

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.

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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.

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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.

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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.

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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.

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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.

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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.

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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.

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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.

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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.

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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.

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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.

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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.

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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:

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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	Total
	£	£	2024	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	Support	2024	2023
	activities	costs	Total	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	-	97,371	97,371

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	-	118,493	118,493

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.