



Annual Report 2023 -2024

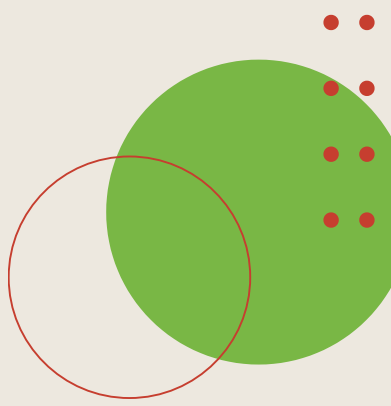


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A Message from The Chair



Once again I want to congratulate Sandwell African Caribbean Mental Health foundation (SACMHF) on the absolutely fantastic work that has been carried out in the community and in the organisation with Staff and service users, the organisation has moved forward with great success over the last year and will continue to do so in the years ahead, and I am amazed to see how the staff has responded to the changes that has taken place and the willingness to work with the vision of the CEO and to embrace the vision for the future of the organisation.

I want to pay special tribute to the CEO Pat Johnson on her continuing leadership of the organisation, this year has been a challenging one as she faces and dealt with many challenges both in her personal life and within the organisation, making decisions that has been challenging for the organisation. There have also been personal challenges that she has faced and has dealt with these in a truly professional way and has continued to give leadership to the organisation, and I know I can speak for members of the Board of Directors and staff in our continuing support.

To the Board of Directors, Sandwell Council, service users and community I want to pay tribute to you all in your continuing support of the organisation, this year we have seen changes in government, and I hope this will reflect on the future undertakings of the organisation. Therefore, as we plan expansion and vision of the CEO for the organisation going forward we will be working to strengthen the board of directors and to ensure that the staffing group continues to remain confident in the work and day to day activities. SACMHF is a vital organisation within the local community, and we want to ensure that it stays that way for the foreseeable future.

Don Williams

The Chair

Chief Executive Officer



Partnerships & Networks

SACMHF was one of the early members 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. Winter Pressures, Wellbeing and Bereavement, Volunteering, Benefits & Welfare, Wider Determinants of Health services all represent projects and services delivered in partnership with other CIS member organisations.

Towards Sustainability

We have been planning our journey towards sustainability for several years now. As a small to medium sized charitable organisation, we made the decision to introduce trading to our income mix. The reliance on majority grant funding will not serve to support longevity and as such our plans have engaged and involved beneficiary groups and other stakeholders to gain an understanding of the changing external environment and how trading will facilitate greater financial freedom and offer long term sustainability.

Support to assist the move towards sustainability was secured from the Social Investment Business Enterprise Development programme. Funding was secured to increase the hours of the Business Development Manager to increase work on developing a housing offer. Much progress was made, and we are now in a place where we are looking to securing a suitable premises. Our Support team will deliver floating and tenancy support.

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) consultation piece. We are also delivering a service in partnership with Catalyst and Pohwer Advocacy. This is the Advocates for Change service which is a culturally appropriate advocacy service delivering across the Birmingham and Solihull Integrated Care Board (ICB) footprint.

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. A video from this piece of work can be viewed on our website www.sacmhf.co.uk

“ We have been planning our journey towards sustainability for several years now.”

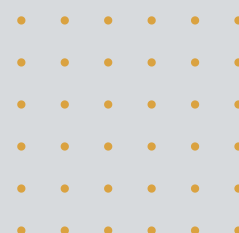
Healthwatch Sandwell work closely with our charity and the people who use our services have engaged in projects concerning Carers, Digital exclusion, and mental health. Some of our former service users have been welcomed to work for Sandwell Healthwatch in unpaid roles. It is important to note that Sandwell Healthwatch vision and values align to ours and they continue to work towards reporting on a range of health inequalities from their work across all community's and voluntary sector organisations. This relationship will continue.

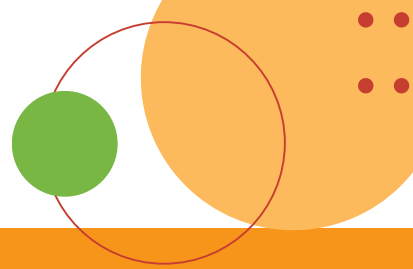
A large cohort of students from a range of schools from Wolverhampton University come to SACMHF for placements during their training. We have and continue to support occupational therapy, mental health nursing and social work students. Their work whilst completing their placements involve case work and conditions management programmes.

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. Our work to take on a community asset C3 would not have been possible without Nicola's input for which we are hugely appreciative.

Councillor Jackie Taylor meets with local Black leaders in Sandwell each month. This platform provides opportunities to meet with key strategic leaders, the offer of peer support and to discuss current issues affecting the sector. The most recent Chief Executive Officer of Sandwell Metropolitan Borough Council kindly met with us to discuss our achievements and current challenges.

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. Additional collaborations are being considered.





User Voices & Representation

Currently there is one beneficiary being inducted to be co-opted onto the board to support 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 with staff present in a supportive capacity. These meetings are minuted and clients are invited to present ideas for new services, discuss issues with current services and gaps in local service provision. Their views are used to hone our finance and fundraising strategy and ongoing plans for future service delivery to meet their evolving needs.

The Biannual Strategic Planning Day was held in December 2023. This engagement event was moved to biannual instead of annual to allow sufficient time between events to achieve the organisational objectives discussed and agreed during the day. Certain of the agreed actions contribute to the operational plan which is reviewed each month and the plan updated accordingly.



A community engagement event was held at C3 to engage local people in discussions around their needs and what they would like to see being offered in a new centre. This event was supported by Locality who helped to shape the event and who facilitated the workshop. Locality produced a report following the event and this will enhance the C3 business plan and aligned proposed activities and services to be delivered from C3 following the transfer of the asset.

The Advocates for Change service is designed to support mainly people admitted to 6 psychiatric units across the Birmingham and Solihull ICB footprint who are from racialised communities to receive timely culturally appropriate advocacy to address their issues with the service received whilst in hospital care. Some support is provided for communities and for people following discharge. This service has recruited people with lived experience, and this supports our view of the power of peer support.





What the Future Looks Like for SACMHF

Our charity takes seriously our service offer and protective of our ability to maintain and grow levels of service delivery into the future. The future will need to offer a mix of services open to local communities free at the point of use supported by grant funding and fee-paying services to generate much needed trading income. This is what we are working toward.

In order to achieve this our infrastructure including governance, staffing and management structure, maintenance of our quality standard and the high levels of involvement and participation from people with lived experience will continue to be strengthened to support the achievement of our overall goal to become sustainable in the long term.



Our dedicated paid and unpaid staff team must be thanked for their diligence and commitment demonstrated during the year despite the challenges faced. Their unswerving loyalty to our charity and beneficiaries is commendable and our journey to sustainability would falter without their contributions. Similarly, the people who use our services continue to challenge the stigma and misconceptions associated with mental health. Their challenge to accepted stereotypes and stigma comes from their personal achievements coupled with the work they do to support mental health awareness, volunteering for our charity and peer support. Our charity would mean nothing without them, and I hope they know how grateful we are to them for allowing us a window into their lives and to do the work that we do.

The future of our charity and our journey towards sustainability remains a work in progress but we are inching closer. We will continue to take small steps towards achieving our goals and while we navigate the hurdles that will certainly present themselves during the forthcoming year, I ask that you consider taking a look at our website which presents a snapshot of the work we do and the outcomes achieved. Better still use our contact details and come and visit us and see what we do for yourselves, I don't think you will be disappointed!

Patricia Johnson

Chief Executive Officer

Business Development Manager

Over the past year, we have looked at various business developments for the organisation. Work has been put in to establish a housing offer for our service users who suffer from mental health illnesses. It has been recognised that it is difficult for them to find suitable accommodation due to their complex needs. A housing folder has been completed with all the relevant documents such as service charge, signing up documents, occupancy agreement, and many more. Private landlords have been approached; housing viewings continue to be completed in search of suitable accommodation. A suitable house was secured, but unfortunately, the landlord pulled through, which left us back to square one. Relevant connections have been made with Sandwell Council, housing department for the necessary steps to take after securing a house. Organisations have been notified of our upcoming house offer in order to secure tenants, and a potential tenant list has been completed.



Following securing a cycling grant from SCVO, storage facilities and bicycles have been purchased. A cycling instructor will be secured through Cycling UK or Sportsworld Ltd to provide a cycling instructor to deliver cycling sessions to our service users in the hope that service users will become qualified trainers and can continue to run the group. This service will be open to all our service users.

We celebrated Windrush 75 with food, music, entertainment, service users' participation, drama, and many more. Staff, service users, and other organizations attended this event.



Co-production

Co-production has been running smoothly, and we continue to increase service user engagement. Service users have expressed a sense of being heard and that we have listened to them, taken action, and provided them with timescales. Recently, during our co-production meeting, service users visited our asset transfer, Charlemont Community Centre, following our strategic day. This was well attended, and service users felt involved and shared their thoughts on the building.



Volunteering

As part of the consortium with Communities in Sync (CIS), SACMHF delivered the UKSPF Volunteering Plus project. This was to give our specific communities opportunities to enhance their CVs, gain experience, and become more employable. We had volunteering roles such as Business Administrator, Outreach Support, and Fundraiser. Volunteering Plus was unique as it gave us an opportunity to work with other organisations and signpost volunteers so that they can gain their desired volunteering experience. We promoted this project using our social media platforms, attending and speaking at networking events across Sandwell, attending churches, and more. We hosted a “Calling All Volunteers” event that aimed to raise volunteering awareness within our specific communities. This was insightful for service users as they got to understand what volunteering entails and ask questions. As a result, this raised more interest and service users registered their interest.

VOLUNTEER

CALLING ALL VOLUNTEERS WE NEED YOUR HELP!

We have a range of exciting volunteering opportunities within:

- Administrative Support
- Fundraising
- Leading a group and more!

Please get in touch if you are interested...

Travel & lunch expenses will be covered

To find out more contact our Business Development Manager **Melissa Machangara** on: 07714076348

Sandwell African Caribbean Mental Health Foundation are looking for dedicated individuals to join us in our mission to make a positive impact in our community!

COMMUNITIES IN SYNC

Funded by UK Government

www.sacmhf.co.uk
0121 525 1629

Kuumba Centre | Boulton Road | West Bromwich | B70 6NW

Tech Connect

From this project Tech Connect was relaunched. This project aims to support service users and carers with technical support. Service user Chris Ogidi is volunteering to deliver weekly Tech Connect sessions to his peers. We were awarded laptops through CIS which has been used to deliver this project.

Chris Ogidi commented that “Sessions are well attended, and substantial progress has been made by the service users, some service users were able to apply for jobs, upload CVs, fill out application forms online, register for Portway leisure and manage their email accounts. Overall, the users were grateful for the assistance given by the volunteers. This highlights the importance of the Tech connect sessions and I hope we can extend the service to include the wider community.”

Tech connect has been successful as we have received positive feedback from service users and there has been an increased attendance and engagement. This project will continue after UKSPF funding has finished.



Arts and Crafts

One of our volunteers has delivered Arts and Crafts workshops for our iMatter service. This was well attended and sparked interest with our service users. Service users had the opportunity to tap into their creativity and showcase their creative talents.

Another volunteer has delivered and will continue to deliver creative sessions for the Man II Man cohort. This has been a good experience for the volunteer as he expressed that it has increased his confidence and given him a positive exposure to people who suffer with mental health and the support they are given. Also, a well-experienced volunteer has delivered self-care workshops to our carers' group which has been extend to all our service users. These sessions will continue bi-monthly.

Lastly, volunteers have been signposted to organisations such as Sandwell Advocacy and Age Concern for befriending services.

Summary

Overall, SACMHF continues to make progress in securing funding opportunities and building relationships within our communities to support the needs of our service users.

Melissa Machangara
Business Development Manager








Office and Finance Manager

Sandwell African Caribbean Mental Health Foundation (SACMHF) has continued its success in obtaining grants to continue to provide a range of bespoke culturally responsive services. In particular, this financial year, it cannot go unmentioned as part of our success is down to being part of a consortium - Communities In Sync (CIS). The consortium consists of similar organisations that work to improve the well-being of local people, in particular marginalised, disadvantaged and vulnerable people.

This financial year CIS has been successful in securing several grants, disseminated between the individual organisations according to their specialism to provide a range of services. This partnership has enabled SACMHF to deliver the following services:

COMMUNITIES IN SYNC

SACMHF - DELIVERY PARTNER PROVIDING SUPPORT TO LOCAL PEOPLE

 BEREAVEMENT SERVICE	 WINTER PRESSURES	 SHARED PROSPERITY FUND (UKSPF)	 BENEFIT & WELFARE SMI	 WIDER DETERMINANTS OF HEALTH
<p>Due to the success of the partners delivering the Caring for Carers Service (Bereavement support service, covering the Birmingham area), CIS was successful in securing further funding in the form of the Birmingham Bereavement & Well-being Service (BBWS). SACMHF's BBWS's Officer continues to provide one-to-one bereavement support, tailored to individual needs.</p>	<p>The Winter Pressures project is continued funding from the previous year to support Sandwell residents in need of mental health support. The Winter Pressures' funding ended partway through the financial year. This service was delivered by 7 CIS members, SACMHF's Wellbeing & Recovery Workers were able to provide a range of bespoke interventions to help individuals improve their mental well-being.</p>	<p>This service provided volunteering opportunities along with a role description and training to volunteers within SACMHF or with other local organisations. The programme aims where to increase employment opportunities, learn new skills, increase confidence, CV writing and training opportunities. This programme has produced some success stories where some volunteers have secured employment.</p>	<p>SACMHF's staff have provided help and advice in a planned approach to signpost individuals who have been diagnosed with severe mental health conditions to get the benefits or support they are entitled to.</p>	<p>Funding for this project was received towards the end of the financial year which is tailored to Sandwell residents who want to get active to improve their and mental and physical health. The programme will consist of walking and cycling groups in green spaces including our 'Time to Grow' gardening project. The project also aims to encourage peer-to-peer support and to help forge friendships.</p>

Big thanks to Communities In Sync Leads:

Nav Rai- Chief Executive Officer

Nikki-Dee Haddleton - Operations Manager

Luke McCubbin - Project Lead for the Bereavement Service.

[www. https://communitiesinsync.info/](https://communitiesinsync.info/)



For a full details and further insights please see our income and expenditure for this financial year see page 27 for more information

After being in the hairdressing trade for several years and having my first child, I thought this was the perfect time for a new direction. I went back to college to gain new qualifications in word processing. I had previously completed a BEC Business Diploma when I left school and with new qualifications, I could apply for an administrative position.

After successfully gaining new qualifications in word processing, I began working for an employment agency on various assignments. One evening scrolling through the Thursday evening Mail, I came across an advert for a part-time administrative role, working 21 hours per week, providing administration support for an African Caribbean mental health charity. I was instantly inspired by the role.



Has it been 25 years already?

I was happy I got short-listed for the role but was so nervous on the way to the interview. I need not have worried; I was instantly put at ease by the friendly panel who interviewed me. I was successful in getting the position and my employment began on 28th September 1998. My role has evolved over the 25 years which has kept my role interesting, including providing outreach support to people who use services (PWUS) where I feel I have made a positive impact on improving their mental wellbeing. This has been so rewarding.

Sandwell African Caribbean Mental Health Foundation (SACMHF) has invested in my development over time where I have continued to gain new qualifications which include NVQ level 3 Business Administration, AAT Accountancy level 2 and more recently Level 5 in Leadership and Management. A big thank you to Patricia Johnson CEO for my career development.

My favourite memories over the years include the day we got the keys to Boulton Road Clinic which we renamed the Kuumba Centre - (Kuumba is Swahili for 'Creativity'), putting our stamp on the place and the first day we opened the doors and the services began. There have been endless day trips, outings including holidays abroad and events which have all been enjoyable and so memorable, seeing individuals going on to either make a full recovery or be able to manage their mental health and make positive progress.

A big thank you also extends to Elaine Wilson, Themba Loxolo, Shane Ward, Melva Davis, Joyce Fletcher, Sophie Morgan-Genus & Doctor George Oslo Williams.

Donna Campbell

Office and Finance Manager

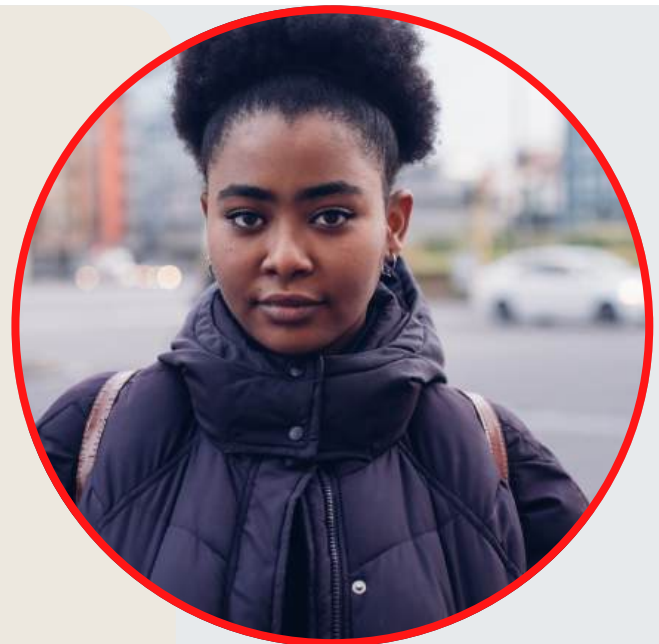


iMATTER

The iMATTER project has continued to provide culturally responsive mental health support for children and young people across Sandwell.

Over the last 12 months we have certainly seen a need for us to increase our service offer to provide family support and feedback has been that this is very beneficial to improving their mental health and wellbeing. Included in this support, is a holistic approach towards working with a variety of family members offering them guidance. It has also included the delivery of targeted workshops focussing predominantly on promoting good mental health and well wellbeing.

The iMATTER project has seen an increase in cross service interventions such as children and young people accessing our volunteering programme. We are proud to say that as part of our collaboration with Banardos, some of our young people successfully completed a 6-week programme known as 'Mood Masters' alongside members from our other services. This programme follows principles of CBT therapy and allows members to share experiences, personal struggles, and their own self-care strategies. At the end of the course, we held a small celebration where young people were able to share their highlights and learning from completing the programme. They were awarded with a certificate, a portfolio of their work and a small gift. Well done guys!!!



We have seen new members join the service who have benefitted from delivering collaborative workshops with their support workers and peers. A notable event being the 'iMATTER mental health, Bermuda cultural diversity and health eating habits' workshop. This was particularly inspirational as it evidenced that our young people felt safe, listened to, valued, and accepted. The event also promoted peer support and peer led interventions.

As we continue to grow, we hope to continue raising awareness of good mental health, and promoting resilience, and independence for many more children and young people in a culturally responsive environment.

Below is a Case Study of a young person who regularly engages with our Youth Service.

Olivia's Journey at SACMHF

Olivia is 16 years old and is in Year 11 at school. She has been with the service for around 4 months now. She first heard about iMATTER through her social worker. She enjoys reading, getting creative with arts and has a passion for playing her electric guitar.

Olivia struggles with her mental health sometimes and has been enjoying coming to the centre on a weekly basis. 'I enjoy coming to Kuumba and baking with my Youth Worker, I've baked a red velvet cake and look forward to having more cooking sessions. When we first met Olivia, she was very quiet and didn't speak much. Over the months, Olivia has improved her communication skills and is more open to conversation now.

How do you think iMATTER can help you?

"It's been a really good experience with iMATTER, I feel it's helped a lot with my mental health, even just having a talk with my Youth Worker has helped and I would recommend it to other young people. It has helped me with my depression and I'm hoping it can help with other things too."



iMATTER

"It's been a really good experience with iMATTER, I feel it's helped a lot with my mental health."

Funded by:



Outreach Report

We have continued to provide support for many individuals for the last 12 months.

We have worked on encouraging them to participate more actively with our events and various service offers to tackle issues such as social isolation. We also recognise the benefits of our members being able to seek peer support, as this can be beneficial to improving mental health and wellbeing.

As such, members have enjoyed events such as the Strategic Development Day at West Bromwich Albion football ground. This event was for our members to share their feelings on our services and how it benefits them with the full staff team and board of trustees. It was also a fantastic opportunity for them to offer contributions on how they would like to see the service develop in the future.



Gardening Project

During the spring of April 2023 and due to the limited green spaces in our local community - Sandwell African Caribbean Mental Health Foundation (SACMHF) adapted to Climate change to improve wellbeing, by securing a small grant to develop a Community Garden at the Kuumba Centre.

This allowed service users to learn how to grow flowers, vegetables, and herbs, as well as attract local wildlife to the garden. The garden gave service users the ability to learn what flowers and herbs attract wildlife, understand the sowing periods for vegetables, as well as giving them the sense of wellbeing and encouragement to grow similar plants in their own gardens.

Many of our service users have experienced, or have relatives, that have mental health issues. This project allowed our service users to learn about gardening within a therapeutic and calming environment – which provided them with the sustainable skills to grow various plants and vegetables which they can transfer to their own gardens and environments.

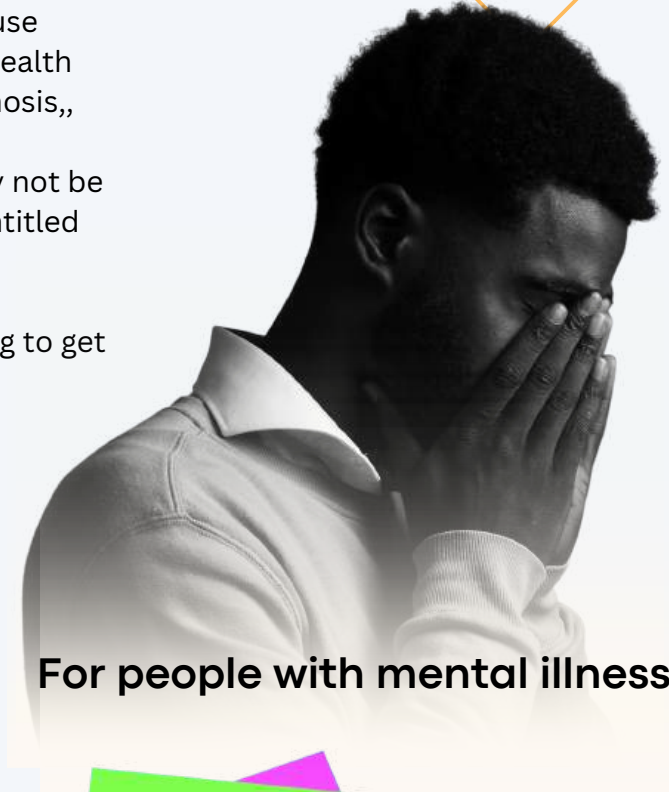


Free Welfare Advice

The Outreach Support Team supported people who use use services (PWUS) who have a diagnosis of severe mental health condition such as schizophrenia, bi-polar disorder, psychosis,, severe depression or other severe mental illness the opportunity to have a free welfare advice check who may not be receiving the correct benefits or support they may be entitled to.

All advice was confidential in a supportive cultural setting to get advice on:

- ✓ Welfare benefits
- ✓ Help with budgeting
- ✓ Welfare grants
- ✓ Energy advice
- ✓ Disability benefits
- ✓ Debt advice and referral for specialist debt support



For people with mental illness



The SMI project was funded by Communities in Sync which had successful outcomes resulting in some service users receiving the correct benefits they were entitled to. This service has not only benefitted our people who use services financially, but also has had a positive impact on their mental health - as they no longer have a financial burden of stress and worry as the cost of living continues to rise. We hope to reach out to as many people as possible who may need that extra support and guidance in terms of knowing their rights and benefits.

MAN II MAN

The MAN II MAN service in the organisation operates as peer support forum where service users socialise and support themselves while engaging in cultural based activities. The group meets every Thursday and engages in activities like going to theatres, having a walk, telling stories at conducive locations, playing football, having meals in restaurants and sightseeing activities.

In-reach and outreach services are offered to members of the group as may be necessary. As part of wellbeing checks, weekly calls are made to them to offer support in their weekly endeavours. We also hold regular workshops to improve their learning about physical and mental health. Self-care workshops are held regularly with members in attendance. Just recently, there was introduction of healthy eating habit workshops. We also follow-up with them to ensure they attend their medical appointments.



Within the year under consideration, many members of the group members were given further support and assistance with their benefit assessment and review, housing issues, energy bills, travel passes, cinema passes, We help them apply for leisure passes and encourage them to use the facilities for better wellbeing and healthy lives.

Based on the feedback from the member of the group, the resultant effects of the support through MAN II MAN group have been tremendous. Particularly, some members of the group have secured paid employment roles and there are others who have returned to schools. While they undertake these ventures, we still support them to ensure they remain efficient and not slip in their mental health.



Inayat Pashtoon

Team Leader



Operations Manager

In collaboration with two local universities, we have formulated our student placement programme. This allows students to gain knowledge and experiences of working in the voluntary and mental health sectors. Individuals may have a direct interest in these areas or require more knowledge and experience to enhance their studies.

Over the last 12 months our student placement programme has offered a number of placement opportunities for over 16 students. These students have been a combination of first year, second year, and master's students who have worked with us on placement from 3 weeks to 70-day placements. The main students our programme has supported are those studying mental health nursing, social work, nursing, and occupational therapy.



Our programme consists of direct case management alongside colleagues and members and seeking the opportunity to get involved with all the services we offer. Our students have been the catalyst in designing, leading and facilitating our conditions management workshops, and we have seen some fantastic workshops being delivered. They have focussed on topics such as, stroke awareness, anxiety and panic attacks, dementia awareness, adult safeguarding awareness, Self-care workshops, PTSD (post-traumatic stress disorder), raising awareness of the stigma surrounding bereavement and a Fibromyalgia.

Our students have shared testimonials of their journey with us, and since returned to visit after completion of their placement. Some even attending our Christmas meal December. We are proud to be able to offer this learning opportunity to many and we have plans to increase this service offer considerably as the organisation continues to grow. Massive thankyou to each and every one our students!

Rebecca Gardner
Operations Manager

Student Placement

My Journey at the Kuumba Centre has been a very thriving one, I had enjoyed being in the company of every staff member and had fitted in almost perfectly within the team. I had the opportunity to meet great service users and even started to build good relationships with them towards the end. There were many contributing factors as to why this placement was as successful as it was, one of the main reasons being Rebecca Gardner being an exceptional supervisor and ensuring that I get the most out of this placement. Some of the work I had undertaken was completing initial assessments, training, chairing meetings, minuting team meetings and the list goes on.



I am studying Social Work; this placement was around 70 days. Before attending the placement, I had preconceived ideas about mental health. When thinking about mental health, negative assumptions such as schizophrenic people are aggressive and violent had instantly come to my head, however this had completely changed as I had the opportunity to meet service users who were the complete opposite. As part of my learning as a student in placement, I read research articles and journals surrounding black mental health and around stigma. This research had ultimately changed my whole perspective on African and Caribbean individuals with mental health and how a labelling of a mental health illness can cause so many disparities within communities.

“ I would highly recommend students to complete their placements here as this is an opportunity to learn more about mental health within African and Caribbean communities. There are not many culturally responsive services out there which is what makes SACMHF unique. One advice, I would like to give to all the students, is to be non-judgemental and to accept whoever walks into the centre with no labels and to treat everyone the same. ”

What does the future hold ?

I aspire to be a social worker and to work for a local authority once I qualify as a social worker. In terms of how SACMHF have helped me, they have given me the opportunity to advocate for service users and to complete assessments with them. Learning to communicate with service users is something that will be vital for becoming a social worker as it is something that requires sympathy, empathy all which are humanistic traits.

Subaan Waheed

Student

Care For You

This service has continued to thrive with some new member who have joined the service. We have seen in an increase in cross service, user involvement between carers and other services such as iMATTER and our Men's Group . This has worked well and allowed our members to improve peer support opportunities. Our carers have engaged in several focus groups, workshops, and culturally responsive events. Some significant ones to highlight were; Age Concern UK promoting the benefits of becoming a volunteer, Self-care workshops including mindfulness practices, a session with a professional reflexologist, creative arts and crafts sessions, Healthy minds workshop as part of our Ujima group which included a segment of exercise delivered by a personal fitness instructor.

Additionally, we have focussed on utilising our other services such as the student placement programme to plan and deliver some fantastic workshops on topics that the carers have specifically requested to know more about such as dementia.



We are proud to say that as part of our collaboration with Banardos, some of our carers successfully completed a 6-week programme known as Mood Masters. This programme follows principles of CBT therapy and allows members to share experiences, personal struggles, and their own self care strategies. At the end of the course, we held a small celebration where carers were able to share their overall experiences of completing the programme and were awarded with a certificate, a portfolio of their work and a small gift. Well done carers!

We recognise the often-difficult roles our carers have and we value them highly. We will continue to provide them with opportunities to gain peer support, enjoy, achieve and to learn. We will achieve this through the continuation of conditions management workshops, which they have stated they have benefitted the most from, and by continuing to evidence how we value their input and participation.

Rebecca Gardner
Operations Manager

Well-Being and Bereavement Service

I am the Bereavement and Wellbeing Officer at the Kuumba Centre, and I have been in this role now for more than a year. It's a service that supports bereaved citizens in the Birmingham area from eighteen years old and upwards.

When I first started this role, it was all about supporting bereaved carers in Birmingham. Last year October, the service was changed. Instead of supporting only bereaved carers, we had to support every bereaved citizen based in Birmingham. Since the change of service, the number of referrals received has increased in the last couple of months. My role involves giving one to one support for their wellbeing through regular wellbeing calls and home visits or meetings in the community depending on whichever method they are comfortable with. We also give them extra support by referring and signposting them to other services like counselling and befriending groups if need be.



Our service also organises coffee mornings every first Wednesday of the month (though has been put on hold at the moment) so that the carers and citizens can have a chance to go out of their homes and meet other people, talk about whatever they are going through and make new friends.

We also do a lot of networking with other constituencies like the NNS Northfield and Edgbaston to be able to know what services which are out there can be beneficial to our bereaved citizens. Since the change of service citizens have not only benefitted from the services we provide, but external help from other organisations.



Funded by:



COMMUNITIES
IN SYNC

Sonia Gwanvalla

Bereavement & Wellbeing Officer



Counselling

We are thrilled to announce that Sandwell African Caribbean Mental Health Foundation (SACMHF) has successfully secured a grant from the National Lottery, enabling the revival of the Nia Imani Counselling Service. This funding marks a new chapter in our mission to provide culturally responsive wellbeing services to the African Caribbean population and the broader community in Sandwell and surrounding areas.

As of February 2024, I am honoured to have been appointed as the Senior Counsellor at Nia Imani Counselling Service. With the support of this grant, we have transformed two rooms within the Kuumba Centre into dedicated therapeutic spaces. These rooms offer a confidential and safe environment where People Who Use Services (PWSUs) can explore their feelings and emotions with the support of trained professionals.

Our revamped services are designed to address the unique mental health needs of the African Caribbean community, ensuring that our approach is both culturally informed and sensitive. We are committed to providing high-quality counselling and wellbeing support that is inclusive and accessible to all. We look forward to welcoming individuals from Sandwell and beyond to these new spaces and to supporting their journey towards improved mental health and wellbeing.



Benefits of Counselling?

- ✓ Counselling offers a wide range of benefits, making it an essential service for improving mental well-being and overall health. Here are some key advantages:
- ✓ **Improve Mood:** Counselling can help individuals manage their emotions, leading to an improved mood and a more positive outlook on life.
- ✓ **Treat Mental Illness:** Professional counselling can be instrumental in diagnosing and treating mental illnesses such as depression, anxiety, PTSD, and other conditions.
- ✓ **Reduce Medical Costs:** By addressing mental health issues early, counselling can reduce the need for more extensive medical treatment later, lowering overall healthcare costs.
- ✓ **Improve Communication and Relationships:** Counselling often focuses on improving interpersonal skills, which can enhance communication and relationships with others.
- ✓ **Promote Self-Esteem and Resilience:** Through counselling, individuals can build self-esteem and develop resilience, empowering them to face life's challenges with greater confidence.

Nia Imani Counselling Service is committed to assessing the impact of their services on the PWSU community by using well-regarded mental health screening tools like GAD-7, PHQ-9, and WEMWBS. These tools, combined with Cognitive Behavioural Therapy (CBT) and other therapeutic approaches, aim to foster mental well-being and recovery through a holistic approach that includes recreational, vocational, and mental health provisions.

This initiative aligns well with SACMHF's existing projects, vision, mission, and values, serving as a vital complement to the social and therapeutic support already provided. The project not only fills a gap but also strengthens the overall support system, ensuring a more comprehensive approach to community well-being.

Funded by:



Jennifer McFarlane

Lead Counsellor



Advocates For Change Birmingham & Solihull

POhWER, Catalyst 4 Change and Sandwell African and Caribbean Mental Health Foundation were successful in securing funding from the Department of Health & Social Care in February 2024 of this financial year. The partnership will work together to deliver the Advocates for Change project, a culturally responsive advocacy service.

Advocate for Change is a Mental Health advocacy service primarily for people of African and Caribbean heritage and other racialised backgrounds in the Birmingham and Solihull area.

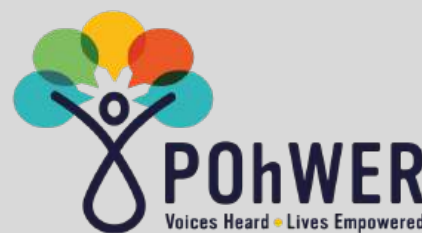
This service is free, confidential and independent from statutory mental health services.

Our Aim

Our aim is to ensure that everyone has access to an advocate when they need one to enable them to overcome barriers, have their voice heard and have their needs met by mental health services.

We have successfully recruited for a Peer Advocate and an Engagement and Participation Coordinator to lead on this project and currently we have one other vacant posts available for a Peer Advocate - we are really excited to make a real change to those who need it the most.

In partnership with...





Communications Officer

Communications and Marketing are continuing to grow in presence both online and within the communities we serve. Each month we are gaining new followers across social media platforms which highlights the great work we are doing within the mental health sector and how we are raising more awareness from service users and the general public in regards to who we are as a charity and what we do. Social media posts have included: Supporting Black History Month, Calling All Volunteers, Free Welfare Advice, Sandwell African Caribbean Mental Health Foundation (SACMHF) as a Hate Crime Reporting Centre, Tech Connect and 'Get Moving' for Mental Health Awareness Week.



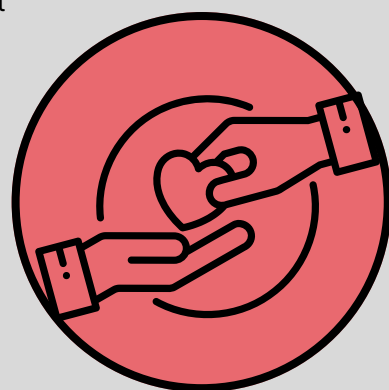
Mental Health Awareness Week

As part of Mental Health Awareness week SACMHF put together a video campaign to demonstrate a number of short case studies on how SACMHF has helped support service users through using our services. You can watch the video [here](#).

Website and Donations

This year again has seen an increase in donations raised through our external website and online charitable funding streams such as Benevity - we are grateful for all of our donors both off and online no matter how big or small the contribution is - you are all paramount in helping us to continue to help those experiencing mental health issues.

SACMHF website has had a number of new services added to our web pages including; Make a real difference - Volunteer with us, an update to the Birmingham Bereavement and Wellbeing Service. We have recently added 'Leaving a gift in your will (Legacy)' page to our website which is pivotal for our charity, as this gives those invested in us an opportunity to leave a legacy with us.



Our iMATTER (Young people's service) has also continued to grow and as part of our marketing strategy we have produced some new iMATTER merchandise. This includes personalised iMATTER water bottles, pull string bags and a charging powerbank for mobile phones. .

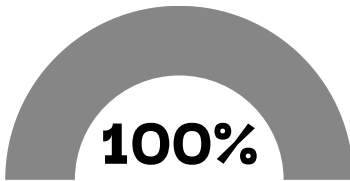


Suzanne Huynh

Communications Officer



User Satisfaction 2024



THE LENGTH OF TIME I HAD TO WAIT TO START USING THE SERVICE WAS REASONABLE



I WAS INVOLVED AND INFORMED IN DECISIONS ABOUT THE SUPPORT I WOULD RECEIVE



THE KUUMBA WELLBEING WORKER LISTENED TO ME



Agree **89%**
Not Applicable **9%**
Disagree **2%**

I WAS INVOLVED IN THE PLANNING OF MY RECOVERY/SUPPORT PLAN



Agree **92%**
Not Applicable **8%**

I WAS SEEN IN A CLEAN AND SAFE ENVIRONMENT



100%

THE KUUMBA WELLBEING WORKER EXPLAINED THE SUPPORT AND HEALTH ADVICE IN A WAY THAT I COULD UNDERSTAND



THE KUUMBA WELLBEING WORKER EXPLAINED THE SUPPORT AND HEALTH ADVICE IN A WAY THAT I COULD UNDERSTAND



I WAS GIVEN ENOUGH PRIVACY DURING ONE TO ONE MEETINGS/VISITS TO THE CENTRE



100%

I WAS TREATED WITH DIGNITY AT ALL TIMES



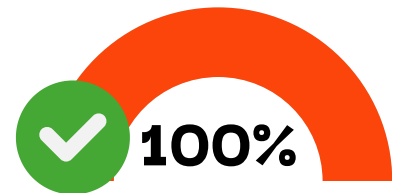
Agree **91%**
Not Applicable **9%**

THE INFORMATION I RECEIVED ABOUT MY SUPPORT HELPED ME TO UNDERSTAND MY CONDITION/MY FAMILIES HEALTH



Agree **89%**
Not Applicable **9%**
Disagree **2%**

MY FAMILY/CARER WERE INVOLVED BY STAFF IN PLANNING MY SUPPORT (WITH MY CONSENT)



THE ADVICE/SUPPORT THAT I RECEIVED WAS EFFECTIVE

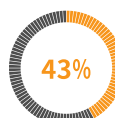


100%

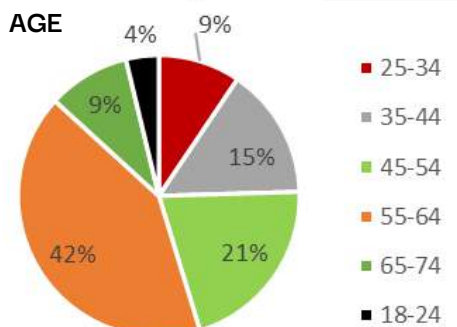
MY PERSONAL INFORMATION WAS TREATED CONFIDENTIALLY



GENDER



AGE



Statistics

2023/24

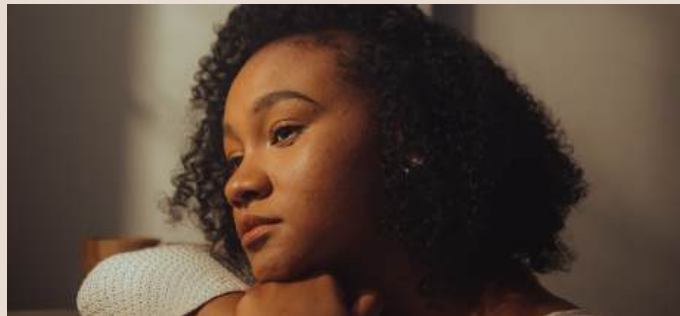


GENDER

44% of our members are male;
55% are female and 1% is non-binary

Number of psychiatric admissions

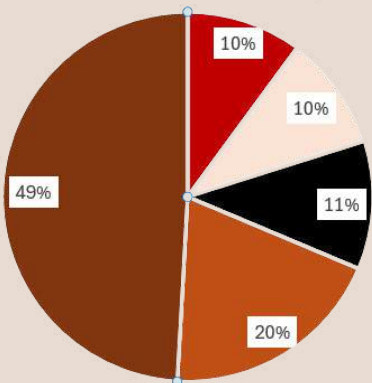
2%



I was involved and informed in decisions about the support I would receive

ETHNICITY

- White & Black Caribbean
- White British
- Black African
- Other Ethnic Backgrounds
- Black Caribbean



100%

AGE

35% of our members are aged 11-25

22%

iMATTER



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

Kuumba has been a good help to my mental health as a person from Caribbean background. It feels good to be at Kuumba Centre and the support from men's group leader and other colleagues at Kuumba. It helps me with mental health stability.

Really enjoyed the arts and crafts classes that have recently begun as we found it very therapeutic..

Received support from the occupational students who helped to improve my situation.

I want to give thanks to staff such as the previous youth worker at Kuumba for providing opportunity and support and supporting me to volunteer.

44%

44% of our members are male; 55% are female and 1% is non-binary.

100%

Respondents felt that they were involved and informed in decisions about the support they would receive.

100%

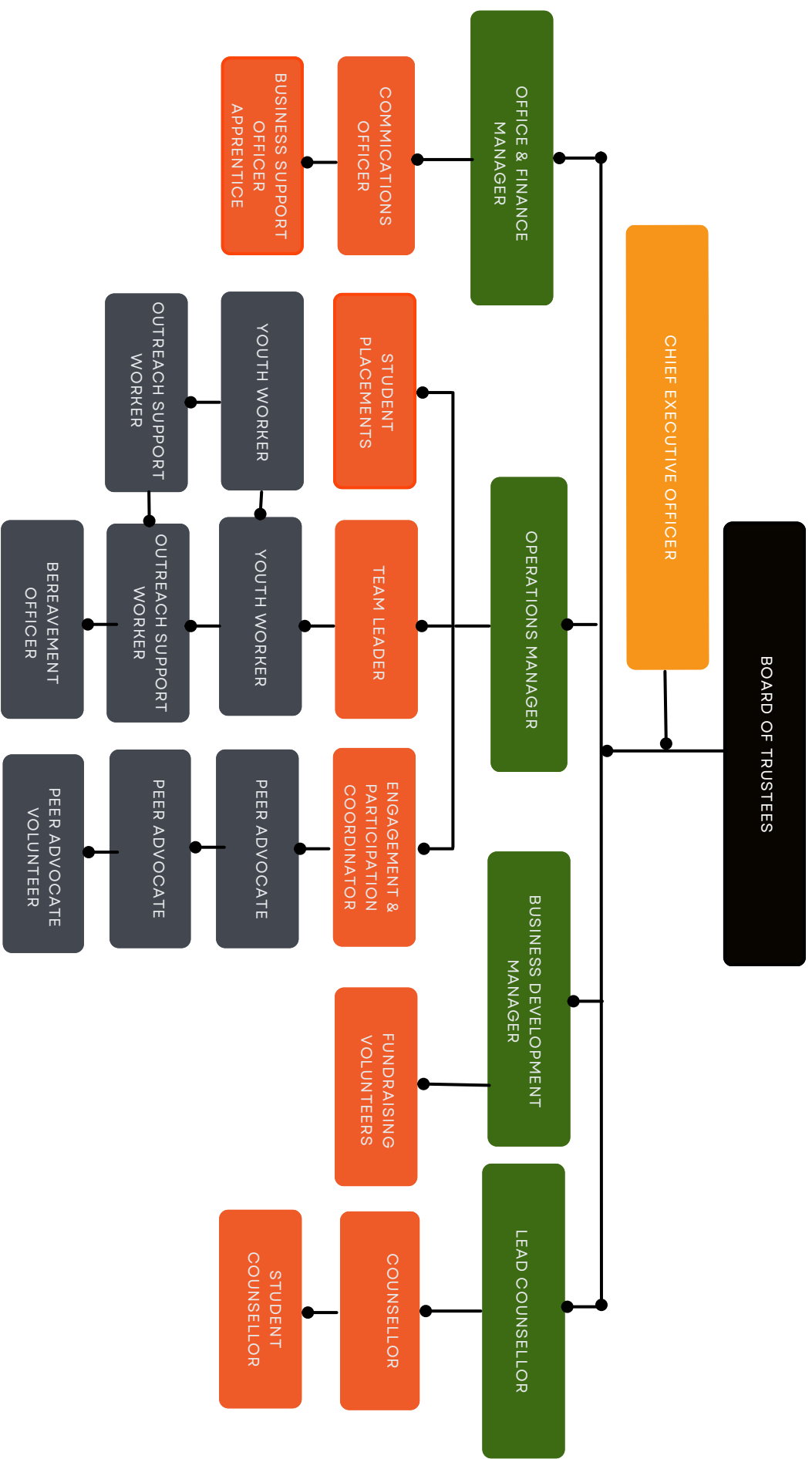
Respondents reported that they felt they were treated with dignity at all times.

DETAILED INCOME AND EXPENDITURE ACCOUNT

for the year ended 31 March 2024

	2024 £	2023 £
INCOMING RESOURCES		
Grants		
Sandwell MBC	135,460	135,460
Oak Foundation	64,000	110,875
Henry Smith	37,050	51,100
Big Lotto 2	56,692	-
Lloyds Bank Foundation	-	43,083
City Of Birmingham	7,187	15,558
Winter Pressure	-	17,506
BBWBS	8,000	-
Enterprise Development Fund	7,500	-
Shared Prosperity Fund	10,826	-
Others	3,650	3,599
Donations	1,594	3,235
	<u>331,959</u>	<u>380,416</u>
Fund raising	148	901
Sundry income	198	4,757
Commercial operations	26,125	-
Rental income and room hire	425	-
	<u>358,855</u>	<u>386,074</u>
STAFF COSTS		
Wages and salaries	290,610	262,091
SUPPORT COSTS		
Rent and rates	13,001	11,133
Insurance	1,750	1,574
Heat, light and water	12,692	7,562
Telephone and communications	6,113	13,016
Postage and stationery	1,143	713
Advertising	5,344	2,103
Sundries	-	701
Repairs and renewals	2,473	13,815
Travel and subsistence	3,961	3,538
Office expenses	11,743	14,885
Volunteer expenses	460	219
Training and recruitment	17,653	19,614
Computers and IT	20,867	17,532
Legal and professional	33,732	28,146
Bank charges and interest	212	-
Depreciation - office equipment	2,516	2,727
	<u>424,270</u>	<u>399,369</u>
GOVERNANCE COSTS		
Auditor's remuneration	5,400	5,100
Other	-	13
	<u>5,400</u>	<u>5,113</u>
NET (DEFICIT)/SURPLUS FOR THE YEAR	<u>(70,815)</u>	<u>(18,408)</u>

This page does not form part of the statutory financial statements



MANAGEMENT & STAFFING STRUCTURE MARCH 2024