



ANNUAL REPORT

MAYAH'S LEGACY

1 INTRODUCTION

This report outlines the delivery and outcomes of our project aimed at improving the wellbeing, resilience, and confidence of parents and caregivers in Canterbury & District. The projects reflect our commitment to listening and responding to the lived experiences of families, especially those facing financial hardship or emotional challenges associated with parenthood.



2 BABY EXPLORER COURSE (6 WEEKS)



Overview

The Baby Explorer course sessions were facilitated by the Canterbury & District Early years project. It is designed to support families with young children by providing practical guidance on nutrition and wellbeing. Delivered over six weeks, the programme targeted financially struggling families with babies and focused on cost-effective, healthy food preparation and basic self-care.



Participation

Total families engaged: 8

Duration: 6 weeks

Focus Areas:

- Affordable baby meal planning and nutrition
- Practical food preparation
- Promoting parental self-care and wellbeing



Feedback Highlights

Participants expressed a strong desire for additional sessions focused solely on parental wellbeing, prompting the development of a follow-on wellbeing course.

3 PARENT WELLBEING COURSE (3 WEEKS)



Overview

This course was developed directly in response to participant feedback. It focused on helping parents reflect, rebuild emotional resilience, and explore strategies to manage the everyday challenges of parenting. The sessions were safe, light, friendly, and interactive, blending peer support, personal development, and mental wellbeing education.



Course Structure & Content

Attendees: 14

Week 1: Self-Awareness & Habits

- Mapping personal support systems (“circle of support”)
- Understanding body signals and breaking negative habits
- Nutrition and mood: water intake, healthy eating
- Establishing restful sleep routines
- 7-day emotional honesty journal
- Daily positive affirmations

Week 2: Building Resilience

- Reflecting on week one’s changes
- Self-compassion and self-esteem
- Emotional stability and courage
- Mindful task planning using mind maps
- Positive closing activity: affirmation jars

Week 3 – Feedback and reflections

4 TRAUMA-INFORMED TRAINING WITH MY BIRTH SUPPORT CIC



Overview

In partnership with My Birth Support CIC, we delivered a trauma-informed training session for parents, professionals and volunteers working with families and parents. The aim was to raise awareness, increase confidence, and share tools to better support caregivers who have experienced trauma.



Key Details

Attendees: 18 individuals from 12 organisations

Style: Interactive, reflective, and engaging

Workshop Aim: To provide a practical training workshop for those who work with/support parents in Kent.



Evaluation & Impact

Workshop Ratings:

- 11 delegates rated the workshop 5/5
- 4 delegates rated it 4/5

Improvements Noted:

- Confidence to support parents: +1 to +8 increase (out of 10)
- Understanding of trauma-informed approaches: +1 to +8 increase
- Clarity in signposting parents to support: +1 to +6 increase



What Worked Well (Participant Feedback)

- Clarity and accessibility of the facilitator's delivery
- High-quality information grounded in science
- Group sharing that led to practical solutions
- Friendly, safe, and inclusive atmosphere
- Effective networking and signposting suggestions



Suggestions for Improvement

- Include more descriptive language and calming strategies
- More discussion time and real-life application examples
- Booklet summarising key training material
- More physical movement during the session
- Expand to a full-day workshop
- Broader references to Kent-wide services

5 TRAUMA-INFORMED TRAINING WITH MY BIRTH SUPPORT CIC

Quote from Delegate

Kirsty King, Sing & Play:

“

“Your training really highlighted for me how important it is for caregivers to feel seen and valued in their own right, not just in their role as ‘mum’ or ‘dad.’... I’m planning to make a small change during our sessions by greeting both the adult and the child by name. I believe this will help adults feel more visible and support co-regulation with their children. Your training is already making a real difference.”



6 CONCLUSION AND NEXT STEPS

These projects highlight the importance of:

- Listening to the voices of parents and caregivers
- Creating responsive, flexible programmes
- Delivering practical, trauma-informed, and confidence-building content
- Supporting frontline professionals with meaningful, actionable training

7 SISTERZ ADVOCATE TRAINING

Moving forward, our work has highlighted a clear gap in advocacy training for parents and caregivers. Many participants have expressed the need for greater confidence and support in navigating healthcare, education, and community services. To address this, we will focus next year on the development and delivery of our SisterZ Advocate Training.

The SisterZ Advocate Training is a structured programme designed to equip women with lived experience to become confident, informed, and compassionate peer advocates. The training includes essential modules such as trauma-informed practice, safeguarding, emotional intelligence, GDPR, mental health first aid, active listening, informed consent, and post-traumatic growth. It also offers group sessions and reflective practice to foster sisterhood, leadership, and resilience.

This programme will build a network of community-based advocates who can support others in similar circumstances, amplifying voices and creating positive change at both individual and systemic levels. We are excited about the potential of SisterZ to transform lives and will be prioritising its rollout in the upcoming year.

Planned Developments

- Continue evolving the parent wellbeing course based on live feedback
- Expand trauma-informed training to include more Kent-based organisations
- Develop printed resources and extend session durations
- Explore longer-term support groups and peer mentoring models

Thank you to all families, facilitators, and partners who have contributed to the success of these programmes. Together, we are building stronger, more supported communities.

BABY AND ME

This was the first baby and Me delivered at the project for Mum's who were not ready and needed encouragement to leave their babies for a full baby explorer course.

Each session started with parents and babies being together in the creche room. Getting to know each other and the creche staff.

They were encouraged to come out of the creche for refreshments and discussion on topics which were relevant for their babies age and stage of development.



TOPICS INCLUDED



Handling separation:

Parents discussed the need to be confident when leaving your baby, making sure they are happy and that it is normal for babies to be anxious when first being left with anyone other than the parent.



Sleep:

Co sleeping, the benefits and downside, sleep training and how this aspect of routines is one of the hardest things to feel you are getting right. That it is a personal choice and depends on the dynamic of the family cultural differences and if you have other children needing to sleep.



Weaning:

Parent got to look at home made against shop bought along with tips and strategies to help find the way through.



Temperament:

Parents discussed the temperament of their baby how some traits are from birth and others are learnt from parents' siblings and environment.

We also made hands and footprints. Parents were able to socialize and make friendship which we hope will take them beyond the walls of Poets.

“

"This has been a fab group to attend each week. It's been very informative and fun, and my baby has really mostly enjoyed it."

“

"A really friendly, down-to-earth environment. I'm always worried about being judged as a mum, but as soon as I walked in, it felt like I'd known everyone for ages. It was so comfortable and genuinely lovely—no matter your circumstances, you're listened to and offered help and support."





CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name
Mayah's Legacy

No (if any)
1188980

Receipts and payments accounts

CC16a

For the period
from

Period start date
01/04/2024

To

Period end date
31/03/2025

Section A Receipts and payments

| | Unrestricted funds to the nearest £ | Restricted funds to the nearest £ | Endowment funds to the nearest £ | Total funds to the nearest £ | Last year to the nearest £ |
|---|--|---|--|---------------------------------|-------------------------------|
| A1 Receipts | | | | | |
| Donations | 406 | - | - | 406 | 201 |
| Grants | 24,065 | - | - | 24,065 | 25,499 |
| | - | - | - | - | - |
| | - | - | - | - | - |
| | - | - | - | - | - |
| | - | - | - | - | - |
| | - | - | - | - | - |
| Sub total (Gross income for AR) | 24,471 | - | - | 24,471 | 25,700 |
| A2 Asset and investment sales, (see table). | | | | | |
| | - | - | - | - | - |
| | - | - | - | - | - |
| Sub total | - | - | - | - | - |
| Total receipts | 24,471 | - | - | 24,471 | 25,700 |
| A3 Payments | | | | | |
| Accountancy fees | 1,095 | - | - | 1,095 | 720 |
| Advertising and marketing | 1,236 | - | - | 1,236 | 2,742 |
| Consultancy services | - | - | - | - | 4,251 |
| Donations | 152 | - | - | 152 | 60 |
| Expenditure on Charitable Activities | 8,111 | - | - | 8,111 | 6,979 |
| Fundraising activities | 950 | - | - | 950 | - |
| General expenses | - | - | - | - | 304 |
| Insurance | 130 | - | - | 130 | 129 |
| IT Software, website and consumables | 737 | - | - | 737 | 875 |
| Renting space | - | - | - | - | 182 |
| Salaries | 9,970 | - | - | 9,970 | 7,816 |
| Travel | 296 | - | - | 296 | 232 |
| | - | - | - | - | - |
| | - | - | - | - | - |
| Sub total | 22,677 | - | - | 22,677 | 24,290 |
| A4 Asset and investment purchases, (see table) | | | | | |
| | - | - | - | - | - |
| | - | - | - | - | - |
| Sub total | - | - | - | - | - |
| Total payments | 22,677 | - | - | 22,677 | 24,290 |
| Net of receipts/(payments) | 1,794 | - | - | 1,794 | 1,410 |
| A5 Transfers between funds | - | - | - | - | - |
| A6 Cash funds last year end | 1,411 | - | - | 1,411 | 1 |
| Cash funds this year end | 3,205 | - | - | 3,205 | 1,411 |

Section B Statement of assets and liabilities at the end of the period

| Categories | Details | Unrestricted funds to nearest £ | Restricted funds to nearest £ | Endowment funds to nearest £ |
|---------------|--|---------------------------------|-------------------------------|------------------------------|
| B1 Cash funds | Cash at the bank | 3,205 | - | - |
| | | - | - | - |
| | | - | - | - |
| | | - | - | - |
| | Total cash funds | 3,205 | - | - |
| | (agree balances with receipts and payments account(s)) | OK | OK | OK |

| | Details | Unrestricted funds to nearest £ | Restricted funds to nearest £ | Endowment funds to nearest £ |
|--------------------------|---------|---------------------------------|-------------------------------|------------------------------|
| B2 Other monetary assets | | - | - | - |
| | | - | - | - |
| | | - | - | - |
| | | - | - | - |
| | | - | - | - |
| | | - | - | - |

| | Details | Fund to which asset belongs | Cost (optional) | Current value (optional) |
|----------------------|---------|-----------------------------|-----------------|--------------------------|
| B3 Investment assets | | | - | - |
| | | | - | - |
| | | | - | - |
| | | | - | - |
| | | | - | - |

| | Details | Fund to which asset belongs | Cost (optional) | Current value (optional) |
|--|---------|-----------------------------|-----------------|--------------------------|
| B4 Assets retained for the charity's own use | | | - | - |
| | | | - | - |
| | | | - | - |
| | | | - | - |
| | | | - | - |
| | | | - | - |
| | | | - | - |
| | | | - | - |

| | Details | Fund to which liability relates | Amount due (optional) | When due (optional) |
|----------------|---------|---------------------------------|-----------------------|---------------------|
| B5 Liabilities | | | - | |
| | | | - | |
| | | | - | |
| | | | - | |
| | | | - | |

Signed by one or two trustees on behalf of all the trustees

| Signature | Print Name | Date of approval |
|--------------|------------------|------------------|
| S. Williams | SHILLAH WILLIAMS | 13/07/2025 |
| A. J. Cepini | TAIWO ATISEFINI | 13/07/2025 |