

AFRICAN AND CARIBBEAN MENTAL HEALTH SERVICES

England & Wales · Charity number 1067108

Details

Other names ACMHS

Status Registered

Legal form Other

Registered 1997-12-29

Register [View on the Charity Commission register](#)

Contact

Address Windrush Millennium Centre
70 Alexandra Road
Manchester
M16 7WD

Phone 01612269562

Email admin@acmhs-blackmentalhealth.org.uk

Website www.acmh.services.co.uk

Activities

Objects: TO PROMOTE THE PRESERVATION OF MENTAL HEALTH AND TO ASSIST IN RELIEVING AND REHABILITATING MEMBERS OF THE AFRICAN AND CARIBBEAN COMMUNITY LIVING IN GREATER MANCHESTER WHO ARE SUFFERING FROM MENTAL DISORDER OR CONDITIONS OF EMOTIONAL OR MENTAL DISTRESS REQUIRING ADVICE OR TREATMENT

Activities: ACMHS is a community based organisation providing free confidential and culturally appropriate services to African and African Caribbean people suffering from mental ill health. Main activities are assessment and management of care, Mental health services, IAPT, CBT, Advocacy, Volunteering, Carers Group, Student Placement, Advice and Support, Counselling, Drop-ins, Befriending/peer support

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** The Advancement Of Health Or Saving Of Lives
- **Who:** Children/young People, Elderly/old People, People With Disabilities, People Of A Particular Ethnic Or Racial Origin

Geography

- **Area of benefit:** GREATER MANCHESTER
- Manchester City

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£556,053	£593,851	£359,127	16
2024-03-31	£726,302	£573,637	£396,925	16
2023-03-31	£522,547	£424,490	£244,260	12
2022-03-31	£455,495	£380,740	-	-
2021-03-31	£414,677	£387,851	-	-

Trustees

Name	Role	Appointed
CHRISTOPHER AUGUSTINE BINNS	Chair	2013-03-12
Canon Dr Addy Lazz-Onyenobi		
Dr Jaswinder Singh Bamrah		2014-07-29
Izetta Enisouh		2014-01-30
JACQUELINE DIANA THORN		
TREVOR BENJAMIN		

Accounts

**REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025
FOR
AFRICAN AND CARIBBEAN MENTAL HEALTH
SERVICES**

Clarke Nicklin LLP
Chartered Accountants
Clarke Nicklin House
Brooks Drive
Cheadle Royal Business Park
Cheadle
Cheshire
SK8 3TD

**AFRICAN AND CARIBBEAN MENTAL HEALTH
SERVICES**

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FOR THE YEAR ENDED 31 MARCH 2025**

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AFRICAN AND CARIBBEAN MENTAL HEALTH SERVICES

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2025

The trustees present their report with the financial statements of the charity for the year ended 31 March 2025. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and activities

ACMHS is a community based organisation providing free confidential and culturally appropriate services to African and African Caribbean people suffering from mental ill health.

The organisation provides services across economic and socially disadvantaged areas of Manchester. ACMHS also provides support for carers and families of service users and takes a holistic approach to mental ill health, perceiving it to be linked not only to psychological genetics, but also external factors such as exclusion and isolation.

The primary objectives of ACMHS are to promote the preservation of mental health and to assist in rehabilitating members of the African and African Caribbean communities living in Manchester who are experiencing some form of mental disorder or conditions of emotional or mental distress requiring advice or treatment.

To further its charitable purposes for the public benefit the incoming resources of the Charity were used to provide services during the financial year as follows:

- Mental Health Services i.e. Improving Access to Psychological Therapies (IAPT); Severe and Enduring
- Counselling (CBT and person centred)
- CBT Therapies
- Drop-ins (music, Women's and Carers Group)
- Advocacy - for service users and their families i.e.: advice on Mental Health Act, medication, diagnosis, benefits, housing
- Advice and support for individuals in their own homes in order to maximise their potential for independent living
- Volunteering
- Befriending/peer support
- Student placements (social work, occupational therapists, nurses, social change, medical, counsellors, community and youth workers)

In deciding what activities to undertake the trustees have paid due regard to the Charity Commission's guidance on public benefit.

Policies and Organisation

ACMHS has a Board of Trustees consisting of related organisations or interested individuals, service users, carers and volunteer representatives. The Board has specific sub-groups, which are mandated to plan and review certain areas of work (i.e. Marketing, Governance and Strategic planning, Managing Resources and Personnel Sub Group).

**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2025**

ACHIEVEMENTS AND PERFORMANCE

As an organisation we have continued to ensure that our front line services have been available providing a free, confidential and culturally appropriate mental health service predominantly to African and African Caribbean people, as well as other minority groups including white Europeans, suffering from mental ill health, also for their carers and families, residing across the economic and socially disadvantaged areas of Manchester and surrounding areas.

We continue to offer interventions through various mediums ie, telephone, zoom and face to face.

Throughout the year, we have continued to pursue additional funding to sustain and strengthen our services, ensuring we can address the disproportionate challenges faced by our Black and Minority Ethnic clients experiencing poor mental health.

We have continued the partnership with Gaddum to provide Culturally Appropriate Advocacy a pilot funded by the Department of Health and Social Care. This is now in Phase II and ended on 31st March 2025.

Our committed staff team, alongside volunteers and Trustees continue to work to the best of their ability to deliver an effective service despite funding constraints.

A detailed review of the achievements can be found in the Annual Report April 2024 to March 2025.

FINANCIAL REVIEW

Investment policy

The charity places any surplus funds on deposit in an interest bearing bank account.

Financial Review and Reserves

The Board of Trustees are responsible for the financial management policies. Annual budgets are prepared and approved at the commencement of each year and actual incoming and outgoing resources are monitored at regular intervals.

Most of the charity's income continues to be grants and contract payments for the provision of various welfare services. Funding in the year was received from Manchester CCG, Health Education England, Tudor Trust, Department of Health and Social Care and Cultural Well Being Fund.

Income has decreased to £556,053 (2024 - £726,302), and Expenditure has increased to £593,851 (2024- £573,637). Net outgoing resources for the year are £37,798 (2024- Surplus - £152,665).

Unrestricted funds are £359,127 (2024 - £383,240) and the trustees consider this level needs to be maintained to enable the effective financial management of its activities at their present level.

Restricted funds receivable for the 2025 year include:

Trafford ICB	£11,509
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Unrestricted funds receivable for the 2025 year include:

NHS Manchester ICB	£281,034
HHF & Chemco	£47,700
GMVO	£41,673
Manchester City Council	£41,608

**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2025**

PLANS FOR FUTURE PERIODS

The key aims and objectives for the organisation is to become less reliant on grants and contracts. The organisation will continue to market products to generate income e.g. provision of training, encouraging community giving and hiring the music studio to local artists and other initiatives.

In addition, we will implement a proactive outreach strategy to raise awareness of our services across all relevant sectors, strengthening referral pathways and increasing equitable access.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust and constitutes an unincorporated charity.

Risks

The trustees have identified the major risks the charity may face in the coming financial year and have established strategies to mitigate them. The director is working closely with the trustees to develop a robust funding strategy that will safeguard the organisation's sustainability and support the continued delivery of our services

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

1067108

Principal address

Windrush Millennium Centre
70 Alexandra Road
Manchester
M16 7WD

Trustees

The Trustees who served during the year were as follows:

Christopher Augustine Binns	-	Chair
Dr Addy Lazz-Onyenobi JP	-	Vice Chair
Gina Evans	-	Secretary
Trevor Benjamin	-	Treasurer
Patrick Harris	-	(Deceased January 2025)
Izetta Enisouh	-	Carers rep
Jaqueline Thorn	-	User rep
Chief George Osundiya JP	-	
Dr Jaswinder S Bamrah	-	
Barbara Chavanduka	-	
Sheree Powell	-	

The day to day management of the charity is delegated by the charity trustees to the Director, Sefton Simpson.

REFERENCE AND ADMINISTRATIVE DETAILS

Independent Examiner

Graham Travis FCA
Clarke Nicklin LLP
Chartered Accountants
Clarke Nicklin House
Brooks Drive
Cheadle Royal Business Park
Cheadle
Cheshire
SK8 3TD

Recruitment, Training and Induction of Trustees

The board of Trustees consists of not less than five but not more than twelve members. Annually one third of the Trustees, being the longest serving based on their appointment, shall retire from office at the AGM next following completion of a three year tenure of office. Upon such retirement, each member may stand for re-election at the same or subsequent AGM for a further period provided their continuous tenure of office does not exceed seven years.

New Trustees are inducted by the Director on a one to one basis and given a job description of duties. Like all staff within the organisation they access relevant training, attend seminars and conferences as necessary.

Approved by order of the board of trustees on and signed on its behalf by:

.....
T Benjamin - Trustee

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
AFRICAN AND CARIBBEAN MENTAL HEALTH
SERVICES**

Independent examiner's report to the trustees of African and Caribbean Mental Health Services

I report to the charity trustees on my examination of the accounts of African and Caribbean Mental Health Services (the Trust) for the year ended 31 March 2025.

Responsibilities and basis of report

As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Trust's accounts carried out under Section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under Section 145(5)(b) of the Act.

Independent examiner's statement

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales, which is one of the listed bodies.

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

- 1. accounting records were not kept in respect of the Trust as required by Section 130 of the Act; or
- 2. the accounts do not accord with those records; or
- 3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

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

Graham Travis FCA

Clarke Nicklin LLP
Chartered Accountants
Clarke Nicklin House
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Cheshire
SK8 3TD

Date:

AFRICAN AND CARIBBEAN MENTAL HEALTH SERVICES

**STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2025**

	Notes	Unrestricted Funds £	Restricted Funds £	2025 Total funds £	2024 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	-	-	-	2,575
Charitable activities	4				
Psychological Wellbeing Practitioners		245,259	-	245,259	293,175
Carers		-	-	-	8,141
Other Services		50,836	-	50,836	7,777
Infrastructure Support		77,301	-	77,301	78,444
Positive Vibrations		-	-	-	59,596
Advocacy		11,422	-	11,422	6,576
Case work		15,231	-	15,231	-
Mental Health Practitioner		-	-	-	42,308
Carers Link Worker		10,000	-	10,000	18,812
Mental Health and Prevention Recovery		-	54,595	54,595	139,687
Peer Support Worker		38,180	-	38,180	-
Cost of Living Support		-	-	-	65,625
Bowel and Cancer Network		6,750	-	6,750	-
Black Empowerment		27,608	-	27,608	-
Living Workwell Project		14,000	-	14,000	-
Investment income	3	4,871	-	4,871	3,586
Total		501,458	54,595	556,053	726,302
EXPENDITURE ON					
Charitable activities	5				
Psychological Wellbeing Practitioners		174,962	-	174,962	152,538
Carers		-	-	-	617
Volunteer Programme		720	-	720	400
Life Skills and Drop in Groups		252	-	252	620
Other Services		68,164	-	68,164	58,903
Infrastructure Support		108,522	1,218	109,740	99,788
Independent Examiner's Remuneration		1,200	-	1,200	1,150
Other Costs		1	-	1	6,291
Bank Charges		128	-	128	-
Positive Vibrations		-	34,256	34,256	49,252
Advocacy		-	-	-	143
Case work		33,471	-	33,471	2,226
Mental Health Practitioner		-	-	-	30,858
Covid-19		-	-	-	1,019
Helpline Counsellor		-	-	-	119
Carers Link Worker		14,496	-	14,496	21,299
Mental Health and Prevention Recovery		55,474	32,808	88,282	79,983
Peer Support Worker		7,358	-	7,358	5,731
Cost of Living Support		46,800	-	46,800	62,700
Bowel and Cancer Network		14,850	-	14,850	-

The notes form part of these financial statements

**AFRICAN AND CARIBBEAN MENTAL HEALTH
SERVICES**

**STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2025**

	Notes	Unrestricted Funds £	Restricted Funds £	2025 Total funds £	2024 Total funds £
Black Empowerment		4,098	-	4,098	-
Living Workwell Project		(4,927)	-	(4,927)	-
Total		<u>525,569</u>	<u>68,282</u>	<u>593,851</u>	<u>573,637</u>
NET INCOME/(EXPENDITURE)		(24,111)	(13,687)	(37,798)	152,665
RECONCILIATION OF FUNDS					
Total funds brought forward		383,238	13,687	396,925	244,260
TOTAL FUNDS CARRIED FORWARD		<u><u>359,127</u></u>	<u><u>-</u></u>	<u><u>359,127</u></u>	<u><u>396,925</u></u>

The notes form part of these financial statements

**AFRICAN AND CARIBBEAN MENTAL HEALTH
SERVICES**

**BALANCE SHEET
31 MARCH 2025**

	Notes	2025 £	2024 £
FIXED ASSETS			
Tangible assets	12	8,886	13,399
CURRENT ASSETS			
Debtors	13	40,039	40,302
Cash at bank and in hand		355,672	415,737
		395,711	456,039
CREDITORS			
Amounts falling due within one year	14	(45,470)	(72,513)
NET CURRENT ASSETS		350,241	383,526
TOTAL ASSETS LESS CURRENT LIABILITIES		359,127	396,925
NET ASSETS		359,127	396,925
FUNDS	16		
Unrestricted funds		359,129	383,238
Restricted funds		(2)	13,687
TOTAL FUNDS		359,127	396,925

The financial statements were approved by the Board of Trustees and authorised for issue on and were signed on its behalf by:

.....
T Benjamin - Trustee

.....
G Osundiya JP - Trustee

The notes form part of these financial statements

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025**

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

The charity has taken advantage of the following disclosure exemptions in preparing these financial statements, as permitted by FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland':

- the requirements of Section 7 Statement of Cash Flows;
- the requirement of paragraph 3.17(d);
- the requirements of paragraphs 11.42, 11.44, 11.45, 11.47, 11.48(a)(iii), 11.48(a)(iv), 11.48(b) and 11.48(c);
- the requirement of paragraph 33.7.

Incoming resources

All incoming resources are included in the statement of financial activities when the charity is entitled to the income and the amount can be quantified with reasonable accuracy.

Contracts and grants are reflected in the accounts when receivable.

Resources expended

Expenditure has been charged to the income and expenditure account on the accruals basis. The irrecoverable element of VAT is included with the item of expense to which it relates.

Charitable expenditure comprises these costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity and include the fees and costs linked to the strategic management of the charity.

Grants offered subject to conditions which have not been met at the year end date are noted as a commitment but not accrued as expenditure.

Intangible fixed assets

Computer software and database are being written off in equal instalments over their estimated economic lives of 4 years.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Computer equipment - Straight line over 4 years

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2025**

1. ACCOUNTING POLICIES - continued

Taxation

The organisation is exempt from income tax by reason of its charitable status. Income tax suffered on investment income is reclaimed in full.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Leasing commitments

Rentals paid under operating leases are charged to income on a straight line basis over the lease term.

Pension costs and other post-retirement benefits

The charity operates a defined contribution pension scheme. Contributions payable to the charity's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

2. DONATIONS AND LEGACIES

	2025	2024
	£	£
Donations	-	2,575
	<u> </u>	<u> </u>

3. INVESTMENT INCOME

	2025	2024
	£	£
Interest receivable - trading	4,871	3,586
	<u> </u>	<u> </u>

AFRICAN AND CARIBBEAN MENTAL HEALTH SERVICES

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2025**

4. INCOME FROM CHARITABLE ACTIVITIES

	Activity	2025 £	2024 £
Grants	Psychological Wellbeing Practitioners	245,259	293,175
Grants	Carers	-	8,141
Grants	Other Services	50,836	7,777
Grants	Infrastructure Support	77,301	78,444
Grants	Positive Vibrations	-	59,596
Grants	Advocacy	11,422	6,576
Grants	Case work	15,231	-
Grants	Mental Health Practitioner	-	42,308
Grants	Carers Link Worker	10,000	18,812
Grants	Mental Health and Prevention Recovery	54,595	139,687
Grants	Peer Support Worker	38,180	-
Grants	Cost of Living Support	-	65,625
Grants	Bowel and Cancer Network	6,750	-
Grants	Black Empowerment	27,608	-
Grants	Living Workwell Project	14,000	-
		<u>551,182</u>	<u>720,141</u>

5. CHARITABLE ACTIVITIES COSTS

	Direct Costs (Note 6) £	Grant funding of activities £	Support Costs £	2025 £	2024 £
Psychological Wellbeing Practitioners	410,329	62,860	60,216	533,405	368,842
Carers	-	-	-	-	536
Life skills and Drop in Group	252	-	-	252	6,070
Other Services	68,119	-	46	68,165	95,978
Infrastructure Support	83,929	2,610	24,413	110,952	100,934
Independent Examiner's Remuneration	-	-	1,200	1,200	1,150
Bank charges	-	-	128	128	127
Grants payable	(120,251)	-	-	(120,251)	-
	<u>442,378</u>	<u>65,470</u>	<u>86,003</u>	<u>593,851</u>	<u>573,637</u>

AFRICAN AND CARIBBEAN MENTAL HEALTH SERVICES

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2025**

6. DIRECT COSTS OF CHARITABLE ACTIVITIES

	2025 £	2024 £
Staff costs	492,451	393,152
Drop-in expenses & catering	6,554	4,596
Insurance	3,439	-
Light and heat	1,730	3,810
Telephone	4,268	3,234
Printing, postage & stationery	4,582	6,242
Advertising	7,823	5,078
Sundries	41,782	20,093
Grants payable	(120,251)	-
	<u>442,378</u>	<u>436,205</u>

7. GRANTS PAYABLE

	2025 £	2024 £
Infrastructure Support	2,610	2,267
Mental Health and Prevention Recovery	12,786	-
Cost of Living Support	46,800	62,700
Black Empowerment	3,274	-
	<u>65,470</u>	<u>64,967</u>

8. SUPPORT COSTS

	Management £	Finance £	Information technology £	Governance costs £	Totals £
Psychological Wellbeing Practitioners	22,964	-	1,190	7,750	31,904
Other Services	45	-	-	-	45
Infrastructure Support	12,220	-	12,008	(1,025)	23,203
Independent Examiner's Remuneration	-	-	-	1,200	1,200
Bank Charges	-	128	-	-	128
Positive Vibrations	16,730	-	202	399	17,331
Case work	1,336	-	198	1,189	2,723
Carers Link Worker	1,331	-	130	399	1,860
Mental Health and Prevention Recovery	2,812	-	1,359	1,979	6,150
Peer Support Worker	44	-	57	174	275
Bowel and Cancer Network	1,037	-	147	-	1,184
	<u>58,519</u>	<u>128</u>	<u>15,291</u>	<u>12,065</u>	<u>86,003</u>

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2025**

9. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2025 nor for the year ended 31 March 2024.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2025 nor for the year ended 31 March 2024.

10. STAFF COSTS

	2025 £	2024 £
Wages and salaries	489,970	391,333
Other pension costs	2,481	1,819
	<u>492,451</u>	<u>393,152</u>

The average monthly number of employees during the year was as follows:

	2025	2024
Services	13	13
Management and administration	3	3
	<u>16</u>	<u>16</u>

No employees received emoluments in excess of £60,000.

11. INTANGIBLE FIXED ASSETS

	Computer software £
COST	
At 1 April 2024 and 31 March 2025	<u>19,299</u>
AMORTISATION	
At 1 April 2024 and 31 March 2025	<u>19,299</u>
NET BOOK VALUE	
At 31 March 2025	<u>-</u>
At 31 March 2024	<u>-</u>

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2025**

12. TANGIBLE FIXED ASSETS

	Computer equipment £
COST	
At 1 April 2024 and 31 March 2025	99,463
DEPRECIATION	
At 1 April 2024	86,064
Charge for year	4,513
At 31 March 2025	90,577
NET BOOK VALUE	
At 31 March 2025	8,886
At 31 March 2024	13,399

13. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2025	2024
	£	£
Prepayments and accrued income	40,039	40,302

14. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2025	2024
	£	£
Trade creditors	19,068	19,068
Other creditors	26,402	53,445
	45,470	72,513

15. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted Funds £	Restricted Funds £	2025 Total funds £	2024 Total funds £
Fixed assets	5,417	3,469	8,886	13,399
Current assets	387,815	7,896	395,711	456,039
Current liabilities	(34,103)	(11,367)	(45,470)	(72,513)
	359,129	(2)	359,127	396,925

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2025

16. MOVEMENT IN FUNDS

	At 1.4.24 £	Net movement in funds £	At 31.3.25 £
Unrestricted funds			
General fund	383,238	(24,109)	359,129
Restricted funds			
Restricted funds	13,687	(13,689)	(2)
TOTAL FUNDS	<u>396,925</u>	<u>(37,798)</u>	<u>359,127</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	501,458	(525,567)	(24,109)
Restricted funds			
Restricted funds	54,595	(68,284)	(13,689)
TOTAL FUNDS	<u>556,053</u>	<u>(593,851)</u>	<u>(37,798)</u>

Comparatives for movement in funds

	At 1.4.23 £	Net movement in funds £	At 31.3.24 £
Unrestricted funds			
General fund	142,749	240,489	383,238
Restricted funds			
Restricted funds	101,511	(87,824)	13,687
TOTAL FUNDS	<u>244,260</u>	<u>152,665</u>	<u>396,925</u>

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2025**

16. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	655,197	(414,708)	240,489
Restricted funds			
Restricted funds	71,105	(158,929)	(87,824)
TOTAL FUNDS	<u>726,302</u>	<u>(573,637)</u>	<u>152,665</u>

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.4.23 £	Net movement in funds £	At 31.3.25 £
Unrestricted funds			
General fund	142,749	216,380	359,129
Restricted funds			
Restricted funds	101,511	(101,513)	(2)
TOTAL FUNDS	<u>244,260</u>	<u>114,867</u>	<u>359,127</u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	1,156,655	(940,275)	216,380
Restricted funds			
Restricted funds	125,700	(227,213)	(101,513)
TOTAL FUNDS	<u>1,282,355</u>	<u>(1,167,488)</u>	<u>114,867</u>

17. RELATED PARTY DISCLOSURES

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

**AFRICAN AND CARIBBEAN MENTAL HEALTH
SERVICES**

**DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2025**

	2025 £	2024 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	-	2,575
Investment income		
Interest receivable - trading	4,871	3,586
Charitable activities		
Grants	551,182	720,141
Total incoming resources	556,053	726,302
EXPENDITURE		
Charitable activities		
Wages, social security & pension	489,970	391,333
Travel expenses	2,481	1,819
Drop-in expenses & catering	6,554	4,596
Insurance	3,439	-
Light and heat	1,730	3,810
Telephone	4,268	3,234
Printing, postage & stationery	4,582	6,242
Advertising	7,823	5,078
Sundries	41,782	20,093
Grants payable	(120,251)	-
Cost of living support	46,800	62,700
Consultancy & sessional workers	18,670	2,267
	507,848	501,172
Support costs		
Management		
Office rent	55,188	48,404
Training & conferences	3,331	1,074
	58,519	49,478
Finance		
Bank charges	128	127

This page does not form part of the statutory financial statements

**AFRICAN AND CARIBBEAN MENTAL HEALTH
SERVICES**

**DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2025**

	2025 £	2024 £
Finance		
Information technology		
IT Support	9,244	7,914
Minor equipment & repairs	1,532	5,660
Computer equipment	4,515	4,191
	<u>15,291</u>	<u>17,765</u>
Governance costs		
Independent examination	1,200	1,150
Accountancy & payroll	10,865	3,945
	<u>12,065</u>	<u>5,095</u>
Total resources expended	<u>593,851</u>	<u>573,637</u>
Net (expenditure)/income	<u>(37,798)</u>	<u>152,665</u>

This page does not form part of the statutory financial statements

Accounts

REGISTERED CHARITY NUMBER: 1067108

**REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024
FOR
AFRICAN AND CARIBBEAN MENTAL HEALTH
SERVICES**

Clarke Nicklin LLP
Chartered Accountants
Clarke Nicklin House
Brooks Drive
Cheadle Royal Business Park
Cheadle
Cheshire
SK8 3TD

AFRICAN AND CARIBBEAN MENTAL HEALTH SERVICES

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2024

The trustees present their report with the financial statements of the charity for the year ended 31 March 2024. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and activities

ACMHS is a community based organisation providing free confidential and culturally appropriate services to African and African Caribbean people suffering from mental ill health.

The organisation provides services across economic and socially disadvantaged areas of Manchester. ACMHS also provides support for carers and families of service users and takes a holistic approach to mental ill health, perceiving it to be linked not only to psychological genetics, but also external factors such as exclusion and isolation.

The primary objectives of ACMHS are to promote the preservation of mental health and to assist in rehabilitating members of the African and African Caribbean communities living in Manchester who are experiencing some form of mental disorder or conditions of emotional or mental distress requiring advice or treatment.

To further its charitable purposes for the public benefit the incoming resources of the Charity were used to provide services during the financial year as follows:

- Mental Health Services i.e. Improving Access to Psychological Therapies (IAPT); Severe and Enduring
- Counselling (CBT and person centred)
- CBT Therapies
- Drop-ins (music, Women's and Carers Group)
- Advocacy - for service users and their families i.e.: advice on Mental Health Act, medication, diagnosis, benefits, housing
- Advice and support for individuals in their own homes in order to maximise their potential for independent living
- Volunteering
- Befriending/peer support
- Student placements (social work, occupational therapists, nurses, social change, medical, counsellors, community and youth workers)

In deciding what activities to undertake the trustees have paid due regard to the Charity Commission's guidance on public benefit.

Policies and Organisation

ACMHS has a Board of Trustees consisting of related organisations or interested individuals, service users, carers and volunteer representatives. The Board has specific sub-groups, which are mandated to plan and review certain areas of work (i.e. Marketing, Governance and Strategic planning, Managing Resources and Personnel Sub Group).

AFRICAN AND CARIBBEAN MENTAL HEALTH SERVICES

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2024

PLANS FOR FUTURE PERIODS

The key aims and objectives for the organisation remain to maximise fundraising activities in order to sustain the organisation and to market products to generate income e.g. provision of training and hiring of the music studio.

In addition, we must ensure that we continue to provide cost effective quality services to our client group. We will endeavour to market our services to all relevant sources.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust and constitutes an unincorporated charity.

Risks

The trustees have identified the major risks that the charity may be exposed to in the next financial year and have established strategies to manage those risks. They are currently undertaking the recruitment of a consultant to develop a funding strategy.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

1067108

Principal address

Windrush Millennium Centre
70 Alexandra Road
Manchester
M16 7WD

Trustees

The Trustees who served during the year were as follows:

Christopher Augustine Binns	-	Chair
Dr Addy Lazz-Onyenobi JP	-	Vice Chair
Gina Evans	-	Secretary
Trevor Benjamin	-	Treasurer
Patrick Harris	-	User rep
Izetta Enisouh	-	Carers rep
Jaqueline Thorn	-	User rep
Chief George Osundiya JP	-	
Dr JS Bamrah	-	
Nicola Wood		Resigned September 2023
Barbara Chavanduka	-	
Sheree Powell	-	

The day to day management of the charity is delegated by the charity trustees to the Director, Sefton Simpson.

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
AFRICAN AND CARIBBEAN MENTAL HEALTH
SERVICES**

Independent examiner's report to the trustees of African and Caribbean Mental Health Services

I report to the charity trustees on my examination of the accounts of African and Caribbean Mental Health Services (the Trust) for the year ended 31 March 2024.

Responsibilities and basis of report

As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Trust's accounts carried out under Section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under Section 145(5)(b) of the Act.

Independent examiner's statement

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales, which is one of the listed bodies.

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

1. accounting records were not kept in respect of the Trust as required by Section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

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

Graham Travis FCA

Clarke Nicklin LLP
Chartered Accountants
Clarke Nicklin House
Brooks Drive
Cheadle Royal Business Park
Cheadle
Cheshire
SK8 3TD

Date:

**AFRICAN AND CARIBBEAN MENTAL HEALTH
SERVICES**

**STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2024**

	Notes	Unrestricted Funds £	Restricted Funds £	2024 Total funds £	2023 Total funds £
RECONCILIATION OF FUNDS					
Total funds brought forward		142,749	101,511	244,260	146,203
TOTAL FUNDS CARRIED FORWARD		<u>383,240</u>	<u>13,685</u>	<u>396,925</u>	<u>244,260</u>

The notes form part of these financial statements

AFRICAN AND CARIBBEAN MENTAL HEALTH SERVICES

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2024

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

The charity has taken advantage of the following disclosure exemptions in preparing these financial statements, as permitted by FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland':

- the requirements of Section 7 Statement of Cash Flows;
- the requirement of paragraph 3.17(d);
- the requirements of paragraphs 11.42, 11.44, 11.45, 11.47, 11.48(a)(iii), 11.48(a)(iv), 11.48(b) and 11.48(c);
- the requirement of paragraph 33.7.

Incoming resources

All incoming resources are included in the statement of financial activities when the charity is entitled to the income and the amount can be quantified with reasonable accuracy.

Contracts and grants are reflected in the accounts when receivable.

Resources expended

Expenditure has been charged to the income and expenditure account on the accruals basis. The irrecoverable element of VAT is included with the item of expense to which it relates.

Charitable expenditure comprises these costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity and include the fees and costs linked to the strategic management of the charity.

Grants offered subject to conditions which have not been met at the year end date are noted as a commitment but not accrued as expenditure.

Intangible fixed assets

Computer software and database are being written off in equal instalments over their estimated economic lives of 4 years.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Computer equipment - Straight line over 4 years

AFRICAN AND CARIBBEAN MENTAL HEALTH SERVICES

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2024**

4. INCOME FROM CHARITABLE ACTIVITIES

	Activity	2024 £	2023 £
Grants	Psychological Wellbeing Practitioners	293,175	246,050
Grants	Carers	8,141	7,508
Grants	Other Services	7,777	659
Grants	Infrastructure Support	78,444	77,761
Grants	Positive Vibrations	59,596	59,333
Grants	Advocacy	6,576	21,010
Grants	Mental Health Practitioner	42,308	31,538
Grants	Carers Link Worker	18,812	10,980
Grants	Mental Health and Prevention Recovery	139,687	64,544
Grants	Cost of Living Support	65,625	-
		<u>720,141</u>	<u>519,383</u>

5. CHARITABLE ACTIVITIES COSTS

	Direct Costs (Note 6) £	Grant funding of activities £	Support Costs £	2024 £	2023 £
Psychological Wellbeing Practitioners	289,000	62,700	17,142	368,842	274,663
Carers	679	-	(143)	536	12,612
Life skills and Drop in Group	6,018	-	52	6,070	7,699
	54,913				
Other Services	3	-	41,065	95,978	25,943
	85,595				
Infrastructure Support	5	2,267	13,072	100,934	102,363
Independent Examiner's Remuneration	-	-	1,150	1,150	1,095
Bank charges	-	-	127	127	115
	<u>6,205</u>	<u>64,967</u>	<u>72,465</u>	<u>573,637</u>	<u>376,569</u>

**AFRICAN AND CARIBBEAN MENTAL HEALTH
SERVICES**

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2024**

9. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2024 nor for the year ended 31 March 2023.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2024 nor for the year ended 31 March 2023.

10. STAFF COSTS

	2024	2023
	£	£
Wages and salaries	391,333	308,096
Other pension costs	1,819	2,510
	<u>393,152</u>	<u>310,606</u>

The average monthly number of employees during the year was as follows:

	2024	2023
Services	13	12
Management and administration	3	3
	<u>16</u>	<u>15</u>

No employees received emoluments in excess of £60,000.

11. INTANGIBLE FIXED ASSETS

	Computer software £
COST	
At 1 April 2023 and 31 March 2024	<u>19,299</u>
AMORTISATION	
At 1 April 2023 and 31 March 2024	<u>19,299</u>
NET BOOK VALUE	
At 31 March 2024	<u>-</u>
At 31 March 2023	<u>-</u>

AFRICAN AND CARIBBEAN MENTAL HEALTH SERVICES

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2024**

16. MOVEMENT IN FUNDS

	At 1.4.23 £	Net movement in funds £	At 31.3.24 £
Unrestricted funds			
General fund	142,749	240,489	383,238
Restricted funds			
Restricted funds	101,511	(87,824)	13,687
TOTAL FUNDS	<u>244,260</u>	<u>152,665</u>	<u>396,925</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	655,197	(414,708)	240,489
Restricted funds			
Restricted funds	71,105	(158,929)	(87,824)
TOTAL FUNDS	<u>726,302</u>	<u>(573,637)</u>	<u>152,665</u>

Comparatives for movement in funds

	At 1.4.22 £	Net movement in funds £	At 31.3.23 £
Unrestricted funds			
General fund	64,465	78,284	142,749
Restricted funds			
Restricted funds	81,738	19,773	101,511
TOTAL FUNDS	<u>146,203</u>	<u>98,057</u>	<u>244,260</u>

**AFRICAN AND CARIBBEAN MENTAL HEALTH
SERVICES**

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2024**

17. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2024.

**AFRICAN AND CARIBBEAN MENTAL HEALTH
SERVICES**

**DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2024**

	2024 £	2023 £
Information technology		
Brought forward	7,914	6,911
Minor equipment & repairs	5,660	4,389
Computer equipment	4,191	4,079
	<u>17,765</u>	<u>15,379</u>
Governance costs		
Independent examination	1,150	1,095
Accountancy & payroll	3,945	4,246
	<u>5,095</u>	<u>5,341</u>
Total resources expended	<u>573,637</u>	<u>424,490</u>
Net income	<u>152,665</u>	<u>98,057</u>

This page does not form part of the statutory financial statements

Accounts

**REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022
FOR
AFRICAN AND CARIBBEAN MENTAL HEALTH
SERVICES**

Clarke Nicklin LLP
Chartered Accountants
Clarke Nicklin House
Brooks Drive
Cheadle Royal Business Park
Cheadle
Cheshire
SK8 3TD

**AFRICAN AND CARIBBEAN MENTAL HEALTH
SERVICES**

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FOR THE YEAR ENDED 31 MARCH 2022**

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AFRICAN AND CARIBBEAN MENTAL HEALTH SERVICES

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2022

The trustees present their report with the financial statements of the charity for the year ended 31 March 2022. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and activities

ACMHS is a community based organisation providing free confidential and culturally appropriate services to African and African Caribbean people suffering from mental ill health.

The organisation provides services across economic and socially disadvantaged areas of Manchester. ACMHS also provides support for carers and families of service users and takes a holistic approach to mental ill health, perceiving it to be linked not only to psychological genetics, but also external factors such as exclusion and isolation.

The primary objectives of ACMHS are to promote the preservation of mental health and to assist in rehabilitating members of the African and African Caribbean communities living in Manchester who are experiencing some form of mental disorder or conditions of emotional or mental distress requiring advice or treatment.

To further its charitable purposes for the public benefit the incoming resources of the Charity were used to provide services during the financial year as follows:

- Mental Health Services i.e. Improving Access to Psychological Therapies (IAPT); Severe and Enduring
- Counselling (CBT and person centred)
- CBT Therapies
- Drop-ins (music, Women's and Carers Group)
- Advocacy - for service users and their families i.e.: advice on Mental Health Act, medication, diagnosis, benefits, housing
- Advice and support for individuals in their own homes in order to maximise their potential for independent living
- Volunteering
- Befriending/peer support
- Carers Group
- Women's Group
- Student placements (social work, occupational therapists, nurses, social change, medical, counsellors, community and youth workers)

In deciding what activities to undertake the trustees have paid due regard to the Charity Commission's guidance on public benefit.

Policies and Organisation

ACMHS has a Board of Trustees consisting of related organisations or interested individuals, service users, carers and volunteer representatives. The Board has specific sub-groups, which are mandated to plan and review certain areas of work (i.e. Marketing, Governance and Strategic planning, Managing Resources and Personnel Sub Group).

AFRICAN AND CARIBBEAN MENTAL HEALTH SERVICES

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2022

ACHIEVEMENT AND PERFORMANCE

As an organisation we have continued to ensure that our front line services have been available providing a free, confidential and culturally appropriate mental health service predominantly to African and African Caribbean people, as well as other minority groups including white Europeans, suffering from mental ill health, also for their carers and families, residing across the economic and socially disadvantaged areas of Manchester and surrounding areas.

As a result of Covid-19, we have continued to offer interventions through various mediums ie, telephone, zoom and face to face.

Throughout the year we have made ongoing efforts to secure additional funding to enable us to continue providing a service in order to address the issues which affect our Black and Minority Ethnic clients experiencing mental ill health.

We have entered into a partnership with the Gaddum Centre to provide a pilot funded by the Department of Health and Social Care, commencing November 2021 and ended 31 March 2022 to provide culturally appropriate Advocacy services to individuals experiencing mental ill health in North and South Manchester hospitals. The project was extended to June 2022.

Our committed staff team, alongside volunteers and Trustees continue to work to the best of their ability to deliver an effective service despite funding constraints.

A detailed review of the achievements can be found in the Annual Report April 2021 to March 2022.

FINANCIAL REVIEW

Investment policy

The charity places any surplus funds on deposit in an interest bearing bank account.

Government grants

Grant income receivable under the Coronavirus Job Retention Scheme ("CJRS") is recognised in the Income Statement on a straight line basis over the furlough period for each relevant employee.

AFRICAN AND CARIBBEAN MENTAL HEALTH SERVICES

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2022

FINANCIAL REVIEW

Financial Review and Reserves

The Board of Trustees are responsible for the financial management policies. Annual budgets are prepared and approved at the commencement of each year and actual incoming and outgoing resources are monitored at regular intervals.

Most of the charity's income continues to be grants and contract payments for the provision of various welfare services. Funding in the year was received from Manchester CCG, Big Lottery Fund, Tudor Trust, Department of Health and Social Care and Cultural Well Being Fund.

Income has increased to £455,495 (2021 - £414,677), £15,000 (2021- £76,730) of which is Covid 19 grant income, and Expenditure has decreased to £380,740 (2021 - £389,751). Net incoming resources for the year are £74,755 (2021 - £24,926).

Unrestricted funds are £141,851 (2021 - £68,827) and the trustees consider this level needs to be maintained to enable the effective financial management of its activities at their present level.

Restricted funds receivable for the 2022 year include:

NHS Manchester CCG	£181,794
Tudor Trust	£16,154
Health Education England	£8,746
NHS Trafford CCG	£5,541
Manchester City Council	£7,508
Big Lottery	£64,057

Unrestricted Funds receivable for the 2022 year include:

NHS Manchester CCG	£75,832
Our Manchester Voluntary and Community Sector	£38,616

PLANS FOR FUTURE PERIODS

The key aims and objectives for the organisation remain to maximise fundraising activities in order to sustain the organisation and to market products to generate income e.g. provision of training and hiring of the music studio.

In addition, we must ensure that we continue to provide cost effective quality services to our client group. We will endeavour to market our services to all relevant sources.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust and constitutes an unincorporated charity.

Risks

The trustees have identified the major risks that the charity may be exposed to in the next financial year and have established strategies to manage those risks. They are currently undertaking the recruitment of a consultant to develop a funding strategy.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

1067108

Principal address

Windrush Millennium Centre
70 Alexandra Road
Manchester
M16 7WD

AFRICAN AND CARIBBEAN MENTAL HEALTH SERVICES

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2022

Trustees

The Trustees who served during the year were as follows:

Christopher Augustine Binns	-	Chair
Dr Addy Lazz-Onyenobi JP	-	Vice Chair
Chief George Osundiya JP	-	Secretary
Trevor Benjamin	-	Treasurer
Patrick Harris	-	User rep
Izetta Enisouh	-	Carers rep
Jaqueline Thorn	-	User rep
Gina Evans	-	
Dr JS Bamrah	-	
Barbara Chavanduka	-	
Sheree Powell	-	
Angela Cooke	-	

The day to day management of the charity is delegated by the charity trustees to the Director, Jeanette Stanley JP.

Independent Examiner

Graham Travis FCA
ICAEW
Clarke Nicklin LLP
Chartered Accountants
Clarke Nicklin House
Brooks Drive
Cheadle Royal Business Park
Cheadle
Cheshire
SK8 3TD

Recruitment, Training and Induction of Trustees

The board of Trustees consists of not less than five but not more than twelve members. Annually one third of the Trustees, being the longest serving based on their appointment, shall retire from office at the AGM next following completion of a three year tenure of office. Upon such retirement, each member may stand for re-election at the same or subsequent AGM for a further period provided their continuous tenure of office does not exceed seven years.

New Trustees are inducted by the Director on a one to one basis and given a job description of duties. Like all staff within the organisation they access relevant training, attend seminars and conferences as necessary.

Approved by order of the board of trustees on and signed on its behalf by:

.....
T Benjamin - Trustee

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
AFRICAN AND CARIBBEAN MENTAL HEALTH
SERVICES**

Independent examiner's report to the trustees of African and Caribbean Mental Health Services

I report to the charity trustees on my examination of the accounts of African and Caribbean Mental Health Services (the Trust) for the year ended 31 March 2022.

Responsibilities and basis of report

As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Trust's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a registered member of ICAEW which is one of the listed bodies.

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

1. accounting records were not kept in respect of the Trust as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

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

Graham Travis FCA
ICAEW
Clarke Nicklin LLP
Chartered Accountants
Clarke Nicklin House
Brooks Drive
Cheadle Royal Business Park
Cheadle
Cheshire
SK8 3TD

Date:

AFRICAN AND CARIBBEAN MENTAL HEALTH SERVICES

**STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2022**

	Notes	Unrestricted Funds £	Restricted Funds £	2022 Total funds £	2021 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies		32	(1)	31	615
Charitable activities					
Primary Care Mental Health Team		-	196,082	196,082	222,794
Carers		-	7,508	7,508	8,008
Life Skills and Drop in Groups		-	-	-	4,452
Other Services		16,225	-	16,225	20
Infrastructure Support		75,832	-	75,832	72,058
Positive Vibrations		-	64,127	64,127	-
Advocacy		38,616	-	38,616	-
Mental Health Practitioner		-	16,154	16,154	25,000
Carers Link Worker		21,750	-	21,750	5,000
Other income		15,000	-	15,000	76,730
Total		<u>167,455</u>	<u>283,870</u>	<u>451,325</u>	<u>414,677</u>
EXPENDITURE ON					
Charitable activities	3				
Primary Care Mental Health Team		-	118,696	118,696	187,627
Carers		-	6,854	6,854	6,276
Volunteer Programme		1,089	-	1,089	23
Life Skills and Drop in Groups		227	-	227	136
Other Services		7,299	-	7,299	315
Infrastructure Support		92,515	-	92,515	89,343
Independent Examiner's Remuneration		995	-	995	945
Bank Charges		109	-	109	118
Positive Vibrations		9,990	62,352	72,342	58,021
Advocacy		5,060	16,154	21,214	7,051
Mental Health Practitioner		29,165	-	29,165	26,040
Covid-19		-	-	-	1,332
Helpline Counsellor		4,176	-	4,176	2,716
Carers Link Worker		16,823	-	16,823	3,504
Other		4,368	698	5,066	6,304
Total		<u>171,816</u>	<u>204,754</u>	<u>376,570</u>	<u>389,751</u>
NET INCOME/(EXPENDITURE)		(4,361)	79,116	74,755	24,926
RECONCILIATION OF FUNDS					
Total funds brought forward		68,827	2,621	71,448	46,522
TOTAL FUNDS CARRIED FORWARD		<u>64,466</u>	<u>81,737</u>	<u>146,203</u>	<u>71,448</u>

The notes form part of these financial statements

**AFRICAN AND CARIBBEAN MENTAL HEALTH
SERVICES**

**BALANCE SHEET
31 MARCH 2022**

	Notes	2022 £	2021 £
FIXED ASSETS			
Tangible assets	8	6,042	8,680
CURRENT ASSETS			
Debtors	9	47,673	41,503
Cash at bank and in hand		130,070	25,045
		<u>177,743</u>	<u>66,548</u>
CREDITORS			
Amounts falling due within one year	10	(37,582)	(3,780)
NET CURRENT ASSETS		<u>140,161</u>	<u>62,768</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		146,203	71,448
NET ASSETS		<u>146,203</u>	<u>71,448</u>
FUNDS	12		
Unrestricted funds		64,465	68,827
Restricted funds		81,738	2,621
TOTAL FUNDS		<u>146,203</u>	<u>71,448</u>

The financial statements were approved by the Board of Trustees and authorised for issue on and were signed on its behalf by:

.....
T Benjamin - Trustee

.....
G Osundiya JP - Trustee

The notes form part of these financial statements

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022**

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

The charity has taken advantage of the following disclosure exemptions in preparing these financial statements, as permitted by FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland':

- the requirements of Section 7 Statement of Cash Flows;
- the requirement of paragraph 3.17(d);
- the requirements of paragraphs 11.42, 11.44, 11.45, 11.47, 11.48(a)(iii), 11.48(a)(iv), 11.48(b) and 11.48(c);
- the requirement of paragraph 33.7.

Incoming resources

All incoming resources are included in the statement of financial activities when the charity is entitled to the income and the amount can be quantified with reasonable accuracy.

Contracts and grants are reflected in the accounts when receivable.

Resources expended

Expenditure has been charged to the income and expenditure account on the accruals basis. The irrecoverable element of VAT is included with the item of expense to which it relates.

Charitable expenditure comprises these costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity and include the fees and costs linked to the strategic management of the charity.

Grants offered subject to conditions which have not been met at the year end date are noted as a commitment but not accrued as expenditure.

Intangible fixed assets

Computer software and database are being written off in equal instalments over their estimated economic lives of 4 years.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Computer equipment - Straight line over 4 years

Taxation

The organisation is exempt from income tax by reason of its charitable status. Income tax suffered on investment income is reclaimed in full.

1. ACCOUNTING POLICIES - continued

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Leasing commitments

Rentals paid under operating leases are charged to income on a straight line basis over the lease term.

Pension costs and other post-retirement benefits

The charity operates a defined contribution pension scheme. Contributions payable to the charity's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

2. INCOME FROM CHARITABLE ACTIVITIES

		2022	2021
	Activity	£	£
Grants	Primary Care Mental Health Team	196,082	222,794
Grants	Carers	7,508	8,008
Grants	Life Skills and Drop in Groups	-	4,452
Grants	Other Services	16,225	20
Grants	Infrastructure Support	75,832	72,058
Grants	Positive Vibrations	64,127	-
Grants	Advocacy	38,616	-
Grants	Mental Health Practitioner	16,154	25,000
Grants	Carers Link Worker	21,750	5,000
		<u>436,294</u>	<u>337,332</u>

AFRICAN AND CARIBBEAN MENTAL HEALTH SERVICES

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2022**

3. CHARITABLE ACTIVITIES COSTS

	Direct Costs (Note 4) £	Grant funding of activities £	Support Costs £	2022 £	2021 £
Primary Care Mental Health Team	213,154	223	32,643	246,020	254,191
Carers	7,729	-	3,601	11,330	9,780
Life skills and Drop in Group	136	-	5,094	5,230	5,119
Other Services	18,844	-	5,646	23,790	26,040
Infrastructure Support	67,314	3,832	16,049	87,195	93,558
Independent Examiner's Remuneration	-	-	995	995	945
Bank charges	-	-	109	109	109
	<u>306,478</u>	<u>4,055</u>	<u>66,150</u>	<u>376,569</u>	<u>389,751</u>

4. DIRECT COSTS OF CHARITABLE ACTIVITIES

	2022 £	2021 £
Staff costs	286,634	310,452
Carers respite, hotels & trips	553	237
Drop-in expenses & catering	3,203	179
Volunteers	-	10
Insurance	2,166	4,352
Light and heat	1,659	2,425
Telephone	5,711	2,051
Printing, postage & stationery	5,043	5,428
Advertising	3,820	1,718
Sundries	(2,311)	2,866
	<u>306,478</u>	<u>329,718</u>

5. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2022 nor for the year ended 31 March 2021.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2022 nor for the year ended 31 March 2021.

**AFRICAN AND CARIBBEAN MENTAL HEALTH
SERVICES**

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2022**

6. STAFF COSTS

The average monthly number of employees during the year was as follows:

	2022	2021
Services	15	12
Management and administration	3	3
	<u>18</u>	<u>15</u>

No employees received emoluments in excess of £60,000.

7. INTANGIBLE FIXED ASSETS

	Computer software £
COST	
At 1 April 2021 and 31 March 2022	<u>19,299</u>
AMORTISATION	
At 1 April 2021 and 31 March 2022	<u>19,299</u>
NET BOOK VALUE	
At 31 March 2022	<u>-</u>
At 31 March 2021	<u>-</u>

8. TANGIBLE FIXED ASSETS

	Computer equipment £
COST	
At 1 April 2021	81,407
Additions	2,428
At 31 March 2022	<u>83,835</u>
DEPRECIATION	
At 1 April 2021	72,727
Charge for year	5,066
At 31 March 2022	<u>77,793</u>
NET BOOK VALUE	
At 31 March 2022	<u>6,042</u>
At 31 March 2021	<u>8,680</u>

AFRICAN AND CARIBBEAN MENTAL HEALTH SERVICES

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2022**

9. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022 £	2021 £
Prepayments and accrued income	<u>47,673</u>	<u>41,503</u>

10. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022 £	2021 £
Trade creditors	8,342	-
Other creditors	<u>29,240</u>	<u>3,780</u>
	<u>37,582</u>	<u>3,780</u>

11. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted Funds £	Restricted Funds £	2022 Total funds £	2021 Total funds £
Fixed assets	1,691	4,351	6,042	8,680
Current assets	100,356	77,387	177,743	66,548
Current liabilities	<u>(37,582)</u>	<u>-</u>	<u>(37,582)</u>	<u>(3,780)</u>
	<u>64,465</u>	<u>81,738</u>	<u>146,203</u>	<u>71,448</u>

12. MOVEMENT IN FUNDS

	At 1.4.21 £	Net movement in funds £	At 31.3.22 £
Unrestricted funds			
General fund	68,827	(4,362)	64,465
Restricted funds			
Restricted funds	2,621	79,117	81,738
TOTAL FUNDS	<u>71,448</u>	<u>74,755</u>	<u>146,203</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	167,456	(171,818)	(4,362)
Restricted funds			
Restricted funds	283,869	(204,752)	79,117
TOTAL FUNDS	<u>451,325</u>	<u>(376,570)</u>	<u>74,755</u>

12. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.4.20 £	Net movement in funds £	Transfers between funds £	At 31.3.21 £
Unrestricted funds				
General fund	41,829	19,200	7,798	68,827
Restricted funds				
Restricted funds	4,693	5,726	(7,798)	2,621
TOTAL FUNDS	<u>46,522</u>	<u>24,926</u>	<u>-</u>	<u>71,448</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	155,205	(136,005)	19,200
Restricted funds			
Restricted funds	259,472	(253,746)	5,726
TOTAL FUNDS	<u>414,677</u>	<u>(389,751)</u>	<u>24,926</u>

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.4.20 £	Net movement in funds £	Transfers between funds £	At 31.3.22 £
Unrestricted funds				
General fund	41,829	14,838	7,798	64,465
Restricted funds				
Restricted funds	4,693	84,843	(7,798)	81,738
TOTAL FUNDS	<u>46,522</u>	<u>99,681</u>	<u>-</u>	<u>146,203</u>

**AFRICAN AND CARIBBEAN MENTAL HEALTH
SERVICES**

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2022**

12. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	322,661	(307,823)	14,838
Restricted funds			
Restricted funds	543,341	(458,498)	84,843
TOTAL FUNDS	<u>866,002</u>	<u>(766,321)</u>	<u>99,681</u>

13. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2022.

AFRICAN AND CARIBBEAN MENTAL HEALTH SERVICES

**DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2022**

	2022 £	2021 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	31	615
Charitable activities		
Grants	436,294	337,332
Other income		
Covid grants	15,000	76,730
Total incoming resources	451,325	414,677
EXPENDITURE		
Charitable activities		
Wages, social security & pension	285,810	309,924
Travel expenses	824	528
Carers respite, hotels & trips	553	237
Drop-in expenses & catering	3,203	179
Volunteers	-	10
Insurance	2,166	4,352
Light and heat	1,659	2,425
Telephone	5,711	2,051
Printing, postage & stationery	5,043	5,428
Advertising	3,820	1,718
Sundries	(2,311)	2,866
Consultancy & sessional workers	8,570	2,120
	315,048	331,838
Support costs		
Management		
Office rent	39,884	39,749
Training & conferences	924	684
	40,808	40,433
Finance		
Bank charges	109	118
Information technology		
IT Support	7,395	4,336
Subscriptions & software	-	73
Minor equipment & repairs	2,371	589
Computer software	-	2,462
Carried forward	9,766	7,460

This page does not form part of the statutory financial statements

**AFRICAN AND CARIBBEAN MENTAL HEALTH
SERVICES**

**DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2022**

	2022 £	2021 £
Information technology		
Brought forward	9,766	7,460
Computer equipment	5,066	4,458
	<u>14,832</u>	<u>11,918</u>
Governance costs		
Independent examination	995	945
Accountancy & payroll	4,778	4,499
	<u>5,773</u>	<u>5,444</u>
Total resources expended	<u>376,570</u>	<u>389,751</u>
Net income	<u><u>74,755</u></u>	<u><u>24,926</u></u>

This page does not form part of the statutory financial statements

Accounts

**REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021
FOR
AFRICAN AND CARIBBEAN MENTAL HEALTH
SERVICES**

Clarke Nicklin LLP
Chartered Accountants
Clarke Nicklin House
Brooks Drive
Cheadle Royal Business Park
Cheadle
Cheshire
SK8 3TD

**AFRICAN AND CARIBBEAN MENTAL HEALTH
SERVICES**

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FOR THE YEAR ENDED 31 MARCH 2021**

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AFRICAN AND CARIBBEAN MENTAL HEALTH SERVICES

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2021

The trustees present their report with the financial statements of the charity for the year ended 31 March 2021. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and activities

ACMHS is a community based organisation providing free confidential and culturally appropriate services to African and African Caribbean people suffering from mental ill health.

The organisation provides services across economic and socially disadvantaged areas of Manchester. ACMHS also provides support for carers and families of service users and takes a holistic approach to mental ill health, perceiving it to be linked not only to psychological genetics, but also external factors such as exclusion and isolation.

The primary objectives of ACMHS are to promote the preservation of mental health and to assist in rehabilitating members of the African and African Caribbean communities living in Manchester who are experiencing some form of mental disorder or conditions of emotional or mental distress requiring advice or treatment.

To further its charitable purposes for the public benefit the incoming resources of the Charity were used to provide services during the financial year as follows:

- Mental Health Services i.e. Improving Access to Psychological Therapies (IAPT); Severe and Enduring
- Counselling (CBT and person centred)
- CBT Therapies
- Drop-ins (music, Women's and Carers Group)
- Advocacy - for service users and their families i.e.: advice on Mental Health Act, medication, diagnosis, benefits, housing
- Advice and support for individuals in their own homes in order to maximise their potential for independent living
- Volunteering
- Befriending/peer support
- Carers Group
- Women's Group
- Student placements (social work, occupational therapists, nurses, social change, medical, counsellors, community and youth workers)

In deciding what activities to undertake the trustees have paid due regard to the Charity Commission's guidance on public benefit.

Policies and Organisation

ACMHS has a Board of Trustees consisting of related organisations or interested individuals, service users, carers and volunteer representatives. The Board has specific sub-groups, which are mandated to plan and review certain areas of work (i.e. Marketing, Governance and Strategic planning, Managing Resources and Personnel Sub Group).

AFRICAN AND CARIBBEAN MENTAL HEALTH SERVICES

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2021

ACHIEVEMENT AND PERFORMANCE

As an organisation we have continued to ensure that our front line services have been available providing a free, confidential and culturally appropriate mental health service predominantly to African and African Caribbean people, as well as other minority groups including white Europeans, suffering from mental ill health, also for their carers and families, residing across the economic and socially disadvantaged areas of Manchester and surrounding areas.

Since the national lockdown, due to Covid-19, on 23 March 2020, the organisation has continued to provide services/ interventions via telephone, zoom and emails.

Throughout the year we have made ongoing efforts to secure additional funding to enable us to continue providing a service in order to address the issues which affect our Black and Minority Ethnic clients experiencing mental ill health. The additional funds enabled us to purchase tablets to loan to those service users without technology in order for them to communicate with family, friends and services.

Our committed staff team, alongside volunteers and Trustees continue to work hard to deliver an effective service despite funding constraints.

A detailed review of the achievements can be found in the Annual Report April 2020 to March 2021.

FINANCIAL REVIEW

Investment policy

The charity places any surplus funds on deposit in an interest bearing bank account.

Government grants

Grant income receivable under the Coronavirus Job Retention Scheme ("CJRS") is recognised in the Income Statement on a straight line basis over the furlough period for each relevant employee.

AFRICAN AND CARIBBEAN MENTAL HEALTH SERVICES

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2021

FINANCIAL REVIEW

Financial Review and Reserves

The Board of Trustees are responsible for the financial management policies. Annual budgets are prepared and approved at the commencement of each year and actual incoming and outgoing resources are monitored at regular intervals.

Most of the charity's income continues to be grants and contract payments for the provision of various welfare services. Funding in the year was received from Manchester CCG, Lloyds Bank Foundation, Manchester City Council and the Big Lottery Fund. Greater Manchester High Sheriff's Police Trust, Manchester Well Being Fund, Forever Manchester and Indigo Trust.

Income has increased to £414,677 (2020 - £306,681), £76,730 of which is Covid 19 grant income, and Expenditure has increased to £387,851 (2020 - £363,356). Net incoming resources for the year are £26,998 (Net expended resources 2020 - £41,829).

Unrestricted funds are £68,827 (2020 - £41,829) and the trustees consider this level needs to be maintained to enable the effective financial management of its activities at their present level.

Restricted funds received during the 2021 year include:

Big Lottery	£28,670
Gt M/cr High Sheriff's Police Fund	£5,000
M/cr Well Being Fund	£500
Forever Manchester	£4,451

Unrestricted Funds received during the 2021 year include:

Indigo Trust	£25,000
--------------	---------

PLANS FOR FUTURE PERIODS

The key aims and objectives for the organisation remain to maximise fundraising activities in order to sustain the organisation and to market products to generate income e.g. provision of training and hiring of the music studio.

In addition, we must ensure that we continue to provide cost effective quality services to our client group. We will endeavour to market our services to all relevant sources.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust and constitutes an unincorporated charity.

Risks

The trustees have identified the major risks that the charity may be exposed to in the next financial year and have established strategies to manage those risks. They are currently undertaking the recruitment of a consultant to develop a funding strategy.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

1067108

Principal address

Windrush Millennium Centre
70 Alexandra Road
Manchester
M16 7WD

AFRICAN AND CARIBBEAN MENTAL HEALTH SERVICES

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2021

Trustees

The Trustees who served during the year were as follows:

Christopher Augustine Binns	-	Chair
Dr Addy Lazz-Onyenobi JP	-	Vice Chair
Chief George Osundiya JP	-	Secretary
Trevor Benjamin	-	Treasurer
Patrick Harris	-	User rep
Izetta Enisouh	-	Carers rep
Joseph Magaby	Resigned Aug 2020	Volunteer rep
Jaqueline Thorn	-	User rep
Victoria Ashadu	Resigned Aug 2020	
Gina Evans	-	
Dr JS Bamrah	-	
Barbara Chavanduka	-	
Angela Cooke	-	

The day to day management of the charity is delegated by the charity trustees to the Director, Jeanette Stanley JP.

Independent Examiner

Graham Travis FCA
ICAEW
Clarke Nicklin LLP
Chartered Accountants
Clarke Nicklin House
Brooks Drive
Cheadle Royal Business Park
Cheadle
Cheshire
SK8 3TD

Recruitment, Training and Induction of Trustees

The board of Trustees consists of not less than five but not more than twelve members. Annually one third of the Trustees, being the longest serving based on their appointment, shall retire from office at the AGM next following completion of a three year tenure of office. Upon such retirement, each member may stand for re-election at the same or subsequent AGM for a further period provided their continuous tenure of office does not exceed seven years.

New Trustees are inducted by the Director on a one to one basis and given a job description of duties. Like all staff within the organisation they access relevant training, attend seminars and conferences as necessary.

Approved by order of the board of trustees on **26 January 2022** and signed on its behalf by:



.....
Dr A Lazz-Onyenobi - Trustee

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF AFRICAN AND CARIBBEAN MENTAL HEALTH SERVICES

Independent examiner's report to the trustees of African and Caribbean Mental Health Services

I report to the charity trustees on my examination of the accounts of African and Caribbean Mental Health Services (the Trust) for the year ended 31 March 2021.

Responsibilities and basis of report

As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Trust's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

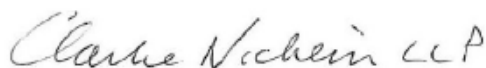
Independent examiner's statement

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a registered member of ICAEW which is one of the listed bodies.

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

1. accounting records were not kept in respect of the Trust as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

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



Graham Travis FCA
ICAEW
Clarke Nicklin LLP
Chartered Accountants
Clarke Nicklin House
Brooks Drive
Cheadle Royal Business Park
Cheadle
Cheshire
SK8 3TD

Date: **26 January 2022**

AFRICAN AND CARIBBEAN MENTAL HEALTH SERVICES

**STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2021**

	Notes	Unrestricted Funds £	Restricted Funds £	2021 Total funds £	2020 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies		615	-	615	14,336
Charitable activities	2				
Primary Care Mental Health Team		-	222,794	222,794	181,555
Carers		-	8,008	8,008	7,508
Life Skills and Drop in Groups		4,452	-	4,452	-
Other Services		20	-	20	-
Infrastructure Support		72,058	-	72,058	70,782
Positive Vibrations		-	-	-	7,500
Mental Health Practitioner		25,000	-	25,000	25,000
Carers Link Worker		5,000	-	5,000	-
Other income – Covid grants		<u>48,060</u>	<u>28,670</u>	<u>76,730</u>	<u>-</u>
Total		155,205	259,472	414,677	306,681
EXPENDITURE ON					
Charitable activities	3				
Primary Care Mental Health Team		-	187,627	187,627	149,295
Carers		-	6,276	6,276	7,722
Volunteer Programme		23	-	23	-
Life Skills and Drop in Groups		136	-	136	3,139
Other Services		315	-	315	15,790
Infrastructure Support		89,343	-	89,343	101,145
Independent Examiner's Remuneration		945	-	945	930
Bank Charges		118	-	118	109
Positive Vibrations		-	58,021	58,021	57,136
Advocacy		7,051	-	7,051	-
Mental Health Practitioner		26,040	-	26,040	28,091
Covid-19		1,332	-	1,332	-
Carers Link Worker		6,220	-	6,220	-
Other		<u>4,482</u>	<u>1,822</u>	<u>6,304</u>	<u>-</u>
Total		136,005	253,746	389,751	363,357
NET INCOME/(EXPENDITURE)		19,200	5,726	24,926	(56,676)
Transfers between funds	12	<u>7,798</u>	<u>(7,798)</u>	<u>-</u>	<u>-</u>
Net movement in funds		26,998	(2,072)	24,926	(56,676)
RECONCILIATION OF FUNDS					
Total funds brought forward		41,829	4,693	46,522	103,198

The notes form part of these financial statements

**AFRICAN AND CARIBBEAN MENTAL HEALTH
SERVICES**

**STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2021**

	Notes	Unrestricted Funds £	Restricted Funds £	2021 Total funds £	2020 Total funds £
TOTAL FUNDS CARRIED FORWARD		<u>68,827</u>	<u>2,621</u>	<u>71,448</u>	<u>46,522</u>

The notes form part of these financial statements

**AFRICAN AND CARIBBEAN MENTAL HEALTH
SERVICES**

**BALANCE SHEET
31 MARCH 2021**

	Notes	2021 £	2020 £
FIXED ASSETS			
Intangible assets	7	-	2,462
Tangible assets	8	<u>8,680</u>	<u>4,693</u>
		8,680	7,155
CURRENT ASSETS			
Debtors	9	41,503	29,804
Cash at bank and in hand		<u>25,045</u>	<u>15,038</u>
		66,548	44,842
CREDITORS			
Amounts falling due within one year	10	(3,780)	(5,475)
		<u>62,768</u>	<u>39,367</u>
NET CURRENT ASSETS			
		<u>62,768</u>	<u>39,367</u>
TOTAL ASSETS LESS CURRENT LIABILITIES			
		71,448	46,522
NET ASSETS		<u>71,448</u>	<u>46,522</u>
FUNDS	12		
Unrestricted funds		68,827	41,829
Restricted funds		<u>2,621</u>	<u>4,693</u>
TOTAL FUNDS		<u>71,448</u>	<u>46,522</u>

The financial statements were approved by the Board of Trustees and authorised for issue on **26 January 2022** and were signed on its behalf by:



.....
A Lazz-Onyenobi - Trustee



.....
C Binns - Trustee

The notes form part of these financial statements

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

The charity has taken advantage of the following disclosure exemptions in preparing these financial statements, as permitted by FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland':

- the requirements of Section 7 Statement of Cash Flows;
- the requirement of paragraph 3.17(d);
- the requirements of paragraphs 11.42, 11.44, 11.45, 11.47, 11.48(a)(iii), 11.48(a)(iv), 11.48(b) and 11.48(c);
- the requirement of paragraph 33.7.

Incoming resources

All incoming resources are included in the statement of financial activities when the charity is entitled to the income and the amount can be quantified with reasonable accuracy.

Contracts and grants are reflected in the accounts when receivable.

Resources expended

Expenditure has been charged to the income and expenditure account on the accruals basis. The irrecoverable element of VAT is included with the item of expense to which it relates.

Charitable expenditure comprises these costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity and include the fees and costs linked to the strategic management of the charity.

Grants offered subject to conditions which have not been met at the year end date are noted as a commitment but not accrued as expenditure.

Intangible fixed assets

Computer software and database are being written off in equal instalments over their estimated economic lives of 4 years.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Computer equipment - Straight line over 4 years

Taxation

The organisation is exempt from income tax by reason of its charitable status. Income tax suffered on investment income is reclaimed in full.

1. ACCOUNTING POLICIES - continued

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Leasing commitments

Rentals paid under operating leases are charged to income on a straight line basis over the lease term.

Pension costs and other post-retirement benefits

The charity operates a defined contribution pension scheme. Contributions payable to the charity's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

2. INCOME FROM CHARITABLE ACTIVITIES

		2021	2020
	Activity	£	£
Grants	Primary Care Mental Health Team	222,794	181,555
Grants	Carers	8,008	7,508
Grants	Life Skills and Drop in Groups	4,452	-
Grants	Other Services	20	-
Grants	Infrastructure Support	72,058	70,782
Grants	Positive Vibrations	-	7,500
Grants	Mental Health Practitioner	25,000	25,000
Grants	Carers Link Worker	5,000	-
		<u>337,332</u>	<u>292,345</u>

AFRICAN AND CARIBBEAN MENTAL HEALTH SERVICES

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2021**

3. CHARITABLE ACTIVITIES COSTS

	Direct Costs (Note 4) £	Grant funding of activities £	Support Costs £	2021 £	2020 £
Primary Care Mental Health Team	223,712	223	30,256	254,191	177,384
Carers	7,729	-	2,051	9,780	7,674
Life skills and Drop in Group	136	-	4,983	5,119	60,276
Other Services	21,844	-	4,196	26,040	15,839
Infrastructure Support	76,297	1,897	15,364	93,558	101,145
Independent Examiner's Remuneration	-	-	945	945	930
Bank charges	-	-	118	118	109
	<u>329,718</u>	<u>2,120</u>	<u>57,913</u>	<u>389,751</u>	<u>363,357</u>

4. DIRECT COSTS OF CHARITABLE ACTIVITIES

	2021 £	2020 £
Staff costs	310,452	257,023
Carers respite, hotels & trips	237	1,407
Drop-in expenses & catering	179	4,454
Volunteers	10	1,132
Insurance	4,352	3,165
Light and heat	2,425	2,249
Telephone	2,051	5,125
Printing, postage & stationery	5,428	8,029
Advertising	1,718	3,040
Sundries	<u>2,866</u>	<u>16,144</u>
	<u>329,718</u>	<u>301,768</u>

5. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2021 nor for the year ended 31 March 2020.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2021 nor for the year ended 31 March 2020.

AFRICAN AND CARIBBEAN MENTAL HEALTH SERVICES

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2021**

6. STAFF COSTS

The average monthly number of employees during the year was as follows:

	2021	2020
Services	12	11
Management and administration	<u>3</u>	<u>3</u>
	<u>15</u>	<u>14</u>

No employees received emoluments in excess of £60,000.

7. INTANGIBLE FIXED ASSETS

	Computer software £
COST	
At 1 April 2020 and 31 March 2021	<u>19,299</u>
AMORTISATION	
At 1 April 2020	16,837
Charge for year	<u>2,462</u>
At 31 March 2021	<u>19,299</u>
NET BOOK VALUE	
At 31 March 2021	<u>-</u>
At 31 March 2020	<u>2,462</u>

8. TANGIBLE FIXED ASSETS

	Computer equipment £
COST	
At 1 April 2020	72,963
Additions	<u>8,444</u>
At 31 March 2021	<u>81,407</u>
DEPRECIATION	
At 1 April 2020	68,270
Charge for year	<u>4,457</u>
At 31 March 2021	<u>72,727</u>
NET BOOK VALUE	
At 31 March 2021	<u>8,680</u>
At 31 March 2020	<u>4,693</u>

AFRICAN AND CARIBBEAN MENTAL HEALTH SERVICES

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2021**

9. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2021 £	2020 £
Prepayments and accrued income	<u>41,503</u>	<u>29,804</u>

10. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2021 £	2020 £
Other creditors	<u>3,780</u>	<u>5,475</u>

11. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted Funds £	Restricted Funds £	2021 Total funds £	2020 Total funds £
Fixed assets	6,059	2,621	8,680	7,155
Current assets	66,548	-	66,548	44,842
Current liabilities	<u>(3,780)</u>	<u>-</u>	<u>(3,780)</u>	<u>(5,475)</u>
	<u>68,827</u>	<u>2,621</u>	<u>71,448</u>	<u>46,522</u>

12. MOVEMENT IN FUNDS

	At 1.4.20 £	Net movement in funds £	Transfers between funds £	At 31.3.21 £
Unrestricted funds				
General fund	41,829	19,200	7,798	68,827
Restricted funds				
Restricted funds	4,693	5,726	(7,798)	2,621
	<u>46,522</u>	<u>24,926</u>	<u>-</u>	<u>71,448</u>
TOTAL FUNDS	<u>46,522</u>	<u>24,926</u>	<u>-</u>	<u>71,448</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	155,205	(136,005)	19,200
Restricted funds			
Restricted funds	259,472	(253,746)	5,726
	<u>414,677</u>	<u>(389,751)</u>	<u>24,926</u>
TOTAL FUNDS	<u>414,677</u>	<u>(389,751)</u>	<u>24,926</u>

AFRICAN AND CARIBBEAN MENTAL HEALTH SERVICES

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2021**

12. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.4.19 £	Net movement in funds £	At 31.3.20 £
Unrestricted funds			
General fund	48,849	(7,020)	41,829
Restricted funds			
Restricted funds	54,349	(49,656)	4,693
TOTAL FUNDS	<u>103,198</u>	<u>(56,676)</u>	<u>46,522</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	291,673	(298,693)	(7,020)
Restricted funds			
Restricted funds	15,008	(64,664)	(49,656)
TOTAL FUNDS	<u>306,681</u>	<u>(363,357)</u>	<u>(56,676)</u>

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.4.19 £	Net movement in funds £	Transfers between funds £	At 31.3.21 £
Unrestricted funds				
General fund	48,849	12,180	7,798	68,827
Restricted funds				
Restricted funds	54,349	(43,930)	(7,798)	2,621
TOTAL FUNDS	<u>103,198</u>	<u>(31,750)</u>	<u>-</u>	<u>71,448</u>

**AFRICAN AND CARIBBEAN MENTAL HEALTH
SERVICES**

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2021**

12. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	446,878	(434,698)	12,180
Restricted funds			
Restricted funds	274,480	(318,410)	(43,930)
TOTAL FUNDS	<u>721,358</u>	<u>(753,108)</u>	<u>(31,750)</u>

13. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2021.

AFRICAN AND CARIBBEAN MENTAL HEALTH SERVICES

**DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2021**

	2021 £	2020 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	615	14,336
Charitable activities		
Grants	337,332	292,345
Other income		
Covid grants	<u>76,730</u>	<u>-</u>
Total incoming resources	414,677	306,681
EXPENDITURE		
Charitable activities		
Wages, social security & pension	309,924	255,031
Travel expenses	528	1,992
Carers respite, hotels & trips	237	1,407
Drop-in expenses & catering	179	4,454
Volunteers	10	1,132
Insurance	4,352	3,165
Light and heat	2,425	2,249
Telephone	2,051	5,125
Printing, postage & stationery	5,428	8,029
Advertising	1,718	3,040
Sundries	2,866	16,144
Consultancy & sessional workers	<u>2,120</u>	<u>5,167</u>
	331,838	306,935
Support costs		
Management		
Office rent	39,749	39,269
Training & conferences	<u>684</u>	<u>1,012</u>
	40,433	40,281
Finance		
Bank charges	118	109
Information technology		
IT Support	4,336	3,600
Subscriptions & software	73	115
Minor equipment & repairs	589	1,160
Computer software	2,462	3,000
Carried forward	<u>7,460</u>	<u>7,875</u>

This page does not form part of the statutory financial statements

**AFRICAN AND CARIBBEAN MENTAL HEALTH
SERVICES**

**DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2021**

	2021 £	2020 £
Information technology		
Brought forward	7,460	7,875
Computer equipment	<u>4,458</u>	<u>3,702</u>
	11,918	11,577
Governance costs		
Independent examination	945	930
Accountancy & payroll	<u>4,499</u>	<u>3,525</u>
	<u>5,444</u>	<u>4,455</u>
Total resources expended	<u>389,751</u>	<u>363,357</u>
Net income/(expenditure)	<u><u>24,926</u></u>	<u><u>(56,676)</u></u>

This page does not form part of the statutory financial statements