

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

The Maya Centre

(A company limited by guarantee)

**Unaudited trustees' report
and financial statements**

For the year ended 31 March 2022

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Service**

The Maya Centre
(A Company limited by guarantee)

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The Maya Centre
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Report of the trustees
For the year ended 31 March 2022

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

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

Objectives and Activities

Policies and objectives

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

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

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

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

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

ACHIEVEMENTS AND PERFORMANCE

Review of activities

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

Vision

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

Mission

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

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

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Report of the trustees (continued)

For the year ended 31 March 2022

ACHIEVEMENTS AND PERFORMANCE (continued)

Our work in 2021-22

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

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

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

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

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Report of the trustees (continued)

For the year ended 31 March 2022

ACHIEVEMENTS AND PERFORMANCE (continued)

Individual and Group Counselling

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

Individual Counselling

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

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

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

Group Counselling

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

ACHIEVEMENTS AND PERFORMANCE (continued)

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

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

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

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

Psychoeducation Workshops

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

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

Complementary Therapies

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

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

ACHIEVEMENTS AND PERFORMANCE (continued)

Wellbeing

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

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

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

Monitoring and evaluation report

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

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

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

Overall Effectiveness of Counselling Service:

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

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

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Report of the trustees (continued)

For the year ended 31 March 2022

ACHIEVEMENTS AND PERFORMANCE (continued)

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

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

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

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

56% of women showed an improvement in personal insight.

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

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

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

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

81% of women showed an improvement in personal relationships.

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

Effectiveness of Group Work

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

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

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

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Report of the trustees (continued)

For the year ended 31 March 2022

ACHIEVEMENTS AND PERFORMANCE (continued)

Client Testimonials

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

Client A (Counselling)

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

Client B (Counselling – Domestic Abuse)

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

Client C (Counselling – Domestic Abuse)

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

Client D (Counselling & Holistic Massage)

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

Client E (Counselling - Bengali)

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

Client F (BWTG)

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

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Report of the trustees (continued)

For the year ended 31 March 2022

ACHIEVEMENTS AND PERFORMANCE (continued)

Case Studies: Group Work

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

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

Table 1: Activity

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

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Report of the trustees (continued)

For the year ended 31 March 2022

ACHIEVEMENTS AND PERFORMANCE (continued)

Table 2: Demographic data

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

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

ACHIEVEMENTS AND PERFORMANCE (continued)

Table 2: Demographic data (continued)

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

Future Developments

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

This includes:-

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

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

Reference and administrative details

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

Our advisers

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

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

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

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Report of the trustees (continued)

For the year ended 31 March 2022

Financial Review

Financial update

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

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

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

Reserves policy

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

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

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

Going concern

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

Structure, governance and management

Constitution

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

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Report of the trustees (continued)

For the year ended 31 March 2022

Method of appointment or election of Trustees

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

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

Policies adopted for the induction and training of Trustees

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

Organisational structure and decision making

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

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

Risk management

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

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

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Report of the trustees (continued)

For the year ended 31 March 2022

Trustees' responsibilities statement

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

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

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

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

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


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Rebecca Harrington
Chair of Trustees

The Maya Centre

(A company limited by guarantee)

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

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

Responsibilities and basis of report

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

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

Independent examiner's statement

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

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

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

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


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

Chanter, Browne & Curry

Chartered Accountants

1 Plato Place

72-74 St Dionis Road

London SW6 4TU.

Date: 28 November 2022

The Maya Centre

(A Company limited by guarantee)

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

	Notes	2022			2021
		Unrestricted funds	Designated funds	Restricted funds	Total funds
		£	£	£	£
Income					
Donations and grants	2	76,260	15,060	311,710	407,529
Other trading activities	3	12,412	-	-	2,070
Investments	4	311	-	-	719
Total incoming resources		88,983	15,060	311,710	410,318
Expenditure					
Raising funds	5	-	-	-	86
Charitable activities	5	51,764	26,779	332,013	346,105
Total expenditure		51,764	26,779	332,013	346,191
Net income/(expenditure)		37,219	(11,719)	(20,303)	64,127
Transfers between funds		20,920	(19,249)	(1,671)	-
Net movement in funds for the year		58,139	(30,968)	(21,974)	64,127
Reconciliation of funds					
Total funds brought forward		121,918	33,042	52,759	143,592
Total funds carried forward		180,057	2,074	30,785	207,719

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

The Maya Centre
(A Company limited by guarantee)

Balance sheet
At 31 March 2022

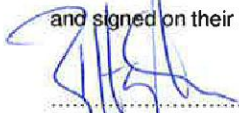
	<u>Notes</u>	<u>2022</u>		<u>2021</u>	
		<u>Total funds</u>		<u>Total funds</u>	
		£	£	£	£
Current assets					
Debtors	8	48,309		43,902	
Cash at bank and in hand		290,057		280,608	
		<u>338,366</u>		<u>324,510</u>	
Creditors: amounts falling due within one year	9	<u>125,450</u>		<u>116,791</u>	
Net current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

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

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

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

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


Rebecca Harrington
Chair


Lisa Marsh
Treasurer

Company Registration Number: 02701313

The Maya Centre

(A Company limited by guarantee)

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

1 Accounting policies

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

1.1 Legal form

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

1.2 Basis of preparation of financial statements

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

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

1.3 Going concern

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

1.4 Fund accounting

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

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

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

1.5 Income

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

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

The Maya Centre

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Notes to the financial statements (continued)

For the year ended 31 March 2022

1 Accounting policies (continued)

1.6 Expenditure

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

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

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

All expenditure is inclusive of irrecoverable VAT.

1.7 Cash flow

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

1.8 Interest receivable

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

1.9 Operating leases

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

1.10 Debtors

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

1.11 Cash at bank and in hand

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

The Maya Centre

(A Company limited by guarantee)

Notes to the financial statements (continued)

For the year ended 31 March 2022

1 Accounting policies (continued)

1.12 Liabilities and provisions

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

1.13 Financial instruments

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

1.14 Taxation

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

1.15 Pensions

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

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

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

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

The Maya Centre

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Notes to the financial statements (continued)

For the year ended 31 March 2022

2 Income from donations and legacies

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

Grant income comprised:-

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

3 Income from other trading activities

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

The Maya Centre

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Notes to the financial statements (continued)

For the year ended 31 March 2022

4 Investment income

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

5 Expenditure

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

Expenditure on raising voluntary income

Fundraising	-	-	-	-	86
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Charitable activities

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

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

5 Expenditure (continued)

Governance costs

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

6 Net income/(expenditure)

This is stated after charging:

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

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

7 Staff costs

Staff costs were as follows:

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

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

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

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

The Maya Centre

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

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

9 Creditors: Amounts falling due within one year

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

Deferred income

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

The Maya Centre

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

10 Statement of funds

Statement of funds - current year

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

The Maya Centre

(A Company limited by guarantee)

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

10 Statement of funds (continued)

Statement of funds - prior year

	Balance at 1 April 2020	Income	Expenditure	Transfer in/ (out)	Balance at 31 March 2021
	£	£	£	£	£
Designated funds					
Hibiscus	-	7,950	(236)	-	7,714
Raising Profile	3,058	-	-	-	3,058
Richard Cloudesley	25	-	-	-	25
Tampon Tax Community Grant programme	240	11,250	(11,490)	-	-
Leathersellers' Company Charitable Fund	3,750	15,000	-	-	18,750
Tracey Emin & Deutsche Bank Centenary Fund	12,848	-	(12,848)	-	-
Covid funds	-	9,000	(5,505)	-	3,495
	<u>19,921</u>	<u>43,200</u>	<u>(30,079)</u>	<u>-</u>	<u>33,042</u>
General funds	<u>93,474</u>	<u>70,775</u>	<u>(36,722)</u>	<u>(5,609)</u>	<u>121,918</u>
Total unrestricted funds	<u>113,395</u>	<u>113,975</u>	<u>(66,801)</u>	<u>(5,609)</u>	<u>154,960</u>
Restricted funds					
The Big Lottery Fund: Awards For All	979	-	(450)	-	529
City Bridge Trust - BAMER	-	21,150	(12,495)	-	8,655
Cloudesley Legacy	12,992	30,000	(47,810)	-	(4,818)
Cloudesley Main	647	37,500	(20,275)	1,676	19,548
Complementary Therapies	3,331	-	(184)	-	3,147
Department of Foreign Affairs and Trade; Emigrant Support Programme	4,534	22,735	(21,585)	-	5,684
Family Catalyst Fund	97	-	(928)	2,500	1,669
Hearthstone DV Project	-	17,015	(15,431)	-	1,584
LB Islington & CCG	-	63,829	(63,829)	-	-
Lloyds TSB Foundation	10,310	18,563	(25,052)	-	3,821
MOPAC	(2,693)	6,335	(5,039)	1,397	-
	<u>30,197</u>	<u>217,127</u>	<u>(213,078)</u>	<u>5,573</u>	<u>39,819</u>
Covid funds (restricted)					
Lloyds React Fund	-	10,674	(8,535)	-	2,139
London Funders Wave 3	-	15,780	(8,339)	-	7,441
MOPAC	-	8,260	(8,287)	27	-
National Lottery Community Fund	-	9,585	(9,594)	9	-
DCMS	-	29,857	(29,840)	-	17
Cloudesley Emergency Fund	-	5,060	(1,717)	-	3,343
Total restricted funds	<u>30,197</u>	<u>296,343</u>	<u>(279,390)</u>	<u>5,609</u>	<u>52,759</u>

The Maya Centre

(A Company limited by guarantee)

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

10 Statement of funds (continued)

Statement of funds - current year

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

Statement of funds - prior year

	Balance at 1 April 2020	Income	Expenditure	Transfer in/ (out)	Balance at 31 March 2021
	£	£	£	£	£
Designated funds	19,921	43,200	(30,079)	-	33,042
General funds	93,474	70,775	(36,722)	(5,609)	121,918
	<u>113,395</u>	<u>113,975</u>	<u>(66,801)</u>	<u>(5,609)</u>	<u>154,960</u>
Restricted funds	30,197	296,343	(279,390)	5,609	52,759
Total funds	<u>143,592</u>	<u>410,318</u>	<u>(346,191)</u>	<u>-</u>	<u>207,719</u>

The charity's funds comprise the following:

Restricted funds

Irish Women's Counselling Project - Department of Foreign Affairs and Trade: Emigrant Support Programme Department of Foreign Affairs and Trade: The Emigrant Support Programme received a grant of £28,715 for the year from 1st July 2021 to 30th June 2022. The funds were restricted for the following projects: The Irish Women's Project. Nine months grant income was utilised in the period to 31st March 2022. Three months grant income amounting to £8,763 has been deferred to the 2022-23 financial year and will be utilised by 30th June 2022.

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

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

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

