

THE REFLECTION PROJECT

England & Wales · Charity number 1208641

Details

Status Registered

Legal form CIO

Registered 2024-06-12

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

Contact

Address 137 Abbots Gardens
London
N2 0JJ

Phone 07968796490

Email contact@thereflectionproject.org

Website thereflectionproject.org

Activities

Objects: 1. THE ADVANCEMENT OF HEALTH BY PROMOTING THE QUALITY OF AND ACCESS TO MENTAL HEALTH SUPPORT FOR CHILDREN AND YOUNG PEOPLE IN THE UK ESPECIALLY THOSE FROM MARGINALISED BACKGROUNDS AND PARTICULARLY (BUT NOT EXCLUSIVELY) THOSE OF MUSLIM HERITAGE.2. WE WILL ADVANCE THIS THROUGH THE A) DEVELOPMENT AND PROVISION OF FAITH- SENSITIVE MENTAL HEALTH SUPPORT SERVICES; B) DEVELOPMENT AND PROVISION OF COLLABORATIVE COMMUNITY ENGAGEMENT AND EDUCATION; C) COOPERATION WITH OTHER MENTAL HEALTH SUPPORT PROVIDERS TO DEVELOP THEIR CAPACITY AND SKILLS IN FAITH-SENSITIVE APPROACHES THROUGH TRAINING, CONSULTATION AND SHARING OF INFORMATION RESOURCES; D) DEVELOPMENT OF AND CONTRIBUTION TO RESEARCH INTO MENTAL HEALTH SUPPORT FOR CHILDREN AND YOUNG PEOPLE; AND E) OTHER APPROPRIATE MEANS AS DECIDED BY THE CHARITY TRUSTEES.

Activities: Provision of free, faith- and culturally sensitive therapy to children and young people from marginalised backgrounds within our funded areas.Provision of free parent work within our funded areas.Training and raising awareness of the importance of faith- and culturally sensitive mental health support.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information, Sponsors Or Undertakes Research, Acts As An Umbrella Or Resource Body
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Human Rights/religious Or Racial Harmony/equality Or Diversity
- **Who:** Children/young People

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£129,355	£34,619	-	-

Trustees

Name	Role	Appointed
Dr Rachel Abedi		2026-05-21
Maazin Buhari		2026-05-22
Tudor Payne		2024-06-12

THE REFLECTION PROJECT

England & Wales - Charity number 1208641

Accounts



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	12	June	2024		31	March	2025

Section A Reference and administration details

Charity name	The Reflection Project
Other names charity is known by	TRP
Registered charity number (if any)	1208641
Charity's principal address	137 Abbots Gardens
	London
Postcode	N2 0JJ

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Tudor Payne	Chair		
2	Mouna Kalla - Sacranie			
3	Khuzuma Akhtar			
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

Maaria Mahmood

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	CIO
Trustee selection methods (eg. appointed by, elected by)	By appointed

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

To preserve and protect good mental health for the public benefit of children and young people in the UK, in particular but not exclusively those who are socially or economically disadvantaged and those of Muslim heritage by:-

- promoting the quality of and access to mental health support;
- developing the provision of faith sensitive mental health support services;
- developing collaborative community engagement and education;

- co-operating with other mental health support providers to develop their capacity and skills in faith-sensitive approaches through training, consultation and sharing of information resources;
- developing and contributing to research into mental health support for children and young people; and
- by such other appropriate means as decided by the charity Trustees.

Main activities:

- Free faith-sensitive therapy for children and young people aged 2 - 25, mainly of Muslim heritage;
- Free faith-sensitive parent work to support the therapy;
- Working with the professional network around the family to support the child's wellbeing;
- Activities in the community to improve access to mental health support for children and families who might not use mainstream mental health services;
- Training therapists.

TRP trustees have had due regard to the Charity Commission's guidance on public benefit, e.g.

- TRP seeks to overcome barriers to accessing therapy for children and young people from groups who are often neglected by mainstream services, by making it free, delivered in a variety of trusted community settings, and faith-sensitive. This means sensitive to the individual child/young person – our aim for faith identity to be understood and valued, not assumed or imposed.
- The value of professional therapy is long-term improvement in mental health, which benefits the child/young person, their family, their community and wider society. TRP uses a range of outcome measures to track the impact of our therapeutic work.
- If TRP receives referrals which we are not able to accept (due to location, age etc), we offer advice and signposting so that appropriate support can be located.
- Identifying risk of harm and minimising risk: qualified, experienced mental health professionals are recruited to key clinical roles, so that referrals are responsibly triaged and allocated, and trainees are properly supervised; we have robust risk and safeguarding policies and procedures in place; all clinical staff have Level 3 safeguarding children and adults training and enhanced DBS checks.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Section D

Achievements and performance

Section D

Achievements and performance

Summary of the main achievements of the charity during the year

- Establishment of The Reflection Project and inaugural board of trustees (June 2024).
- Collaborations with primary schools, secondary schools and community centres in our funded areas.
- Collaborations with Al-Manaar Muslim Cultural Heritage Centre, High Barnet Islamic Centre and Muslim Mind Collaborative.
- Collaborations with local GPs, CAMHS services and social care.
- Social Venture Academy training for CEO (Sept - Dec 2024).
- Canal Boat workshop for young people (February 2025).
- Growth of clinical team.

FUNDING:

- Commissioned by Royal Borough of Kensington and Chelsea Community Public Health Programme to work with young adults in the borough's most deprived wards (December 2024).
- Successfully pitched for core funding from Funders In Good (January 2025).
- Attracted private donor funding to expand our work with children and young people in Kensington & Chelsea and Westminster (February 2025).
- Commissioned by NCEL CAMHS to work with children and young people in Barnet (March 2025).
- Attracted private donor funding to work with children and young people in Haringey (March 2025).

Section E Financial review

Brief statement of the charity's policy on reserves

We are in the process of building reserves, with the aim of having sufficient reserves to maintain operations for 6 months in the absence of other funding.

Details of any funds materially in deficit

N/A

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

- Our principal source of funds is from grants and commissioning.
- Our main expenditure item is therapists' salaries.

Section F Other optional information

Section G Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)	 Tudor Payne (Jan 13, 2026 19:28:00 GMT)	 Khuzuma Akhtar (Jan 16, 2026 12:31:37 GMT)
Full name(s)	Tudor Payne	Khuzuma Akhtar
Position (eg Secretary, Chair, etc)	Trustee / Chair	Trustee
Date	13 Jan 2026	

TRP - Trustees Report - 31.03.25

Final Audit Report

2026-01-16

Created:	2026-01-13
By:	S Tejani (syed@seymourking.co.uk)
Status:	Signed
Transaction ID:	CBJCHBCAABAAk2EHnWZN5fQFrq9LFV2z8EGB8rl3rOeX

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CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name
The Reflection Project

No (if any)
1208641

CC16a

Receipts and payments accounts

For the period from	Period start date 12/06/2024	To	Period end date 31/03/2025
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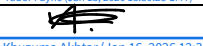
Section A Receipts and payments

	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	13,996	-	-	13,996	-
Grants	-	97,017	-	97,017	-
Other income	18,342	-	-	18,342	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	32,338	97,017	-	129,355	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	32,338	97,017	-	129,355	-
A3 Payments					
Direct wages	8,096	24,282	-	32,378	-
Direct expenses	119	357	-	476	-
Insurance	73	218	-	291	-
IT software and consumables	90	270	-	360	-
Rent	111	332	-	443	-
Staff training	153	460	-	613	-
Telephone	14	44	-	58	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	8,656	25,963	-	34,619	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	8,656	25,963	-	34,619	-
Net of receipts/(payments)	23,682	71,054	-	94,736	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	23,682	71,054	-	94,736	-

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	Bank current account	23,682	71,054	-
		-	-	-
		-	-	-
	Total cash funds	23,682	71,054	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
B2 Other monetary assets	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
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 asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	
			-	

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

Signature	Print Name	Date of approval
 Tudor Payne (Jan 13, 2026 18:30:28 GMT)	Tudor Payne	13/01/2026
 Khuzuma Akhtar (Jan 16, 2026 12:35:22 GMT)	Khuzuma Akhtar	13/01/2026

The Reflection Project - Accounts 31.03.25

Final Audit Report

2026-01-16

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By:	S Tejani (syed@seymourking.co.uk)
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-  Document e-signed by Khuzuma Akhtar (khuzuma_akhtar@hotmail.com)
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Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Charity Name
The Reflection Project

**On accounts for the year
ended**

31 March 2025

**Charity no
(if any)**

1208641

Set out on pages

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/03/2025.

**Responsibilities and
basis of report**

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent
examiner's statement**

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

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

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

Signed:

Sajjad Tejani

Date:

16/9/2026

Name:

Mr Sajjad Tejani

**Relevant professional
qualification(s) or body
(if any):**

FCCA

Address:

Suite G1, Hartsbourne House, Delta Gain

Watford

WD19 5EF

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.