp relief by the Covid-19 pandemic.

Our work for the period April 2020-March 2021 focused on the impact of Covid-19, which brought about a national rise in domestic and sexual violence, with increased risk and isolation for women from Black, Asian and minority ethnic groups and an overall increase of 20.3% in referrals to our services from the previous year.

In response to the crisis and in keeping with Government guidelines, we had already moved our counselling service to telephone and live video sessions in March 2020, and this situation persisted throughout the year, including two national lockdowns which led to sustained home working for the entire workforce.

The Maya Centre

(A Company limited by guarantee)

Report of the trustees (continued) For the year ended 31 March 2021

Achievements and performance (continued)

- The Richard Cloudesley Legacy Fund, in place since 2018/19, provided us with counsellors already confident in the use of remote telephone and online therapy, enabling us to transfer 75% of our client base to remote sessions within one month, increasing to 84% during the year. This funding ended in March 2021 with a report commissioned from Healthwatch Islington, which found that the online/ remote service was particularly helpful for women with mobility issues, caring responsibilities, agoraphobia, or for whom counselling was new and potentially less intimidating when offered remotely.

- Additional Covid-19 funding from a variety of sources including the National Lottery Community Fund, Lloyds React Fund, London Community Funders, Richard Cloudesley, Leathersellers, Peter Stebbings, Bupa and Cripplegate enabled us to purchase and secure laptops for remote delivery, increase time for management, administration and finance, and move our database fully online so that we could continue to offer efficient and high-quality counselling services.

- This additional funding also helped us to fund bespoke training for our therapists on self-care and trauma-informed practice and increase their clinical supervision hours in order to mitigate against the effects of vicarious trauma and burnout.

Our focus on minoritised women at risk during Covid-19 enabled us to secure new funding to expand on our work specialising in Violence against Women and Girls (VAWG). During the period March 2020-April 2021 we were successful in doubling our contract with Central/ North London CCG and Islington Council under the Accept Consortium with a focus on domestic abuse and childhood sexual abuse (CSA). We also secured three-year funding from City Bridge Trust for counselling women from Black, Asian and Minority Ethnic communities with experience of gender-based violence. We succeeded in securing two-year core funding from the Lloyds Bank Foundation in order to develop our charity to better meet the needs of women who have experienced sexual violence.

We continued to receive funding from the Cripplegate Foundation, the Embassy of Ireland London, Richard Cloudesley, Leathersellers Foundation, Tampon Tax, Mayors Office for Policing and Crime (MoPAC), Tracey Emin & Deutsche Bank and Two Magpies. During this year we also saw an increase of 23% in regular and one-off donations from private individual supporters, with particular interest around key calendar dates including World Mental Health Day (October 2020) and International Women's Day (March 2021).

We successfully renewed our external accreditation from the British Association of Counselling and Psychotherapy for our counselling service, demonstrating to clients, commissioners and funders that they can have confidence in the professionalism of the Centre and its staff.

Our Clients

For the period April 2020 to March 2021, we received 396 referrals and applications for counselling with 63.5% of the referrals from women from Black, Asian or Minority Ethnic communities, 24.5% White British and 4.8% Other. The full demographic data is in Table 2, page 6. From the total of referrals received, 124 were closed at application, did not attend during the assessment process or were deemed not suitable for our services following an assessment. 165 women progressed to 1-2-1 counselling and 107 women remained in assessment or on our waiting list at the end of the period. Our data analysis showed that the rate of unplanned endings was much higher for agency referrals (65%) than for self-referrals (35%). Unplanned ending decreased overall from 17% in the previous year to 13.7 % at the end of this period.

Monitoring and evaluation report

The Maya Centre has a strong commitment to evaluating the work that we do to provide a high quality, continuously improving service. We continue to use the nationally recognised Clinical Outcomes in Routine Evaluation – CORE and have successfully moved this to an online system, CoreNet. This system enables us to evaluate the therapeutic outcomes of our service and to use that learning to develop and deliver the best possible services to clients. It also allows for accurate reporting to funders, and for comparison with many NHS and third sector psychological therapies services.

Clients are given CORE questionnaires to complete at different stages: pre counselling, mid counselling and at the end of their counselling, scores are taken from the questions answered and are calculated within four areas; emotional well-being, problems, functioning and risk to self and others. Counsellors also complete a CORE Therapy assessment form as part of the assessment process and a CORE end of therapy assessment form.

The Maya Centre

(A Company limited by guarantee)

Report of the trustees (continued)

For the year ended 31 March 2021

What difference do our services make?

Our referral and assessment process showed that for the period April 2020-March 2021, 70% of the clients we supported disclosed experiences of domestic abuse or violence; 20% disclosed childhood sexual abuse; 28% disclosed experiences of sexual abuse including rape. All women referred to our services reported experiencing depression, stress or anxiety.

Overall Effectiveness of Service

CORE gives a framework to assess changes over time for the individual, and the overall effectiveness of the services. However, this approach can only be complete where the therapy has reached a planned ending and as it is recognised that it can be difficult for some clients to manage the ending of the therapeutic relationship, this is an area we have been working on to improve.

We have now achieved a consistent rate of 86.3% planned endings. Based on the information from CORE questionnaires, relating to the women who completed their 1-1 counselling we see the following:

97% of women showed an improvement in their ability to explore and express their feelings.

71% of women showed an improvement in personal insight.

77% of women showed an improvement in their coping strategies.

81% of women showed an improvement in their subjective well-being.

74% of women showed an improvement in day-to-day functioning.

63% of women showed an improvement in their decision-making

94% of women showed an improvement in personal relationships.

This shows the counselling service to be highly effective, with women scoring higher clinical outcomes than in previous years despite increased incidence/ disclosure of abuse and exploitation under the Covid-19 pandemic.

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**Report of the trustees (continued)
For the year ended 31 March 2021****Achievements and performance (continued)****Table 1** Activity

Client data: Comparison with prior year	2020-21	2019-20
Total number of individuals receiving assessment in the period	224	225
Total number of clients who received 1:1 therapy in the period	211	231
Total number of clients who attended and completed a group in the period	0	16
Position at the end of year	2020-21	2019-20
Clients awaiting allocation to a therapist	24	6
Number of individuals ongoing in 1:1 therapy	54	48
Number of individuals ongoing in group therapy	0	16
Clients starting therapy in the period	165	157
Clients ending therapy in the period	146	183
Applications rejected	24.4%	31%
Clients dropped out at application stage	4.5%	4%
Did not attend or complete assessment process	3.3%	4%
Referrals received	396	329

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Report of the trustees (continued)

For the year ended 31 March 2021

Achievements and performance (continued)

Table 2 Demographic data

Age group	2020-21	2019-20
18 to 20	1.1%	1%
21 to 30	31.5%	17%
31 to 40	28.5%	25%
41 to 50	21.6%	25%
51 to 60	13.6%	26%
Over 60	3.7%	6%
Ethnicity	2020-21	2019-20
Asian or Asian British Bangladeshi	4.3%	1%
Asian or Asian British Indian	1.3%	1.5%
Asian Other (East African/Pakistani , Chinese, Japanese, Korean , Sri Lanka, Afghanistan)	3.5%	1%
Black African or British African	10.9%	13%
Black Caribbean	10.4%	11%
Black British (included in Black African or British African category)	-	-
Middle East	3.2%	1%
Mixed Heritage	11.2%	8%
Turkish/Kurdish	8.8%	15%
White British	24.5%	21%
White (European)	9.9%	11%
White Irish	4.3%	5%
Other	4.8%	5%
Not stated	2.1%	6.5%
Prefer not to say	0.8%	-

The Maya Centre

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Report of the trustees (continued)

For the year ended 31 March 2021

Monitoring and evaluation report (continued)

Aside from CORE, clients also complete monitoring forms pre counselling and feedback forms at the end of their counselling. These feedback forms ask about the client's experience of the Centre and their counselling. Here are some quotes from clients about their overall experience of 1-1 counselling:

'I have gained an insight thanks to my therapy. I have learnt to manage my stress by practicing breath exercises. I have started to exercise regularly with my daughter. These all creates a reduction in my somatic pains. I felt significant as my counsellor takes me seriously.'

'The easy access and the self-referral option were really good. I sense a very welcoming attitude and there was an option to speak my mother tongue. It helped me to gain a different perspective to the issues that I am struggling with. I felt understood. Also, the counsellor helped me to identify my own issues and to make them talkable.'

'Incredible service, I only had to wait for a few months in order to access such an amazing service. Emails responded to very quickly. Calls and appointments were always on time as agreed. The counselling hasn't just been helpful, it has changed my life and I am so incredibly grateful that I was given this opportunity. I am a new person. I understand myself and others. I feel strong and confident, but genuinely from within the inside instead of 'trying' to be strong. I know who I am now, and I like that person.'

'It was really positive from the start and I'm really glad I met my therapist a few times before lockdown happened as I felt a good connection based on our meetings at the centre. It helped give me confidence to process my thoughts and reactions. I found a version of myself that I find more comfortable and confident being and learned about boundaries and ways to deal with people in a way that makes life easier and calmer. I feel calmer and in control of my life in a way that has not only had a positive effect on me but has also had a positive knock-on effect on the people who are closest to me in my life.'

Future developments

The demand for specialist counselling for women continues to grow, particularly in the light of increasing public and media interest in Violence against Women and Girls (VAWG). With a strong track record in providing in-depth and inclusive trauma-informed services, it is vital that The Maya Centre continues to develop both our expertise and profile so that we can meet the needs of the most isolated and traumatised women within Islington and other London boroughs.

In practice, this means continuing to provide a choice of short and longer-term counselling for women, using our recent learning under Covid-19 to offer both face-to-face and remote telephone or online sessions according to need. It also means working to create more accessible and inclusive pathways into counselling so that more a more diverse group of women can receive timely and appropriate support before reaching crisis point.

During the period April 2020-March 2021, we received new funding from the Lloyds Bank Foundation aimed at supporting key developments within the Maya Centre over the next two years. In keeping with our 5-year Strategic Plan, our priorities for development include:

- **Growing our services:** focusing on both increasing client numbers to optimum capacity, and crucially, diversifying our client base so that we capitalise on our intercultural and language expertise to reach more minoritised women.
- **Broadening our income sources:** a) Exploring partnership and consortium opportunities which grow our capacity for counselling, psychoeducation and community support work for women. b) Developing a strategy for increasing private donations and other means of funding core costs.
- **Increasing visibility of our clients:** using a community development approach to give our clients more voice via participation and co-design of services, with an advisory function to the Board.
- **Amplify the impact of our work:** focusing on our digital offer, including investing in our website and social media, in order to share our learning and impact with potential clients, funders, commissioners, donors and influencers within the wider mental health and VAWG fields.

The Maya Centre

(A Company limited by guarantee)

Report of the trustees (continued)

For the year ended 31 March 2021

Future developments (continued)

Alongside these developments, we are refining our vision and mission statements as follows:

Vision

Our vision is a world where all women can prioritise their mental health and wellbeing, equality and dignity, safe from abuse, exclusion or discrimination of any kind.

Mission

Our mission is to build a safe and inclusive women-for-women community in which we:

- Offer a range of free trauma-informed services to minoritised women on low-incomes, including counselling & psychotherapy, group work and complementary therapies.
- Support recovery from depression, trauma and Violence Against Women and Girls (VAWG) with a focus on building trust, resilience and voice.
- Flex to meet women's different needs by offering between 6-21 sessions of therapy, as individuals, in groups, face-to-face or remotely.
- Prioritise intercultural and intersectional approaches via tailored and targeted support in community languages and for specific, minoritised cultural groups.

Financial Review

Financial update

Income for the year totalled £410,318, an increase of £187,791 compared to the previous year. Expenditure for the year totalled £346,191, an increase of £42,003 compared to the previous year. The net surplus for the year was £64,127. This compares to a net deficit for the previous year of £81,631.

In common with many other voluntary organisations working in an economic downturn, our financial situation is difficult, requiring a constant programme of identifying potential sources of funding, applying for grants, bidding for contracts, analysing and evaluating our data and performance, reviewing our expenditure and finding efficiencies.

We are very grateful for the continued support from our Patrons, Friends and Supporters and charitable trusts which provide the greater part of our income. While there is considerable pressure on our finances we remain optimistic that the quality, reputation, and continued efficiency of our services to vulnerable women will ensure that this work will be supported into the future.

Reserves policy

It is the policy of the Maya Centre that it retains sufficient reserves to ensure that the organisation can cover its liabilities for at least 3 months and up to 6 months of operating costs and this is our continuing aim.

The minimum we are obliged to keep in reserves is sufficient to cover liabilities in the event that the charity should be wound up, including redundancy for all employed staff plus sufficient to cover completion of client services; settling outstanding utilities, extraction from all leases and other bills. The amount we need and are able to put aside (according to conditions placed on grant income) will be agreed on an annual basis as part of the budget setting process.

Our reserves are sufficient to cover 3 months running costs and we will endeavour to build on this.

Going concern

After making appropriate enquiries, the Trustees have a reasonable expectation that the company has adequate resources to continue in operational existence for the foreseeable future. For this reason they continue to adopt the going concern basis in preparing the financial statements.

The Maya Centre

(A Company limited by guarantee)

Report of the trustees (continued) For the year ended 31 March 2021

Reference and administrative details

Registered charity number	1012889
Company number	2701313
Registered office and principal place of business	Unit 8 9-15 Elthorne Road London N19 4AJ

Our advisers

Independent examiner	P.G. Browne FCA CTA Chanter, Browne & Curry Chartered Accountants 1 Plato Place 72-74 St Dionis Road London SW6 4TU
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Bankers	The Co-operative Bank 1 Islington High Street London EC1Y 4YX CAF Bank 25 Kings Hill Avenue West Malling Kent ME19 4JQ
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Directors and trustees

The directors of the charitable company (the charity) are its trustees for the purpose of charity law. The trustees and officers serving during the year and since the year end were as follows:

Rebecca Harrington, Chair
Sue Kon, Vice Chair (resigned 30 November 2020)
Pat Lloyd, Treasurer (elected Vice Chair 30 November 2020)
Anna Keegan (resigned 30 November 2020)
Lisa Marsh (elected Treasurer 30 November 2020)
Jessica Walker
Meera Nair
Ieva Marcinkeviciute
Laura Catherine Mackinnon
Ayan Man
Katherine Tu
Rochelle Burgess (appointed 30th November 2020)
Nishma Jethwa (appointed 30th November 2020)
Jennie Robertson (appointed 30th November 2020)

The Maya Centre

(A Company limited by guarantee)

Report of the trustees (continued)

For the year ended 31 March 2021

Structure, governance and management

Constitution

The Maya Centre is a company limited by guarantee governed by its Memorandum and Articles of Association dated 27th March 1992. It is registered as a charity with the Charity Commission. No director has any beneficial interest in the charitable company. All directors are members of the company and guarantee to contribute £1 in the event of a winding up.

Method of appointment or election of Trustees

Under the governing Articles, the Trustees are elected at the Annual General Meeting to serve a period of one year, subject to re-election at each Annual General Meeting. Trustees are recruited from the local community and are divided into those who bring clinical expertise to the organisation and those with wider organisational skills such as HR, academia, management, business and finance. All Trustees retire at the Annual General Meeting and are eligible for re-election.

Trustees Sue Kon and Anna Keegan resigned. Trustees Rebecca Harrington, Pat Lloyd, Jessica Walker, Meera Nair, Ieva Marcinkeviciute, Laura Catherine Mackinnon, Ayan Man, Katherine Tu and Lisa Marsh were re-elected. Rebecca Harrington was elected Chair; Pat Lloyd was elected Vice Chair and Lisa Marsh was elected Treasurer. Rochelle Burgess, Jennie Robertson and Nishma Jethwa were elected as new trustees.

Policies adopted for the induction and training of Trustees

All new Trustees are provided with information about The Maya Centre and attend an induction meeting with relevant staff and Trustees.

Organisational structure and decision making

The Board of Trustees is responsible for decisions relating to the governance and future development of the organisation, and has been operating as a single Board, with three sub-committees which report regularly to the Board of Trustees: Clinical Governance (co-chaired by Jessica Walker and Jennie Robertson); Fundraising (chaired by Katie Tu); and Finance (chaired by Lisa Marsh).

The Board of Trustees appoints a director and delegates all day-to-day organisational work to her, including ongoing financial management, clinical direction, fundraising and management of staff.

Risk management

The Centre has risk mitigation policies in place and maintains a risk register. Risks are reviewed regularly by the management team and the risk register reviewed by the Board of Trustees and updated on a bi-annual basis. The register identifies major and minor risks, contributing factors and mitigating actions and any early warning mechanisms. The risks, to which the charity is exposed, as identified by the Trustees, are effectively mitigated as part of this procedure.

The Centre has a robust system of internal control that supports its aims and objectives, whilst safeguarding clients and its funds. We have taken steps to mitigate and resolve issues that have arisen in-year and continue to work towards successful assurance outcomes.

The Maya Centre

(A Company limited by guarantee)

Report of the trustees (continued)

For the year ended 31 March 2021

Trustees' responsibilities statement

The Trustees (who are also directors of The Maya Centre for the purposes of company law) are responsible for preparing the Trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial year. Under company law the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgments and accounting estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the charitable company's transactions and disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

This report was approved by the board of directors and trustees on 29 November 2021 and is signed on its behalf.

.....
Rebecca Harrington
Chair of Trustees

The Maya Centre

(A company limited by guarantee)

Independent examiner's report to the trustees For the year ended 31 March 2021

I report to the charity's trustees on my examination of the financial statements of The Maya Centre ("the company") for the year ended 31 March 2021 which are set out on pages 13 to 27.

Responsibilities and basis of report

As the charity's trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the financial statements of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of The Maya Centre's financial statements as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- 1) accounting records were not kept in accordance with section 386 of the 2006 Act; or
- 2) the financial statements do not accord with such records; or
- 3) the financial statements do not comply with relevant accounting requirements under section 396 of the 2006 Act other than any requirement that the financial statements give a 'true and fair' view which is not a matter considered as part of an independent examination; or
- 4) the financial statements have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities preparing their financial statements in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the financial statements to be reached.

.....
P.G. Browne FCA CTA

Chanter, Browne & Curry

Chartered Accountants

1 Plato Place

72-74 St Dionis Road

London SW6 4TU.

Date: 29 November 2021

The Maya Centre

(A Company limited by guarantee)

**Statement of financial activities
For the year ended 31 March 2021****Summary income and expenditure account**

	Notes	2021			2020
		Unrestricted funds	Designated funds	Restricted funds	Total funds
		£	£	£	£
Income					
Donations and grants	2	67,986	43,200	296,343	407,529
Other trading activities	3	2,070	-	-	2,070
Investments	4	719	-	-	719
Total incoming resources		70,775	43,200	296,343	410,318
Expenditure					
Raising funds	5	86	-	-	86
Charitable activities	5	36,636	30,079	279,390	346,105
Total expenditure		36,722	30,079	279,390	346,191
Net income/(expenditure)		34,053	13,121	16,953	64,127
Transfers between funds		(5,609)	-	5,609	-
Net movement in funds for the year		28,444	13,121	22,562	64,127
Reconciliation of funds					
Total funds brought forward		93,474	19,921	30,197	143,592
Total funds carried forward		121,918	33,042	52,759	207,719

The Statement of Financial Activities includes all gains and losses in the year. All incoming resources and resources expended derive from continuing activities.

The Maya Centre

(A Company limited by guarantee)

Balance sheet At 31 March 2021

	<u>Notes</u>	<u>2021</u> <u>Total funds</u>		<u>2020</u> <u>Total funds</u>	
		£	£	£	£
Current assets					
Debtors	8	43,902		36,517	
Cash at bank and in hand		280,608		171,627	
		<u>324,510</u>		<u>208,144</u>	
Creditors: amounts falling due within one year	9	<u>116,791</u>		<u>64,552</u>	
Net current assets			207,719		143,592
Net assets			<u>207,719</u>		<u>143,592</u>
Funds of the charity					
Restricted funds	10		52,759		30,197
Unrestricted funds					
Designated funds	10		33,042		19,921
General funds	10		121,918		93,474
Total charity funds			<u>207,719</u>		<u>143,592</u>

The Trustees consider that the charity is entitled to exemption from the requirement to have an audit under the provisions of section 477 of the Companies Act 2006 ("the Act") and members have not required the charity to obtain an audit for the year in question in accordance with section 476 of the Act.

The Trustees acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

These financial statements have been prepared in accordance with the provisions applicable to small companies subject to the small companies regime and in accordance with FRS102 SORP.

The financial statements were approved and authorised for issue by the Trustees on 29 November 2021 and signed on their behalf, by:

.....
Rebecca Harrington
Chair

.....
Lisa Marsh
Treasurer

Company Registration Number: 02701313

The Maya Centre

(A Company limited by guarantee)

Notes to the financial statements For the year ended 31 March 2021

1 Accounting policies

The principal accounting policies are summarised below. The accounting policies have been applied consistently throughout the year and in the preceding year, except where noted.

1.1 Legal form

The Maya Centre ("the company") is a charity limited by guarantee and domiciled in the United Kingdom. The address of its registered office and principal place of business is Unit 8, 9-15 Elthorne Road, London, N19 4AJ. The nature of the company's operations and principal activities are to provide relief for women who are suffering from mental health problems by means of therapeutic services. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the charity.

1.2 Basis of preparation of financial statements

The Financial Statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued in October 2019 and the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and the Charities Act 2011 and UK Generally Accepted Practice as it applies from 1 January 2019.

The company constitutes a public benefit entity as defined by FRS 102. The financial statements are prepared on a going concern basis under the historical cost convention, modified to include certain items at fair value.

1.3 Going concern

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

1.4 Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

Designated funds comprise unrestricted funds that have been set aside by the trustees for particular purposes. The aim and use of each designated fund is set out in the notes to the financial statements.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the charity for particular purposes. The costs of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

The Maya Centre

(A Company limited by guarantee)

Notes to the financial statements (continued)

For the year ended 31 March 2021

1 Accounting policies (continued)

1.5 Income

All income is recognised once the charity has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

1.6 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use.

Fundraising costs are those incurred in seeking voluntary contributions and do not include the costs of disseminating information in support of the charitable activities. Support costs are those costs incurred directly in support of expenditure on the objects of the charity and include project management. Governance costs are those incurred in connection with administration of the charity and compliance with constitutional and statutory requirements.

Charitable activities and governance costs are costs incurred on the charity's therapeutic services and educational operations, including support costs and costs relating to the governance of the charity apportioned to charitable activities .

All expenditure is inclusive of irrecoverable VAT.

1.7 Cash flow

The company has taken advantage of the disclosure exemption in the "Amendments to Accounting and Reporting by Charities: Statement of recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland - Update Bulletin 1".

The Maya Centre

(A Company limited by guarantee)

Notes to the financial statements (continued)

For the year ended 31 March 2021

1 Accounting policies (continued)

1.8 Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank.

1.9 Operating leases

Rentals under operating leases are charged to the Statement of Financial Activities on a straight line basis over the lease term.

1.10 Debtors

Trade and other debtors are recognised at the settlement amount after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

1.11 Cash at bank and in hand

Cash at bank and in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

1.12 Liabilities and provisions

Liabilities are recognised when there is an obligation at the balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably. Liabilities are recognised at the amount that the charity anticipates it will pay to settle the debt or the amount it has received as advance payments for the goods or services it must provide. Provisions are measured at the best estimate of the amounts required to settle the obligation. Where the effect of the time value of money is material, the provision is based on the present value of those amounts, discounted at the pre tax discount rate that reflects the risks specific to the liability. The unwinding of the discount is recognised within interest payable and similar charges.

1.13 Financial instruments

The company only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

The Maya Centre

(A Company limited by guarantee)

Notes to the financial statements (continued)

For the year ended 31 March 2021

1 Accounting policies (continued)

1.14 Taxation

The company is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

1.15 Pensions

The company operates a defined contribution pension scheme and the pension charge represents the amounts payable by the charity to the fund in respect of the year.

1.16 Judgements in applying accounting policies and key sources of estimation uncertainty

Estimates and judgements are continually evaluated and are based on historical experience and other factors, including expectations for future events that are believed to be reasonable under the circumstances.

The level of deferred income varies depending on when a grant is received and the time frame the grant is to be spread over. The level of deferred income is re-assessed annually to ensure that an appropriate amount is being recognised.

The Maya Centre

(A Company limited by guarantee)

Notes to the financial statements (continued)

For the year ended 31 March 2021

2 Income from donations and legacies

	2021				2020
	Unrestricted funds	Designated funds	Restricted funds	Total funds	Total funds
	£	£	£	£	£
Donations	23,743	-	-	23,743	20,262
Grants	44,243	43,200	296,343	383,786	198,872
	<u>67,986</u>	<u>43,200</u>	<u>296,343</u>	<u>407,529</u>	<u>219,134</u>

Grant income comprised:-

	2021				2020
	Unrestricted funds	Designated funds	Restricted funds	Total funds	Total funds
	£	£	£	£	£
BUPA	2,000	2,000	-	4,000	-
City Bridge Trust - BAMER	-	-	21,150	21,150	-
Clothworkers Foundation	-	-	-	-	9,000
Cloudesley Emergency Fund	-	-	5,060	5,060	-
Cloudesley Legacy	-	-	30,000	30,000	-
Cloudesley Main	-	-	37,500	37,500	18,750
Complementary Therapies	-	-	-	-	6,650
Cripplegate Foundation	21,150	2,000	-	23,150	21,250
DCMS	-	-	29,857	29,857	-
Department of Foreign Affairs and Trade; Emigrant Support Programme	-	-	22,735	22,735	22,500
Hearthstone DV Project	-	-	17,015	17,015	8,945
Hibiscus	-	7,950	-	7,950	-
LB Islington & CCG	853	-	63,829	64,682	39,000
Leathersellers' Company Charitable Fund	-	18,000	-	18,000	15,000
Lloyds React Fund	-	-	10,674	10,674	-
Lloyds TSB Foundation	5,000	-	18,563	23,563	24,750
London Funders Wave 3	-	-	15,780	15,780	-
MOPAC	-	-	6,335	6,335	25,343
MOPAC - Covid Fund	-	-	8,260	8,260	-
National Lottery Community Fund	-	-	9,585	9,585	-
Richard Cloudesley	-	-	-	-	(10,000)
Stebbing	-	2,000	-	2,000	-
Tampon Tax Community Grant programme	-	11,250	-	11,250	3,750
The Big Lottery Fund: Awards For All	-	-	-	-	86
The Charities Trust	240	-	-	240	1,000
Tracey Emin & Deutsche Bank Centenary Fund	-	-	-	-	12,848
Two Magpies	15,000	-	-	15,000	-
	<u>44,243</u>	<u>43,200</u>	<u>296,343</u>	<u>383,786</u>	<u>198,872</u>

3 Income from other trading activities

	2021				2020
	Unrestricted funds	Designated funds	Restricted funds	Total funds	Total funds
	£	£	£	£	£
Fundraising income	1,500	-	-	1,500	105
Room hire	570	-	-	570	2,512
	<u>2,070</u>	<u>-</u>	<u>-</u>	<u>2,070</u>	<u>2,617</u>

The Maya Centre

(A Company limited by guarantee)

Notes to the financial statements (continued)

For the year ended 31 March 2021

4 Investment income

	2021				2020
	Unrestricted funds	Designated funds	Restricted funds	Total funds	Total funds
	£	£	£	£	£
Bank interest receivable	719	-	-	719	806

5 Expenditure

	2021				2020
	Unrestricted funds	Designated funds	Restricted funds	Total funds	Total funds
	£	£	£	£	£
<u>Expenditure on raising voluntary income</u>					
Fundraising	86	-	-	86	8,032
<u>Charitable activities</u>					
Wages and salaries	20,652	10,671	79,216	110,539	97,093
National insurance	3,311	-	1,818	5,129	5,048
Sessional workers	-	13,903	86,310	100,213	90,429
Clinical supervision	775	-	16,225	17,000	2,310
DBS Checks	370	-	122	492	131
Family Catalyst Fund	-	-	902	902	1,402
Group/non therapeutic sessions	-	-	2,257	2,257	7,022
Interim director and consultancy	630	-	10,060	10,690	3,115
Redundancy costs	-	-	-	-	933
Rent and rates	2,119	(1,650)	42,740	43,209	49,215
Insurance	43	-	3,200	3,243	730
Utilities	132	-	4,561	4,693	3,344
Cleaning	-	-	683	683	1,956
Furnishings	-	-	-	-	100
Maintenance	241	16	52	309	793
IT costs	2,589	6,419	20,705	29,713	17,087
Printing, postage & stationery	1,558	252	373	2,183	3,290
Staff training	349	45	5,060	5,454	1,277
Telephone	77	121	2,407	2,605	4,719
Travel	-	-	-	-	972
Workshop expenses	-	-	454	454	1,614
Recruitment costs	925	-	1,563	2,488	-
Refreshments	-	-	-	-	366
Sundries	297	302	682	1,281	726
	34,068	30,079	279,390	343,537	293,672

The Maya Centre

(A Company limited by guarantee)

Notes to the financial statements (continued)

For the year ended 31 March 2021

5 Expenditure (continued)

Governance costs

	2021				2020
	Unrestricted funds	Designated funds	Restricted funds	Total funds	Total funds
	£	£	£	£	£
Independent examination fees	2,520	-	-	2,520	2,400
Legal and professional fees	48	-	-	48	53
Board expenses	-	-	-	-	31
	<u>2,568</u>	<u>-</u>	<u>-</u>	<u>2,568</u>	<u>2,484</u>
Total expenditure on charitable activities	<u>36,636</u>	<u>30,079</u>	<u>279,390</u>	<u>346,105</u>	<u>296,156</u>
Total expenditure	<u>36,722</u>	<u>30,079</u>	<u>279,390</u>	<u>346,191</u>	<u>304,188</u>

6 Net income/(expenditure)

This is stated after charging:

	2021	2020
	£	£
Independent examination fee	<u>2,520</u>	<u>2,400</u>

No trustees received any remuneration, benefits in kind or reimbursement of expenses (2020 - £NIL).

7 Staff costs

Staff costs were as follows:

	2021				2020
	Unrestricted funds	Designated funds	Restricted funds	Total funds	Total funds
	£	£	£	£	£
Wages and salaries	20,652	10,671	79,216	110,539	97,093
Social security costs	3,311	-	1,818	5,129	5,048
	<u>23,963</u>	<u>10,671</u>	<u>81,034</u>	<u>115,668</u>	<u>102,141</u>

The average number of persons employed by the charity during the year was as follows:-

	2021	2020
	£	£
Number of employees	<u>5</u>	<u>5</u>

No employee received remuneration amounting to more than £60,000 in either year.

The Maya Centre

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Notes to the financial statements (continued)

For the year ended 31 March 2021

8 Debtors

	2021	2020
	£	£
Prepayments	14,317	14,003
Other debtors	29,585	22,514
	<u>43,902</u>	<u>36,517</u>

9 Creditors: Amounts falling due within one year

	2021	2020
	£	£
Trade creditors	22,185	10,944
Taxation and social security	-	1,955
Accruals	27,008	6,477
Deferred income	67,598	44,815
Other creditors	-	361
	<u>116,791</u>	<u>64,552</u>

Deferred income

	£
Deferred income at 1 April 2020	44,815
Resources deferred during the year	67,598
Amounts released to income from previous periods	(44,815)
Deferred income at 31 March 2021	<u>67,598</u>

The Maya Centre

(A Company limited by guarantee)

Notes to the financial statements (continued) For the year ended 31 March 2021

10 Statement of funds

Statement of funds - current year

	Balance at 1 April 2020	Income	Expenditure	Transfer in/ (out)	Balance at 31 March 2021
	£	£	£	£	£
Designated funds					
Hibiscus	-	7,950	(236)	-	7,714
Raising Profile	3,058	-	-	-	3,058
Richard Cloudesley	25	-	-	-	25
Tampon Tax Community Grant programme	240	11,250	(11,490)	-	-
Leathersellers' Company Charitable Fund	3,750	15,000	-	-	18,750
Tracey Emin & Deutsche Bank Centenary Fund	12,848	-	(12,848)	-	-
Covid funds	-	9,000	(5,505)	-	3,495
	<u>19,921</u>	<u>43,200</u>	<u>(30,079)</u>	<u>-</u>	<u>33,042</u>
General funds	<u>93,474</u>	<u>70,775</u>	<u>(36,722)</u>	<u>(5,609)</u>	<u>121,918</u>
Total unrestricted funds	<u>113,395</u>	<u>113,975</u>	<u>(66,801)</u>	<u>(5,609)</u>	<u>154,960</u>
Restricted funds					
The Big Lottery Fund: Awards For All	979	-	(450)	-	529
City Bridge Trust - BAMER	-	21,150	(12,495)	-	8,655
Cloudesley Legacy	12,992	30,000	(47,810)	-	(4,818)
Cloudesley Main	647	37,500	(20,275)	1,676	19,548
Complementary Therapies	3,331	-	(184)	-	3,147
Department of Foreign Affairs and Trade; Emigrant Support Programme	4,534	22,735	(21,585)	-	5,684
Family Catalyst Fund	97	-	(928)	2,500	1,669
Hearthstone DV Project	-	17,015	(15,431)	-	1,584
LB Islington & CCG	-	63,829	(63,829)	-	-
Lloyds TSB Foundation	10,310	18,563	(25,052)	-	3,821
MOPAC	(2,693)	6,335	(5,039)	1,397	-
	<u>30,197</u>	<u>217,127</u>	<u>(213,078)</u>	<u>5,573</u>	<u>39,819</u>
Covid funds (restricted)					
Lloyds React Fund	-	10,674	(8,535)	-	2,139
London Funders Wave 3	-	15,780	(8,339)	-	7,441
MOPAC	-	8,260	(8,287)	27	-
National Lottery Community Fund	-	9,585	(9,594)	9	-
DCMS	-	29,857	(29,840)	-	17
Cloudesley Emergency Fund	-	5,060	(1,717)	-	3,343
Total restricted funds	<u>30,197</u>	<u>296,343</u>	<u>(279,390)</u>	<u>5,609</u>	<u>52,759</u>
Total funds	<u>143,592</u>	<u>410,318</u>	<u>(346,191)</u>	<u>-</u>	<u>207,719</u>

The Maya Centre

(A Company limited by guarantee)

Notes to the financial statements (continued)

For the year ended 31 March 2021

10 Statement of funds (continued)

Statement of funds - prior year

	Balance at 1 April 2019	Income	Expenditure	Transfer in/ (out)	Balance at 31 March 2020
	£	£	£	£	£
Designated funds					
Raising Profile	3,058	-	-	-	3,058
Richard Cloudesley	6,500	(8,725)	-	2,250	25
Tampon Tax Community Grant programme	10,000	3,750	(13,510)	-	240
Leathersellers' Company Charitable Fund	3,750	15,000	(15,000)	-	3,750
Tracey Emin & Deutsche Bank Centenary Fund	20,000	12,848	(20,000)	-	12,848
Peter Stebbings	10,000	-	(10,000)	-	-
	<u>53,308</u>	<u>22,873</u>	<u>(58,510)</u>	<u>2,250</u>	<u>19,921</u>
General funds	<u>117,688</u>	<u>45,935</u>	<u>(61,210)</u>	<u>(8,939)</u>	<u>93,474</u>
Total unrestricted funds	<u>170,996</u>	<u>68,808</u>	<u>(119,720)</u>	<u>(6,689)</u>	<u>113,395</u>
Restricted funds					
The Big Lottery Fund: Reaching Communities	1,397	-	(731)	(666)	-
The Big Lottery Fund: Awards For All	4,584	86	(4,357)	666	979
Clothworkers Foundation	-	9,000	(9,030)	30	-
Cloudesley Legacy	20,458	-	(7,466)	-	12,992
Cloudesley Main	-	18,750	(18,103)	-	647
Richard Cloudesley	4,114	(1,275)	(2,839)	-	-
Complementary Therapies	4,375	6,650	(7,694)	-	3,331
Department of Foreign Affairs and Trade; Emigrant Support Programme	5,625	22,500	(23,591)	-	4,534
Family Catalyst Fund	1,500	-	(1,403)	-	97
Hearthstone DV Project	-	8,945	(8,945)	-	-
Henry Smith	-	-	(6,659)	6,659	-
LB Islington & CCG	-	39,000	(39,000)	-	-
Lloyds TSB Foundation	11,338	24,750	(25,778)	-	10,310
MOPAC	836	25,343	(28,872)	-	(2,693)
	<u>54,227</u>	<u>153,749</u>	<u>(184,468)</u>	<u>6,689</u>	<u>30,197</u>
Total funds	<u>225,223</u>	<u>222,557</u>	<u>(304,188)</u>	<u>-</u>	<u>143,592</u>

The Maya Centre

(A Company limited by guarantee)

Notes to the financial statements (continued)

For the year ended 31 March 2021

10 Statement of funds (continued)

Statement of funds - current year

	Balance at 1 April 2020	Income	Expenditure	Transfer in/ (out)	Balance at 31 March 2021
	£	£	£	£	£
Designated funds	19,921	43,200	(30,079)	-	33,042
General funds	93,474	70,775	(36,722)	(5,609)	121,918
	<u>113,395</u>	<u>113,975</u>	<u>(66,801)</u>	<u>(5,609)</u>	<u>154,960</u>
Restricted funds	30,197	296,343	(279,390)	5,609	52,759
Total funds	<u>143,592</u>	<u>410,318</u>	<u>(346,191)</u>	<u>-</u>	<u>207,719</u>

Statement of funds - prior year

	Balance at 1 April 2019	Income	Expenditure	Transfer in/ (out)	Balance at 31 March 2020
	£	£	£	£	£
Designated funds	53,308	22,873	(58,510)	2,250	19,921
General funds	117,688	45,935	(61,210)	(8,939)	93,474
	<u>170,996</u>	<u>68,808</u>	<u>(119,720)</u>	<u>(6,689)</u>	<u>113,395</u>
Restricted funds	54,227	153,749	(184,468)	6,689	30,197
Total funds	<u>225,223</u>	<u>222,557</u>	<u>(304,188)</u>	<u>-</u>	<u>143,592</u>

The charity's funds comprise the following :

Designated funds

Raising profile - In 2013/14 the Trustees designated funds that were received through a legacy towards raising the profile of the Maya Centre.

Richard Cloudesley - This funding has been designated to cover core running costs.

City Bridge Trust – BAMER – this funding has been provided to expand the counselling service to BAMER women who have experienced trauma.

Irish Women's Counselling Project - Department of Foreign Affairs and Trade: Emigrant Support Programme Department of Foreign Affairs and Trade: The Emigrant Support Programme received a grant of £22,735 for the year from 1st July 2020 to 30th June 2021. The funds were restricted for the following projects: The Irish Women's Project. Nine months grant income was utilised in the period to 31st March 2021. Three months grant income amounting to £5,684 has been deferred to the 2021-22 financial year and will be utilised by 30th June 2021.

The Maya Centre

(A Company limited by guarantee)

Notes to the financial statements (continued)

For the year ended 31 March 2021

10 Statement of funds (continued)

Restricted funds

Lloyds Bank Foundation - funding restricted for the provision of specialist counselling and support focusing on highly vulnerable women.

Hearthstone DV project - funding from a partner organisation to provide counselling for trafficked women.

Hibiscus – a partnership with another organisation for therapy for survivors of domestic abuse.

Henry Smith - funding restricted for contribution of the Community Support Worker providing non-clinical support to clients facing challenges from Islington and surrounding boroughs. The Maya Centre no longer receives funding for this role.

LB Islington & CCG - funding restricted for the provision of counselling for BAMER women and women who have experienced domestic violence.

Complementary Therapies - funding restricted for the provision of complementary therapy sessions.

MoPAC - funding restricted for counselling sessions and group therapeutic support for women who have been victims of domestic violence and sexual abuse.

Newbury Trust - funding restricted for the provision extending 1-2-1 sessions to women needing longer term counselling. This has now been utilised.

Richard Cloudesley - This funding has been restricted for therapeutic group work.

The Big Lottery: Awards for All – funding for group workshops and activities.

Cloudesley Legacy – funding restricted for live video and telephone counselling sessions.

Family Catalyst – funding restricted to provide small grants to disadvantaged families or family members to enable them to access opportunities or they have difficulty in doing so without additional help.

Tracey Emin - funding to deliver individual counselling services and various therapeutic groups.

Tampon Tax - funding for contribution to core services.

Leatherseller - funding for contribution to core services.

Cloudesley Main - contribution to core services.

The Maya Centre

(A Company limited by guarantee)

Notes to the financial statements (continued) For the year ended 31 March 2021

11 Analysis of net assets between funds

Current year

	2021			
	Unrestricted funds	Designated funds	Restricted funds	Total funds
	£	£	£	£
Current assets	177,513	33,042	113,955	324,510
Creditors due within one year	(55,595)	-	(61,196)	(116,791)
	<u>121,918</u>	<u>33,042</u>	<u>52,759</u>	<u>207,719</u>

Prior year

	2020			
	Unrestricted funds	Designated funds	Restricted funds	Total funds
	£	£	£	£
Current assets	116,964	31,171	60,009	208,144
Creditors due within one year	(23,490)	(11,250)	(29,812)	(64,552)
	<u>93,474</u>	<u>19,921</u>	<u>30,197</u>	<u>143,592</u>

12 Operating lease commitments

The total of future minimum lease payments under non-cancellable operating leases are as follows:

	Land and buildings	
	2021	2020
	£	£
Not later than one year	42,500	42,500
Later than one year and not later than five years	42,500	85,000
Total	<u>85,000</u>	<u>127,500</u>

13 Related party disclosures

Controlling party

The company is limited by guarantee and has no share capital; thus no single party controls the company.

The liability of members is limited. Every member promises that if the company is dissolved while they are a member or within twelve months of ceasing to be a member, they will contribute such sum, not exceeding £1, that may be demanded, towards payments of the debts and liability of the company incurred before they ceased to be a member.