



# 2022 - 2023 **ANNUAL** **REPORT**

**SACMHF** is a company limited by guarantee  
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## A MESSAGE FROM THE CHAIR

### DONALD WILLIAMS



To my fellow Board members, trustees, staff, service users, Funders, members of the local council and the local community, it is a pleasure to address you once again and to congratulate the staff at the Sandwell African Caribbean Mental Health Foundation for the great work that has been achieved over the last year, and the brilliant leadership of the Chief Executive Officer, Patricia Johnson, who has led the charity with expertise and skill that has allowed the organisation to grow from strength to strength in particular the service to the wider community.

As a small charity we have made a successful transition following the pandemic during the year. I applaud the staff for their loyalty and commitment to the organisation in working through some challenging periods, and as a result we have seen the development of strategic plans to strengthen and grow the organisation.

It has been pleasing to watch the development of new trustee board members who have settled well into their roles as swiftly as they did which allows for the smooth running of SACMHF. Their contribution has been of the highest value and our charity has benefitted from their knowledge and networks both of which have impacted positively upon our organisational outcomes.

As we move into this next year, I can say that SACMHF is looking to further grow and expand our operations to serve the community. In doing this we will face further challenges, and one of the things I have recognised is a profound work ethic and the team's willingness to support each other, which will support new areas of work and a larger staff and volunteer team which will provide a sound platform to build on.

As Chairperson of SACMHF, I am delighted to work with you for another year. As we work to improve the health of the community my gratitude and appreciation, go out to all our funders who helps us to deliver the quality services to service users.

*Donald Williams*

**Chair Person**

# CHIEF EXECUTIVE OFFICER **REPORT**

## **Reconnection & Recovery**

Following the easing of restrictions in January 2022 the service offer was able to work towards increased face to face service delivery. Initially the thinking was to return to pre-pandemic levels of face-to-face delivery and reduced virtual delivery from the 2020 – 2022 period. However, our learning from the pandemic has been that a blended service option adds a layer of flexibility for beneficiaries and a telephone/online counselling service remains in place alongside telephone and online engagement were useful. The overall aim was to reconnect with the people who use our services in the way we used to and to support our beneficiaries to recover from the traumatising experience of living with mental health issues alongside the confined parameters of the pandemic's restrictions.

Despite our efforts the impact of the pandemic on the beneficiaries remained evident during the year. Staff were reporting that data from the wellbeing scale was flagging up that client's anxiety levels were raised due to fear of serious illness from covid. This fear was aligned to media reports about high covid-19 rates amongst the Black communities and lingering grief reactions from high death rates from covid-19 in the Black communities.



SACMHF needed to use increased levels of working capital to support the continued delivery of services through the pandemic. This increase in expenditure was used to purchase PPE, sanitiser, and a revised cleaning contract, IT to support some home working and for clients to receive support to digitally engage and casual staff to support the continued service offer. To minimise an outbreak within the centre most of the covid-19 protocols remained in place at a cost to the charity during the year.







## Strategic Outputs

Over recent years SACMHF has been planning to introduce more of a mixed income economy generating a greater percentage of independent income. Following the end of a pilot programme funded by the National Lottery Community fund where ex-offenders with mental ill health were supported to resettle into the local community. Lack of housing was an unanticipated feature of this project which fed into subsequent discussions about the potential to set up an HMO.

This would potentially meet unmet need locally and would begin our journey into trading. A successful grant application to the Social Investment Business' Enterprise Development Programme supported us to work with Business consultants to work up a business/marketing plan to support this enterprise development. In addition to this various engagement events were held with a range of stakeholders including staff, beneficiaries, and local professionals from within our network. We are putting together relevant documentation to support the housing offer with a view to launching in the next financial year.

SACMHF registered offices is the Kuumba Centre, Boulton road in West Bromwich. The centre has long been too small and not fit for purpose. Historical attempts at pursuing an asset transfer via SMBC were not supported by certain council officers. However, since then support has been secured from the Council Leader Councillor Kerrie Carmichael and Nicola Richards MP for West Bromwich East. Following conversations about our needs for more space to deliver our services it was agreed that a community Asset Transfer of the Charlemont Community Centre would be pursued. This work is now gathering pace.

Business development support has been secured from Lloyds Bank Foundation's Enhance programme and as such the Ethical Property Foundation were commissioned to appoint a Chartered Surveyor to work with SACMHF to produce a report about the Charlemont Site which will support SACMHF's decision making going forward.

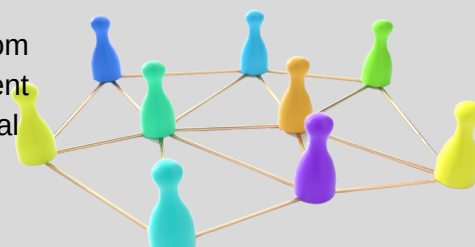


## Partnerships & Networks

SACMHF was one of the early member of Communities in Sync (CIS) consortium when it was set up around 2016. CIS has been a vehicle through which SACMHF have been able to deliver on projects and services that would not have been possible if SACMHF had tendered independently. Our Winter Pressures, Caring for Bereaved Carers, and a new service to support Volunteers are part of CIS.

Catalyst 4 Change works with SACMHF to contribute to the certain of the work delivered by the West Midlands Combined Authority's Mental Health Commission including the Black Thrive initiative and SACMHF beneficiaries contributed to the Patient Carer Race Equality Framework (PCREF).

The Race Equality Foundation regularly produce reports from research that has included our beneficiaries. The most recent piece of work conducted during the year focused on physical health checks for African Caribbean people experiencing severe mental illness.



Healthwatch Sandwell works closely with SACMHF and SACMHF beneficiaries have engaged in projects concerning Carers, Digital exclusion, and mental health. One of our service users is now a Healthwatch Sandwell Volunteer and another service user a former nurse is a Board member there.

***"A large cohort of students from a range of schools from Wolverhampton University come to SACMHF for placements during their training. We have and continue to support occupational therapy, mental health nursing and social work students."***

Nicola Richards MP has held surgeries at the Kuumba centre where she and her senior Case Worker Harry Lofthouse supported a group of clients to work through some of their social problems. Nicola continues to be supportive of our charity and Harry regularly works with managers to work through a range of issues concerning the premises.

Councillor Jackie Taylor meets with local Black leaders in Sandwell each month. This platform provides opportunities to meet with key strategic leaders, offer peer support and to discuss current issues affecting the sector. The new Chief Executive Officer of SMBC will be invited to a future meeting.

SACMHF were approached by Aston University to invite a cohort of our beneficiaries to speak about their personal experiences of using mental health services and how this intersects with race and culture. This was a successful exchange and the feedback from the Pharmacy students was positive.



## Staffing & Management



A special mention must be made to acknowledge the commitment and effort the staff team made during and following the pandemic. The introduction of increased protocols to try and curb an outbreak at the centre was adhered to and the team were fastidious about upholding the new rules.

### ***"A SPECIAL MENTION MUST BE MADE TO ACKNOWLEDGE THE COMMITMENT AND EFFORT THE STAFF TEAM MADE DURING AND FOLLOWING THE PANDEMIC"***

The health and social care sector is known for staff going the extra mile and I am proud to say that this was exactly the case within our charity. The willingness shown to put themselves at risk during the pandemic to support the people who use our services cannot be minimised.

I want to take this opportunity to say Thank You to the full staff team and volunteers for their unswerving support, work outputs and positivity during a hectic year of change. I am truly thankful for the staff team that we have and for those who left during the year.



## User Voices

Currently there is one beneficiary being inducted to be co-opted onto the board to support wider user representation at Board level. Work is being undertaken to recruit a young person onto the board too.

Co-production meetings take place quarterly and comprises of a majority of beneficiaries. These meetings are minuted and clients are invited to present ideas for new services, discuss issues with current services and gaps in local services.

The Biannual Strategic Planning Day is due to be held in the Autumn of 2023. These were moved to biannual instead of annual to allow sufficient time between events to achieve the organisational objectives discussed and agreed during the day.

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## External Environmental Impacts

The Cost-of-Living Crisis has had a negative impact upon staff and service users with staff reporting an increase in referrals to local food banks. A warm space was put in place to support service users. This continues one day per week during the afternoon and is only open to SACMHF clients. Staff also report that service users were slow to move to a return to certain of their usual activities following the pandemic and staff worked more closely with them to help reduce their anxiety. A pot of money secured from Henry Smith helped to fund culturally responsive counselling sessions which is helping to support increased anxiety.

## What's next for SACMHF?

As we look to move into the new financial year our priorities are to start trading via the accommodation offer that is being developed. In addition to this completion of an asset transfer process will enable the delivery of new services in spaces that are fit for purpose. The ability to provide wellbeing support for the people who reside in Charlemont will be a challenge but one that we embrace and welcome as we look to hone our skills in community development.

*Pat Johnson*

**Chief Executive Officer**



## Office & Finance Manager Report

Sandwell African Caribbean Mental Health Foundation (SACMHF) have seen yet another busy year, providing a range of bespoke culturally responsive services for people of African Caribbean descent who are affected by mental ill health as well as the wider community who live in and around Sandwell area.

Most funding streams have continued throughout this financial year from the previous year, providing stability for the organisation.

The table below provides an overview of the grants as follows:

Funder	Financial overview
Oak Foundation Birmingham City Council Oak Foundation-Young People's Project Lloyds Bank Foundation Black Country NHS Trust (Winter Pressures)	Funding streams which have continued from the previous financial year.
Henry Smith	Funding stream ended the first quarter of this financial year. This funding stream supported 2 posts running costs and running costs.
Henry Smith2	Funding to support the continuation of the young people service – iMatter Service over 3 years.
Social Investment Business	Support with social investment consultancy - potential housing project. Includes salary support for Business Development Manager.
Sandwell Council (Hate Crime)	One off funding working in partnership with New Union – series of workshops around the 6 boroughs in Sandwell to raise awareness of hate crime.



## Oak Foundation

Part of the terms of the Oak Foundation grant required the financial accounts to be audited. We secured these 2 parts 5-year grants in the 4th quarter of 2020/21. Ultimately, after the first year, 2 sets of audited accounts were required for the financial years 2020/21 & 2021/22. On completion of the audit accounts, year 2 monies would be released. This presented a delay; however, the grant funding was received towards the end of this financial year. This is reflected in the income and expenditure summary on page 7 of this report.

## Post Covid19 -Micro Grants

During the covid19 pandemic SACMHF made imminent adjustments to support people who use services (PWUS) during lockdown. This included additional telephone support and using visual platforms for 1 to 1 support.

Having come out of the pandemic it was beneficial that SACMHF was able to secure some small micro grants to help PWUS to re-engage, to socialise and experience peer support back at the Kuumba Centre. These projects include:



**Time to Grow' Gardening Project - user participation weekly activities**



**Vision 2030 Commonwealth micro grant - SCVO to celebrate the Queen's platinum Jubilee.**  
•Picnic in the Park

## Fundraising

Several fundraising events took place during this financial year. Below are a few examples:

- Windrush Bake Sale
- Sale of tickets - Day trip to Barmouth
- Sale of raffle tickets - Black History Month/ World Mental Health Day

## Donations

I would like to thank everyone who has kindly donated to our charity. Your donations go a long way to keep vital services going and providing support to PWUS. Most donations are anonymous, however, visit our news & events page on our website for more information about some of the donations we can share.

## Website

SACMHF has invested in a new website during this financial year. We wanted the new website to be more interactive and visually more appealing. With the new branding in place, we wanted to incorporate this on the new website.

During the development and liaising with our website developers - Clear Design, this was not an easy process and took some time. We experienced technical challenges amongst having to learn the back end of the site. I like to thank our Communications Officer Suzanne Huynh for her persistence for seeing through these challenges to now having a functional interactive website. Please visit our website [www.sacmhf.co.uk](http://www.sacmhf.co.uk)

## Centre improvements

The previous year the toilets were replaced, this financial year the centre has been painted, giving a fresh look. Furthermore, investment in a new bespoke cellar door and backdoor was also needed. Thank you to Prestige Home Improvements, A & K Painting Services, Orlando Plastering, Krowl Fire Doors & Security and Luke Weedon for these improvements.

# Thank you to all of our wonderful donors and funders!

## Summary

Again, another positive year with plans in place for further growth and development for sustainability to maintain culturally responsive services. I am quite excited for our plans for the future. Watch this space!

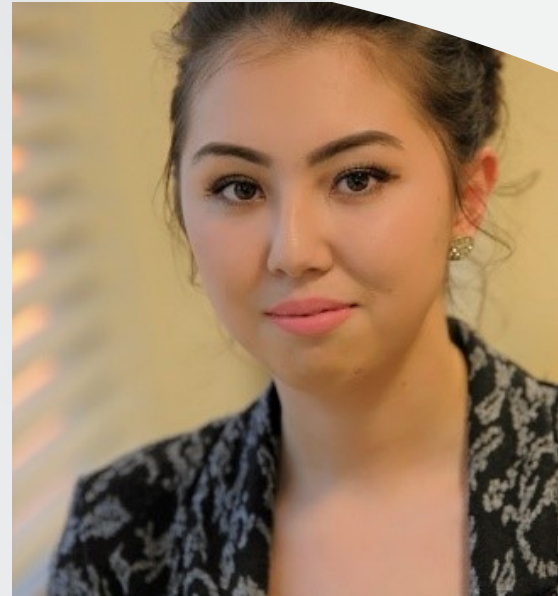
*Donna Campbell*

**Officer and Finance Manager**



## Communications Officer Report

Our social media presence continues to grow on various digital platforms with the engagement levels from both People Who Use Services (PWUS) and the wider public flourishing. Social Media is significant for communicating with our stakeholders in particular funders and professionals who may have an interest in our charity. This year we have particularly utilised our digital platforms with the aim to increase donations and charitable giving. Black History Month highlighted how reaching out to the wider public on a number of digital platforms is a paramount to increasing donations. Through our website alone and various online platforms - as part of Black History Month 2022, we successfully received ££ from a number of stakeholders and new organisations. This allowed us to form new relationships with these donors and continue to share with them the great work we are carrying out within the community.



## Communications Plan

With an ever-changing digital world, it is important that we keep up to date with the latest technologies, methods of communication and the way in which SACMHF is perceived in the public eye. The need for a Communications Plan (CP) is essential with social media evolving. Our CP plays a fundamental part of our strategy - this assists us in making important decisions with the charity moving forward - in how we can grow and adapt to changes within technology.

## SACMHF Branding - #LETITOUT

Following the launch of our video campaign in 2021 #LETITOUT - Sandwell African Caribbean mental Health Foundation decided to get some personalised Hoodies and T shirts. This allows us to raise awareness of our campaign through branding. All staff members were given a hoodie to wear when out and about in the community or at networking events. We will continue to raise our profile through merchandise and branding we have some exciting personalised products lined up for our Youth Service - iMATTER!



*Suzanne Huynh*

**Communications Officer**



# Business Development Manager Report

I am the new Business Development Manager for SACMHF. I have settled into my role over the last few months. I aim to secure grants to sustain the increasing growth of the organisation and identify new potential funders. I play an integral role in helping SACMHF meet fundraising objectives. In addition, I will be supporting a team of fundraising volunteers.

The main areas of my work are summarised below:



## Co - Production

Co-production is where service users and staff come together to discuss the future and projection of SACMHF and feedback on our current services. I chair this meeting and update service users on our current bidding applications, projects we are working on and progress from the last meeting. This is essential as we care about our beneficiaries and their voices are instrumental in structuring the organisation.

## Bid Writing

I have been successful on a cycling bid with SCVO which will be a new project of cycling sessions being delivered in our local green spaces by an instructor who will be identified through Cycling UK. We aim to deliver cycling sessions to our beneficiaries and, equip them to train and lead these sessions.

I have worked on various grant applications for health & wellbeing and educational bids for the charity. I am currently working on several projects alongside the Chief Executive Officer. These include a housing offer for SACMHF to provide accommodation and wrap around support for our beneficiaries. I am working on an asset transfer from Sandwell Council to attain the Charlemont Community centre and currently negotiating the terms and conditions of this contract. Additionally, working on a Heritage grant, this is so that we can capture the history and progression of the charity in a book.



## Housing Development

My involvement in the housing development included working with QBQ Research & Consultancy to identify a Registered Provider/s that were willing to partner with us. To share the vision of SACMHF delivering an independent living service for our beneficiaries within the Sandwell Borough. I took part in exempt housing research and approached relevant housing provider with the offer we had in place. Presently, I have worked on completing a housing folder with all the relevant documents such as service charge, signing up documents, occupancy agreement and many more. I am looking for suitable private properties within Sandwell Borough, shortly we will be viewing properties and ready to start the project.

**"WATCH THIS SPACE FOR MORE AND NEW  
EXCITING PROJECTS TO COME FROM  
SACMHF!"**

## Impact Reporting

I have been working on last year's impact report for SACMHF. Impact reporting measures and communicates the social, environmental, and economic impacts of our organisation's activities, products, or services. This document is essential for our funders to see where their financial contributions are going and the impact we have in our reach. The impact report includes topics such as our history, data capture, case studies and more.

Follow our developments regarding new exciting projects to come from SACMHF!

*Melissa Machangara*

**Business Development Manager**



# iMATTER

Over the last 12 months we have seen growth in our service offer of conveying a targeted culturally responsive service to children and young people between the ages of 11 to 25. The iMATTER project was established to provide culturally responsive bespoke support packages to those living in and around the Sandwell area

Our service has provided mental health support for children and young people suffering from disorders such as depression, social anxiety, seasonal affective disorder, and schizophrenia to name a few. This section is fine.

This support has been delivered to an increasing cohort of young people from 3 local schools, 2 colleges, and a local job centre. This offer has also been extended to family support needs as we recognise the team around the child can be equally significant for their mental wellbeing.

The type of support offered has included the delivery of targeted workshops delivered in schools and Colleges on multiple topics affecting young people today.

For example..

- Anxiety

- Exam pressure

- Bullying

- Self Esteem

- Body Image






# iMATTER

Our support has also included one to one support on the journey to improved mental wellbeing and recovery – both in the community and also at our centre. We have also been working with children and young people to be rehabilitated back into their communities, supporting them with educational needs, improving their social and emotional needs, i.e., establishing iMATTER cooking and support sessions. We have also supported them with budgeting, peer support, and providing children and young people with tools to manage their own mental health and wellbeing.

The iMATTER project has been present at multiple events across Sandwell and had the opportunity of meeting many young people and professionals. Some of which include, Sandwell DFE Link Programme Event, Thriving in Sandwell, Creating Safe Communities - Collaborative session for the Voluntary Sector, Sandwell Early Help Partnership Event - Looking Back.. Springing Forward.



We continue to promote and raise awareness of good mental health for children and young people and recognise that children and young people need a culturally responsive service. Young people need to feel safe, listened to, accepted, and to be around professionals and peers who they can relate to, and they feel understand their needs.

It has been a busy year for our youth service, and as the service continues to grow, the iMATTER project plans to expand our offer to providing more support to many more children and young people in the Sandwell area. We also have plans to develop our partnership working with other local organisations to ensure we are reaching as many children and young people as possible who would benefit from our services.

*Rebecca Gardner*

**Youth Service Manager**





## Care For You

It has been a very busy year for our care for you service. Our members have been involved in a number of activities and social events throughout the calendar year. We have also seen an increase in user involvement as our carers have enjoyed the range of speakers, focus groups and culturally responsive events that we have organised within our service.

Some of these include workshops about breast cancer awareness, a session with Diabetes UK, Ovarian cancer awareness, FGM and child exploitation workshops, co production work with the Race Equality Foundation, Windrush Flag making workshops, to arts and crafts workshops. The group has also benefited from workshops delivered by our various students on topics such as stress awareness, the effects of drug and alcohol misuse on mental health, nutrition, and hydration to Mindfulness session

We also celebrated carers day this year with an 'Afternoon Tea' themed garden party to show our carers how much we value them and their input.

Additionally, we have had 4 new carers join the group who settled in very quickly and love being part of our group. The feedback from our members continues to be very positive in terms of the experiences, memories made, the learning and quite commonly mentioned – peer support they receive.

We will continue to support our members and recognise the often-difficult roles that they have. We will achieve this by providing a safe space for them to gain peer support from one another, through activities such as the gardening.

We will also continue to arrange workshops, which they have stated they have benefitted the most from, and continuing to evidence how we value their input and participation.

*Rebecca Gardner*  
**Carer Coordinator**







## MAN II MAN

The Outreach Support service continues to provide personal support to individuals who use the service, from their referral, initial assessment and on to their recovery plan.

A Recovery Plan is completed when we arrange an outreach/in reach appointments to highlight the areas they raised to improve their wellbeing.

This could be improving their social skills; joining the "Men`s Group", going back into Education, self-care and empowerment for individuals who lack confidence.

Throughout the year the service as continued to sign post individuals with their own personal needs of support to "Power" (Advocacy Service), "Home Office," "Probation Service", "Job Centre

### Men's Group

The "Men`s Wellbeing & Support Recovery service" has been providing weekly telephone calls and outreach visits to support the people (PWUS) who use our services.

The "Men`s Well-being Group" have attended in house Talks on different subjects from "Diabetes", "Men`s Wellbeing", "Culture Talks," "Black History" and "Prostate Cancer". This subject made the gentlemen more aware of themselves and think more about their own wellbeing: checking for blood in their urine, any pains in their groin area, or constantly going to the bathroom and having trouble passing water or not.





## MAN II MAN

The Men`s Group had a re-launch and is now known as "Man II Man". A different concept to how we interacted with each other. The way we look at ourselves as men of colour. Who we are in society and how do we represent ourselves and what we stand for. When we walk & talk in our community, do we give out the right impression to others? Every 3 months the group get together at the Kuumba Centre and plan activities for the next coming weeks, encouraging the Men put ideas to the group and they decide where they wish to go.

This includes fortnightly "Walk & Talk"- wellbeing walks to local parks, nature reserves. Visiting areas outside of Sandwell, visiting museums for Cultural/Black history events, attend talks and interact with other groups.

## Wellbeing & Support Service

The "Wellbeing & Support Service" will continue to collaborate with individuals and groups to cater for their needs and how to move forward with a positive mindset.

*Norman Nelson*

**Wellbeing Recovery Worker**







## Outreach Service

### General

The past year has been an especially difficult one for the service users due to the changes brought about by the Covid-19 pandemic.

They had to deal with a big change in how their support was carried out and dealt very well with the transition. Outreach staff worked well as a team to ensure the inclusion of all service users regardless of digital capabilities and did well maintaining a positive sense of community and wellbeing.

On return to the centre, we have seen a dramatic increase in the number of outreach sessions and telephone wellbeing calls. This made it possible to monitor PWUS progress and provide any needed interventions in real time. But it's not all paperwork and appointments, staff and PWUS alike had a fantastic time on the day trip to Barmouth beach.

It was a lovely way to end the summer - sun, sea, and sand. It was such a popular trip, another one is in the pipeline for next summer. As both staff and PWUS become more energized and involved with our service, We are hoping that engagement continues to increase, and we remain a much utilized and successful part of our local community.





## Networking

One important part of the role of outreach worker is to network with and work alongside other organisations so the service users receive well-rounded support. Over the course of the year, many organisations had to change the way they worked, and a lot of our networking was carried out virtually. As we are heading towards the end of the pandemic, we are glad to be able to do this in-house again. It means the service users have the opportunity to find out what resources are available in their local area and meet the people providing them. This year we have carried out networking in the form of workshops, presentations, and events.

Pohwer, Healthwatch, Sandwell Welfare Rights Team, Citizens Advice Bureau are just some of the organisations Sandwell African Caribbean Mental Health Foundation has worked with to resolve queries and issues regarding mental health treatment, welfare benefits eligibility, housing, and finance issues and more recently, dealing with the cost-of-living crisis.

The summer months are now upon us, and we have many events planned for our service users and the local community. Our events help to raise awareness, provide our service users with a sense of community, and help to reduce social isolation that is often the result of living with long term health conditions.

## Outcome/Success Story

BS was with the service for almost 3 years. She is a 21-year-old female of black British ethnicity, now living in supported accommodation. When BS was referred to the service, she was carrying out regular acts of self-harm and experienced suicidal ideation as a result of her mental health diagnosis. In addition to this, she was self-isolated, poorly motivated and trying to deal with issues from her past.

During her time with the service, she was given emotional support, encouragement to engage with therapy services and utilise the resources in her community, and support and encouragement to increase her confidence and independence.

BS has made very good progress, developing more insight into her mental health and how to manage it, using the coping strategies developed during her talking therapy and has recently decided to return to education, managing to secure an interview at the local college to complete a course in Paramedic Science.

*Ferri Bonner*

**Wellbeing Recovery Worker**





## Apprenticeship Report

My name is Ayesha and I work for SACMHF, as a 'Business Support Officer', and I am on a 15-month apprenticeship studying 'Business Administration Level 3'. I work with a lovely group of individuals, who have helped me come a long way, I feel comfortable and supported by the team since starting here and felt that I fitted in pretty quickly.

I hoped to gain a lot of administrative experience and knowledge, especially in finance as I am considering going into accountancy in the near future, which I have thankfully gained, and can implement in the future. My position at SACMHF is primarily working alongside the office and finance manager, Donna, ensuring the office is operated smoothly, taking telephone calls and general admin work as well as welcoming visitors to the Kuumba Centre. I have secured a lot of experience working here, I am able to now do minutes which was a struggle at the start, but the team was very understanding and supportive and now I can produce professional minutes in a timely manner. I am able to manage multiple databases and update them when required, for example, the 'Primary Stakeholder' database. On occasions I have worked with the Communications and campaign officer, Suzanne, to learn how to create posters, tickets, and brochures, I am also able to upload news items onto our website. I am especially happy that I have managed to build relationships with some of our PWUS, especially with some of our carers.



***"My time here at SACMHF has been incredible and I won't be forgetting a single moment, the staff are kind and helpful, and always there for you when you need them."***



In the future, I am hoping to take the knowledge I have gained from SACMHF and study AAT, I am hoping to do a level 2 AAT apprenticeship, same with levels 3 and 4, all being well I could complete my level 7 ACCA qualification. By the end of this, I aim to become a chartered certified accountant.

To finish off, my time here at SACMHF has been incredible and I won't be forgetting a single moment, the staff are kind and helpful, and always there for you when you need them, I appreciate all the time and effort that was put into me and getting me to where I am now. Thank you !

*Ayesha Yakoub*

**Business Support Officer**

## Social Work Student Report

February 2023, I began my 70 day placement as a part of my Social Work course here at KUUMBA. Upon arrival I was nervous and anxious due to it being a new workplace and new environment. I later discovered there was no need for me to feel this way as I was made to feel so welcome and a part of the team almost immediately. This also showed during my interview as I had the chance to meet Donna (Office and Finance Manager) upon arrival she greeted me and made me feel welcome and asked if I would like a drink and spoke to me for a little which helped calm my nerves.

During my time here at KUUMBA I have had the opportunity to work with a range of different service users such as, carers group, mens group, IMatter project. I was able to work directly with service users, such as conducting initial assessments, creating support and recovery plans. I was also given the opportunity to deliver my own presentation on Mindfulness to the different services, I did my own research on this and put together my own PowerPoints along with activities. After this the whole staff team commented how well I did and how much they as staff enjoyed watching and taking part. Hearing this feedback allowed me to feel like a valued part of the staff team and boosted my confidence.

While working with the different services, I have had the pleasure to be a part of some of the social activities, including arts and crafts sessions with the cares. I was able to talk and connect with the service users and build a relationship with them. I enjoyed hearing all their stories and memories and they always know how to make you laugh.

I was able to have access to Case Manager which allowed me update on my own service users progress while using SACMHFs services. Logging all contact such as telephone calls made and received, text messages, in reaches and outreaches and social events/activities. I was also given my own SACMHF email address which allowed me to make contact with organisations outside of KUUMBA while being a part of the team. By having this it allowed me to conduct myself as a professional social worker while making enquiries to other organisations.





Having my own caseload allowed me to work with individuals independently. I was able to have 1-1 sessions with the service users, regular phone calls. I was able to build a relationship of trust with these clients and being able to be there and support them through some difficult times in their life

My overall time at KUUMBA has been an amazing experience. The direct work with the service users and creating relationships with other members of staff. I have the opportunity to increase my knowledge not only within Mental Health but in the African and Caribbean culture. I have gained experiences while being here that I will never forget and be able to use in my future carer as a Social Worker.

I want to say Thank You to everyone here at KUUMBA for treating me like a part of the team from the very beginning. I'll never forget this being my first ever placement and I have been able to learn so much from the different departments here.

**"I HAVE HAD THE PLEASURE TO BE A PART OF SOME OF THE SOCIAL ACTIVITIES, INCLUDING ARTS AND CRAFTS SESSIONS WITH THE CARERS".**

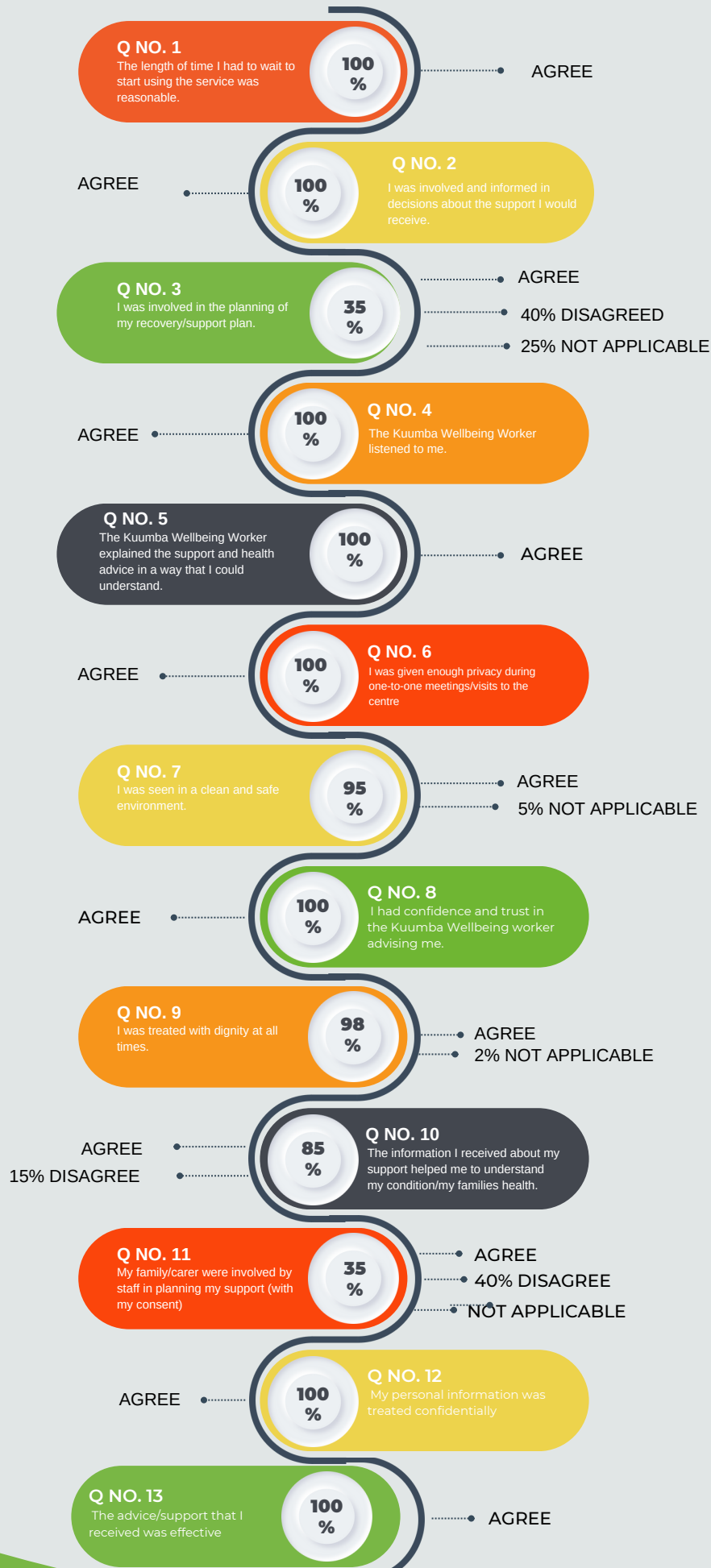


*Rhiannon Holden*

**Social Work Student Placement**



# USER SATISFACTION SURVEY



## Some of the comments from people who use our services...

• CARERS SUPPORT SERVICE HELPED ME IN MY DIFFICULT CARING ROLE

• ALLOWED ME THE CHANCE TO SPEND TIME WITH PEOPLE WHO UNDERSTAND ME



• THIS IS A GREAT SERVICE THAT ENABLES US TO BOND AND SOCIALISE TOGETHER

• I HOPE THE SERVICE KEEPS GOING

**35 %**

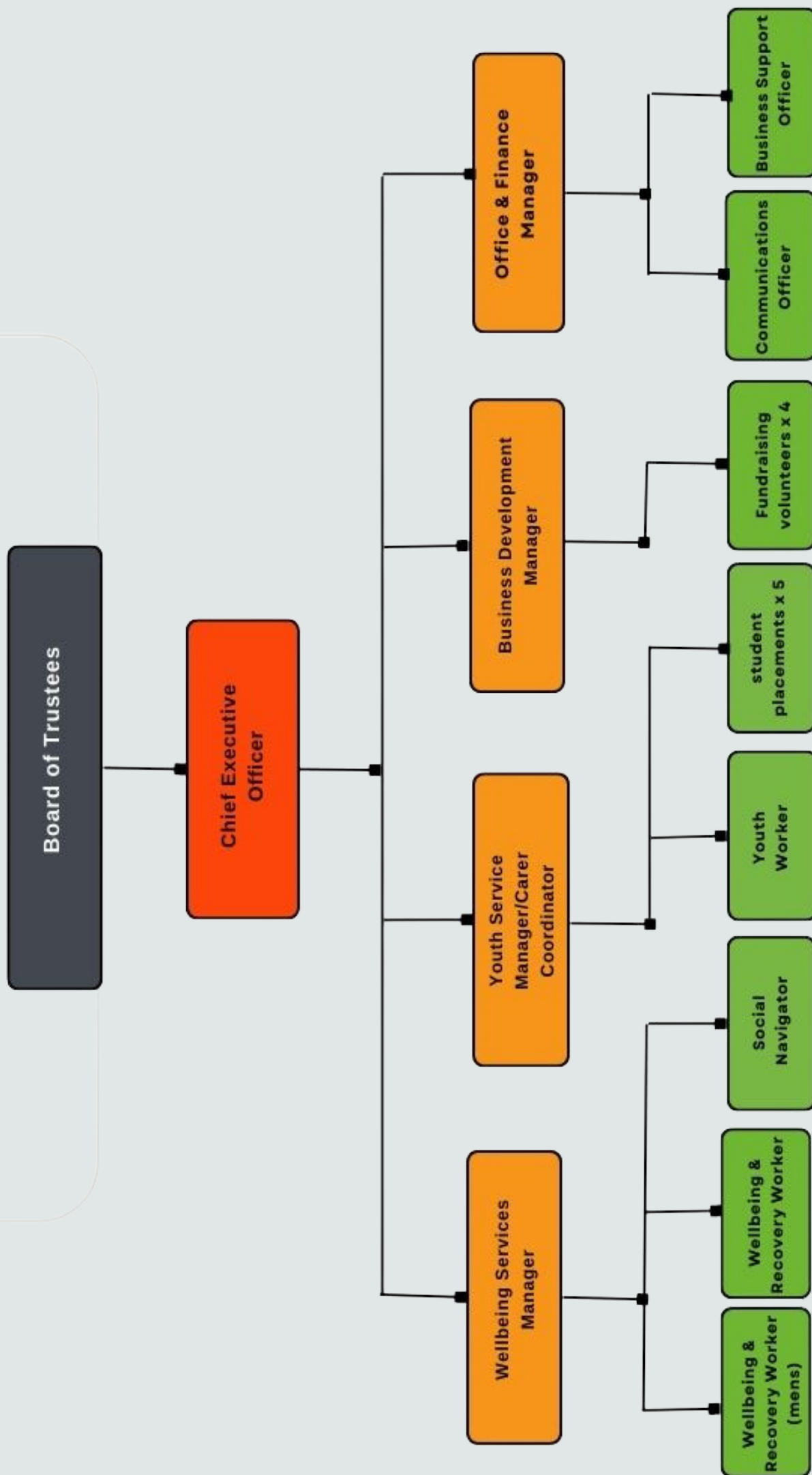
the majority of survey respondents were ages 45-54 years old.

**100%**

Respondents felt they were being involved and informed on decisions made. They felt listened to, supported, and given health advice with their privacy respected.

**90%**

Respondents reported that support received had helped them understand their condition better.



Sandwell African Caribbean Mental Health Foundation  
DETAILED INCOME AND EXPENDITURE ACCOUNT  
for the year end 31 March 2023



	2023 £	2022 £
<b>INCOMING RESOURCES</b>		
<b>Grants</b>		
Sandwell MBC	135,460	135,460
Oak Foundation	110,875	92,125
Henry Smith	51,100	25,800
Lloyds Bank Foundation	43,083	9,417
City of Birmingham	15,558	16,312
Winter Pressure	17,506	-
National Lottery - Building Futures	-	24,019
Epic	-	15,009
Probation Service	-	14,693
National Lottery - Covid 19 response	-	9,667
Other income	3,599	19,277
	<u>377,181</u>	<u>361,779</u>
Fundraising	901	2,446
Donations	3,235	329
Sundry income	4,757	5,717
	<u><b>386,074</b></u>	<u><b>370,271</b></u>
<b>STAFF COSTS</b>		
Wages and salaries	<u>262,091</u>	<u>254,669</u>
<b>SUPPORT COSTS</b>		
Rent and rates	11,133	10,770
Insurance	1,574	1,505
Heat, Light and Water	7,562	6,870
Telephone and Communications	13,016	6,183
Postage and stationery	713	306
Advertising	2,103	5,485
Sundries	701	389
Repairs and renewals	13,815	12,818
Travel and subsistence	3,538	2,692
Office expenses	14,885	14,551
Training	1,090	13,244
Volunteer expenses	219	130
Computers and IT	17,532	22,765
Legal and professional	46,670	28,736
Depreciation - fixtures and fittings	2,727	3,191
	<u>399,369</u>	<u>384,304</u>
<b>GOVERNANCE COSTS</b>		
Auditor's remuneration	5,100	4,800
Other	13	13
	<u>5,113</u>	<u>4,813</u>
<b>NET (DEFICIT)/SURPLUS FOR THE YEAR</b>	<u><b>(18,408)</b></u>	<u><b>(18,846)</b></u>

*This page does not form part of the statutory financial statements*



# Statistics



Improving the lives of African & Caribbean people affected by mental illness and their families, in and around Sandwell.

COMMUNITY  
FUNDRAISING  
TOTAL RAISED

**£2,629.97**

If you would like to support us, please  
visit our website [www.sacmhf.co.uk](http://www.sacmhf.co.uk)

## IMPACT SNAPSHOT

**22%**

Early intervention  
Number of young people  
aged 11 -25 years old  
being supported

**100%**

The Kuumba Wellbeing &  
Recovery Worker  
explained the support  
and health advice in a  
way that I could  
understand

**1%**

Number of psychiatric  
admissions

# STATISTICS

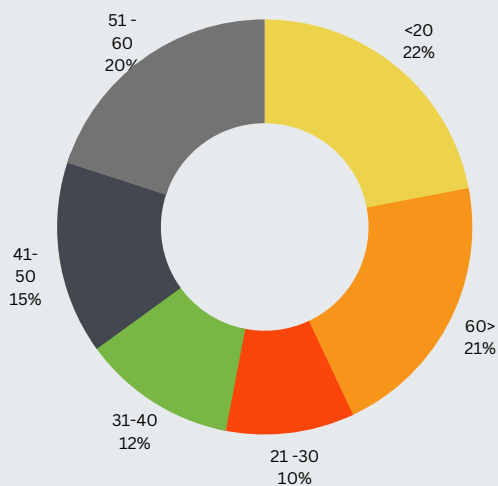
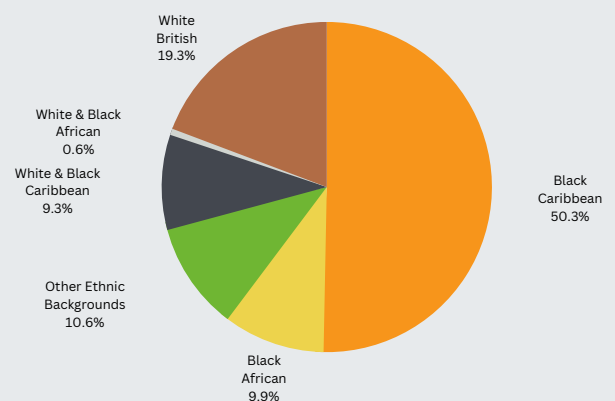
2022/23



## GENDER

58% of our members are female; 41% are male and 1% is non-binary

## ETHNICITY



## AGE



## MEMBER CATEGORY

88% are service users and 12% are carers



12% of our client group are carers

# Acknowledgement

We would like to thank the people who use our services for their unyielding support and their contribution to the development of the organisation. Our thanks extend to the staff who have worked throughout the covid-19 pandemic putting themselves at risk to maintain our service provision, for this we are grateful. We work closely with many third sector organisations, individuals, businesses, and suppliers who have helped us to become a better organisation and we feel lucky to have been able to work with them all. Thanks a bunch!

## Funders

Sandwell Metropolitan Borough Council  
The Oak Foundation  
The Henry Smith Charity  
Lloyds Bank Foundation  
Birmingham City Council  
Black Country NHS Partnership Trust  
Enterprise Development Programme  
University of Wolverhampton

African Caribbean Community Initiative  
Alcumus  
Association of Mental Health Providers  
Aum Consultancy-Hansa Pankania  
Chris Knott Insurance Consultants Ltd  
CMF Quality Consultant  
Communities In Sync  
Dr Brickstock  
Enterprise Development Fund  
Felton's Chartered Accountant  
Fircroft College  
Foundation for Social Improvement  
Godfrey Mansell & GP

Healthwatch Sandwell  
lizuka  
Jackie Taylor (Cllr)  
Nicola Richards (MP) & Harry Lofthouse  
Officetek  
Oscar Sandwell  
Peninsula  
Probation Service  
QBQ Research - Quaye Botchway  
QSR2 Solutions, Edgar Hassan  
Race Equality Foundation  
Red Fire & Safety  
Sandwell Council for Voluntary Organisations

Social Investment Business  
Tamarind Centre - Marcia Jarrett  
TIC  
West Bromwich African Caribbean Resource Centre  
West Bromwich Probation Service  
Xpressive Arts Ltd, Patricia Barrett

