

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 2025**

**bacp** | **Accredited  
Service**



# **The Maya Centre**

(A Company limited by guarantee)

## **Contents**

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	<b><u>Page</u></b>
Report of the trustees and directors	1 - 21
Report of the independent examiner	22
Statement of financial activities	23
Balance sheet	24
Statement of cash flows	25
Notes to the financial statements	26 - 38

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## **The Maya Centre**

(A Company limited by guarantee)

### **Report of the trustees**

**For the year ended 31 March 2025**

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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 2025 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).

#### **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 minoritised women on low incomes can access a range of free trauma-informed services and support to recover from depression, trauma and Violence Against Women and Girls (VAWG), with a focus on building trust, resilience and voice. We prioritise intercultural and intersectional approaches via tailored and targeted support in community languages and for specific and minoritised groups.

#### **Aims & Objectives**

In setting objectives, 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.

#### **Activities**

To achieve these objectives, the charity works with the general aim of improving the mental health of deprived and minoritised women. This is done by providing:

- Free individual counselling
- Group therapy and psychoeducation programs
- Community based wellbeing activities
- Enabling service users' voice and agency through advocacy.

#### **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.

## **The Maya Centre**

(A Company limited by guarantee)

### **Report of the trustees (continued)**

**For the year ended 31 March 2025**

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## **ACHIEVEMENTS AND PERFORMANCE**

### **Review of activities**

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

### **Overview of the year 2024-2025 :**

In 2024–25, the Maya Centre marked its 40th Anniversary, adding another year of free, trauma-informed counselling and holistic support for women on low incomes and from minoritised backgrounds in Islington and across North London. This milestone gave us the chance to celebrate our long history while focusing on how we continue to respond to the needs of women today.

Our one-to-one counselling service remains the heart of our work. Rooted in psychodynamic practice and adapted for women facing multiple and complex barriers, it continues to offer a safe and consistent space for healing.

During the year, we received 362 new referrals, of those 295 women referred for one-to-one counselling and 67 women referred for therapeutic groups, including creative groups (Art and Drama), and thematic psychoeducation programs. At the end of the year 258 women completed their therapy courses, 45 women attended holistic body and mind therapies, and 60 women attended therapeutic groups.

The Women's Hub project, which reached the end of its three-year funding cycle in March 2025, supported 601 women in its final year. The Hub provided a wide range of community-based wellbeing activities including peer-support groups, wellbeing workshops, open days, Saturday sessions, and creative workshops. It was especially valued during a period of increasing cost-of-living pressures, when many women described the Hub as a safe and welcoming place to connect with others.

To reduce barriers to service users, we provided travel costs for women to attend our spaces, provided hygiene and personal care products, and small cash grants for women and their families to join wellbeing and skills-building activities.

The Maya Centre's work is strengthened by co-production and partnerships building.

During the period, we delivered weekly art therapy and psychoeducation groups for asylum-seeking and refugee women with MamaSuze at Highbury Roundhouse and offered art therapy groups from our own centre.

Our new partnership with Islington Mind, through the Pathway to Mental Health Recovery programme (funded by Islington Council), enabled us to deliver a weekly women-only day at Despard Road Centre. This safe and welcoming space offers one-to-one support, wellbeing and creative groups (e.g. art and drama), and communal lunches. Each session supports 20–30 women and the programme will run for four years.

Our Accept Consortium, led by Nafsiyat Intercultural Therapy Centre continued to support hundreds of Islington women referred by their GPs.

## **The Maya Centre**

(A Company limited by guarantee)

### **Report of the trustees (continued)**

**For the year ended 31 March 2025**

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#### **ACHIEVEMENTS AND PERFORMANCE (continued)**

Early in 2025, we began exploring new partnerships with ICAP, Nafsiyat, Highbury Counselling Service and a number of specialist Domestic Abuse led by and for Women organisations across London, to increase access to services and champion collaborative working amongst women's mental health and domestic abuse services across London.

We continued to contribute to the Islington Domestic Abuse Partnership Programme, led by Cripplegate Foundation, Islington VAWG Strategy board led by Islington's Community safety commissioners, Suicide Prevention partnership, and Challenging Inequalities subgroup led by Islington Health Watch, where we share our expertise in trauma-informed mental health support for survivors of VAWG.

The Women's Hub team builds wider community-based partnerships through co-production of community engagement activities, building links with over 50 local community organisations and groups. These included the Eritrean community in Islington, London Metropolitan University, the Red Cross Women's Support Group, Cubitt Artist Space, Health Watch, and local councillors. These connections not only increased women's access to services but also helped ensure that women's voices informed local decision-making and policy.

Community events remained an important part of our work. In 2024, we hosted a Black History Month celebration and a Women's Forum, and we brought together over 150 local women, leaders and community members at Islington Assembly Hall for International Women's Day 2025.

Internally, this was a year of both growth and transition. We celebrated our 40th Anniversary, strengthened our staff teams and enhanced staff wellbeing practices. Meanwhile, the end of funding for our Women's Hub project by March 2025 meant a number of staff redundancies and reduced capacity for our community-based wellbeing work. We worked hard over six months to ensure that we managed the impact of this change, offered reasonable redundancy packages, including training opportunities and support with CVs and alternative employment searches.

Our services were enabled through the generosity and trust of funders and donors. The Mayor's Office for Policing and Crime (MOPAC), The Accept Consortium (NCL CCG), The Embassy of Ireland's Emigrant Support Programme, The City Bridge Foundation, National Lottery Awards for All, Richard Cloudesley Foundation.

Our Holistic Body and Mind therapies were enabled through match funding from MOPAC and individual donation from our longstanding supporter and donor Margaret Bluman.

The Big Lottery Reaching Communities Fund supported the wider community-based wellbeing programs through Women's Hub project.

Service users' accessibility and cost of living support made possible through Islington Giving – Family Catalyst.

Our running costs and admin and management capacities were enabled through several foundations and trusts and corporate donations: Cripplegate Foundation, Henry Smith Charity, Islington VCS Partnership Fund, Blue Thread Foundation and Considered Ask Foundation, TOMS, Macquarie & Co. and Bupa.

In addition, monthly Individual donors played an important role in keeping our services running, filling gaps in project funding and enabling us to respond to the emerging needs.

## **The Maya Centre**

(A Company limited by guarantee)

### **Report of the trustees (continued)**

**For the year ended 31 March 2025**

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#### **ACHIEVEMENTS AND PERFORMANCE (continued)**

These diverse sources of organisational annual income have enabled us to continue reaching women experiencing poverty, violence, isolation, and inequality, while also strengthening our partnerships and structures much needed for the future.

The year 2024–25 was a time of celebration and of change. Looking back, we are proud to have added another year to our 40-year legacy, providing safe and healing spaces to thousands of women enabling them to heal, recover and build resilience. As we move forward, the Maya Centre will continue to stand alongside women, offering care, connection and hope.

#### **1 - Individual Counselling**

Our core offer of specialist individual and group counselling continues to flourish, delivered by a team of 21 trained and experienced counsellors, all registered or accredited by the BACP. Therapists are supported by 5 clinical supervisors, alongside the Clinical Director and clinical admin staff.

The Maya Centre has external accreditation from the British Association of Counselling and Psychotherapy (BACP) for our counselling service, assuring clients, commissioners, and funders of our professionalism.

During the reporting period, counselling sessions ranged from 10 to 24 weeks depending on presenting issues and recommended treatment. Services were provided Monday – Friday between 9:30 am – 5:30 pm, with late opening on Tuesday until 8 pm to maximise accessibility for women.

The service is provided through a number of specialist and targeted projects, each addressing the unique needs of specific groups of women from diverse backgrounds and experiences.

Our 1:1 Art Therapy specifically targets migrant, refugee, and asylum-seeking women.

Our dedicated Irish women's Counselling Service provides culturally sensitive therapy to Irish-born or Irish descent women and girls in the whole London. The service is delivered by a dedicated team of practitioners who understand the distinctive challenges faced by women of Irish descent.

Tailored interventions are also available for Black women and for the wider BAMER (Black, Asian, Minority Ethnic and Refugee) communities, ensuring language accessibility and cultural relevance throughout the therapeutic process.

In addition, the Centre offers holistic mental health support for survivors of Violence Against Women and Girls (VAWG) and sexual abuse, recognising the complexity and lasting impact of trauma, and providing long-term support designed to foster healing and empowerment in a safe, supportive environment in 13 languages.

#### **Counselling Service Outputs in the reporting period:**

- Our referrals lines received 295 new referrals for one-to-one counselling.
- Therapists carried out 258 full assessments, while 42 arranged assessments were not attended by service users.
- 225 women engaged in one-to-one counselling.
- 238 women completed their one-to-one counselling and 45 women moved on to start Holistic Mind and Body therapies.

## The Maya Centre

(A Company limited by guarantee)

### Report of the trustees (continued)

For the year ended 31 March 2025

#### ACHIEVEMENTS AND PERFORMANCE (continued)

The figures on the previous page represent women referred, assessed, and in service during the reporting period, but do not account for those already receiving support at the period's start or those remaining in service at year-end. Numbers shift weekly as new referrals join, waiting lists fluctuate, screenings and allocations occur, and therapy starts or concludes. On average, 180 women are in service at any stage each week.

Monitoring data for 295 women in our CoreNet database indicates that self-referrals comprised 45% of the total, and 55% came through professionals and agencies, with significant referrals from iCope, GPs, Solace Women's Aid, Mind, Advance, Nia, Age UK, and Help at Your Doorstep.

58% of the women accessed face-to-face sessions; 18% received counselling by telephone; 24% attended online. Of the total participants, about 20% engaged with a mix of these formats.

#### 2- Holistic Mind and Body Therapies (Complementary therapies)

The Maya Centre offers six sessions of either Reiki, Reflexology or Holistic Massage to women who have completed their individual counselling and have requested a mind-body treatment. During the period April 2024-March 2025, 45 women received treatments from three specialist therapists. These therapies often enhance emotional, physical, and mental wellbeing of women, contributing to their journey of healing and recovery, by resetting the parasympathetic system, providing a sense of safety and relief.

#### Another year of complex intense traumatic issues:

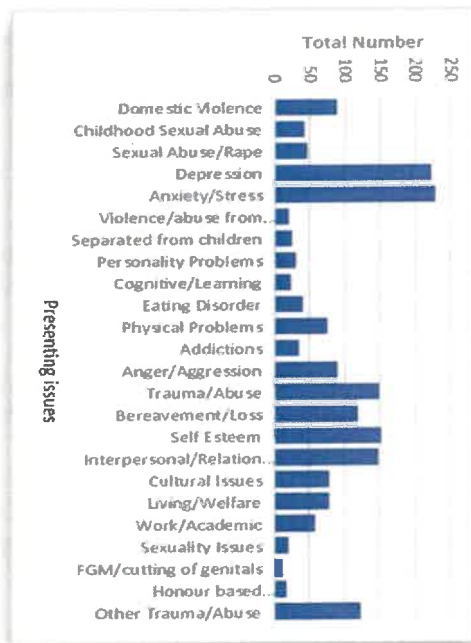


Chart 1

A significant 1,929 issues were disclosed by the 258 women assessed for counselling. (Chart 1) illustrates the complexity of challenges at the start of each woman's healing journey.

The data represents a ratio of 7.5 issues per woman—an indicator of complexity and the range of challenges each may face. Severe impacts on mental health are reflected in high rates of anxiety (89%) and depression (87%). Notably, 58% reported trauma due to abuse; 34% experienced domestic abuse; 34% reported sexual abuse or rape (including childhood sexual abuse); and 12% reported honour-based abuse. Overall, reporting on VAWG issues rises to 85% as trust builds during therapy and women begin to recognise and disclose abuse.

Other significant challenges include loss and bereavement (46%), cultural issues (31%), poverty and welfare issues (30%), and physical health challenges (29%).

**ACHIEVEMENTS AND PERFORMANCE (continued)**

**Demographics of service users :**

(Chart 2) shows that 77% of our service users are from global majority, migrant, or refugee backgrounds; 19% are White British; and 4% did not disclose ethnicity.

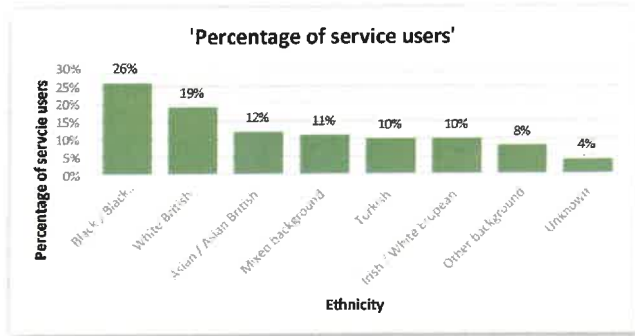


Chart 2

Charts 3 and 4 represent the breakdown of service users by age groups and residency:

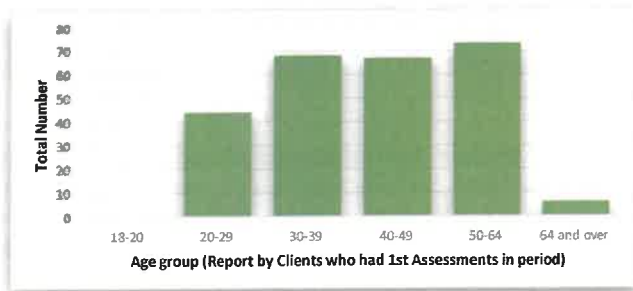


Chart 3

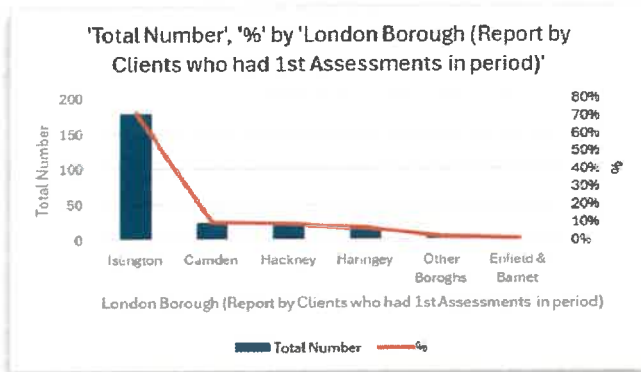


Chart 4

## **The Maya Centre**

(A Company limited by guarantee)

### **Report of the trustees (continued)**

**For the year ended 31 March 2025**

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## **ACHIEVEMENTS AND PERFORMANCE (continued)**

### **3 - Group Counselling & Psychoeducation groups**

In the past few years, group therapy and psychoeducation programs have grown to become a core part of The Maya Centre's services, supporting between 50-100 women each year, depending on resources. With the appointment of a Therapeutic Group Coordinator in 2024, these services have expanded significantly and are increasingly popular, with a waiting list now in place.

In this reporting period, our specialist therapists have applied creative approaches to group work, including Art and Drama therapy groups, which offered women new and expressive ways to process their experiences. The groups provide a dynamic space for peer connection, shared healing space, reducing isolation, and strengthening resilience. All our group programs were enabled through Black Women Project, funded by Cloudesley and Awards for All, our Art Therapy groups were enabled through MOPAC Grass Root Fund Round 2.

**The Black Women's Project (BWP):** Black women in Islington engage in a range of culturally responsive and trauma-informed therapeutic groups. These groups have contributed significantly to the emotional wellbeing, resilience, and empowerment of Black women in our community, many of whom face multiple layers of marginalisation and trauma.

**Drama therapy:** Drama therapy in the Creative Courage group offers a culturally affirming and trauma-informed space for Black and Black Mixed Heritage women to heal, rediscover themselves, and reclaim their power. Rooted in African-centred and liberation-focused frameworks, it uses expressive arts—such as storytelling, role play, ritual, and movement—to explore identity, ancestral memory, and collective healing. The group fosters emotional resilience, self-love, and solidarity, while encouraging women to confront internalised oppression and reimagine themselves as whole and empowered. Sessions are guided with cultural humility and creativity, honouring each woman's lived experience and spiritual wisdom.

**Creative Art Groups:** Art therapy is a therapeutic practice that uses creative expression—such as painting, drawing, and other visual arts—as a way to explore emotions, process trauma, and promote psychological healing. It is especially effective for individuals who may find it difficult to express themselves verbally. Targeting a community of refugee and asylum seeking women in partnership with MamaSuze community, The Maya Centre directly supported 24 women through Art therapy groups during the reporting period.

**The psychoeducation workshops:** responds to emerging needs, they are thematic programs designed to address the intersectional issues affecting women's wellbeing, such as loss and bereavement, migration, cultural identity, inequalities, and racism. These programmes empower participants with knowledge about systemic issues, solidarity and collective voice and coping strategies, enabling them to take positive steps towards recovery and long-term mental health.

All groups are facilitated by BACP-accredited group therapists who specialise in trauma-informed practices, enabling creativity and in-depth discussions to help women process emotions related to trauma.

During 2024-25, 67 women directly registered for groups at The Maya Centre, by the end of the year 60 women took part in seven group programmes across the year, together attending 73 weekly sessions. Of those 17 women attended Art therapy group. In addition, The Maya Centre also provided external Psychoeducation programs for our partner MamaSuze for 30 refugee and asylum-seeking women at their Community space.

## The Maya Centre

(A Company limited by guarantee)

### Report of the trustees (continued)

For the year ended 31 March 2025

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#### ACHIEVEMENTS AND PERFORMANCE (continued)

(Table 1) shows all the seven groups and their themes:

Activity / Program	Method/ theme	Number of weekly sessions
Group Therapy	Specialist - Somali Women	14
Group Therapy	Art-therapy	12
Group therapy	Drama therapy	15
Psychoeducation	Self-Trust	6
Psychoeducation	Support with Depression	8
Psychoeducation	Life, Changes, and Transforming Through Grief	6
Psychoeducation	Moving Forward	6

#### Outcomes and benefits of Counselling, Groups and psychoeducation services

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

#### Effectiveness of Counselling Service

For our core individual and group counselling, 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.

Counselling 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 wellbeing, 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.

## The Maya Centre

(A Company limited by guarantee)

### Report of the trustees (continued)

For the year ended 31 March 2025

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#### ACHIEVEMENTS AND PERFORMANCE (continued)

Based on a sample of 244 Benefit of Therapy Questionnaires on CORE, from women who completed their individual counselling between April 2024 to March 2025, we see the following:

- 97% improved exploration of their feeling and problems
- 96% Improved expression of feeling and problems
- 95% improved healthy relationships
- 94% have improved personal insights and understanding.
- 90% said they have improved subjective wellbeing
- 88% have improved symptoms of wellbeing
- 87% said they have improved ability of control, planning, and decision making
- 87% improved day to day functioning
- 84% improved coping strategies and techniques
- 81% said they have improved access to practical help

This excludes 'not addressed or no data' entries and simply focuses on 'improved' or 'not improved' in each area of measurement.



#### Testimonies from service users who took part in one to one complementary therapies & workshops:

*"I really enjoyed today's session. It felt good to let someone hold my hand. I felt relaxed and safe."*

*"I feel stressed all the time and I get pains in my body, but today I learnt how to relax myself, how to hold my own hand."*

*"I like this as I can use these skills on my baby to help him relax."*

*"I had an incredible experience doing the holistic massage sessions. {the therapist} is very professional, mindful and respectful with what she does, and I really appreciated that! Thanks again. I have learned so much throughout the sessions about my body and how it's connected to the mind also – which is fantastic!"*

*"Thank you for a wonderful session. I appreciate the dedication you bring to your work and your generosity in helping me and many others."*

*"It was a powerful learning we did together. I will try and remember to use it often. Very appreciated, especially when difficult feelings surface- and they often do!"*

*"My last reflexology session, has left me in a complete state of ecstasy. The treatment has been magical and transformational and as my practitioner, used to say: it has helped me "shift"."*

## The Maya Centre

(A Company limited by guarantee)

### Report of the trustees (continued)

For the year ended 31 March 2025

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## ACHIEVEMENTS AND PERFORMANCE (continued)

### Impact of Therapy Groups and Psychoeducational

The Warwick-Edinburgh Mental WellBeing Scale (WEMWBS) was used to measure individual changes resulting from participation in the Workshops. This included learning from the content, shared lived experiences, and the benefits of fellowship and cultural community within the Group.

The results of 43 feedback forms using this measurement for group participants indicated an 80% positive increase in wellbeing among the women. Indicators of improvement included participants reporting better problem-solving, feeling optimistic about the future, feeling useful, thinking clearly, feeling good about themselves, and feeling close to others. The groups have effectively improved participant's mental health, daily functioning, and coping skills while addressing cultural and gender expectations.

The quantitative data are more powerful indicators of how our groups are transforming and changing women's lives.

Over the past year, our trauma-informed and culturally tailored interventions have led to notable improvements in several areas:

- **Emotional Wellbeing:** Somali women participating in online therapy reported reduced isolation and increased emotional support, benefiting from therapy in their native language. Drama Therapy offered a creative outlet for trauma processing, enhancing self-expression and resilience. Individual counselling provided tailored support for complex personal and mental health challenges
- **Awareness and Knowledge:** The Self-Trust psychoeducation group deepened participants' understanding of emotional patterns, boundaries, and self-worth. The Life, Change and Transformation Through Grief group helped women view grief as a transformative process, equipping them with tools to manage loss. Across all sessions, participants gained valuable insights into mental health and culturally relevant coping strategies.
- **Social Justice and Empowerment:** Many women reported a renewed sense of agency, recognising systemic barriers and their impact on mental health. Group discussions explored identity, belonging, and justice, fostering solidarity and collective healing. These safe spaces enabled free expression and validation—acts of social justice in themselves.
- **Community Connection:** Group formats promoted peer support and reduced isolation. Hosting sessions in accessible venues such as like St. Mary's Church strengthened ties between therapeutic services and the local community. Successful match funding increased accessibility for clients.



#### Testimonies from Psychoeducation group:

*"Made me have a better understanding of myself"*

*"I have learned to put myself first and to love myself"*

*"I learned to manage difficult feelings better"*

*"I feel much better because I learned about so many tools to work on myself"*

*"It has given me a new perspective of self, absolutely excellent"*

*"The group was very helpful, as I have put the skills into practice in other situations ensuring that my needs are met"*

*"I have learned that I have the power to change myself"*

*"Meeting new people who are going through similar situation was very supporting to me. Counsellors were absolutely lovely, understanding and very welcoming, Thank You!"*

## The Maya Centre

(A Company limited by guarantee)

### Report of the trustees (continued) For the year ended 31 March 2025

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#### ACHIEVEMENTS AND PERFORMANCE (continued)



#### Testimonies from service users who attended our Art Therapy Groups

*"I hope that we can continue as I really want to explore me with this special group."*

*"It is very beneficial and therapeutic to be part of and witness other women's stories. Share and bounce off ideas about each other's painting."*

*"Positive. a great space each week"*

#### 4 - Community based Projects

##### Women's Hub Project:

Over the past three years, the Hub has evolved into a vital resource for hundreds of women and girls facing marginalisation, financial hardship, and systemic barriers. During its final year, the Hub expanded its reach, engaging more women than ever before. Understanding the challenges many women face—especially asylum seekers, refugees, and single mothers—due to the rising cost of living and limited personal time, the team focused on creating joyful, supportive spaces. They have introduced innovative workshops, strengthened community partnerships, and created new ways of engaging women in a variety of wellbeing workshops, peer support groups and community-based events. They reached out to 751 women, of whom 601 became beneficiaries. They expanded into new communities, piloted innovative workshops, and provided critical support during a time of economic and social uncertainty.

##### Women Hub Activities/ outputs:

- The team has delivered 20 co-designed wellbeing workshops, each between 4-10 weekly sessions: focusing on sustainable, soft-skill development., such as Jewellery Making, Cooking classes, Drama Therapy and head massages.
- The team organised 24 peer support group sessions and listening exercises, including specialist groups for Somali women, young women, women with neurodiversity and women with diabetes. The Neurodiversity peer support group was the first of its kind in the whole North London and all sessions were promoted by the NHS as the only peer support group in the borough.
- The team organised 11 open days over the 12 months, engaging women and their children in activities such as picnics, visit to the Zoo and wellbeing Saturdays, while also promoting activities and groups to participants and creating welcoming spaces for a diverse range of participants.
- Community navigators delivered tailored one-on-one support to 15 women highlighting the growing demand for advocacy services.

**The Maya Centre**  
(A Company limited by guarantee)

**Report of the trustees (continued)**  
**For the year ended 31 March 2025**

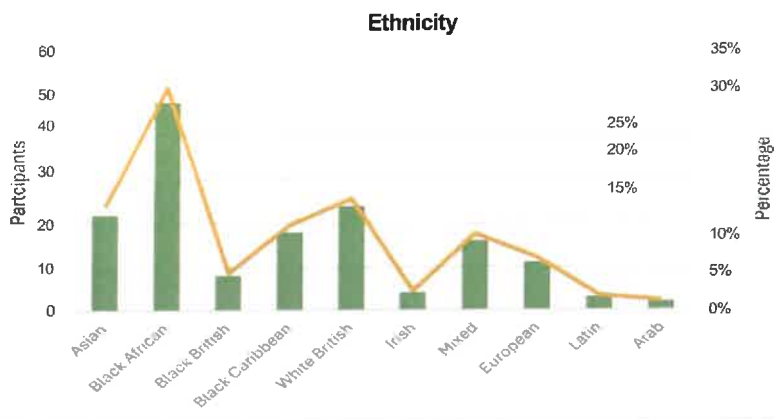
**ACHIEVEMENTS AND PERFORMANCE (continued)**

Please see table below for a list of Community based wellbeing activities:

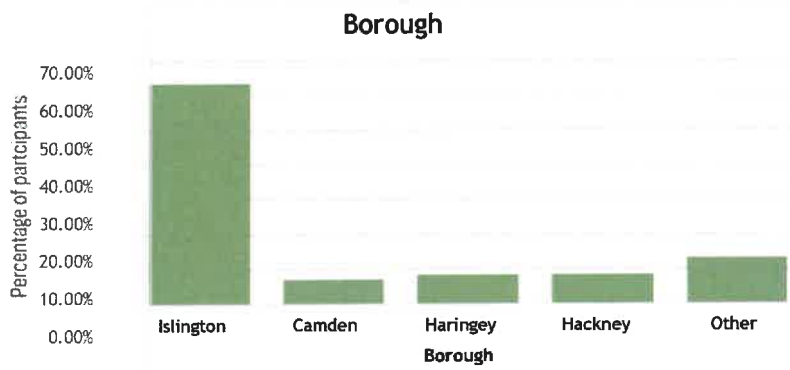
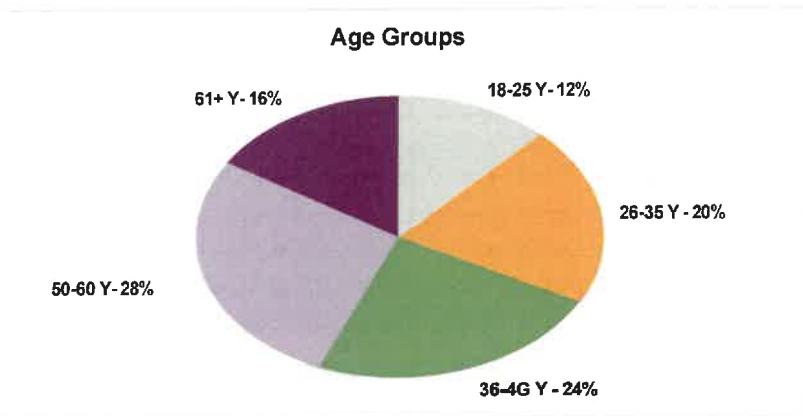
Activity name	Number of Sessions	Number of People registered	Number of people attended	Type of activity
African Yoga	6	8	5	Workshop
Art in the Park	1	8	7	Open day
Black History Month Event	1	54	47	Open day
Boat Trip	2	20	19	Open day
Cooking on a Budget P.1	6	12	4	Workshop
Cooking on a Budget P.2	6	6	5	Workshop
Discovering You	7	12	5	Workshop
Drama in Mind	4	7	2	Workshop
Drama Workshop	4	12	4	Workshop
Employment	4	23	6	Workshop
Family Fun Day in the Park	1	47	30	Open day
Fitness and Fun	3	2	1	Workshop
Games in Islington Refugee Council	1	25	25	Taster session
Hair Talk	1	20	17	Wellbeing Sat
Indian Head Massage	3	19	16	Workshop
Indian Head Massage 6/1 - 20/1	4	6	6	Workshop
International Women's Day 2025	1	124	124	Open Day
It Is Giving Social	1	8	8	Wellbeing Sat
Jewelry making -- Refugee women at Red Cross	4	18	14	Workshop
JWL in LGBTQ	1	8	8	Taster session
Mind Islington Women Group	1	20	13	Taster session
Moon Breath Work 23/1 - 13/2	3	7	7	Workshop
Navigating Your 20s	8	10	7	Peer support group
Neuro Diversity	6	30	19	Peer support group
Reflexology 16/1-30/1	3	10	8	Workshop
Somali Support Group	7	36	20	Peer support group
Talitha	3	23	12	Workshop
Jewel Making	1	3	3	Taster session
Deeper Connection	2	6	5	Taster session
Textile	5	20	15	Workshop
Wellbeing Sat	1	15	12	Wellbeing sat
Women's Forum	1	20	20	Forum
Yoga in the Park	1	9	9	Open day
Zoo	1	100	95	Open day
Zumba	1	3	3	Workshop
<b>TOTAL</b>	<b>105</b>	<b>751</b>	<b>601</b>	

# The Maya Centre

Key Demographics of Women's Hub service users (sample data):



Page 12



# The Maya Centre

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## Report of the trustees (continued) For the year ended 31 March 2025

### ACHIEVEMENTS AND PERFORMANCE (continued)

#### Outcomes and Impact of Women's Hub activities:

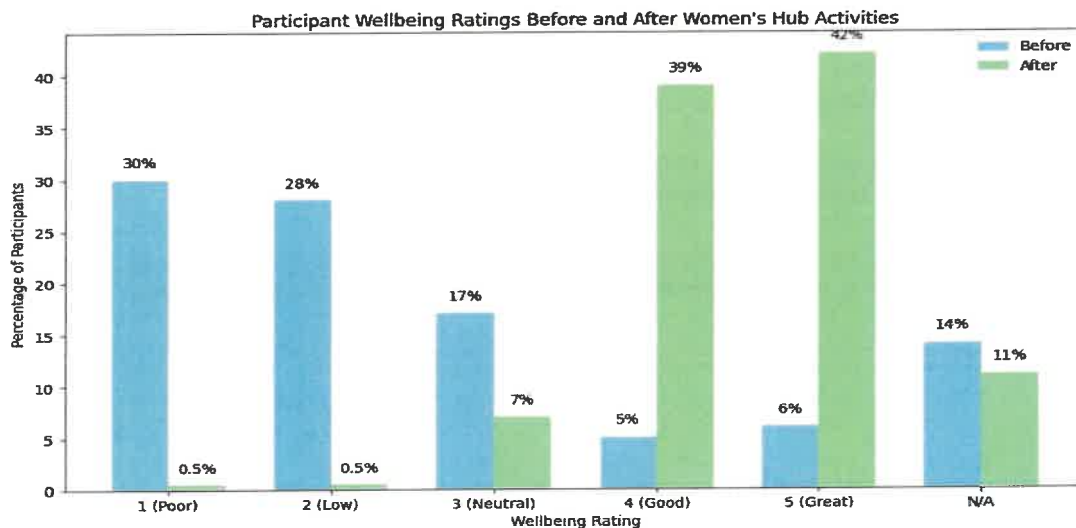
The Women Hub team provided community based safe spaces for women to explore their issues and decide on culturally specific activities that might support their wellbeing. The team organised listening exercises and established diverse community-based connections with various women's groups, including Somali, Irish, Black African, and Caribbean women's groups. They built broader relationships with local voluntary and community organisations, local councillors, and professionals from the statutory sector. The community-based wellbeing days and activities helped the women to relax, learn new skills, overcome isolation and build a network of peers. Feedback forms and a survey indicated to the following outcomes:

- 81% of participants in workshops and activities reported improved wellbeing and enhanced knowledge and skills.
- 75% of women mentioned that group participation helped them feel connected to the community.
- 100% of participants in our cooking class reported improved food budgeting and nutrition skills, as well as enhanced social networks and wellbeing.
- 96% of participants in two menopause information workshops indicated improved knowledge on managing symptoms, self-care strategies, and understanding treatment options.

Analysing a sample feedback data from 216 women who participated in a range of activities provided a clear insight of the impact of our workshops and peer support groups delivered. Overall, the data clearly shows that participation in the workshops and peer support groups led to a positive impact on participants' feelings, with many moving from low or neutral feelings to positively feeling supported, confident, or better after the group sessions.

The Chart below visually demonstrates the impact and success of the Women's Hub activities in improving wellbeing and emotional states among participants. Comparing women's responses **before** and **after** attending activities to two questions:

"How did you feel before the group?" and "How did you feel after the group?"



## **The Maya Centre**

(A Company limited by guarantee)

### **Report of the trustees (continued) For the year ended 31 March 2025**

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#### **ACHIEVEMENTS AND PERFORMANCE (continued)**

##### **Key Features of the Chart:**

**Blue bars** represent wellbeing ratings **before** attending Women's Hub activities.

**Green bars** represent ratings **after** attending.

##### **Key Insights:**

###### **Dramatic Positive Shift in Wellbeing**

Before attending activities, 58% of participants rated their feelings as poor or low (ratings 1 & 2). After participation, this dropped to just 1%, showing a near elimination of negative emotional states.

###### **Significant Increase in Positive Feelings**

Ratings of 4 and 5 (good/great) jumped from 11% before to 81% after. The number of participants feeling "great" (rating 5) rose from 6% to 42%.

###### **Neutral Feelings Reduced**

Mid-range rating (3) decreased from 17% before to 7% after, meaning fewer participants felt "neutral" and more moved into positive wellbeing.

###### **Skills and Confidence Boost**

72% of participants reported learning new skills, which suggests the activities not only improved mood but also built practical capabilities and confidence.

###### **Community Connection**

75% of women said they felt more connected to the community, reducing isolation—a key factor in mental health recovery.

###### **Partnerships building and Co-production**

Partnerships and co-production strengthen community ties and boost our impact. The Women Hub team collaborated with over 50 partners from diverse sectors, including schools, community centres, mental health groups, and cultural institutions, expanding access to resources and opportunities for the women supported.

The open days offered inclusive, family-friendly activities, such as a zoo trip for 100 women and their children in collaboration with Eritrean Community group in Islington.

They teamed up with the Canal Museum in King's Cross to host a unique visit with a boat trip for 25 women, promoting relaxation, family bonding, and community connection.

Through these partnerships, the team supported mental health first aid training, refugee events, and wellness programs, enhancing wellbeing and empowerment across the region. Here are a few examples:

## The Maya Centre

(A Company limited by guarantee)

### Report of the trustees (continued)

For the year ended 31 March 2025

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#### ACHIEVEMENTS AND PERFORMANCE (continued)

##### Cubitt Artist Space

Partnered with Cubitt Gallery to deliver art therapy workshops for LGBTQ+ participants, enabling exploration of identity and emotions through creative expression.

**Testimony:** *"Using art helped me feel better after a difficult relationship."*

##### Red Cross - Women's Support Group

Delivered jewellery-making workshops for refugee and asylum-seeking women at Hackney Destitution Centre. Helped participants process emotions and build confidence.

**One participant's story:** *M, a 65-year-old asylum seeker, repaired a cherished bracelet from home and learned jewellery repair skills, calling it the best birthday gift.*

##### Al Abrar Community Group

Provided peer support groups for Somali women affected by 2024 far-right attacks. Offered practical skills and a safe space to share experiences.

**Testimony:** *"It feels safe to be with my community again after feeling scared to go outside."*

##### London Metropolitan University

Co-delivered a pilot program teaching textile skills to empower women to create and sell handmade items.

**Testimony:** *"Learning textile skills reconnects me with my childhood memories and helps me feel productive and fulfilled."*

## **The Maya Centre**

(A Company limited by guarantee)

### **Report of the trustees (continued)**

**For the year ended 31 March 2025**

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#### **ACHIEVEMENTS AND PERFORMANCE (continued)**

##### **5 - Social Justice Project – Propel Expand**

The Maya Centre's Social Justice and Service User Voice Project builds on over four decades of survivor informed practice, ensuring that women with lived experience are central to shaping, delivering, and evaluating all services. This commitment was formalised in 2022 with the creation of the Women Leaders Group, which has since trained 14 women in leadership, community organising, systems thinking, and self-care. These cohorts have gone on to lead peer-support and wellbeing groups for Somali, Bengali, Irish, and Black women, extending the Centre's reach into underserved communities.

During 2024, the project deepened community engagement and leadership development. The second Women's Forum in July 2024 saw women leaders co-produce a proposal for a Holistic Information Hub—a community-led vision to improve access to support and services. A new cohort of young women with lived mental health experience was recruited, supported by extensive outreach through local councils, the British Red Cross, and other community partners.

Listening exercises between October and December 2024, including sessions with the Hair Talk, Culture Day, Neurodiversity Group, and Young Women's Social Group, strengthened inclusion and representation. The Centre also launched the first peer-led group for neurodivergent women in North London and co-created the Women's Only Day with Islington Mind, reflecting women's diverse needs and interests.

Partnerships were expanded with Mind in Haringey, Centre 404, and Global Generation, preparing the ground for the training of a new cohort in early 2025. Initiatives such as the System Change Workshop (March 2025), African Yoga sessions, and International Women's Day events showcased leadership in action and collective healing.

Survivor leaders continue to contribute to borough-level strategy, including the Islington Women's Forum, the Domestic Abuse Partnership Board, and co-design work with Islington Mental Health Services. Their input continues to shape priorities around culturally sensitive services, peer-led spaces, language inclusion, and sustained engagement.

##### **6 - Women Only Day from Despard Road**

In November 2024, we launched a new partnership with Islington Mind as part of the broader Pathway to Recovery from Mental Health initiative. The Women-Only Day at the Despard Road Centre is a key element of this collaboration, aimed at providing a safe, welcoming space for women in the community. Now in its first year of a four-year programme, the initiative has already shown promising impact by combining therapeutic support with opportunities for social connection. Every Thursday, the centre supports a community of about 30 women from Islington, offering access to a safe and inclusive environment, creative arts and crafts sessions, a communal lunches, and one-to-one support. These services are delivered in partnership between The Maya Centre and Islington Mind. Looking ahead, we plan to continue and expand this partnership, enhancing the range of services and activities available to meet the evolving needs of the women we support.

## The Maya Centre

(A Company limited by guarantee)

### Report of the trustees (continued) For the year ended 31 March 2025

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#### FUTURE DEVELOPMENTS AT THE MAYA CENTRE

The period from April 2024 to March 2025 marked continued progress in expanding and refining our services and organisational profile. As we conclude our 2020–2025 Strategic Plan, we are now laying the groundwork for the next five years. Our priorities for the coming year include:

**1. Expanding Our Services:** We aim to reach at least 500 unique beneficiaries annually, with a continued focus on supporting minoritised communities. Our services will remain culturally responsive, trauma-informed, and accessible in multiple languages.

**2. Strengthen partnerships:** with organisations such as Islington Mind, Nafisyat Intercultural Therapy Centre, and MamaSuze to create safe, inclusive spaces for women and girls across Islington and North London.

**3. Diversifying Income Streams:** Building on the success of recent corporate funding, we will broaden our fundraising efforts to include more corporate partnerships and individual contributions. Strengthening donor relationships and implementing effective recognition strategies will be key to sustaining and growing our financial base.

**4. Strategic Planning for Growth:** We will develop a new five-year strategy that includes:

- Upgrading our technology infrastructure
- Exploring a business model for a counselling enterprise
- Reclaiming and amplifying our legacy and name
- Ensuring the sustainability of our core services

**5. Amplifying Client Voices:** We are committed to empowering our service users to shape best practices and influence policy. By supporting their voices, we aim to advocate for improvements in services related to violence against women and girls (VAWG), mental health, and overall wellbeing.

**6. Showcasing Our Impact:** Drawing on feedback from service users, the expertise of our therapists, and external consultants, we will continue to highlight the impact of our work. Through independent evaluations, publications, and active participation in sector-wide discussions, we will share our learning and contribute to the wider discourse on trauma-informed, intercultural, and intersectional care.

## **The Maya Centre**

(A Company limited by guarantee)

### **Report of the trustees (continued) For the year ended 31 March 2025**

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#### **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**

<b>Independent examiner</b>	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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<b>Bankers</b>	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:

Meera Nair, Chair  
Ayan Man, Vice Chair  
Rochelle Burgess (resigned 27/05/2025)  
Monique Velani (resigned 26/11/2024)  
Dr Jessica Walker  
Gabriele Ruth Duesberg  
Tabia Farhin Salam  
Liberty Pattison  
Dr Rumina Taylor  
Su Yin Yap  
Karen Greenidge-Hutchinson

## The Maya Centre

(A Company limited by guarantee)

### Report of the trustees (continued)

For the year ended 31 March 2025

#### Financial Review

In the year, the income increased by £116,689 to £708,024 and expenditure followed the same trend, increasing by £91,142 to £673,696, giving a surplus of £34,328 (2024: surplus of £8,781).

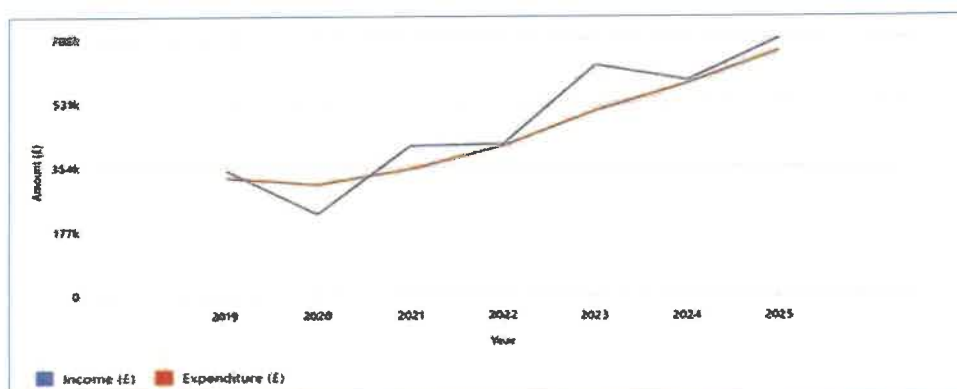
The graph below clearly shows that there has been a steady upward trend in both income (and expenditure) from 2021 to date.

#### The Maya Centre – Income & Expenditure (2019–2025):

Year	Income (£)	Expenditure (£)
2019	343,677	322,675
2020	222,557	304,188
2021	410,318	346,191
2022	415,753	410,556
2023	633,521	507,119
2024	591,335	582,554
2025	708,204	673,696

#### Key Points

- **Surplus/Deficit:**
  - o Positive in most years except **2020**, where the income dipped by £ 121,120 while the expenditure remained the same from prior year.
- **Growth Trends:**
  - o Income grew significantly from **2022 to 2025** (approx. +70% over three years) particularly from major funders such as MOPAC Main, MOPAC Grassroots, The National Lottery and significant contributions from Bluethread and one-off donations via The Big Give
- **Expense Ratio:**
  - o Highest in **2020** (136.68%), indicating a deficit year.
  - o Drops to **95% in 2025**, showing improved financial health.



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.

## **The Maya Centre**

(A Company limited by guarantee)

### **Report of the trustees (continued)**

**For the year ended 31 March 2025**

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#### **Financial Review (continued)**

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.

Our reserves are sufficient to cover operating costs for more than three months, and we will review and update this policy during the 2025–26 period.

#### **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.

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

##### **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.

## **The Maya Centre**

(A Company limited by guarantee)

### **Report of the trustees (continued)**

**For the year ended 31 March 2025**

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#### **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.

#### **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 15 November 2025 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 2025**

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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 2025 which are set out on pages 23 to 38.

#### **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 November 2025

**The Maya Centre**  
(A Company limited by guarantee)

**Statement of financial activities**  
**For the year ended 31 March 2025**

**Summary income and expenditure account**

	<u>Notes</u>	2025		2024	
		Unrestricted funds £	Restricted funds £	Total funds £	Total funds £
<b>Income</b>					
Donations and grants	2	95,011	597,703	692,714	559,262
Other trading activities	3	11,752	-	11,752	30,586
Investments	4	3,558	-	3,558	1,487
<b>Total incoming resources</b>		<b>110,321</b>	<b>597,703</b>	<b>708,024</b>	<b>591,335</b>
<b>Expenditure</b>					
Raising funds	5	6,102	21,778	27,880	25,048
Charitable activities	5	90,645	555,171	645,816	557,506
<b>Total expenditure</b>		<b>96,747</b>	<b>576,949</b>	<b>673,696</b>	<b>582,554</b>
<b>Net income/(expenditure)</b>	<b>6</b>	<b>13,574</b>	<b>20,754</b>	<b>34,328</b>	<b>8,781</b>
Transfers between funds		-	-	-	-
Net movement in funds for the year		13,574	20,754	34,328	8,781
<b>Reconciliation of funds</b>					
Total funds brought forward		256,296	91,803	348,099	339,318
<b>Total funds carried forward</b>		<b>269,870</b>	<b>112,557</b>	<b>382,427</b>	<b>348,099</b>

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 2025

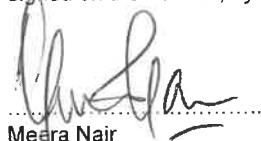
	<u>Notes</u>	<u>2025</u>		<u>2024</u>	
		<u>Total funds</u>		<u>Total funds</u>	
		£	£	£	£
<b>Current assets</b>					
Debtors	8	71,251		58,839	
Cash at bank and in hand		459,970		381,887	
		<u>531,221</u>		<u>440,726</u>	
<b>Creditors: amounts falling due within one year</b>	9	<u>148,794</u>		<u>92,627</u>	
<b>Net current assets</b>			382,427		348,099
<b>Net assets</b>			<u>382,427</u>		<u>348,099</u>
<b>Funds of the charity</b>					
Restricted funds	10		112,557		91,803
Unrestricted funds:					
General funds	10		269,870		256,296
<b>Total charity funds</b>			<u>382,427</u>		<u>348,099</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 15 November 2025 and signed on their behalf, by:



Meera Nair  
Chair

**Company Registration Number: 02701313**

## The Maya Centre

(A Company limited by guarantee)

### Statement of cash flows

For the year ended 31 March 2025

	Notes	2025 £	2024 £
<b>Cash flows from operating activities</b>			
Net cash provided by (used in) operating activities		78,083	39,685
<b>Cash flows from investing activities</b>		-	103
<b>Change in cash and cash equivalents in the year</b>	<b>12</b>	<u>78,083</u>	<u>39,788</u>
<b>Change in cash and cash equivalents in the year</b>			
Cash and cash equivalents brought forward		381,887	342,099
<b>Cash and cash equivalents carried forward</b>	<b>13</b>	<u>459,970</u>	<u>381,887</u>

## **The Maya Centre**

(A Company limited by guarantee)

### **Notes to the financial statements For the year ended 31 March 2025**

---

#### **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. Currently there are no funds in this category.

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 2025**

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#### **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 2025**

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#### **1 Accounting policies (continued)**

##### **1.11 Creditors**

Creditors are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors are normally recognised at their settlement amount.

##### **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 2025

#### 2 Income from donations and legacies

	2025			2024
	Unrestricted funds £	Restricted funds £	Total funds £	Total funds £
Donations	36,011	-	36,011	19,071
Grants	59,000	597,703	656,703	540,191
	<u>95,011</u>	<u>597,703</u>	<u>692,714</u>	<u>559,262</u>

Grant income comprised:-

	2025			2024
	Unrestricted funds £	Restricted funds £	Total funds £	Total funds £
Awards For All	-	6,667	6,667	-
City Bridge Trust - BAMER	-	53,495	53,495	37,690
Cloudesley - Main	3,000	-	3,000	-
Cloudesley - Black Womens Project	-	35,000	35,000	35,000
Complementary Therapies	-	-	-	165
Cripplegate Foundation	26,000	-	26,000	26,000
Department of Foreign Affairs and Trade; Emigrant Support Programme	-	32,496	32,496	32,496
Family Catalyst Fund	-	1,750	1,750	1,500
Hearthstone DV Project	-	-	-	6,437
Henry Smith	-	67,038	67,038	49,437
Islington Voluntary and Community Grant	15,000	-	15,000	-
LB Islington & CCG	-	71,203	71,203	71,002
MOPAC	-	44,646	44,646	44,652
MOPAC - Cost Of Living	-	-	-	27,933
MOPAC - VAWG Grassroots Fund	-	44,910	44,910	29,875
National Lottery Community Fund	-	124,373	124,373	116,392
Propel	-	84,125	84,125	37,500
The Blue Thread	15,000	-	15,000	-
The Charities Trust	-	-	-	112
The Considered Ask Foundation	-	32,000	32,000	24,000
	<u>59,000</u>	<u>597,703</u>	<u>656,703</u>	<u>540,191</u>

#### 3 Income from other trading activities

	2025			2024
	Unrestricted funds £	Restricted funds £	Total funds £	Total funds £
Fundraising income	870	-	870	28,087
Other	10,882	-	10,882	2,499
	<u>11,752</u>	<u>-</u>	<u>11,752</u>	<u>30,586</u>

## The Maya Centre

(A Company limited by guarantee)

### Notes to the financial statements (continued) For the year ended 31 March 2025

#### 4 Investment income

	2025			2024
	Unrestricted funds	Restricted funds	Total funds	Total funds
	£	£	£	£
Bank interest receivable	3,558	-	3,558	1,487

#### 5 Expenditure

	2025			2024
	Unrestricted funds	Restricted funds	Total funds	Total funds
	£	£	£	£
<u>Raising funds</u>				
Fundraising expenditure	6,102	21,778	27,880	25,048

#### Charitable activities

Wages and salaries	13,670	230,381	244,051	208,512
National insurance	1,468	16,589	18,057	12,643
Pension contributions	349	3,938	4,287	4,074
Sessional workers	224	121,929	122,153	119,598
Clinical supervision	11,727	22,333	34,060	37,221
DBS Checks	105	142	247	162
Disbursements	-	23,662	23,662	30,031
Project costs	5,289	42,681	47,970	11,084
Group/non therapeutic sessions and psychoeducation	527	8,648	9,175	10,706
Rent and rates	7,956	51,726	59,682	55,337
Insurance	3,065	-	3,065	5,870
Utilities	13,135	-	13,135	5,753
Cleaning	4,444	-	4,444	2,958
Furnishings	-	-	-	46
Maintenance	2,532	3,270	5,802	836
IT costs	(524)	25,646	25,122	24,556
Printing, postage & stationery	2,814	93	2,907	3,366
Staff training and supervision	9,607	1,548	11,155	2,530
Telephone	2,620	819	3,439	3,251
Workshop expenses	-	-	-	5,017
Recruitment costs	-	-	-	1,749
Sundries	3,047	1,766	4,813	8,337
	<u>82,055</u>	<u>555,171</u>	<u>637,226</u>	<u>553,637</u>

## The Maya Centre

(A Company limited by guarantee)

### Notes to the financial statements (continued) For the year ended 31 March 2025

#### 5 Expenditure (continued)

##### Governance costs

	2025			2024
	Unrestricted funds £	Restricted funds £	Total funds £	Total funds £
Independent examination fees	3,200	-	3,200	3,050
Consultancy	5,130	-	5,130	-
Legal and professional fees	35	-	35	48
Board expenses	225	-	225	771
	<u>8,590</u>	<u>-</u>	<u>8,590</u>	<u>3,869</u>
Total expenditure on charitable activities	<u>90,645</u>	<u>555,171</u>	<u>645,816</u>	<u>557,506</u>
Total expenditure	<u>96,747</u>	<u>576,949</u>	<u>673,696</u>	<u>582,554</u>

#### 6 Net income/(expenditure)

This is stated after charging:

	2025 £	2024 £
Independent examination fee	<u>3,200</u>	<u>3,050</u>

No trustees received any remuneration, benefits in kind or reimbursement of expenses (2024 - £NIL).

#### 7 Staff costs

Staff costs were as follows:

	2025			2024
	Unrestricted funds £	Restricted funds £	Total funds £	Total funds £
Wages and salaries	19,772	252,159	271,931	233,560
Social security costs	1,468	16,589	18,057	12,643
Pension contributions	349	3,938	4,287	4,074
	<u>21,589</u>	<u>272,686</u>	<u>294,275</u>	<u>250,277</u>

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

	2025 £	2024 £
Number of employees	<u>9</u>	<u>10</u>

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

**The Maya Centre**

(A Company limited by guarantee)

**Notes to the financial statements (continued)  
For the year ended 31 March 2025****8 Debtors**

	<b>2025</b>	<b>2024</b>
	£	£
Prepayments	24,359	1,679
Other debtors	46,892	57,160
	<u>71,251</u>	<u>58,839</u>

**9 Creditors: Amounts falling due within one year**

	<b>2025</b>	<b>2024</b>
	£	£
Trade creditors	52,663	20,332
Accruals	33,333	26,382
Deferred income	53,294	36,763
Other creditors	9,504	9,150
	<u>148,794</u>	<u>92,627</u>

**Deferred income**

	£
Deferred income at 1 April 2024	36,763
Resources deferred during the year	53,294
Amounts released to income from previous periods	(36,763)
Deferred income at 31 March 2025	<u>53,294</u>

**The Maya Centre**

(A Company limited by guarantee)

**Notes to the financial statements (continued)****For the year ended 31 March 2025****10 Statement of funds****Statement of funds - current year**

	Balance at 1 April 2024	Income	Expenditure	Transfer in/ (out)	Balance at 31 March 2025
	£	£	£	£	£
<b>General funds</b>	256,296	110,321	(96,747)	-	269,870
<b>Total unrestricted funds</b>	256,296	110,321	(96,747)	-	269,870
<b>Restricted funds</b>					
Awards For All	-	6,667	(6,555)	-	112
City Bridge Trust - BAMER	19,247	53,495	(54,388)	-	18,354
Cloudesley - Black Womens Project	8,222	35,000	(34,062)	-	9,160
Complementary Therapies	3,679	-	(2,617)	-	1,062
The Considered Ask Foundation	7,066	32,000	(29,906)	-	9,160
Department of Foreign Affairs and Trade; Emigrant Support Programme	8,891	32,496	(32,496)	-	8,891
Family Catalyst Fund	2,681	1,750	(1,350)	-	3,081
Henry Smith	68	67,038	(67,038)	-	68
LB Islington & CCG	-	71,203	(71,203)	-	-
MOPAC - Main	2,682	44,646	(44,646)	-	2,682
MOPAC - VAWG Grassroots Fund	13,206	44,910	(41,566)	-	16,550
National Lottery Community Fund	14,306	124,373	(131,486)	-	7,193
Propel	11,755	84,125	(59,636)	-	36,244
<b>Total restricted funds</b>	91,803	597,703	(576,949)	-	112,557
<b>Total funds</b>	348,099	708,024	(673,696)	-	382,427

**The Maya Centre**

(A Company limited by guarantee)

**Notes to the financial statements (continued)****For the year ended 31 March 2025****10 Statement of funds (continued)****Statement of funds - prior year**

	Balance at 1 April 2023	Income	Expenditure	Transfer in/ (out)	Balance at 31 March 2024
	£	£	£	£	£
<b>General funds</b>	268,627	77,256	(96,703)	7,116	256,296
<b>Total unrestricted funds</b>	268,627	77,256	(96,703)	7,116	256,296
<b>Restricted funds</b>					
City Bridge Trust - BAMER	15,942	37,690	(34,385)	-	19,247
Cloudesley - Black Womens Project	11,993	35,000	(38,771)	-	8,222
Cloudesley - Main	3,058	-	-	(3,058)	-
Complementary Therapies	7,083	165	(3,569)	-	3,679
The Considered Ask Foundation	-	24,000	(16,934)	-	7,066
Department of Foreign Affairs and Trade; Emigrant Support Programme	8,175	32,496	(31,780)	-	8,891
Family Catalyst Fund	3,476	1,500	(2,295)	-	2,681
Hearthstone DV Project	4,625	6,437	(5,993)	(5,069)	-
Henry Smith	-	49,437	(49,369)	-	68
LB Islington & CCG	-	71,002	(71,002)	-	-
MOPAC - Main	2,682	44,652	(44,652)	-	2,682
MOPAC - Cost Of Living	-	27,933	(26,039)	(1,894)	-
MOPAC - Grassroots	1,943	-	(4,848)	2,905	-
MOPAC - VAWG Grassroots 2024	-	29,875	(16,669)	-	13,206
National Lottery Community Fund Propel	11,714	116,392	(113,800)	-	14,306
	-	37,500	(25,745)	-	11,755
<b>Total restricted funds</b>	70,691	514,079	(485,851)	(7,116)	91,803
<b>Total funds</b>	339,318	591,335	(582,554)	-	348,099

## The Maya Centre

(A Company limited by guarantee)

### Notes to the financial statements (continued) For the year ended 31 March 2025

#### 10 Statement of funds (continued)

##### Statement of funds - current year

	Balance at 1 April 2024	Income	Expenditure	Transfer in/ (out)	Balance at 31 March 2025
	£	£	£	£	£
General funds	256,296	110,321	(96,747)	-	269,870
	<u>256,296</u>	<u>110,321</u>	<u>(96,747)</u>	<u>-</u>	<u>269,870</u>
Restricted funds	91,803	597,703	(576,949)	-	112,557
<b>Total funds</b>	<u>348,099</u>	<u>708,024</u>	<u>(673,696)</u>	<u>-</u>	<u>382,427</u>

##### Statement of funds - prior year

	Balance at 1 April 2023	Income	Expenditure	Transfer in/ (out)	Balance at 31 March 2024
	£	£	£	£	£
General funds	268,627	77,256	(96,703)	7,116	256,296
	<u>268,627</u>	<u>77,256</u>	<u>(96,703)</u>	<u>7,116</u>	<u>256,296</u>
Restricted funds	70,691	514,079	(485,851)	(7,116)	91,803
<b>Total funds</b>	<u>339,318</u>	<u>591,335</u>	<u>(582,554)</u>	<u>-</u>	<u>348,099</u>

The charity's funds comprise the following:

##### Restricted funds

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

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

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

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

Considered Ask Foundation – to cover the cost of the Communications and Fundraising manager.

Emigrant Support Programme Department of Foreign Affairs and Trade: The Emigrant Support Programme (Irish project) received a grant of £32,496 for the year from 1st July 2024 to 30th June 2025. 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 2024. Three months grant income amounting to £8,891 has been deferred to the 2025-26 financial year and will be utilised by 30th June 2025.

## **The Maya Centre**

(A Company limited by guarantee)

### **Notes to the financial statements (continued)**

**For the year ended 31 March 2025**

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#### **10 Statement of funds (continued)**

##### **Restricted funds (continued)**

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.

Henry Smith – to cover core costs of the organisation.

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

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

MOPAC: VAWG Grassroots 2024: funded for a collaborative agreement to support and empower black minoritized women from refugee, asylum-seeking and vulnerable migrant communities.

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

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.

Propel – grant given towards the activities of the experts by experience groups and towards core management.

**The Maya Centre**

(A Company limited by guarantee)

**Notes to the financial statements (continued)****For the year ended 31 March 2025****11 Analysis of net assets between funds****Current year**

	<b>2025</b>		
	<b>Unrestricted funds</b>	<b>Restricted funds</b>	<b>Total funds</b>
	<b>£</b>	<b>£</b>	<b>£</b>
Current assets	269,870	261,351	531,221
Creditors due within one year	-	(148,794)	(148,794)
	<u>269,870</u>	<u>112,557</u>	<u>382,427</u>

**Prior year**

	<b>2024</b>		
	<b>Unrestricted funds</b>	<b>Restricted funds</b>	<b>Total funds</b>
	<b>£</b>	<b>£</b>	<b>£</b>
Current assets	256,296	184,430	440,726
Creditors due within one year	-	(92,627)	(92,627)
	<u>256,296</u>	<u>91,803</u>	<u>348,099</u>

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

	<b>2025</b>	<b>2024</b>
	<b>£</b>	<b>£</b>
Net income for the year (as per statement of financial activities)	34,328	8,781
(Increase)/decrease in debtors	(12,412)	3,280
Increase/(decrease) in creditors	56,167	27,727
<b>Net cash provided by operating activities</b>	<u>78,083</u>	<u>39,788</u>

**13 Analysis of cash and cash equivalents**

	<b>2025</b>	<b>2024</b>
	<b>£</b>	<b>£</b>
Cash at bank and in hand	<u>459,970</u>	<u>381,887</u>

## The Maya Centre

(A Company limited by guarantee)

### Notes to the financial statements (continued) For the year ended 31 March 2025

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#### 14 Operating lease commitments

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

	Land and buildings	
	2025	2024
	£	£
Not later than one year	59,800	59,800
Later than one year and not later than five years	163,122	222,922
Total	<u>222,922</u>	<u>282,722</u>

#### 15 Related party disclosures

There were no related party transactions for the year ended 31 March 2025.