

MAA SHANTI LTD

England & Wales · Charity number 1105305

Details

Other names	ASIAN WOMEN LONE PARENTS ASSOCIATION, AWALPA
Status	Registered
Legal form	Charitable company
Company number	05166706
Registered	2004-08-04
Register	View on the Charity Commission register

Contact

Address	38 Mayton Street London N7 6QR
Phone	07572766726
Email	hafsa.begum@maashanti.org
Website	www.maashanti.org

Activities

Objects: TO PROMOTE THE BENEFIT OF ASIAN WOMEN LONE PARENTS AND DEPENDANTS WORKING, LIVING OR STUDYING IN GREATER LONDON, OR UNITED KINGDOM WHERE APPROPRIATE, BY ADVANCING EDUCATION AND EMPLOYMENT, AND PROVIDING FACILITIES IN THE INTERESTS OF SOCIAL WELFARE OR RECREATION.

Activities: We support Asian mothers who are fleeing domestic abuse. Our services enable women to gain support and understanding within a safe and confidential environment. We provide advocacy, guidance, emotional support, workshops, social activities, referrals and signposting. We currently employ 6 paid members of staff.

Classification

- **How:** Provides Buildings/facilities/open Space, Provides Services, Provides Advocacy/advice/information, Other Charitable Activities
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives, The Prevention Or Relief Of Poverty, Arts/culture/heritage/science, Economic/community Development/employment, Other Charitable Purposes
- **Who:** People Of A Particular Ethnic Or Racial Origin

Geography

- **Area of benefit:** IN PARTICULAR GREATER LONDON, ALSO UNITED KINGDOM
- Brent
- Camden
- Ealing
- Hounslow
- Islington
- Newham
- Tower Hamlets

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£196,559	£253,454	-	-
2024-03-31	£218,262	£239,384	-	-
2023-03-31	£174,990	£177,698	-	-
2022-03-31	£233,416	£188,941	-	-
2021-03-31	£140,505	£115,777	-	-

Trustees

Name	Role	Appointed
Humaa Jamil		2017-11-14
Jigisha Lock		2022-03-07
Nikita Mistry		2021-07-19

MAA SHANTI LTD

England & Wales - Charity number 1105305

Accounts



Company no. 05166706
Charity no. 1105305

Maa Shanti
Empowering Single
Asian Mums

Maa Shanti Ltd.

**Report and Unaudited Financial
Statements**

31 March 2025

Maa Shanti Ltd.

Reference and administrative details

For the year ended 31 March 2025

Company number	05166706	
Charity number	1105305	
Registered office and operational address	Unit 10 St Marks Studios 14 Chillingworth Road London N7 8QJ	
Trustees	Trustees, who are also directors under company law, who served during the year and up to the date of this report were as follows: Bhavisha Gorecha Humaa Jamil	

Maa Shanti Ltd.

Report of the trustees

For the year ended 31 March 2025

The trustees present their report along with the financial statements of the charity for the year ended 31 March 2025.

Reference and administrative information set out on page 1 forms part of this report. The financial statements comply with current statutory requirements, the Memorandum and Articles of Association and the Statement of Recommended Practice - Accounting and Reporting by Charities (effective from January 2019).

Objectives and activities

The objects of the charity are:

To promote the benefit of Asian women lone parents and dependants working, living or studying in Greater London, or United Kingdom where appropriate, by advancing education and employment, and providing facilities in the interests of social welfare or recreation.

Specifically, our purpose is to:

- Support single Asian mothers and dependents through the provision of information, advice and guidance;
- Provide social, cultural and recreational activities to overcome social isolation and provide informal support;
- Raise awareness amongst the local community, local Asian groups and organisations and other relevant agencies of the issues affecting single Asian mothers;
- Provide educational training and employment opportunities to build skills and self-confidence to achieve economic and social independence;
- Provide social and cultural opportunities for both parents and children; and
- Provide support for women's health issues, wellbeing, and emotional support.

Beneficiaries of our services

Maa Shanti is the only organisation in the UK dedicated to supporting South Asian mothers who have experienced domestic abuse. Our vision is simple yet powerful: *empowering single Asian mums*. Guided by our mission, we support women on their journey towards independence. Offering advocacy, building supportive relationships, and creating spaces for connection through social activities. As a client-led, by-and-for organisation, we are constantly adapting our services in response to the needs of our community. At the heart of our work lie our values: openness, empowerment, respect, and equality. Through this approach, we help women grow in confidence and knowledge, improve their health and wellbeing, reduce isolation, and find opportunities in employment, volunteering, and learning.

Maa Shanti began in 1998 as a grassroots project in North London. It was founded by three South Asian women who recognised that single mothers in their community needed culturally informed support. They started small, meeting in a hired room at a local community centre but quickly discovered that many of the women attending were survivors of domestic abuse. Originally called the Asian Women Lone Parents Association, our charity was renamed *Maa Shanti* in 2018 at the request of the women we support. The new name, which means "Mother Peace" in Hindi, reflects how women feel when they come to our services; respected, and understood. That spirit of involvement and collaboration has guided us ever since.

Report of the trustees

For the year ended 31 March 2025

Our team speaks Punjabi, Urdu, Hindi, and Bengali, ensuring that women can access support in their own languages. We provide advocacy, emotional support, signposting, and activities that not only reduce isolation but also nurture peer support and open doors to new opportunities for women and their children. Our programme combines online, and in-person activities designed to strengthen mental wellbeing and community participation. Each week, we run sessions including arts and crafts, yoga, language skills, support groups, cooking club, and mindfulness. We support women with complex, medium, and high-risk needs, bringing cultural insight and a deep understanding of the barriers they face. Uniquely, we only close a case when the woman herself feels ready to move forward without our support.

Most of the women we support come from Bangladeshi, Pakistani, and Indian backgrounds, living across London. Some are still living with their partners, while others are further along their journey of rebuilding their lives. Whatever their stage, our work makes a tangible difference: reducing isolation, increasing confidence, and strengthening networks of support. This is vital, as the trauma of abuse can leave deep and long-lasting scars on families. We work with women facing honour-based abuse, forced marriage, modern slavery, human trafficking, stalking, financial abuse, coercive control, and other forms of violence against women and girls. Our support also covers practical but life-changing issues such as benefits, housing, debt, parenting, education, child maintenance, and safety planning.

Over 80% of the women we support are migrants, while 20% were born in the UK. More than 10% live with a physical disability, often linked to prolonged abuse. Every story is different, but all of the women who come to Maa Shanti share the same need for safety, respect, and the chance to build a better future for themselves and their children.

Public benefit

The Board of Trustees confirm that Maa Shanti has complied with the Charity Commission's guidance on public benefit.

The women we support face multiple, intersecting challenges. Research shows that women from disadvantaged and minority ethnic backgrounds are at greater risk of poor mental health, especially when abuse, poverty, and stigma are involved. For South Asian women, cultural pressures around marriage and family can create additional barriers to leaving abusive relationships. Honour-based abuse, forced marriage, and expectations of being a "dutiful wife" are often overlooked or misunderstood by mainstream services.

For many of our clients, low literacy and limited English compound these barriers. Some are migrants with insecure immigration status and fears about the impact of government policies such as the Nationality and Borders Act. These realities make our role all the more vital. Women consistently tell us how relieved they are to speak to an organisation that truly understands what it means to experience domestic abuse within the South Asian community.

Our work reduces isolation, builds confidence, and strengthens networks of support. Many women have endured not only the trauma of abuse but also the stigma of being judged by their community as selfish or a failure for leaving a marriage. The impact on mothers and children can be severe, but with our culturally informed advocacy and safe spaces, women begin to regain their voices and see new possibilities for their lives.

Maa Shanti Ltd.

Report of the trustees

For the year ended 31 March 2025

At Maa Shanti, progress is client-led. Women share their feelings with us in person, over the phone, via WhatsApp, or in groups. Many who have never worked, or not for many years, go on to volunteer with us or other local organisations, and some even move into paid employment, including within Maa Shanti itself. These stories of resilience inspire others and send a powerful message: change is possible, even in the most difficult circumstances.

Achievements and performance

Each year, our trustees review Maa Shanti's aims and activities to ensure we remain focused on our charitable purpose. We are proud to report that our work continues to deliver meaningful outcomes for the women and children we serve. Our achievements are a direct reflection of our community-led approach, the dedication of our team, and the trust placed in us by our clients and partners.

Our staff team

Behind Maa Shanti is a small but powerful team, all of whom bring their own lived experience to the work. Our former Director, who had worked in the field of Violence Against Women since 2009, led the organisation for seven years, growing it from just two staff in 2018 to six by 2024. She left the charity in February 2025, and the trustees would like to extend their deepest thanks for the tremendous work she did during her time with us. Without her dedication and leadership, Maa Shanti would not be able to support so many women in desperate need of help to flee domestic violence.

To ensure continuity, the trustees have appointed an experienced Interim Director while we assess the longer-term leadership needs of the organisation. At the same time, we are investing in an internal development programme to further strengthen the skills of our very capable staff team, ensuring that our services remain strong and responsive.

Our team today consists of a Services Manager, two Community Caseworkers, and a Co-ordinator. Each plays a vital role in the journey of the women we support. Our Community Caseworkers are on the frontline, building partnerships across boroughs, taking referrals, carrying out assessments, and running groups and activities. Our Services Manager combines years of expertise with trusted client relationships, while also driving service development and ensuring quality. Our Co-ordinator provides a vital first point of contact, speaking with new and existing clients every week to understand their circumstances, guide them to relevant activities, and carry out user surveys.

For many women, the pathway begins with urgent advocacy, helping them resolve immediate concerns about housing, benefits, or safety. As trust grows, they often move on to join activities and groups, finding connection, confidence, and empowerment within a supportive community.

It is thanks to the resilience, compassion, and commitment of our staff that Maa Shanti continues to be a lifeline for so many women and children.

Our work in action

At Maa Shanti, everything we do is focused on support, empowerment, and creating safe spaces for South Asian mothers who have experienced domestic abuse. We provide advocacy, wellbeing activities, skills-building workshops, support groups, and community networks, both in person and online, including through WhatsApp groups. Women usually find us through word of mouth or referrals from trusted partners such as Hestia, Solace Women's Aid, community centres, schools, social workers and GPs.

Report of the trustees

For the year ended 31 March 2025

From the very first conversation, we often meet mothers who are frightened for their own safety and that of their children. Many are fleeing their homes, navigating the benefits system, or staying in unsuitable temporary accommodation. Alongside these immediate and practical challenges, most are facing deep isolation. Some have been disowned by their families for leaving their partner, others have moved far from any support network, and some are survivors of human trafficking or modern slavery. The combination of trauma and loneliness can be devastating.

Our approach is rooted in being trauma-informed. We know how fragile those first steps can be, so we focus on calm, supportive relationships and avoid re-traumatisation. Advocacy goes hand in hand with activities that reduce isolation, rebuild confidence, and offer moments of joy and connection. This model was created with our community and continues to be shaped by the women themselves. Feedback and client surveys confirm its impact, and thanks to successful fundraising we have expanded our capacity to support even more women and children.

Trust is at the heart of everything. For many women, English is not their first language, and some have never had access to formal education, making it difficult to read or write in any language. Maa Shanti offers something rare: advocacy and support in the languages women understand - Punjabi, Urdu, Hindi, and Bengali. This makes all the difference, especially for those who are fearful of statutory services or hesitant to speak openly with their GP. In the highest-risk cases, our ability to bridge communication and cultural understanding not only ensures safety but also helps women feel truly heard.

We work in co-production, meaning we don't tell women what to do. Instead, we explore options together and support them to take steps that feel right and achievable. Often, they discover they are stronger than they realised whether that is leaving abusive relationships, supporting their children, or beginning to rebuild their lives. Our partnerships across North and East London, from children's centres and housing associations to domestic abuse services and schools, help ensure women can access the right pathways of support.

Our impact

Between 1 April 2024 and 31 March 2025, we supported **326 women and 50 children**, a 10% increase on the previous year. Across our programme of activities, we ran 205 sessions with **1,464 attendances**, and made **9,116 individual client contacts** through phone calls, one-to-ones, advocacy, and group sessions.

Our activities ranged from support groups, yoga, arts and crafts, and mindfulness, to CV workshops, parenting skills, and healthy relationship sessions. Seasonal celebrations were another highlight, with women and families joining together for Eid, Diwali, Vaisakhi, Christmas, Valentine's Day, and trips to places like London Zoo, Granary Square, and Southend beach.

The feedback we received speaks volumes:

"I really enjoy attending every activity run by Maa Shanti for me to feel less isolated."

"I really feel that safe place to share my experience and discuss with others."

"When I come to Maa Shanti, my mind is very relaxed. Maa Shanti is a pain relief."

Of the women who completed feedback forms:

- **89%** said Maa Shanti improved their overall situation;
- **87%** felt better able to support their children;
- **82%** reported reduced loneliness; and
- **88%** gained valuable knowledge from our workshops.

Maa Shanti Ltd.

Report of the trustees

For the year ended 31 March 2025

This story from one of our beneficiaries highlights the real and lasting impact of Maa Shanti's support.

"When I first came to Maa Shanti, I was overwhelmed. I was experiencing emotional and financial abuse, trying to protect my young child but too scared to leave. I didn't have anyone who understood what I was going through until I found Maa Shanti.

From the moment I walked through their doors, I felt seen. No judgement, just kindness. They gave me space to talk, explained my options, and supported me to apply for benefits. For the first time, I began to imagine what life could look like if I left.

Then my husband assaulted me. I called the police, and from that day I knew I had to get out. Maa Shanti stood by me every step of the way, helping me renew my e-visa, apply for housing, and access counselling.

Bit by bit, I've started to rebuild my life. With Maa Shanti's help, I created a CV and found part-time work in a pharmacy, which I really enjoy. I go to their sessions regularly, which make me feel stronger and more connected.

I don't believe I would be working today without Maa Shanti. They built my confidence, encouraged me to be independent, and gave me hope when I had none. They changed my life."

Meeting complex needs

Many of the women we supported faced housing problems, from poor conditions to the risk of homelessness. Our team liaised with housing associations, helped women secure urgent accommodation, and supported them with benefits, debt, and citizenship applications.

The last year has also brought growing complexity in the cases we see. Alongside rising numbers of enquiries and referrals, we've seen increases in honour-based abuse, immigration cases, modern slavery, and financial abuse. The cost-of-living crisis and housing shortages continue to trap some women in dangerous situations. More mothers are also asking for support for their children, many of whom are struggling with depression, anxiety, or the upheaval of being uprooted from friends and school. In response, we have expanded our work with children, helping them access counselling, supporting mothers in conversations with schools, and offering family-based activities to strengthen bonds.

Learning and adapting

The cost-of-living crisis has shown us just how much mothers prioritise the wellbeing of their children. When their children feel safe and happy, women are better able to focus on their own recovery. This is why parenting skills, mindfulness, art therapy, and family trips have become some of our most popular activities. Women are now attending in-person in higher numbers than ever before, asking for more coffee mornings, more skills workshops, and more opportunities to connect.

We are also adapting the way we listen. Online forms in multiple languages help women register for activities, apply for funding, and give feedback instantly. For those who cannot read or write, we collect feedback by phone or face to face. This ensures that every voice is heard, whatever the barrier.

Maa Shanti Ltd.

Report of the trustees

For the year ended 31 March 2025

Our funders

None of this would be possible without our funders. We are deeply grateful to the London Borough of Islington Voluntary and Community Sector, Cripplegate Domestic Abuse Development Partner Programme, The National Lottery, City Bridge Trust, Lloyds Foundation, and London Community Foundation.

We also thank the Peter Stebbings Memorial Charity, Albert Hunt Trust, Michael Bishop Foundation, Indigo Trust, Souter Charitable Trust, and the Woodward Charitable Trust for their generous support.

Together, their contributions ensure that South Asian mothers affected by domestic abuse can find safety, connection, and the chance to rebuild their lives.

Financial review

The Charity incurred a deficit for the year of (£56,895) details of which are shown in the Statement of Financial Activities. (£25,972) of the deficit relates to restricted funds and was expected due to the timing of funds received and spent.

Total incoming resources for the year were £196,559 down from £248,262 in 2023/24. This reduction reflects the ongoing challenging funding environment, alongside the long-term sickness absence of our main fundraising staff member, which limited our capacity to pursue new funding opportunities during the year. Steps have since been taken to strengthen fundraising resilience going forward.

Total resources expended for the year increased by £14,068 to £253,454 from £239,386 in 2023/24. The charity's total funds at the yearend amounted to £70,475 of which £53,686 are unrestricted and £16,789 are restricted.

Going concern

After making appropriate enquiries, the trustees have a reasonable expectation that the charitable 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. Further details regarding the adoption of the going concern basis can be found in the Accounting Policies.

Reserves policy

Maa Shanti needs to hold sufficient reserves to maintain a reasonable level of activity across its programmes in the event of a gap in income. The trustees have therefore set a reserves policy of holding free reserves equivalent to between three and six months of future expenditure, with the aim of maintaining reserves at six months' running costs where possible. At current levels of expenditure, the reserves target is £67,000. As per 2024-25 accounts we have free reserves of £53,686 (5 months reserves). We plan to maintain our reserves by providing consultancy services. We are working to ensure that we secure multi-year bids now and in the future. We are confident this can be achieved based on the strong track record of the organisation and hard work and determination of our team.

Challenges

While the past year has brought many successes, it has also come with significant challenges that shape the way we plan for the future.

Maa Shanti Ltd.

Report of the trustees

For the year ended 31 March 2025

In June 2025, we successfully moved into our new premises in Islington after being informed late last year that our previous office would be sold. While the transition brought some uncertainty, our team worked hard to ensure continuity of support, and we are proud to now be settled in a welcoming, secure space just one mile further along Holloway Road. Although we experienced a temporary dip in attendance during the relocation, clients are beginning to return, and the new office offers us a stronger base from which to grow.

Securing the resources to deliver our services continues to be a challenge. Increased competition for grant income has made it more difficult to raise the funds we need to sustain and grow our programmes. We are grateful to our funders and supporters who continue to stand with us, but the climate for voluntary sector funding remains tough, and we are working hard to diversify our income and strengthen our sustainability.

The challenges our women face have never been more complex. The needs of our clients have become increasingly urgent; housing shortages, institutional racism, barriers to employment, trauma, increases in the number of children experiencing mental health issues, a chronic lack of culturally aware trauma-informed services for families, and the ongoing cost-of-living crisis all weigh heavily on the women we support. Added to this, we have seen a shortage of appropriate long-term housing options and an increase in anti-immigrant rhetoric and protests. For many of our clients, particularly those living in temporary accommodation, these factors create an atmosphere of fear and instability, leaving both mothers and their children fearful and uncertain about the future.

Despite these challenges, Maa Shanti remains committed to being a safe and trusted space for South Asian mothers. By listening to women, adapting our services, and working with partners, we will continue to provide the advocacy, community, and hope that women need to begin again.

Plans for future periods

The charity will continue to support single Asian mothers through existing and new projects including through volunteering, health and wellbeing and support to increase confidence, access mainstream services, improve self-esteem and work towards wellbeing including discovering their own potential and interests.

Our strategic aims are: delivery, people, finance, and fundraising. We will continue to increase the number of referrals received and ensure we have enough staff and volunteers to support every client. We will ensure quality of service by asking clients what they want. We will build new partnerships with different organisations and potential stakeholders. We will ensure the ongoing financial health of the organisation through transparency and effective processes.

During 2025/26 we will continue to build on our achievements.

- To support at least 280 South Asian families who have been affected by domestic abuse;
- To deliver services in-person and remotely particularly in Tower Hamlets, Newham, and surrounding boroughs, in partnership with organisations already on the ground to reach more single Asian mums;
- To raise our profile and our voice in support of the families we work with to highlight the real issues faced by Asian women and their children fleeing domestic abuse;
- To create more remote learning and social activities for our clients via new media and platforms;
- To develop partnerships to increase and diversify our service offering;

Maa Shanti Ltd.

Report of the trustees

For the year ended 31 March 2025

- To enhance and strengthen our dialogue with clients to continue to understand what clients need, how we can support them better and in what way that support works best;
- To apply to more funders for multi-year bids that improve the financial health and stability of the organisation;
- To continue to build up our reserves via new forms of income generation such as training, consultancy, and partnership opportunities; and
- We will continue to develop our financial processes to ensure the financial resilience and adaptability of the organisation, particularly during uncertain times.

Structure, governance and management

The governance of the charity is the responsibility of the Trustees. Day to day management is by the Director, who draws on the support and expertise of the highly experienced Board of Trustees as needed.

Constitution and governing document

Maa Shanti was formerly Asian Women Lone Parents Association, registered as a company limited by guarantee in England and Wales, incorporated at Companies House on 30 June 2004. The company changed its name to Maa Shanti on 7 November 2018. The company is also a registered charity with the Charity Commission, registered number 1105305. Maa Shanti constituted under Memorandum of Association of Asian Women Lone Parents Association dated, last amended in November 2018.

Appointment of Trustees

Trustees are elected and co-opted under the terms of the Memorandum of Association of the company. Regular reviews are held to identify any expertise gaps within the Board of Trustees and appointments are made where required to strengthen the Board of Trustees, subject to all trustees' approval.

When it is necessary to appoint new trustees, due to either a trustee stepping down or a gap of expertise in the board is identified, recruitment will initially begin through the networks of the board and management team. Applicants will be reviewed by trustees and the successful applicant will be invited to attend a trustee meeting. Following this, on the provision that the board are satisfied and the applicant still wishes to join the trustee board, they will be appointed.

No other person or external body is entitled to appoint any trustees of the charity. The Trustees who served during the period and after the year end are shown on page 1.

Policies adopted for the induction and training of Board of Trustees

The charity provides new trustees with an induction pack, training from the Director and mentoring from the Chair. The charity has limited resources for formal training of the trustee body. However, ongoing training opportunities are communicated to trustees when these become available. All trustees are provided with the following policies: Complaints, Confidentiality, Data Protection, Disciplinary Procedures and Process, Domestic Abuse, Equal Opportunities, Financial Management and Procedures, Grievance Policy, Health and Safety, Recruitment Procedure, Safeguarding Adults Policy and Procedures, Safeguarding Children and Young People Policy and Procedures, Staying Covid Secure, Volunteering Policy and Whistleblowing Policy.

Maa Shanti Ltd.

Report of the trustees

For the year ended 31 March 2025

Related party transactions

The Charity has considered the disclosure requirements of the SORP for related party transactions. The charity has no related party connections with other organisations. The trustees consider that the members of the board and their close connections to be the only related parties of the charity. All trustees give their time voluntarily and receive no benefits from the charity. Any expenses reclaimed from the charity trustees are set out in notes to the accounts.

Trustees are required to disclose all relevant interests and register them with the Director and to withdraw from decisions where a conflict of interest arises.

Remuneration policy for key management personnel

The pay of the charity's Director is reviewed annually and normally increased in accordance with London average earnings, depending on affordability. The trustees also draw on their knowledge of the sector and common practice in other charities of similar size to ensure that the remuneration set is fair and not out of line with that generally paid for similar roles.

Risk management

The Board of Trustees fully accepts its responsibilities for ensuring that the major risks to which the Charity is exposed are identified, and that there are systems and procedures in place to mitigate those risks.

Statement of responsibilities of the trustees

The trustees (who are also directors of the charity 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, including Financial Reporting Standard 102: The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year, which give a true and fair view of the state of affairs of the charity and of the income and expenditure of the charity for that period. In preparing those 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 judgements and accounting estimates that are reasonable and prudent;
- state whether applicable UK accounting standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and which enable them to ensure that the financial statements comply with the Companies Act 2006. The trustees are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Maa Shanti Ltd.

Report of the trustees

For the year ended 31 March 2025

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Members of the charity guarantee to contribute an amount not exceeding £10 to the assets of the charity in the event of winding up. The trustees are members of the charity but this entitles them only to voting rights. The trustees have no beneficial interest in the charity.

Auditors / Independent examiners

Godfrey Wilson Limited were appointed as independent examiners to the charitable company during the year and have expressed their willingness to continue in that capacity.

Approved by the trustees on 19 December 2025 and signed on their behalf by



Humaa Jamil - Chair

Independent examiner's report

To the trustees of

Maa Shanti Ltd.

I report to the trustees on my examination of the accounts of Maa Shanti Ltd. (the charitable company) for the year ended 31 March 2025, which are set out on pages 13 to 28.

Responsibilities and basis of report

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

Having satisfied myself that the accounts of the charitable 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 charitable company's accounts 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.

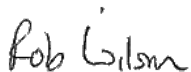
Independent examiner's statement

Godfrey Wilson Limited also provides bookkeeping/payroll services to the charitable company. I confirm that as a member of the ICAEW I am subject to the FRC's Revised Ethical Standard 2024, which I have applied with respect to this engagement.

I have completed my examination. I confirm that no material 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 respect of the charitable company as required by section 386 of the 2006 Act; or
- (2) the accounts do not accord with those records; or
- (3) the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination; or
- (4) the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts 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 accounts to be reached.



Date: 19 December 2025

Robert Wilson FCA

Member of the ICAEW

Godfrey Wilson Limited

Chartered accountants and statutory auditors

5th Floor Mariner House

62 Prince Street

Bristol

BS1 4QD

Maa Shanti Ltd.

Statement of financial activities *(incorporating an income and expenditure account)*

For the year ended 31 March 2025

	Note	Restricted £	Unrestricted £	2025 Total £	Restated 2024 Total £
Income (and endowments) from:					
Donations and legacies	3	-	33,598	33,598	81,902
Charitable activities	4	<u>162,961</u>	<u>-</u>	<u>162,961</u>	<u>166,360</u>
Total income (and endowments)		<u>162,961</u>	<u>33,598</u>	<u>196,559</u>	<u>248,262</u>
Expenditure on:					
Raising funds		-	8,417	8,417	9,260
Charitable activities		<u>202,341</u>	<u>42,696</u>	<u>245,037</u>	<u>230,126</u>
Total expenditure	6	<u>202,341</u>	<u>51,113</u>	<u>253,454</u>	<u>239,386</u>
Net income / (expenditure)		(39,380)	(17,515)	(56,895)	8,876
Transfers between funds		<u>13,408</u>	<u>(13,408)</u>	<u>-</u>	<u>-</u>
Net movement in funds	7	(25,972)	(30,923)	(56,895)	8,876
Reconciliation of funds:					
Total funds brought forward		<u>42,761</u>	<u>84,609</u>	<u>127,370</u>	<u>-</u>
Total funds carried forward		<u><u>16,789</u></u>	<u><u>53,686</u></u>	<u><u>70,475</u></u>	<u><u>8,876</u></u>

All of the above results are derived from continuing activities. There were no other recognised gains or losses other than those stated above. Movements in funds are disclosed in note 12 to the accounts.

Prior period income and expenditure have been reclassified to reflect the requirements of the Charities SORP (FRS 102) and to be comparable with the current year. The restatements included reclassifications of income and expenditure and adjustments to deferred income and are disclosed in note 13 to the accounts.

Maa Shanti Ltd.**Balance sheet****As at 31 March 2025**

	Note	£	2025 £	Restated 2024 £
Current assets				
Debtors	9	1,480		1,176
Cash at bank and in hand		<u>74,552</u>		<u>129,785</u>
		76,032		130,961
Liabilities				
Creditors: amounts falling due within 1 year	10	<u>(5,557)</u>		<u>(3,591)</u>
Net current assets / (liabilities)			<u>70,475</u>	<u>127,370</u>
Net assets / (liabilities)	11		<u>70,475</u>	<u>127,370</u>
Funds	12			
Restricted funds			16,789	42,761
Unrestricted funds				
General funds			<u>53,686</u>	<u>84,609</u>
Total charity funds			<u>70,475</u>	<u>127,370</u>

The directors are satisfied that the company is entitled to exemption from the provisions of the Companies Act 2006 (the Act) relating to the audit of the financial statements for the year by virtue of section 477, and that no member or members have requested an audit pursuant to section 476 of the Act.

The directors acknowledge their responsibilities for:

- (i) ensuring that the Company keeps proper accounting records which comply with section 386 of the Act; and
- (ii) preparing financial statements which give a true and fair view of the state of affairs of the Company as at the end of the financial year and of its profit or loss for the financial year in accordance with the requirements of section 393, and which otherwise comply with the requirements of the Act relating to financial statements, so far as applicable to the company.

These accounts have been prepared in accordance with the special provisions applicable to companies subject to the small companies' regime.

Approved by the trustees on 19 December 2025 and signed on their behalf by



Humaa Jamil - Chair

Maa Shanti Ltd.

Notes to the financial statements

For the year ended 31 March 2025

1. Accounting policies

a) General information and basis of preparation

Maa Shanti Ltd. is a charitable company limited by guarantee registered in England and Wales. The registered office address is Unit 10 St Marks Studios, 14 Chillingworth Road, London, N7 8QJ.

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 (FRS 102) (effective 1 January 2019) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Maa Shanti Ltd. meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note.

b) Going concern basis of accounting

The accounts have been prepared on the assumption that the charity is able to continue as a going concern, which the trustees consider appropriate having regard to the current level of unrestricted reserves. There are no material uncertainties about the charity's ability to continue as a going concern.

c) Income

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the item of income have been met, it is probable that the income will be received and the amount can be measured reliably.

Income from the government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

For legacies, entitlement is taken as the earlier of the date on which either: the charity is aware that probate has been granted, the estate has been finalised and notification has been made by the executor(s) to the Trust that a distribution will be made, or when a distribution is received from the estate. Receipt of a legacy, in whole or in part, is only considered probable when the amount can be measured reliably and the charity has been notified of the executor's intention to make a distribution. Where legacies have been notified to the charity, or the charity is aware of the granting of probate, and the criteria for income recognition have not been met, then the legacy is treated as a contingent asset and disclosed if material.

Income received in advance of provision of a specified service is deferred until criteria for income recognition are met.

Notes to the financial statements

For the year ended 31 March 2025

d) Donated services and facilities

Donated professional services and donated facilities are recognised as income when the charity has control over the item, any conditions associated with the donated item have been met, the receipt of economic benefit from the use by the charity of the item, is probable and the economic benefit can be measured reliably. In accordance with the Charities SORP (FRS 102), general volunteer time is not recognised.

On receipt, donated professional services and donated facilities are recognised on the basis of the value of the gift to the charity which is the amount the charity would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

e) 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.

f) Funds accounting

Unrestricted funds are available to spend on activities that further any of the purposes of the charity. Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose. Restricted funds are donations which the donor has specified are to be solely used for particular areas of the charity's work or for specific projects being undertaken by the charity.

g) Expenditure and irrecoverable VAT

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably.

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

h) Allocation of support and governance costs

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Governance costs are the costs associated with the governance arrangements of the charity, including the costs of complying with constitutional and statutory requirements and any costs associated with the strategic management of the charity's activities. These costs have been allocated in full to charitable activities.

i) Debtors

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

j) Cash at bank and in hand

Cash at bank and cash 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.

k) Creditors

Creditors and provisions 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 and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

l) Financial instruments

The charitable 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 recognised at amortised cost using the effective interest method.

m) Pension costs

The company operates a defined contribution pension scheme for its employees. There are no further liabilities other than that already recognised in the SOFA.

n) Foreign currency transactions

Transactions in foreign currencies are translated at rates prevailing at the date of the transaction. Balances denominated in foreign currencies are translated at the rate of exchange prevailing at the year end.

o) Accounting estimates and key judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying values of assets and liabilities that are not readily apparent from other sources. The estimates and underlying assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised if the revision affects only that period, or in the period of the revision and future periods if the revision affects both current and future periods.

Maa Shanti Ltd.

Notes to the financial statements

For the year ended 31 March 2025

2. Prior period comparatives: statement of financial activities (restated)

	Restricted £	Unrestricted £	2024 Total £
Income from:			
Donations and legacies	-	81,902	81,902
Charitable activities	166,360	-	166,360
Total income	166,360	81,902	248,262
Expenditure on:			
Raising funds	-	9,260	9,260
Charitable activities	184,947	45,179	230,126
Total expenditure	184,947	54,439	239,386
Net income / (expenditure)	(18,587)	27,463	8,876
Transfers between funds	13,408	(13,408)	-
Net movement in funds	(5,179)	14,055	8,876

3. Income from donations and legacies

	Restricted £	Unrestricted £	2025 Total £
Donations	-	1,398	1,398
Grants			-
Lloyds Bank Foundation	-	27,500	27,500
London Catalyst	-	1,500	1,500
Souter Charitable Trust	-	2,000	2,000
The Woodward Trust	-	1,200	1,200
Total income from donations and legacies	-	33,598	33,598

Maa Shanti Ltd.

Notes to the financial statements

For the year ended 31 March 2025

3. Income from donations and legacies (continued, restated)

Prior period comparative:

	Restricted £	Unrestricted £	2024 Total £
Donations	-	2,671	2,671
Grants			
The Albert Hunt Trust	-	2,000	2,000
Cripplegate Foundation	-	11,481	11,481
The Indigo Trust	-	5,000	5,000
Lloyds Bank Foundation	-	25,000	25,000
London Borough of Islington	-	3,750	3,750
Lord Barnaby's Foundation	-	3,000	3,000
Postcode Society	-	25,000	25,000
Souter Charitable Trust	-	4,000	4,000
Total income from donations and legacies	-	81,902	81,902

4. Income from charitable activities

	Restricted £	Unrestricted £	2025 Total £
Grants			
The Albert Hunt Trust	3,500	-	3,500
City Bridge Trust	19,750	-	19,750
Cripplegate Foundation	11,000	-	11,000
Islington Council Voluntary and Community Sector	16,250	-	16,250
Islington Giving	12,500	-	12,500
The London Community Foundation	45,784	-	45,784
The London Community Foundation - MOPAC Grassroots	6,328	-	6,328
The Michael Bishop Foundation	10,000	-	10,000
The National Lottery Community Fund	33,864	-	33,864
People's Health Trust	3,985	-	3,985
Total income from charitable activities	162,961	-	162,961

Maa Shanti Ltd.**Notes to the financial statements****For the year ended 31 March 2025****4. Income from charitable activities (continued)****Prior period comparative (restated):**

	Restricted £	Unrestricted £	2024 Total £
Grants			
Awards for All	20,000	-	20,000
City Bridge Trust	15,130	-	15,130
The Henry Smith Charity	11,250	-	11,250
Islington Council Voluntary and Community Sector	15,432	-	15,432
The London Community Foundation - Home Office	15,466	-	15,466
The London Community Foundation - MOPAC COL	29,944	-	29,944
The London Community Foundation - MOPAC Grassroots	6,328	-	6,328
The National Lottery Community Fund	33,865	-	33,865
People's Health Trust	13,945	-	13,945
Peter Stebbings Memorial Charity	5,000	-	5,000
Total income from charitable activities	166,360	-	166,360

5. Government grants

The charitable company receives government grants, defined as funding from Islington Council Voluntary and Community Sector and The National Lottery Community Foundation (2024: and London Borough of Islington) to fund charitable activities. The total value of such grants in the period ending 31 March 2025 was £50,114 (2024: 53,047). There are no unfulfilled conditions or contingencies attaching to these grants.

Maa Shanti Ltd.

Notes to the financial statements

For the year ended 31 March 2025

6. Total expenditure

	Raising funds £	Charitable activities £	Support and governance costs £	2025 Total £
Staff costs (note 8)	-	178,519	-	178,519
Project delivery	-	21,250	-	21,250
Rent, rates and service charge	-	-	15,781	15,781
Training, recruitment and human resources	-	-	11,333	11,333
Fundraising costs	8,417	-	-	8,417
Accountancy	-	-	7,904	7,904
Telephone and information technology	-	-	4,819	4,819
Subscriptions and memberships	-	-	2,349	2,349
Insurance	-	-	1,176	1,176
Travel and subsistence	-	-	793	793
Bank charges	-	-	548	548
Printing, postage and stationery	-	-	355	355
Volunteer expenses	-	-	210	210
Sub-total	8,417	199,769	45,268	253,454
Allocation of support and governance costs	-	45,268	(45,268)	-
Total expenditure	8,417	245,037	-	253,454

Total governance costs were £2,340 (2024: £1,200)

Maa Shanti Ltd.

Notes to the financial statements

For the year ended 31 March 2025

6. Total expenditure (continued)

Prior period comparative (restated)

	Raising funds £	Charitable activities £	Support and governance costs £	2024 Total £
Staff costs (note 8)	-	152,647	-	152,647
Project delivery	-	35,300	-	35,300
Rent, rates and service charge	-	-	16,510	16,510
Training, recruitment and human resources	-	-	5,033	5,033
Fundraising costs	9,260	-	-	9,260
Accountancy	-	-	11,058	11,058
Telephone and information technology	-	-	3,221	3,221
Subscriptions and memberships	-	-	1,503	1,503
Insurance	-	-	839	839
Travel and subsistence	-	-	3,374	3,374
Bank charges	-	-	81	81
Printing, postage and stationery	-	-	110	110
Volunteer expenses	-	-	450	450
Sub-total	9,260	187,947	42,179	239,386
Allocation of support and governance costs	-	42,179	(42,179)	-
Total expenditure	9,260	230,126	-	239,386

Maa Shanti Ltd.

Notes to the financial statements

For the year ended 31 March 2025

7. Net movement in funds

This is stated after charging:

	2025 £	2024 £
Trustees' remuneration	Nil	Nil
Trustees' reimbursed expenses	Nil	Nil
Independent examiner's remuneration (excluding VAT):		
▪ Independent examination fee	1,950	1,000
▪ Other services	2,224	-

8. Staff costs and numbers

Staff costs were as follows:

	2025 £	2024 £
Salaries and wages	162,717	142,585
Social security costs	10,136	7,376
Pension costs	2,866	2,686
Freelance staff	2,800	-
	<u>178,519</u>	<u>152,647</u>

No employee earned more than £60,000 during the year.

The key management personnel of the charitable company comprise the Trustees and Chief Executive Officer. The total employee benefits of the key management personnel were £56,496 (2024: £57,862).

	2025 No.	2024 No.
Average head count	<u>5.92</u>	<u>6.00</u>

9. Taxation

The charity is exempt from corporation tax as all its income is charitable and is applied for charitable purposes.

Maa Shanti Ltd.

Notes to the financial statements

For the year ended 31 March 2025

9. Debtors

	2025	2024
	£	£
Trade debtors	1,250	-
Prepayments	230	1,176
	1,480	1,176

10. Creditors: amounts falling due within 1 year

	2025	Restated 2024
	£	£
Accruals	3,473	2,940
Net wages control account	128	81
Other taxation and social security	1,956	-
Pension control account	-	570
	5,557	3,591

11. Analysis of net assets between funds

	Restricted funds £	Designated funds £	General funds £	Total funds £
Current assets	16,789	-	59,243	76,032
Current liabilities	-	-	(5,557)	(5,557)
Net assets at 31 March 2025	16,789	-	53,686	70,475
Prior period comparative	Restricted funds £	Designated funds £	General funds £	Total funds £
Current assets	42,761	-	88,200	130,961
Current liabilities	-	-	(3,591)	(3,591)
Net assets at 31 March 2024	42,761	-	84,609	127,370

Maa Shanti Ltd.

Notes to the financial statements

For the year ended 31 March 2025

12. Movements in funds

	At 1 April 2024 £	Income £	Expenditure £	Transfers between funds £	At 31 March 2025 £
Restricted funds					
The Albert Hunt Trust	-	3,500	(3,500)	-	-
Awards for All	20,000	-	(20,000)	-	-
City Bridge Trust	443	19,750	(25,655)	5,462	-
Cripplegate Foundation	-	11,000	(11,000)	-	-
Islington Council Voluntary and Community Sector	8,848	16,250	(21,214)	-	3,884
Islington Giving	-	12,500	(12,500)	-	-
The London Community Foundation - Home Office Specialist Support Services	-	45,784	(32,879)	-	12,905
The London Community Foundation - MOPAC					
Grassroots	3,164	6,328	(12,352)	2,860	-
The Michael Bishop Foundation	-	10,000	(10,000)	-	-
The National Lottery Community Fund	-	33,864	(38,950)	5,086	-
People's Health Trust	5,306	3,985	(9,291)	-	-
Peter Stebbings Memorial Charity	5,000	-	(5,000)	-	-
Total restricted funds	42,761	162,961	(202,341)	13,408	16,789
Unrestricted funds					
General funds	84,609	33,598	(51,113)	(13,408)	53,686
Total unrestricted funds	84,609	33,598	(51,113)	(13,408)	53,686
Total funds	127,370	196,559	(253,454)	-	70,475

Purposes of restricted funds

The Albert Hunt Trust
Awarded for core funding.

Awards for All

Awarded to support our casework, advocacy, peer support groups and workshops in East London.

City Bridge Trust

Awarded to support the costs of a new Outreach Support Worker and the expansion of our work in other areas of London.

Maa Shanti Ltd.

Notes to the financial statements

For the year ended 31 March 2025

12. Movements in funds (continued)

Cripplegate Foundation

Awarded to support our participation in the Domestic Abuse Development Partner Programme.

Islington Council Voluntary and Community Sector

Awarded to support our activities in Islington.

Islington Giving

Awarded to support our activities in Islington.

The London Community Foundation - Home Office Specialist Support Services

Awarded to continue our provision of direct support to victims of domestic abuse.

The London Community Foundation - MOPAC Grassroots

Awarded to support our advocacy services to 100 women across London.

The Michael Bishop Foundation

Awarded to support the expansion of our services in East London.

The National Lottery Community Fund

Awarded to support our activities across London and reaching 200 women.

People's Health Trust

Awarded to support our activities in Tower Hamlets.

Peter Stebbings Memorial Charity

Awarded to support the provision of quality advice, access education & training to help South Asian women rebuild their lives.

Maa Shanti Ltd.

Notes to the financial statements

For the year ended 31 March 2025

12. Movements in funds (continued)

Prior period comparative

	At 1 April 2023 £	Income £	Expenditure £	Transfers between funds £	At 31 March 2024 £
Restricted funds					
Awards for All	-	20,000	-	-	20,000
City Bridge Trust	4,802	15,130	(19,489)	-	443
The Henry Smith Charity	12,215	11,250	(23,465)	-	-
Islington Council Voluntary and Community Sector	12,120	15,432	(18,704)	-	8,848
The London Community Foundation - Home Office Specialist Support Services		15,466	(15,466)	-	-
The London Community Foundation - MOPAC Cost of Living		29,944	(29,944)	-	-
The London Community Foundation - MOPAC Grassroots		6,328	(3,164)	-	3,164
The National Lottery Community Fund	4,518	33,865	(38,383)	-	-
People's Health Trust	5,512	13,945	(14,151)	-	5,306
Peter Stebbings Memorial Charity		5,000	-	-	5,000
Rosa Fund	22,181	-	(22,181)	-	-
Total restricted funds	61,348	166,360	(184,947)	-	42,761
Unrestricted funds					
General funds	57,144	81,902	(54,437)	-	84,609
Total unrestricted funds	57,144	81,902	(54,437)	-	84,609
Total funds	118,492	248,262	(239,384)	-	127,370

Maa Shanti Ltd.**Notes to the financial statements****For the year ended 31 March 2025**

13. Prior year adjustment

The following adjustments have been made to the balances reported in the prior year.

Deferred income	£
Originally reported as at 31 March 2024	30,000
Adjustment	<u>(30,000)</u>
Restated as at 31 March 2024	<u><u>-</u></u>
Funds	£
Total funds as at 31 March 2024	97,371
Adjustment	<u>30,000</u>
Restated as at 31 March 2024	<u><u>127,371</u></u>

14. Related party transactions

There were no related party transactions in the current or prior period.

MAA SHANTI LTD

England & Wales - Charity number 1105305

Accounts

Charity No. 1105305
Company No: 05166706

MAA SHANTI LTD

(Company limited by guarantee)

Report and financial statements

For the year ended 31 March 2024

MAA SHANTI LTD

(Company limited by guarantee)

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MAA SHANTI LTD
REFERENCE AND ADMINISTRATIVE INFORMATION
FOR THE YEAR ENDED 31 MARCH 2024

Status	The organisation is a charitable company limited by guarantee, incorporated on 22 April 1987 and registered as a charity on 8 June 1989.
Governing document	The Company was established under a memorandum of association which sets out its objects and powers, and it is governed under the articles of association.
Charity number:	1105305
Company number:	05166706
Registered office:	Resource For London 356 Holloway Road London N7 6PA
Trustees and Directors	Priya Solanki Humaa Jamil Nishma Tate Sonia Morjaria-Shann Nikita Mistry Jigisha Lock Bhavisha Gorecha
Banker	HSBC Bank plc 1 Woburn House London WC1HOLQ
Independent Examiner	Accountability Europe Limited Omnibus Workspace 39-41 North Road London N7 9DP

MAA SHANTI LTD

TRUSTEES ANNUAL REPORT

FOR THE YEAR ENDED 31 MARCH 2024

The directors, who also are the trustees of the charitable company for the purposes of charity law, present their annual report and financial statements of Maa Shanti for the year ended 31 March 2024. The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the charity's governing document, the Companies Act 2006, and charities regulations, Accounting and Reporting by Charities: Statement of Recommended Practice (SORP 2015), applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland.

Structure, governance and management

The governance of the charity is the responsibility of the Trustees. Day to day management is by the Director, who draws on the support and expertise of the highly experienced Board of Trustees as needed.

Constitution and governing document

Maa Shanti was formerly Asian Women Lone Parents Association, registered as a company limited by guarantee in England and Wales, incorporated at companies house on 30th June 2004. The company changed its name to Maa Shanti on 7th November 2018. The company is also a registered charity with the charity commission, registered number 1105305. Maa Shanti constituted under Memorandum of Association of Asian Women Lone Parents Association dated, last amended in November 2018.

Appointment of trustees

Trustees are elected and co-opted under the terms of the Memorandum of Association of the company. Regular reviews are held to identify any expertise gaps within the Board of Trustees and appointments are made where required to strengthen the Board of Trustees, subject to all trustees' approval.

When it is necessary to appoint new trustees, due to either a trustee stepping down or a gap of expertise in the board is identified, recruitment will initially begin through the networks of the board and management team. Applicants will be reviewed by trustees and the successful applicant will be invited to attend a trustee meeting. Following this, on the provision that the board are satisfied and the applicant still wishes to join the trustee board, they will be appointed.

No other person or external body is entitled to appoint any trustees of the charity. The Trustees who served during the period and after the yearend are shown on page 1.

Policies adopted for the induction and training of Board of Trustees

The charity provides new trustees with an induction pack, training from the Director and mentoring from the Chair. The charity has limited resources for formal training of the trustee body. However, on-going training opportunities are communicated to trustees when these become available. All trustees are provided with the following policies: Complaints, Confidentiality, Data Protection, Disciplinary Procedures and Process, Domestic Abuse, Equal Opportunities, Financial Management and Procedures, Grievance Policy, Health and Safety, Recruitment Procedure, Safeguarding Adults Policy and Procedures, Safeguarding Children and Young People Policy and Procedures, Staying Covid Secure, Volunteering Policy and Whistleblowing Policy.

MAA SHANTI LTD

TRUSTEES ANNUAL REPORT

FOR THE YEAR ENDED 31 MARCH 2024

Related party transactions

The Charity has considered the disclosure requirements of the SORP for related party transactions. The charity has no related party connections with other organisations. The trustees consider that the members of the board and their close connections to be the only related parties of the charity. All trustees give their time voluntarily and receive no benefits from the charity. Any expenses reclaimed from the charity trustees are set out in notes to the accounts.

Trustees are required to disclose all relevant interests and register them with the Director and to withdraw from decisions where a conflict of interest arises.

Remuneration policy for key management personnel

The pay of the charity's Director is reviewed annually and normally increased in accordance with London average earnings, depending on affordability. The trustees also draw on their knowledge of the sector and common practice in other charities of similar size to ensure that the remuneration set is fair and not out of line with that generally paid for similar roles.

Risk Management

The Board of Trustees fully accepts its responsibilities for ensuring that the major risks to which the Charity is exposed are identified, and that there are systems and procedures in place to mitigate those risks.

MAA SHANTI LTD

TRUSTEES ANNUAL REPORT

FOR THE YEAR ENDED 31 MARCH 2024

OBJECTIVES AND ACTIVITIES FOR THE PUBLIC BENEFIT

Purposes and aims

The objects of the charity are to:

- Support single Asian mothers and dependents through the provision of information, advice and guidance;
- Provide social, cultural and recreational activities to overcome social isolation and provide informal support;
- Raise awareness amongst the local community, local Asian groups and organisations and other relevant agencies of the issues affecting single Asian mothers;
- Provide educational training and employment opportunities to build skills and self-confidence to achieve economic and social independence;
- Provide social and cultural opportunities for both parents and children;
- Provide support for women's health issues, wellbeing, and emotional support.

Beneficiaries of our services

Maa Shanti supports south Asian mothers who are affected by domestic abuse, and we are the only organisation in the UK working with this specific group. Our vision is "empowering single Asian mums". Our mission is to support mums towards independence through advocacy, building relationships and social activities. We are a client-led, by-and-for organisation, continually developing our services to meet the needs of our community. Our values are openness, empowerment, respect, and equality. Our outcomes are increased confidence and knowledge, improved health and wellbeing, reductions in isolation and opportunities in employment, volunteering, and learning.

We were founded as a grassroots project in North London in 1998 by three South Asian women who identified a need for culturally informed support and guidance for single mums in the community. They started by hiring a room in a community centre for a group to meet and soon found that most women were on their own after fleeing domestic abuse. Originally known as Asian Women Lone Parents Association, by 2018 women wanted a name change. They decided on "Maa Shanti" which is Hindi for "Mother Peace". "Maa" is a universal word for "mother" and "shanti" means "peace". This is how women feel when they visit our services. We have cultivated this approach of involvement and collaboration throughout our journey with mums.

Our team are fluent in Punjabi, Urdu, Hindi, and Bengali. We provide advocacy, emotional support, signposting and activities that reduce isolation, promote peer support, and enable women to access opportunities for themselves and their children. We run a programme of online and in-person activities, which improve access to relevant support, focus on mental well-being and increase participation in the local community. We currently provide weekly activities including arts and crafts, yoga, language skills, support groups, cooking club and mindfulness. We keep cases open, regardless of the level of risk and work with complex, medium, and higher risk cases. We provide support every step of the way, crucially with cultural insight, knowledge and experience of the barriers women may face.

Our beneficiaries are mainly from Bangladesh, Pakistan, and India, living in London. Women can be at any stage in their journey, whether they are living with their partner or not. Our work reduces levels of isolation, builds confidence, and increases networks and support. It is so important because the impact of abuse and subsequent trauma on families can be severe and long lasting. We work with women affected by honour-based abuse, forced marriage, modern slavery, human trafficking, stalking, financial abuse, coercive control, and other types of abuse linked to violence against women and girls. We provide information and support on issues including benefits, housing, debt, parenting, education, child maintenance and safety planning. Over 80% are migrants, whilst 20% are British born. Over 10% of our clients have a physical disability, often linked to the abuse experienced over extended periods of time.

MAA SHANTI LTD

TRUSTEES ANNUAL REPORT

FOR THE YEAR ENDED 31 MARCH 2024

Principle activities

The charity's main activities and who it tries to help are described below. All its charitable activities focus on support and are undertaken to further Maa Shanti's charitable purposes for the public benefit.

We provide advocacy, activities for health, wellbeing, skills & learning, support groups, workshops, social events, and community networks in-person and via WhatsApp groups. Women usually hear about us via other organisations or groups in the community. Hestia, Solace Women's Aid, community centers, primary schools and GPs are some of our key referrers. We are a specialist service, rooted in a trauma-informed setting. We are acutely aware of the impact of trauma for women and their families as well as the ongoing effects on their mental health and wellbeing. We are clear on maintaining a calm and supportive approach, being aware of the risks of re-traumatisation and integrating co-production into our client relationships.

At the first point of contact we have with clients, they often have fears about their own safety as well as their children, they need help with benefits and may be fleeing their home, staying with friends or family, or waiting to move from low standard temporary accommodation. They feel overwhelmed and require support through advocacy. Alongside these urgent practical issues, mums are completely isolated. They may have been disowned by their family for leaving their partner or have moved far away from any support network they may have had; others are victims of human trafficking and modern slavery. The impact of such high levels of isolation can be devastating to families as well as the ongoing pain and trauma. Women tell us they need both advocacy and activities. This model leads to empowerment and was developed by our community. Feedback, survey information and client data from our beneficiaries confirms it remains very helpful. We have significantly increased our capacity and ability to support more women and their children because of successful fundraising. Our team are experienced and resourceful practitioners dealing with extremely complex cases in an increasingly challenging environment.

We recognise that we are in a very privileged position to be able to work with this community as we have established trust with women over several years, in many cases where it took a huge amount of courage to leave their home and rebuild their lives. Many women do not speak English as their first language and have poor to no literacy skills as they have never received a formal education so are unable to read in any language. Being able to advocate for clients and speak to them in the language they understand is not something that women find every day. Many women are fearful of agencies and statutory organisations, some are afraid of talking to their GP, so it is vital that their voices are heard. In the most high-risk cases this is especially important because it ensures we can assess risk and communicate that to other agencies, but also because as women move forward, they will feel heard and empowered.

We take an approach of co-production, ensuring that we are client-led and work in collaboration with women at every stage. We don't tell our clients what to do but explore options and what feels right and achievable for them. We often find that women can do so much more than they first think and by reminding them of what they have already achieved; taking steps to move forward, leaving their relationship, supporting their children are all common examples. We work with hundreds of partners across London, most based in North and East London including children centres, Home Start, Families First, Parent House, On Your Doorstep, Job Centres, Volunteering Services, Housing Associations, BAME-led groups, GPs, primary schools, Domestic Abuse services, police, schools, family services and community centres. Our key referrers are Solace Women's Aid, Hestia, social services, community centres, job centres and primary schools.

MAA SHANTI LTD

TRUSTEES ANNUAL REPORT

FOR THE YEAR ENDED 31 MARCH 2024

Public benefit

The Board of Trustees confirm that they have complied with their duty to have due regard to the guidance on public benefit published by the Charity Commission in exercising their powers or duties.

Looking primarily at gender, attempted suicide and self-harm are much more common in women in general and are related to poverty, deprivation, psychological distress, and a history of physical and sexual abuse. Women from socially and economically disadvantaged backgrounds and women from Black Asian Minority Ethnic and Refugee (BAMER) backgrounds are more likely to have poor mental health (Holmshaw & Hillier, 2000). There is also a gap in service provision for women from BAMER backgrounds which contributes to poorer outcomes for women. Our clients tell us all the time that they are so relieved to speak to an organisation that understands what it means to experience domestic abuse in the South Asian community. The stigma attached to separation can have a huge impact on women and their children. They can lose their entire support network virtually overnight or they may have endured years of pressure to stay in an abusive relationship. The presence of honour-based abuse, forced marriage and pressures to stay with a marriage no matter what, are often missed, misunderstood, or minimised by mainstream agencies. (Sanderson, 2008) For Asian women, the cultural pressures of remaining in an abusive relationship and being seen by the community as a dutiful wife often create significant further barriers for women trying to escape. (Siddiqui, 2003). Many women also have low literacy skills and very little spoken English which makes it even harder to find support.

We reduce levels of isolation, build confidence, and increase networks and support. Many women face shame and stigma when they leave an abusive relationship because they may be viewed by the community as selfish or a failure. The impact this alone can have on the mental health and wellbeing of a mother and her children can be severe and ongoing. There are also significant risks with cases involving honour-based abuse, forced marriage and modern slavery which can often be underestimated or missed by different agencies. We are often the ones advocating for clients and their children with an understanding of the pathways to support available, knowledge of cultural context and the ability to translate. We always place the needs and wants of our clients at the heart of what we do. Women tell us how important it is to them that they are understood and heard, that their feelings are considered with cultural insight.

The criteria for our client group are women/mothers/South Asian. In the context of intersectionality there are multiple variables linked to discrimination, poorer health outcomes and lower socio-economic status that are more likely to affect single Asian mothers, let alone those experiencing domestic abuse. Many of our clients are also migrants and have insecure immigration status. In April 2022 the UK government passed the Nationality and Borders Bill which was widely condemned by Human Rights activists and Refugee advocates. The measures introduced in this Bill, which is now an Act, make it much easier for the Home Office to revoke citizenship and deport people. At present, children who were born in the UK do not automatically have a right to citizenship and therefore child benefit which is a measure brought in by the conservative government which predates the Nationality and Borders Bill.

We promote a warm and open culture where women can tell us how they feel and what they think in-person, over the phone, via zoom, WhatsApp, in group settings and 1-1. Our understanding of the challenges and barriers our clients face is crucial to our ability to provide the right kind, and level, of support. We provide an in-person and/or remote safe space where women can build trust through talking, sharing, and supporting one another. Women who have not worked for years, or never worked, go on to volunteer with us or other local organisations and some women even gain paid employment within the organisation. This is a great success story for us and our staff but is also a clear message to all our clients that they can achieve more even during difficult times. Clients know that we are here when they need us because they can come back to us whenever they want. We work in a co-productive way which supports the client to make progress on her own. We have built up a solid reputation in our local network by working collaboratively and raising awareness of our clients' needs.

MAA SHANTI LTD

TRUSTEES ANNUAL REPORT

FOR THE YEAR ENDED 31 MARCH 2024

ACHIEVEMENTS AND PERFORMANCE: REVIEW OF ACTIVITIES FOR THE YEAR

The trustees review the aims, objectives and activities of the charity each year. This report looks at what the charity has achieved and the outcomes of its work in the reporting period. The trustees report the success of each key activity and the benefits the charity has brought to those groups of people that it is set up to help. The review also helps the trustees ensure the charity's aims, objectives and activities remained focused on its stated purposes.

The trustees have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives and in planning its future activities. In particular, the trustees consider how planned activities will contribute to the aims and objectives that have been set.

Our staff team

Our Director has worked in the field of Violence Against Women since 2009 and has grown the organisation from 2 staff in 2018 to 6 by 2022. She is responsible for the overall management of the organisation and reports to our experienced Board of 7 trustees. She is supported by a Services Manager, 2 Community Caseworkers, a Co-Ordinator and a Senior Community Caseworker. All our staff team have lived experience. Our Community Caseworkers are frontline professionals, working with, and developing, key partners in our main borough areas. They are responsible for identifying and developing new partnerships and referral pathways. They take referrals, undertake initial assessments and run activities and groups. Our Services Manager is an extremely experienced professional who has developed effective relationships with clients and partners over several years. She works directly with clients and is responsible for service development and quality. Our Co-Ordinator makes regular contact with new and existing clients every week. She talks to clients in more detail about their circumstances, the challenges they face and how we can help as well as referring to activities that may be beneficial. She also carries out our user survey. Our Senior Community Caseworker is responsible for ensuring quality of service for clients. She leads on developing services, managing the timetable, monitoring and evaluation and maintains her own caseload. Our service pathway often begins with at least one advocacy session to deal with clients' most pressing concerns, then as we build trust, women become more interested in the activities they would like to join.

MAA SHANTI LTD

TRUSTEES ANNUAL REPORT

FOR THE YEAR ENDED 31 MARCH 2024

Our impact

Between 1st April 2023 and 31st March 2024, we worked with 244 women and 99 children compared to 227 women and 27 children in the previous financial year. We provided 253 activities compared to 233 in 2022/23 and recorded 1,442 attendances compared to 962. We had 9,873 individual contacts with clients compared to 4,495 in 2022/23 which includes all phone calls, 1-1s, attendances and advocacy sessions. Our activity programme included support groups, arts and crafts, yoga sessions, CV skills, parenting skills, healthy relationship workshops, mindfulness, coffee mornings, plus seasonal events; 2 Eid parties a Diwali party and several trips including 5 theatre trips, a trip to London Zoo and a trip to Southend-On-Sea.

33 women received ongoing support to get into employment, 18 women went into employment, 7 became volunteers and 15 went into education. Of the women who found work; 4 found jobs in hospitals, 4 office/admin work, 3 working in schools, 3 in retail, 1 became a cleaner, 1 in a pharmacy, 1 in a beauty shop and 1 client set up her own small catering company. Feedback from sessions included: "I really enjoy attending every activity run by Ma Shanti for me to feel less isolated." "I really feel that safe place to share my experience and discuss with others." "I like to come here. I learn new skills." Of the clients who completed feedback forms all noted an improvement in their mood between the start and end of an activity. 79% noted an improvement in confidence, 72% felt safer, 86% felt happier, 76% had more friends and 99% would recommend to a friend.

We exceeded our targets which were that at least 80-90% of clients will experience increased confidence and knowledge, improved access to community support, improved health and wellbeing and reduced isolation.

- 92% felt more able to deal with benefits, bills, and school,
- 91% rated an improvement in their skills and confidence
- 94% felt they had better knowledge
- 88% felt that Maa Shanti has helped them to improve their situation
- 90% rated their health and wellbeing as medium to very good right now
- 95% felt less anxiety since coming to Maa Shanti
- 93% felt less lonely

We also asked about housing, money worries and making friends.

- 52% said we had helped them with housing
- 41% told us we helped improve their economic wellbeing by sorting out their money worries.
- 61% said they have more friends and support

The largest number of cases related to housing issues, including poor quality housing and risk of homelessness. We have been able to support through liaising with housing associations and signposting families to urgent help. Our caseworkers also helped with benefits eligibility, including helping to complete applications and helped women apply for citizenship and receive debt advice. Each case is unique, and our staff and volunteers spend time with the women to understand the needs and ensure that they understand the options available to them. The day trips were particularly beneficial for families and the response we had to the Southend trip was overwhelming. Our caseworker provided the following feedback: "Client 1 told us that her children have never been to the beach, and she has not been to the beach in 10 years, she was so grateful that we gave her this opportunity. Clients told us that they had essentially been prisoners for so long with their perpetrators and were seeing the world in a different light.

85% of our clients are of Bangladeshi origin, followed by 5% Indian, 5% Pakistani and 5% other including Sri Lankan and Nepalese. 90% are Muslim while the remainder are Hindu and Sikh. 90% are aged 25-45 the remaining 10% are 45-65. 15% have a disability. We ensure that our services/activities are accessible to all clients by having staff cover the four main South Asian languages Bengali, Urdu, Hindi, and Punjabi and by ensuring that our services are culturally sensitive and tailored to clients' needs. Staff are trained in understanding many of the key areas that are of particular concern to the South Asian community such as doweries, polygamy, Honour-Based Abuse, Forced Marriage, immigration status, stigma, understanding of cultural/traditional beliefs including gender roles and sexuality, servitude, modern slavery, and financial abuse.

MAA SHANTI LTD
TRUSTEES ANNUAL REPORT
FOR THE YEAR ENDED 31 MARCH 2024

One new client joined us at the beginning of the year. She had heard about us through the refuge where she was staying with her children, having left an abusive marriage. She was feeling very isolated and signed up for our support groups, various workshops and some social activities, attending both in person and on zoom. She had experienced ongoing physical and emotional abuse in her marriage, and we were able to support her with a housing application. She was determined to rebuild her life and be independent, so she applied for several jobs and was able to secure a role working in a school canteen.

MAA SHANTI LTD

TRUSTEES ANNUAL REPORT

FOR THE YEAR ENDED 31 MARCH 2024

Annual Review 2023/24

We are receiving an increase in both the number of enquiries and referrals and in the complexity of cases. The last 12 months have been busier than ever, and we have seen a rise in honour-based abuse, immigration cases, modern slavery and financial abuse. In addition, the cost-of-living crisis and housing shortages continue to restrict the choices for the women we seek to support, leaving them in precarious economic situations and meaning some choose to stay in abusive situations. We have also seen more women requesting support for their children, many of whom have been moved away from friends and school and are severely impacted by living in a domestic abuse situation, leading to mental health needs, including depression and anxiety. We have adjusted our support to help children access counselling; support mothers communicating with schools and offer a range of family events to support both mothers and their children in the next steps of their journey.

Over the last 3 years we've learned a lot about what our clients need and want, particularly during the cost-of-living crisis. Women are very worried about the health and wellbeing of their children and when they feel their children are safe, well and happy they can relax more and start to focus on their own needs. As a result, activities like family trips, healthy relationship workshops, parenting skills training, art therapy, pathways into employment, support groups and mindfulness have been very popular. Women are attending in-person in higher numbers than we have ever had. They are very happy with the support they receive, and they want more of it. In practical terms women are still in need of food and other basic essentials, are dealing with debt. We have learnt about the need to get much needed funding to women quickly and respond to the developing needs of our clients. Women asked for parenting skills, mindfulness, and more frequent coffee morning instead. We are changing what we do including our programme by responding even more quickly to the developing needs of our clients.

We have developed a range of online forms in different languages that help women to provide us with feedback, apply for individual funding and enable them to register for different activities instantly. We have online feedback forms we circulate via WhatsApp at the end of each session, online registration and consent forms for our trips and are carrying out our annual survey for 2024 which started in January. Attendance in-person and online continues to grow which is due to several factors including providing a much nicer space at our office on Holloway Road and our hub in Whitechapel (both have cafes, security, and bright, comfortable spaces), more room hire availability, a wider variety of activities and events, consistent contact from our Community Co-Ordinator and providing activities that clients specifically ask for. For example, the trip to Southend-On-Sea had been requested by clients for years but we didn't have the funding. We applied for funding for the trip to take place and were successful. Other popular trips to the theatre to see Jungle Book were possible thanks to our partnership with Sadlers Wells and we started art therapy in East London as women wanted to express themselves through art whilst coming together for support and guidance. We also changed dates and times of certain activities to suit clients, for example many clients in East London were also attending ESOL classes which were on Wednesdays, so we moved our session to Tuesdays.

Funders

The Trustees are grateful of support from the London Borough of Islington Voluntary and Community Sector, Cripplegate Domestic Abuse Development Partner Programme, People's Health Trust, Rosa Fund, The National Lottery, City Bridge Trust, The Henry Smith Charity, Lloyds Foundation, London Community Foundation, and the MOPAC Grassroots Fund. The Charity continues to work strategically with key partners in local boroughs including community organisations and women's groups. This financial and moral support provides a firm foundation for the charity's activities which we plan to increase even further in the next financial year. We have continued to build on our fundraising success and have increased the number of funders supporting our work. During the year we were awarded £29,994 from the MOPAC/London Community Fund Cost of Living Fund, £25,000 from the Postcode Society, £25,000 from MOPAC/LCF Grassroots Fund, £70,000 from the Home Office Specialist Services Fund, £20,000 from Awards for All, £2,000 from Albert Hunt, £4,000 from Souter Charitable Trust and £5,000 from the WeHeal Fund.

MAA SHANTI LTD

TRUSTEES ANNUAL REPORT

FOR THE YEAR ENDED 31 MARCH 2024

Financial review

The Charity incurred a deficit for the year of (£21,122) details of which are shown in the Statement of Financial Activities. Deficit relates to restricted funds, and it was planned/expected due to the timing of funds received and spent.

Total incoming resources for the year increased by £43,272 to £218,262 (2023/24) from £174,990 (2022/23).

Total resources expended for the year increased by £61,686 to £239,384 from £177,698 in 2022/23. The charity's total funds at the yearend amounted to £97,371 of which £79,610 are unrestricted and £17,761 are restricted.

Going Concern

After making appropriate enquiries, the trustees have a reasonable expectation that the charitable 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. Further details regarding the adoption of the going concern basis can be found in the Accounting Policies.

Reserves policy

Maa Shanti needs to carry a sufficient reserve to maintain a reasonable level of activity on any programme in the event of a gap in the provision of income. The trustees have set a target for reserves to cover six months' future expenditure and should be sufficient to cover running costs. At current levels of expenditure, the reserves target is £67,000. As per 2023-24 accounts we have free reserves of £79,610 (7 months reserves). We plan to maintain our reserves by providing consultancy services. We are working to ensure that we secure multi-year bids now and in the future. We are confident this can be achieved based on the strong track record of the organisation and hard work and determination of our team.

MAA SHANTI LTD

TRUSTEES ANNUAL REPORT

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Challenges

We are fundraising to continue the vital work we do, find new opportunities, and rise to the challenges of new and emerging themes for our client group. The needs of our clients have become increasingly urgent; housing shortages, institutional racism, barriers to employment, trauma, increases in the number of children experiencing mental health issues, a chronic lack of culturally aware trauma-informed services available to families and the cost-of-living crisis. As an organisation we are facing a more intensive and competitive funding environment and have worked hard to build a strong and robust monitoring system to measure our impact, processes and areas for improvement. However, staff and the sector continue to face unprecedented demand, and we are investing in staff support, development and health and wellbeing needs as much as we can as we recognise they are our greatest asset. Each year we are busier than the year before and this is due to increased referral numbers, successful fundraising to develop our work/projects and more complex cases increasing our workload. In 2024/25 we will continue to fundraise towards the emerging needs of our client group including their children. The cost-of-living crisis and the burgeoning mental health crisis children are facing across London and the UK are key focuses for our strategy into 2024/25.

MAA SHANTI LTD

TRUSTEES ANNUAL REPORT

FOR THE YEAR ENDED 31 MARCH 2024

PLANS FOR FUTURE PERIODS

Future developments

The charity will continue to support single Asian mothers through existing and new projects including through volunteering, health and wellbeing and support to increase confidence, access mainstream services, improve self-esteem and work towards wellbeing including discovering their own potential and interests.

Our strategic aims are: delivery, people, finance, and fundraising. We will continue to increase the number of referrals received and ensure we have enough staff and volunteers to support every client. We will ensure quality of service by asking clients what they want. We will build new partnerships with different organisations and potential stakeholders. We will ensure the ongoing financial health of the organisation through transparency and effective processes.

During 2024/25 we will continue to build on our achievements.

- To support at least 280 South Asian families who have been affected by domestic abuse.
- To deliver services in-person and remotely particularly in Tower Hamlets, Newham, and surrounding boroughs, in partnership with organisations already on the ground to reach more single Asian mums.
- To raise our profile and our voice in support of the families we work with to highlight the real issues faced by Asian women and their children fleeing domestic abuse.
- To create more remote learning and social activities for our clients via new media and platforms.
- To develop partnerships to increase and diversify our service offering.
- To enhance and strengthen our dialogue with clients to continue to understand what clients need, how we can support them better and in what way that support works best.
- To apply to more funders for multi-year bids that improve the financial health and stability of the organisation.
- To continue to build up our reserves via new forms of income generation such as training, consultancy, and partnership opportunities.
- We will continue to develop our financial processes to ensure the financial resilience and adaptability of the organisation, particularly during uncertain times.

MAA SHANTI LTD

TRUSTEES ANNUAL REPORT

FOR THE YEAR ENDED 31 MARCH 2024

TRUSTEES RESPONSIBILITIES

The charity trustees (who are also the directors of Maa Shanti for the purposes of company law) are responsible for preparing a trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the charity trustees to prepare financial statements for each year which give a true and fair view of the state of affairs of the charitable company and the group and of the incoming resources and application of resources, including the income and expenditure, of the charitable group for that period. In doing so the trustees are required to:

- Select suitable accounting policies and then apply them consistently;
- Make judgments and estimates that are reasonable and prudent;
- State whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- Follow the methods and principles of the Charity SORP; and
- Prepare the financial statements on the going concern basis unless it is inappropriate to assume that the group will continue in business.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and the group and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

MAA SHANTI LTD
TRUSTEES ANNUAL REPORT
FOR THE YEAR ENDED 31 MARCH 2024

The reports have been prepared in accordance with the special provisions applicable to companies subject to the small companies regime.

This report was approved by the Board of Trustees on 28/12/2024 and signed on their behalf by:

.....

Priya Solanki, Chair

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
MAA SHANTI LTD
FOR THE YEAR ENDED 31 MARCH 2024**

I report to the trustees on my examination of the accounts of Maa Shanti for the year ended 31 March 2024.

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 accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts 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 your charity's accounts 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 that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts 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 accounts to be reached.

.....
Aamer Shehzad FCA
Accountability Europe Ltd
Omnibus Workspace
39-41 North Road
London N7 9DP
Date:13/01/2025

MAA SHANTI LTD
COMPANY LIMITED BY GUARANTEE
STATEMENT OF FINANCIAL ACTIVITIES
(INCORPORATING THE INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 31 MARCH 2024

	Note	Unrestricted Funds	Restricted Funds	Total 2024	Total 2023
		£	£	£	£
<u>Income From</u>					
Donations and legacies	3	76,902	141,360	218,262	174,990
Total Income		<u>76,902</u>	<u>141,360</u>	<u>218,262</u>	<u>174,990</u>
<u>Expenditure on:</u>					
Charitable activities	4	54,437	184,947	239,384	177,698
Total expenditure		<u>54,437</u>	<u>184,947</u>	<u>239,384</u>	<u>177,698</u>
Net income / (expenditure) for the year before transfers	5	22,465	(43,587)	(21,122)	(2,708)
Net movement in funds		<u>22,465</u>	<u>(43,587)</u>	<u>(21,122)</u>	<u>(2,708)</u>
Total funds brought forward		<u>57,145</u>	<u>61,348</u>	<u>118,493</u>	<u>121,201</u>
Total funds carried forward		<u>79,610</u>	<u>17,761</u>	<u>97,371</u>	<u>118,493</u>

All of the above results are derived from continuing activities.
There were no other recognised gains or losses other than those stated above.
The attached notes form part of these financial statements.

MAA SHANTI LTD
COMPANY LIMITED BY GUARANTEE
BALANCE SHEET
AS AT 31 MARCH 2024

	Note	2024	2023
		£	£
Current assets			
Prepayments	8	1,176	-
Cash at bank and in hand		129,785	122,997
		130,961	122,997
Creditors: Amounts falling due	7	(33,591)	(4,504)
Net current assets		97,371	118,493
Net assets		97,371	118,493
Funds			
Restricted Funds	9	17,761	61,348
General funds	9	79,610	57,145
Total charity funds		97,371	118,493

For the year ended 31 March 2024 the charitable company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.

No members have required the company to obtain an audit of its accounts for the year in question in accordance with section 476 of the Companies Act 2006.

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

The financial statements have been prepared in accordance with the special provisions applicable to companies subject to the small companies regime.

Approved by the members of the committee on 28/12/2024

and signed on its behalf by:

Priya Solanki

Company Registration No. 05166706

The attached notes form part of the financial statements.

1 Accounting policies

Basis of Accounting

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 (FRS 102) - (Charities SORP FRS 102) and the Companies Act 2006.

The charitable company meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy or note.

The charitable company is exempted from preparing a cash flow statement due to exemption available to charities with income of less than £500,000.

Going concern

The trustees consider that there are no material uncertainties about the charitable company's ability to continue as a going concern. The trustees do not consider that there are any sources of estimation uncertainty at the reporting date that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next reporting period.

Income

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the income have been met, it is probable that the income will be received and that the amount can be measured reliably.

Fund accounting

Unrestricted funds are available to spend on activities that further any of the purposes of charity. Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose. Restricted funds are donations which the donor has specified are to be solely used for particular areas of the charity's work or for specific projects being undertaken by the charity.

Expenditure

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. Expenditure is classified under the following activity headings:

Fundraising costs

Costs of raising funds comprise of trading costs and the costs incurred by the charitable company in inducing third parties to make voluntary contributions to it, as well as the cost of any activities with a fundraising purpose.

Charitable Activities

Expenditure on charitable activities includes the costs of delivering services, exhibitions and other educational activities undertaken to further the purposes of the charity and their associated support costs.

Allocation of support costs

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Support costs include office costs, finance, personnel, payroll and governance costs which support the charity and its activities. These costs have been allocated between cost of raising funds and expenditure on charitable activities.

MAA SHANTI LTD
COMPANY LIMITED BY GUARANTEE
NOTES TO THE FINANCIAL STATEMENT
FOR THE YEAR ENDED 31 MARCH 2024

1. Accounting policies (continued)

Tangible fixed assets

Tangible fixed assets are stated at cost less depreciation. Items of equipment are capitalised where the purchase price exceeds £1,000. Fixed assets are depreciated over three years.

Debtors

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

Cash at bank and in hand

Cash at bank and cash 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.

Creditors and provisions

Creditors and provisions 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 and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

2 Detailed comparatives for the statement of financial activities

	Unrestricted	Restricted	Total 2023
	£	£	£
<u>Income from:</u>			
Donations and legacies	38,402	136,588	174,990
Total Income	38,402	136,588	174,990
<u>Expenditure on:</u>			
Charitable activities	37,042	140,656	177,698
Total expenditure	37,042	140,656	177,698
Net income for the year	1,360	(4,068)	(2,708)
Transfer Between Funds	-	-	-
Net movement in funds	1,360	(4,068)	(2,708)
Total funds brought forward	55,785	65,416	121,201
Total funds carried forward	57,145	61,348	118,493

MAA SHANTI LTD
COMPANY LIMITED BY GUARANTEE
NOTES TO THE FINANCIAL STATEMENT
FOR THE YEAR ENDED 31 MARCH 2024

3 Donations & Legacies

	Unrestricted	Restricted	Total 2024	Total 2023
	£	£	£	£
Islington VCS	-	15,432	15,432	15,000
Cripplegate Foundation	11,481	-	11,481	11,000
Peoples Healthwatch	-	13,945	13,945	21,912
Rosa Fund	-	-	-	24,826
The National Lottery	-	33,865	33,865	16,933
City of London-City Bridge Trust	-	15,130	15,130	19,602
Lloyds Bank Foundation	25,000	-	25,000	27,250
Henry Smith	-	11,250	11,250	22,150
MOPAC	-	-	-	16,165
MOPAC-Cost of Living	-	29,944	29,944	-
MOPAC Grassroots Fund	-	6,328	6,328	-
Home Office Specialist Services Support Fund	-	15,466	15,466	-
Postcode Society Trust	25,000	-	25,000	-
We Heal Fund	3,750	-	3,750	-
Souter Charitable Trust	4,000	-	4,000	-
Lord Barnby's Foundation	3,000	-	3,000	-
Albert Hunt	2,000	-	2,000	-
Other Donation	2,671	-	2,671	152
	<u>76,902</u>	<u>141,360</u>	<u>218,262</u>	<u>174,990</u>

4 Analysis of expenditure

	Charitable activities	Support costs	2024 Total	2023 Total
	£	£	£	£
Staff costs	152,646	-	152,646	126,831
Direct costs	52,721	-	52,721	24,449
Premises cost	-	17,472	17,472	9,503
Computer & IT expenses	-	1,604	1,604	5,518
Office and admin costs	-	13,741	13,741	10,197
Independent examiner's fee	-	1,200	1,200	1,200
	<u>205,367</u>	<u>34,017</u>	<u>239,384</u>	<u>177,698</u>
Support costs allocated	34,017	(34,017)	-	-
Total expenditure 2024	<u>239,384</u>	<u>-</u>	<u>239,384</u>	<u>177,698</u>
Total expenditure 2023	<u>177,698</u>	<u>-</u>	<u>177,698</u>	

Of the total expenditure, £54,437 was unrestricted (2023: £37,042) and £184,947 was restricted (2023: £140,656).

MAA SHANTI LTD
COMPANY LIMITED BY GUARANTEE
NOTES TO THE FINANCIAL STATEMENT
FOR THE YEAR ENDED 31 MARCH 2024

4-a Analysis of expenditure (prior year)

	Charitable activities £	Support costs £	2023 Total £
Staff costs	126,831	-	126,831
Direct costs	24,449	-	24,449
Premises cost		9,503	9,503
Computer & IT expenses		5,518	5,518
Office and admin costs		10,197	10,197
Independent examiner's fee		1,200	1,200
	151,280	26,418	177,698
Support costs allocated	26,418	(26,418)	-
Total expenditure 2023	177,698	-	177,698

MAA SHANTI LTD
COMPANY LIMITED BY GUARANTEE
NOTES TO THE FINANCIAL STATEMENT
FOR THE YEAR ENDED 31 MARCH 2024

5 Net income / (expenditure) for the year

This is stated after charging:

	2024	2023
	£	£
Independent examiner's fee (excluding VAT)	1,000	1,000

6 Analysis of staff costs, trustee remuneration and expenses and cost of key management personnel

Total staff costs were as follows:

	2024	2023
	£	£
Wages and salaries	142,585	118,697
Social security costs	7,374	5,544
Other pension costs	2,686	2,590
	152,646	126,831

One member of staff received emoluments of more than £60,000 in this year (2023: None)

The total employee benefits including pension of the key management personnel were £62,150 (2023: £59,507). During the year there were no redundancy payments.

The trustees of the charitable company were not paid or received any other benefits from employment with the charity in the year (2023: £nil) neither were they reimbursed expenses during the year (2023: £nil). No charity trustee received payment for professional or other services supplied to the charity (2023: £nil).

The average number of employees during the year, was as follows:

	2024	2023
	No.	No.
Number of project staff	4	4
Number of support staff	2	2
	6	6

7 CREDITORS: Amounts falling due within one year

	2024	2023
	£	£
Creditors	-	1,414
Deferred Income	30,000	-
Taxation and social security	651	450
Accruals	2,940	2,640
	33,591	4,504

8 DEBTORS

	2024	2023
	£	£
Prepayments	1,176	-
	1,176	-

MAA SHANTI LTD
COMPANY LIMITED BY GUARANTEE
NOTES TO THE FINANCIAL STATEMENT
FOR THE YEAR ENDED 31 MARCH 2024

9 Movement in funds					Balance at
current year	At 1 April				31 March
	2023	Income	Expenditure	Transfers	2024
Restricted:	£	£	£		£
Islington VCS	12,120	15,432	18,704	-	8,848
City of London-City Bridge Trust	4,802	15,130	19,489	-	443
Henry Smith	12,215	11,250	23,465	-	-
MOPAC-Cost of Living	-	29,944	29,944	-	-
MOPAC Grassroots Fund	-	6,328	3,164	-	3,164
Home Office Specialist Services Support Fund	-	15,466	15,466	-	-
Peoples Healthwatch	5,512	13,945	14,151	-	5,306
Rosa Fund	22,181	-	22,181	-	-
The National Lottery	4,518	33,865	38,383	-	-
Total Restricted Fund	61,348	141,360	184,947	-	17,761
Unrestricted Funds:					
General Funds	57,145	76,902	54,437	-	79,610
Total funds	118,493	218,262	239,384	-	97,371

Movement in funds					Balance at
prior year	At 1 April				31 March
	2022	Income	Expenditure	Transfers	2023
Restricted:	£	£	£	£	£
Islington VCS	16,982	15,000	19,862	-	12,120
Islington Giving	9,049	-	9,049	-	-
City of London-City Bridge Trust	6,567	19,602	21,367	-	4,802
City of London-Wave 5	12,343	-	12,343	-	-
Henry Smith	18,095	22,150	28,030	-	12,215
MOPAC	-	16,165	16,165	-	-
Sports England	2,380	-	2,380	-	-
Peoples Healthwatch	-	21,912	16,400	-	5,512
Rosa Fund	-	24,826	2,645	-	22,181
The National Lottery	-	16,933	12,415	-	4,518
Total Restricted Fund	65,416	136,588	140,656	-	61,348
Unrestricted Funds:					
General Funds	55,785	38,402	37,042	-	57,145
Total Funds	121,201	174,990	177,698	-	118,493

MAA SHANTI LTD
COMPANY LIMITED BY GUARANTEE
NOTES TO THE FINANCIAL STATEMENT
FOR THE YEAR ENDED 31 MARCH 2024

10 Purpose of Restricted Funds

All restricted funds are used for our activities which are developed in collaboration with our clients including advocacy, emotional support, signposting and groups that reduce isolation, promote peer support and enable women to access opportunities for themselves and their children. We run a programme of workshops and events, which improve access to relevant support, focus on mental well-being and increase participation in the local community. We provide weekly activities and drop-in sessions, arts and crafts, yoga, group trips and mother and child activities during school holidays.

11 Analysis of net assets between funds - 2024

	Tangible Fixed Assets £	Net Current Assets £	Total 2024 £
Restricted Income Funds:	-	17,761	17,761
Unrestricted Income Funds	-	79,610	79,610
Total Funds	<u>-</u>	<u>97,371</u>	<u>97,371</u>

Analysis of net assets between funds - 2023

	Tangible Fixed Assets £	Net Current Assets £	Total 2023 £
Restricted Income Funds:	-	61,348	61,348
Unrestricted Income Funds	-	57,145	57,145
Total Funds	<u>-</u>	<u>118,493</u>	<u>118,493</u>

12 Company limited by guarantee

The company is limited by guarantee of £1 per member without share capital.

13 Taxation

The charitable company is exempt from corporation tax as all its income is charitable and is applied for charitable purposes.

14 Related party transactions

There are no related party transactions to disclose for 2024 (2023: none).

There are no donations from related parties which are outside the normal course of business and no restricted donations from related parties. There is no balance due to/from related parties at the end of the year.

MAA SHANTI LTD

England & Wales - Charity number 1105305

Accounts

Charity No. 1105305
Company No: 05166706

MAA SHANTI LTD

(Company limited by guarantee)

Report and financial statements

For the year ended 31 March 2023

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COMPANIES HOUSE

MAA SHANTI LTD
(Company limited by guarantee)

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MAA SHANTI LTD
REFERENCE AND ADMINSTRATIVE INFORMATION
FOR THE YEAR ENDED 31 MARCH 2023

Status	The organisation is a charitable company limited by guarantee, incorporated on 22 April 1987 and registered as a charity on 8 June 1989.
Governing document	The Company was established under a memorandum of association which sets out its objects and powers, and it is governed under the articles of association.
Charity number:	1105305
Company number:	05166706
Registered office:	Resource For London 356 Holloway Road London N7 6PA
Trustees and Directors	Priya Solanki Humaa Jamil Nishma Tate Sonia Morjaria-Shann Nikita Mistry Jigisha Lock Bhavisha Gorecha
Banker	HSBC Bank plc 1 Woburn House London WC1HOLQ
Independent Examiner	Accountability Europe Limited Omnibus Workspace 39-41 North Road London N7 9DP

MAA SHANTI LTD

TRUSTEES ANNUAL REPORT

FOR THE YEAR ENDED 31 MARCH 2023

The directors, who also are the trustees of the charitable company for the purposes of charity law, present their annual report and financial statements of Maa Shanti for the year ended 31 March 2022. The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the charity's governing document, the Companies Act 2006, and charities regulations, Accounting and Reporting by Charities: Statement of Recommended Practice (SORP 2015), applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland.

Structure, governance and management

The governance of the charity is the responsibility of the Trustees. Day to day management is by the Director, who draws on the support and expertise of the highly experienced Board of Trustees as needed.

Constitution and governing document

Maa Shanti was formerly Asian Women Lone Parents Association, registered as a company limited by guarantee in England and Wales, incorporated at companies house on 30th June 2004. The company changed its name to Maa Shanti on 7th November 2018. The company is also a registered charity with the charity commission, registered number 1105305. Maa Shanti constituted under Memorandum of Association of Asian Women Lone Parents Association dated, last amended in November 2018.

Appointment of trustees

Trustees are elected and co-opted under the terms of the Memorandum of Association of the company. Regular reviews are held to identify any expertise gaps within the Board of Trustees and appointments are made where required to strengthen the Board of Trustees, subject to all trustees' approval.

When it is necessary to appoint new trustees, due to either a trustee stepping down or a gap of expertise in the board is identified, recruitment will initially begin through the networks of the board and management team. Applicants will be reviewed by trustees and the successful applicant will be invited to attend a trustee meeting. Following this, on the provision that the board are satisfied and the applicant still wishes to join the trustee board, they will be appointed.

No other person or external body is entitled to appoint any trustees of the charity. The Trustees who served during the period and after the yearend are shown on page 1.

Policies adopted for the induction and training of Board of Trustees

The charity provides new trustees with an induction pack, training from the Director and mentoring from the Chair. The charity has limited resources for formal training of the trustee body. However, on-going training opportunities are communicated to trustees when these become available. All trustees are provided with the following policies: Complaints, Confidentiality, Data Protection, Disciplinary Procedures and Process, Domestic Abuse, Equal Opportunities, Financial Management and Procedures, Grievance Policy, Health and Safety, Recruitment Procedure, Safeguarding Adults Policy and Procedures, Safeguarding Children and Young People Policy and Procedures, Staying Covid Secure, Volunteering Policy and Whistleblowing Policy.

MAA SHANTI LTD
TRUSTEES ANNUAL REPORT
FOR THE YEAR ENDED 31 MARCH 2023

Related party transactions

The Charity has considered the disclosure requirements of the SORP for related party transactions. The charity has no related party connections with other organisations. The trustees consider that the members of the board and their close connections to be the only related parties of the charity. All trustees give their time voluntarily and receive no benefits from the charity. Any expenses reclaimed from the charity trustees are set out in notes to the accounts.

Trustees are required to disclose all relevant interests and register them with the Director and to withdraw from decisions where a conflict of interest arises.

Remuneration policy for key management personnel

The pay of the charity's Director is reviewed annually and normally increased in accordance with London average earnings, depending on affordability. The trustees also draw on their knowledge of the sector and common practice in other charities of similar size to ensure that the remuneration set is fair and not out of line with that generally paid for similar roles.

Risk Management

The Board of Trustees fully accepts its responsibilities for ensuring that the major risks to which the Charity is exposed are identified, and that there are systems and procedures in place to mitigate those risks.

MAA SHANTI LTD

TRUSTEES ANNUAL REPORT

FOR THE YEAR ENDED 31 MARCH 2023

OBJECTIVES AND ACTIVITIES FOR THE PUBLIC BENEFIT

Purposes and aims

The objects of the charity are to:

- Support single Asian mothers and dependents through the provision of information, advice and guidance;
- Provide social, cultural and recreational activities to overcome social isolation and provide informal support;
- Raise awareness amongst the local community, local Asian groups and organisations and other relevant agencies of the issues affecting single Asian mothers;
- Provide educational training and employment opportunities to build skills and self-confidence to achieve economic and social independence;
- Provide social and cultural opportunities for both parents and children;
- Provide support for women's health issues, wellbeing, and emotional support.

Beneficiaries of our services

Maa Shanti supports south Asian mothers who are affected by domestic abuse, and we are the only organisation in the UK working with this specific group. Our vision is "empowering single Asian mums". Our mission is to support mums towards independence through advocacy, building relationships and social activities. We are a client-led, by-and-for organisation, continually developing our services to meet the needs of our community. Our values are openness, empowerment, respect, and equality. Our outcomes are increased confidence and knowledge, improved health and wellbeing, reductions in isolation and opportunities in employment, volunteering, and learning.

We were founded as a grassroots project in North London in 1998 by three South Asian women who identified a need for culturally informed support and guidance for single mums in the community. They started by hiring a room in a community centre for a group to meet and soon found that most women were on their own after fleeing domestic abuse. Originally known as Asian Women Lone Parents Association, by 2018 women wanted a name change. They decided on "Maa Shanti" which is Hindi for "Mother Peace". "Maa" is a universal word for "mother" and "shanti" means "peace". This is how women feel when they visit our services. We have cultivated this approach of involvement and collaboration throughout our journey with mums.

Our team are fluent in Punjabi, Urdu, Hindi, and Bengali. We provide advocacy, emotional support, signposting and activities that reduce isolation, promote peer support, and enable women to access opportunities for themselves and their children. We run a programme of online and in-person activities, which improve access to relevant support, focus on mental well-being and increase participation in the local community. We currently provide weekly activities including arts and crafts, yoga, language skills, support groups, cooking club and mindfulness. We keep cases open, regardless of the level of risk and work with complex, medium, and higher risk cases. We provide support every step of the way, crucially with cultural insight, knowledge and experience of the barriers women may face.

Our beneficiaries are mainly from Bangladesh, Pakistan, and India, living in London. Women can be at any stage in their journey, whether they are living with their partner or not. Our work reduces levels of isolation, builds confidence, and increases networks and support. It is so important because the impact of abuse and subsequent trauma on families can be severe and long lasting. We work with women affected by honour-based abuse, forced marriage, modern slavery, human trafficking, stalking, financial abuse, coercive control, and other types of abuse linked to violence against women and girls. We provide information and support on issues including benefits, housing, debt, parenting, education, child maintenance and safety planning. Over 80% are migrants, whilst 20% are British born. Over 10% of our clients have a physical disability, often linked to the abuse experienced over extended periods of time.

MAA SHANTI LTD

TRUSTEES ANNUAL REPORT

FOR THE YEAR ENDED 31 MARCH 2023

Principle activities

The charity's main activities and who it tries to help are described below. All its charitable activities focus on support and are undertaken to further Maa Shanti's charitable purposes for the public benefit.

We provide advocacy, activities for health, wellbeing, skills & learning, support groups, workshops, social events, and community networks in person and via WhatsApp groups. Women usually hear about us via other organisations or groups in the community. Hestia, Solace Women's Aid, community centers, primary schools and GPs are some of our key referrers. We are a specialist service, rooted in a trauma-informed setting. We are acutely aware of the impact of trauma for women and their families as well as the ongoing effects on their mental health and wellbeing. We are clear on maintaining a calm and supportive approach, being aware of the risks of re-traumatisation and integrating co-production into our client relationships.

At the first point of contact we have with clients, they often have fears about their own safety as well as their children, they need help with benefits and may be fleeing their home, staying with friends or family, or waiting to move from low standard temporary accommodation. They feel overwhelmed and require support through advocacy. Alongside these urgent practical issues, mums are completely isolated. They may have been disowned by their family for leaving their partner or have moved far away from any support network they may have had; others are victims of human trafficking and modern slavery. The impact of such high levels of isolation can be devastating to families as well as the ongoing pain and trauma. Women tell us they need both advocacy and activities. This model leads to empowerment and was developed by our community. Feedback, survey information and client data from our beneficiaries confirms it remains very helpful. We have significantly increased our capacity and ability to support more women and their children because of successful fundraising. Our team are experienced and resourceful practitioners dealing with extremely complex cases in an increasingly challenging environment.

We recognise that we are in a very privileged position to be able to work with this community as we have established trust with women over several years, in many cases where it took a huge amount of courage to leave their home and rebuild their lives. Many women do not speak English as their first language and have poor to no literacy skills as they have never received a formal education so are unable to read in any language. Being able to advocate for clients and speak to them in the language they understand is not something that women find every day. Many women are fearful of agencies and statutory organisations, some are afraid of talking to their GP, so it is vital that their voices are heard. In the most high-risk cases this is especially important because it ensures we can assess risk and communicate that to other agencies, but also because as women move forward, they will feel heard and empowered.

We take an approach of co-production, ensuring that we are client-led and work in collaboration with women at every stage. We don't tell our clients what to do but explore options and what feels right and achievable for them. We often find that women can do so much more than they first think and by reminding them of what they have already achieved; taking steps to move forward, leaving their relationship, supporting their children are all common examples. We work with hundreds of partners across London, most based in North and East London including children centres, Home Start, Families First, Parent House, On Your Doorstep, Job Centres, Volunteering Services, Housing Associations, BAME-led groups, GPs, primary schools, Domestic Abuse services, police, schools, family services and community centres. Our key referrers are Solace Women's Aid, Hestia, social services, community centres, job centres and primary schools.

MAA SHANTI LTD

TRUSTEES ANNUAL REPORT

FOR THE YEAR ENDED 31 MARCH 2023

Public benefit

The Board of Trustees confirm that they have complied with their duty to have due regard to the guidance on public benefit published by the Charity Commission in exercising their powers or duties.

Looking primarily at gender, attempted suicide and self-harm are much more common in women in general and are related to poverty, deprivation, psychological distress, and a history of physical and sexual abuse. Women from socially and economically disadvantaged backgrounds and women from Black Asian Minority Ethnic and Refugee (BAMER) backgrounds are more likely to have poor mental health (Holmshaw & Hillier, 2000). There is also a gap in service provision for women from BAMER backgrounds which contributes to poorer outcomes for women. Our clients tell us all the time that they are so relieved to speak to an organisation that understands what it means to experience domestic abuse in the South Asian community. The stigma attached to separation can have a huge impact on women and their children. They can lose their entire support network virtually overnight or they may have endured years of pressure to stay in an abusive relationship. The presence of honour-based abuse, forced marriage and pressures to stay with a marriage no matter what, are often missed, misunderstood, or minimised by mainstream agencies. (Sanderson, 2008) For Asian women, the cultural pressures of remaining in an abusive relationship and being seen by the community as a dutiful wife often create significant further barriers for women trying to escape. (Siddiqui, 2003). Many women also have low literacy skills and very little spoken English which makes it even harder to find support.

We reduce levels of isolation, build confidence, and increase networks and support. Many women face shame and stigma when they leave an abusive relationship because they may be viewed by the community as selfish or a failure. The impact this alone can have on the mental health and wellbeing of a mother and her children can be severe and ongoing. There are also significant risks with cases involving honour-based abuse, forced marriage and modern slavery which can often be underestimated or missed by different agencies. We are often the ones advocating for clients and their children with an understanding of the pathways to support available, knowledge of cultural context and the ability to translate. We always place the needs and wants of our clients at the heart of what we do. Women tell us how important it is to them that they are understood and heard, that their feelings are considered with cultural insight.

The criteria for our client group are women/mothers/South Asian. In the context of intersectionality there are multiple variables linked to discrimination, poorer health outcomes and lower socio-economic status that are more likely to affect single Asian mothers, let alone those experiencing domestic abuse. Many of our clients are also migrants and have insecure immigration status. In April 2022 the UK government passed the Nationality and Borders Bill which was widely condemned by Human Rights activists and Refugee advocates. The measures introduced in this Bill, which is now an Act, make it much easier for the Home Office to revoke citizenship and deport people. At present, children who were born in the UK do not automatically have a right to citizenship and therefore child benefit which is a measure brought in by this government which predates the Nationality and Borders Bill.

We promote a warm and open culture where women can tell us how they feel and what they think in-person, over the phone, via zoom, WhatsApp, in group settings and 1-1. Our understanding of the challenges and barriers our clients face is crucial to our ability to provide the right kind, and level, of support. We provide an in-person and/or remote safe space where women can build trust through talking, sharing, and supporting one another. Women who have not worked for years, or never worked, go on to volunteer with us or other local organisations and some women even gain paid employment within the organisation. This is a great success story for us and our staff but is also a clear message to all of our clients that they can achieve more even during difficult times. Clients know that we are here when they need us because they can come back to us whenever they want. We work in a co-productive way which supports the client to make progress on her own. We have built up a solid reputation in our local network by working collaboratively and raising awareness of our clients' needs.

MAA SHANTI LTD

TRUSTEES ANNUAL REPORT

FOR THE YEAR ENDED 31 MARCH 2023

ACHIEVEMENTS AND PERFORMANCE: REVIEW OF ACTIVITIES FOR THE YEAR

The trustees review the aims, objectives and activities of the charity each year. This report looks at what the charity has achieved and the outcomes of its work in the reporting period. The trustees report the success of each key activity and the benefits the charity has brought to those groups of people that it is set up to help. The review also helps the trustees ensure the charity's aims, objectives and activities remained focused on its stated purposes.

The trustees have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives and in planning its future activities. In particular, the trustees consider how planned activities will contribute to the aims and objectives that have been set.

Our staff team

Our Director has worked in the field of Violence Against Women since 2009 and has grown the organisation from 2 staff in May 2018 to 6 by March 2022. She is responsible for the overall management of the organisation and reports to our experienced Board of 7 trustees. She is supported by a Services Manager, 2 Community Caseworkers, a Client Engagement Worker and a Senior Community Caseworker. All of our staff team have lived experience. Our Community Caseworkers are frontline professionals, working with, and developing, key partners in our main borough areas. They are responsible for identifying and developing new partnerships and referral pathways. They take referrals, undertake initial assessments and run activities and groups. Our Services Manager She is an extremely experienced professional who has developed effective relationships with clients and partners over several years. She works directly with clients and is responsible for service development and quality. Our Client Engagement Worker makes regular contact with new and existing clients every week. She talks to clients in more detail about their circumstances, the challenges they face and how we can help as well as referring to activities that may be beneficial. She also carries out our user survey. Our Senior Community Caseworker is responsible for ensuring quality of service for clients. She leads on developing services, managing the timetable, monitoring and evaluation and maintains her own caseload. Our service pathway often begins with at least one advocacy session to deal with clients' most pressing concerns, then as we build trust, women become more interested in the activities they would like to join.

MAA SHANTI LTD

TRUSTEES ANNUAL REPORT

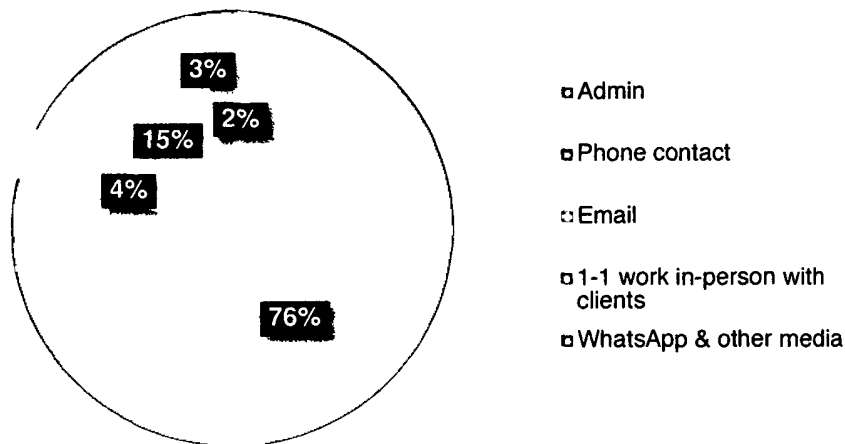
FOR THE YEAR ENDED 31 MARCH 2023

Our impact

April 2022 to March 2023

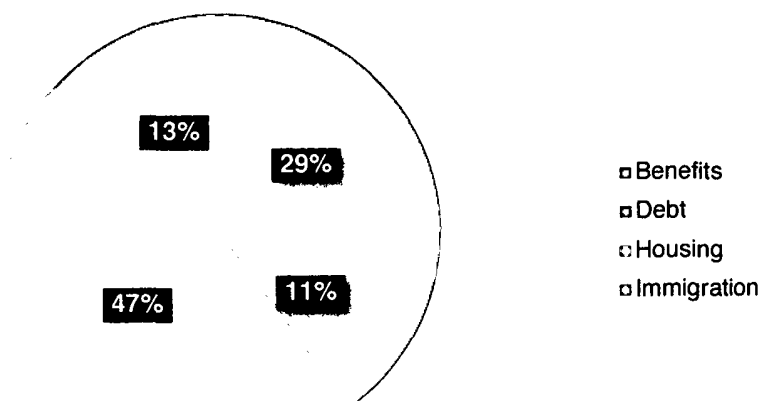
We worked with 227 women and 27 children which is a total of 254. This is an increase of 16% from 219 clients in 2021/22. We provided 233 activities including arts and crafts, support groups, vocab groups, yoga, Eid parties, family trips International Women's Day, mindfulness, Financial Empowerment, Parenting Skills, Healthy Relationships, and coffee mornings.

Client Contact



We recorded a total of 962 individual attendances. 115 women and children received advocacy support. 92 women and children accessed our activities. We had 4,495 contacts with clients compared to 2,253 last year. This was a total of 356 hours, including 8 hours of admin support, 272 hours of contact by phone, 14 hours by email, 53 hours of 1-1 work in person, 9 hours via WhatsApp and other media.

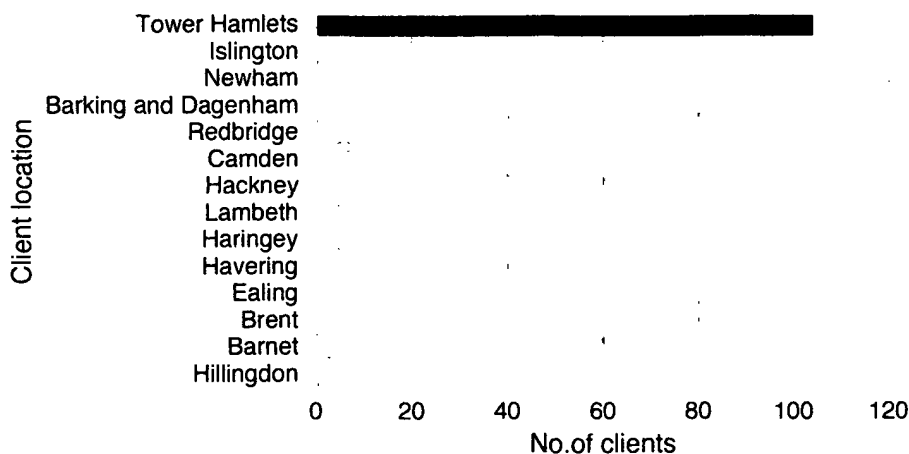
Types of cases



13 separate cases were opened on benefits, which meant that their caseworker supported them on applications and applying for benefits. 5 on debt advice to receive support on payment plans or speaking to HMRC. 21 housing cases, support on housing waiting lists, applying for housing, etc. 6 on immigration, applying for citizenship, working with immigration advisers and solicitors.

MAA SHANTI LTD
TRUSTEES ANNUAL REPORT
FOR THE YEAR ENDED 31 MARCH 2023

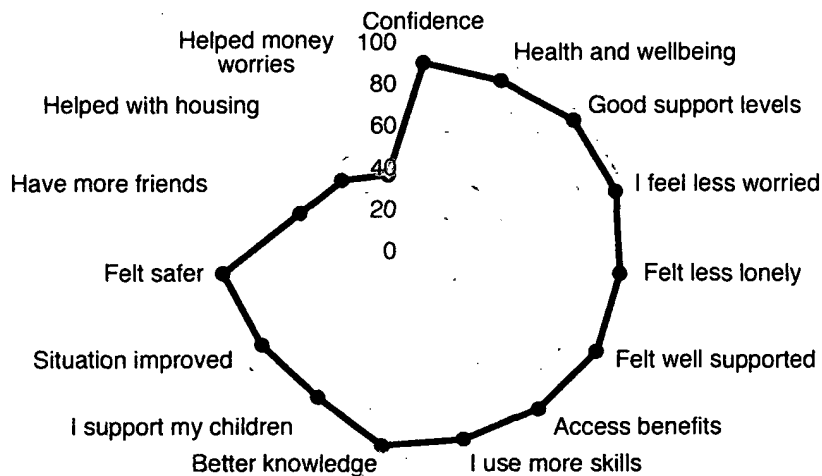
Clients by location 2022/23



104 clients were from Tower Hamlets, 76 from Islington, 18 Newham, 10 Barking and Dagenham, 7 Camden, 7 Redbridge, 6 Hackney, 5 Lambeth, 4 Haringey, 3 Brent, 3 Ealing, 3 Havering, 3 Barnet and 1 Hillingdon.

We received 77 new referrals via our website from organisations including Hestia, GPs, IMECE, KMEWO, LAWA, primary schools, the Metropolitan Police, Nia Project, social prescribing, Solace, Woman's Trust and 6 self-referrals.

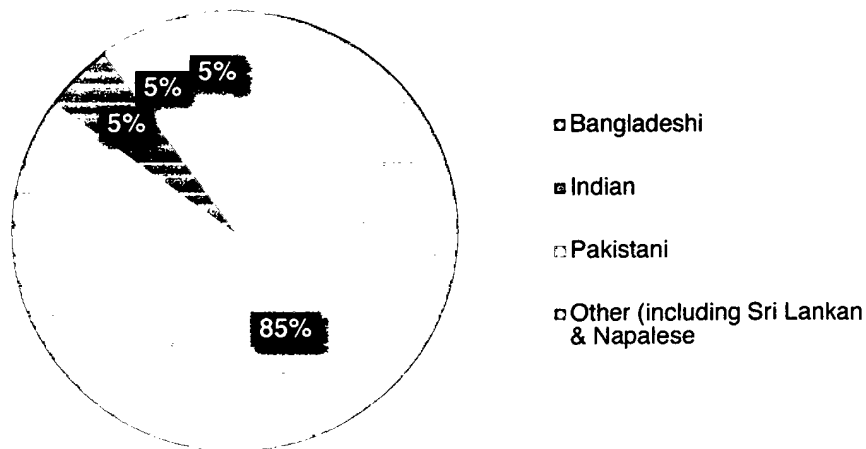
Client Outcomes



We surveyed 100 women:

- **Increased confidence and knowledge** - 92% felt more able to deal with benefits, bills, and school, 91% rated an improvement in their skills and confidence and 94% felt they had better knowledge.
- **Improved access to community support** - 88% felt that Maa Shanti has helped them to improve their situation 52% said we had helped them with housing and 41% told us we helped improve their economic wellbeing by sorting out their money worries.
- **Improved health and wellbeing** - 90% rated their health and wellbeing as medium to very good right now and 95% felt less anxiety since coming to Maa Shanti and 95% felt safer.
- **Reduction in isolation** - 93% felt less lonely, 61% said they have more friends and support,
- **Increased opportunities in employment, volunteering, and learning** - 13 women went into employment, 14 women received ongoing support to get into employment, 2 went into education and 2 became volunteers.

Client Ethnicity



85% of our clients are of Bangladeshi origin, followed by 5% Indian, 5% Pakistani and 5% other including Sri Lankan and Nepalese. 90% are Muslim while the remainder are Hindu and Sikh. 90% are aged 25-45 the remaining 10% are 45-65. 15% have a disability. We ensure that our services/activities are accessible to all clients by having staff cover the four main South Asian languages Bengali, Urdu, Hindi, and Punjabi and by ensuring that our services are culturally sensitive and tailored to clients' needs. Staff are trained in understanding many of the key areas that are of particular concern to the South Asian community such as doweries, polygamy, Honour-Based Abuse, Forced Marriage, immigration status, stigma, understanding of cultural/traditional beliefs including gender roles and sexuality, servitude, modern slavery, and financial abuse.

MAA SHANTI LTD

TRUSTEES ANNUAL REPORT

FOR THE YEAR ENDED 31 MARCH 2023

Annual Review 2022/23

During this period, we have designed and launched a new client management system and a new website. These have been two major projects that have taken required a lot of work. In particular with our new client management system, we have worked hard to ensure that we improve our data management and reporting from both a casework management and monitoring perspective. The new system integrates an automated referral process into our database. Our new website has also involved a lot of work including client consultation to improve accessibility. We now have functions that translate our content into Hindi, Urdu, Punjabi, and Bengali. Our referral numbers remain steady, but school holidays can impact on referral pathways as schools are closed and mums are usually at home with their children without much access to support. It can be more difficult for mums to meet with us as frequently due to lack of childcare during the holidays. However, we have provided several well-attended family events over the holidays including a trip to the beach on the Thames, picnics in local parks and a trip to Hyde Park. We have also found that many clients are coming back to us with concerns about money, need further support on housing or benefits.

A high number of our clients continue to report that we have helped to make them safe. This is an important finding for us as we work with multiple agencies where clients are at higher risk. We have seen more clients who we have worked with in the past come back to us for further help on advocacy. This is linked to the concerns clients have over the cost-of-living crisis, further help with applications on issues such as housing or immigration and queries over changes in circumstances such as access to new benefits. We continue to work towards our strategy to be available to women who need us where they are, so have a strong presence on the ground and online. In April 2022 we launched our in person, client-led project in Tower Hamlets funded by People's Heath Trust to support local South Asian mums. Activities have included reusing old clothes to make bags, jewelry making, coffee mornings, an Eid Party, and a picnic in the park. All these successes are linked to confidence that partners and new funders have in our projects by recognising the funding we have in place and the progress we have made as a result.

In October 2022 our main office was affected by a flood in the building because of heavy rain. We were able to move out within a month and are now located at a busy community hub in the same borough. The new office is larger and much more appropriate to our needs. We are still located in the heart of the community and in an accessible building, but now have much better facilities available including increased security, serviced meeting rooms and break out space for staff. We were able to avoid disruption to our services by meeting clients in alternative locations in the community and providing support online and over the phone. We have held 3 events at the new office including International Women's Day on 8th March. We can hold more frequent in-person sessions thanks to much better, secure, and private meeting rooms. Our learning through this period has been that we had previously thought that we would not be able to afford or even find offices of this quality in the same area. We were very fortunate to secure our new office and it has sent a clear message to clients that we want them to feel comfortable, safe, and happy in the places we meet them.

One of the key unexpected outcomes of our work is the high number of our clients who continue to report that we have helped to make them safe. This is unexpected because we are not a crisis intervention service but work in collaboration with these services. However, our work during initial assessment with clients ensures that women and children are made safe quickly as a direct outcome of our work. The cost-of-living crisis is continuing to increase pressure on single mums and is disproportionately impacting Black Asian and Minority Ethnic and Refugee communities. Change and uncertainty in government and departments impacts on our community group as fears grow about possible cuts to universal credit or changes to benefits, ongoing punitive approaches to immigration and recent increases in inflation. Many women have never worked and are feeling fearful but also increasingly anxious about having enough income to take care of their families.

We received a referral for a client in January 2023. She had heard about us via the refuge she was staying in with her children and wanted help dealing with isolation and to find out more about our groups and activities. She signed up for arts and crafts, coffee mornings, support group, mindfulness and several social events and quickly began attending in person and via zoom. During her marriage she experienced ongoing physical and emotional abuse. She received advocacy support from us to make her housing application and wanted to find work during school hours. She wants to rebuild her life, become independent and arrange counselling for her children. She applied for a job and is now waiting for the response. She attended our International Women's Day event and spoke very powerfully about the journey she is on and the strength that she has found. During the event she was also given a tablet for her and her children to use which she said would be very useful for her job search and accessing our online services. Her feedback has included "Thank you so much. I appreciate (you) for making women's day so special for us."

MAA SHANTI LTD

TRUSTEES ANNUAL REPORT

FOR THE YEAR ENDED 31 MARCH 2023

When we asked women to tell us more about how we had helped them they said, "My caseworker helped me a lot." "You helped me with joining activities." "You helped me and my family a lot thank you." 3 clients said that they didn't feel that they had been helped. When we followed up 2 of them wanted more support than we could give (they wanted us to provide counselling but did not want a referral to a counselling service). The third client did not want to say. We run coffee mornings in person and online to ask clients more about what they think about the services available. Clients are interested in activities like arts and crafts to occupy their minds and help keep them in the present. They also want to continue to access mindfulness. Some clients would like more in depth support like a befriending service.

In October we were awarded £100,000 over 3 years from the National Lottery towards project costs to support clients across London. In December we were awarded £50,000 over 5 years from the Cripplegate Fund for a new Domestic Abuse Programme working with service users to identify barriers to support and work towards reducing them in Islington. In November we were awarded £24,826 from the Rosa Stand With Us Fund towards capacity building including a fundraiser, social media lead, fundraising consultant and project costs. Before Christmas we were also notified that we would receive a new grant from the Lloyds Foundation's Enhance Programme for £50,000 towards capacity building from January 2023-December 2024.

Partners

New partners we have worked with since April include; VAWG Faith Coalition (we are now members), Liz Peplar Finance Consultant, Social Prescribing Barking and Dagenham, Bayes Business School, more primary schools and GP surgeries in Islington, Hackney, Tower Hamlets and Newham, the One Newham Network, Newham 4 Community Team, community centres in Tower Hamlets, THVCS, Dizions, LAWA, Imece and Lloyds Finance Abuse Support Team.

Funders

The Trustees are grateful of support from the London Borough of Islington Voluntary and Community Sector, Cripplegate Domestic Abuse Development Partner Programme, People's Health Trust, Rosa Fund, The National Lottery, City Bridge Trust, The Henry Smith Charity, Lloyds Foundation, London Community Foundation, and the MOPAC Grassroots Fund. The Charity continues to work strategically with key partners in local boroughs including community organisations and women's groups. This financial and moral support provides a firm foundation for the charity's activities which we plan to increase even further in the next financial year.

MAA SHANTI LTD

TRUSTEES ANNUAL REPORT

FOR THE YEAR ENDED 31 MARCH 2023

Financial review

The Charity incurred a deficit for the year of (£2,708), details of which are shown in the Statement of Financial Activities. Deficit relates to restricted funds, and it was planned/expected due to the timing of funds received and spent.

Total incoming resources for the year decreased by £58,426 to £174,990 (2022/23) from £233,416 (2021/22). Major reason for variance in income was the Ministry of Justice/ Comic Relief restricted project (one off) income received and spent in 2021-22.

Total resources expended for the year decreased by £11,243 to £177,698 from £188,941 in 2021/22. The charity's total funds at the yearend amounted to £118,493 of which £57,145 are unrestricted and £61,348 are restricted.

Going Concern

After making appropriate enquiries, the trustees have a reasonable expectation that the charitable 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. Further details regarding the adoption of the going concern basis can be found in the Accounting Policies.

Reserves policy

Maa Shanti needs to carry a sufficient reserve to maintain a reasonable level of activity on any programme in the event of a gap in the provision of income. The trustees have set a target for reserves to cover six months' future expenditure and should be sufficient to cover running costs. At current levels of expenditure, the reserves target is £67,000. As per 2022-23 accounts we have free reserves of £57,145 (5 months reserves). We plan to build our reserves by providing consultancy services. We are working to ensure that we secure multi-year bids now and in the future. We are confident this can be achieved based on the strong track record of the organisation and hard work and determination of our team.

MAA SHANTI LTD

TRUSTEES ANNUAL REPORT

FOR THE YEAR ENDED 31 MARCH 2023

Key achievements in 2022/23:

- Increased client numbers by 16% up from 219 to 254 clients.
- 4,495 contacts with clients compared to 2,253 last year.
- 95% of clients felt less anxiety since coming to Maa Shanti, 93% felt less lonely and 92% felt more able to deal with benefits, bills, and school and 95% felt safer.
- 88% felt that Maa Shanti has helped them to improve their situation.
- 61% said they have more friends and support.
- 52% said we had helped them with housing.
- 41% told us we helped improve their economic wellbeing by sorting out their money worries.
- 13 women went into employment.
- Created a new bespoke Client Management System to support and improve case management.
- Launched a new accessible website with functionality to integrate referrals into the new CMS.
- Secured new funding from The National Lottery, Cripplegate Domestic Abuse Programme, Rosa Stand With Us and the Lloyds Foundation.
- Sound financial stability with funding from the London Borough of Islington (VCS), MOPAC and the London Community Fund, The Henry Smith Charity, City Bridge Trust, and People's Health Trust during 2022/23.

Challenges

We continue to work in challenges circumstances. As an organisation we are fundraising to secure funds to continue the vital work we do, find new opportunities, and rise to the challenges of new and emerging themes for our client group. The needs of our clients have become more urgent. Housing shortages, institutional racism, barriers to employment and ongoing trauma were challenges pre-covid and remain. New challenges include the increasing numbers of cases, ongoing uncertainty in government, increases in the number of children experiencing mental health issues, a chronic lack of culturally aware trauma-informed services available to families and the cost-of-living crisis. We continue to see a rise in Honour-Based Abuse, immigration cases, human trafficking, modern slavery, and financial abuse. The last 12 months have been even busier than the year before and this is due to increased referral numbers, successful fundraising to develop our work/projects and more complex cases increasing our workload. In 2023/24 we will fundraise towards the emerging needs of our client group including their children. The cost-of-living crisis, the punitive approach from the Home Office towards immigration and the burgeoning mental health crisis children are facing across London and the UK are key focuses for our strategy into 2023/24.

MAA SHANTI LTD

TRUSTEES ANNUAL REPORT

FOR THE YEAR ENDED 31 MARCH 2023

PLANS FOR FUTURE PERIODS

Future developments

The charity will continue to support single Asian mothers through existing and new projects including through volunteering, health and wellbeing and support to increase confidence, access mainstream services, improve self-esteem and work towards wellbeing including discovering their own potential and interests.

Our strategic aims are: delivery, people, finance, and fundraising. We will continue to increase the number of referrals received and ensure we have enough staff and volunteers to support every client. We will ensure quality of service by asking clients what they want. We will build new partnerships with different organisations and potential stakeholders. We will ensure the ongoing financial health of the organisation through transparency and effective processes.

During 2023/24 we will continue to build on our achievements.

- To support at least 250 South Asian families who have been affected by domestic abuse.
- To recruit to a new Services Manager role.
- To deliver services in-person and remotely particularly in Tower Hamlets, Newham, and surrounding boroughs, in partnership with organisations already on the ground to reach more single Asian mums.
- To raise our profile and our voice in support of the families we work with to highlight the real issues faced by Asian women and their children fleeing domestic abuse.
- To create more remote learning and social activities for our clients via new media and platforms.
- To enhance and strengthen our dialogue with clients to continue to understand what clients need, how we can support them better and in what way that support works best.
- To apply to more funders for multi-year bids that improve the financial health and stability of the organisation.
- To continue to build up our reserves via new forms of income generation such as training, consultancy, and partnership opportunities.
- We will continue to develop our financial processes to ensure the financial resilience and adaptability of the organisation, particularly during uncertain times.

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
MAA SHANTI LTD
FOR THE YEAR ENDED 31 MARCH 2023**

I report to the trustees on my examination of the accounts of Maa Shanti for the year ended 31 March 2023.

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 accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts 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 your charity's accounts 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 that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts 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 accounts to be reached.

16/12/2023

.....
Aamer Shehzad ACA
Accountability Europe Ltd
Omnibus Workspace
39-41 North Road
London N7 9DP
Date: 2023

MAA SHANTI LTD

TRUSTEES ANNUAL REPORT

FOR THE YEAR ENDED 31 MARCH 2023

PLANS FOR FUTURE PERIODS

Future developments

The charity will continue to support single Asian mothers through existing and new projects including through volunteering, health and wellbeing and support to increase confidence, access mainstream services, improve self-esteem and work towards wellbeing including discovering their own potential and interests.

Our strategic aims are: delivery, people, finance, and fundraising. We will continue to increase the number of referrals received and ensure we have enough staff and volunteers to support every client. We will ensure quality of service by asking clients what they want. We will build new partnerships with different organisations and potential stakeholders. We will ensure the ongoing financial health of the organisation through transparency and effective processes.

During 2023/24 we will continue to build on our achievements.

- To support at least 250 South Asian families who have been affected by domestic abuse.
- To recruit to a new Services Manager role.
- To deliver services in-person and remotely particularly in Tower Hamlets, Newham, and surrounding boroughs, in partnership with organisations already on the ground to reach more single Asian mums.
- To raise our profile and our voice in support of the families we work with to highlight the real issues faced by Asian women and their children fleeing domestic abuse.
- To create more remote learning and social activities for our clients via new media and platforms.
- To enhance and strengthen our dialogue with clients to continue to understand what clients need, how we can support them better and in what way that support works best.
- To apply to more funders for multi-year bids that improve the financial health and stability of the organisation.
- To continue to build up our reserves via new forms of income generation such as training, consultancy, and partnership opportunities.
- We will continue to develop our financial processes to ensure the financial resilience and adaptability of the organisation, particularly during uncertain times.

MAA SHANTI LTD

TRUSTEES ANNUAL REPORT

FOR THE YEAR ENDED 31 MARCH 2023

TRUSTEES RESPONSIBILITIES

The charity trustees (who are also the directors of Maa Shanti for the purposes of company law) are responsible for preparing a trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the charity trustees to prepare financial statements for each year which give a true and fair view of the state of affairs of the charitable company and the group and of the incoming resources and application of resources, including the income and expenditure, of the charitable group for that period. In doing so the trustees are required to:

- Select suitable accounting policies and then apply them consistently;
- Make judgments and estimates that are reasonable and prudent;
- State whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- Follow the methods and principles of the Charity SORP; and
- Prepare the financial statements on the going concern basis unless it is inappropriate to assume that the group will continue in business.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and the group and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

MAA SHANTI LTD
TRUSTEES ANNUAL REPORT
FOR THE YEAR ENDED 31 MARCH 2023

The reports have been prepared in accordance with the special provisions applicable to companies subject to the small companies regime.

This report was approved by the Board of Trustees on 16/12/23 and signed on their behalf by:



Priya Solanki, Chair

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
MAA SHANTI LTD
FOR THE YEAR ENDED 31 MARCH 2023**

I report to the trustees on my examination of the accounts of Maa Shanti for the year ended 31 March 2023.

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 accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts 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 your charity's accounts 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 that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts 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 accounts to be reached.

16/12/2023

.....
Aamer Shehzad ACA
Accountability Europe Ltd
Omnibus Workspace
39-41 North Road
London N7 9DP
Date: 2023

MAA SHANTI LTD
COMPANY LIMITED BY GUARANTEE
STATEMENT OF FINANCIAL ACTIVITIES
(INCORPORATING THE INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 31 MARCH 2023

	Note	Unrestricted Funds	Restricted Funds	Total 2023	Total 2022
		£	£	£	£
<u>Income From</u>					
Donations and legacies	3	38,402	136,588	174,990	233,416
Total Income		<u>38,402</u>	<u>136,588</u>	<u>174,990</u>	<u>233,416</u>
<u>Expenditure on:</u>					
Charitable activities	4	37,042	140,656	177,698	188,941
Total expenditure		<u>37,042</u>	<u>140,656</u>	<u>177,698</u>	<u>188,941</u>
Net income / (expenditure) for the year before transfers	5	1,360	(4,068)	(2,708)	44,475
Net movement in funds		<u>1,360</u>	<u>(4,068)</u>	<u>(2,708)</u>	<u>44,475</u>
Total funds brought forward		55,785	65,416	121,201	76,726
Total funds carried forward		<u><u>57,145</u></u>	<u><u>61,348</u></u>	<u><u>118,493</u></u>	<u><u>121,201</u></u>

All of the above results are derived from continuing activities.
There were no other recognised gains or losses other than those stated above.
The attached notes form part of these financial statements.

MAA SHANTI LTD
COMPANY LIMITED BY GUARANTEE
BALANCE SHEET
AS AT 31 MARCH 2023

	Note	2023 £	2022 £
Current assets			
Cash at bank and in hand		<u>122,997</u>	<u>143,294</u>
		122,997	143,294
Creditors: Amounts falling due	7	<u>(4,504)</u>	<u>(22,093)</u>
Net current assets		<u>118,493</u>	<u>121,201</u>
Net assets		<u>118,493</u>	<u>121,201</u>
Funds			
Restricted Funds	8	61,348	65,416
General funds	8	57,145	55,785
Total charity funds		<u>118,493</u>	<u>121,201</u>

For the year ended 31 March 2023 the charitable company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.

No members have required the company to obtain an audit of its accounts for the year in question in accordance with section 476 of the Companies Act 2006.

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

The financial statements have been prepared in accordance with the special provisions applicable to companies subject to the small companies regime.

Approved by the members of the committee on 16/12/ 2023

and signed on its behalf by:



Priya Solanki

Company Registration No. 05166706

The attached notes form part of the financial statements.

MAA SHANTI LTD
COMPANY LIMITED BY GUARANTEE
NOTES TO THE FINANCIAL STATEMENT
FOR THE YEAR ENDED 31 MARCH 2023

1 Accounting policies

Basis of Accounting

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 (FRS 102) - (Charities SORP FRS 102) and the Companies Act 2006.

The charitable company meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy or note.

The charitable company is exempted from preparing a cash flow statement due to exemption available to charities with income of less than £500,000.

Going concern

The trustees consider that there are no material uncertainties about the charitable company's ability to continue as a going concern. The trustees do not consider that there are any sources of estimation uncertainty at the reporting date that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next reporting period.

Income

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the income have been met, it is probable that the income will be received and that the amount can be measured reliably.

Fund accounting

Unrestricted funds are available to spend on activities that further any of the purposes of charity. Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose. Restricted funds are donations which the donor has specified are to be solely used for particular areas of the charity's work or for specific projects being undertaken by the charity.

Expenditure

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. Expenditure is classified under the following activity headings:

Fundraising costs

Costs of raising funds comprise of trading costs and the costs incurred by the charitable company in inducing third parties to make voluntary contributions to it, as well as the cost of any activities with a fundraising purpose.

Charitable Activities

Expenditure on charitable activities includes the costs of delivering services, exhibitions and other educational activities undertaken to further the purposes of the charity and their associated support costs.

Allocation of support costs

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Support costs include office costs, finance, personnel, payroll and governance costs which support the charity and its activities. These costs have been allocated between cost of raising funds and expenditure on charitable activities.

MAA SHANTI LTD
COMPANY LIMITED BY GUARANTEE
NOTES TO THE FINANCIAL STATEMENT
FOR THE YEAR ENDED 31 MARCH 2023

1. Accounting policies (continued)

Tangible fixed assets

Tangible fixed assets are stated at cost less depreciation. Items of equipment are capitalised where the purchase price exceeds £1,000. Fixed assets are depreciated over three years.

Debtors

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

Cash at bank and in hand

Cash at bank and cash 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.

Creditors and provisions

Creditors and provisions 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 and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

2 Detailed comparatives for the statement of financial activities

	Unrestricted	Restricted	Total
	£	£	2022 £
Income from:			
Donations and legacies	25,589	207,827	233,416
Total Income	25,589	207,827	233,416
Expenditure on:			
Charitable activities	-	188,941	188,941
Total expenditure	-	188,941	188,941
Net income for the year	25,589	18,886	44,475
Transfer Between Funds	20,439	(20,439)	-
Net movement in funds	46,028	(1,553)	44,475
Total funds brought forward	9,757	66,969	76,726
Total funds carried forward	55,785	65,416	121,201

MAA SHANTI LTD
COMPANY LIMITED BY GUARANTEE
NOTES TO THE FINANCIAL STATEMENT
FOR THE YEAR ENDED 31 MARCH 2023

3 Donations & Legacies

	Unrestricted	Restricted	Total	Total
	£	£	2023	2022
			£	£
Islington VCS	-	15,000	15,000	15,000
Islington Giving	-	-	-	17,641
Cripplegate Foundation	11,000	-	11,000	-
Peoples Healthwatch	-	21,912	21,912	-
Rosa Fund	-	24,826	24,826	-
The National Lottery	-	16,933	16,933	-
City of London-City Bridge Trust	-	19,602	19,602	18,250
City of London-Wave 5	-	-	-	49,374
Lloyds Bank Foundation	27,250	-	27,250	25,100
Henry Smith	-	22,150	22,150	21,550
MOPAC	-	16,165	16,165	13,835
Sports England	-	-	-	5,000
Ministry Of Justice-Additional Comic Relief	-	-	-	67,177
Other Donation	152	-	152	489
	<u>38,402</u>	<u>136,588</u>	<u>174,990</u>	<u>233,416</u>

4 Analysis of expenditure

	Charitable	Support	2023	2022
	activities	costs	Total	Total
	£	£	£	£
Staff costs	126,831	-	126,831	130,818
Direct costs	24,449	-	24,449	34,833
Premises cost	-	9,503	9,503	4,885
Computer & IT expenses	-	5,518	5,518	8,429
Office and admin costs	-	10,197	10,197	8,776
Independent examiner's fee	-	1,200	1,200	1,200
	<u>151,280</u>	<u>26,418</u>	<u>177,698</u>	<u>188,941</u>
Support costs allocated	26,418	(26,418)	-	-
Total expenditure 2023	<u>177,698</u>	<u>-</u>	<u>177,698</u>	<u>188,941</u>
Total expenditure 2022	<u>188,941</u>	<u>-</u>	<u>188,941</u>	

Of the total expenditure, £37,042 was unrestricted (2022: £nil) and £140,656 was restricted (2022: £188,941).

MAA SHANTI LTD
COMPANY LIMITED BY GUARANTEE
NOTES TO THE FINANCIAL STATEMENT
FOR THE YEAR ENDED 31 MARCH 2023

4-a Analysis of expenditure (prior year)

	Charitable activities £	Support costs £	2022 Total £
Staff costs	130,818	-	130,818
Direct costs	34,833	-	34,833
Premises cost		4,885	4,885
Computer & IT expenses		8,429	8,429
Office and admin costs		8,776	8,776
Independent examiner's fee		1,200	1,200
	165,651	23,290	188,941
Support costs allocated	23,290	(23,290)	-
Total expenditure 2022	188,941	-	188,941

MAA SHANTI LTD
COMPANY LIMITED BY GUARANTEE
NOTES TO THE FINANCIAL STATEMENT
FOR THE YEAR ENDED 31 MARCH 2023

5 Net income / (expenditure) for the year

This is stated after charging:

	2023	2022
	£	£
Independent examiner's fee (excluding VAT)	1,000	1,000

6 Analysis of staff costs, trustee remuneration and expenses and cost of key management personnel

Total staff costs were as follows:

	2023	2022
	£	£
Wages and salaries	118,697	122,283
Social security costs	5,544	6,258
Other pension costs	2,590	2,277
	<u>126,831</u>	<u>130,818</u>

No member of staff received emoluments of more than £60,000 in this year (2022: None)

The total employee benefits including pension of the key management personnel were £59,507 (2022: £60,352). During the year there were no redundancy payments.

The trustees of the charitable company were not paid or received any other benefits from employment with the charity in the year (2022: £nil) neither were they reimbursed expenses during the year (2022: £nil). No charity trustee received payment for professional or other services supplied to the charity (2022: £nil).

The average number of employees during the year, was as follows:

	2023	2022
	No.	No.
Number of project staff	4	4
Number of support staff	2	2
	<u>6</u>	<u>6</u>

7 CREDITORS: Amounts falling due within one year

	2023	2022
	£	£
Creditors	1,414	2,857
Deferred Income	-	11,952
Taxation and social security	450	4,044
Accruals and deferred income	2,640	3,240
	<u>4,504</u>	<u>22,093</u>

MAA SHANTI LTD
COMPANY LIMITED BY GUARANTEE
NOTES TO THE FINANCIAL STATEMENT
FOR THE YEAR ENDED 31 MARCH 2023

8 Movement in funds					Balance at
current year	At 1 April				31 March
	2022	Income	Expenditure	Transfers	2023
	£	£	£		£
Restricted:					
Islington VCS	16,982	15,000	19,862	-	12,120
Islington Giving	9,049	-	9,049	-	-
City of London-City Bridge Trust	6,567	19,602	21,367	-	4,802
City of London-Wave 5	12,343	-	12,343	-	-
Henry Smith	18,095	22,150	28,030	-	12,215
MOPAC	-	16,165	16,165	-	-
Sports England	2,380	-	2,380	-	-
Peoples Healthwatch	-	21,912	16,400	-	5,512
Rosa Fund	-	24,826	2,645	-	22,181
The National Lottery	-	16,933	12,415	-	4,518
Total Restricted Fund	65,416	136,588	140,656	-	61,348
Unrestricted Funds:					
General Funds	55,785	38,402	37,042		57,145
Total funds	121,201	174,990	177,698	-	118,493

Movement in funds					Balance at
prior year	At 1 April				31 March
	2021	Income	Expenditure	Transfers	2022
	£	£	£	£	£
Restricted:					
Islington VCS	8,037	15,000	6,055	-	16,982
Islington Giving	13,060	17,641	21,652	-	9,049
Cripplegate	3,750	-	3,750	-	-
Two Magpies	7,093	-	7,093	-	-
City of London-City Bridge Trust	4,750	18,250	16,433	-	6,567
City of London-Wave 5	-	49,374	37,031	-	12,343
Lloyds Bank Foundation	20,439	-	-	(20,439)	-
Henry Smith	9,840	21,550	13,295	-	18,095
MOPAC	-	13,835	13,835	-	-
Sports England	-	5,000	2,620	-	2,380
Ministry Of Justice	-	67,177	67,177	-	-
Total Restricted Fund	66,969	207,827	188,941	(20,439)	65,416
Unrestricted Funds:					
General Funds	9,757	25,589	-	20,439	55,785
Total Funds	76,726	233,416	188,941	-	121,201

MAA SHANTI LTD
COMPANY LIMITED BY GUARANTEE
NOTES TO THE FINANCIAL STATEMENT
FOR THE YEAR ENDED 31 MARCH 2023

9 Purpose of Restricted Funds

All restricted funds are used for our activities which are developed in collaboration with our clients including advocacy, emotional support, signposting and groups that reduce isolation, promote peer support and enable women to access opportunities for themselves and their children. We run a programme of workshops and events, which improve access to relevant support, focus on mental well-being and increase participation in the local community. We provide weekly activities and drop-in sessions, arts and crafts, yoga, group trips and mother and child activities during school holidays.

10 Analysis of net assets between funds - 2023

	Tangible Fixed Assets £	Net Current Assets £	Total 2023 £
Restricted Income Funds:	-	61,348	61,348
Unrestricted Income Funds	-	57,145	57,145
Total Funds	<u>-</u>	<u>118,493</u>	<u>118,493</u>

Analysis of net assets between funds - 2021

	Tangible Fixed Assets £	Net Current Assets £	Total 2022 £
Restricted Income Funds:	-	65,416	65,416
Unrestricted Income Funds	-	55,785	55,785
Total Funds	<u>-</u>	<u>121,201</u>	<u>121,201</u>

11 Company limited by guarantee

The company is limited by guarantee of £1 per member without share capital.

12 Taxation

The charitable company is exempt from corporation tax as all its income is charitable and is applied for charitable purposes.

13 Related party transactions

There are no related party transactions to disclose for 2023 (2022: none).

There are no donations from related parties which are outside the normal course of business and no restricted donations from related parties. There is no balance due to/from related parties at the end of the year.

MAA SHANTI LTD

England & Wales - Charity number 1105305

Accounts

Charity No. 1105305
Company No: 05166706

MAA SHANTI LTD

(Company limited by guarantee)

Report and financial statements

For the year ended 31 March 2022



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MAA SHANTI LTD
REFERENCE AND ADMINISTRATIVE INFORMATION
FOR THE YEAR ENDED 31 MARCH 2022

Status	The organisation is a charitable company limited by guarantee, incorporated on 22 April 1987 and registered as a charity on 8 June 1989.
Governing document	The Company was established under a memorandum of association which sets out its objects and powers, and it is governed under the articles of association.
Charity number:	1105305
Company number:	05166706
Registered office:	The Old Fire Station 84 Mayton Street London N7 6QT
Trustees and Directors	Priya Solanki Humaa Jamil Nishma Tate Sonia Morjaria-Shann Mrithula Shanker Nikita Mistry Jigisha Lock Bhavisha Gorecha
Banker	HSBC Bank plc 1 Woburn House London WC1HOLQ
Independent Examiner	Accountability Europe Limited Omnibus Workspace 39-41 North Road London N7 9DP

MAA SHANTI LTD

TRUSTEES ANNUAL REPORT

FOR THE YEAR ENDED 31 MARCH 2022

The directors, who also are the trustees of the charitable company for the purposes of charity law, present their annual report and financial statements of Maa Shanti for the year ended 31 March 2022. The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the charity's governing document, the Companies Act 2006, and charities regulations, Accounting and Reporting by Charities: Statement of Recommended Practice (SORP 2015), applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland.

Structure, governance and management

The governance of the charity is the responsibility of the Trustees. Day to day management is by the Director, who draws on the support and expertise of the highly experienced Board of Trustees as needed.

Constitution and governing document

Maa Shanti was formerly Asian Women Lone Parents Association, registered as a company limited by guarantee in England and Wales, incorporated at companies house on 30th June 2004. The company changed its name to Maa Shanti on 7th November 2018. The company is also a registered charity with the charity commission, registered number 1105305. Maa Shanti constituted under Memorandum of Association of Asian Women Lone Parents Association dated, last amended in November 2018.

Appointment of trustees

Trustees are elected and co-opted under the terms of the Memorandum of Association of the company. Regular reviews are held to identify any expertise gaps within the Board of Trustees and appointments are made where required to strengthen the Board of Trustees, subject to all trustees' approval.

When it is necessary to appoint new trustees, due to either a trustee stepping down or a gap of expertise in the board is identified, recruitment will initially begin through the networks of the board and management team. Applicants will be reviewed by trustees and the successful applicant will be invited to attend a trustee meeting. Following this, on the provision that the board are satisfied and the applicant still wishes to join the trustee board, they will be appointed.

No other person or external body is entitled to appoint any trustees of the charity. The Trustees who served during the period and after the yearend are shown on page 1.

Policies adopted for the induction and training of Board of Trustees

The charity provides new trustees with an induction pack, training from the Director and mentoring from the Chair. The charity has limited resources for formal training of the trustee body. However, on-going training opportunities are communicated to trustees when these become available. All trustees are provided with the following policies: Complaints, Confidentiality, Data Protection, Disciplinary Procedures and Process, Domestic Abuse, Equal Opportunities, Financial Management and Procedures, Grievance Policy, Health and Safety, Recruitment Procedure, Safeguarding Adults Policy and Procedures, Safeguarding Children and Young People Policy and Procedures, Staying Covid Secure, Volunteering Policy and Whistleblowing Policy.

MAA SHANTI LTD
TRUSTEES ANNUAL REPORT
FOR THE YEAR ENDED 31 MARCH 2022

Related party transactions

The Charity has considered the disclosure requirements of the SORP for related party transactions. The charity has no related party connections with other organisations. The trustees consider that the members of the board and their close connections to be the only related parties of the charity. All trustees give their time voluntarily and receive no benefits from the charity. Any expenses reclaimed from the charity trustees are set out in notes to the accounts.

Trustees are required to disclose all relevant interests and register them with the Director and to withdraw from decisions where a conflict of interest arises.

Remuneration policy for key management personnel

The pay of the charity's Director is reviewed annually and normally increased in accordance with London average earnings, depending on affordability. The trustees also draw on their knowledge of the sector and common practice in other charities of similar size to ensure that the remuneration set is fair and not out of line with that generally paid for similar roles.

Risk Management

The Board of Trustees fully accepts its responsibilities for ensuring that the major risks to which the Charity is exposed are identified, and that there are systems and procedures in place to mitigate those risks.

MAA SHANTI LTD

TRUSTEES ANNUAL REPORT

FOR THE YEAR ENDED 31 MARCH 2022

OBJECTIVES AND ACTIVITIES FOR THE PUBLIC BENEFIT

Purposes and aims

The objects of the charity are to:

- Support single Asian mothers and dependents through the provision of information, advice and guidance;
- Provide social, cultural and recreational activities to overcome social isolation and provide informal support;
- Raise awareness amongst the local community, local Asian groups and organisations and other relevant agencies of the issues affecting single Asian mothers;
- Provide educational training and employment opportunities to build skills and self-confidence to achieve economic and social independence;
- Provide social and cultural opportunities for both parents and children;
- Provide support for women's health issues, wellbeing, and emotional support.

Beneficiaries of our services

Maa Shanti supports south Asian mothers who are affected by domestic abuse, and we are the only organisation in the UK working with this specific group. Our vision is "empowering single Asian mums". Our mission is to support mums towards independence through advocacy, building relationships and social activities. We are a client-led, by-and-for organisation, continually developing our services to meet the needs of our community. Our values are openness, empowerment, respect, and equality. Our outcomes are increased confidence and knowledge, improved health and wellbeing, reductions in isolation and opportunities in employment, volunteering, and learning.

We were founded as a grassroots project in North London in 1998 by three South Asian women who identified a need for culturally informed support and guidance for single mums in the community. They started by hiring a room in a community centre for a group to meet and soon found that most women were on their own after fleeing domestic abuse. Originally known as Asian Women Lone Parents Association, by 2018 women wanted a name change. They decided on "Maa Shanti" which is Hindi for "Mother Peace". "Maa" is a universal word for "mother" and "shanti" means "peace". This is how women feel when they visit our services. We have cultivated this approach of involvement and collaboration throughout our journey with mums.

Our team are fluent in Punjabi, Urdu, Hindi, and Bengali. We provide advocacy, emotional support, signposting and activities that reduce isolation, promote peer support, and enable women to access opportunities for themselves and their children. We run a programme of online and in-person activities, which improve access to relevant support, focus on mental well-being and increase participation in the local community. We currently provide weekly activities including arts and crafts, yoga, language skills, support groups, cooking club and mindfulness. We keep cases open, regardless of the level of risk and work with complex, medium, and higher risk cases. We provide support every step of the way, crucially with cultural insight, knowledge and experience of the barriers women may face.

Our beneficiaries are mainly from Bangladesh, Pakistan, and India, living in London. Women can be at any stage in their journey, whether they are living with their partner or not. Our work reduces levels of isolation, builds confidence, and increases networks and support. It is so important because the impact of abuse and subsequent trauma on families can be severe and long lasting. We work with women affected by honour-based abuse, forced marriage, modern slavery, human trafficking, stalking, financial abuse, coercive control, and other types of abuse linked to violence against women and girls. We provide information and support on issues including benefits, housing, debt, parenting, education, child maintenance and safety planning. Over 80% are migrants, whilst 20% are British born. Over 10% of our clients have a physical disability, often linked to the abuse experienced over extended periods of time.

MAA SHANTI LTD

TRUSTEES ANNUAL REPORT

FOR THE YEAR ENDED 31 MARCH 2022

Principle activities

The charity's main activities and who it tries to help are described below. All its charitable activities focus on support and are undertaken to further Maa Shanti's charitable purposes for the public benefit.

We provide advocacy, activities for health, wellbeing, skills & learning, support groups, workshops, social events, and community networks in-person and via WhatsApp groups. Women usually hear about us via other organisations or groups in the community. Hestia, Solace Women's Aid, community centres, primary schools and GPs are some of our key referrers. We are a specialist service, rooted in a trauma-informed setting. We are acutely aware of the impact of trauma for women and their families as well as the ongoing effects on their mental health and wellbeing. We are clear on maintaining a calm and supportive approach, being aware of the risks of re-traumatisation and integrating co-production into our client relationships.

At the first point of contact we have with clients, they often have fears about their own safety as well as their children, they need help with benefits and may be fleeing their home, staying with friends or family, or waiting to move from low standard temporary accommodation. They feel overwhelmed and require support through advocacy. Alongside these urgent practical issues, mums are completely isolated. They may have been disowned by their family for leaving their partner or have moved far away from any support network they may have had; others are victims of human trafficking and modern slavery. The impact of such high levels of isolation can be devastating to families as well as the ongoing pain and trauma. Women tell us they need both advocacy and activities. This model leads to empowerment and was developed by our community. Feedback, survey information and client data from our beneficiaries confirms it remains very helpful. We have significantly increased our capacity and ability to support more women and their children because of successful fundraising. Our team are experienced and resourceful practitioners dealing with extremely complex cases in an increasingly challenging environment.

We recognise that we are in a very privileged position to be able to work with this community as we have established trust with women over several years, in many cases where it took a huge amount of courage to leave their home and rebuild their lives. Many women do not speak English as their first language and have poor to no literacy skills as they have never received a formal education so are unable to read in any language. Being able to advocate for clients and speak to them in the language they understand is not something that women find every day. Many women are fearful of agencies and statutory organisations, some are afraid of talking to their GP, so it is vital that their voices are heard. In the most high-risk cases this is especially important because it ensures we can assess risk and communicate that to other agencies, but also because as women move forward, they will feel heard and empowered.

We take an approach of co-production, ensuring that we are client-led and work in collaboration with women at every stage. We don't tell our clients what to do but explore options and what feels right and achievable for them. We often find that women can do so much more than they first think and by reminding them of what they have already achieved; taking steps to move forward, leaving their relationship, supporting their children are all common examples. We work with hundreds of partners across London, most based in North and East London including children centres, Home Start, Families First, Parent House, On Your Doorstep, Job Centres, Volunteering Services, Housing Associations, BAME-led groups, GPs, primary schools, Domestic Abuse services, police, schools, family services and community centres. Our key referrers are Solace Women's Aid, Hestia, social services, community centres, job centres and primary schools.

MAA SHANTI LTD

TRUSTEES ANNUAL REPORT

FOR THE YEAR ENDED 31 MARCH 2022

Public benefit

The Board of Trustees confirm that they have complied with their duty to have due regard to the guidance on public benefit published by the Charity Commission in exercising their powers or duties.

Looking primarily at gender, attempted suicide and self-harm are much more common in women in general and are related to poverty, deprivation, psychological distress, and a history of physical and sexual abuse. Women from socially and economically disadvantaged backgrounds and women from Black Asian Minority Ethnic and Refugee (BAMER) backgrounds are more likely to have poor mental health (Holmshaw & Hillier, 2000). There is also a gap in service provision for women from BAMER backgrounds which contributes to poorer outcomes for women. Our clients tell us all the time that they are so relieved to speak to an organisation that understands what it means to experience domestic abuse in the South Asian community. The stigma attached to separation can have a huge impact on women and their children. They can lose their entire support network virtually overnight or they may have endured years of pressure to stay in an abusive relationship. The presence of honour-based abuse, forced marriage and pressures to stay with a marriage no matter what, are often missed, misunderstood, or minimised by mainstream agencies. (Sanderson, 2008) For Asian women, the cultural pressures of remaining in an abusive relationship and being seen by the community as a dutiful wife often create significant further barriers for women trying to escape. (Siddiqui, 2003). Many women also have low literacy skills and very little spoken English which makes it even harder to find support.

We reduce levels of isolation, build confidence, and increase networks and support. Many women face shame and stigma when they leave an abusive relationship because they may be viewed by the community as selfish or a failure. The impact this alone can have on the mental health and wellbeing of a mother and her children can be severe and ongoing. There are also significant risks with cases involving honour-based abuse, forced marriage and modern slavery which can often be underestimated or missed by different agencies. We are often the ones advocating for clients and their children with an understanding of the pathways to support available, knowledge of cultural context and the ability to translate. We always place the needs and wants of our clients at the heart of what we do. Women tell us how important it is to them that they are understood and heard, that their feelings are considered with cultural insight.

The criteria for our client group are women/mothers/South Asian. In the context of intersectionality there are multiple variables linked to discrimination, poorer health outcomes and lower socio-economic status that are more likely to affect single Asian mothers, let alone those experiencing domestic abuse. Many of our clients are also migrants and have insecure immigration status. In April 2022 the UK government passed the Nationality and Borders Bill which was widely condemned by Human Rights activists and Refugee advocates. The measures introduced in this Bill, which is now likely to become an Act, make it much easier for the Home Office to revoke citizenship and deport people. At present, children who were born in the UK do not automatically have a right to citizenship and therefore child benefit which is a measure brought in by this government which predates the Nationality and Borders Bill.

We promote a warm and open culture where women can tell us how they feel and what they think in-person, over the phone, via zoom, WhatsApp, in group settings and 1-1. Our understanding of the challenges and barriers our clients face is crucial to our ability to provide the right kind, and level, of support. We provide an in-person and/or remote safe space where women can build trust through talking, sharing, and supporting one another. Women who have not worked for years, or never worked, go on to volunteer with us or other local organisations and some women even gain paid employment within the organisation. This is a great success story for us and our staff but is also a clear message to all of our clients that they can achieve more even during difficult times. Clients know that we are here when they need us because they can come back to us whenever they want. We work in a co-productive way which supports the client to make progress on her own. We have built up a solid reputation in our local network by working collaboratively and raising awareness of our clients' needs.

MAA SHANTI LTD

TRUSTEES ANNUAL REPORT

FOR THE YEAR ENDED 31 MARCH 2022

ACHIEVEMENTS AND PERFORMANCE: REVIEW OF ACTIVITIES FOR THE YEAR

The trustees review the aims, objectives and activities of the charity each year. This report looks at what the charity has achieved and the outcomes of its work in the reporting period. The trustees report the success of each key activity and the benefits the charity has brought to those groups of people that it is set up to help. The review also helps the trustees ensure the charity's aims, objectives and activities remained focused on its stated purposes.

The trustees have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives and in planning its future activities. In particular, the trustees consider how planned activities will contribute to the aims and objectives that have been set.

Covid-19

In many ways Covid-19 has propelled our development as we have adapted and increased access to services via different routes. When the national lockdown was imposed from March 2020 our number one priority was to make sure that none of our clients were left behind. We set up WhatsApp groups to reflect our services, called every client on our files and asked what they needed at that moment. Women needed accurate information, food, connection, devices, reassurance, stability, validation and hope.

Between then and now we have maintained our approach. We opened services in East London, provided tech and devices to over 50 families, provided over £1000 in grocery vouchers and adapted and developed our services throughout. Our staff numbers have increased from 3 to 6, client numbers: from 129 to 219, activities: from 123 to 313, attendances: from 613 to 1164 and income for 2020 was £91k, whilst in 2022 and for this financial year it is £230k.

Our staff team

Our Director has worked in the field of Violence Against Women since 2009 and has grown the organisation from 2 staff in May 2018 to 6 by March 2022. She is responsible for the overall management of the organisation and reports to our experienced Board of 7 trustees. She is supported by 3 Community Caseworkers, a Client Engagement Worker and a Senior Community Caseworker who has been with the organisation for over 9 years. All of our staff team have lived experience. Our Community Caseworkers are frontline professionals, working with, and developing, key partners in our main borough areas. They are responsible for identifying and developing new partnerships and referral pathways. They take referrals, undertake initial assessments and run activities and groups. Our Client Engagement Worker makes regular contact with new and existing clients every week. She talks to clients in more detail about their circumstances, the challenges they face and how we can help as well as referring to activities that may be beneficial. She also carries out our user survey. Our Senior Community Caseworker is responsible for ensuring quality of service for clients. She leads on developing services, managing the timetable, monitoring and evaluation and maintains her own caseload. She is an extremely experienced professional who has developed effective relationships with clients and partners over several years. Our service pathway often begins with at least one advocacy session to deal with clients' most pressing concerns, then as we build trust, women become more interested in the activities they would like to join.

MAA SHANTI LTD

TRUSTEES ANNUAL REPORT

FOR THE YEAR ENDED 31 MARCH 2022

Our impact

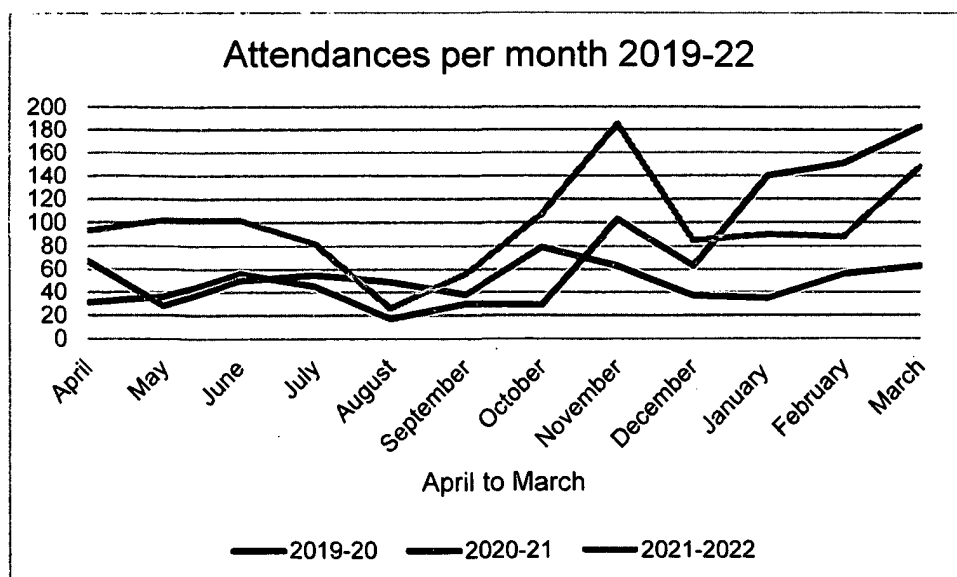
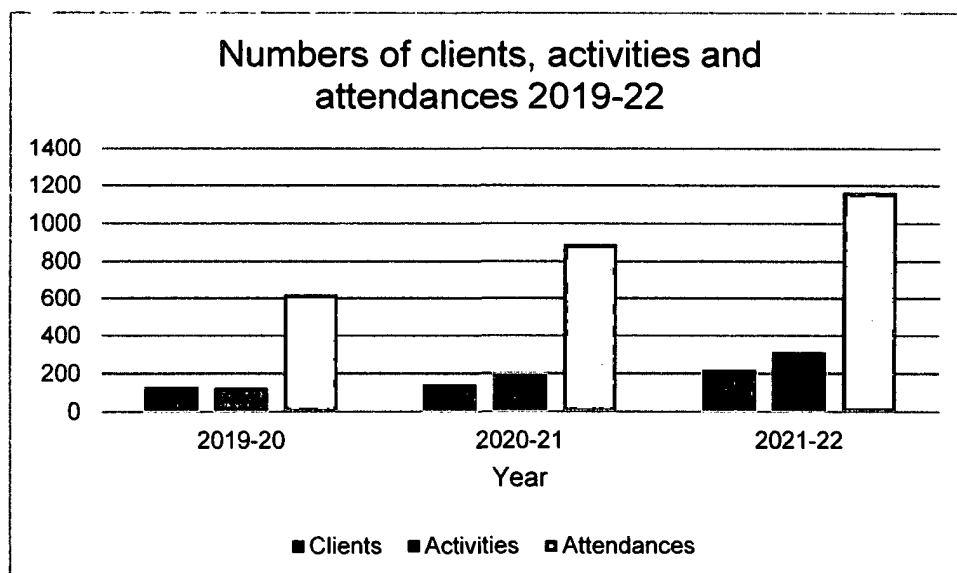
From April 2021 to March 2022,

Maa Shanti provided 313 activities and events (compared to 195 in 2020/21) including arts and crafts, cooking club, support groups, vocab groups, yoga, mindfulness, Eid, Christmas, Easter & Diwali parties, a trip to Hyde Park, and coffee mornings.

We recorded a total of 1164 attendances during 2021/22 (compared to 890 attendances for 2020/21). In total we supported 219 clients for the year, compared to 140 clients in 2020/21. That is an increase of 56%.

- 90% of clients received support on benefits
- 85% accessed new benefits
- 45% were helped to deal with and/or manage and reduce debt (e.g. setting up payments plan contacting HMRC)
- 40% were supported to work with their child's school (e.g. applying for school places, working with SENCo or Welfare officer)
- 15% received support working with children's social services
- 100% of clients we worked with received emotional support

We received 132 new referrals from other organisations plus 23 self-referrals which is a total of 155. We had 2253 contact sessions with 159 clients which is an average of 188 sessions per month, with the busiest month recorded in November with 409.



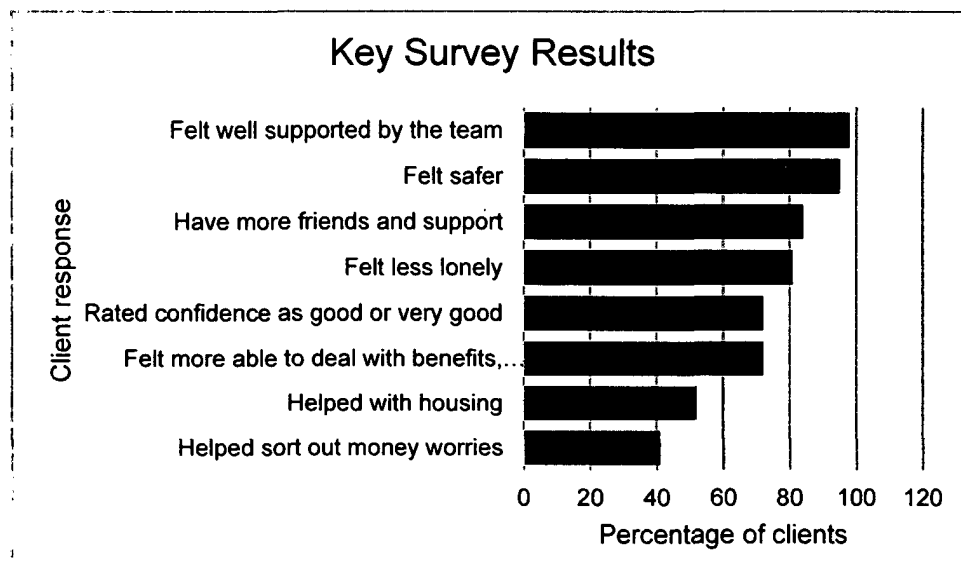
MAA SHANTI LTD

TRUSTEES ANNUAL REPORT

FOR THE YEAR ENDED 31 MARCH 2022

In total we surveyed 58 women with the following results:

- 72% rated their confidence as good or very good.
- 81% said they felt less lonely since coming to Maa Shanti.
- All clients except 1 felt well supported by the team but she did not give a reason.
- 72% felt more able to deal with benefits, bills, and school and all of them attributed that to having better knowledge and skills since coming to Maa Shanti.
- 55 out of 58 women said we had helped make them safe which is 95%. This is especially significant as we are not an Independent Domestic Violence Advocacy Service focused on reducing risk.
- 84% said they had more friends and support.
- 52% said we helped them with housing
- 41% said we helped sort out their money worries



The last 12 months have been a significant period of growth for us as an organisation. We have seen an increased demand for our services, particularly in Tower Hamlets. Key areas where clients live are Islington, Tower Hamlets, Newham, Waltham Forest, Redbridge, Hackney, Haringey, and Enfield. We spent over 1,175 hours with clients during the last 12 months. We changed the job titles of our Support Workers to Community Caseworkers. This was to reflect the ongoing support staff provide to clients. Caseworkers provide advocacy for clients in Punjabi, Urdu, Hindi, and Bengali. On average women receive ongoing 1-1 advocacy support for 6-12 months whilst concurrently attending activities on a regular basis which continues for an average of 2-3 years. We keep cases open, regardless of the level of risk, but have seen an increase in more complex and higher risk cases. We engage in ongoing contact with our clients and maintain community platforms via WhatsApp that enable participants to stay connected to each other as they experience high levels of isolation. As covid restrictions started to ease we have arranged more appointments in-person in the community at venues including community centres and libraries.

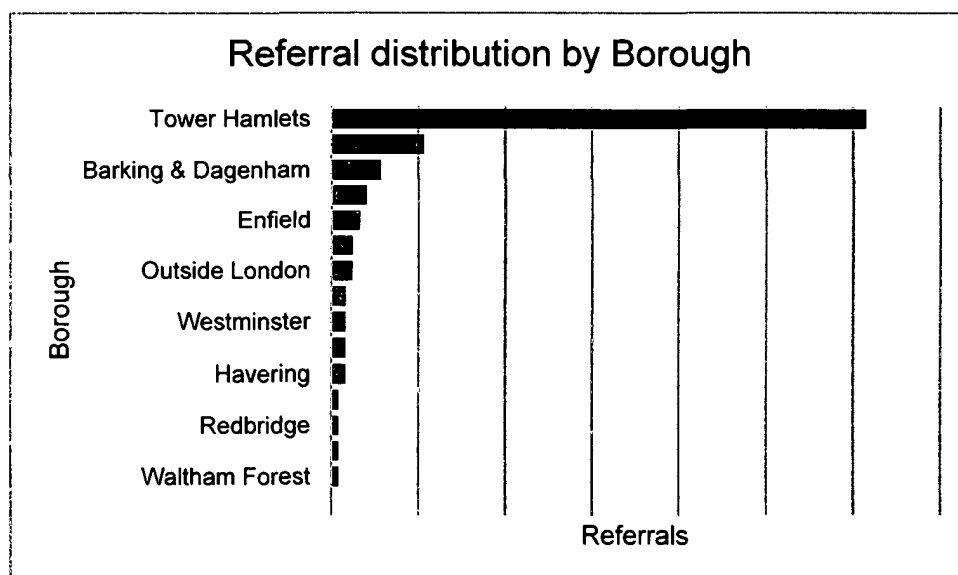
We received higher than expected numbers of referrals from Tower Hamlets (66% of all referrals) due to the high Bangladeshi population and strong partnership working we have developed with Hestia, Solace Women's Aid and other local organisations such as community centres in the borough. We have built up a solid team of 3 Community Caseworkers, a Senior Community Caseworker, and a Community Engagement Worker. They have been very successful in developing working partnerships with Hestia, Solace Women's Aid and Ashiana to support clients to address complex challenges around housing, immigration, benefits, and ongoing support. We are still working to overcome these challenges through research and building links with Rights of Women, The Women's Asylum and Migration Network and the Women's Resource Centre.

MAA SHANTI LTD

TRUSTEES ANNUAL REPORT

FOR THE YEAR ENDED 31 MARCH 2022

We successfully applied to the Wave 5 Covid Response Fund administered by City Bridge for £37,029 towards project costs and received funding from Comic Relief/Ministry of Justice for £67,177 to increase capacity and enable us to improve our technical capabilities including the purchase of a new Client Management System. We also receive funding from the Lloyds Enhance Fund of £50,000 which has helped increase our capacity. We have been awarded funding from the People's Health Trust to provide in-person, client-led activities for women in Tower Hamlets and will launch this project in April. Our financial position is more stable than it has ever been. During 2022 we have income from the London Borough of Islington VCS, Lloyds Foundation, City Bridge Trust, Sports England and People's Health Trust with a projected budget of £235,713.



Of our new referrals 66% were from Tower Hamlets, 10% from Islington, 6% from Barking and Dagenham, 4% from Enfield and the remaining clients were from Waltham Forest, Newham, Hounslow, Ealing, Bromley, Redbridge, Westminster Havering, Camden, Hackney, Slough and St Albans. 85% of our clients are of Bangladeshi origin, followed by 5% Indian, 5% Pakistani and 5% other including Sri Lankan and Nepalese. 90% are Muslim while the remainder are Hindu and Sikh. 90% are aged 25-45 the remaining 10% are 45-65. 15% have a disability. We ensure that our services/activities are accessible to all clients by having staff cover the four main South Asian languages Bengali, Urdu, Hindi, and Punjabi and by ensuring that our services are culturally sensitive and tailored to clients' needs. Staff are trained in understanding many of the key areas that are of particular concern to the South Asian community such as doweries, polygamy, Honour-Based Abuse, Forced Marriage, immigration status, stigma, understanding of cultural/traditional beliefs including gender roles and sexuality, servitude, modern slavery, and financial abuse. Many women are applying for citizenship or passports which we believe is linked to the Nationality and Borders Act and the governmental response to refugees from Ukraine. Many women are also very concerned about the increasing costs of household bills and the cost of groceries. We are worried that more women will be pushed into poverty and debt so are working with them closely on managing their benefits and providing workshops on budgeting. Many women are experiencing ongoing mental health problems as 60% experience symptoms of anxiety and depression.

MAA SHANTI LTD

TRUSTEES ANNUAL REPORT

FOR THE YEAR ENDED 31 MARCH 2022

Clients told us:

"Maa Shanti helped me a lot and they help my family too. Thank you."

"You have helped me in lots of things. Thank you for your help, guys. I am in a good place."

"Maa Shanti helped me a lot and I enjoy the activities too."

"My caseworker helped me and my family a lot. She is a wonderful person. Thank you so much."

"Thank you, Maa Shanti, for all your support."

"My caseworker helped me so much. She is wonderful and she helps a lot with things like applications and bills. Thank you, Maa Shanti, for the support."

"You have helped me so now I am good, but I need more help with counselling."

"My caseworker helped me with my son's school. She helped a lot and I still need some support."

"Thank you for your support."

"My caseworker helped me and my family. She is a lovely person."

"I have older children who are busy and I feel happy now I have someone to turn to for my problems."

"I tried other places for help and support, but they said they could not help me. I have had emotional and financial abuse but I was told I was not high risk so they could not help. You are the only organisation I have found who understands how hard it is to deal with these kinds of abuse in the Asian community."

"It means so much that you understand what it's like to face these problems in the community. I lost my whole family and had no one."

Case study:

Client X was referred to us in 2019. She has 2 children and was living in a refuge. She was looking for help with benefits, housing, school applications and her immigration status. She attended activities including some family trips during the summer holidays. She had trouble keeping track of her appointments and organising her documents to support her applications. Her Caseworker recognised that she was struggling, so helped her set reminders on her phone and suggested taking pictures of important documents. She found this helpful and was also pleased that her children were accepted at schools in the borough. She was supported to move into temporary accommodation and then to an area nearer to her children's school. She had help managing her benefits, budgeting, and reducing debt. She received a tablet from Maa Shanti in January 2021 and used this to access online activities and for her children's homework during lockdown. She is coming to the final stages of her citizenship application and has recently been volunteering at a local school. She is now doing a teaching assistant course. She regularly attends social activities including our Eid and Christmas parties so received £10 grocery vouchers at each event. She completed our survey in December last year and told us "I am very happy with Maa Shanti." She feels much less worried and lonely and feels well supported by the team. She feels much more able to deal with benefits and has more knowledge and skills. She also feels more confident supporting her children. She said that Maa Shanti has made her safe, helped her with housing, helped sort out her money worries and that she has more friends and support. She said, "I have someone to turn to when I am anxious and I am so thankful for that."

MAA SHANTI LTD

TRUSTEES ANNUAL REPORT

FOR THE YEAR ENDED 31 MARCH 2022

Financial review

The Charity incurred a surplus for the year of £44,475 details of which are shown in the Statement of Financial Activities.

Total incoming resources for the year increased by £92,911 to £233,416 from £140,505 in 2021.

Total resources expended for the year increased by £73,164 to £188,941 from £115,777 in 2021. The charity's net assets at the yearend amounted to £121,201.

Going Concern

After making appropriate enquiries, the trustees have a reasonable expectation that the charitable 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. Further details regarding the adoption of the going concern basis can be found in the Accounting Policies. The Trustees are grateful of support from Islington Giving, the London Borough of Islington Voluntary and Community Sector, City Bridge Trust, Cripplegate Community Chest Fund, Comic Relief, The Ministry of Justice, The Henry Smith Charity, MOPAC Grassroots Fund, London Funders Wave 5 Covid Support Fund, Lloyds Foundation, London Community Foundation, This Girl Can Sports England and Two Magpies. The Charity continues to work strategically with key partners in local boroughs including community organisations and women's groups. This financial and moral support provides a firm foundation for the charity's activities which we plan to increase even further in the next financial year.

Reserves policy

Maa Shanti needs to carry a sufficient reserve to maintain a reasonable level of activity on any programme in the event of a gap in the provision of income. The trustees have set a target for reserves to cover three months' future expenditure and should be sufficient to cover running costs. At current levels of expenditure, the reserves target is £25,000. Our expenditure is covered by restricted income. We plan to build our reserves by providing and consultancy services. We are working to ensure that we secure multi-year bids now and in the future. We are confident this can be achieved based on the strong track record of the organisation and hard work and determination of our team.

MAA SHANTI LTD

TRUSTEES ANNUAL REPORT

FOR THE YEAR ENDED 31 MARCH 2022

Key achievements in 2021/22:

- Increased client numbers by 56% (9% in 20/21), client attendance by 30% (44% in 20/21) and the number of activities by 60% (59% in 20/21).
- We received 132 new referrals from other organisations plus 23 self-referrals which is at total of 155.
- We held 2253 contact sessions with 159 clients, an average of 188 sessions per month.
- 95% of women said we had helped make them safe.
- 84% said they had more friends and support.
- 72% rated their confidence as good or very good.
- 81% said they felt less lonely since coming to Maa Shanti.
- Established successful and much-needed services in Newham and Tower Hamlets with high levels of referrals from Tower Hamlets.
- Secured new funding from Wave 5 Covid Response Fund, Comic Relief/Ministry of Justice, the Lloyds Enhance Fund and People's Health Trust.
- Sound financial stability with funding from the London Borough of Islington VCS, Lloyds Foundation, City Bridge Trust, Sports England and People's Health Trust during 2022/23.
- Appointed 2 new Community Caseworkers in North and East London working remotely and, on the ground, to build partnership working and support more clients.
- Provided tablets, phones and laptops to over 25 families across London.
- Provided grocery vouchers to families attending activities remotely and in difficult cases where families were waiting for subsistence payments.
- Worked with over 30 new partners on joint initiatives to support clients with housing, immigration and financial needs as well as sharing knowledge and information about the rising cost of living crisis, family law, Nationality and Borders Act, covid immunization information and changes to benefits.

Challenges

We continue to work in challenges circumstances. As an organisation we are fundraising to secure funds to continue the vital work we do, find new opportunities and rise to the challenges of new and emerging themes for our client group. The needs of our clients have become more urgent. Housing shortages, institutional racism, barriers to employment and ongoing trauma were challenges pre-covid and remain. New challenges include the disproportionate impact covid has had on the South Asian community, backlog on legal cases, deepening distrust of the police, increasing numbers of cases and the cost-of-living crisis. We have also seen a rise in HBA, immigration cases, human trafficking, modern slavery, and financial abuse. The last 12 months have been even busier than the year before and this is due to increased referral numbers, successful fundraising to develop our work/projects and more complex cases increasing our workload. In 2022/23 we will invest in new systems and processes including a new database, website, and comms & social media. This work will be the foundation for our next steps to increase our public platform to raise our clients' voices, enhance our ability to improve outcomes for clients, work more effectively with partners to create change and increase our staffing and reach so that we can ensure that no woman is left behind when she needs someone to turn to for support in the South Asian community.

MAA SHANTI LTD
TRUSTEES ANNUAL REPORT
FOR THE YEAR ENDED 31 MARCH 2022

PLANS FOR FUTURE PERIODS

Future developments

The charity will continue to support single Asian mothers through existing and new projects including through volunteering, health and wellbeing and support to increase confidence, access mainstream services, improve self-esteem and work towards wellbeing including discovering their own potential and interests.

Our strategic aims are: delivery, people, finance and fundraising. We will continue to increase the number of referrals received and ensure we have enough staff and volunteers to support every client. We will ensure quality of service by asking clients what they want. We will build new partnerships with different organisations and potential stakeholders. We will ensure the ongoing financial health of the organisation through transparency and effective processes.

During 2022/23 we will continue to build on our achievements;

- To support at least 250 South Asian families who have been affected by domestic abuse.
- To develop our staffing structure to include a new Operations Manager role, a fundraiser and a social media lead.
- To deliver services in-person and remotely particularly in Tower Hamlets, Newham and surrounding boroughs, in partnership with organisations already on the ground to reach more single Asian mums.
- To raise our profile and our voice in support of the families we work with to highlight the real issues faced by Asian women and their children fleeing domestic abuse.
- To create more remote learning and social activities for our clients via new media and platforms.
- To enhance and strengthen our dialogue with clients to continue to understand what clients need, how we can support them better and in what way that support works best.
- To apply to more funders for multi-year bids that improve the financial health and stability of the organisation.
- To continue to build up our reserves via new forms of income generation such as training, consultancy and partnership opportunities.
- We will continue to develop our financial processes to ensure the financial resilience and adaptability of the organisation, particularly during uncertain times.

MAA SHANTI LTD

TRUSTEES ANNUAL REPORT

FOR THE YEAR ENDED 31 MARCH 2022

TRUSTEES RESPONSIBILITIES

The charity trustees (who are also the directors of Maa Shanti for the purposes of company law) are responsible for preparing a trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the charity trustees to prepare financial statements for each year which give a true and fair view of the state of affairs of the charitable company and the group and of the incoming resources and application of resources, including the income and expenditure, of the charitable group for that period. In doing so the trustees are required to:

- Select suitable accounting policies and then apply them consistently;
- Make judgments and estimates that are reasonable and prudent;
- State whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- Follow the methods and principles of the Charity SORP; and
- Prepare the financial statements on the going concern basis unless it is inappropriate to assume that the group will continue in business.

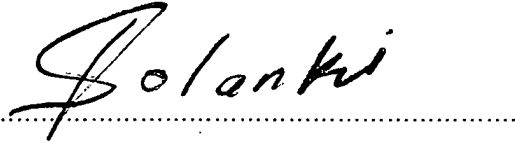
The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and the group and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

MAA SHANTI LTD
TRUSTEES ANNUAL REPORT
FOR THE YEAR ENDED 31 MARCH 2022

The reports have been prepared in accordance with the special provisions applicable to companies subject to the small companies regime.

This report was approved by the Board of Trustees on **11 December 2022** and signed on their behalf by:

A handwritten signature in black ink, appearing to read 'Solanki', is written over a horizontal dotted line.

Priya Solanki, Chair

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
MAA SHANTI LTD
FOR THE YEAR ENDED 31 MARCH 2022**

I report to the trustees on my examination of the accounts of Maa Shanti for the year ended 31 March 2022.

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 accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

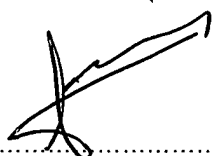
Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). 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 that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts 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 accounts to be reached.



Aamer Shehzad FCCA FCA
Accountability Europe Ltd
Omnibus Workspace
39-41 North Road
London N7 9DP
Date: 12 December 2022

MAA SHANTI LTD
COMPANY LIMITED BY GUARANTEE
STATEMENT OF FINANCIAL ACTIVITIES
(INCORPORATING THE INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 31 MARCH 2022

	Note	Unrestricted Funds	Restricted Funds	Total 2022	Total 2021
		£	£	£	£
<u>Income From</u>					
Donations and legacies	3	25,589	207,827	233,416	140,505
Total Income		<u>25,589</u>	<u>207,827</u>	<u>233,416</u>	<u>140,505</u>
<u>Expenditure on:</u>					
Charitable activities	4	-	188,941	188,941	115,777
Total expenditure		<u>-</u>	<u>188,941</u>	<u>188,941</u>	<u>115,777</u>
Net income / (expenditure) for the year before transfers	5	25,589	18,886	44,475	24,728
Transfer between the funds		20,439	(20,439)	-	-
Net movement in funds		<u>46,028</u>	<u>(1,553)</u>	<u>44,475</u>	<u>24,728</u>
Total funds brought forward		<u>9,757</u>	<u>66,969</u>	<u>76,725</u>	<u>51,997</u>
Total funds carried forward		<u>55,785</u>	<u>65,416</u>	<u>121,201</u>	<u>76,725</u>

All of the above results are derived from continuing activities.
There were no other recognised gains or losses other than those stated above.
The attached notes form part of these financial statements.

MAA SHANTI LTD
COMPANY LIMITED BY GUARANTEE
BALANCE SHEET
AS AT 31 MARCH 2022

	Note	2022 £	2021 £
Current assets			
Cash at bank and in hand		<u>143,294</u>	<u>108,698</u>
		143,294	108,698
Creditors: Amounts falling due within one year	7	<u>(22,093)</u>	<u>(31,973)</u>
Net current assets		<u>121,201</u>	<u>76,725</u>
Net assets		<u><u>121,201</u></u>	<u><u>76,725</u></u>
Funds			
Restricted Funds	8	65,416	66,968
General funds	8	55,785	9,757
Total charity funds		<u><u>121,201</u></u>	<u><u>76,725</u></u>

For the year ended 31 March 2022 the charitable company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.

No members have required the company to obtain an audit of its accounts for the year in question in accordance with section 476 of the Companies Act 2006.

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

The financial statements have been prepared in accordance with the special provisions applicable to companies subject to the small companies regime.

Approved by the members of the committee on **11 December 2022**

and signed on its behalf by:



Priya Solanki

Company Registration No. 05166706

The attached notes form part of the financial statements.

MAA SHANTI LTD
COMPANY LIMITED BY GUARANTEE
NOTES TO THE FINANCIAL STATEMENT
FOR THE YEAR ENDED 31 MARCH 2022

1 Accounting policies

Basis of Accounting

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 (FRS 102) - (Charities SORP FRS 102) and the Companies Act 2006.

The charitable company meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy or note.

The charitable company is exempted from preparing a cash flow statement due to exemption available to charities with income of less than £500,000.

Going concern

The trustees consider that there are no material uncertainties about the charitable company's ability to continue as a going concern. The trustees do not consider that there are any sources of estimation uncertainty at the reporting date that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next reporting period.

Income

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the income have been met, it is probable that the income will be received and that the amount can be measured reliably.

Fund accounting

Unrestricted funds are available to spend on activities that further any of the purposes of charity. Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose. Restricted funds are donations which the donor has specified are to be solely used for particular areas of the charity's work or for specific projects being undertaken by the charity.

Expenditure

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. Expenditure is classified under the following activity headings:

Fundraising costs

Costs of raising funds comprise of trading costs and the costs incurred by the charitable company in inducing third parties to make voluntary contributions to it, as well as the cost of any activities with a fundraising purpose.

Charitable Activities

Expenditure on charitable activities includes the costs of delivering services, exhibitions and other educational activities undertaken to further the purposes of the charity and their associated support costs.

Allocation of support costs

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Support costs include office costs, finance, personnel, payroll and governance costs which support the charity and its activities. These costs have been allocated between cost of raising funds and expenditure on charitable activities.

MAA SHANTI LTD
COMPANY LIMITED BY GUARANTEE
NOTES TO THE FINANCIAL STATEMENT
FOR THE YEAR ENDED 31 MARCH 2022

1. Accounting policies (continued)

Tangible fixed assets

Tangible fixed assets are stated at cost less depreciation. Items of equipment are capitalised where the purchase price exceeds £1,000. Fixed assets are depreciated over three years.

Debtors

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

Cash at bank and in hand

Cash at bank and cash 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.

Creditors and provisions

Creditors and provisions 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 and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

2 Detailed comparatives for the statement of financial activities

	Unrestricted	Restricted	Total 2021
	£	£	£
<u>Income from:</u>			
Donations and legacies	5,275	135,230	140,505
TOTAL INCOME	5,275	135,230	140,505
<u>Expenditure on:</u>			
Charitable activities	4,122	111,655	115,777
Total expenditure	4,122	111,655	115,777
Net income for the year	1,153	23,575	24,728
Total funds brought forward	8,604	43,393	51,997
Total funds carried forward	9,757	66,968	76,725

MAA SHANTI LTD
COMPANY LIMITED BY GUARANTEE
NOTES TO THE FINANCIAL STATEMENT
FOR THE YEAR ENDED 31 MARCH 2022

3 Donation & Legacies

	Unrestricted £	Restricted £	Total 2022 £	Total 2021 £
Islington VCS	-	15,000	15,000	15,000
Islington Giving	-	17,641	17,641	17,000
Comic Relief	-	-	-	8,392
Cripplegate Foundation	-	-	-	5,000
Two Magpies	-	-	-	14,185
London Funder - Wave2	-	-	-	5,856
Community fund	-	-	-	9,710
City of London-City Bridge Trust	-	18,250	18,250	14,937
City of London-Wave 5	-	49,374	49,374	9,500
Lloyds Bank Foundation	25,100	-	25,100	25,000
Henry Smith	-	21,550	21,550	10,650
MOPAC	-	13,835	13,835	-
Sports England	-	5,000	5,000	-
Ministry Of Justice-Additional Comic Relief	-	67,177	67,177	-
Other Donation	489	-	489	5,275
	<u>25,589</u>	<u>207,827</u>	<u>233,416</u>	<u>140,505</u>

4 Analysis of expenditure

	Charitable activities £	Support costs £	2022 Total £	2021 Total £
Staff costs	130,818	-	130,818	83,750
Direct costs	34,833	-	34,833	10,787
Premises cost	-	4,885	4,885	5,915
Computer & IT expenses	-	8,429	8,429	8,919
Office and admin costs	-	8,536	8,536	5,506
Independent examiner's fee	-	1,440	1,440	900
	<u>165,651</u>	<u>23,290</u>	<u>188,941</u>	<u>115,777</u>
Support costs allocated	23,290	(23,290)	-	-
Total expenditure 2022	<u>188,941</u>	<u>-</u>	<u>188,941</u>	<u>115,777</u>
Total expenditure 2021	<u>115,777</u>	<u>-</u>	<u>115,777</u>	

Of the total expenditure, £nil was unrestricted (2021: £4,122) and £188,941 was restricted (2021: £111,655).

MAA SHANTI LTD
COMPANY LIMITED BY GUARANTEE
NOTES TO THE FINANCIAL STATEMENT
FOR THE YEAR ENDED 31 MARCH 2022

4-a Analysis of expenditure (prior year)

	Charitable activities £	Support costs £	2021 Total £
Staff costs	83,750	-	83,750
Direct costs	10,787	-	10,787
Premises cost		5,915	5,915
Computer & IT expenses		8,919	8,919
Office and admin costs		5,506	5,506
Independent examiner's fee		900	900
	<u>94,537</u>	<u>21,240</u>	<u>115,777</u>
Support costs allocated	21,240	(21,240)	-
Total expenditure 2021	<u>115,777</u>	<u>-</u>	<u>115,777</u>

MAA SHANTI LTD
COMPANY LIMITED BY GUARANTEE
NOTES TO THE FINANCIAL STATEMENT
FOR THE YEAR ENDED 31 MARCH 2022

5 Net income / (expenditure) for the year

This is stated after charging:

	2022	2021
	£	£
Independent examiner's fee (excluding VAT)	1,000	750

6 Analysis of staff costs, trustee remuneration and expenses and cost of key management personnel

Total staff costs were as follows:

	2022	2021
	£	£
Wages and salaries	118,283	75,178
Social security costs	10,258	6,932
Other pension costs	2,277	1,640
	130,818	83,750

No member of staff received emoluments of more than £60,000 in this year (2021: None)

The total employee benefits including pension of the key management personnel were £60,352 (2021: £48,790). During the year there were no redundancy payments.

The trustees of the charitable company were not paid or received any other benefits from employment with the charity in the year (2021: £nil) neither were they reimbursed expenses during the year (2021: £nil). No charity trustee received payment for professional or other services supplied to the charity (2021: £nil).

The average number of employees during the year, was as follows:

	2022	2021
	No.	No.
Number of project staff	4	2
Number of support staff	2	1
	6	3

7 CREDITORS: Amounts falling due within one year

	2022	2021
	£	£
Creditors	2,857	1,485
Deferred Income	11,952	24,559
Taxation and social security	4,044	3,829
Accruals and deferred income	3,240	2,100
	22,093	31,973

MAA SHANTI LTD
COMPANY LIMITED BY GUARANTEE
NOTES TO THE FINANCIAL STATEMENT
FOR THE YEAR ENDED 31 MARCH 2022

8 Movement in funds					Balance at
current year	At 1 April				31 March
	2021	Income	Expenditure	Transfers	2022
	£	£	£		£
Restricted:					
Islington VCS	8,037	15,000	6,055		16,982
Islington Giving	13,060	17,641	21,652		9,049
Cripplegate	3,750	-	3,750		-
Two Magpies	7,093	-	7,093		-
City of London-City Bridge Trust	4,750	18,250	16,433		6,567
City of London-Wave 5	-	49,374	37,031		12,343
Lloyds Bank Foundation	20,439	-	-	(20,439)	-
Henry Smith	9,840	21,550	13,295		18,095
MOPAC	-	13,835	13,835		-
Sports England	-	5,000	2,620		2,380
Ministry Of Justice	-	67,177	67,177		-
Total Restricted Fund	66,969	207,827	188,941	(20,439)	65,416
Unrestricted Funds:					
General Funds	9,757	25,589	-	20,439	55,785
Total funds	76,725	233,416	188,941	-	121,201

Movement in funds					Balance at
prior year	At 1 April				31 March
	2020	Income	Expenditure		2021
	£	£	£		£
Restricted:					
Awards for All	1,533	-	1,533		-
Islington VCS	2,511	15,000	9,474		8,037
Islington Giving	1,457	17,000	5,397		13,060
Cripplegate	5,160	5,000	6,410		3,750
Comic Relief	2,822	8,392	11,214		-
Two Magpies	-	14,185	7,092		7,093
London Funder - Wave2	-	5,856	5,856		-
Community fund	-	9,710	9,710		-
City Bridge Trust - City of London - Wave3	-	14,937	14,937		-
City Bridge Trust	-	9,500	4,750		4,750
Lloyds Bank Foundation	-	25,000	4,561		20,439
Henry Smith	-	10,650	810		9,840
MOPAC	5,520	-	5,520		-
Tampon Tax	14,390	-	14,390		-
Garfield Weston	10,000	-	10,000		-
Total Restricted Fund	43,393	135,230	111,655		66,969
Unrestricted Funds:					
General Funds	8,604	5,275	4,122		9,757
Total Funds	51,997	140,505	115,777		76,725

MAA SHANTI LTD
COMPANY LIMITED BY GUARANTEE
NOTES TO THE FINANCIAL STATEMENT
FOR THE YEAR ENDED 31 MARCH 2022

9 Purpose of Restricted Funds

All restricted funds are used for our activities which are developed in collaboration with our clients including advocacy, emotional support, signposting and groups that reduce isolation, promote peer support and enable women to access opportunities for themselves and their children. We run a programme of workshops and events, which improve access to relevant support, focus on mental well-being and increase participation in the local community. We provide weekly activities and drop-in sessions, arts and crafts, yoga, group trips and mother and child activities during school holidays.

10 Analysis of net assets between funds - 2022

	Tangible Fixed Assets £	Net Current Assets £	Total 2022 £
Restricted Income Funds:	-	65,416	65,416
Unrestricted Income Funds	-	55,785	55,785
Total Funds	-	121,201	121,201

Analysis of net assets between funds - 2021

	Tangible Fixed Assets £	Net Current Assets £	Total 2021 £
Restricted Income Funds:	-	66,968	66,968
Unrestricted Income Funds	-	9,757	9,757
Total Funds	-	76,725	76,725

11 Company limited by guarantee

The company is limited by guarantee of £1 per member without share capital.

12 Taxation

The charitable company is exempt from corporation tax as all its income is charitable and is applied for charitable purposes.

13 Related party transactions

There are no related party transactions to disclose for 2022 (2021: none).

There are no donations from related parties which are outside the normal course of business and no restricted donations from related parties. There is no balance due to/from related parties at the end of the year.

MAA SHANTI LTD

England & Wales - Charity number 1105305

Accounts

Charity No. 1105305
Company No: 05166706

MAA SHANTI LTD

(Company limited by guarantee)

Report and financial statements

For the year ended 31 March 2021

MAA SHANTI LTD

(Company limited by guarantee)

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MAA SHANTI LTD
REFERENCE AND ADMINISTRATIVE INFORMATION
FOR THE YEAR ENDED 31 MARCH 2021

Status	The organisation is a charitable company limited by guarantee, incorporated on 22 April 1987 and registered as a charity on 8 June 1989.
Governing document	The Company was established under a memorandum of association which sets out its objects and powers, and it is governed under the articles of association.
Charity number:	1105305
Company number:	05166706
Registered office:	The Old Fire Station 84 Mayton Street London N7 6QT
Trustees and Directors	Priya Solanki Humaa Jamil Nishma Tate Sonia Morjaria-Shann Mrithular Shanker
Banker	HSBC Bank plc 1 Woburn House London WC1HOLQ
Independent Examiner	Accountability Europe Limited Omnibus Workspace 39-41 North Road London N7 9DP

MAA SHANTI LTD

TRUSTEES ANNUAL REPORT

FOR THE YEAR ENDED 31 MARCH 2021

The directors, who also are the trustees of the charitable company for the purposes of charity law, present their annual report and financial statements of Maa Shanti for the year ended 31 March 2021. The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the charity's governing document, the Companies Act 2006, and charities regulations, Accounting and Reporting by Charities: Statement of Recommended Practice (SORP 2015), applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland.

Structure, governance and management

The governance of the charity is the responsibility of the Trustees. Day to day management is by the Director, who draws on the support and expertise of the highly experienced Board of Trustees as needed.

Constitution and governing document

Maa Shanti was formerly Asian Women Lone Parents Association, registered as a company limited by guarantee in England and Wales, incorporated at companies house on 30th June 2004. The company changed its name to Maa Shanti on 7th November 2018. The company is also a registered charity with the charity commission, registered number 1105305. Maa Shanti constituted under Memorandum of Association of Asian Women Lone Parents Association dated, last amended in November 2018.

Appointment of trustees

Trustees are elected and co-opted under the terms of the Memorandum of Association of the company. Regular reviews are held to identify any expertise gaps within the Board of Trustees and appointments are made where required to strengthen the Board of Trustees, subject to all trustees' approval.

When it is necessary to appoint new trustees, due to either a trustee stepping down or a gap of expertise in the board is identified, recruitment will initially begin through the networks of the board and management team. Applicants will be reviewed by trustees and the successful applicant will be invited to attend a trustee meeting. Following this, on the provision that the board are satisfied and the applicant still wishes to join the trustee board, they will be appointed.

No other person or external body is entitled to appoint any trustees of the charity. The Trustees who served during the period and after the yearend are shown on page 1.

Policies adopted for the induction and training of Board of Trustees

The charity provides new trustees with an induction pack, training from the Director and mentoring from the Chair. The charity has limited resources for formal training of the trustee body. However, on-going training opportunities are communicated to trustees when these become available. All trustees are provided with the following policies: Complaints, Confidentiality, Data Protection, Disciplinary Procedures and Process, Domestic Abuse, Equal Opportunities, Financial Management and Procedures, Grievance Policy, Health and Safety, Recruitment Procedure, Safeguarding Adults Policy and Procedures, Safeguarding Children and Young People Policy and Procedures, Staying Covid Secure, Volunteering Policy and Whistleblowing Policy.

MAA SHANTI LTD
TRUSTEES ANNUAL REPORT
FOR THE YEAR ENDED 31 MARCH 2021

Related party transactions

The Charity has considered the disclosure requirements of the SORP for related party transactions. The charity has no related party connections with other organisations. The trustees consider that the members of the board and their close connections to be the only related parties of the charity. All trustees give their time voluntarily and receive no benefits from the charity. Any expenses reclaimed from the charity trustees are set out in notes to the accounts.

Trustees are required to disclose all relevant interests and register them with the Director and to withdraw from decisions where a conflict of interest arises.

Remuneration policy for key management personnel

The pay of the charity's Director is reviewed annually and normally increased in accordance with London average earnings, depending on affordability. The trustees also draw on their knowledge of the sector and common practice in other charities of similar size to ensure that the remuneration set is fair and not out of line with that generally paid for similar roles.

Risk Management

The Board of Trustees fully accepts its responsibilities for ensuring that the major risks to which the Charity is exposed are identified, and that there are systems and procedures in place to mitigate those risks.

MAA SHANTI LTD

TRUSTEES ANNUAL REPORT

FOR THE YEAR ENDED 31 MARCH 2021

OBJECTIVES AND ACTIVITIES FOR THE PUBLIC BENEFIT

Purposes and aims

The objects of the charity are to:

- Support single Asian mothers and dependents through the provision of information, advice and guidance;
- Provide social, cultural and recreational activities to overcome social isolation and provide informal support;
- Raise awareness amongst the local community, local Asian groups and organisations and other relevant agencies of the issues affecting single Asian mothers;
- Provide educational training and employment opportunities to build skills and self-confidence to achieve economic and social independence;
- Provide social and cultural opportunities for both parents and children;
- Provide support for women's health issues, counselling and emotional support.

Beneficiaries of our services

Maa Shanti was established from a grassroots self-help group of single Asian mothers in 1998 and in 2004 became a registered charity and a company limited by guarantee. It occupies a unique position in the UK as the only organisation working specifically with single Asian mothers.

Our clients have been through a difficult journey of domestic abuse, including physical, financial and emotional abuse, which has long-term physical and mental health implications for both them and their children. Clients are mainly migrants from Bangladesh, India and Pakistan as well as British born women, who tend to be aged between 18 and 55. At first point of contact our clients are at a critical point in their lives. They face extreme isolation, low confidence, anxiety about accessing services, concerns over finances, housing, unemployment, worries over their children, health problems and trauma. Women are isolated from family and friends partly as a result of the stigma attached to being a single mother but often also because women fleeing domestic abuse end up in temporary accommodation, in areas where they don't know anyone and have no support networks. Many women experience issues such as forced marriage, honour-based violence, polygamy and/or dowries. The nature of clients' experiences can be very complex, and they are wary of contacting agencies who they fear may not understand. From our Covid survey in July 2020 we found that 60% of clients were either reliant on foodbanks and/or school vouchers, 40% felt they had limited space at home, and none felt they had enough devices at home for themselves or their family. One of our clients said that she had experienced a hate crime in the last 6 months, and one said that she felt she had been treated differently by another agency because of her immigration status.

There are still ongoing issues that are likely to have an impact for many years including rising domestic abuse cases, low uptake of vaccines from Black Asian Minority Ethnic and Refugee (BAMER) communities, the impact on children's education, increased risk of mental health problems, poor quality and overcrowded accommodation as well as poorer health outcomes for disadvantaged families. For most clients they have had to try to help their children with home learning but are hampered by a lack of access to devices, having poor literacy skills and limited space at home. Many have experienced cuts to their income. Others live in temporary accommodation with worries about where they might be moved to. During lockdown very few felt able to take their children out for exercise, due to fear of infection. Clients are still very fearful and worry of being left behind in education, employment, safety and access to support.

Whilst women may focus on the practical or financial concerns they have when they first come to us, over time they take more interest in how they can feel better, reduce stress, connect more with their children, improve their English or even learn a new skill. Our workshops, activities and events are designed to help women improve confidence, learn skills, build a network beyond their comfort zone and move forward with their lives. We don't close cases when we assess that our clients are safer or better able to manage, because we recognise that trauma is a journey. We help women to become more independent and also interdependent with one another to support themselves, their families and their children. This approach builds resilience in families through early intervention. As women increase support and confidence, their relationships with their children improve too.

MAA SHANTI LTD

TRUSTEES ANNUAL REPORT

FOR THE YEAR ENDED 31 MARCH 2021

Principle activities

The charity's main activities and who it tries to help are described below. All its charitable activities focus on support and are undertaken to further Maa Shanti's charitable purposes for the public benefit.

Maa Shanti supports single Asian mothers who are fleeing domestic abuse. Our vision is "empowering single Asian mums". We provide advocacy, emotional support, signposting and activities that reduce isolation, promote peer support and enable women to access opportunities for themselves and their children.

We undertake an initial assessment form during our first session to capture client information, key issues she wants to address and what she would like to gain from our services. We carry out an annual survey via google forms to ask clients more about levels of support needed, other services, how women would rate our services and ideas for new/developed services.

Learning and sharing in a supportive environment makes a huge difference to the lives of our clients. Women who have not worked for years, or never worked, go on to volunteer with us or other local organisations and some women even gain paid employment within the organisation. This is a great success story for us and our staff but is also a clear message to all of our clients that they can achieve more even during difficult times.

Clients know that we are here when they need us because they can come back to us whenever they want. We work in a co-productive way which supports the client to make progress on her own. Many clients don't realise that they can achieve far more than they first think and with some support, information and group work they can take small steps on their own. We have built up a solid reputation in our local network by working collaboratively and raising awareness of our clients' needs.

Our services support the cultural needs of our clients and spoken languages include Bengali, Urdu, Hindi and Punjabi.

Public benefit

The Board of Trustees confirm that they have complied with their duty to have due regard to the guidance on public benefit published by the Charity Commission in exercising their powers or duties.

MAA SHANTI LTD

TRUSTEES ANNUAL REPORT

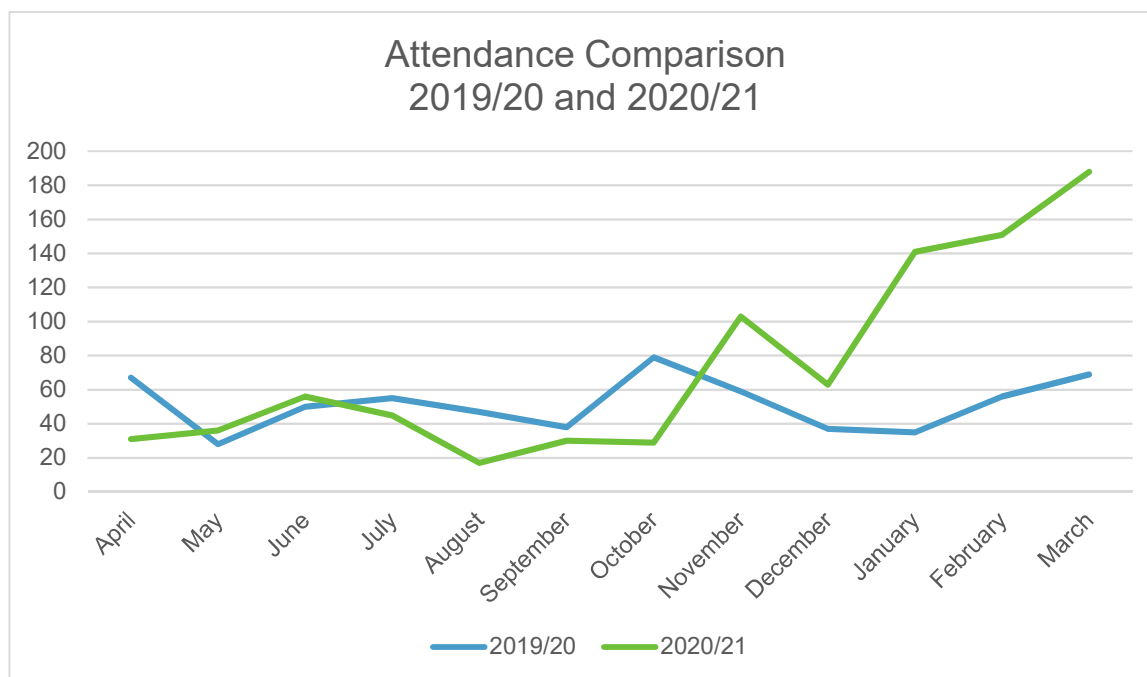
FOR THE YEAR ENDED 31 MARCH 2021

ACHIEVEMENTS AND PERFORMANCE: REVIEW OF ACTIVITIES FOR THE YEAR

The trustees review the aims, objectives and activities of the charity each year. This report looks at what the charity has achieved and the outcomes of its work in the reporting period. The trustees report the success of each key activity and the benefits the charity has brought to those groups of people that it is set up to help. The review also helps the trustees ensure the charity's aims, objectives and activities remained focused on its stated purposes.

The trustees have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives and in planning its future activities. In particular, the trustees consider how planned activities will contribute to the aims and objectives that have been set.

Since the start of lockdown all clients contacted have asked for this level of support to continue. 100% of clients said that our ongoing support had helped to reduce levels of isolation and increase access to information and support. We have increased our engagement by actively contacting clients by phone, text and WhatsApp to find out more about their circumstances and reduce isolation. Women tell us that we have provided a lifeline for them where otherwise they would have been left even more isolated and confused about the pandemic. We have been able to maintain effective, ongoing contact with our clients and in so doing we have created new community platforms via WhatsApp that have enabled women to stay connected when they have experienced such high levels of isolation. We ensure that no one is left behind and that women can build confidence in accessing the online world, so providing tablets has been key to that. In direct response to client need we were able to fund tech to support clients' digital inclusion as well as grocery vouchers for women attending our social events.



On-going telephone and social media contact such as WhatsApp groups are effective ways of encouraging women to attend weekly activities and keep them engaged. We continue to ask clients about what they want from our services and evolve the project in response to what they tell us. This happens during activities as well as via surveys, 1-1s, evaluation forms and coffee mornings. Clients want to find ways to improve their health and wellbeing now more than ever as they are living in difficult circumstances and often poor quality, over-crowded accommodation. Women have told us they prefer cooking club via WhatsApp and yoga via zoom so they can follow cooking club when it's convenient to them and feel like they are part of the usual yoga class in real time but in the privacy of their own homes. We found that our engagement in activities has increased by as much as 173% between March 2020 and March 2021, as barriers have been radically reduced as a result of effective digital inclusion through provision of tech and online support. It is easier for

MAA SHANTI LTD

TRUSTEES ANNUAL REPORT

FOR THE YEAR ENDED 31 MARCH 2021

women to attend activities in the Winter months and during Ramadan as they do not need to leave their homes to get involved and have the platforms, tech and confidence to do so.

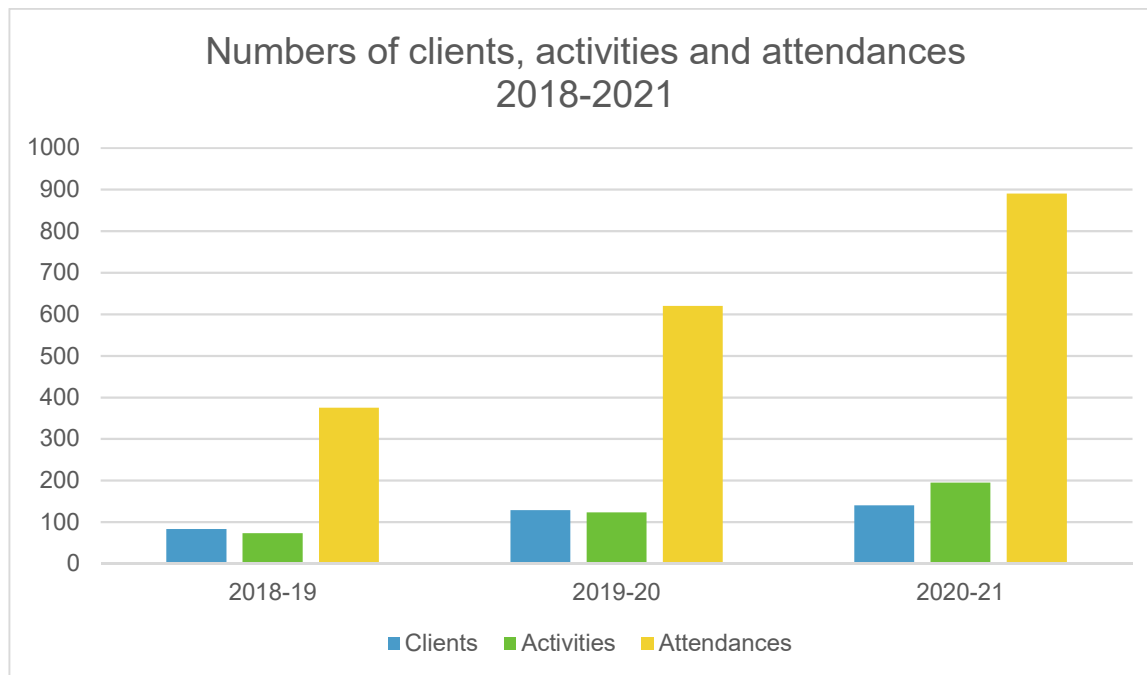
We have established links with over 100 partners, most based in North and East London including children centres, Home Start, Families First, Parent House, On Your Doorstep, Job Centres, Volunteering Services, Domestic Abuse services, police, schools, family services and community centres. Many of these agencies refer clients directly to us. We can hold initial sessions over the phone, but in order to build trust, fully assess the needs of our clients and to review all their relevant paperwork, it is often necessary to meet via zoom or WhatsApp. We now also provide some in-person sessions outdoors in covid-secure settings.

During 2020 we increased our social media presence and have been working proactively with new partners across Islington, Tower Hamlets, Newham, Hackney, Haringey, Waltham Forest and Camden including; Islington Carers Hub, Brandon Centre, The Stuart Low Trust, Islington Parent Carers Forum, Hestia (Tower Hamlets, Kilburn, Westminster,) Solace Women's Aid (Haringey, Islington, Newham and Tower Hamlets), Housing Options Tower Hamlets, Minerva, Women's Health and Family Service Newham, Bangla Housing Association, Hackney ESOL services, Camden Food Network, VAWG Panel Islington, Social Connectedness Panel Islington, Account3, GP surgeries, primary schools, 3 MARACs and 3 IDVA services.

Our key referrers during 2020 were Solace Women's Aid, Hestia, social services, community centres, job centres and local primary schools. We are also part of the Finsbury Park Women's Group Panel. We attend partnership meetings for the Samira Project which is a group of BAMER domestic abuse organisations in Islington. We are members of the Islington Hate Crime Forum. We have also joined Covid-19 community response groups for Islington and the Greater London Authority which enables us to provide up to date information for clients on Covid regulations, lockdown, vaccine information and general updates.

For 2020/21 we supported 140 women, compared to 2019/20 when we supported 129. During 2020/21 we recorded 890 attendances at our activities compared to the year before when we recorded 620. This is an increase of 45%. We provided a programme of 195 workshops, activities and events to increase knowledge, skills and confidence, improve access to relevant support, focus on mental wellbeing and increase participation in the local community to reduce isolation. In 2019/20 we provided 123 activities which is an increase of almost 60%. In 2020/21 activities included yoga, arts and crafts, mindfulness, cooking club, support group, vocab group, coffee mornings and seasonal events. Social activities included 35 cooking club sessions, 3 coffee mornings, a Christmas party, 2 Eid parties, a Diwali party, a Spring tea party and a beauty hack session which totals 44. We have held almost 1000 advocacy sessions (979) with 70 women which is an average 14 sessions per client over 12 months. We worked with over 30 new partners. These new partnerships have been created through the ongoing work of our team, in particular thanks to 2 new support workers who we were able to recruit as a result of successful fundraising in 2020. They started on 4th January 2021 and have been targeting and creating new partnerships across our key demographic areas.

MAA SHANTI LTD
TRUSTEES ANNUAL REPORT
FOR THE YEAR ENDED 31 MARCH 2021



We have ongoing conversations with clients during sessions, over the phone and during coffee mornings about the key indicators we report on including levels of support available to women and their ability to manage finances, support their children and take care of their wellbeing. Since April 2020 have found that many women require further support from us to address issues of isolation (70%), benefits (50%), school and food vouchers (60%), working with schools (60%) and supporting their health and wellbeing needs (80%). On average women receive ongoing 1-1 advocacy support for 6-12 months whilst concurrently attending activities on a regular basis which continues for an average of 2-3 years.

Our clients tell us that

- 100% rate their support as very good or excellent
- 88% feel less anxious and lonely since coming to Maa Shanti
- 65% rate their health and wellbeing as good or very good
- 65% feel better able to manage issues such as benefits, housing, parenting and money
- 20% go on to volunteer either with us or other local organisations or both
- 15% are registered on an ESOL class
- 10% move into employment

Service users tell us that there is a lack of awareness and knowledge by mainstream services of the specific issues faced by Asian mothers. Women are fearful of institutions including the Criminal Justice System, councils, social services and even worry about speaking to their children's teachers. By providing support, advocacy, referrals and signposting we not only translate for clients but also help them to understand how they can work with different agencies rather than be fearful of them.

MAA SHANTI LTD

TRUSTEES ANNUAL REPORT

FOR THE YEAR ENDED 31 MARCH 2021

Clients told us:

"I just want to say that the whole of corona I have found this groups and everyone's help in supporting each other and sharing advice tips and now fantastic recipes that your sharing has been invaluable at this time for me and I'd like to thank you all."

"Everyone sharing their recipes I love this sooo much what a great idea."

"I used to be a community cook and I love and appreciate you sharing your fave dishes. I can't wait to try some out on my family they will love your dishes. Hopefully things settles soon and I can share with you also."

"I just wanted to say I appreciate you all. I love you all."

"Thanks a lot for the sessions. Really appreciated your efforts. Bless you."



"Thank you that was really amazing yoga – I really like it."

"I haven't seen any other organisation, the way Maa Shanti works."

"I absolutely admire all other clients as well as the staff at Maa Shanti. I can talk freely about anything. Here, we are all in the same boat and we all understand each other as well as the staff."

"We have a banter, we make each other laugh and learn from each other."

"Maa Shanti - we are like a family. I've been to other places, but I feel so comfortable and happy here. I have more confidence and feel able now to go to other organisations because MS are a back up, if I get stuck they will help."

"You have been a lifeline to me. You have helped me to get out of bed in the morning."

Case study:

Client X was referred to us in January 2020 as a single Asian Mum facing high levels of isolation. She attended our arts and crafts workshop and volunteered to cook at an in-person event before lockdown. At the start of lockdown, we immediately called her to check on her situation and let her know that we were switching to online platforms including zoom and WhatsApp. Not long afterwards she told us that she and her children had tested positive for Covid-19. She was extremely low and anxious. We continued to call her each week and offered to help her access our activities. She said she would think about it when she started to feel better. She also said that she was unsure about using zoom. When she was ready she received 1-1 support, over the phone, to talk her through how she could use zoom. She soon began to attend our arts and crafts, then yoga class and also our mindfulness. In January 2021 we provided her with a tablet which we were able to source as a result of successful fundraising. She was able to use it to access online activities and to support her children with home learning while schools were closed to most children during January and February. She has since told us that she has found the support we provided was a lifeline to her. She has found the activities have had a hugely beneficial impact on her health and wellbeing.

MAA SHANTI LTD

TRUSTEES ANNUAL REPORT

FOR THE YEAR ENDED 31 MARCH 2021

Financial review

The Charity incurred a surplus for the year of £24,728 details of which are shown in the Statement of Financial Activities.

Total incoming resources for the year increased by £49,370 to £140,505 from £91,135 in 2020.

Total resources expended for the year increased by £28,682 to £115,777 from £87,095 in 2020. The charity's net assets at the yearend amounted to £76,725.

Going Concern

After making appropriate enquiries, the trustees have a reasonable expectation that the charitable 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. Further details regarding the adoption of the going concern basis can be found in the Accounting Policies. The Trustees are grateful of support from Awards for All, Islington Giving, the London Borough of Islington, City Bridge Trust, Coronavirus Community Fund, Cripplegate Community Chest Fund, Comic Relief, Garfield Weston, MOPAC, Lloyds Foundation, London Community Foundation, The Tampon Tax Fund and Two Magpies. The Charity continues to work strategically with key partners in local boroughs including community organisations and women's groups. This financial and moral support provides a firm foundation for the charity's activities which we plan to increase even further in the next financial year.

Reserves policy

Maa Shanti needs to carry a sufficient reserve to maintain a reasonable level of activity on any programme in the event of a gap in the provision of income. The trustees have set a target for reserves to cover three months' future expenditure and should be sufficient to cover running costs. At current levels of expenditure, the reserves target is £25,000. Our expenditure is covered by restricted income. We plan to build our reserves by providing training and consultancy services.. We are working to ensure that we secure multi-year bids now and in the future. We are confident this can be achieved based on the strong track record of the organisation and hard work and determination of our team.

MAA SHANTI LTD

TRUSTEES ANNUAL REPORT

FOR THE YEAR ENDED 31 MARCH 2021

Key achievements in 2020/21:

- Launched successful and much-needed services in Newham and Tower Hamlets.
- Increased client numbers by 9%, client attendance by 44% and the number of activities by 59%.
- Held 979 client advocacy sessions.
- Secured new funding from The City Bridge Trust, Coronavirus Community Fund, Comic Relief Additional Covid Funding, The Henry Smith Charity, London Funders Wave 2 & 3 Fund, Lloyds Foundation, Two Magpies as well as renewed finding from Cripplegate Community Chest Fund, Voluntary & Community Sector London Borough of Islington and Islington Giving. We also generated new income from training and consultancy via partnerships including with Talking Together.
- We appointed 2 new Support Workers in North and East London working remotely and on the ground to build partnership working and support more clients.
- Provided tech including tablets and laptops to over 25 families as a result of successful fundraising.
- Ensured that no one was left behind when families were experiencing high levels of anxiety, isolation and deprivation by maintaining effective, ongoing contact with all our clients and creating new community platforms via WhatsApp and zoom.
- Secured 30 new partners through building on, and mapping, our links and activity with over 100 existing partners based in North and East London including children centres, Home Start, Families First, Parent House, On Your Doorstep, Job Centres, Voluntary Services, Domestic Abuse services, police, schools, family services and community centres.
- Raised our social media presence and worked proactively with new partners across Islington, Tower Hamlets, Newham, Hackney, Haringey, Waltham Forest and Camden to create new referral pathways.

Challenges

It has been challenging for us to generate referrals as our key referral points are via in-person support such as community centres, drop-ins, schools, refuges and coffee mornings. We have been able to address this via online platforms and our success in fundraising has meant that we have been able to recruit 2 new support workers which will continue to enable us to engage more effectively with new and existing partners. When our clients had to support their children with home learning, they experienced a lack of tech, poor literacy skills and limited space. Our biggest learning experience was the impact that providing tech and new types of support like grocery vouchers and mindfulness had for our clients. The increase in attendance has been supported by the work put in by our team, the ability to adapt and respond quickly to what clients may or may not be telling us. We have found that many clients are not forthcoming about feeling unable to support their children with home learning, how to access the online world or to even admit that they are struggling to support themselves or their children. By continuing to build trust and address themes in the issues that are arising for families we have been able to come up with ideas on how we can use our funding to deal with their immediate and ongoing needs.

MAA SHANTI LTD

TRUSTEES ANNUAL REPORT

FOR THE YEAR ENDED 31 MARCH 2021

PLANS FOR FUTURE PERIODS

Future developments

The charity will continue to support single Asian mothers through existing and new projects including through volunteering, health and wellbeing and support to increase confidence, access mainstream services, improve self-esteem and work towards wellbeing including discovering their own potential and interests.

Our strategic aims are: people, quality, delivery, finance and fundraising. We will continue to increase the number of referrals received and ensure we have enough staff and volunteers to support every client. We will ensure quality of service by asking clients what they want. We will build new partnerships with different organisations and potential stakeholders. We will ensure the ongoing financial health of the organisation through transparency and effective processes. We will fundraise for support workers, working remotely and in-person, to get out into different areas of London where we are most needed and work with more women and families who need our help.

During 2021/22 we will continue to build on our achievements;

- To support at least 160 South Asian families who have been affected by domestic abuse.
- To integrate our online and face to face activities as lockdown is eased up and thereby open up our services to more women across London.
- To develop hubs in community centres in Tower Hamlets, Newham and surrounding boroughs, in partnership with organisations already on the ground to reach more single Asian mums.
- To generate further income from training and consultancy online and in-person.
- To raise our profile and our voice in support of the families we work with to highlight the real issues faced by Asian women and their children fleeing domestic abuse.
- To create more remote learning and social activities for our clients via new media and platforms.
- To enhance and strengthen our dialogue with clients to continue to understand what clients need, how we can support them better and in what way that support works best.
- To apply to more funders for multi-year bids that improve the financial health and stability of the organisation.
- To build up our reserves via new forms of income generation such as training, consultancy and partnership opportunities.
- We will continue to develop our financial processes to ensure the financial resilience and adaptability of the organisation, particularly during uncertain times.

Our staff team

Our Director has worked in the field of Violence Against Women for 12 years and has grown the organisation from 2 staff in May 2018 to 5 by January 2021. She is responsible for the overall management of the organisation and reports to our experienced Board of 5 trustees. She is supported by 2 Support Workers, a Client Engagement Officer and a Senior Project Support Worker who has been with the organisation for over 8 years. Two of our staff team have lived experience as ex-clients. Our Support Workers are frontline professionals, working with and developing key partners in our main borough areas. They are responsible for identifying and developing new partnerships and referral pathways. They take referrals, undertake initial assessments and run activities and groups. They have been with the organisation since January 2021 and have already made great progress generating referrals and developing new partnerships. Our Client Engagement Officer has worked tirelessly since the start of lockdown to make regular contact with new and existing clients every week. She talks to clients in more detail about their circumstances, the challenges they face and how we can help as well as referring to activities that may be beneficial. Our Senior Project Support

MAA SHANTI LTD

TRUSTEES ANNUAL REPORT

FOR THE YEAR ENDED 31 MARCH 2021

Worker is responsible for ensuring quality of service for clients. She leads on developing services, managing the timetable, monitoring and evaluation and maintains her own caseload. She is an extremely experienced professional who has developed effective relationships with clients and partners over several years. Our service pathway often begins with at least one advocacy session to deal with clients' most pressing concerns, then as we build trust, women become more interested in the activities they would like to join.

TRUSTEES RESPONSIBILITIES

The charity trustees (who are also the directors of Maa Shanti for the purposes of company law) are responsible for preparing a trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the charity trustees to prepare financial statements for each year which give a true and fair view of the state of affairs of the charitable company and the group and of the incoming resources and application of resources, including the income and expenditure, of the charitable group for that period. In doing so the trustees are required to:

- Select suitable accounting policies and then apply them consistently;
- Make judgments and estimates that are reasonable and prudent;
- State whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- Follow the methods and principles of the Charity SORP; and
- Prepare the financial statements on the going concern basis unless it is inappropriate to assume that the group will continue in business.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and the group and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

MAA SHANTI LTD
TRUSTEES ANNUAL REPORT
FOR THE YEAR ENDED 31 MARCH 2021

The reports have been prepared in accordance with the special provisions applicable to companies subject to the small companies regime.

This report was approved by the Board of Trustees on **4/9/2021** and signed on their behalf by:

.....

Priya Solanki, Chair

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
MAA SHANTI LTD
FOR THE YEAR ENDED 31 MARCH 2021**

I report to the trustees on my examination of the accounts of Maa Shanti for the year ended 31 March 2021.

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 accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts 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 your charity's accounts 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 that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts 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 accounts to be reached.

.....
Aamer Shehzad FCCA ACA
Accountability Europe Ltd
Omnibus Workspace
39-41 North Road
London N7 9DP
Date: **14/10/2021**

MAA SHANTI LTD
COMPANY LIMITED BY GUARANTEE
STATEMENT OF FINANCIAL ACTIVITIES
(INCORPORATING THE INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 31 MARCH 2021

	Note	Unrestricted Funds	Restricted Funds	Total 2021	Total 2020
		£	£	£	£
<u>Income From</u>					
Donations and legacies	3	5,275	135,230	140,505	91,135
Total Income		<u>5,275</u>	<u>135,230</u>	<u>140,505</u>	<u>91,135</u>
<u>Expenditure on:</u>					
Fundraising	4	-	-	-	-
Charitable activities	4	4,122	111,655	115,777	87,095
Total expenditure		<u>4,122</u>	<u>111,655</u>	<u>115,777</u>	<u>87,095</u>
Net income / (expenditure) for the year	5	1,153	23,575	24,728	4,040
Total funds brought forward		<u>8,604</u>	<u>43,393</u>	<u>51,997</u>	<u>47,957</u>
Total funds carried forward		<u><u>9,757</u></u>	<u><u>66,968</u></u>	<u><u>76,725</u></u>	<u><u>51,997</u></u>

All of the above results are derived from continuing activities.
There were no other recognised gains or losses other than those stated above.
The attached notes form part of these financial statements.

MAA SHANTI LTD
COMPANY LIMITED BY GUARANTEE
BALANCE SHEET
AS AT 31 MARCH 2021

	Note	2021 £	2020 £
Current assets			
Cash at bank and in hand		<u>108,698</u>	<u>67,305</u>
		108,698	67,305
Creditors: Amounts falling due within one year	7	<u>(31,973)</u>	<u>(15,308)</u>
Net current assets		<u>76,725</u>	<u>51,997</u>
Net assets		<u><u>76,725</u></u>	<u><u>51,997</u></u>
Funds			
Restricted Funds	8	66,968	43,393
General funds	8	<u>9,757</u>	<u>8,604</u>
Total charity funds		<u><u>76,725</u></u>	<u><u>51,997</u></u>

For the year ended 31 March 2021 the charitable company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.

No members have required the company to obtain an audit of its accounts for the year in question in accordance with section 476 of the Companies Act 2006.

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

The financial statements have been prepared in accordance with the special provisions applicable to companies subject to the small companies regime.

Approved by the members of the committee on **04/09/2021**

and signed on its behalf by:

Priya Solanki

Company Registration No. 05166706

The attached notes form part of the financial statements.

MAA SHANTI LTD
COMPANY LIMITED BY GUARANTEE
NOTES TO THE FINANCIAL STATEMENT
FOR THE YEAR ENDED 31 MARCH 2021

1 Accounting policies

Basis of Accounting

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 (FRS 102) - (Charities SORP FRS 102) and the Companies Act 2006.

The charitable company meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy or note.

The charitable company is exempted from preparing a cash flow statement due to exemption available to charities with income of less than £500,000.

Going concern

The trustees consider that there are no material uncertainties about the charitable company's ability to continue as a going concern. The trustees do not consider that there are any sources of estimation uncertainty at the reporting date that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next reporting period.

Income

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the income have been met, it is probable that the income will be received and that the amount can be measured reliably.

Fund accounting

Unrestricted funds are available to spend on activities that further any of the purposes of charity. Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose. Restricted funds are donations which the donor has specified are to be solely used for particular areas of the charity's work or for specific projects being undertaken by the charity.

Expenditure

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. Expenditure is classified under the following activity headings:

Fundraising costs

Costs of raising funds comprise of trading costs and the costs incurred by the charitable company in inducing third parties to make voluntary contributions to it, as well as the cost of any activities with a fundraising purpose.

Charitable Activities

Expenditure on charitable activities includes the costs of delivering services, exhibitions and other educational activities undertaken to further the purposes of the charity and their associated support costs.

Allocation of support costs

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Support costs include office costs, finance, personnel, payroll and governance costs which support the charity and its activities. These costs have been allocated between cost of raising funds and expenditure on charitable activities.

MAA SHANTI LTD
COMPANY LIMITED BY GUARANTEE
NOTES TO THE FINANCIAL STATEMENT
FOR THE YEAR ENDED 31 MARCH 2021

1. Accounting policies (continued)

Tangible fixed assets

Tangible fixed assets are stated at cost less depreciation. Items of equipment are capitalised where the purchase price exceeds £1,000. Fixed assets are depreciated over three years.

Debtors

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

Cash at bank and in hand

Cash at bank and cash 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.

Creditors and provisions

Creditors and provisions 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 and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

2 Detailed comparatives for the statement of financial activities

	Unrestricted	Restricted	Total 2020
	£	£	£
<u>Income from:</u>			
Donations and legacies	4,611	86,524	91,135
TOTAL INCOME	4,611	86,524	91,135
<u>Expenditure on:</u>			
Charitable activities	17	87,078	87,095
Total expenditure	17	87,078	87,095
Net income for the year	4,594	(554)	4,040
Total funds brought forward	4,010	43,947	47,957
Total funds carried forward	8,604	43,393	51,997

MAA SHANTI LTD
COMPANY LIMITED BY GUARANTEE
NOTES TO THE FINANCIAL STATEMENT
FOR THE YEAR ENDED 31 MARCH 2021

3 Donation & Legacies

	Unrestricted	Restricted	Total	Total
	£	£	2021	2020
			£	£
Islington VCS	-	15,000	15,000	15,000
Islington Giving	-	17,000	17,000	-
Comic Relief	-	8,392	8,392	3,400
Cripplegate Foundation	-	5,000	5,000	5,000
Two Magpies	-	14,185	14,185	-
London Funder - Wave2	-	5,856	5,856	-
Community fund	-	9,710	9,710	-
City Bridge Trust - City of London - Wave3	-	14,937	14,937	-
City Bridge Trust	-	9,500	9,500	-
Lloyds Bank Foundation	-	25,000	25,000	-
Henry Smith	-	10,650	10,650	-
Awards for All	-	-	-	9,972
MOPAC	-	-	-	28,762
Tampn Tax	-	-	-	14,390
Garfield Weston	-	-	-	10,000
Other Donation	5,275	-	5,275	4,611
	<u>5,275</u>	<u>135,230</u>	<u>140,505</u>	<u>91,135</u>

4 Analysis of expenditure

	Charitable	Support	2021	2020
	activities	costs	Total	Total
	£	£	£	£
Staff costs	83,750	-	83,750	66,096
Direct costs	10,787	-	10,787	7,823
Premises cost	-	5,915	5,915	6,403
Computer & IT expenses	-	8,919	8,919	720
Office and admin costs	-	5,506	5,506	5,153
Independent examiner's fee	-	900	900	900
-	<u>94,537</u>	<u>21,240</u>	<u>115,777</u>	<u>87,095</u>
Support costs allocated	21,240	(21,240)	-	-
Total expenditure 2021	<u>115,777</u>	<u>-</u>	<u>115,777</u>	<u>87,095</u>
Total expenditure 2020	<u>50,973</u>	<u>-</u>	<u>50,973</u>	

Of the total expenditure, £4,122 was unrestricted (2020: £17) and £111,655 was restricted (2020: £87,078).

4-a Analysis of expenditure (prior year)

	Charitable activities £	Support costs £	2020 Total £
Staff costs	66,096	-	66,096
Direct costs	7,823	-	7,823
Premises cost		6,403	6,403
Computer & IT expenses		720	720
Office and admin costs		5,153	5,153
Independent examiner's fee		900	900
	73,919	13,176	87,095
Support costs allocated	13,176	(13,176)	-
Total expenditure 2020	87,095	-	87,095

MAA SHANTI LTD
COMPANY LIMITED BY GUARANTEE
NOTES TO THE FINANCIAL STATEMENT
FOR THE YEAR ENDED 31 MARCH 2021

5 Net income / (expenditure) for the year

This is stated after charging:

2021	2020
£	£
Independent examiner's fee (including VAT)	
750	750
750	750

6 Analysis of staff costs, trustee remuneration and expenses and cost of key management personnel

Total staff costs were as follows:

2021	2020
£	£
Wages and salaries	61,050
Social security costs	4,280
Other pension costs	765
75,178	66,095
75,178	66,095

No member of staff received emoluments of more than £60,000 in this year (2018: None)

The total employee benefits including pension of the key management personnel were £48,790 (2020: £44,234). During the year there were no redundancy payments.

The trustees of the charitable company were not paid or received any other benefits from employment with the charity in the year (2020: £nil) neither were they reimbursed expenses during the year (2020: £nil). No charity trustee received payment for professional or other services supplied to the charity (2020: £nil).

The average number of employees during the year, was as follows:

2021	2020
No.	No.
Number of project staff	2
Number of support staff	1
3	3
3	3

7 CREDITORS: Amounts falling due within one year

2021	2020
£	£
Creditors	440
Deferred Income	8,500
Taxation and social security	3,668
Accruals and deferred income	2,700
31,973	15,308
31,973	15,308

MAA SHANTI LTD
COMPANY LIMITED BY GUARANTEE
NOTES TO THE FINANCIAL STATEMENT
FOR THE YEAR ENDED 31 MARCH 2021

8 Movement in funds				Balance at
current year	At 1 April			31 March
	2020	Income	Expenditure	2021
Restricted:	£	£	£	£
Awards for All	1,533	-	1,533	-
Islington VCS	2,511	15,000	9,474	8,037
Islington Giving	1,457	17,000	5,397	13,060
Cripplegate	5,160	5,000	6,410	3,750
Comic Relief	2,822	8,392	11,214	-
Two Magpies	-	14,185	7,092	7,093
London Funder - Wave2	-	5,856	5,856	-
Community fund	-	9,710	9,710	-
City Bridge Trust - City of				-
London - Wave3	-	14,937	14,937	-
City Bridge Trust	-	9,500	4,750	4,750
Lloyds Bank Foundation	-	25,000	4,561	20,439
Henry Smith	-	10,650	810	9,840
MOPAC	5,520	-	5,520	-
Tampon Tax	14,390	-	14,390	-
Garfield Weston	10,000	-	10,000	-
Total Restricted Fund	43,393	135,230	111,655	66,969
Unrestricted Funds:				
General Funds	8,604	5,275	4,122	9,757
Total funds	51,997	140,505	115,777	76,725

Movement in funds				Balance at
prior year	At 1 April			31 March
	2019	Income	Expenditure	2020
Restricted:	£	£	£	£
Awards for All	-	9,972	8,439	1,533
Islington VCS	15,699	15,000	28,188	2,511
Islington Giving	22,823	-	21,366	1,457
MOPAC	-	28,762	23,242	5,521
Tampon Tax	-	14,390	-	14,390
Garfield Weston	-	10,000	-	10,000
Cripplegate	3,750	5,000	3,590	5,160
Comic Relief	1,675	3,400	2,254	2,822
Total Restricted Fund	43,947	86,524	87,078	43,393
Unrestricted Funds:				
General Funds	4,010	4,611	17	8,604
Total funds	47,957	91,135	87,095	51,997

MAA SHANTI LTD
COMPANY LIMITED BY GUARANTEE
NOTES TO THE FINANCIAL STATEMENT
FOR THE YEAR ENDED 31 MARCH 2021

9 Purpose of Restricted Funds

All restricted funds are used for our activities which are developed in collaboration with our clients including advocacy, emotional support, signposting and groups that reduce isolation, promote peer support and enable women to access opportunities for themselves and their children. We run a programme of workshops and events, which improve access to relevant support, focus on mental well-being and increase participation in the local community. We provide weekly activities and drop-in sessions, arts and crafts, yoga, group trips and mother and child activities during school holidays.

10 Analysis of net assets between funds - 2021

	Tangible Fixed Assets £	Net Current Assets £	Total 2021 £
Restricted Income Funds:	-	66,968	66,968
Unrestricted Income Funds	-	9,757	9,757
Total Funds	<u>-</u>	<u>76,725</u>	<u>76,725</u>

Analysis of net assets between funds - 2020

	Tangible Fixed Assets £	Net Current Assets £	Total 2020 £
Restricted Income Funds:	-	43,393	43,393
Unrestricted Income Funds	-	3,005	3,005
Total Funds	<u>-</u>	<u>46,398</u>	<u>46,398</u>

11 Company limited by guarantee

The company is limited by guarantee of £1 per member without share capital.

12 Taxation

The charitable company is exempt from corporation tax as all its income is charitable and is applied for charitable purposes.

13 Related party transactions

There are no related party transactions to disclose for 2021 (2020: none).

There are no donations from related parties which are outside the normal course of business and no restricted donations from related parties. There is no balance due to/from related parties at the end of the year.