

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 2023



The Maya Centre
(A Company limited by guarantee)

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Report of the trustees

For the year ended 31 March 2023

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 2023 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 2023

ACHIEVEMENTS AND PERFORMANCE (continued)

Our work in 2022-23

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. In recent years this has led to the development of broader trauma-informed services, including a full suite of holistic mind-body therapies, psychoeducational group work in community languages and inclusive wellbeing workshops.

During the period April 2022-March 2023, The Maya Centre continued to experience increasing and complex referrals as the result of public awareness on issues relating to Violence Against Women and Girls (VAWG) and improved awareness of how this links in with minoritised women's mental health and wellbeing. We responded to this by focusing on two key areas of work:

- Refining our service model to provide wrap-around support which caters to a woman at any stage of her journey from early-intervention to longer term trauma counselling, to ongoing self-care;
- Introducing and promoting a specific focus on inclusive women's participation and leadership across the organisation.

Highlights to the year included the launch of our Women's Hub Community Wellbeing Project in July 2022; our inclusion as mental health experts within an Islington-specific Domestic Abuse Partnership Programme; the expansion of both our dedicated Irish Women's and Black Women's Projects; and our involvement in the promotion of a new Islington Inequalities Toolkit, co-designed with a number of Islington mental health agencies with the aim of improving anti-racist and culturally sensitive approaches to service provision.

Overall, The Maya Centre supported 491 women in the year 2022-3, an increase of over 100 women per year. Our new annual target is 500 women per year across all of our services.

The increase in service-users during this time was made possible due to the ongoing support and flexibility of our funders. Whilst continued funding from the Lloyds Bank Foundation focused on enhancing our financial strategy and resilience, new 3-year Domestic Abuse funding from Mopac enabled us to boost our long-term specialist counselling offer, for the first time linking this with our holistic mind-body therapies as part of a care package for our most traumatised clients. In line with our continuing focus on minoritised women and VAWG, we received ongoing funding from the Accept Consortium (NCL CCG), Hearthstone Housing Association, City Bridge Trust, the Cripplegate Foundation, the Embassy of Ireland London, Richard Cloudesley, Islington Giving and the Mayor's Office for Policing and Crime (via the London Community Foundation), Hollick Family Foundation, The National Lottery Community Fund and The Crucible Trust.

We were also extremely fortunate to attract significant donations during the year, building on our work to raise our profile via our website and social media channels. These included TOMS, 10x10 Philanthropy, Celebrity Catchphrase (via our Ambassador Siobhan McSweeney), Macquarie & Co. and Margaret Bluman.

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Report of the trustees (continued)

For the year ended 31 March 2023

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 2022-March 2023 we introduced the new role of Office & Clinical Systems Manager and expanded our infrastructure in order to refine our clinical systems, referrals processing and data collation. 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.

Self-referrals made up 46% of referrals in the year April 2022-March 2023, with an increase in referrals from NHS services, and the voluntary sector including Solace Women's Aid, Mind, Imece, Nia and Age UK. Our referral and assessment process showed that in this period, 86% of the women we supported disclosed experiences of Violence Against Women and Girls: within this, 13% reported 'honour-based' violence and 10% FGM. 30% of women disclosed childhood sexual abuse, and 52% disclosed experiences of sexual abuse including rape. 90% of women referred to our services reported experiencing depression, stress or anxiety and 43% reported loneliness and isolation, a 13% increase on 2021-22. 77% of our service-users were from Global Majority, migrant or refugee backgrounds and 23% White British. The full demographic data for all services is in Table 2, pages 9 to 10.

During this year, we received additional funding and increased the number of women in individual counselling from 271 to 328. We received 512 referrals and applications for counselling. Of these, 114 were closed at application, did not attend during the assessment process or were deemed not suitable for our services following an assessment. 313 completed individual counselling and 79 women remained in assessment or on our waiting list at the end of the period. During this year, numbers attending counselling sessions in person increased significantly, reversing the percentages from 2021-22: 66% of women were seen face-to-face, 24% received counselling by telephone, and 10% were seen online. Our data analysis showed good retention during this period, with average attendance per client of 82%. Clients with planned endings scored an average of 89% attendance. Those with unplanned endings scored an average rate of 54%, a slight increase on 2021-22. Overall, self-referrals scored 4% better attendance than agency referrals. Average waiting times from referral to assessment decreased slightly during this period from 24 to 23 weeks.

Specialist Projects and Group Counselling

The Black Women's Project (BWP) expanded from the Black Women's Therapeutic Group in July 2022 to form its own unique project, targeting women in our community from Black African and Caribbean heritages who are seeking representative trauma-informed counselling on issues including abuse and violence, racism, discrimination and misogyny. Two Lead Counsellors was appointed in January 2023 and a new framework developed to include Emotional Emancipation Circles alongside psychoeducation and 1-2-1 counselling. 19 out of 50 women had been supported in this project by the end of March 2023.

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Report of the trustees (continued)

For the year ended 31 March 2023

ACHIEVEMENTS AND PERFORMANCE (continued)

The Irish Women's Project also expanded in this period due to increasingly complex referrals associated with displacement/ racism and historical/ Institutional trauma, as well as a rise in mixed-heritage clients. 30 out of 37 women had been supported in this project by the end of March 2023.

Art Therapy resumed at The Maya Centre in October 2022 with two 10-week, face-to-face groups attended by 19 women. 31 women attended individual art therapy sessions of between 6-12 weeks. Our learning this year includes a greater focus on flexibility of offer, developing towards a drop-in model of group art therapy alongside 1-2-1 work as an approach which demystifies art-making and allows women to explore if this works for them before committing to a closed group.

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 different cultural attitudes towards mental health and VAWG.

During the period April 2022-March 2023, 9 psychoeducation groups were delivered to 53 women. Highlights to this work included two Turkish women's groups addressing coercive control; a mixed Domestic Abuse group; our first South Asian Women's Group, our first online GenZ Group and the expansion of our Somali Women's Group with referral routes through to 1-2-1 counselling.

Holistic Mind-Body Therapies

HMB Therapies expanded at The Maya Centre during this period due to additional funding from MOPAC, the first of its kind to fund body-based therapies alongside psychological counselling. HMB therapies are only offered to women who have completed a course of specialist 1-2-1 counselling, therefore they are included within our clinical services for reporting purposes.

The Maya Centre offers 5 sessions of Reiki, Reflexology or Holistic Massage to women who have completed their individual counselling and have requested a mind-body treatment. During the period April 2022-March 2023, 45 women received treatments commented on the value of somatic experience and requested more of this kind of treatment for trauma and post-traumatic stress symptoms.

Women's Hub Community Wellbeing Project

The Maya Centre Women's Hub launched in July 2022 with the aim of providing holistic, co-designed wellbeing activities for minoritised women in our community. With the focus on Lived Experience, 4 Community Navigators were recruited to engage in outreach and advocacy work. Between July 2022 and March 2023, 163 women took part in a range of wellbeing support activities which brought them together, encouraged greater connection, and enabled them to support their health on their own terms and in ways that best suited them.

Activities

59 women received individual support sessions on issues ranging from welfare, to housing, to family breakdown and domestic abuse;

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Report of the trustees (continued)

For the year ended 31 March 2023

ACHIEVEMENTS AND PERFORMANCE (continued)

107 weekly wellbeing and peer support groups were delivered by and for Somali, neurodivergent, disabled and refugee women and our weekly programme include classes such Relaxation, Qi Gong, Movement & Scent, and Song Club;

11 different wellbeing workshops (25 sessions) were delivered including collaborations with Talith Arts (relaxation and healing); King's College London and Andreena Leanne ('Not My Shame: Black Queer Women's Writing Group') and 'Making Me' with Little Angel Puppet Theatre/ Nia (Trauma Recovery);

2 community events took place for Islington women (Launch Event and International Women's Day Celebration).

24 different local individuals and organisations were engaged to support women's health and wellbeing. We reached a further 62 individuals and organisations to share and promote our activities.

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. Across all of our services, we work to 4 main organisational outcomes:

- **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.

Based on the information from CORE questionnaires, relating to 237 women who completed their individual counselling between April 2022 to March 2023, we see the following:

98% (91% in 2022) of women showed an improvement in their ability to explore their feelings and problems.

98% (97% in 2022) of women showed an improvement in their ability to express how they are feeling

93% (56% in 2022) of women showed an improvement in personal insight.

96% (65% in 2022) of women showed an improvement in their coping strategies.

94% (68% in 2022) of women showed an improvement in their subjective well-being.

93% (64% in 2022) of women showed an improvement in day-to-day functioning.

89% (50% in 2022) of women showed an improvement in their decision-making

97% (81% in 2022) of women showed an improvement in personal relationships.

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Report of the trustees (continued)

For the year ended 31 March 2023

ACHIEVEMENTS AND PERFORMANCE (continued)

This excludes 'not addressed or no data' entries and simply focuses on 'improved' or 'not improved': our enhanced clinical outcomes in 2022-3 suggests that women being offered both longer-term counselling and extensions to counselling sessions had a significant impact on their recovery and resilience.

Effectiveness of Group Work

Black Women's Project EEC Group:

Emotional Emancipation Circles (EECs) are safe gatherings in which Black people come together to 1) share personal stories and feelings 2) deepen understanding of the impact of our history on our emotions, relationships, and community, and 3) free ourselves from the lie that Black people are "less than"—that we are not as human, beautiful, capable, intelligent, worthy, valuable, as White people. The lie created negative stereotypes and fostered unconscious biases that still impacts us all today. Learning from the Summer 2023 EEC group included the following:

- Women were a support to each other, validating each other's emotions, offering words of wisdom and encouragement;
- The shared experiences of micro-aggressions that sometimes has no language but a felt sense was named, demystifying pervasive racism as real;
- The shared experiences of being both Black and a Woman in places of work, education, relationships, services and wider society brought up issues such as stereotypes of being 'angry' or 'aggressive' or over-sexualised in terms of appearance, or the burden of 'representing' Black culture as a monoculture.
- Intergenerational trauma – how parents internalised oppression affects self-concept, and conflict within the parent-daughter relationship and how the women desired to parent their own children.

Art Therapy:

Art Therapy was affected by staff illness and recruitment issues throughout this period. Nevertheless, 83% of women showed an improvement in their overall wellbeing, resilience and expressive ability. 83% of women showed an improvement in their coping strategies and 75% of women showed improvement in personal insight. Women attending appreciated the gentleness and creativity of both art therapists and co-facilitators who delivered these groups.

Psychoeducation Groups:

For reasons of accessibility and with the focus on asset-based approaches, it was decided to adopt the Warwick Edinburgh Mental Wellbeing Scale (WEMWBS) to measure outcomes for psychoeducation groups. Women were asked 15 questions at the beginning and end of the group, and a percentage improvement recorded against each. A sample of responses across our psychoeducation groups indicated that 75% of women attending groups felt more energetic; 75% felt closer to people; 67% felt loved and 88% felt interested in new things following 6 sessions of psychoeducation.

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Report of the trustees (continued) For the year ended 31 March 2023

ACHIEVEMENTS AND PERFORMANCE (continued)

Evaluation of Women's Hub Community Wellbeing Project

The Women's Hub is improving women's wellbeing and enhancing their skills using co-production and lived experience. Achievements for the project as a whole during this period include the following:

- 1) We engaged new communities of women who traditionally are not well looked after by mental health services. Our Community Navigators and Volunteer Leaders were key to this, bringing with them direct experience of and insight into barriers faced by women from refugee; minoritised GenZ; Black British/ African/ Caribbean; Neurodivergent; LGBTQ+ identities and women who had been through the Criminal Justice System.
- 2) Our Listening Activities modelled a culture of openness and inclusion which made it easier for women to test out what they think, feel and want in relation to women's wellbeing. Women wanted to speak up about their identity post-abuse, look after their physical health, connect with other women with similar experiences and have their perspective and voices heard. They would like to increase community awareness of trauma and factors influencing their wellbeing and improve community responses to their issues. Women want to address issues of low self-value, and self-confidence and build their assertiveness and self-advocacy.
- 3) Individual conversations between women and Community Navigators have brought about greater trust, sense of empowerment and engagement with our activities over time: this slow-build of relationships has been key for women who may have never have experienced social connection, trust or solidarity before.
- 4) We established a Leader Group made up of 7 experienced ex-service-users who had benefited from counselling services and moved on to recovery. Using their lived experience, our Leaders have supported co-design and delivery of Women's Hub activities. Meeting regularly, each Leader brings unique skills, cultural insights and expertise. Together, they have developed Terms of Reference and played the role of a "critical friend" to the Women's Hub team throughout set up and delivery of the project so far.

Using feedback forms and a snap survey, we also achieved the following outcomes:

- 88% women who attended our workshops and activities told us that they had learned a new skill.
- 83% women reported improved wellbeing.
- 75% women told us that there are positive changes in their lives after engaging in Women's Hub.
- 67% women said that it helped them to feel part of a community.

Testimonials across our services:

Women attending The Maya Centre are invited to complete feedback forms when they end an activity. These feedback forms ask about their experience of the Centre and the service they have attended. Here are some quotes from our service-users during 2022-2023:

A (Women's Hub)

"I have learned to listen to others, to communicate and express gratitude in life."

B (Women's Hub)

"I feel like I have become more aware of self-hate and the best strategy to use for me to enhance the self-love that I deserve."

C (Art Therapy Group)

"The group allowed me to reflect on my self-critical behaviours and begin to overcome them. It also allowed me to bring out my creativity/ inner child and just go with the flow, which was a wonderful experience."

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Report of the trustees (continued)

For the year ended 31 March 2023

ACHIEVEMENTS AND PERFORMANCE (continued)

D (ACCEPT Consortium)

"I have a new positive outlook on my life and I am looking forward to the future."It has helped me in more ways I could have ever hoped for and I am going to continue with other types of therapy thanks to The Maya Centre."

E (Irish Women's Project)

"I feel calmer and in control of my life in a way that not only had a positive effect on me but also had a knock-on effect on the people who are closest to me in my life."

F (Black Women's Project)

"The sessions helped me explore my cultural identity. I now have the confidence to access cultural groups I have previously felt excluded from."

G (Mind Body Therapies – Reflexology)

"I have been in a good frame of mind recently and especially the last two days; my energy levels are better and I'm feeling positive about life. My sleep has improved, which has also helped to reduce my anxiety plus my stress is coming down too. To top it all off, I was promoted at work and this has given me a great boost."

Table 1: Clinical Services

Client data: Comparison with prior year	2022-23	2021-22
Referrals received	512	482
Applications rejected	5.3%	5.3%
Clients dropped out at application stage	3%	7.8%
Did not attend or complete assessment process	7.6%	8.3%
Total number of individuals receiving assessment in the period	267	235
Total number of clients who received 1:1 counselling in the period	328	279
Total number of clients who attended and completed a group in the period	79	75
Clients starting counselling in the period	264	236
Clients ending counselling in the period	282	227
Position at the end of year (snapshot)	2022-23	2021-22
Clients awaiting allocation to a counsellor	12	9
Number of individuals ongoing in 1:1 counselling	79	53
Number of individuals ongoing in group counselling or psychoeducation	19	35

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Report of the trustees (continued)**For the year ended 31 March 2023****ACHIEVEMENTS AND PERFORMANCE (continued)****Table 2: Demographic data (All Services, Total)**

Age group	2022-23	2021-22
18-20	3.2%	1.3%
21-30	22.2%	26.4%
31-40	24.7%	28.6%
41-50	24%	22%
51-60	20.5%	17.6%
Over 60	5.4%	4.1%
Ethnicity	2022-23	2021-22
Asian or Asian British Bangladeshi	5.26%	3%
Asian or Asian British Indian	3.89%	1.1%
Asian Other (Pakistani, Chinese, Japanese, Korean, Sri Lanka, Afghan)	2.52%	9.6%
Black African or British African	7.09%	15.5%
Somali	4.81%	1.8%
Black Caribbean or British Caribbean	12.13%	7.4%
Other/Mixed Black	6.87%	1.8%
Middle Eastern	2.06%	2.6%
Mixed Heritage	6.64%	9%
Turkish	6.64%	8.9%
Kurdish	0.92%	0%
Albanian	0.46%	0.7%
White British	22.43%	21%
White European	4.12%	3.7%
White Irish	7.09%	9.2%
Mixed Irish heritage	1.37%	n/a
Other ethnicity	5.49%	5.1%
Not stated	0%	2.1%
Prefer not to say	0.21%	0%

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Report of the trustees (continued)

For the year ended 31 March 2023

ACHIEVEMENTS AND PERFORMANCE (continued)

Table 2: Demographic data (continued)

Other	2022-23	2021-22
Refugee background stated in referral form or register	3%	11.8%
Referrals from London Boroughs (Individual Counselling):		
Islington	72.8%	68.3%
Camden	8.6%	7.5%
Haringey	11.2%	11.9%
Hackney	6.4%	9.7%
Other	1%	2.6%

Future Developments

The period April 2022-March 2023 continued our development work to grow and develop our services and profile. Looking ahead, we continue to deliver on our Strategic Plan 2020-25, interpreting this each year according to our learning.

This includes:-

- *Growing our services*: our focus over the next year will be to continue offering a range of services which include a balance of wellbeing workshops, psychoeducation, short and longer-term counselling. We aim to reach our target of 500 unique beneficiaries per year, ensuring that we keep increasing our reach into minoritised communities via targeted racial, cultural and language provision.

- *Broadening our income sources*: drawing on our strategic finance review, we will endeavour to build on our success with corporate donations and improve individual giving. This will balance out our significant income from Trusts and Foundations and ensure we can keep increasing our unrestricted income.

- *Increasing the visibility of our clients*: we aim to launch our quarterly Women's Forum in 2023-4, working with our Volunteer Leaders to ensure that service-users are involved in both the design of our services and strategic influencing work. We are working towards this by also networking with several local stakeholders and partners.

- *Amplify the impact of our work*: we will continue to build on our culture of intercultural and intersectional, women-for-women learning to become thought leaders in this space, using both our Women's Forum and online/ digital presence to influence best practice and change both commissioning and policy in support of better VAWG, mental health & wellbeing provision for all women.

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Report of the trustees (continued)

For the year ended 31 March 2023

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 Charter, 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 (resigned 28 November 2022)
Meera Nair, Vice Chair (appointed Chair, 28 November 2022)
Ayan Man (appointed Vice Chair, 28 November 2022)
Lisa Marsh, Treasurer (resigned 28 November 2022)
Dr Jessica Walker
Dr Jennie Robertson (resigned 26 September 2023)
Ieva Marcinkeviciute (resigned 28 November 2022)
Katherine Tu (resigned 28 November 2022)
Rochelle Burgess
Nishma Jethwa (resigned 1 August 2023)
Monique Velani (appointed 28 November 2022)

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Report of the trustees (continued)

For the year ended 31 March 2023

Financial Review

Financial update

Income for the year totalled £633,521, an increase of £217,768 compared to the previous year. Expenditure for the year totalled £507,119 an increase of £96,563 compared to the previous year. The net surplus for the year was £126,402. This compares to a net surplus for the previous year of £5,197.

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 2023

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, clinical, management, business and finance. All Trustees retire at the Annual General Meeting and are eligible for re-election.

Trustees Rebecca Harrington, Katherine Tu, Lisa Marsh and Ieva Marcinkeviciute resigned, Dr Jessica Walker, Dr Jennie Robertson, Meera Nair, Ayan Man, Nishma Jethwa, and Rochelle Burgess were re-elected. Monique Velani was elected as the Interim Treasurer. Meera Nair was elected Chair; Ayan Man was elected Vice Chair.

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 two sub-committees which report regularly to the Board of Trustees: Clinical Governance (co-chaired by Dr Jessica Walker and Dr Jennie Robertson); Finance & Fundraising (chaired by Monique Velani).

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 key 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 2023

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 28/11/..... 2023 and is signed on its behalf.


.....
Meera Nair
Chair of Trustees

The Maya Centre

(A company limited by guarantee)

Independent examiner's report to the trustees

For the year ended 31 March 2023

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 2023 which are set out on pages 16 to 31.

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: 15 December 2023

The Maya Centre
(A Company limited by guarantee)

Statement of financial activities
For the year ended 31 March 2023

Summary income and expenditure account

	<u>Notes</u>	2023			2022	
		Unrestricted funds £	Designated funds £	Restricted funds £	Total funds £	
Income						
Donations and grants	2	135,932	-	463,949	599,881	403,030
Other trading activities	3	33,537	-	-	33,537	12,412
Investments	4	103	-	-	103	311
Total incoming resources		169,572	-	463,949	633,521	415,753
Expenditure						
Charitable activities	5	78,434	2,074	426,611	507,119	410,556
Total expenditure		78,434	2,074	426,611	507,119	410,556
Net income/(expenditure)		91,138	(2,074)	37,338	126,402	5,197
Transfers between funds		(2,568)	-	2,568	-	-
Net movement in funds for the year		88,570	(2,074)	39,906	126,402	5,197
Reconciliation of funds						
Total funds brought forward		180,057	2,074	30,785	212,916	207,719
Total funds carried forward		268,627	-	70,691	339,318	212,916

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 2023

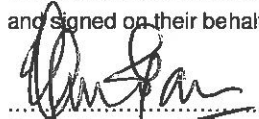
	<u>Notes</u>	<u>2023</u>		<u>2022</u>	
		<u>Total funds</u>		<u>Total funds</u>	
		£	£	£	£
Current assets					
Debtors	8	62,119		48,309	
Cash at bank and in hand		342,099		290,057	
		404,218		338,366	
Creditors: amounts falling due within one year	9	64,900		125,450	
Net current assets			339,318		212,916
Net assets			339,318		212,916
Funds of the charity					
Restricted funds	10		70,691		30,785
Unrestricted funds					
Designated funds	10		-		2,074
General funds	10		268,627		180,057
Total charity funds			339,318		212,916

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 30/11 2023 and signed on their behalf, by:


.....
Meera Nair
Chair


.....
Treasurer

Company Registration Number: 02701313

The Maya Centre
(A Company limited by guarantee)

Statement of cash flows
At 31 March 2023

	Notes	2023 £	2022 £
Cash flows from operating activities			
Net cash provided by (used in) operating activities		51,939	9,138
Cash flows from investing activities		<u>103</u>	<u>311</u>
Change in cash and cash equivalents in the year	12	52,042	9,449
Change in cash and cash equivalents in the year			
Cash and cash equivalents brought forward		290,057	280,608
Cash and cash equivalents carried forward	13	<u>342,099</u>	<u>290,057</u>

The Maya Centre

(A Company limited by guarantee)

Notes to the financial statements For the year ended 31 March 2023

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 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 issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Charities Act 2011, the Companies Act 2006 and UK Generally Accepted Accounting Practice.

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

(A Company limited by guarantee)

Notes to the financial statements (continued)

For the year ended 31 March 2023

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 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.

1.8 Operating leases

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

1.9 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.

1.10 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 2023

1 Accounting policies (continued)

1.11 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.

1.12 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.

1.13 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.

1.14 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.

1.15 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

(A Company limited by guarantee)

Notes to the financial statements (continued)

For the year ended 31 March 2023

2 Income from donations and legacies

	2023				2022
	Unrestricted funds	Designated funds	Restricted funds	Total funds	Total funds
	£	£	£	£	£
Donations	86,078	-	-	86,078	29,212
Grants	49,854	-	463,949	513,803	373,818
	<u>135,932</u>	<u>-</u>	<u>463,949</u>	<u>599,881</u>	<u>403,030</u>

Grant income comprised:-

	2023				2022
	Unrestricted funds	Designated funds	Restricted funds	Total funds	Total funds
	£	£	£	£	£
City Bridge Trust - BAMER	4,561	-	57,920	62,481	43,910
Cloudesley - Black Womens Project	-	-	32,500	32,500	-
Cloudesley - Main	-	-	3,750	3,750	36,000
Complementary Therapies	-	-	9,071	9,071	2,913
Cripplegate Foundation	33,875	-	-	33,875	15,150
Crucible Trust	9,000	-	-	9,000	-
Department of Foreign Affairs and Trade; Emigrant Support Programme	-	-	32,700	32,700	28,715
Family Catalyst Fund	-	-	3,333	3,333	1,167
Hearthstone DV Project	-	-	12,152	12,152	17,072
Hibiscus	-	-	-	-	60
LB Islington & CCG	-	-	68,795	68,795	68,825
Leathersellers' Company Charitable Fund	-	-	-	-	15,000
Lloyds TSB Foundation	-	-	20,050	20,050	25,000
London Community Response Fund	-	-	-	-	49,643
London Funders Wave 3	-	-	-	-	7,890
MOPAC	-	-	53,653	53,653	-
MOPAC - Critical Fund	-	-	-	-	8,363
MOPAC - Grassroots	-	-	48,002	48,002	47,962
National Lottery Community Fund	-	-	120,273	120,273	-
The Charities Trust	2,418	-	-	2,418	898
Wates Foundation	-	-	1,750	1,750	5,250
	<u>49,854</u>	<u>-</u>	<u>463,949</u>	<u>513,803</u>	<u>373,818</u>

3 Income from other trading activities

	2023				2022
	Unrestricted funds	Designated funds	Restricted funds	Total funds	Total funds
	£	£	£	£	£
Fundraising income	23,408	-	-	23,408	-
Kickstarter scheme	10,306	-	-	10,306	12,412
Other	(177)	-	-	(177)	-
	<u>33,537</u>	<u>-</u>	<u>-</u>	<u>33,537</u>	<u>12,412</u>

The Maya Centre

(A Company limited by guarantee)

Notes to the financial statements (continued)

For the year ended 31 March 2023

4 Investment income

	2023			2022
	Unrestricted funds	Designated funds	Restricted funds	Total funds
	£	£	£	£
Bank interest receivable	103	-	-	103
				311

5 Expenditure

	2023			2022
	Unrestricted funds	Designated funds	Restricted funds	Total funds
	£	£	£	£
<u>Charitable activities</u>				
Wages and salaries	36,130	-	171,698	207,828
National insurance	2,582	-	11,873	14,455
Sessional workers	(1,389)	-	130,505	129,116
Clinical supervision	10,698	-	13,907	24,605
DBS Checks	62	-	122	184
Family Catalyst Fund	-	-	1,735	1,735
Project costs	2,425	-	4,721	7,146
Group/non therapeutic sessions and psychoeducation	114	-	9,393	9,507
Consultancy	957	-	-	957
Rent and rates	2,659	-	40,656	43,315
Insurance	1,312	-	2,572	3,884
Utilities	835	-	4,770	5,605
Cleaning	1,102	-	988	2,090
Furnishings	10	-	-	10
Maintenance	1,737	-	33	1,770
IT costs	9,286	-	20,843	30,129
Printing, postage & stationery	1,433	-	1,702	3,135
Staff training and supervision	3,204	-	3,036	6,240
Telephone	3,869	-	1,365	5,234
Workshop expenses	-	-	3,098	3,098
Recruitment costs	-	-	100	100
Sundries	53	2,074	1,626	3,753
	77,079	2,074	424,743	503,896
				407,523

The Maya Centre
(A Company limited by guarantee)

Notes to the financial statements (continued)
For the year ended 31 March 2023

5 Expenditure (continued)

Governance costs

	2023			2022
	Unrestricted funds £	Designated funds £	Restricted funds £	Total funds £
Independent examination fees	1,032	-	1,868	2,900
Legal and professional fees	48	-	-	48
Board expenses	275	-	-	275
	<u>1,355</u>	<u>-</u>	<u>1,868</u>	<u>3,033</u>
Total expenditure on charitable activities	<u>78,434</u>	<u>2,074</u>	<u>426,611</u>	<u>410,556</u>
Total expenditure	<u>78,434</u>	<u>2,074</u>	<u>426,611</u>	<u>410,556</u>

6 Net income/(expenditure)

This is stated after charging:

	2023 £	2022 £
Independent examination fee	<u>2,700</u>	<u>2,700</u>

No trustees received any remuneration, benefits in kind or reimbursement of expenses (2022 - £NIL).

7 Staff costs

Staff costs were as follows:

	2023			2022
	Unrestricted funds £	Designated funds £	Restricted funds £	Total funds £
Wages and salaries	36,130	-	171,698	207,828
Social security costs	2,582	-	11,873	14,455
	<u>38,712</u>	<u>-</u>	<u>183,571</u>	<u>222,283</u>
				<u>141,189</u>

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

	2023 £	2022 £
Number of employees	<u>5</u>	<u>5</u>

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

The increase in staff costs relates partly to the new project for the Women's Hub, the promotion of the Office and Clinical Admin role and the creation of other Core team roles to shape and establish more efficient workflows and better support the wider team.

The Maya Centre

(A Company limited by guarantee)

Notes to the financial statements (continued)**For the year ended 31 March 2023****8 Debtors**

	2023	2022
	£	£
Prepayments	5,996	15,454
Other debtors	56,123	32,855
	<u>62,119</u>	<u>48,309</u>

9 Creditors: Amounts falling due within one year

	2023	2022
	£	£
Trade creditors	23,918	36,787
Accruals	33,140	27,327
Deferred income	-	59,910
Other creditors	7,842	1,426
	<u>64,900</u>	<u>125,450</u>

Deferred income

	£
Deferred income at 1 April 2022	59,910
Resources deferred during the year	-
Amounts released to income from previous periods	(59,910)
Deferred income at 31 March 2023	<u>-</u>

The Maya Centre

(A Company limited by guarantee)

Notes to the financial statements (continued) For the year ended 31 March 2023

10 Statement of funds

Statement of funds - current year

	Balance at 1 April 2022	Income	Expenditure	Transfer in/ (out)	Balance at 31 March 2023
	£	£	£	£	£
Designated funds					
Raising Profile	2,074	-	(2,074)	-	-
General funds	180,057	169,572	(78,434)	(2,568)	268,627
Total unrestricted funds	182,131	169,572	(80,508)	(2,568)	268,627
Restricted funds					
City Bridge Trust - BAMER	11,252	57,920	(53,230)	-	15,942
Cloudesley - Black Womens Project	-	32,500	(20,507)	-	11,993
Cloudesley - Main	9,731	3,750	(13,674)	3,251	3,058
Complementary Therapies	(642)	9,071	(1,346)	-	7,083
Department of Foreign Affairs and Trade; Emigrant Support Programme	8,763	32,700	(33,288)	-	8,175
Family Catalyst Fund	422	3,333	(1,735)	1,456	3,476
Hearthstone DV Project	1,584	12,152	(9,111)	-	4,625
LB Islington & CCG	-	68,795	(68,795)	-	-
Lloyds TSB Foundation	-	20,050	(20,050)	-	-
MOPAC - Main	-	53,653	(50,971)	-	2,682
MOPAC - Grassroots	(2,464)	48,002	(43,595)	-	1,943
National Lottery Community Fund	-	120,273	(108,559)	-	11,714
Wates Foundation	-	1,750	(1,750)	-	-
	28,646	463,949	(426,611)	4,707	70,691
Covid funds (restricted)					
Lloyds React Fund	2,139	-	-	(2,139)	-
Total restricted funds	30,785	463,949	(426,611)	2,568	70,691
Total funds	212,916	633,521	(507,119)	-	339,318

The Maya Centre

(A Company limited by guarantee)

Notes to the financial statements (continued)

For the year ended 31 March 2023

10 Statement of funds (continued)

Statement of funds - prior 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 2023

10 Statement of funds (continued)

Statement of funds - current year

	Balance at 1 April 2022	Income	Expenditure	Transfer in/ (out)	Balance at 31 March 2023
	£	£	£	£	£
Designated funds	2,074	-	(2,074)	-	-
General funds	180,057	169,572	(78,434)	(2,568)	268,627
	<u>182,131</u>	<u>169,572</u>	<u>(80,508)</u>	<u>(2,568)</u>	<u>268,627</u>
Restricted funds	30,785	463,949	(426,611)	2,568	70,691
Total funds	<u>212,916</u>	<u>633,521</u>	<u>(507,119)</u>	<u>-</u>	<u>339,318</u>

Statement of funds - prior 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>

The charity's funds comprise the following:

Restricted funds

Emigrant Support Programme (Irish project) received a grant of £32,700 for the year from 1st July 2022 to 30th June 2023. 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 2023. Three months grant income amounting to £8,175 has been deferred to the 2023-24 financial year and will be utilised by 30th June 2023.

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.

The Maya Centre

(A Company limited by guarantee)

Notes to the financial statements (continued)

For the year ended 31 March 2023

10 Statement of funds (continued)

Restricted funds (continued)

The National Lottery Community Fund - for the Community Development Programme to empower the women in the community for practical and social skills and well-being support for minoritized women.

Complementary Therapies - funding restricted for the provision of Reiki, Massage and Reflexology sessions to women affected by domestic violence and sexual abuse.

MoPAC: Main – funding provided for women who have suffered domestic abuse and sexual violence trauma.

MoPAC: Grassroots – to contribute toward the delivery of psycho-education and art therapy for women from refugee, trafficked and isolated migrant backgrounds.

Cloudesley - This funding has been restricted for therapeutic group work.

Cloudesley Black Women's Project - funding for targeting Black African and Caribbean women for 1-2-1 counselling, group therapy and psychoeducation groups.

Family Catalyst – funding restricted awarded to provide small grants to disadvantaged families or family members to enable them to access opportunities or they have difficulty in doing so without additional help. For example, educational opportunities, starting a hobby or tickets to events etc.

Wates Foundation – awarded to towards core costs of the organisation.

Hearthstone DV Project - funding restricted for the provision of shorter-term counselling women who have experienced domestic violence.

The Maya Centre

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Notes to the financial statements (continued)

For the year ended 31 March 2023

11 Analysis of net assets between funds

Current year

	2023			
	Unrestricted funds	Designated funds	Restricted funds	Total funds
	£	£	£	£
Current assets	268,627	-	135,591	404,218
Creditors due within one year	-	-	(64,900)	(64,900)
	<u>268,627</u>	<u>-</u>	<u>70,691</u>	<u>339,318</u>

Prior year

	2022			
	Unrestricted funds	Designated funds	Restricted funds	Total funds
	£	£	£	£
Current assets	251,850	2,074	84,442	338,366
Creditors due within one year	(71,793)	-	(53,657)	(125,450)
	<u>180,057</u>	<u>2,074</u>	<u>30,785</u>	<u>212,916</u>

12 Reconciliation of net movement in funds to net cash flow from operating activities

	2023	2022
	£	£
Net income for the year (as per statement of financial activities)	126,402	5,197
(Increase)/decrease in debtors	(13,810)	(4,407)
Increase/(decrease) in creditors	(60,550)	8,659
Net cash provided by operating activities	<u>52,042</u>	<u>9,449</u>

13 Analysis of cash and cash equivalents

	2023	2022
	£	£
Cash at bank and in hand	<u>342,099</u>	<u>290,057</u>

The Maya Centre

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Notes to the financial statements (continued)

For the year ended 31 March 2023

14 Operating lease commitments

The total of future minimum lease payments under non-cancellable operating leases are as follows:

	Land and buildings	
	2023	2022
	£	£
Not later than one year	-	42,500
Later than one year and not later than five years	-	-
Total	-	42,500

15 Related party disclosures

Controlling party

The company is limited by guarantee and has no share capital; thus no single party controls the company.

The liability of members is limited. Every member promises that if the company is dissolved while they are a member or within twelve months of ceasing to be a member, they will contribute such sum, not exceeding £1, that may be demanded, towards payments of the debts and liability of the company incurred before they ceased to be a member.