SANDWELL AFRICAN CARIBBEAN MENTAL HEALTH FOUNDATION

England & Wales · Charity number 1082017

Details

Other names	THE KUUMBA CENTRE
Status	Registered
Legal form	Charitable company
Company number	04004120
Registered	2000-08-14
Register	View on the Charity Commission register

Contact

Address	The Kuumba Centre Boulton Road West Bromwich B70 6NW
Phone	01215251629
Email	info@sacmhf.co.uk
Website	www.sacmhf.co.uk

Activities

Objects: The relief of suffering predominantly for Black African, Caribbean and Black dual heritage inhabitants of the area of benefit experiencing or recovering from mental illness, their families, carers and the wider community, In particular but not exclusively through the provision of a range of holistic and culturally responsive services including education, training, peer support, volunteering, health information, group work, user led and social activities to support longer periods of good wellbeing, recovery and independence for the said inhabitants

Activities: Sandwell African Caribbean Mental Health Foundation provides services predominantly for Black African, Caribbean, Black dual heritage adults recovering from mental illness and the wider community. Beneficiaries reside in and around Sandwell. We offer support focused on, recovery, employment, peer support, ex-offenders, volunteering, activities, carers, user forum, outreach, and family support.

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Classification

- **How:** Provides Services, Provides Advocacy/advice/information, Sponsors Or Undertakes Research, Other Charitable Activities
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Disability, Arts/culture/heritage/science, Amateur Sport, Economic/community Development/employment, Human Rights/religious Or Racial Harmony/equality Or Diversity
- **Who:** Elderly/old People, People With Disabilities, People Of A Particular Ethnic Or Racial Origin, Other Defined Groups

Geography

- **Area of benefit:** SANDWELL, WEST MIDLANDS
- Birmingham City
- Sandwell

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£622,967	£523,671	£176,657	15
2024-03-31	£358,855	£424,270	-	-
2023-03-31	£386,074	£404,472	-	-
2022-03-31	£370,271	£389,117	-	-
2021-03-31	£353,643	£262,747	-	-

Trustees

Name	Role	Appointed
BISHOP DONALD WILLIAMS BA, PGDIP		2020-09-10
El Musa Pujeh		2022-06-09
Marcia Wilson		2016-02-01
Richard McDonald		2022-03-10

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SANDWELL AFRICAN CARIBBEAN MENTAL HEALTH FOUNDATION

England & Wales - Charity number 1082017

Accounts

SANDWELL AFRICAN CARIBBEAN MENTAL HEALTH FOUNDATION

ANNUAL REPORT

2024 - 2025

WWW.SACMHF.CO.UK

Kuumba Centre , Boullton Road, West Bromwich
West Midlands
0121 525 1629

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@SACMHF1 @KUUMBAF @SACMHF

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Chair Person

Our charity has withstood the turbulence that comes with third sector delivery of mental health services over many years now and the last year was no different.

Our plan to achieve longevity was ever more apparent as we worked towards the latter part of an asset transfer process. Our vision for SACMHF is to become financially independent with a range of sites, services and beneficiaries who are happy to endorse the friends and family test pertinent to our service offer.

I hope that in bringing our plan to fruition we have brought our very dedicated staff team along with us on that road and I want to take this opportunity to thank them for their support of these plans and their ability to work with us towards the end goal even during times when they are uncertain.

Board members accomplish the charities objectives

> ***Our board members have completed training, attended key meetings, networked and have worked doggedly to support the CEO and to accomplish the charities objectives. I thank them for their diligence and attention to detail.***

I have felt humbled by the support received from a wider range of funders this year to help us to deliver our core services and to broaden our scope with the new build development. Without their support we would be able to flourish and to them I am ever grateful.

Last but by no means least our, the people who use our services allow us a window into their lives and I will continue to pray that they continue to receive benefit from using our services, are able to participate in how the services are delivered and are engaged in contributing to the plans for the future.

SACMHF has come a long way and we hope to further our commitment to continue to deliver culturally responsible and sensitive services for Black communities, their families, carers and the wider communities as we set out to.

Bishop Donald Williams

Chairperson

Chief Executive Officer

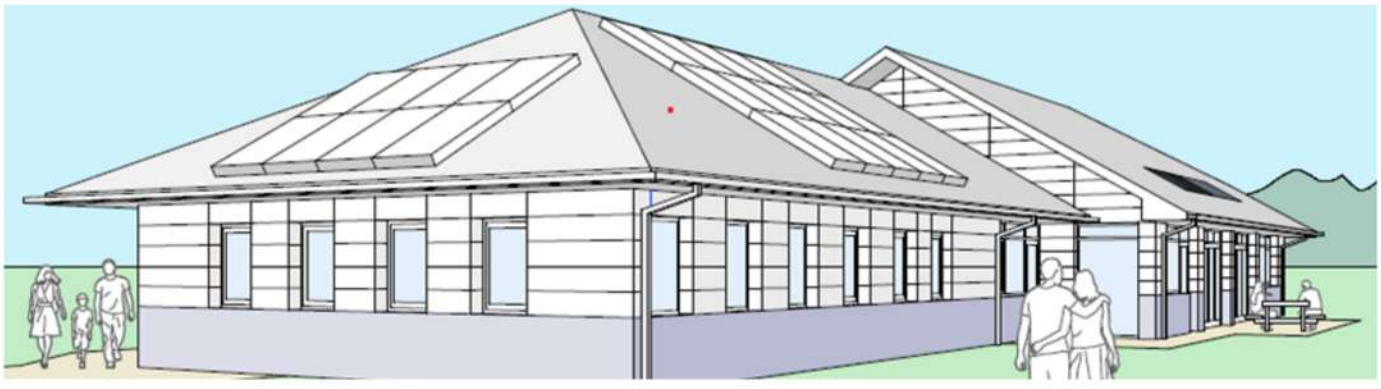
Strategic Synopsis: Asset Transfer of a community building

The whole year for me was characterised by work to secure the transfer of a community building from Sandwell council to our charity. The rationale that supports the need for another larger building to deliver our services from is focused on achieving sustainability. Simply put a larger premises will enable our charity to grow resulting in increased outputs and increased income as we look to serve the community of Charlemont & Grove Vale.

Strategically SACMHF have had a focus on what we can do to get closer to the charity elixir of sustainability and financial freedom. The year has seen SACMHF reach the final chapter of a long journey of work to remove certain of the shackles of the traditional model of financing the charities work. The funds required to support the demolition of the existing site to be replaced with a new building was costed as £950k rising months later to £1.1m.

A project team was assembled which included a business consultant and a firm of architects, both of which had worked recently on another capital project in the borough.

The year commenced with a determination to bring the fundraising strategy for the asset transfer of a community building namely the Charlemont Community Centre with the submission of a large capital funding application to the Community Ownership Fund (COF). This fund was part of the levelling up funding first espoused by the previous Conservative Government.



Outline plan for the new building

Although the fundraising strategy continued the change of government presented us with the dilemma around whether the incoming government would continue the Community Ownership Fund at the start of their tenure. Decisions on our application was due at around the end of May 2024 but there was a deathly silence for some time.

Locality is a 'national membership network supporting local community organisations. Locality, 'provide specialist advice, peer-learning, resources and campaigns including to take over and run assets for the benefit of local people'. Locality were selected to support us through the application process to the COF. Their support was invaluable during the process which was and continues to be challenging!

There was a deathly silence for a while due to the change of government on the application

CEO Patricia Johnson with Sarah Coombes MP

In addition to this we were supported by Sarah Coombes MP for West Bromwich, who liaised with central government to ascertain a clearer picture of whether the Community Ownership Fund was going to continue and give us a decision on our application. Her intervention was timely and so helpful, I am most grateful to her for the time she took out of her schedule to help us when the prospect of securing this grant was starting to look bleak.

The fundraising strategy to complete the asset transfer was complete by the end of the year and the required funds were secured from a combination of funders who are Community Ownership Fund, National Lottery Community Fund, Clothworkers Foundation, Wolfson Foundation and Garfield Western. There are several applications that are still being considered.

.

There has been much involved in the asset transfer process, and it has included engagement with local people who reside in the Charlemont & Grove Vale ward, consultation and engagement with the people who use SACMHF services, lengthy lease negotiations, planning application, the tender for the work to build the centre and much more.The advice and support from our business consultant and the firm of architects has proven to be a critical success factor and I am thankful and grateful to have been able to have them onboard.

The SACMHF team have been rightfully questioning and inquisitive about the asset transfer and it is their studious approach to their work that has helped me to be able to consider this large capital project, and I thank them for their diligence and work ethic. This could not be executed with the support of the team.

Sandwell Metropolitan Borough Council (SMBC), to use the full title have supported this asset transfer from the third time of asking! There are key individuals from SMBC who have worked hard and supported me to help make the challenging and lengthy process smoother and frankly we could not have reached this stage without Manny Sembhi, Nick Garrat, Luke Dove and Stefan Hemmings.

"Operations were all go last year with a new partnership service funded by the Department for Health & Social Care."

Operations were all go last year with a new partnership service funded by the Department for Health & Social Care. The new project was the second part of a two-year pilot and was called the Culturally Appropriate Advocacy Service. This service was delivered in Birmingham in partnership with Pohwer Advocacy a National Advocacy charity and Catalyst 4 Change who provide 'support for community organisations, SME's, faith groups or businesses with a significant African and Caribbean mental health / wellbeing service user base'.

This service supported people with mental ill health need for advocacy whilst admitted to one of several inpatient units across the Birmingham and Solihull footprint. The CAAS service also supported Carers and people who looking to be discharged from a psychiatric unit back into the community. The project was subject to an evaluation, and the report will be available very soon.

During the previous financial year, we launched a small garden project, and it was our aim to learn from this pilot gardening offer and move on to secure additional funding to increase the garden size during the last financial year and this is exactly what we did.

Courtesy of a successful grant application to the West Midlands Combined Authority Green Grants programme we had sufficient funding to pay a gardener, a team of volunteers and to have new raised beds, new flora and fauna, bulbs, soil, and additional composter and some seating.The garden is flourishing, and I thank all who have been involved and continue to be involved in our Time to Grow project. It's been a huge success, and we even have a volunteer who is neurodiverse who pops to the garden every Saturday morning to water and feed all the plants, flowers and vegetables. This young man has agreed to undertake gardening duties at the Charlemont Community Centre next year when it is up and running!

"The garden project has really helped me to socialize, learn about the world of plants & has been very therapeutic."

-Kuumba service user

Short term Objectives

The annual strategic development day was held over two days last year to enable a much-needed update on the C3 development and time to take questions from the team about the asset transfer process and what had been involved so far. This event is a co-produced event facilitated by Silverdale Associates who have a long history of work with SACMHF. The team expressed their support for the C3 development and expressed a wider understanding of the processed employed to secure the site.

The Business Development Manager works alongside me to execute the finance and fundraising strategy to support the delivery of services and more general operations. During the year he has re-launched the team of community fundraisers who have drafted a schedule of fundraising activities to raise much needed funds for services offered from the Kuumba centre.

The wider determinants of Health service is a service delivered in partnership with the consortium that SACMHF is member of which is Communities in Sync (CIS). Our role in this service is to deliver healthy lifestyle activities called 'Get Active' to support mental wellbeing. The gardening project is a part of this service coupled with health walks and our cycling project. The cycling aspect of this service has grown and much supported was received from Cycling UK. I think I may have inadvertently created a wider team of bid writers as our Communications Lead wrote two successful bids to support the purchase of additional bikes and storage!!

Our charity is on a well-deserved trajectory to achieve sustainability. We are not there yet but are edging closer to this strategic goal.

Moving Forward

Our charity is on a well-earned trajectory to achieve sustainability. We are not there yet but are edging closer to this strategic goal.

The pressure of changing statutory commissioning has meant that third sector community organisations like us need to be ever more creative about how we raise income to support our growing service offer.

The C3 development will help to sure up new opportunities to deliver new and exciting services for the people who currently use our services and for the residents of Charlemont and Grove Vale. I am warmed and excited by this new opportunity which will help to breath new life into our charity and guide us further into a stronger healthier future.

Pat Johnson

Chief Executive Officer

Operations Manager

This past year has been active and collaborative, defined by strong partnerships, dedicated teamwork, and a shared commitment to improving mental health outcomes for the Black community. Working with a diverse range of partners and stakeholders has allowed us to expand our reach, enhance our services, and ensure that the voices of those we serve remain at the heart of our work.

As a small charity, our success depends on making every project count. Over the past 12 months, we have managed several small but impactful projects, each with a clear focus on meeting our key performance indicators (KPIs). These metrics are not simply numbers, but a measure of the lives we touch and the difference we make. Projects including our Healthy Lifestyle service focused on the Wider Determinants of Health are evidence of this.

Organisational development has been a major focus this year, and it's inspiring to see the tangible growth we have achieved. We have strengthened our internal systems, expanded our networks, and invested in our team's capacity to deliver high-quality, culturally competent mental health support. This progress gives us a stronger foundation for the future and ensures that we are ready to respond to the community's evolving needs. An example of this is our Nia Imani Counselling service.

Rebecca Gardener

Operations Manager

There have been several notable achievements that make me particularly proud. Our collaborations with the University of Birmingham on various co-production projects have been a shining example of what can be achieved when lived experience meets academic expertise. Equally, our work with the Race Equality Foundation has deepened our understanding and advocacy for racial equity in mental health provision.

These partnerships have not only strengthened our work but have also helped to influence broader conversations and practices in the sector.

As a mental health charity focused on the needs of the black and wider community, our mission remains as relevant as ever. We know that systemic barriers and cultural stigma often make it harder for individuals to access the right support. This is why our work, based heavily around trust, understanding, and cultural sensitivity; is so essential. We are committed to creating safe spaces, providing effective services, and advocating for change to ensure better outcomes for those we serve.

Looking ahead, I am excited about the many developments in progress. With the continued dedication of the team, partners, supporters and most importantly our beneficiaries, there is a lot more to come from Sandwell African Caribbean Mental Health Foundation

Business Development Manager

Business Development Highlights

Building Voice, Visibility, and Value in Our Organisation:

Co-Production

This year, SACMHF has gone beyond service delivery-we've amplified the voices of those we serve and taken bold steps to build a more connected, confident, and cared-for community.

Funded by Bentley UK, we held powerful co-production events with our service users, men and women who have faced stigma, displacement, and mental health crises shared their visions for safer, more inclusive services and spaces. We also focused on their lived experiences around housing and support needs. These sessions weren't just consultations-they were moments of truth, healing, and hope. These voices have directly shaped our future housing strategy and C3 project, reminding us that co-production is not a process-it's a promise.

In partnership with the NHS Recovery College, we delivered an 8-week workshop series covering everything from performance psychology to economic empowerment. Each session offered participants space to reflect, rebuild, and reconnect. For many, it was their first time experiencing culturally relevant mental health education and the impact was transformational. This series enhanced our relationship with NHS partners and have strengthened our relationships with other internal departments such as the NHS spiritual care team and housing team amongst others.

We equipped over 60 young people with life-saving skills through three resuscitation workshops, delivered in schools with Mini First Aid and Resuscitation Council UK. This vital programme was so impactful it was featured by the BBC radio, raising awareness of mental health and emergency preparedness in young people from racialised communities. Finding creative ways to engage with young people will ensure our organisation inspires and can be inspired by new generations.

We have also gained a defibrillator which can be used by our community and we will integrate this into our C3 site.

We also stepped into the corporate arena, delivering a bespoke wellbeing and inclusion workshop for global engineering firm Mott MacDonald. This session explored culture, identity, and mental resilience-bridging our community wisdom within the workplace.

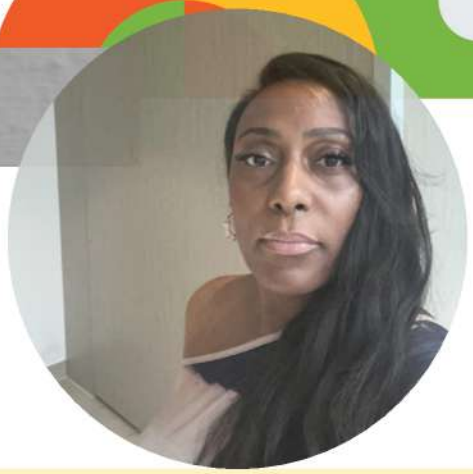
Each of these initiatives reminds us why SACMHF exists: to centre unheard voices, to connect communities with tools and hope, and to create lasting change. We're proud of what we've built-and even more excited for what's next.

We extend our deepest thanks to our staff, community partners, Sandwell Council, our local authority, MPs, councillors, and most importantly, our service users-whose trust, insight, and courage make all of this possible.

Anthony Reece-Thompson

Business Development Manager

Senior Counsellor



We are proud to announce that Nia Imani Counselling Service has been running for over a year, providing culturally informed and sensitive therapeutic support to the African Caribbean community. Our mission is to deliver high-quality counselling and wellbeing services that are inclusive, accessible, and responsive to the lived experiences of our clients.

We recognise that members of the African Caribbean community often face unique and complex challenges when accessing mental health services, including cultural stigma, systemic inequalities, and a lack of representation within mainstream provision. For many, these barriers lead to delayed help-seeking, mistrust of services, and poorer mental health outcomes. By embedding cultural competence into every aspect of our work, we ensure that therapy is not only clinically effective, but also culturally safe, relevant, and affirming.

Since our inception, we have received over 150 referrals and successfully supported 148 individuals through their therapeutic journeys. Our approach is grounded in an understanding of the historical and social contexts that shape mental health within the African Caribbean community, enabling us to offer interventions that respect cultural identity, address intergenerational trauma, and promote self-empowerment.

Jennifer Mcfarlane

Senior Counsellor

Partnerships

In October 2024, we partnered with Talking Therapies Plus, contributing to the NHS by helping reduce their long waiting lists. This collaboration has enabled us to extend our support beyond the African Caribbean community and offer counselling to individuals from a range of ethnic backgrounds, without compromising our commitment to culturally attuned care.

Due to the high volume of referrals, we've expanded our team from one full-time staff member to include one part-time therapist and seven student counsellors. Our goal is to continue building a diverse, skilled team that reflects the communities we serve, while expanding our therapeutic approaches and screening tools, such as GAD-7, PHQ-9, and WEMWBS, to provide more nuanced assessments and interventions.

Our vision is to support the community not only through therapy, but by promoting long-term mental health and wellbeing. We are committed to reducing institutionalisation and fostering recovery through a holistic approach, integrating recreational, vocational, and mental health interventions, delivered in collaboration with SACMHF's existing and upcoming projects.

This work is imperative because culturally competent mental health care is not an optional extra, it is a necessity for equity. By acknowledging and addressing the impact of racism, migration, identity, and community values on mental health, we create spaces where people feel understood, respected, and empowered to heal. In doing so, we not only fill a critical service gap, but strengthen the overall support network for the community, contributing to a more integrated, inclusive, and effective model of care.

User Voices

Men's Group - Stefano's Journey with SACMHF

Stefano has been coming to our MAN II MAN (Men's group) for 4 years now. He initially found out about us through his sister - who made his referral and ever since Stefano has been a pivotal part of the Kuumba community.

He gets involved with a wide range of our services and activities. These services include: our bike project and the job club. When Stefano first started with us, he said: " I was a little depressed and my mood wasn't great. But joining the men's group and things like the bike project has helped me to feel good again. I enjoy socialising - keeping fit and from the job club I now volunteer 2 hours a week at the British Heart Foundation which has really helped to build my confidence and customer service skills.

I now feel more positive about my future. Thank you Kuumba family for making me feel like me again."

Counselling - Miram's Journey with SACMHF

Miriam has been coming to the Kuumba Centre since 2016 and first met us through one of our stalls in Handsworth Park. Miriam enjoys going for nice long walks, cycling and generally keeping fit. She has struggled with her mental health over the years, but feels the support she has received from Kuumba has been pivitol in helping her to feel whole again.

After receiving outreach support from us, Miriam heard about the counselling service we offer and reached out to us. Miriam has successfully completed 10 weeks on our counselling programme and has had a very impactful and positive experience with us.

How has counselling helped you?

I have found the therapy phenomenal - I have been able to speak to my counsellor without feeling judged, she offers great empathy and understanding in ways I thought wasn't possible. Counselling has helped me with personal battles such as; spiritual difficulties, childhood trauma, domestic abuse and it has allowed me to explore things in which I would previously not feel comfortable speaking about. Counselling has not only allowed myself to pin point my triggers and traumas, but also identifying how trauma works.

I feel so much more at peace now and relaxed to speak at ease openly. Kuumba has helped me so much to connect on a cultural level, which is what I needed - it has allowed me to find myself, it has been my calm and was the missing piece to me.

Marva's Journey with SACMHF

Marva attended our bike project for 8 weeks and was soon approached by a member of staff after recognising her exceptional interpersonal skills and commitment. Marva said: "i enjoy attending and participating in various activities at Kuumba Centre. I enjoy the social aspect of volunteering and engaging with service users. I also enjoy assisting staff to help organise events. If you have a few hours to spare, volunteering is valuable and and a rewarding way to spend that time, as it gives you a real sense of purpose and it can make a positive impact on people's lives.

Skills gained....

- I've learned how to become a better cyclist and the maintenance of my bicycle
- Gardening, from preparing the soil to planting to harvesting
- Learning about finance & economics, communication, teamwork and problem solving, which are skills that I can pass onto others.

Another one of our amazing volunteers, Steph.

"Volunteering is a great way to get involved, support your local community & conenct with all walks of life."

We want to thank all of our volunteers for their positive contribution and dedication they give us with their time and commitment. Whether this is helping to make teas and coffees, answering the telephones or assisting with one of our projects - volunteers play a pivotal part of our journey in continuing to help us grow and to serve our diverse community.

Student Placements

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

Our student placement programme has offered a number of placement opportunities for over 100 students. These students have been a combination of first year, second year, and master's students who have worked with us on placement from 3 weeks to 70-day placements. The main students our programme has supported those studying mental health nursing, social work, nursing, and occupational therapy.

I want to use this opportunity to thank you from the depth of my heart for the assistance and support rendered throughout my placement at Sandwell African Caribbean Mental Health Foundation (Kuumba Centre).
I am grateful for the opportunity given to partake in the Adult Safeguarding training. Kuumba Centre is a wonderful place because of its cultural diversity, tolerance and professionalism.

Nimarta
Social Work Student Placement

I am leaving with a much better understanding of different mental health issues in black minority ethnic groups, their impact, and as a support worker, what support can be given.

The training sessions that were provided were so insightful and useful in gaining knowledge, an opportunity to have meaningful discussions with different professionals and understanding their roles in society.

Wendy
Social Work Student Placement

Through this experience, I not only developed professional skills such as cultural competence, advocacy, and communication, but also gained a deeper understanding of myself.

Modinat
Occupational Therapy Student Placement

Overall, my placement was a highly educational experience. The staff and fellow students were welcoming, polite, and supportive throughout.

Eric
Mental Health Nurse Student Placement

Statistics

2024 - 2025

IMPACT REPORT

+335 people who used our services (PWUS) reported raised levels of confidence

experienced longer periods of Wellbeing

+278

COUNSELLING

60%

of members are accessing Counselling Support

The Counselling service has exceeding annual targets

NUMBER OF PSYCHIATRIC ADMISSIONS

1%

Continues to remain low year on year

Man II Man Group

Men who attended regularly to the Man II Man Group reported:

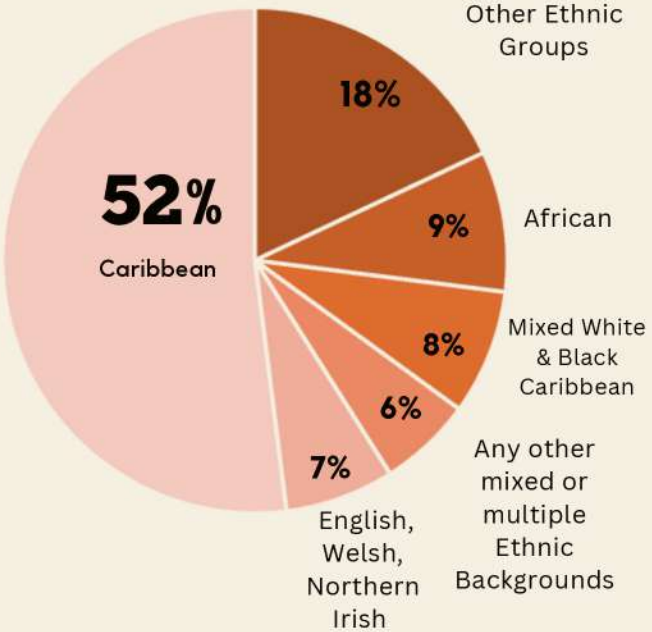
- having increased their social networks.
- made friends.
- an increase in their participation in social activities.
- reduced loneliness and isolation.
- had longer periods of wellbeing.

USER SATISFACTION SURVEY

100% Agree — I was treated with dignity at all times

96% Agree — The information I received about my support helped me to understand my condition/ my families health

ETHNICITY



EXPENDITURE

DETAILED INCOME AND EXPENDITURE ACCOUNT

for the ended 31 March 2025

	2025	2024
	£	£
INCOMING RESOURCES		
Grants		
Sandwell MBC	140,440	135,460
Big Lotto2	112,848	56,692
Oak Foundation	64,000	64,000
POhWER Advocacy	58,807	16,039
Henry Smith	40,000	37,050
Heart of England - ICF	38,046	-
Postcode Lottery	25,000	-
Talent Fund	20,000	-
Wider Determinants of Health	17,746	-
Heart of England 2 (Garden Project)	15,588	-
BBWBS	11,250	8,000
Shared Porsperity Fund	5,714	10,826
Others	28,599	18,337
Donations	20,035	1,594
	598,073	347,998
Fundraising	16	148
Sundry income	2,073	198
Commerical operations	22,805	10,086
Rental income and room hire	-	425
	622,967	358,855
STAFF COSTS		
Wages and salaries	383,708	290,610
Rent and rates	18,485	13,001
Insurance	1,648	1,750
Heat, light and water	9,967	12,692
Telephone and communications	10,276	6,113
Postage and stationery	3,152	1,143
Advertising and events	2,316	5,344
Repairs and renewals	15,960	2,473
Travel and subsistence	15,708	3,961
Office expenses	11,786	11,743
Volunteer expenses	466	460
Training and recruitment	12,420	17,653
Computers and IT	21,207	20,867
Legal and professional	11,902	33,732
Bank charges and interest	262	212
Depreciation - office ezuipment	4,408	2,516
	523,671	424,270
GOVERNANCE COSTS		
Auditor's remuneration	5,700	5,400
	5,700	5,400
NET (DEFICIT)/SURPLUS FOR THE YEAR	93,596	-70,815

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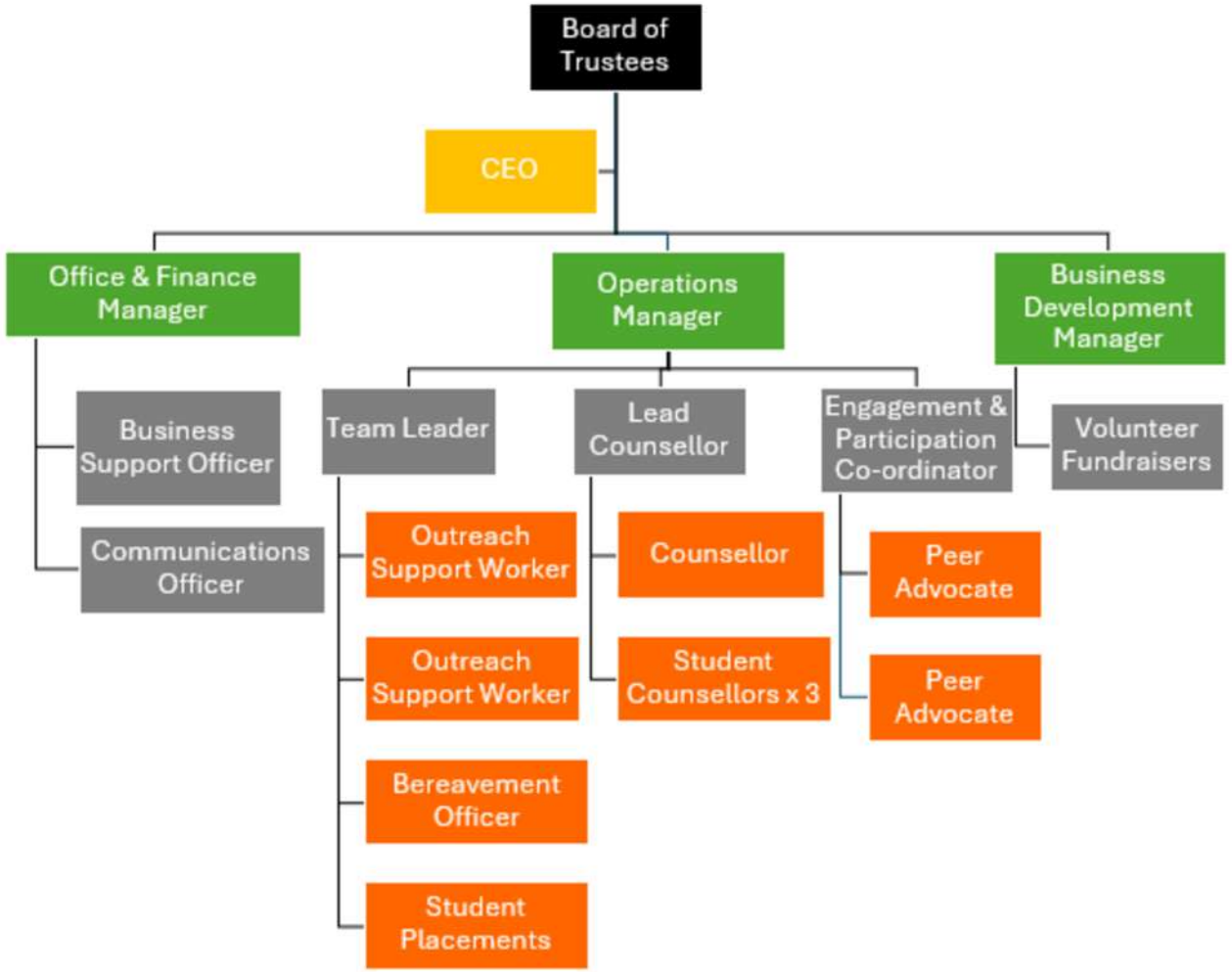
Management & Staffing Structure



Acknowledgements

We extend our thanks to the grant funders whose generous support has enabled us to deliver culturally responsive services that truly reflect and respect the black diverse communities we serve. Your commitment to equity and inclusion empowers us to create meaningful impact and foster lasting change.

Without our staff and their commitment and contributions in supporting those with mental ill health - SACMHF would not be able to deliver the services we provide with such care and understanding. We thank you for making a huge difference.

We also wish to acknowledge the invaluable contributions of third sector organisations , suppliers, and partners. Their expertise, collaboration, and dedication continue to strengthen our work and enhance the quality of our services.

Most importantly, we express our deepest appreciation to the people who use our services. Their voices, experiences, and trust guide everything we do. They inspire us to grow, innovate, and remain accountable to the communities we are privileged to serve.

Together, we are building a more inclusive and empowered future.

Funders

Sandwell Metropolitan Borough Council
Bentley Advancing Life Changes
Black Country NHS Partnership Trust
Communities in Sync
Cycling UK - Cycling T Club
Department of Health & Social Care
Heart of England
Henry Smith Charity
Oak Foundation
Resuscitation Council UK
The Talent Fund (George Michael Fund
Postcode Lottery)
UK Shared Prosperity Fund
University of Wolverhampton

Sandwell African Caribbean Mental Health Foundation

(A Company Limited by Guarantee)

Annual Report and Financial Statements
Year ended 31 March 2025

Charity number : 1082017

Company Number : 4004120

Feltons

Chartered Accountants

Birmingham

B1 3JR

Sandwell African Caribbean Mental Health Foundation

(A Company Limited by Guarantee)

Report and financial statements
Year ended 31 March 2025

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Sandwell African Caribbean Mental Health Foundation
(A Company Limited by Guarantee)

Reference and Administrative Details

Chair	Bishop D R Williams	
Trustees	Ms M Wilson	Vice Chair
	Mr R A McDonald	
	El Musa Pujeh	
Company secretary	Patricia Johnson	
Key management personnel	Patricia Johnson	Chief Executive Officer
	Donna Campbell	Office & Finance Manager
	Rebecca Gardner	Youth Services Manager/Care Co-ordinator
	Anthony Reece-Thompson	Business Development Manager
Registered office		Kuumba Centre Boulton Road West Bromwich West Midlands B70 6NW
Charity number		1082017
Company registration number		4004120
Auditor		Feltons 8 Sovereign Court 8 Graham Street Birmingham B1 3JR
Bankers		Unity Trust Bank Nine Brindley Place 4 Oozells Square Birmingham B1 2HB
Solicitors		Kapasi & Co 1st floor, 17 Birmingham Street Oldbury West Midlands B69 4DT

Sandwell African Caribbean Mental Health Foundation

(A Company Limited by Guarantee)

Report of the trustees
Year ended 31 March 2025

The trustees present their report and the financial statements of the charity for the year ended 31 March 2025. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities" in preparing the annual report and financial statements of the charity.

The financial statements have been prepared in accordance with the accounting policies set out in notes to the accounts and comply with the charity's governing document, the Charities Act 2011 and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland published in October 2019 .

Trustees of the charity

Details of the trustees who served during the year and to the date these accounts are approved are included in the Reference and Administrative details on page 1.

Objectives and activities

Our charity delivers services predominately but not exclusively for Black African Caribbean people recovering from mental illness, their families, carers, and the wider community.

In shaping our objectives for the year and planning our activities, the trustees have considered the Charity Commission's guidance on public benefit, including the guidance 'public benefit: running a charity (PB2)'.

The strategies employed to achieve the charity's aims and objectives are described in the strategic report below.

Strategic Report

Achievements and performance

The whole year for me was characterised by work to secure the transfer of a community building from Sandwell council to our charity. The rationale that supports the need for another larger building to deliver our services from is focused on achieving sustainability. Simply put a larger premises will enable our charity to grow resulting in increased outputs and increased income as we look to serve the community of Charlemont & Grove Vale.

Strategically SACMHF have had a focus on what we can do to get closer to the charity elixir of sustainability and financial freedom. The year has seen SACMHF reach the final chapter of a long journey of work to remove certain of the shackles of the traditional model of financing the charities work. The funds required to support the demolition of the existing site to be replaced with a new building was costed as £950k rising months later to £1.1m.

Achievements and performance (continued)

A project team was assembled which included a business consultant and a firm of architects, both of which had worked recently on another capital project in the borough.

The year commenced with a determination to bring the fundraising strategy for the asset transfer of a community building namely the Charlemont Community Centre with the submission of a large capital funding application to the Community Ownership Fund (COF). This fund was part of the levelling up funding first espoused by the previous Conservative Government.

Although the fundraising strategy continued the change of government presented us with the dilemma around whether the incoming government would continue the Community Ownership Fund at the start of their tenure. Decisions on our application was due at around the end of May 2024 but there was a deathly silence for some time.

Locality is a 'national membership network supporting local community organisations. Locality, 'provide specialist advice, peer-learning, resources and campaigns including to take over and run assets for the benefit of local people'. Locality were selected to support us through the application process to the COF. Their support was invaluable during the process which was and continues to be challenging!

In addition to this we were supported by Sarah Coombes MP for West Bromwich, who liaised with central government to ascertain a clearer picture of whether the Community Ownership Fund was going to continue and give us a decision on our application. Her intervention was timely and so helpful, I am most grateful to her for the time she took out of her schedule to help us when the prospect of securing this grant was starting to look bleak.

The fundraising strategy to complete the asset transfer was complete by the end of the year and the required funds were secured from a combination of funders who are Community Ownership Fund, National Lottery Community Fund, Clothworkers Foundation, Wolfson Foundation and Garfield Western. There are several applications that are still being considered.

There has been much involved in the asset transfer process, and it has included engagement with local people who reside in the Charlemont & Grove Vale ward, consultation and engagement with the people who use SACMHF services, lengthy lease negotiations, planning application, the tender for the work to build the centre and much more. The advice and support from our business consultant and the firm of architects has proven to be a critical success factor and I am thankful and grateful to have been able to have them onboard.

The SACMHF team have been rightfully questioning and inquisitive about the asset transfer and it is their studious approach to their work that has helped me to be able to consider this large capital project, and I thank them for their diligence and work ethic. This could not be executed without the support of the team.

Sandwell Metropolitan Borough Council (SMBC), to use the full title have supported this asset transfer from the third time of asking! There are key individuals from SMBC who have worked hard and supported me to help make the challenging and lengthy process smoother and frankly we could not have reached this stage without Manny Sembhi, Nick Garrat, Luke Dove and Stefan Hemmings.

- Operation Level Outputs

Operations were all go last year with a new partnership service funded by the Department for Health & Social Care. The new project was the second part of a two-year pilot and was called the Culturally Appropriate Advocacy Service. This service was delivered in Birmingham in partnership with Pohwer Advocacy a National Advocacy charity and Catalyst 4 Change who provide 'support for community organisations, SME's, faith groups or businesses with a significant African and Caribbean mental health / wellbeing service user base'.

This service supported people with mental ill health need for advocacy whilst admitted to one of several inpatient units across the Birmingham and Solihull footprint. The CAAS service also supported Carers and people who looking to be discharged from a psychiatric unit back into the community. The project was subject to an evaluation, and the report will be available very soon.

During the previous financial year, we launched a small garden project, and it was our aim to learn from this pilot gardening offer and move on to secure additional funding to increase the garden size during the last financial year and this is exactly what we did.

Courtesy of a successful grant application to the West Midlands Combined Authority Green Grants programme we had sufficient funding to pay a gardener, a team of volunteers and to have new raised beds, new flora and fauna, bulbs, soil, and additional composter and some seating. The garden is flourishing, and I thank all who have been involved and continue to be involved in our Time to Grow project. It's been a huge success, and we even have a volunteer who is neurodiverse who pops to the garden every Saturday morning to water and feed all the plants, flowers and vegetables. This young man has agreed to undertake gardening duties at the Charlemont Community Centre next year when it is up and running!

- Short term objectives

The annual strategic development day was held over two days last year to enable a much-needed update on the C3 development and time to take questions from the team about the asset transfer process and what had been involved so far. This event is a co-produced event facilitated by Silverdale Associates who have a long history of work with SACMHF. The team expressed their support for the C3 development and expressed a wider understanding of the processed employed to secure the site.

The Business Development Manager works alongside me to execute the finance and fundraising strategy to support the delivery of services and more general operations. During the year he has re-launched the team of community fundraisers who have drafted a schedule of fundraising activities to raise much needed funds for services offered from the Kuumba centre.

The wider determinants of Health service is a service delivered in partnership with the consortium that SACMHF is member of which is Communities in Sync (CIS). Our role in this service is to deliver healthy lifestyle activities called 'Get Active' to support mental wellbeing. The gardening project is a part of this service coupled with health walks and our cycling project. The cycling aspect of this service has grown and much supported was received from Cycling UK. I think I may have inadvertently created a wider team of bid writers as our Communications Lead wrote two successful bids to support the purchase of additional bikes and storage!!

Some of the Outcomes and Experiences from people using SACMHF services:

Case study 1: Female – Outreach and Counselling Services, 31 years old, L

What was your situation when you first began using our services?

When I first joined, I was struggling a lot with my mental health. I felt isolated, anxious, and unsure how to cope with everyday responsibilities. Due to my personal circumstances, I'd lost confidence in myself and didn't know where to turn for help.

What did you hope to gain from accessing this service?

I hoped to find someone I could talk to openly, without feeling like a burden. I wanted to learn ways to manage my anxiety, rebuild my confidence, and get support to take practical steps forward in my life. I really struggled with meeting new people without feeling shy/ judged.

Tell us what you became involved with?

I attended regular one-to-one counselling sessions, which gave me space to explore my feelings and develop coping strategies. Alongside that, I worked with an outreach support worker who helped me set small goals, find local activities to get involved in, and explore physical activities that I really enjoy.

Were there any challenges you faced and how were you supported to overcome them?

One of my biggest challenges was leaving the house and facing social situations. My counsellor helped by starting small; brief visits to local groups, encouragement to get involved in services like the bike project. That step-by-step approach made it possible.

What impact has accessing this service made for you?

It's made a huge difference to my life. I feel calmer, more confident, and able to handle challenges. I've reconnected with people, joined community activities such as the bike project which I love doing each week.

Tell us your main highlight?

My main highlight has been finding a local group I love going to each week. It's given me sense of belonging and something to look forward to. Coming to the Kuumba centre is now part of my routine.

What is next for you?

Next, I want to look forward to any new opportunity that presents and keep building my skills. I have recently signed up for a new employability and vocational skills service at the centre. I'm determined to keep using the tools I've learned so I can stay well and keep moving forward.

Case study 2: Male – Counselling and iMATTER youth service, 19 years old, J

What was your situation when you first joined iMATTER and access counselling?

When I first started counselling, I was feeling really anxious and down. I was really struggling with the transition into adult services pending. I was worried about how I would cope on my own and avoiding people because I didn't feel confident talking to anyone. Everything felt overwhelming.

What did you hope to gain from accessing this service?

I wanted to feel more in control of my life and learn ways to manage my anxiety so I could focus on college and my future. I also hoped to get some guidance on living independently and maybe meet new people.

Tell us what you became involved with?

I had regular one-to-one counselling sessions where I learned coping strategies for anxiety and stress. Later, I started working with the youth service outreach team, who begun to support me with daily routines, going to appointments, and joining a local youth group.

Were there any challenges you faced and how were you supported to overcome them?

One of the hardest things was leaving the flat and going into social situations. My counsellor was amazing and supported me by starting with small steps, like short walks, and even came with me to my first youth group session until I felt comfortable with this transition on my own.

What impact has accessing this service made for you?
It's made a massive difference. I'm attending college regularly now, I'm able to manage my flat, and I feel more confident around people. I don't feel as stuck as I used to.

Tell us your main highlight?
The highlight for me has been making friends and the relationships I built with my counsellor and the wider staff team. Even though my counselling has finished and I am ready to move on, I know that that there is always a safe place where I can return to who will always offer me some support.

What is next for you?
Hopefully find a part time job. I'm planning to keep using the tools I've learned to stay on top of my mental health and keep building my independence.

Case study 3: Female – Care for you, Outreach & Counselling Services, 52years old, JR

What was your situation when you first joined the counselling service?
I was in a very low place still struggling with the bereavement which has continued to hinder my life and prevent me from moving forward in some ways.

What did you hope to gain from accessing this service?
I wanted some space to talk about how I was feeling without judgement, and to meet people who understood the pressures of caring. I also hoped to get practical advice on what help was out there for me.

Tell us what you became involved with?
I was already attending the carers group meetings regularly and joined in with wellbeing sessions they have. I also had one-to-one sessions with an outreach worker who helped me to fill out application forms for financial assistance.

Were there any challenges you faced and how were you supported to overcome them?
At first, I felt guilty about the fact that I have struggled to move on with parts of my life. Through talking, I realised that looking after myself was not selfish—it was essential if I want to move forward.

What impact has accessing this service made for you?
It's made a huge difference. I feel less alone, have more energy, and taking less medication. By using the counselling service, I was able to; have a confidential space to talk about my emotions without worrying about burdening friends or family. I was able to develop coping strategies to manage stress, anxiety, and fatigue. Together,

Tell us your main highlight?
My main highlight has been finding a safe, understanding space where I can just be myself, not looking after anyone else. The laughter and support from the group have been a lifeline at times when I needed it.

What is next for you?
I plan to keep attending the group and using my respite time to focus on my wellbeing. I'm also looking forward to starting a creative writing course, something I've wanted to do for years.

Case study 4: Male – MAN 11 Man (men's group), 33 years old, C

What was your situation when you first joined the men's group?
When I first joined, I was in a pretty low place. I'd been dealing with depression for a while and was finding it hard to talk to anyone about how I felt. I spent most of my time on my own and had little motivation to do much outside of work. I was also taking quite a lot of medication to help my mood.

What did you hope to gain from accessing this service?
I hoped I could meet people who understood what I was going through and find a space where I could talk openly without feeling judged. I also wanted to learn ways to cope better with my mental health.

Tell us what you became involved with?
I started by attending the weekly group sessions, just listening at first, and over time I joined in more. I took part in activities like workshops, fitness sessions, walking groups with the other men, going to the theatre and several other trips. Eventually, I helped welcome new members to the group and have now been a member for a long time.

Were there any challenges you faced and how were you supported to overcome them?
At first, I found it really hard to speak up in the group. The facilitators and other men never pushed me but encouraged me to share when I was ready. That made all the difference; it showed me it was okay to take small steps.

What impact has accessing this service made for you?
I'm more confident, I've made friends I trust, and I'm much better at handling stress. I've started doing things I enjoy again like socialising with people and groups where I feel safe.

Tell us your main highlight?
My highlight has been realising I'm not alone. The support and understanding in the group have been incredible.

What is next for you?
I want to keep coming to the group and train as a peer mentor to support other men who are where I was when I first started.

The principal risks and uncertainties together with the plans and strategies adopted to manage these risks are described in the risk management section on page 9 of this report.

Financial review (including reserves policy)

The financial results of Sandwell African Caribbean Mental Health Foundation are detailed in the following pages. It is considered that the finances are sound and well established. The principal funding source is a grant from Sandwell MBC. All expenditure of this income is planned to fulfil the objectives and strategies of the charity. During the year ended 31 March 2025 total resources expended were £529,371 and the surplus of income over expenditure was £93,596 stated after depreciation of £4,408.

The trustees continually monitor the reserves of the charitable company. This process encompasses the nature of income and expenditure streams and the need to match commitments with income and nature of reserves.

Investment powers and policy

Any surplus funds are deposited with Unity Trust Bank.

Plans for future periods

Our charity is on a well-earned trajectory to achieve sustainability. We are not there yet but are edging closer to this strategic goal. The pressure of changing statutory commissioning has meant that third sector community organisations like our charity need to be ever more creative about how we raise income to support our growing service offer. The C3 development will help to shore up new opportunities to deliver new and exciting services for the people who currently use our services and for the residents of Charlemont and Grove Vale. I am warmed and excited by this new opportunity which will help to breathe new life into our charity and guide us further into a stronger, healthier future.

Structure, Governance and Management

Governing document

Sandwell African Caribbean Mental Health Foundation is a company limited by guarantee governed by its Memorandum and Articles of Association dated 12 April 2000 and is registered as a charity with the Charity Commission. There are currently five members, each of whom agrees to contribute £1 in the event of the charity winding up.

Appointment of trustees

As set out in the Articles of Association, the Charity may by ordinary resolution appoint a person who is willing to act as a trustee either to fill a vacancy or as an additional trustee and may also determine the rotation in which any additional trustees are to retire. No person may be appointed as a trustee unless they have attained the age of 18 years or in circumstances such that, had they already been a trustee, they would have been disqualified from acting under the above provisions.

Trustee induction and training

New trustees are briefed on their legal obligations under charity and company law and the Charity Commission guidance on public benefit, and are informed of the content of the Memorandum and Articles of Association, the committee and decision-making processes, the business plan and the recent financial performance of the charity.

Organisation

The board of trustees administers the charity. The board normally meets six times a year and there are sub-committees covering business development including impact, user satisfaction, finance and fundraising strategy and the communications plan which normally meet four times a year. A Chief Executive is appointed by the trustees to manage the day-to-day operations of the charity. To facilitate effective operations, the Chief Executive has delegated authority, within terms of delegation approved by the trustees, for operational matters including finance and fundraising, human resources, and business development.

Related parties and co-operation with other organisations

None of our trustees receive remuneration or other benefit from their work with the charity. Any connection between a trustee or senior manager of the charity with a client or supplier must be disclosed to the full board of trustees in the same way as any other contractual relationship with a related party. Related party transactions in the current year would be described in notes 8 and 18 to the accounts.

Pay policy for senior staff

The board of directors, who are the Trust's trustees, and the senior management team together comprise the key management personnel of the charity in charge of directing and operating the trust on a day to day basis. No director received remuneration in the year and details of directors' expenses and related party transactions are disclosed in note 8 to the accounts. The pay of senior staff is reviewed annually and normally increased in accordance with average earnings.

Risk management

The trustees have a risk management policy which comprises :

- an annual review of the principal risks and uncertainties that the charity faces;
- the establishment of policies, systems, and procedures to mitigate those risks identified in the annual review; and
- the implementation of procedures designed to mitigate or manage any potential impact on the charity should those risks materialise.

This work has identified that financial sustainability is the major financial risk for the charity. Key elements in the management of financial risk are a regular review of available liquid funds to settle debts as they fall due, regular liaison with the bank, and active management of operational debtor and creditor balances to ensure sufficient working capital by the Trust.

Attention has also been focused on non-financial risks such as fire, health and safety, employment matters and data protection. These risks are managed by ensuring accreditation is up to date, having robust policies in place, and regular awareness training for staff working in these operational areas.

Trustees' responsibilities

The trustees (who are also directors of Sandwell African Caribbean Mental Health Foundation for the purposes of company law) are responsible for preparing the Trustees' Annual Report (including the Strategic Report) and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year, which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP 2019 (FRS 102);
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Trustees' responsibilities (continued)

In so far as the trustees are aware:

- there is no relevant audit information of which the charitable company's auditor is unaware; and
- the trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditor is aware of that information.

Disclosure of information to the auditors

We, the directors of the company who held office at the date of approval of these Financial Statements as set out above each confirm, so far as we are aware, that:

- there is no relevant audit information of which the company's auditors are unaware; and
- we have taken all the steps that we ought to have taken as directors in order to make ourselves aware of any relevant audit information and to establish that the company's auditors are aware of that information.

In approving the Trustees' Annual Report, we also approve the Strategic Report included therein, in our capacity as company directors.

On behalf of the board.

.....

Bishop D R Williams
Chair

Date : 12 DEC 2025

Independent Auditor's Report to the Trustees of Sandwell African Caribbean Mental Health Foundation (A Company Limited by Guarantee)

Opinion

We have audited the financial statements of Sandwell African Caribbean Mental Health Foundation (the 'charitable company') for the year ended 31 March 2025 which comprise the Statement of Financial Activities, the Balance Sheet, the Statement of Cash Flows and notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements :

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2025, and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with A5the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The other information comprises the information included in the trustees annual report, other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information contained within the annual report. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Opinion on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the Trustees' Report for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the Trustees' Report have been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of our knowledge and understanding of the company and its environment obtained in the course of the audit, we have not identified material misstatements in the Trustees' Report.

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept, or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the trustees were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies' exemptions in preparing the Trustees' Report and from the requirement to prepare a Strategic Report.

Responsibilities of trustees

As explained more fully in the trustees' responsibilities statement (set out on page 5), the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The specific procedures for this engagement and the extent to which these are capable of detecting irregularities, including fraud is detailed below:

- We reviewed the company's control and risk management procedures and planned our work based on our assessment of those controls and procedures;
- This review included an assessment of the risk of material misstatement due to errors, fraud and management override of controls for all material areas in the financial statements;
- We made enquiries of management and the company's lawyers regarding any actual or potential litigation and/or claims;
- Financial statements disclosures were reviewed and checked for compliance with applicable laws;
- Detailed testing was conducted on balances and transactions including unusual items and those of individual significance to the financial statements;
- Data analytics were used in order to identify unusual or significant trends;
- Communications with management and those charged with governance regarding relevant matters was undertaken throughout the audit and on completion.

Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission or misrepresentation.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at www.frc.org.uk/auditorsresponsibilites. This description forms part of our auditor's report.

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.

Feltons

David W Farnsworth FCA (Senior Statutory Auditor)
For and on behalf of Feltons, Statutory Auditor
8 Sovereign Court
8 Graham Street
Birmingham B1 3JR

15 December 2025

Sandwell African Caribbean Mental Health Foundation
(A Company Limited by Guarantee)

Statement of financial activities
for the year ended 31 March 2025

	Notes	Unrestricted funds £	Restricted general funds £	Restricted fixed asset funds £	Total 2025 £	Total 2024 £
Income						
Donations and legacies	3	326,881	261,192	10,000	598,073	331,959
Income from charitable activities:	4					
Fund raising		16	-	-	16	148
Sundry income		2,073	-	-	2,073	198
Income from trading activities:						
Commercial operations		22,805	-	-	22,805	26,125
Rental income and room hire		-	-	-	-	425
Total income		351,775	261,192	10,000	622,967	358,855
Expenditure						
Charitable activities:						
Operational and support costs	5	337,015	192,356	-	529,371	429,670
Total expenditure		337,015	192,356	-	529,371	429,670
Net income/(expenditure) before transfers		14,760	68,836	10,000	93,596	(70,815)
Gross transfers between funds	14	-	-	-	-	-
Net movement in funds		14,760	68,836	10,000	93,596	(70,815)
Reconciliation of funds						
Total funds brought forward	14	19,958	63,103	-	83,061	153,876
Total funds carried forward		34,718	131,939	10,000	176,657	83,061

All income and expenditure derive from continuing activities.

The statement of financial activities includes all gains and losses recognised during the year

Sandwell African Caribbean Mental Health Foundation
(A Company Limited by Guarantee)

Company Number : 4004120 / **Charity number : 1082017**
Balance sheet as at 31 March 2025

	Notes	2025 £	2025 £	2024 £	2024 £
Fixed assets					
Tangible assets	10		66,090		10,066
Current assets					
Debtors	11	69,063		65,179	
Cash at bank and in hand		83,659		51,530	
		152,722		116,709	
Creditors: amounts falling due within one year	12	42,155		43,714	
Net current assets			110,567		72,995
Net assets			176,657		83,061
Funds of the charity :					
Restricted funds					
Fixed asset fund	14	10,000		-	
General fund	14	131,939		63,103	
			141,939		63,103
Unrestricted funds					
General fund	14		34,718		19,958
Total funds			176,657		83,061

These accounts have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

The notes on pages 18 to 27 form part of these accounts.

The financial statements were approved by the board of trustees on 12 DECEMBER 2025 and were signed on its behalf by:

.....

Bishop D R Williams
(Chair)

Sandwell African Caribbean Mental Health Foundation
(A Company Limited by Guarantee)

Statement of cash flows
for the year ended 31 March 2025

	Notes	2025 £	2024 £
Cash flow from operating activities	17	92,561	(50,265)
Interest paid			
Net cash flow from operating activities		92,561	(50,265)
Cash flow from investing activities			
Payments to acquire tangible fixed assets		(60,432)	(1,673)
Net cash flow from investing activities		(60,432)	(1,673)
Net increase / (decrease) in cash and cash equivalents		32,129	(51,938)
Cash and cash equivalents at 1 April 2024		51,530	103,468
Cash and cash equivalents at 31 March 2025		83,659	51,530

Notes to the financial statements for the year ended 31 March 2025

1. Accounting policies

a) General information and basis of preparation

Sandwell African Caribbean Mental Health Foundation is a charitable company limited by guarantee . In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the charity. The address of the registered office is given in the charity information on page 1 of these financial statements. The nature of the charity's operations and principal activities is the delivery of services predominately but not exclusively for Black African Caribbean people recovering from mental illness and their families, carers, and the wider community.

The charity constitutes a public benefit entity as defined by FRS 102. The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Charities Act 2011, the Companies Act 2006 and UK Generally Accepted Accounting Practice.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated

b) Going concern

The financial statements have been prepared on a going concern basis as the trustees believe that no material uncertainties exist. The trustees have considered the level of funds held and the expected level of income and expenditure for a period of 12 months from the date of authorising these financial statements. The budgeted income and expenditure is sufficient with the level of reserves for the charity to be able to continue as a going concern.

c) Funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

Designated funds comprise unrestricted funds that have been set aside by the trustees for particular purposes. The aim and use of each designated fund is set out in the notes to the financial statements.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the charity for particular purposes. The cost of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

d) Income recognition

All incoming resources are included in the Statement of Financial Activities (SoFA) when the charity is legally entitled to the income after any performance conditions have been met, the amount can be measured reliably and it is probable that the income will be received.

1. Accounting policies (continued)

d) Income recognition (continued)

- **Grants receivable**
  Grants are included in the Statement of Financial Activities on a receivable basis. The balance of income received for specific purposes but not expended during the period is shown in the relevant funds on the balance sheet. Where income is received in advance of entitlement of receipt its recognition is deferred and included in creditors as deferred income. Where entitlement occurs before income is received, the income is accrued.

- **Donations**
  Donations are recognised on a receivable basis where there is certainty of receipt and the amount can be reliably measured. If there are conditions attached to the donation and this requires a level of performance before entitlement can be obtained then income is deferred until those conditions are fully met or the fulfilment of those conditions is within the control of the charity and it is probable that they will be fulfilled.

- **Donated services and gifts in kind**
  Donated facilities and donated professional services are recognised in income at their fair value when their economic benefit is probable, it can be measured reliably and the charity has control over the item. Fair value is determined on the basis of the value of the gift to the charity. For example the amount the charity would be willing to pay in the open market for such facilities and services. A corresponding amount is recognised in expenditure.

- **Gifts in kind**
  Fixed asset gifts in kind are recognised when receivable and are included at fair value. They are not deferred over the life of the asset.

- **Interest receivable**
  Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank.

- **Other income**
  Other income, including the hire of facilities, is recognised in the period it is receivable and to the extent the goods have been provided or on completion of the service.

e) Expenditure recognition

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Expenditure is recognised where there is a legal or constructive obligation to make payments to third parties, it is probable that the settlement will be required and the amount of the obligation can be measured reliably. It is categorised under the following headings:

- **Costs of generating funds**
  These are costs incurred in attracting voluntary income, and those incurred in trading activities that raise funds.

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

1. Accounting policies (continued)

e) Expenditure recognition (continued)

- **Charitable activities**
  These are costs incurred in activities undertaken to further the purposes of the charity and their associated support costs.

- **Governance costs**
  These include the costs attributable to the trust's compliance with constitutional and statutory requirements, including strategic management and trustees' meetings and reimbursed expenses.

Irrecoverable VAT is charged as an expense against the activity for which expenditure arose.

f) Allocation of support costs

Support costs are those that assist the work of the charity but do not directly represent charitable activities and include office costs, governance costs and administrative payroll costs. Where support costs cannot be directly attributed to particular headings they have been allocated to cost of raising funds and expenditure on charitable activities. The bases on which support costs have been allocated are set out in note .....

g) Tangible fixed assets

Tangible fixed assets are stated at cost (or deemed cost) or valuation less accumulated depreciation and accumulated impairment losses. Cost includes costs directly attributable to making the asset capable of operating as intended.

Depreciation is provided on all tangible fixed assets, at rates calculated to write off the cost, less estimated residual value, of each asset on a systematic basis over its expected useful life as follows:

Leasehold improvements	- straight line over 50 years
Plant and machinery	- 20% per annum on a straight line basis
Office equipment	- 20% per annum on a reducing balance basis

Assets in the course of construction are included at cost. Depreciation on these assets is not charged until they are brought into use and reclassified to freehold or leasehold land and buildings.

h) Debtors

Operational and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

i) Cash at bank and in hand

Cash at bank and in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

1. Accounting policies (continued)

j) Liabilities

Liabilities are recognised when there is an obligation at the balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably. Liabilities are recognised at the amount that the charity anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide.

k) Operating leases

Rentals payable under operating leases are charged to the SoFA on a straight line basis over the period of the lease.

l) Taxation

The charity is an exempt charity within the meaning of schedule 3 of the Charities Act 2011 and is considered to pass the tests set out in Paragraph 1 Schedule 6 Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes.

m) Pension benefits

The charity operates a defined contribution plan for the benefit of its employees. Contributions are expensed as they become payable.

2. Prior year Statement of Financial Activities (year end 31 March 2024)

	Unrestricted funds £	Restricted general funds £	Restricted fixed asset funds £	Total 2024 £
Income				
Grants and donations	194,514	137,445	-	331,959
Income from charitable activities:	346	-	-	346
Income from trading activities	26,550	-	-	26,550
Total income	221,410	137,445	-	358,855
Expenditure				
Charitable activities	308,124	121,546	-	429,670
Total expenditure	308,124	121,546	-	429,670
Net income/(expenditure) before transfers	(86,714)	15,899	-	(70,815)
Gross transfers between funds	(2,966)	2,966	-	-
Net movement in funds	(89,680)	18,865	-	(70,815)
Reconciliation of funds				
Total funds brought forward	109,638	44,238	-	153,876
Total funds carried forward	19,958	63,103	-	83,061

3. Grants and donations

	Unrestricted funds £	Restricted general funds £	Restricted fixed asset funds £	Total 2025 £	Total 2024 £
Grants	316,846	261,192	-	578,038	330,365
Donations	10,035	-	10,000	20,035	1,594
	326,881	261,192	10,000	598,073	331,959

Donations include £10,000 relating to the provision of a lease on Charlemont Community Centre from the local authority.

4. Income from charitable activities

	Unrestricted funds £	Restricted funds £	Total 2025 £	Total 2024 £
Fund raising	16	-	16	148
Sundry income	2,073	-	2,073	198
	2,089	-	2,089	346

5. Expenditure on charitable activities

	Core activity £	Total 2025 £	Total 2024 £
Operational and support costs			
Staff costs	383,708	383,708	290,610
Depreciation	4,408	4,408	2,516
Support costs (see note 7)	135,555	135,555	131,144
Governance costs (see note 7)	5,700	5,700	5,400
	529,371	529,371	429,670

Total expenditure on charitable activities was £529,371 (2024 - £429,670) of which £337,015 (2024 - £308,124) was unrestricted and £192,356 (2024 - £121,546), was restricted.

6. Analysis of support and governance costs

	Basis of allocation	General support £	Governance function £	Total 2025 £	Total 2024 £
Training and volunteer expenses	Staff time	12,886	-	12,886	18,113
Premises costs	Usage	46,060	-	46,060	29,916
Telephone, postage, stationery	Usage	15,744	-	15,744	12,600
Information technology	Usage	21,207	-	21,207	20,867
Travel and subsistence	Usage	15,708	-	15,708	3,961
General office costs	Usage	11,786	-	11,786	11,743
Audit and accountancy services	Governance	-	5,700	5,700	5,400
Legal and other professional	Usage	11,902	-	11,902	33,732
Bank charges	Usage	262	-	262	212
		135,555	5,700	141,255	136,544

7. Net income(expenditure) for the year

Net income/(expenditure) is stated after charging :

	Total 2025 £	Total 2024 £
Depreciation of tangible fixed assets	4,408	2,516
Operating lease rentals		
Premises	18,485	12,955
Auditors remuneration	5,700	5,400

The auditors remuneration amounts to an audit fee of £5,700 (2024 - £5,400).

8. Trustees and key management personnel remuneration and expenses

The trustees neither received nor waived any remuneration during the year (2024 - £nil). One trustee (2024 - 1) was reimbursed expenses during the year of £286 (2024 - £489).

The Trust considers its key management personnel comprise the senior management team as listed on page 1. The total amount of employee benefits received by key management personnel was £159,701 (2024 - £187,116).

9. Analysis of staff costs and numbers

Staff costs :

	Total 2025 £	Total 2024 £
Wages and salaries	341,440	259,516
Social security costs	28,896	23,391
Defined contribution pension schemes	13,372	7,703
	383,708	290,610

No employees received total employee benefits (excluding employer pension costs) of more than £60,000.

Staff numbers :

The average monthly number of employees and full time equivalents during the year was as follows:

	2025 Number	2025 FTE	2024 Number	2024 FTE
Charitable activities	11	8	6	4
Management	4	4	5	5
	15	12	11	9

10. Tangible fixed assets

	Leasehold land and buildings £	Assets under construction £	Plant & machinery £	Office equipment £	Total £
Cost					
At 1 April 2024	-	-	-	54,357	54,357
Additions	10,000	38,460	7,414	4,558	60,432
At 31 March 2025	10,000	38,460	7,414	58,915	114,789
Depreciation					
At 1 April 2024	-	-	-	44,291	44,291
Charge for the year	-	-	1,483	2,925	4,408
At 31 March 2025	-	-	1,483	47,216	48,699
Net book values					
At 31 March 2025	10,000	38,460	5,931	11,699	66,090
At 31 March 2024	-	-	-	10,066	10,066

Assets under construction consist of expenditure incurred to date on the reconstruction of Charlemont Community Centre, West Bromwich B71 3PJ. Forecast expenditure to completion of the project is included as a capital commitment in note 16.

11. Debtors

	Total 2025 £	Total 2024 £
Debtors from operations	1,718	-
Prepayments and accrued income	67,345	65,179
	69,063	65,179

12. Creditors - amounts falling due within one year

	Total 2025 £	Total 2024 £
Creditors from operations	12,826	6,965
Taxation and social security	9,954	8,561
Accruals and deferred income	7,018	19,253
Other creditors	12,357	8,935
	42,155	43,714

12. Creditors - amounts falling due within one year (continued)

	Total 2025 £	Total 2024 £
Deferred income		
Deferred income at 1 April 2024	13,853	-
Resources deferred in the year	-	13,853
Amounts released from previous years	(13,853)	-
Deferred income at 31 March 2025	-	13,853

13. Commitments under operating leases

At 31 March 2025 the charity was committed to making the following payments under non-cancellable operating leases :

	Total 2025 £	Total 2024 £
Within one year	13,362	13,362
Within two to five years inclusive	2,952	16,314
	16,314	29,676

14. Analysis of funds

	Balance at 1 April 2024 £	Incoming resources £	Resources expended £	Transfers £	Balance at 31 March 2025 £
Restricted general funds					
Henry Smith	8,221	40,000	(25,826)		22,395
Big Lotto 2	47,181	112,848	(80,301)		79,728
Heart of England - ICF	-	38,046	(38,020)		26
Talent Fund	-	20,000	(11,667)		8,333
Others	7,701	50,298	(36,542)		21,457
	63,103	261,192	(192,356)	-	131,939
Restricted fixed asset funds					
Donated fixed assets	-	10,000	-	-	10,000
	-	10,000	-	-	10,000
Total restricted funds	63,103	271,192	(192,356)	-	141,939
Unrestricted funds					
General fund	19,958	351,775	(337,015)		34,718
Total funds	83,061	622,967	(529,371)	-	176,657

14. Analysis of funds (continued)

Name of fund	Description, nature and purpose of fund
Restricted general fund	Money given to the charity where the donor requires that a grant or donation be spent for a specific project.
Restricted fixed asset fund	Restricted fixed asset funds are resources which are to be applied to specific capital purposes imposed by funders where the asset acquired or created is held for a specific purpose.
Unrestricted general fund	The free reserves of the charity which are not designated for particular purposes.

15. Analysis of net assets between funds

Fund balances at 31 March 2025 are represented by:

	Unrestricted funds £	Restricted general funds £	Restricted fixed asset funds £	Total funds £
Tangible fixed assets	-	-	10,000	10,000
Current assets	34,718	174,094	-	208,812
Current liabilities	-	(42,155)	-	(42,155)
Total net assets	34,718	131,939	10,000	176,657

16. Capital commitments

	2025 £	2024 £
Land and buildings	950,000	-

Forecast expenditure to completion on the reconstruction of Charlemont Community Centre, West Bromwich B71 3PJ. Expenditure to date is included as an asset under construction in note 10.

17. Reconciliation of net income/(expenditure) to net cash flow from operating activities

	Total 2025 £	Total 2024 £
Net income/(expenditure) for the year	93,596	(70,815)
Depreciation	4,408	2,516
(Increase) / decrease in debtors	(3,884)	1,800
Increase / (decrease) in creditors	(1,559)	16,234
Net cash flow from operating activities	92,561	(50,265)

18. Related party transactions

No related party transactions took place in the period of account.

Sandwell African Caribbean Mental Health Foundation
DETAILED INCOME AND EXPENDITURE ACCOUNT
for the year ended 31 March 2025

	2025	2024
	£	£
INCOMING RESOURCES		
Grants		
Sandwell MBC	140,440	135,460
Big Lotto 2	112,848	56,692
Oak Foundation	64,000	64,000
POhWER advocacy	58,807	16,039
Henry Smith	40,000	37,050
Heart of England - ICF	38,046	-
Postcode Lottery	25,000	-
Talent Fund	20,000	-
Wider Determinants of Health	17,746	-
Heart of England2 (Garden Project)	15,588	-
BBWBS	11,250	8,000
Shared Prosperity Fund	5,714	10,826
Others	28,599	18,337
Donations	20,035	1,594
	598,073	347,998
Fund raising	16	148
Sundry income	2,073	198
Commercial operations	22,805	10,086
Rental income and room hire	-	425
	622,967	358,855
STAFF COSTS		
Wages and salaries	383,708	290,610
SUPPORT COSTS		
Rent and rates	18,485	13,001
Insurance	1,648	1,750
Heat, light and water	9,967	12,692
Telephone and communications	10,276	6,113
Postage and stationery	3,152	1,143
Advertising and events	2,316	5,344
Repairs and renewals	15,960	2,473
Travel and subsistence	15,708	3,961
Office expenses	11,786	11,743
Volunteer expenses	466	460
Training and recruitment	12,420	17,653
Computers and IT	21,207	20,867
Legal and professional	11,902	33,732
Bank charges and interest	262	212
Depreciation	4,408	2,516
	523,671	424,270
GOVERNANCE COSTS		
Auditor's remuneration	5,700	5,400
	5,700	5,400
NET SURPLUS/(DEFICIT) FOR THE YEAR	93,596	(70,815)

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

SANDWELL AFRICAN CARIBBEAN MENTAL HEALTH FOUNDATION

England & Wales - Charity number 1082017

Accounts

Annual Report 2023 -2024

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A Message from The Chair

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

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

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

Don Williams

The Chair

Chief Executive Officer

Towards Sustainability

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

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

Partnerships & Networks

SACMHF was one of the early members of Communities in Sync (CIS) consortium when it was set up around 2016. CIS has been a vehicle through which SACMHF have been able to deliver on projects and services that would not have been possible if SACMHF had tendered independently.Winter Pressures, Wellbeing and Bereavement, Volunteering, Benefits & Welfare, Wider Determinants of Health services all represent projects and services delivered in partnership with other CIS member organisations.

Catalyst 4 Change works with SACMHF to contribute to the certain of the work delivered by the West Midlands Combined Authority's Mental Health Commission including the Black Thrive initiative and SACMHF beneficiaries contributed to the Patient Carer Race Equality Framework (PCREF) consultation piece. We are also delivering a service in partnership with Catalyst and Pohwer Advocacy. This is the Advocates for Change service which is a culturally appropriate advocacy service delivering across the Birmingham and Solihull Integrated Care Board (ICB) footprint.

The Race Equality Foundation regularly produce reports from research that has included our beneficiaries. The most recent piece of work conducted during the year focused on physical health checks for African Caribbean people experiencing severe mental illness. A video from this piece of work can be viewed on our website www.sacmhf.co.uk

> ***"We have been planning our journey towards sustainability for several years now."***

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

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

Nicola Richards MP has held surgeries at the Kuumba centre where she and her senior Case Worker Harry Lofthouse supported a group of clients to work through some of their social problems. Nicola continues to be supportive of our charity and Harry regularly works with managers to work through a range of issues concerning the premises. Our work to take on a community asset C3 would not have been possible without Nicola's input for which we are hugely appreciative.

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

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

User Voices & Representation

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

Co-production meetings take place quarterly and comprises of a majority of beneficiaries with staff present in a supportive capacity. These meetings are minuted and clients are invited to present ideas for new services, discuss issues with current services and gaps in local service provision. Their views are used to hone our finance and fundraising strategy and ongoing plans for future service delivery to meet their evolving needs.

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

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

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

What the Future Looks Like for SACMHF

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

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

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

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

Patricia Johnson

Chief Executive Officer

Business Development Manager

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

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

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

Co-production

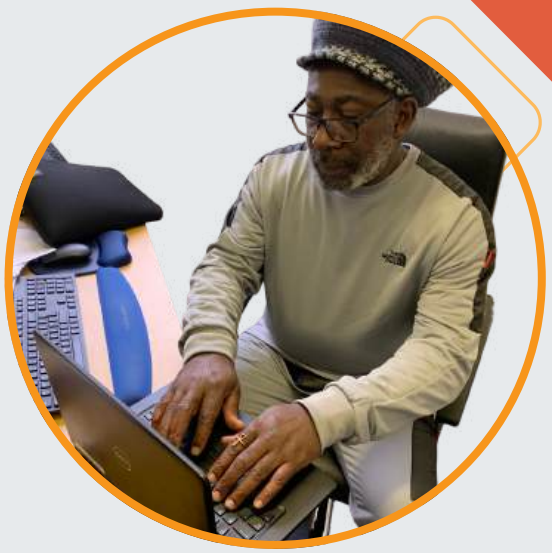
Co-production has been running smoothly, and we continue to increase service user engagement. Service users have expressed a sense of being heard and that we have listened to them, taken action, and provided them with timescales. Recently, during our co-production meeting, service users visited our asset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

Volunteering

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

Tech Connect

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



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

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

Arts and Crafts

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

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

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

Summary

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

Melissa Machangara
Business Development Manager

Office and Finance Manager

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

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

COMMUNITIES IN SYNC

SACMHF - DELIVERY PARTNER PROVIDING SUPPORT TO LOCAL PEOPLE

BEREAVEMENT SERVICE

Due to the success of the partners delivering the Caring for Carers Service (Bereavement support service, covering the Birmingham area), CIS was successful in securing further funding in the form of the Birmingham Bereavement & Well-being Service (BBWS). SACMHF's BBWS's Officer continues to provide one-to-one bereavement support, tailored to individual needs.

WINTER PRESSURES

The Winter Pressures project is continued funding from the previous year to support Sandwell residents in need of mental health support. The Winter Pressures' funding ended partway through the financial year. This service was delivered by 7 CIS members, SACMHF's Wellbeing & Recovery Workers were able to provide a range of bespoke interventions to help individuals improve their mental well-being.

SHARED PROSPERITY FUND (UKSPF)

This service provided volunteering opportunities along with a role description and training to volunteers within SACMHF or with other local organisations. The programme aims where to increase employment opportunities, learn new skills, increase confidence, CV writing and training opportunities. This programme has produced some success stories where some volunteers have secured employment.

BENEFIT & WELFARE SMI

SACMHF's staff have provided help and advice in a planned approach to signpost individuals who have been diagnosed with severe mental health conditions to get the benefits or support they are entitled to.

WIDER DETERMINANTS OF HEALTH

Funding for this project was received towards the end of the financial year which is tailored to Sandwell residents who want to get active to improve their and mental and physical health. The programme will consist of walking and cycling groups in green spaces including our **'Time to Grow'** gardening project . The project also aims to encourage peer-to-peer support and to help forge friendships.

Big thanks to Communities In Sync Leads:

Nav Rai- Chief Executive Officer
Nikki-Dee Haddleton - Operations Manager
Luke McCubbin - Project Lead for the Bereavement Service.
www. https://communitiesinsync.info/

COMMUNITIES IN SYNC

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

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

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

Has it been 25 years already?

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

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

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

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

Donna Campbell

Office and Finance Manager

iMATTER

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

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

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

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

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

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

Olivia's Journey at SACMHF

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

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

How do you think iMATTER can help you?

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

iMATTER

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

Funded by:

The Henry Smith Charity
founded in 1628

Outreach Report

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

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

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

Gardening Project

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

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

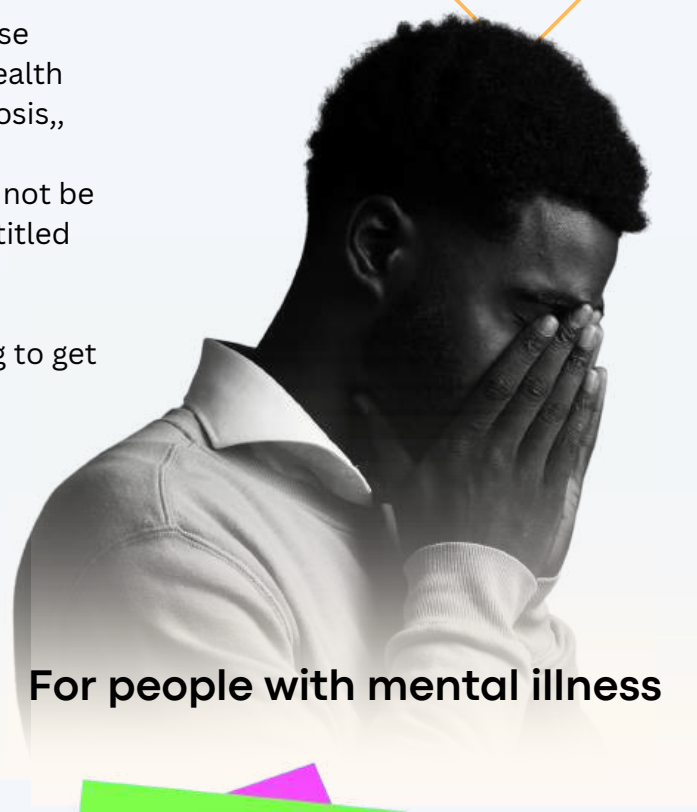
Many of our service users have experienced, or have relatives, that have mental health issues. This project allowed our service users to learn about gardening within a therapeutic and calming environment – which provided them with the sustainable skills to grow various plants and vegetables which they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

Free Welfare Advice

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

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

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



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

MAN II MAN

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

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

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

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

Inayat Pashtoonmal

Team Leader

Operations Manager

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

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

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

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

Rebecca Gardner
Operations Manager

Student Placement

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

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

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

What does the future hold ?

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

Subaan Waheed

Student

Care For You

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

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

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

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

Rebecca Gardner

Operations Manager

Well-Being and Bereavement Service

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

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

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

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

Funded by:

COMMUNITIES IN SYNC

Sonia Gwanvala

Bereavement & Wellbeing Officer

Counselling

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

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

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

Benefits of Counselling?

Counselling offers a wide range of benefits, making it an essential service for improving mental well-being and overall health. Here are some key advantages:

Improve Mood: Counselling can help individuals manage their emotions, leading to an improved mood and a more positive outlook on life.

Treat Mental Illness: Professional counselling can be instrumental in diagnosing and treating mental illnesses such as depression, anxiety, PTSD, and other conditions.

Reduce Medical Costs: By addressing mental health issues early, counselling can reduce the need for more extensive medical treatment later, lowering overall healthcare costs.

Improve Communication and Relationships: Counselling often focuses on improving interpersonal skills, which can enhance communication and relationships with others.

Promote Self-Esteem and Resilience: Through counselling, individuals can build self-esteem and develop resilience, empowering them to face life's challenges with greater confidence.

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

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

Funded by:

COMMUNITY FUND

Jennifer Mcfarlane

Lead Counsellor

Advocates For Change Birmingham & Solihull

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

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

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

Our Aim

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

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

In partnership with...

Catalyst 4 Change
African & Caribbean Mental Health Hub

SANDWELL AFRICAN CARIBBEAN MENTAL HEALTH FOUNDATION

POhWER
Voices Heard • Lives Empowered

Communications Officer

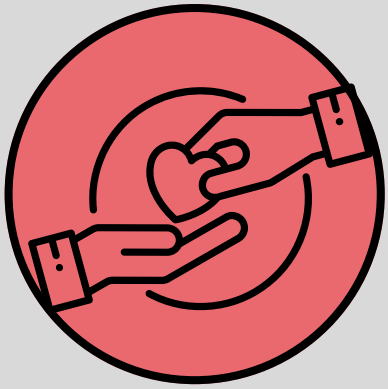
Communications and Marketing are continuing to grow in presence both online and within the communities we serve. Each month we are gaining new followers across social media platforms which highlights the great work we are doing within the mental health sector and how we are raising more awareness from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

Mental Health Awareness Week

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

Website and Donations

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



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

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

Suzanne Huynh

Communications Officer

User Satisfaction 2024

100%

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

100%

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

100%

THE KUUMBA WELLBEING WORKER LISTENED TO ME

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

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

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

I WAS SEEN IN A CLEAN AND SAFE ENVIRONMENT

100%

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

100%

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

100%

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

100%

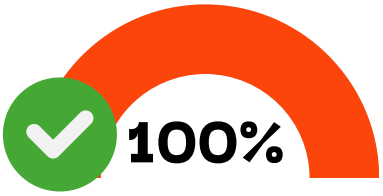
I WAS TREATED WITH DIGNITY AT ALL TIMES

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

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

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

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



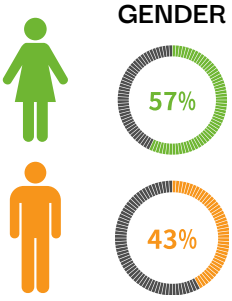
100%

THE ADVICE/SUPPORT THAT I RECEIVED WAS EFFECTIVE

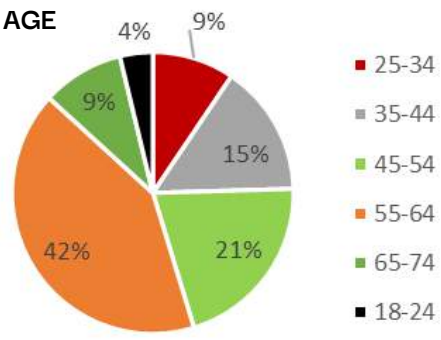
100%

MY PERSONAL INFORMATION WAS TREATED CONFIDENTIALLY

GENDER



AGE



Statistics

2023/24

GENDER

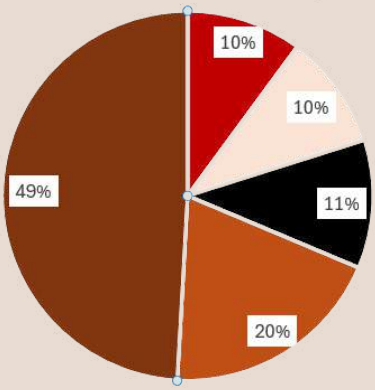
44% of our members are male; 55% are female and 1% is non-binary

Number of psychiatric admissions

2%

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

100%



ETHNICITY

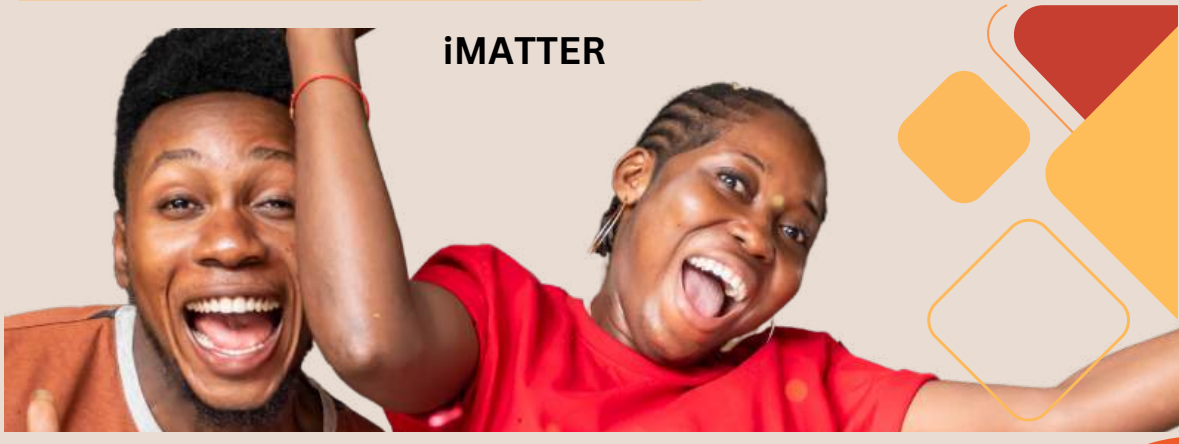
- White & Black Caribbean
- White British
- Black African
- Other Ethnic Backgrounds
- Black Caribbean

AGE

35% of our members are aged 11-25

22%

iMATTER



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

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

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

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

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

44%

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

100%

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

100%

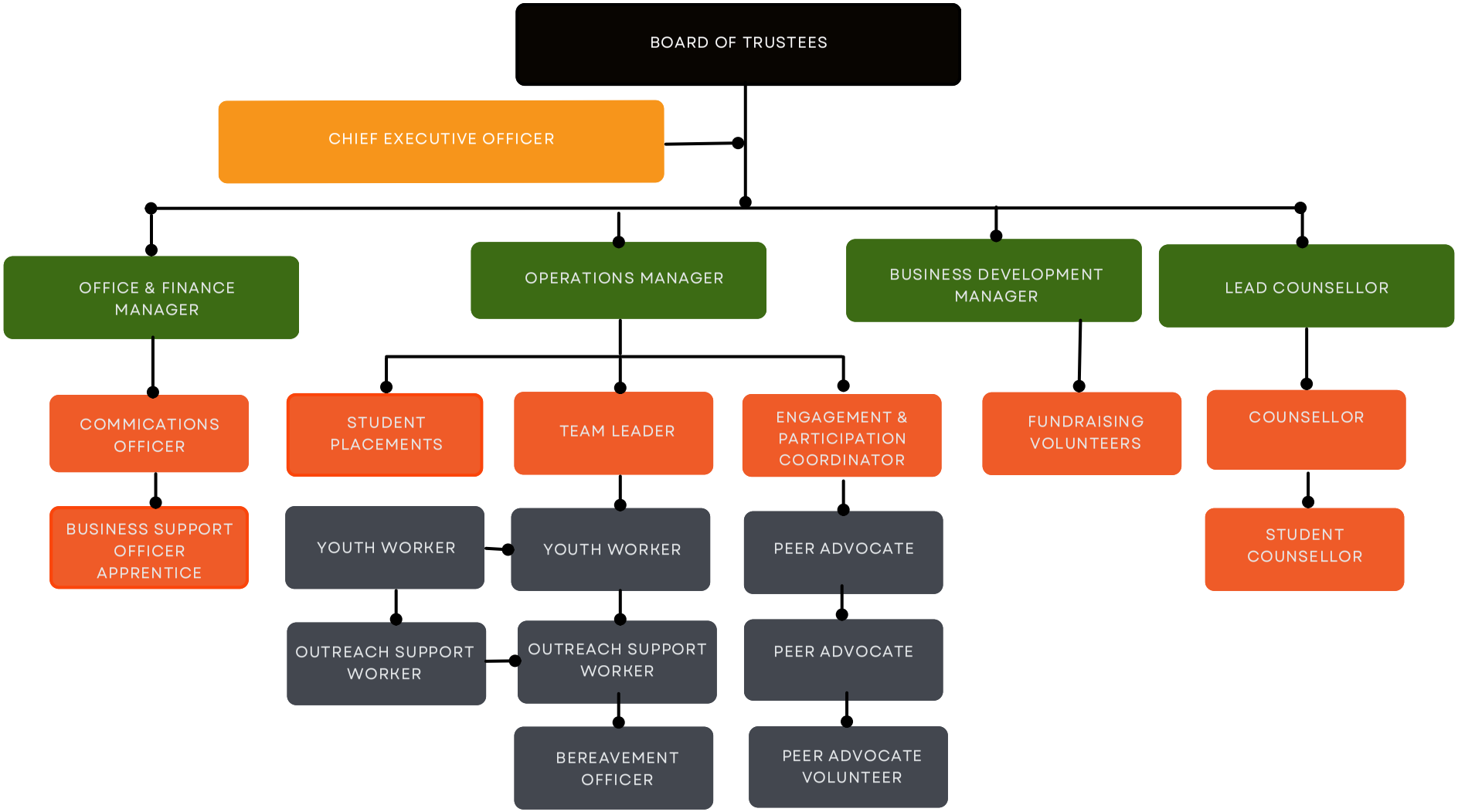
Respondents reported that they felt they were treated with dignity at all times.

DETAILED INCOME AND EXPENDITURE ACCOUNT

for the year ended 31 March 2024

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

This page does not form part of the statutory financial statements



MANAGEMENT & STAFFING STRUCTURE MARCH 2024

Sandwell African Caribbean Mental Health Foundation

(A Company Limited by Guarantee)

Annual Report and Financial Statements
Year ended 31 March 2024

Charity number : 1082017

Company Number : 4004120

Feltons
Chartered Accountants
Birmingham
B1 3JR

Sandwell African Caribbean Mental Health Foundation

(A Company Limited by Guarantee)

Report and financial statements
Year ended 31 March 2024

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Sandwell African Caribbean Mental Health Foundation
(A Company Limited by Guarantee)

Reference and Administrative Details

Chair	Bishop D R Williams	
Trustees	Rev'd G S Brown	Treasurer (resigned 2 October 2023)
	Mr R A McDonald	
	El Musa Pujeh	
	Ms M Wilson	Vice Chair
Company secretary	Patricia Johnson	
Key management personnel	Patricia Johnson	CEO
	Donna Campbell	Office & Finance Manager
	Rebecca Gardner	Youth Services Manager/Care Co-ordinator
	Melissa Machangara	Business Development Manager
	Dawn Reid	Health & Wellbeing Services Manager
Registered office		Kuumba Centre Boulton Road West Bromwich West Midlands B70 6NW
Charity number		1082017
Company registration number		4004120
Auditor		Feltons 8 Sovereign Court 8 Graham Street Birmingham B1 3JR
Bankers		Unity Trust Bank Nine Brindley Place 4 Oozells Square Birmingham B1 2HB
Solicitors		Kapasi & Co 1st floor, 17 Birmingham Street Oldbury West Midlands B69 4DT

Sandwell African Caribbean Mental Health Foundation
(A Company Limited by Guarantee)

Report of the trustees
Year ended 31 March 2024

The Trustees present their report and the financial statements of the charity for the year ended 31 March 2024. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities" in preparing the annual report and financial statements of the charity.

The financial statements have been prepared in accordance with the accounting policies set out in notes to the accounts and comply with the charity's governing document, the Charities Act 2011 and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland published in October 2019 .

Trustees of the charity

Details of the trustees who served during the year and to the date these accounts are approved are included in the Reference and Administrative details on page 1.

Objectives and activities

Our charity delivers services predominately but not exclusively for Black African Caribbean people recovering from mental illness, their families, carers, and the wider community.

In planning the activities for the year the trustees have considered the Charity Commission's guidance on public benefit, including the guidance 'public benefit: running a charity (PB2)'.

The strategies employed to achieve the charity's aims and objectives are described in the strategic report below.

Strategic Report

Achievements and performance (including principal risks and uncertainties, development and performance and key performance indicators)

Towards Sustainability

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

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

Further to this initiative work has continued with the move to take on a community asset to be transferred to us from Sandwell Council. The asset in question is Charlemont Community Centre (C3). A project team has been assembled including a firm of architects. A business plan to support the transfer of C3 is in place and will be used to support and enhance capital funding applications to support this transition.

Towards Sustainability (continued)

C3 represents a real opportunity to realise more of our charity' potential to work more widely with the local community in Charlemont and Grove Vale ward offering new support services alongside existing services currently being delivered.

Partnerships & Networks

SACMHF was one of the early members of Communities in Sync (CIS) consortium when it was set up around 2016. CIS has been a vehicle through which SACMHF have been able to deliver on projects and services that would not have been possible if SACMHF had tendered independently. Winter Pressures, Wellbeing and Bereavement, Volunteering, Benefits & Welfare, Wider Determinants of Health services all represent projects and services delivered in partnership with other CIS member organisations.

Catalyst 4 Change works with SACMHF to contribute to the certain of the work delivered by the West Midlands Combined Authority's Mental Health Commission including the Black Thrive initiative and SACMHF beneficiaries contributed to the Patient Carer Race Equality Framework (PCREF) consultation piece. We are also delivering a service in partnership with Catalyst and Pohwer Advocacy. This is the Advocates for Change service which is a culturally appropriate advocacy service delivering across the Birmingham and Solihull Integrated Care Board (ICB) footprint.

The Race Equality Foundation regularly produce reports from research that has included our beneficiaries. The most recent piece of work conducted during the year focused on physical health checks for African Caribbean people experiencing severe mental illness. A video from this piece of work can be viewed on our website www.sacmhf.co.uk

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

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

Nicola Richards MP has held surgeries at the Kuumba centre where she and her senior Case Worker Harry Lofthouse supported a group of clients to work through some of their social problems. Nicola continues to be supportive of our charity and Harry regularly works with managers to work through a range of issues concerning the premises. Our work to take on a community asset C3 would not have been possible without Nicola's input for which we are hugely appreciative.

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

Partnerships & Networks (continued)

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

User Voices & Representation

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

Co-production meetings take place quarterly and comprises of a majority of beneficiaries with staff present in a supportive capacity. These meetings are minuted and clients are invited to present ideas for new services, discuss issues with current services and gaps in local service provision. Their views are used to hone our finance and fundraising strategy and ongoing plans for future service delivery to meet their evolving needs.

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

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

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

Financial review (including reserves policy)

The financial results of Sandwell African Caribbean Mental Health Foundation are detailed in the following pages. It is considered that the finances are sound and well established. The principal funding source is a grant from Sandwell MBC. All expenditure of this income is planned to fulfil the objectives and strategies of the charity. During the year ended 31 March 2024 total resources expended were £429,670 and the deficit of expenditure over income was £70,815 stated after depreciation of £2,516.

The trustees continually monitor the reserves of the charitable company. This process encompasses the nature of income and expenditure streams and the need to match commitments with income and nature of reserves.

The trustees regularly review the level of reserves and aim to maintain unrestricted reserves at a minimum of £100,000 to cover shortfall in funding flows.

Investment powers and policy

Any surplus funds are deposited with Unity Trust Bank.

Plans for future periods

What the Future Looks Like for SACMHF

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

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

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

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

Structure, Governance and Management

Governing document

Sandwell African Caribbean Mental Health Foundation is a company limited by guarantee governed by its Memorandum and Articles of Association dated 12 April 2000 and is registered as a charity with the Charity Commission. There are currently five members, each of whom agrees to contribute £1 in the event of the charity winding up.

Appointment of trustees

As set out in the Articles of Association, the Charity may by ordinary resolution appoint a person who is willing to act as a trustee either to fill a vacancy or as an additional trustee and may also determine the rotation in which any additional trustees are to retire. No person may be appointed as a trustee unless they have attained the age of 18 years or in circumstances such that, had they already been a trustee, they would have been disqualified from acting under the above provisions.

Trustee induction and training

New trustees are briefed on their legal obligations under charity and company law and the Charity Commission guidance on public benefit, and are informed of the content of the Memorandum and Articles of Association, the committee and decision-making processes, the business plan and the recent financial performance of the charity.

Organisation

The board of trustees administers the charity. The board normally meets six times a year and there are sub-committees covering business development including impact, user satisfaction, finance and fundraising strategy and the communications plan which normally meet four times a year. A Chief Executive is appointed by the trustees to manage the day-to-day operations of the charity. To facilitate effective operations, the Chief Executive has delegated authority, within terms of delegation approved by the trustees, for operational matters including finance and fundraising, human resources, and business development.

Related parties and co-operation with other organisations

None of our trustees receive remuneration or other benefit from their work with the charity. Any connection between a trustee or senior manager of the charity with a client or supplier must be disclosed to the full board of trustees in the same way as any other contractual relationship with a related party. Related party transactions in the current year are described in notes 8 and 18 to the accounts.

Pay policy for senior staff

The board of directors, who are the Trust's trustees, and the senior management team together comprise the key management personnel of the charity in charge of directing and operating the trust on a day to day basis. No director received remuneration in the year and details of directors' expenses and related party transactions are disclosed in notes 6 and 16 to the accounts. The pay of senior staff is reviewed annually and normally increased in accordance with average earnings.

Risk management

The trustees have a risk management policy which comprises :

- an annual review of the principal risks and uncertainties that the charity faces;
- the establishment of policies, systems, and procedures to mitigate those risks identified in the annual review; and
- the implementation of procedures designed to mitigate or manage any potential impact on the charity should those risks materialise.

This work has identified that financial sustainability is the major financial risk for the charity. Key elements in the management of financial risk are a regular review of available liquid funds to settle debts as they fall due, regular liaison with the bank, and active management of operational debtor and creditor balances to ensure sufficient working capital by the Trust.

Attention has also been focused on non-financial risks such as fire, health and safety, employment matters and data protection. These risks are managed by ensuring accreditation is up to date, having robust policies in place, and regular awareness training for staff working in these operational areas.

Trustees' responsibilities

The trustees (who are also directors of Sandwell African Caribbean Mental Health Foundation for the purposes of company law) are responsible for preparing the Trustees' Annual Report (including the Strategic Report) and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year, which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP 2019 (FRS 102);
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In so far as the trustees are aware:

- there is no relevant audit information of which the charitable company's auditor is unaware; and
- the trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditor is aware of that information.

Disclosure of information to the auditors

We, the directors of the company who held office at the date of approval of these Financial Statements as set out above each confirm, so far as we are aware, that:

- there is no relevant audit information of which the company's auditors are unaware; and
- we have taken all the steps that we ought to have taken as directors in order to make ourselves aware of any relevant audit information and to establish that the company's auditors are aware of that information.

In approving the Trustees' Annual Report, we also approve the Strategic Report included therein, in our capacity as company directors.

On behalf of the board.

Bishop D R Williams - Chair

Date : 6-11-2024

Independent Auditor's Report to the Trustees of Sandwell African Caribbean Mental Health Foundation (A Company Limited by Guarantee)

Opinion

We have audited the financial statements of Sandwell African Caribbean Mental Health Foundation (the 'charitable company') for the year ended 31 March 2024 which comprise the Statement of Financial Activities, the Balance Sheet, the Statement of Cash Flows and notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements :

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2024, and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The other information comprises the information included in the trustees annual report, other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information contained within the annual report. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Opinion on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the Trustees' Report for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the Trustees' Report have been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of our knowledge and understanding of the company and its environment obtained in the course of the audit, we have not identified material misstatements in the Trustees' Report.

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept, or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the trustees were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies' exemptions in preparing the Trustees' Report and from the requirement to prepare a Strategic Report.

Responsibilities of trustees

As explained more fully in the trustees' responsibilities statement (set out on page 5), the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The specific procedures for this engagement and the extent to which these are capable of detecting irregularities, including fraud is detailed below:

- We reviewed the company's control and risk management procedures and planned our work based on our assessment of those controls and procedures;
- This review included an assessment of the risk of material misstatement due to errors, fraud and management override of controls for all material areas in the financial statements;
- We made enquiries of management and the company's lawyers regarding any actual or potential litigation and/or claims;
- Financial statements disclosures were reviewed and checked for compliance with applicable laws;
- Detailed testing was conducted on balances and transactions including unusual items and those of individual significance to the financial statements;
- Data analytics were used in order to identify unusual or significant trends;
- Communications with management and those charged with governance regarding relevant matters was undertaken throughout the audit and on completion.

Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission or misrepresentation.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at www.frc.org.uk/auditorsresponsibilites. This description forms part of our auditor's report.

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.

Feltons

David W Farnsworth FCA (Senior Statutory Auditor)
For and on behalf of Feltons, Statutory Auditor
8 Sovereign Court
8 Graham Street
Birmingham B1 3JR

Date : 7 November 2024

Sandwell African Caribbean Mental Health Foundation
(A Company Limited by Guarantee)

Statement of financial activities
for the year ended 31 March 2024

	Notes	Unrestricted funds £	Restricted funds £	Total 2024 £	Total 2023 £
Income					
Grants and donations	3	194,514	137,445	331,959	380,416
Income from charitable activities:	4				
Fund raising		148	-	148	901
Sundry income		198	-	198	4,757
Income from trading activities:					
Commercial operations		26,125	-	26,125	-
Rental income and room hire		425	-	425	-
Total income		221,410	137,445	358,855	386,074
Expenditure					
Charitable activities:					
Operational and support costs	5	308,124	121,546	429,670	404,482
Total expenditure		308,124	121,546	429,670	404,482
Net (expenditure) before transfers		(86,714)	15,899	(70,815)	(18,408)
Gross transfers between funds	14	(2,966)	2,966	-	-
Net movement in funds		(89,680)	18,865	(70,815)	(18,408)
Reconciliation of funds					
Total funds brought forward	14	109,638	44,238	153,876	172,284
Total funds carried forward		19,958	63,103	83,061	153,876

All income and expenditure derive from continuing activities.

The statement of financial activities includes all gains and losses recognised during the year

Sandwell African Caribbean Mental Health Foundation
(A Company Limited by Guarantee)

Company Number : 4004120 / **Charity number : 1082017**

Balance sheet as at 31 March 2024

	Notes	2024 £	2024 £	2023 £	2023 £
Fixed assets					
Tangible assets	10		10,066		10,909
Current assets					
Debtors	11	65,179		66,979	
Cash at bank and in hand		51,530		103,468	
		116,709		170,447	
Creditors: amounts falling due within one year	12	43,714		27,480	
Net current assets			72,995		142,967
Net assets			83,061		153,876
Funds of the charity :					
Restricted funds					
General fund	14		63,103		44,238
Unrestricted funds					
General fund	14	19,958		109,638	
			19,958		109,638
Total funds			83,061		153,876

These accounts have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

The notes on pages 15 to 24 form part of these accounts.

The financial statements were approved by the board of trustees on 6-11-2024 and were signed on its behalf by:

Bishop D R Williams
(Chair)

Sandwell African Caribbean Mental Health Foundation
(A Company Limited by Guarantee)

Statement of cash flows
for the year ended 31 March 2024

	Notes	2024 £	2023 £
Cash flow from operating activities	17	(50,265)	(64,367)
Net cash flow from operating activities		(50,265)	(64,367)
Cash flow from investing activities			
Payments to acquire tangible fixed assets		(1,673)	(874)
Net cash flow from investing activities		(1,673)	(874)
Net increase / (decrease) in cash and cash equivalents		(51,938)	(65,241)
Cash and cash equivalents at 1 April 2023		103,468	168,709
Cash and cash equivalents at 31 March 2024		51,530	103,468

Notes to the financial statements for the year ended 31 March 2024

1. Accounting policies

a) General information and basis of preparation

Sandwell African Caribbean Mental Health Foundation is a charitable company limited by guarantee . In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the charity. The address of the registered office is given in the charity information on page 1 of these financial statements. The nature of the charity's operations and principal activities is the delivery of services predominately but not exclusively for Black African Caribbean people recovering from mental illness and their families, carers, and the wider community.

The charity constitutes a public benefit entity as defined by FRS 102. The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Charities Act 2011, the Companies Act 2006 and UK Generally Accepted Accounting Practice.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated

b) Going concern

The financial statements have been prepared on a going concern basis as the trustees believe that no material uncertainties exist. The trustees have considered the level of funds held and the expected level of income and expenditure for a period of 12 months from the date of authorising these financial statements. The budgeted income and expenditure is sufficient with the level of reserves for the charity to be able to continue as a going concern.

c) Funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

Designated funds comprise unrestricted funds that have been set aside by the trustees for particular purposes. The aim and use of each designated fund is set out in the notes to the financial statements.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the charity for particular purposes. The cost of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

d) Income recognition

All incoming resources are included in the Statement of Financial Activities (SoFA) when the charity is legally entitled to the income after any performance conditions have been met, the amount can be measured reliably and it is probable that the income will be received.

Notes to the financial statements for the year ended 31 March 2024 (continued)

1. Accounting policies (continued)

d) Income recognition (continued)

- **Grants receivable**
  Grants are included in the Statement of Financial Activities on a receivable basis. The balance of income received for specific purposes but not expended during the period is shown in the relevant funds on the balance sheet. Where income is received in advance of entitlement of receipt its recognition is deferred and included in creditors as deferred income. Where entitlement occurs before income is received, the income is accrued.

- **Donations**
  Donations are recognised on a receivable basis where there is certainty of receipt and the amount can be reliably measured. If there are conditions attached to the donation and this requires a level of performance before entitlement can be obtained then income is deferred until those conditions are fully met or the fulfilment of those conditions is within the control of the charity and it is probable that they will be fulfilled.

- **Donated services and gifts in kind**
  Donated facilities and donated professional services are recognised in income at their fair value when their economic benefit is probable, it can be measured reliably and the charity has control over the item. Fair value is determined on the basis of the value of the gift to the charity. For example the amount the charity would be willing to pay in the open market for such facilities and services. A corresponding amount is recognised in expenditure.

- **Gifts in kind**
  Fixed asset gifts in kind are recognised when receivable and are included at fair value. They are not deferred over the life of the asset.

- **Interest receivable**
  Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank.

- **Other income**
  Other income, including the hire of facilities, is recognised in the period it is receivable and to the extent the goods have been provided or on completion of the service.

e) Expenditure recognition

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Expenditure is recognised where there is a legal or constructive obligation to make payments to third parties, it is probable that the settlement will be required and the amount of the obligation can be measured reliably. It is categorised under the following headings:

- **Costs of generating funds**
  These are costs incurred in attracting voluntary income, and those incurred in trading activities that raise funds.

Notes to the financial statements for the year ended 31 March 2024 (continued)

1. Accounting policies (continued)

e) Expenditure recognition (continued)

- **Charitable activities**
  These are costs incurred in activities undertaken to further the purposes of the charity and their associated support costs.

- **Governance costs**
  These include the costs attributable to the trust's compliance with constitutional and statutory requirements, including strategic management and trustees' meetings and reimbursed expenses.

Irrecoverable VAT is charged as an expense against the activity for which expenditure arose.

f) Allocation of support costs

Support costs are those that assist the work of the charity but do not directly represent charitable activities and include office costs, governance costs and administrative payroll costs. Where support costs cannot be directly attributed to particular headings they have been allocated to cost of raising funds and expenditure on charitable activities. The bases on which support costs have been allocated are set out in note 6.

g) Tangible fixed assets

Tangible fixed assets are stated at cost (or deemed cost) or valuation less accumulated depreciation and accumulated impairment losses. Cost includes costs directly attributable to making the asset capable of operating as intended.

Depreciation is provided on all tangible fixed assets, at rates calculated to write off the cost, less estimated residual value, of each asset on a systematic basis over its expected useful life as follows:

Office equipment	- 20% per annum on a reducing balance basis

h) Debtors

Operational and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

i) Cash at bank and in hand

Cash at bank and in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

1. Accounting policies (continued)

j) Liabilities

Liabilities are recognised when there is an obligation at the balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably. Liabilities are recognised at the amount that the charity anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide.

k) Operating leases

Rentals payable under operating leases are charged to the SoFA on a straight line basis over the period of the lease.

l) Taxation

The charity is an exempt charity within the meaning of schedule 3 of the Charities Act 2011 and is considered to pass the tests set out in Paragraph 1 Schedule 6 Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes.

m) Pension benefits

The charity operates a defined contribution plan for the benefit of its employees. Contributions are expensed as they become payable.

Notes to the financial statements for the year ended 31 March 2024 (continued)

2. Prior year Statement of Financial Activities (year end 31 March 2023)

	Unrestricted funds £	Restricted funds £	Total 2023 £
Income			
Grants and donations	313,758	66,658	380,416
Income from charitable activities:			
Fund raising	901	-	901
Sundry income	4,757	-	4,757
Total income	319,416	66,658	386,074
Expenditure			
Charitable activities	311,401	93,081	404,482
Total expenditure	311,401	93,081	404,482
Net income/(expenditure) before transfers	8,015	(26,423)	(18,408)
Reconciliation of funds			
Total funds brought forward	101,623	70,661	172,284
Total funds carried forward	109,638	44,238	153,876

3. Grants and donations

	Unrestricted funds £	Restricted funds £	Total 2024 £	Total 2023 £
Grants	192,920	137,445	330,365	377,181
Donations	1,594	-	1,594	3,235
	194,514	137,445	331,959	380,416

4. Income from charitable activities

	Unrestricted funds £	Total 2024 £	Total 2023 £
Fund raising	148	148	901
Sundry income	198	198	4,757
	346	346	5,658

Notes to the financial statements for the year ended 31 March 2024 (continued)

5. Expenditure on charitable activities

	Core activity £	Total 2024 £	Total 2023 £
Operational and support costs			
Staff costs	290,610	290,610	262,091
Depreciation	2,516	2,516	2,727
Support costs (see note 7)	131,144	131,144	134,551
Governance costs (see note 7)	5,400	5,400	5,113
	429,670	429,670	404,482

Total expenditure on charitable activities was £429,670 (2023 - £404,482) of which £308,124 (2023 - £311,401) was unrestricted and £121,546 (2023 - £93,081) was restricted.

6. Analysis of support and governance costs

	Basis of allocation	General support £	Governance function £	Total 2024 £	Total 2023 £
Training and volunteer expenses	Staff time	18,113	-	18,113	19,833
Premises costs	Usage	29,916	-	29,916	34,084
Telephone, postage, stationery and advertising	Usage	12,600	-	12,600	15,832
Information technology	Usage	20,867	-	20,867	17,532
Travel and subsistence	Usage	3,961	-	3,961	3,538
General office costs	Usage	11,743	-	11,743	14,885
Audit and accountancy services	Governance	-	5,400	5,400	5,100
Other governance costs	Governance	-	-	-	13
Legal and other professional	Usage	33,732	-	33,732	28,146
Bank charges	Usage	212	-	212	-
Other support costs	Usage	-	-	-	701
		131,144	5,400	136,544	139,664

7. Net (expenditure) for the year

Net (expenditure) is stated after charging :

	Total 2024 £	Total 2023 £
Depreciation of tangible fixed assets	2,516	2,727
Operating lease rentals		
Premises	12,955	11,133
Auditors remuneration - audit fee	5,400	5,100

Notes to the financial statements for the year ended 31 March 2024 (continued)

8. Trustees and key management personnel remuneration and expenses

The trustees neither received nor waived any remuneration during the year (2023 - £nil). One trustee (2023 - 2) was reimbursed expenses during the year of £489 (2023 - £363).

The Trust considers its key management personnel comprise the senior management team as listed on page 1. The total amount of employee benefits (including employer pension contributions and employer national insurance contributions) received by key management personnel was £187,116 (2023 - £171,667).

9. Analysis of staff costs and numbers

Staff costs :

	Total 2024 £	Total 2023 £
Wages and salaries	259,516	233,837
Social security costs	23,391	22,180
Defined contribution pension schemes	7,703	6,074
	290,610	262,091

No employees received total employee benefits of more than £60,000.

Staff numbers :

The average monthly number of employees and full time equivalents during the year was as follows:

	2024 Number	2024 FTE	2023 Number	2023 FTE
Charitable activities	6	4	5	3
Management	5	5	5	4
	11	9	10	7

10. Tangible fixed assets

	Office equipment £	Total £
Cost		
At 1 April 2023	52,684	52,684
Additions	1,673	1,673
At 31 March 2024	54,357	54,357
Depreciation		
At 1 April 2023	41,775	41,775
Charge for the year	2,516	2,516
At 31 March 2024	44,291	44,291
Net book values		
At 31 March 2024	10,066	10,066
At 31 March 2023	10,909	10,909

Notes to the financial statements for the year ended 31 March 2024 (continued)

11. Debtors

	Total 2024 £	Total 2023 £
Debtors from operations	-	2,000
Prepayments and accrued income	65,179	979
Other debtors	-	64,000
	65,179	66,979

12. Creditors - amounts falling due within one year

	Total 2024 £	Total 2023 £
Creditors from operations	6,965	4,638
Taxation and social security	8,561	8,721
Accruals and deferred income	19,253	5,100
Other creditors	8,935	9,021
	43,714	27,480

Deferred income

Deferred income at 1 April 2023	-	22,843
Resources deferred in the year	13,853	-
Amounts released from previous years	-	(22,843)
Deferred income at 31 March 2024	13,853	-

At the balance sheet date the charity was holding funds received in advance from Black Country NHS Partnership Trust for the Wider Determinants of Health project and from Sandwell Council for a cycling project.

13. Commitments under operating leases

At 31 March 2024 the charity was committed to making the following payments under non-cancellable operating leases :

	Total 2024 £	Total 2023 £
Within one year	13,362	13,362
Within two to five years inclusive	16,314	29,676
	29,676	43,038

Notes to the financial statements for the year ended 31 March 2024 (continued)

14. Analysis of funds

	Balance at 1 April 2023 £	Incoming resources £	Resources expended £	Transfers £	Balance at 31 March 2024 £
Restricted funds					
Henry Smith	37,050	37,050	(65,879)	-	8,221
Birmingham City Council	7,188	7,187	(17,341)	2,966	-
Big Lotto 2	-	56,692	(9,511)	-	47,181
Others	-	36,516	(28,815)	-	7,701
	44,238	137,445	(121,546)	2,966	63,103
Unrestricted funds					
General fund	109,638	221,410	(308,124)	(2,966)	19,958
	109,638	221,410	(308,124)	(2,966)	19,958
Total funds	153,876	358,855	(429,670)	-	83,061

Name of fund	Description, nature and purpose of fund
Restricted general fund	Money given to the charity where the donor requires that a grant or donation be spent for a specific project.
Unrestricted general fund	The free reserves of the charity which are not designated for particular purposes.

15. Analysis of net assets between funds

Fund balances at 31 March 2024 are represented by:

	Unrestricted funds £	Restricted funds £	Total funds £
Tangible fixed assets	-	10,066	10,066
Current assets	63,672	53,037	116,709
Current liabilities	(43,714)	-	(43,714)
Total net assets	19,958	63,103	83,061

Notes to the financial statements for the year ended 31 March 2024 (continued)

16. Capital commitments

There were no capital commitments at 31 March 2024 (2023 - £nil).

17. Reconciliation of net income/(expenditure) to net cash flow from operating activities

	Total 2024 £	Total 2023 £
Net income/(expenditure) for the year	(70,815)	(18,408)
Depreciation	2,516	2,727
(Increase) / decrease in debtors	1,800	(30,319)
Increase / (decrease) in creditors	16,234	(18,367)
Net cash flow from operating activities	(50,265)	(64,367)

18. Related party transactions

No related party transactions took place in the period of account.

Sandwell African Caribbean Mental Health Foundation
DETAILED INCOME AND EXPENDITURE ACCOUNT
for the year ended 31 March 2024

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

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

Sandwell African Caribbean Mental Health Foundation

(A Company Limited by Guarantee)

Annual Report and Financial Statements
Year ended 31 March 2024

Charity number : 1082017

Company Number : 4004120

Feltons
Chartered Accountants
Birmingham
B1 3JR

Sandwell African Caribbean Mental Health Foundation

(A Company Limited by Guarantee)

Report and financial statements
Year ended 31 March 2024

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Sandwell African Caribbean Mental Health Foundation
(A Company Limited by Guarantee)

Reference and Administrative Details

Chair	Bishop D R Williams	
Trustees	Rev'd G S Brown	Treasurer (resigned 2 October 2023)
	Mr R A McDonald	
	El Musa Pujeh	
	Ms M Wilson	Vice Chair
Company secretary	Patricia Johnson	
Key management personnel	Patricia Johnson	CEO
	Donna Campbell	Office & Finance Manager
	Rebecca Gardner	Youth Services Manager/Care Co-ordinator
	Melissa Machangara	Business Development Manager
	Dawn Reid	Health & Wellbeing Services Manager
Registered office		Kuumba Centre Boulton Road West Bromwich West Midlands B70 6NW
Charity number		1082017
Company registration number		4004120
Auditor		Feltons 8 Sovereign Court 8 Graham Street Birmingham B1 3JR
Bankers		Unity Trust Bank Nine Brindley Place 4 Oozells Square Birmingham B1 2HB
Solicitors		Kapasi & Co 1st floor, 17 Birmingham Street Oldbury West Midlands B69 4DT

Sandwell African Caribbean Mental Health Foundation
(A Company Limited by Guarantee)

Report of the trustees
Year ended 31 March 2024

The Trustees present their report and the financial statements of the charity for the year ended 31 March 2024. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities" in preparing the annual report and financial statements of the charity.

The financial statements have been prepared in accordance with the accounting policies set out in notes to the accounts and comply with the charity's governing document, the Charities Act 2011 and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland published in October 2019 .

Trustees of the charity

Details of the trustees who served during the year and to the date these accounts are approved are included in the Reference and Administrative details on page 1.

Objectives and activities

Our charity delivers services predominately but not exclusively for Black African Caribbean people recovering from mental illness, their families, carers, and the wider community.

In planning the activities for the year the trustees have considered the Charity Commission's guidance on public benefit, including the guidance 'public benefit: running a charity (PB2)'.

The strategies employed to achieve the charity's aims and objectives are described in the strategic report below.

Strategic Report

Achievements and performance (including principal risks and uncertainties, development and performance and key performance indicators)

Towards Sustainability

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

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

Further to this initiative work has continued with the move to take on a community asset to be transferred to us from Sandwell Council. The asset in question is Charlemont Community Centre (C3). A project team has been assembled including a firm of architects. A business plan to support the transfer of C3 is in place and will be used to support and enhance capital funding applications to support this transition.

Towards Sustainability (continued)

C3 represents a real opportunity to realise more of our charity' potential to work more widely with the local community in Charlemont and Grove Vale ward offering new support services alongside existing services currently being delivered.

Partnerships & Networks

SACMHF was one of the early members of Communities in Sync (CIS) consortium when it was set up around 2016. CIS has been a vehicle through which SACMHF have been able to deliver on projects and services that would not have been possible if SACMHF had tendered independently. Winter Pressures, Wellbeing and Bereavement, Volunteering, Benefits & Welfare, Wider Determinants of Health services all represent projects and services delivered in partnership with other CIS member organisations.

Catalyst 4 Change works with SACMHF to contribute to the certain of the work delivered by the West Midlands Combined Authority's Mental Health Commission including the Black Thrive initiative and SACMHF beneficiaries contributed to the Patient Carer Race Equality Framework (PCREF) consultation piece. We are also delivering a service in partnership with Catalyst and Pohwer Advocacy. This is the Advocates for Change service which is a culturally appropriate advocacy service delivering across the Birmingham and Solihull Integrated Care Board (ICB) footprint.

The Race Equality Foundation regularly produce reports from research that has included our beneficiaries. The most recent piece of work conducted during the year focused on physical health checks for African Caribbean people experiencing severe mental illness. A video from this piece of work can be viewed on our website www.sacmhf.co.uk

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

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

Nicola Richards MP has held surgeries at the Kuumba centre where she and her senior Case Worker Harry Lofthouse supported a group of clients to work through some of their social problems. Nicola continues to be supportive of our charity and Harry regularly works with managers to work through a range of issues concerning the premises. Our work to take on a community asset C3 would not have been possible without Nicola's input for which we are hugely appreciative.

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

Partnerships & Networks (continued)

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

User Voices & Representation

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

Co-production meetings take place quarterly and comprises of a majority of beneficiaries with staff present in a supportive capacity. These meetings are minuted and clients are invited to present ideas for new services, discuss issues with current services and gaps in local service provision. Their views are used to hone our finance and fundraising strategy and ongoing plans for future service delivery to meet their evolving needs.

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

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

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

Financial review (including reserves policy)

The financial results of Sandwell African Caribbean Mental Health Foundation are detailed in the following pages. It is considered that the finances are sound and well established. The principal funding source is a grant from Sandwell MBC. All expenditure of this income is planned to fulfil the objectives and strategies of the charity. During the year ended 31 March 2024 total resources expended were £429,670 and the deficit of expenditure over income was £70,815 stated after depreciation of £2,516.

The trustees continually monitor the reserves of the charitable company. This process encompasses the nature of income and expenditure streams and the need to match commitments with income and nature of reserves.

The trustees regularly review the level of reserves and aim to maintain unrestricted reserves at a minimum of £100,000 to cover shortfall in funding flows.

Investment powers and policy

Any surplus funds are deposited with Unity Trust Bank.

Plans for future periods

What the Future Looks Like for SACMHF

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

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

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

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

Structure, Governance and Management

Governing document

Sandwell African Caribbean Mental Health Foundation is a company limited by guarantee governed by its Memorandum and Articles of Association dated 12 April 2000 and is registered as a charity with the Charity Commission. There are currently five members, each of whom agrees to contribute £1 in the event of the charity winding up.

Appointment of trustees

As set out in the Articles of Association, the Charity may by ordinary resolution appoint a person who is willing to act as a trustee either to fill a vacancy or as an additional trustee and may also determine the rotation in which any additional trustees are to retire. No person may be appointed as a trustee unless they have attained the age of 18 years or in circumstances such that, had they already been a trustee, they would have been disqualified from acting under the above provisions.

Trustee induction and training

New trustees are briefed on their legal obligations under charity and company law and the Charity Commission guidance on public benefit, and are informed of the content of the Memorandum and Articles of Association, the committee and decision-making processes, the business plan and the recent financial performance of the charity.

Organisation

The board of trustees administers the charity. The board normally meets six times a year and there are sub-committees covering business development including impact, user satisfaction, finance and fundraising strategy and the communications plan which normally meet four times a year. A Chief Executive is appointed by the trustees to manage the day-to-day operations of the charity. To facilitate effective operations, the Chief Executive has delegated authority, within terms of delegation approved by the trustees, for operational matters including finance and fundraising, human resources, and business development.

Related parties and co-operation with other organisations

None of our trustees receive remuneration or other benefit from their work with the charity. Any connection between a trustee or senior manager of the charity with a client or supplier must be disclosed to the full board of trustees in the same way as any other contractual relationship with a related party. Related party transactions in the current year are described in notes 8 and 18 to the accounts.

Pay policy for senior staff

The board of directors, who are the Trust's trustees, and the senior management team together comprise the key management personnel of the charity in charge of directing and operating the trust on a day to day basis. No director received remuneration in the year and details of directors' expenses and related party transactions are disclosed in notes 6 and 16 to the accounts. The pay of senior staff is reviewed annually and normally increased in accordance with average earnings.

Risk management

The trustees have a risk management policy which comprises :

- an annual review of the principal risks and uncertainties that the charity faces;
- the establishment of policies, systems, and procedures to mitigate those risks identified in the annual review; and
- the implementation of procedures designed to mitigate or manage any potential impact on the charity should those risks materialise.

This work has identified that financial sustainability is the major financial risk for the charity. Key elements in the management of financial risk are a regular review of available liquid funds to settle debts as they fall due, regular liaison with the bank, and active management of operational debtor and creditor balances to ensure sufficient working capital by the Trust.

Attention has also been focused on non-financial risks such as fire, health and safety, employment matters and data protection. These risks are managed by ensuring accreditation is up to date, having robust policies in place, and regular awareness training for staff working in these operational areas.

Trustees' responsibilities

The trustees (who are also directors of Sandwell African Caribbean Mental Health Foundation for the purposes of company law) are responsible for preparing the Trustees' Annual Report (including the Strategic Report) and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year, which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP 2019 (FRS 102);
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In so far as the trustees are aware:

- there is no relevant audit information of which the charitable company's auditor is unaware; and
- the trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditor is aware of that information.

Disclosure of information to the auditors

We, the directors of the company who held office at the date of approval of these Financial Statements as set out above each confirm, so far as we are aware, that:

- there is no relevant audit information of which the company's auditors are unaware; and
- we have taken all the steps that we ought to have taken as directors in order to make ourselves aware of any relevant audit information and to establish that the company's auditors are aware of that information.

In approving the Trustees' Annual Report, we also approve the Strategic Report included therein, in our capacity as company directors.

On behalf of the board.

Bishop D R Williams - Chair

Date : 6-11-2024

Independent Auditor's Report to the Trustees of Sandwell African Caribbean Mental Health Foundation (A Company Limited by Guarantee)

Opinion

We have audited the financial statements of Sandwell African Caribbean Mental Health Foundation (the 'charitable company') for the year ended 31 March 2024 which comprise the Statement of Financial Activities, the Balance Sheet, the Statement of Cash Flows and notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements :

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2024, and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The other information comprises the information included in the trustees annual report, other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information contained within the annual report. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Opinion on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the Trustees' Report for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the Trustees' Report have been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of our knowledge and understanding of the company and its environment obtained in the course of the audit, we have not identified material misstatements in the Trustees' Report.

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept, or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the trustees were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies' exemptions in preparing the Trustees' Report and from the requirement to prepare a Strategic Report.

Responsibilities of trustees

As explained more fully in the trustees' responsibilities statement (set out on page 5), the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The specific procedures for this engagement and the extent to which these are capable of detecting irregularities, including fraud is detailed below:

- We reviewed the company's control and risk management procedures and planned our work based on our assessment of those controls and procedures;
- This review included an assessment of the risk of material misstatement due to errors, fraud and management override of controls for all material areas in the financial statements;
- We made enquiries of management and the company's lawyers regarding any actual or potential litigation and/or claims;
- Financial statements disclosures were reviewed and checked for compliance with applicable laws;
- Detailed testing was conducted on balances and transactions including unusual items and those of individual significance to the financial statements;
- Data analytics were used in order to identify unusual or significant trends;
- Communications with management and those charged with governance regarding relevant matters was undertaken throughout the audit and on completion.

Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission or misrepresentation.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at www.frc.org.uk/auditorsresponsibilites. This description forms part of our auditor's report.

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.

Feltons

David W Farnsworth FCA (Senior Statutory Auditor)
For and on behalf of Feltons, Statutory Auditor
8 Sovereign Court
8 Graham Street
Birmingham B1 3JR

Date : 7 November 2024

Sandwell African Caribbean Mental Health Foundation
(A Company Limited by Guarantee)

Statement of financial activities
for the year ended 31 March 2024

	Notes	Unrestricted funds £	Restricted funds £	Total 2024 £	Total 2023 £
Income					
Grants and donations	3	194,514	137,445	331,959	380,416
Income from charitable activities:	4				
Fund raising		148	-	148	901
Sundry income		198	-	198	4,757
Income from trading activities:					
Commercial operations		26,125	-	26,125	-
Rental income and room hire		425	-	425	-
Total income		221,410	137,445	358,855	386,074
Expenditure					
Charitable activities:					
Operational and support costs	5	308,124	121,546	429,670	404,482
Total expenditure		308,124	121,546	429,670	404,482
Net (expenditure) before transfers		(86,714)	15,899	(70,815)	(18,408)
Gross transfers between funds	14	(2,966)	2,966	-	-
Net movement in funds		(89,680)	18,865	(70,815)	(18,408)
Reconciliation of funds					
Total funds brought forward	14	109,638	44,238	153,876	172,284
Total funds carried forward		19,958	63,103	83,061	153,876

All income and expenditure derive from continuing activities.

The statement of financial activities includes all gains and losses recognised during the year

Sandwell African Caribbean Mental Health Foundation
(A Company Limited by Guarantee)

Company Number : 4004120 / **Charity number : 1082017**

Balance sheet as at 31 March 2024

	Notes	2024 £	2024 £	2023 £	2023 £
Fixed assets					
Tangible assets	10		10,066		10,909
Current assets					
Debtors	11	65,179		66,979	
Cash at bank and in hand		51,530		103,468	
		116,709		170,447	
Creditors: amounts falling due within one year	12	43,714		27,480	
Net current assets			72,995		142,967
Net assets			83,061		153,876
Funds of the charity :					
Restricted funds					
General fund	14		63,103		44,238
Unrestricted funds					
General fund	14	19,958		109,638	
			19,958		109,638
Total funds			83,061		153,876

These accounts have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

The notes on pages 15 to 24 form part of these accounts.

The financial statements were approved by the board of trustees on 6-11-2024 and were signed on its behalf by:

Bishop D R Williams
(Chair)

Sandwell African Caribbean Mental Health Foundation
(A Company Limited by Guarantee)

Statement of cash flows
for the year ended 31 March 2024

	Notes	2024 £	2023 £
Cash flow from operating activities	17	(50,265)	(64,367)
Net cash flow from operating activities		(50,265)	(64,367)
Cash flow from investing activities			
Payments to acquire tangible fixed assets		(1,673)	(874)
Net cash flow from investing activities		(1,673)	(874)
Net increase / (decrease) in cash and cash equivalents		(51,938)	(65,241)
Cash and cash equivalents at 1 April 2023		103,468	168,709
Cash and cash equivalents at 31 March 2024		51,530	103,468

Notes to the financial statements for the year ended 31 March 2024

1. Accounting policies

a) General information and basis of preparation

Sandwell African Caribbean Mental Health Foundation is a charitable company limited by guarantee . In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the charity. The address of the registered office is given in the charity information on page 1 of these financial statements. The nature of the charity's operations and principal activities is the delivery of services predominately but not exclusively for Black African Caribbean people recovering from mental illness and their families, carers, and the wider community.

The charity constitutes a public benefit entity as defined by FRS 102. The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Charities Act 2011, the Companies Act 2006 and UK Generally Accepted Accounting Practice.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated

b) Going concern

The financial statements have been prepared on a going concern basis as the trustees believe that no material uncertainties exist. The trustees have considered the level of funds held and the expected level of income and expenditure for a period of 12 months from the date of authorising these financial statements. The budgeted income and expenditure is sufficient with the level of reserves for the charity to be able to continue as a going concern.

c) Funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

Designated funds comprise unrestricted funds that have been set aside by the trustees for particular purposes. The aim and use of each designated fund is set out in the notes to the financial statements.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the charity for particular purposes. The cost of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

d) Income recognition

All incoming resources are included in the Statement of Financial Activities (SoFA) when the charity is legally entitled to the income after any performance conditions have been met, the amount can be measured reliably and it is probable that the income will be received.

Notes to the financial statements for the year ended 31 March 2024 (continued)

1. Accounting policies (continued)

d) Income recognition (continued)

- **Grants receivable**
  Grants are included in the Statement of Financial Activities on a receivable basis. The balance of income received for specific purposes but not expended during the period is shown in the relevant funds on the balance sheet. Where income is received in advance of entitlement of receipt its recognition is deferred and included in creditors as deferred income. Where entitlement occurs before income is received, the income is accrued.

- **Donations**
  Donations are recognised on a receivable basis where there is certainty of receipt and the amount can be reliably measured. If there are conditions attached to the donation and this requires a level of performance before entitlement can be obtained then income is deferred until those conditions are fully met or the fulfilment of those conditions is within the control of the charity and it is probable that they will be fulfilled.

- **Donated services and gifts in kind**
  Donated facilities and donated professional services are recognised in income at their fair value when their economic benefit is probable, it can be measured reliably and the charity has control over the item. Fair value is determined on the basis of the value of the gift to the charity. For example the amount the charity would be willing to pay in the open market for such facilities and services. A corresponding amount is recognised in expenditure.

- **Gifts in kind**
  Fixed asset gifts in kind are recognised when receivable and are included at fair value. They are not deferred over the life of the asset.

- **Interest receivable**
  Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank.

- **Other income**
  Other income, including the hire of facilities, is recognised in the period it is receivable and to the extent the goods have been provided or on completion of the service.

e) Expenditure recognition

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Expenditure is recognised where there is a legal or constructive obligation to make payments to third parties, it is probable that the settlement will be required and the amount of the obligation can be measured reliably. It is categorised under the following headings:

- **Costs of generating funds**
  These are costs incurred in attracting voluntary income, and those incurred in trading activities that raise funds.

Notes to the financial statements for the year ended 31 March 2024 (continued)

1. Accounting policies (continued)

e) Expenditure recognition (continued)

- **Charitable activities**
  These are costs incurred in activities undertaken to further the purposes of the charity and their associated support costs.

- **Governance costs**
  These include the costs attributable to the trust's compliance with constitutional and statutory requirements, including strategic management and trustees' meetings and reimbursed expenses.

Irrecoverable VAT is charged as an expense against the activity for which expenditure arose.

f) Allocation of support costs

Support costs are those that assist the work of the charity but do not directly represent charitable activities and include office costs, governance costs and administrative payroll costs. Where support costs cannot be directly attributed to particular headings they have been allocated to cost of raising funds and expenditure on charitable activities. The bases on which support costs have been allocated are set out in note 6.

g) Tangible fixed assets

Tangible fixed assets are stated at cost (or deemed cost) or valuation less accumulated depreciation and accumulated impairment losses. Cost includes costs directly attributable to making the asset capable of operating as intended.

Depreciation is provided on all tangible fixed assets, at rates calculated to write off the cost, less estimated residual value, of each asset on a systematic basis over its expected useful life as follows:

Office equipment	- 20% per annum on a reducing balance basis

h) Debtors

Operational and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

i) Cash at bank and in hand

Cash at bank and in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

1. Accounting policies (continued)

j) Liabilities

Liabilities are recognised when there is an obligation at the balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably. Liabilities are recognised at the amount that the charity anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide.

k) Operating leases

Rentals payable under operating leases are charged to the SoFA on a straight line basis over the period of the lease.

l) Taxation

The charity is an exempt charity within the meaning of schedule 3 of the Charities Act 2011 and is considered to pass the tests set out in Paragraph 1 Schedule 6 Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes.

m) Pension benefits

The charity operates a defined contribution plan for the benefit of its employees. Contributions are expensed as they become payable.

Notes to the financial statements for the year ended 31 March 2024 (continued)

2. Prior year Statement of Financial Activities (year end 31 March 2023)

	Unrestricted funds £	Restricted funds £	Total 2023 £
Income			
Grants and donations	313,758	66,658	380,416
Income from charitable activities:			
Fund raising	901	-	901
Sundry income	4,757	-	4,757
Total income	319,416	66,658	386,074
Expenditure			
Charitable activities	311,401	93,081	404,482
Total expenditure	311,401	93,081	404,482
Net income/(expenditure) before transfers	8,015	(26,423)	(18,408)
Reconciliation of funds			
Total funds brought forward	101,623	70,661	172,284
Total funds carried forward	109,638	44,238	153,876

3. Grants and donations

	Unrestricted funds £	Restricted funds £	Total 2024 £	Total 2023 £
Grants	192,920	137,445	330,365	377,181
Donations	1,594	-	1,594	3,235
	194,514	137,445	331,959	380,416

4. Income from charitable activities

	Unrestricted funds £	Total 2024 £	Total 2023 £
Fund raising	148	148	901
Sundry income	198	198	4,757
	346	346	5,658

Notes to the financial statements for the year ended 31 March 2024 (continued)

5. Expenditure on charitable activities

	Core activity £	Total 2024 £	Total 2023 £
Operational and support costs			
Staff costs	290,610	290,610	262,091
Depreciation	2,516	2,516	2,727
Support costs (see note 7)	131,144	131,144	134,551
Governance costs (see note 7)	5,400	5,400	5,113
	429,670	429,670	404,482

Total expenditure on charitable activities was £429,670 (2023 - £404,482) of which £308,124 (2023 - £311,401) was unrestricted and £121,546 (2023 - £93,081) was restricted.

6. Analysis of support and governance costs

	Basis of allocation	General support £	Governance function £	Total 2024 £	Total 2023 £
Training and volunteer expenses	Staff time	18,113	-	18,113	19,833
Premises costs	Usage	29,916	-	29,916	34,084
Telephone, postage, stationery and advertising	Usage	12,600	-	12,600	15,832
Information technology	Usage	20,867	-	20,867	17,532
Travel and subsistence	Usage	3,961	-	3,961	3,538
General office costs	Usage	11,743	-	11,743	14,885
Audit and accountancy services	Governance	-	5,400	5,400	5,100
Other governance costs	Governance	-	-	-	13
Legal and other professional	Usage	33,732	-	33,732	28,146
Bank charges	Usage	212	-	212	-
Other support costs	Usage	-	-	-	701
		131,144	5,400	136,544	139,664

7. Net (expenditure) for the year

Net (expenditure) is stated after charging :

	Total 2024 £	Total 2023 £
Depreciation of tangible fixed assets	2,516	2,727
Operating lease rentals		
Premises	12,955	11,133
Auditors remuneration - audit fee	5,400	5,100

Notes to the financial statements for the year ended 31 March 2024 (continued)

8. Trustees and key management personnel remuneration and expenses

The trustees neither received nor waived any remuneration during the year (2023 - £nil). One trustee (2023 - 2) was reimbursed expenses during the year of £489 (2023 - £363).

The Trust considers its key management personnel comprise the senior management team as listed on page 1. The total amount of employee benefits (including employer pension contributions and employer national insurance contributions) received by key management personnel was £187,116 (2023 - £171,667).

9. Analysis of staff costs and numbers

Staff costs :

	Total 2024 £	Total 2023 £
Wages and salaries	259,516	233,837
Social security costs	23,391	22,180
Defined contribution pension schemes	7,703	6,074
	290,610	262,091

No employees received total employee benefits of more than £60,000.

Staff numbers :

The average monthly number of employees and full time equivalents during the year was as follows:

	2024 Number	2024 FTE	2023 Number	2023 FTE
Charitable activities	6	4	5	3
Management	5	5	5	4
	11	9	10	7

10. Tangible fixed assets

	Office equipment £	Total £
Cost		
At 1 April 2023	52,684	52,684
Additions	1,673	1,673
At 31 March 2024	54,357	54,357
Depreciation		
At 1 April 2023	41,775	41,775
Charge for the year	2,516	2,516
At 31 March 2024	44,291	44,291
Net book values		
At 31 March 2024	10,066	10,066
At 31 March 2023	10,909	10,909

Notes to the financial statements for the year ended 31 March 2024 (continued)

11. Debtors

	Total 2024 £	Total 2023 £
Debtors from operations	-	2,000
Prepayments and accrued income	65,179	979
Other debtors	-	64,000
	65,179	66,979

12. Creditors - amounts falling due within one year

	Total 2024 £	Total 2023 £
Creditors from operations	6,965	4,638
Taxation and social security	8,561	8,721
Accruals and deferred income	19,253	5,100
Other creditors	8,935	9,021
	43,714	27,480

Deferred income

Deferred income at 1 April 2023	-	22,843
Resources deferred in the year	13,853	-
Amounts released from previous years	-	(22,843)
Deferred income at 31 March 2024	13,853	-

At the balance sheet date the charity was holding funds received in advance from Black Country NHS Partnership Trust for the Wider Determinants of Health project and from Sandwell Council for a cycling project.

13. Commitments under operating leases

At 31 March 2024 the charity was committed to making the following payments under non-cancellable operating leases :

	Total 2024 £	Total 2023 £
Within one year	13,362	13,362
Within two to five years inclusive	16,314	29,676
	29,676	43,038

Notes to the financial statements for the year ended 31 March 2024 (continued)

14. Analysis of funds

	Balance at 1 April 2023 £	Incoming resources £	Resources expended £	Transfers £	Balance at 31 March 2024 £
Restricted funds					
Henry Smith	37,050	37,050	(65,879)	-	8,221
Birmingham City Council	7,188	7,187	(17,341)	2,966	-
Big Lotto 2	-	56,692	(9,511)	-	47,181
Others	-	36,516	(28,815)	-	7,701
	44,238	137,445	(121,546)	2,966	63,103
Unrestricted funds					
General fund	109,638	221,410	(308,124)	(2,966)	19,958
	109,638	221,410	(308,124)	(2,966)	19,958
Total funds	153,876	358,855	(429,670)	-	83,061

Name of fund	Description, nature and purpose of fund
Restricted general fund	Money given to the charity where the donor requires that a grant or donation be spent for a specific project.
Unrestricted general fund	The free reserves of the charity which are not designated for particular purposes.

15. Analysis of net assets between funds

Fund balances at 31 March 2024 are represented by:

	Unrestricted funds £	Restricted funds £	Total funds £
Tangible fixed assets	-	10,066	10,066
Current assets	63,672	53,037	116,709
Current liabilities	(43,714)	-	(43,714)
Total net assets	19,958	63,103	83,061

Notes to the financial statements for the year ended 31 March 2024 (continued)

16. Capital commitments

There were no capital commitments at 31 March 2024 (2023 - £nil).

17. Reconciliation of net income/(expenditure) to net cash flow from operating activities

	Total 2024 £	Total 2023 £
Net income/(expenditure) for the year	(70,815)	(18,408)
Depreciation	2,516	2,727
(Increase) / decrease in debtors	1,800	(30,319)
Increase / (decrease) in creditors	16,234	(18,367)
Net cash flow from operating activities	(50,265)	(64,367)

18. Related party transactions

No related party transactions took place in the period of account.

Sandwell African Caribbean Mental Health Foundation
DETAILED INCOME AND EXPENDITURE ACCOUNT
for the year ended 31 March 2024

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

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

SANDWELL AFRICAN CARIBBEAN MENTAL HEALTH FOUNDATION

England & Wales - Charity number 1082017

Accounts

Sandwell African Caribbean Mental Health Foundation

(A Company Limited by Guarantee)

Annual Report and Financial Statements
Year ended 31 March 2023

Charity number : 1082017

Company Number : 4004120

Feltons

Chartered Accountants

Birmingham

B1 3JR

Sandwell African Caribbean Mental Health Foundation

(A Company Limited by Guarantee)

Report and financial statements
Year ended 31 March 2023

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Sandwell African Caribbean Mental Health Foundation
(A Company Limited by Guarantee)

Reference and Administrative Details

Chair	Bishop D R Williams	Chair
Trustees	Rev'd G S Brown	Treasurer
	Mr R A McDonald	
	El Musa Pujeh	(appointed 9 June 2022)
	Ms M Wilson	Vice Chair
Company secretary	Patricia Johnson	
Key management personnel	Patricia Johnson	CEO
	Donna Campbell	Office & Finance Manager
	Rebecca Gardner	Youth Services Manager/Care Co-ordinator
	Melissa Machangara	Business Development Manager
	Dawn Reid	Health & Wellbeing Services Manager
Registered office		Kuumba Centre Boulton Road West Bromwich West Midlands B70 6NW
Charity number		1082017
Company registration number		4004120
Auditor		Feltons 8 Sovereign Court 8 Graham Street Birmingham B1 3JR
Bankers		Unity Trust Bank Nine Brindley Place 4 Oozells Square Birmingham B1 2HB
Solicitors		Kapasi & Co 1st floor, 17 Birmingham Street Oldbury West Midlands B69 4DT

Sandwell African Caribbean Mental Health Foundation

(A Company Limited by Guarantee)

Report of the trustees
Year ended 31 March 2023

The Trustees present their report and the financial statements of the charity for the year ended 31 March 2023. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities" in preparing the annual report and financial statements of the charity.

The financial statements have been prepared in accordance with the accounting policies set out in notes to the accounts and comply with the charity's governing document, the Charities Act 2011 and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland published in October 2019 .

Trustees of the charity

Details of the trustees who served during the year and to the date these accounts are approved are included in the Reference and Administrative details on page 1.

Objectives and activities

Our charity delivers services predominately but not exclusively for Black African Caribbean people recovering from mental illness, their families, carers, and the wider community.

In planning the activities for the year the trustees have considered the Charity Commission's guidance on public benefit, including the guidance 'public benefit: running a charity (PB2)'.

The strategies employed to achieve the charity's aims and objectives are described in the strategic report below.

Strategic Report

Achievements and performance (including principal risks and uncertainties, development and performance and key performance indicators)

Reconnection and Recovery Post COVID-19

Following the easing of restrictions in 2022 the service offer has increased face to face service delivery back to pre-pandemic levels and reduced virtual delivery. However, learning from the pandemic has been that a blended service option adds a layer of flexibility for beneficiaries and a telephone/online counselling service remains in place alongside telephone and online engagement where useful.

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

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

Strategic Developments

Over recent years SACMHF has been planning to introduce more of a mixed income economy generating a greater percentage of independent income. Following the end of a pilot programme funded by the National Lottery Community fund where ex-offenders with mental ill health were supported to resettle into the local community. Lack of housing was an unanticipated feature of this project which fed into subsequent discussions about the potential to set up a housing offer. This would potentially meet unmet need locally and would begin our journey into trading. A successful grant application to the Social Investment Business' Enterprise Development Programme supported us to work with Business consultants to work up a business/marketing plan to support the enterprise development. In addition to this various engagement events were held with a range of stakeholders including staff, beneficiaries, and local professionals from within our network.

We have compiled relevant documentation to support the housing offer with a view to launching early in the next financial year.

SACMHF registered offices is the Kuumba Centre, Boulton road in West Bromwich. The centre has long been too small and not fit for purpose. Historical attempts at pursuing an asset transfer via SMBC were not supported by certain council officers. However, support has been secured from the Council Leader Councillor Kerrie Carmichael and Nicola Richards MP for West Bromwich East and an Asset Transfer of the Charlemont Community Centre is gathering pace.

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

Partnerships and Networks

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

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

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

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

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

Partnerships and Networks (continued)

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

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

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

Governance

The board of trustees is responsible for governing the charity and helping to drive the strategic direction of the charity's plans for the future. The trustee team was enhanced during the year with a new member. Trustees are committed to strengthening the user voice by co-opting beneficiary trustees on to the board in due course.

During the year the board participated in a board strategic planning day which was facilitated by QSR Consultancy Solutions. The day included a review of strategic plans and an introduction of the concept of a theory of change and how this could support SACMHF's work. Some element of training was included during the planning day, and this served as a refresher of the trustees' roles and responsibilities.

It was identified following skills audit that legal knowledge was absent from the board and it was agreed that a targeted recruitment drive would look to meet this need. The strategic direction ratified by trustees includes a potential asset transfer and a new housing support service. Both of which would benefit from legal expertise. In the meantime, this was met by our accepted membership of 'Trust Law' where sector member concerns are raised and matched with a Lawyer who has the linked area of expertise. Here legal advice is afforded on a pro bono basis.

User Voices and Outcomes

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

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

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

A bake sale was held at the centre to raise awareness of mental health during Mental Health Awareness Week (May 2022). The event was well attended, and the event included three service users awards for personal achievement, raffle, competition, steel drum workshop and poetry from a service user who is a grime artist. This event was largely coordinated by the service users and carers.

User Voices and Outcomes (continued)

Healthwatch Sandwell have included people who use SACMHF services in their priority project research. These pieces of research included Patient experience of accessing primary care services and experiences of Hospital treatment pathways. This serves to foster seldom heard voices being a part of strategic reports that feed up to senior statutory decision makers.

A consultation event was held at the Kuumba centre to feed into Sandwell council's mental health strategy. Although the strategy has not been seen yet the engagement event was well received, and our service users embraced the opportunity to air their views on the draft strategy coupled with their experiences of using mainstream mental health services. There was much passion and emotion expressed during the event and they are now keen to get sight of the strategy in the hope that their views have been considered.

Data capture is inextricably linked to how we measure and report on our impact. We are trying to get better at this, and we utilise case manager and charity log software to capture all client interventions, wellbeing monitoring, satisfaction surveys and individual outcomes. This area continues to be a work in progress and one of the aims is that improved data capture will feed into our impact report which will be completed after the end of this financial year. A snapshot of certain of the service user and carer outcomes are highlighted below:

CLIENT 1 – A victim of abuse in his early childhood, experiencing bereavement and has complex needs. He began his journey by setting small daily targets which became weekly targets which would be reviewed during outreach visits. He continued to improve his circumstances by becoming involved with some online courses, attending workshops, and completing some co production work in consultation with an external agency, discussing journey and raising awareness.

CLIENT 2 – Diagnosed with depression, suffering from anger management and identity issues, he joined our youth service at the end of 2022. He required a lot of support with understanding his dual heritage identity and anger management. He began his journey by engaging in 1:1 in reach sessions discussing his needs with his youth worker. Over a period of weeks his confidence developed, and he learnt about his cultural identity. His outcomes since engaging with our services have been praised by the school's assistant headteacher and safeguarding lead.

CLIENT 3 – Joined our service for support with depression and low self-esteem. She struggled with forming relationships and friendships with others and also her identity. She began engaging with 1:1 in house sessions, cooking sessions, and outreach support locally. Within a period of 6 months, her wellbeing had improved to a point where she wanted to discuss her outcomes and raise awareness with other young people. She completed some co production work in consultation with an external agency, discussing journey and raising awareness.

CLIENT 4 – Joined our carers group due to experiencing loneliness, depression, isolation, and low self-esteem. She quickly became a regular attendee and wanted to be more involved in all the work that we do. She made new friendships, decreased her loneliness, and encouraged her partner to join our services too. She completed some co production work in consultation with an external agency, discussing journey and raising awareness.

CLIENT 5 – She was referred to our service due to suffering from depression, schizophrenia, and psychosis. She was initially taking a large amount of medication and would experience regular breakdowns and public outbursts. Over time she gained enough confidence to attend the centre directly on a weekly basis. She has since been able to get some part-time work and enjoys attending our centre when she can and attending our social activities.

CLIENT 6 – Joined our service a few years back after suffering mental and physical health issues because of a work-based incident. She attends the carers group on a weekly basis and enjoys being involved in everything the organisations offer. She also refers to the carers service and the support she has received. As being better than that of her own family, and any other medical professional she has been involved with.

User Voices and Outcomes (continued)

CLIENT 7 – Has a history of severe abuse from a family member. Although this happened many years ago, this resulted in her having ongoing difficult relationships with close family members, not being able to move on with her life and she developed deep mental health issues and drug dependency. Later diagnosed with breast cancer and received support from our services. She was so grateful for the support she received that she felt as though she wanted to give back. Her mental health improved substantially, and she became one of our volunteers. In her words she wanted to give back to those who helped her the most.

CLIENT 8 - young man who suffered severe abuse from preschool resulting in clinical depression, low self-esteem, and anxiety and in adulthood schizophrenia and psychosis. Began with home visits on a 2:1 staff basis due to risk management. Once a relationship was quickly established, over a period of months, he came for in-reach visits. Supported to applying for jobs and became able to manage his medication successfully. Pleased by his progress, he recorded a video for social media recommending our organisation to other young people suffering from severe mental health issues.

CLIENT 9 – Young lady experienced domestic violence, depression, low moods, and high-level drug and alcohol dependency. She began engaging with our service by accessing fortnightly home visits and drug and alcohol courses. Within 9 months she was completely drug free and improved her home and living conditions. She is now able to be a full-time mum again and thanked our services for supporting her difficult journey.

CLIENT 10 - is a young man who suffers from low self-esteem, anxiety, ADHD, and autism. It took several weeks for him to begin opening up and engaging with the service. He attended his sessions with a support worker, and within a few months of engaging and despite his anxiety he had built more confidence. His mum expressed how happy she was with his progress and now attended the centre herself for our Windrush event in 2023.

External Environmental Impacts

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

Financial review (including reserves policy)

The financial results of Sandwell African Caribbean Mental Health Foundation are detailed in the following pages. It is considered that the finances are sound and well established. The principal funding source is a grant from Sandwell MBC. All expenditure of this income is planned to fulfil the objectives and strategies of the charity. During the year ended 31 March 2023 total resources expended were £404,482 and the deficit of expenditure over income was £18,408 which included depreciation of £2,727.

The trustees continually monitor the reserves of the charitable company. This process encompasses the nature of income and expenditure streams and the need to match commitments with income and nature of reserves.

Financial review (including reserves policy) (continued)

The trustees regularly review the level of reserves and aim to maintain unrestricted reserves at a minimum of £100,000 to cover shortfall in funding flows.

A three-year finance strategy has been ratified by SACMHF board in February 2023 to commence April 2023. The key features are enterprise development and an asset transfer. A Business Development Manager funded by Oak Foundation was recruited during the year to support the CEO to develop and submit compelling funding proposals to augment this area of ongoing work.

Investment powers and policy

Any surplus funds are deposited with Unity Trust Bank.

Plans for future periods

One of the main drivers within the finance and fundraising strategy is that SACMHF continue to edge closer to becoming financially sustainable with a reduced need for statutory funding. The work to implement a housing offer is almost complete and it will be an exciting prospect to see this project come to fruition.

Next year it will be SACMHF's 30th birthday and there will be much to celebrate so it is hoped that our supporters follow our endeavours closely as we look to profile our achievements over the decades.

Structure, Governance and Management

Governing document

Sandwell African Caribbean Mental Health Foundation is a company limited by guarantee governed by its Memorandum and Articles of Association dated 12 April 2000 and is registered as a charity with the Charity Commission. There are currently five members, each of whom agrees to contribute £1 in the event of the charity winding up.

Appointment of trustees

As set out in the Articles of Association, the Charity may by ordinary resolution appoint a person who is willing to act as a trustee either to fill a vacancy or as an additional trustee and may also determine the rotation in which any additional trustees are to retire. No person may be appointed as a trustee unless they have attained the age of 18 years or in circumstances such that, had they already been a trustee, they would have been disqualified from acting under the above provisions.

Trustee induction and training

New trustees are briefed on their legal obligations under charity and company law and the Charity Commission guidance on public benefit, and are informed of the content of the Memorandum and Articles of Association, the committee and decision-making processes, the business plan and the recent financial performance of the charity.

Organisation

The board of trustees administers the charity. The board normally meets six times a year and there are sub-committees covering business development including impact, user satisfaction,finance and fundraising strategy and the communications plan which normally meet four times a year. A Chief Executive is appointed by the trustees to manage the day-to-day operations of the charity. To facilitate effective operations, the Chief Executive has delegated authority, within terms of delegation approved by the trustees, for operational matters including finance and fundraising, human resources, and business development.

Related parties and co-operation with other organisations

None of our trustees receive remuneration or other benefit from their work with the charity. Any connection between a trustee or senior manager of the charity with a client or supplier must be disclosed to the full board of trustees in the same way as any other contractual relationship with a related party. Related party transactions in the current year are described in note 16 to the accounts.

Pay policy for senior staff

The board of directors, who are the Trust's trustees, and the senior management team together comprise the key management personnel of the charity in charge of directing and operating the trust on a day to day basis. No director received remuneration in the year and details of directors' expenses and related party transactions are disclosed in notes 6 and 16 to the accounts. The pay of senior staff is reviewed annually and normally increased in accordance with average earnings.

Risk management

The trustees have a risk management policy which comprises :

- an annual review of the principal risks and uncertainties that the charity faces;
- the establishment of policies, systems, and procedures to mitigate those risks identified in the annual review; and
- the implementation of procedures designed to mitigate or manage any potential impact on the charity should those risks materialise.

This work has identified that financial sustainability is the major financial risk for the charity. Key elements in the management of financial risk are a regular review of available liquid funds to settle debts as they fall due, regular liaison with the bank, and active management of operational debtor and creditor balances to ensure sufficient working capital by the Trust.

Attention has also been focused on non-financial risks such as fire, health and safety, employment matters and data protection. These risks are managed by ensuring accreditation is up to date, having robust policies in place, and regular awareness training for staff working in these operational areas.

Report of the trustees (continued)
Year ended 31 March 2023

Trustees' responsibilities

The trustees (who are also directors of the caritable company for the purposes of company law) are responsible for preparing the Trustees' Annual Report (including the Strategic Report) and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year, which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP 2019 (FRS 102);
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Disclosure of information to the auditors

We, the directors of the company who held office at the date of approval of these Financial Statements as set out on page 1 confirm, so far as we are aware, that:

- there is no relevant audit information of which the company's auditors are unaware; and
- we have taken all the steps that we ought to have taken as directors in order to make ourselves aware of any relevant audit information and to establish that the company's auditors are aware of that information.

In approving the Trustees' Annual Report, we also approve the Strategic Report included therein, in our capacity as company directors.

This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

On behalf of the board.

Marcia Wilson
Vice Chair

Date 14/9/23

Independent Auditor's Report to the Members of Sandwell African Caribbean Mental Health Foundation (A Company Limited by Guarantee)

Opinion

We have audited the financial statements of Sandwell African Caribbean Mental Health Foundation (the 'charitable company') for the year ended 31 March 2023 which comprise the Statement of Financial Activities, the Balance Sheet, the Statement of Cash Flows and notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements :

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2023, and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Independent Auditor's Report to the Members of Sandwell African Caribbean Mental Health Foundation (A Company Limited by Guarantee) (continued)

Other information

The other information comprises the information included in the trustees annual report, other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information contained within the annual report. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Opinion on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the Trustees' Report for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the Trustees' Report have been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of our knowledge and understanding of the company and its environment obtained in the course of the audit, we have not identified material misstatements in the Trustees' Report.

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept, or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the trustees were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies' exemptions in preparing the Trustees' Report and from the requirement to prepare a Strategic Report.

Independent Auditor's Report to the Members of Sandwell African Caribbean Mental Health Foundation (A Company Limited by Guarantee) (continued)

Responsibilities of trustees

As explained more fully in the Trustees' Responsibilities statement (set out on page 9), the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The specific procedures for this engagement and the extent to which these are capable of detecting irregularities, including fraud is detailed below:

- We reviewed the company's control and risk management procedures and planned our work based on our assessment of those controls and procedures;
- This review included an assessment of the risk of material misstatement due to errors, fraud and management override of controls for all material areas in the financial statements;
- We made enquiries of management and the company's lawyers regarding any actual or potential litigation and/or claims;
- Financial statements disclosures were reviewed and checked for compliance with applicable laws;
- Detailed testing was conducted on balances and transactions including unusual items and those of individual significance to the financial statements;
- Data analytics were used in order to identify unusual or significant trends;
- Communications with management and those charged with governance regarding relevant matters was undertaken throughout the audit and on completion.

Auditor's responsibilities for the audit of the financial statements (continued)

Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission or misrepresentation.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at www.frc.org.uk/auditorsresponsibilites. This description forms part of our auditor's report.

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.

Feltons

David W Farnsworth FCA (Senior Statutory Auditor)
For and on behalf of Feltons, Statutory Auditor
8 Sovereign Court
8 Graham Street
Birmingham B1 3JR

Date : 14/9/2023

Sandwell African Caribbean Mental Health Foundation
(A Company Limited by Guarantee)

Statement of financial activities
for the year ended 31 March 2023

	Notes	Unrestricted funds £	Restricted funds £	Total 2023 £	Total 2022 £
Income					
Grants and Donations	2	313,758	66,658	380,416	362,108
Income from charitable activities:					
Fund raising		901	-	901	2,446
Sundry income		4,757	-	4,757	5,717
Total income		319,416	66,658	386,074	370,271
Expenditure					
Charitable activities:					
Operational and support costs	3	311,401	93,081	404,482	389,117
Total expenditure		311,401	93,081	404,482	389,117
Net (expenditure)/income		8,015	(26,423)	(18,408)	(18,846)
Reconciliation of funds					
Total funds brought forward	12	101,623	70,661	172,284	191,130
Total funds carried forward		109,638	44,238	153,876	172,284

All income and expenditure derives from continuing activities.

The statement of financial activities includes all gains and losses recognised during the year.

Sandwell African Caribbean Mental Health Foundation
(A Company Limited by Guarantee)

Company Number : 4004120 / Charity number : 1082017
Balance sheet as at 31 March 2023

	Notes	2023 £	2023 £	2022 £	2022 £
Fixed assets					
Tangible assets	8		10,909		12,762
Current assets					
Debtors	9	66,979		36,660	
Cash at bank and in hand		103,468		168,709	
		170,447		205,369	
Creditors: amounts falling due within one year	10	27,480		45,847	
Net current assets			142,967		159,522
Net assets			153,876		172,284
Funds of the charity :					
Restricted funds					
General fund	12		44,238		70,661
Unrestricted funds					
General fund	12		109,638		101,623
Total funds			153,876		172,284

These accounts have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

The notes on pages 17 to 24 form part of these accounts.

The financial statements were approved by the board of trustees on 14/9/23 2023 and were signed on its behalf by :

Marcia Wilson Vice Chair

Sandwell African Caribbean Mental Health Foundation
(A Company Limited by Guarantee)

Statement of cash flows
for the year ended 31 March 2023

	Notes	2023 £	2022 £
Cash flow from operating activities	15	(64,367)	(46,563)
Cash flow from investing activities			
Payments to acquire tangible fixed assets		(874)	(14,435)
Net (decrease)/increase in cash and cash equivalents		(65,241)	(60,998)
Cash and cash equivalents at 1 April 2022		168,709	229,707
Cash and cash equivalents at 31 March 2023		103,468	168,709

Sandwell African Caribbean Mental Health Foundation
(A Company Limited by Guarantee)

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

1. Accounting policies

a) General information and basis of preparation

Sandwell African Caribbean Mental Health Foundation is a charitable company limited by guarantee. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the charity. The address of the registered office is given in the charity information on page 1 of these financial statements.

The charity constitutes a public benefit entity as defined by FRS 102. The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Charities Act 2011, the Companies Act 2006 and UK Generally Accepted Accounting Practice.

The financial statements are prepared on a going concern basis under the historical cost convention. The financial statements are presented in sterling which is the functional currency of the charity. The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

b) Going concern

The financial statements have been prepared on a going concern basis as the trustees believe that no material uncertainties exist. The trustees have considered the level of funds held and the expected level of income and expenditure for a period of 12 months from the date of authorising these financial statements. The budgeted income and expenditure is sufficient with the level of reserves for the charity to be able to continue as a going concern.

c) Funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the charity for particular purposes. The cost of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

d) Income recognition

All incoming resources are included in the Statement of Financial Activities (SoFA) when the charity is legally entitled to the income after any performance conditions have been met, the amount can be measured reliably and it is probable that the income will be received.

- **Grants receivable**
  Grants are included in the Statement of Financial Activities on a receivable basis. The balance of income received for specific purposes but not expended during the period is shown in the relevant funds on the balance sheet. Where income is received in advance of entitlement of receipt its recognition is deferred and included in creditors as deferred income. Where entitlement occurs before income is received, the income is accrued.

1. Accounting policies (continued)

d) Income recognition (continued)

- **Donations**
  Donations are recognised on a receivable basis where there is certainty of receipt and the amount can be reliably measured. If there are conditions attached to the donation and this requires a level of performance before entitlement can be obtained then income is deferred until those conditions are fully met or the fulfilment of those conditions is within the control of the charity and it is probable that they will be fulfilled.

- **Interest receivable**
  Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank.

- **Other income**
  Other income is recognised in the period it is receivable and to the extent the goods have been provided or on completion of the service.

e) Expenditure recognition

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Expenditure is recognised where there is a legal or constructive obligation to make payments to third parties, it is probable that the settlement will be required and the amount of the obligation can be measured reliably. It is categorised under the following headings:

- **Costs of generating funds**
  These are costs incurred in attracting voluntary income, and those incurred in trading activities that raise funds.

- **Charitable activities**

- **Governance costs**
  These include the costs attributable to the trust's compliance with constitutional and statutory requirements, including strategic management and trustees' meetings and reimbursed expenses.

Irrecoverable VAT is charged as an expense against the activity for which expenditure arose.

f) Allocation of support costs

Support costs are those that assist the work of the charity but do not directly represent charitable activities and include office costs, governance costs and administrative payroll costs. The bases on which support costs have been allocated are set out in note 3.

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

1. Accounting policies (continued)

g) Tangible fixed assets

Tangible fixed assets are stated at cost or valuation less accumulated depreciation and accumulated impairment losses. Cost includes costs directly attributable to making the asset capable of operating as intended.

Depreciation is provided on all tangible fixed assets, at rates calculated to write off the cost, less estimated residual value, of each asset on a systematic basis over its expected useful life as follows:

Office equipment	- 20% per annum on a reducing balance basis

h) Debtors

Operational and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

i) Cash at bank and in hand

Cash at bank and in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

j) Liabilities

Liabilities are recognised when there is an obligation at the balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably. Liabilities are recognised at the amount that the charity anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide.

Rentals payable under operating leases are charged to the SoFA on a straight line basis over the period of the lease.

l) Taxation

The charity is an exempt charity within the meaning of schedule 3 of the Charities Act 2011 and is considered to pass the tests set out in Paragraph 1 Schedule 6 Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes.

m) Pension benefits

The charity operates a defined contribution plan for the benefit of its employees. Contributions are expensed as they become payable.

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

2. Donations and legacies

	Unrestricted funds £	Restricted funds £	Total 2023 £	Total 2022 £
Grants	310,523	66,658	377,181	361,779
Donations	3,235	-	3,235	329
	313,758	66,658	380,416	362,108
2022 total	286,310	75,798	362,108	

3. Expenditure on charitable activities

	Core activity £	Total 2023 £	Total 2022 £
Operational and support costs			
Staff costs	262,091	262,091	254,669
Support costs (see note 4)	137,278	137,278	129,635
Governance costs (see note 4)	5,113	5,113	4,813
	404,482	404,482	389,117
2022 total	389,117	389,117	

Total expenditure on charitable activities was £404,482 (2022 - £389,117) of which £311,401 (2022 - £300,842) was unrestricted and £93,081 (2022 - £88,275) was restricted.

Support costs are allocated on a usage basis.

4. Analysis of support and governance costs

	General support £	Governance function £	Total 2023 £	Total 2022 £
Rent and rates	11,133	-	11,133	10,770
Insurance	1,574	-	1,574	1,505
Light and heat	7,562	-	7,562	6,870
Telephone	13,016	-	13,016	6,183
Postage and stationery	713	-	713	306
Advertising	2,103	-	2,103	5,485
Repairs and renewals	13,815	-	13,815	12,818
Travel and subsistence	3,538	-	3,538	2,692
Training	1,090	-	1,090	13,244
Volunteer expenses	219	-	219	130
Computer and IT costs	17,532	-	17,532	22,765
General office costs	14,885	-	14,885	14,551
Audit and accountancy services	-	5,100	5,100	4,800
Legal and other professional	46,670	13	46,683	28,749
Sundries	701	-	701	389
Depreciation	2,727	-	2,727	3,191
	137,278	5,113	142,391	134,448

5. Net (expenditure)/income for the year

Net (expenditure)/income is stated after charging / (crediting):

	Total 2023 £	Total 2022 £
Depreciation of tangible fixed assets	2,727	3,191
Operating lease rentals		
Premises	11,133	10,770
Auditors remuneration	5,100	4,800

6. Trustees and key management personnel remuneration and expenses

The trustees neither received nor waived any remuneration during the year (2022 - £nil). Two trustees were reimbursed expenses amounting to £363 during the year (2022 - £nil).

The Trust considers its key management personnel are as listed on page 1. The total amount of employee benefits (including employer pension contributions and employer national insurance contributions) received by key management personnel was £171,667 (2022 - £121,601).

7. Analysis of staff costs and numbers

Staff costs :

	Total 2023 £	Total 2022 £
Wages and salaries	233,837	230,942
Social security costs	22,180	17,731
Defined contribution pension schemes	6,074	5,996
	262,091	254,669

No employees received total employee benefits of more than £60,000.

Staff numbers :

The average monthly number of employees and full time equivalents during the year was as follows:

	2023 Number	2023 FTE	2022 Number	2022 FTE
Charitable activities	5	3	8	6
Management	5	4	3	3
	10	7	11	9

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

8. Tangible fixed assets

	Office equipment £	Total £
Cost		
At 1 April 2022	51,810	51,810
Additions	874	874
At 31 March 2023	52,684	52,684
Depreciation		
At 1 April 2022	39,048	39,048
Charge for the year	2,727	2,727
At 31 March 2023	41,775	41,775
Net book values		
At 31 March 2023	10,909	10,909
At 31 March 2022	12,762	12,762

9. Debtors

	Total 2023 £	Total 2022 £
Debtors from operations	2,000	60
Prepayments	979	907
Accrued income	64,000	35,693
	66,979	36,660

10. Creditors - amounts falling due within one year

	Total 2023 £	Total 2022 £
Creditors from operations	4,638	5,863
Taxation and social security	8,721	3,130
Accruals	5,100	7,100
Deferred income	-	22,843
Other creditors	9,021	6,911
	27,480	45,847

Deferred income represents performance related grants received in the year where the relevant services or outputs will not be delivered until future periods or as a result of other restrictions imposed.

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

11. Commitments under operating leases

At 31 March 2023 the charity was committed to making the following payments under non-cancellable operating leases :

	Total 2023 £	Total 2022 £
Within one year	11,000	11,000
Within two to five years inclusive	22,000	33,000
In over five years	-	-
	33,000	44,000

12. Analysis of funds

	Balance at 1 April 2022 £	Incoming resources £	Resources expended £	Balance at 31 March 2023 £
Restricted funds				
General fund				
Sandwell MBC IT	7,015		(7,015)	-
National Lottery - Building Futures	53,416	-	(53,416)	-
Henry Smith	-	51,100	(14,050)	37,050
Grants Birmingham City Council	7,630	15,558	(16,000)	7,188
National Lottery - Covid 19 response	2,600	-	(2,600)	-
	70,661	66,658	(93,081)	44,238
Unrestricted funds				
General fund	101,623	319,416	(311,401)	109,638
	101,623	319,416	(311,401)	109,638
Total funds	172,284	386,074	(404,482)	153,876

Name of fund	Description, nature and purpose of fund
Restricted general fund	Money given to the charity where the donor requires that a grant or donation be spent for a specific project. The nature and purpose of each of the major restricted funds is explained below :

National Lottery - Building Futures

Ex-offenders with poor wellbeing and those with mental health issues who are from an ethnic background and in need of resettlement support in the community.

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

12. Analysis of funds (continued)

Henry Smith

Funding to support the core services which are part funded by Sandwell Metropolitan Council. These services include Ujima user-led social service, Outreach client and family support service and Care for You Carers support service.

Grants Birmingham City Council

This service supports bereaved carers in Birmingham and is delivered in partnership with local organisations who are part of a local consortia of which SACMHF is a part, called Communities in Sync.

National Lottery Community Fund (Covid-19 Relief Fund)

To deliver a counselling service for a six-month period.

Unrestricted general fund	The free reserves of the charity which are not designated for particular purposes.

13. Analysis of net assets between funds

Fund balances at 31 March 2023 are represented by:

	Unrestricted funds	Restricted funds	Total funds
	£	£	£
Tangible fixed assets	10,909	-	10,909
Current assets	98,729	71,718	170,447
Current liabilities	-	(27,480)	(27,480)
Total net assets	109,638	44,238	153,876

14. Capital commitments

There were no capital commitments at 31 March 2023 (2022 - £nil).

15. Reconciliation of net (expenditure)/income to net cash flow from operating activities

	Total 2023	Total 2022
	£	£
Net (expenditure)/income for the year	(18,408)	(18,846)
Depreciation	2,727	3,191
(Increase) / decrease in debtors	(30,319)	(33,868)
Increase / (decrease) in creditors	(18,367)	2,960
Net cash flow from operating activities	(64,367)	(46,563)

16. Related party transactions

No related party transactions took place in the period of account.

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

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

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

SANDWELL AFRICAN CARIBBEAN MENTAL HEALTH FOUNDATION

England & Wales - Charity number 1082017

Accounts

www.sacmhf.co.uk

ANNUAL REPORT

2021/22

SANDWELL AFRICAN CARIBBEAN MENTAL HEALTH FOUNDATION

SACMHF is a company limited by guarantee
Registered in England 4004120
Registered charity number 1082017

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Statement from The Chair

It is my delight and pleasure to extend my greetings to fellow Board Members, staff, service users, Funders and supporters of Sandwell African Caribbean Mental Health Foundation. I want to congratulate you on the performance of the last year and the marvellous work and contribution that the organisation has given to the wider Community.

As an organisation we are pleased to welcome the new members to the Board and I know the organisation will benefit from the contribution that will come from them in the future, and I am sure that Sandwell African Caribbean Mental Health Foundation will be able to achieve the plans and objectives to be able to deliver the best services to its service users and the wider community.

We have seen the organisation grown in strength and delivery to the community and Service users and the credit must go to the staff and managers at the organisation.

Therefore, in my role as Chair I am delighted to be able to work not only with the Board of trustees, but also with the Chief Executive Officer, Patricia Johnson, Sandwell Council, Councillors and the staff at the Kummba Centre to be able to deliver the plans for the organisation.

I know that the future is in an uncertain place, as we see the pressure that has been placed on our society in terms of increase in all areas of life, but I am confident that the organisation is in a good place and will be able to overcome the difficulty that this time has posed.

We will move forward together, plan together, and deliver together, as an organisation our focus is on delivering to our service users and wider community, and I believe that if we remain focused on our objectives we will achieve this.

BISHOP DONALD WILLIAMS

Chairperson

Chief Executive Officer Report

The year commenced with the usual rigor and energy employed to identify funding to support new service development and funding to support the core functions and operations within the charity. Working through the pandemic and adapting our delivery models had served us well since March 2020 and this method of implementing a flexible approach benefitted the people who use our services greatly. It is important to note that this could not be done without the commitment of our growing paid and unpaid staff team and for this I thank them for operating fully within an uncertain and at times during the pandemic scary external environment during the pandemic .

STRATEGIC DEVELOPMENTS

Llyods Bank Foundation

The covid-19 pandemic has been challenging in many ways. Like many other organisations we were required to implement a raft of changes designed to support the continuation of our service delivery. Many of these challenges concerned upgrades to our IT capabilities. This came at a huge cost to us, and our funds were depleted as a result.

The pressure to increase our core funds was ever present and we managed to successfully secure a grant from Lloyds Bank Foundation over two years. Recognition of our work was received from the grants manager and his chief executive officer.

FROM STRUGGLE TO FREEDOM

We commenced our programme of events for Black History month in October 2021. This formed a series of Black History Seminars the final one of which is yet to take place. The seminars sit under our strapline of 'From Struggle to Freedom'. The evening seminars have been well received and created much discussion.

Struggle to Freedom Seminar taking place at Kuumba Centre

NICOLA RICHARDS MP FOR WEST BROMWICH EAST

We were approached by Nicola Richards MP for West Bromwich East to ascertain if we needed any support from her and her team. Nicola had got to know us during the early stages of the pandemic, and she came to visit us at the Kuumba centre. This led to Nicola speaking to Mat Hancock who was the then Health Secretary about our work in the House of Commons.

Since then, Nicola has delivered a surgery at the centre to support the people who use our services. The surgery was welcomed and carried out safely. It would be remiss of me to not mention Harry Lofthouse, a caseworker from Nicolas's office. Harry has been a huge support to us dealing with some specific issues on our behalf. Their support for us has endured the last couple of years and we have benefitted much from their efforts.

INDEPENDENT INCOME

Our annual strategic development Planning Day 2019 prior to the onset of the covid-19 pandemic focused on income generation.It was agreed that planning should commence to develop a trading arm of the charity. This would serve to add a independent income stream to our revenue.

The covid-19 pandemic slowed our progress but in 2021 we were able to return to our plans which commenced with an application to the Social Investment Business for a grant to provide business planning support and additional hours for the Business Development Manager to increase his hours to support a greater focus on developing the trading arm.

The application to the Social Investment Business' Enterprise Development Programme (EDP) was successful and we are working through that programme now. The Foundation for Social Improvement provided the business planning support and the EDP provided peer support, finance support and regular up-date meetings with the grant officer. The grant officer is part of the Association of Mental Health Providers and our charity have now become members. The trading element of our charity is underway, and I will be able to report more fully next year.

GOVERNANCE

Being part of the EDP meant that we received professional advice pertaining to areas of development that would support the sustainability of a trading arm. One of these areas was to augment the board of trustees as our board was small. The Lloyds Bank Foundation have an initiative where charities can advertise their trustee recruitment adverts and Lloyds Bank Foundation would match them to the Lloyds Banking Group employees who were looking for Trustee positions. Through this initiative we recruited Richard McDonald who had finance, marketing, and mortgage experience. He was a good fit for us, and he is an active contributor to board activities. We were on a roll, and we subsequently recruited Bobby Pujeh who is a senior lecturer from Wolverhampton University and who has a nursing background. Since taking up his position as Trustee Bobby has enabled us to widen our role in the student placement programme with the university which will allow us to increase the level of prevention work, we do with the people who use our services.

KICKSTART INITIATIVE

We continue to be members of Communities in Sync (CIS) which is a local consortium that is comprised of local charities/enterprises who work together to deliver a range of health and wellbeing services. The governments chancellor announced the Kickstart scheme to support to increase the employment opportunities for young people.Had we not been members of CIS we would not have been able to benefit from the chancellor's scheme. This demonstrates the importance of working as part of a consortia for small charities like SACMHF. We recruited and supported two Kickstart employees for funded period. Their work was outstanding, and we were delighted to be able to participate in this opportunity.

A SNAPSHOT OF BENEFICIARY OUTCOMES

Our work means nothing if we cannot report on the achievements of our beneficiaries. This year will represent the first year we will report fully on our impact. This report will be published later this year. However, the outcomes below are designed to show what people can achieve with robust culturally sensitive mental health support.

CASE STUDY 1

Case1 (C1)is a young lady who was referred to the service to receive support to reduce her social isolation and better manage her mental health. C1 was lacking stability in her life and had little social support. During her time with Sandwell African Caribbean Mental Health Foundation, she has secured a place at her local college to study Paramedic Science, she has settled into a new home and maintained positive mental health and wellbeing, even sharing this with other services users by holding her own mindfulness session.

CASE STUDY 2

Case 2 (C2) is a 31 year old male of African descendant. He spent most of his time living in residential supported accommodation. He needed social interaction and activities during his day because he would not leave the building unescorted. In his early days when he got his flat, staff had to meet him at his home. With time and patience staff encouraged C2 to go to the local shops and then later to attend a gym. C2 became more independent and started visiting other places; He became more confident in visiting Kuumba on his own and other local venues. As his confidence improved, he started doing several courses; SIA (security), First Aid, that lead him to start work at various events; Door supervision, G9 summit and football matches. C2 has started work as a carer and has plans to start his own cleaning services in the future.

CASE STUDY 3

Case 3 (C3) is a young black British born male - who after losing his grandmother became very withdrawn and started to isolate himself. He was referred to the Kuumba Centre by his mother. Staff rang and spoke to C3 about his wellbeing and encouraged him to pursue his future in education. After a short period of time C3 applied to university and started working part-time. Staff keep in touch with him fortnightly and support him on his life's journey into university. C3 still receives wellbeing calls from staff and welcomes the support.

CASE STUDY 4

Case 4 (C4) is a mature female aged 68 year old who is a Black British Caribbean who has mobility issues and has been using the Kuumba for several years. C4 has been involved with different activities over the years, attending, holidays abroad, day trips, cultural activities, Ujima and various workshops within the centre. C4 has been an advocate for the Kuumba, attending seminars outside of Sandwell. Recently she attended a couple of workshops by the organisation "POhWER" (advocacy), where she made a good impression with them. They asked her if she would consider applying for a post as a volunteer. Case 3 applied for the post with support from the Kuumba Centre and was asked to attend a 2nd interview and passed. "POhWER" offered her the post and supported her into the role.

We are following a new trajectory where we work towards a mixed income economy where independent income is significantly increased becomes a reality. This has and will continue to warrant a steady focus and diligent approach to our ongoing operations and strategic flow. The external environment has shown that inequality and systemic racism has been allowed to co-exist and as a result Black communities report a tendency to have poorer experience and outcomes than their peers across a range of sectors. There continues to be a need for our culturally responsive mental health services, and we will endeavour to raise awareness in those who fail to acknowledge why we exist. Our key focus is the sustainability of our charity enriched by the participation of those who use our services.

Pat Johnson
Chief Executive Officer

Health & Wellbeing Service Manager's Report

Wellbeing & Recovery Team (Outreach)

The Outreach service aims to encourage well-being and recovery by supporting individuals to regain their independence, confidence and improve their mental health and well-being.

Due to the COVID-19 Pandemic the Outreach Team had to change the way they supported individuals, due to government restrictions regarding social distancing. Outreach Support changed from one to one, face to face to virtual support via Zoom and telephone contact.

Post Pandemic

Having survived the pandemic Kuumba has come out the other side fighting fit and ready to continue to provide bespoke support to all who access our service.
Outreach is now back to how it was prior to the pandemic, our outreach service aims to encourage well-being and recovery by supporting individuals to regain their independence, confidence and improve their mental health and well-being.
This is achieved by a Well-being & Recovery Worker's support, this is achieved by weekly meet ups at a place where the individual feels safe, initial meet up to write a recovery plan that will focus on areas of improvement or change in order to achieve set goals.

Caring for Carers (Bereavement Support)

Caring for Carers Bereavement support is a project covering the Birmingham area that is delivered in partnership with 4 other organiSations who are members of Communities In Sync. These are:

- Sandwell African Caribbean Mental Health Foundation
- West Bromwich African Caribbean Resource Centre
- Crossroad Care
- Ideal for All

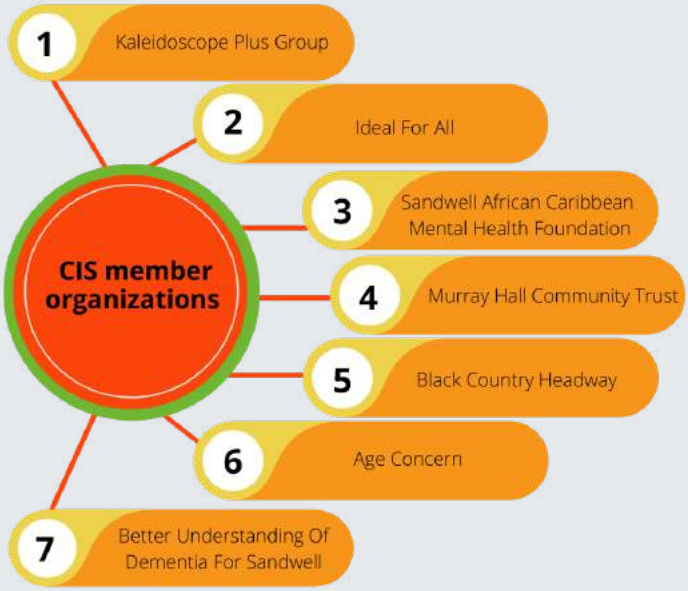
The project supports people through loss and bereavement by providing one to one wellbeing support tailored to individual need. The project also connects Carers to other Carers through social media groups.

Wellbeing support can also be accessed through various activities such as a Healing Garden where bereaved Carers can enjoy the plants and tranquility of the garden. The Memory through an object activity allows clients to remember their loved one's memories through an object such as a photograph, or something that holds sentimental value.

"Wellbeing support can also be accessed through various activities such as a Healing Garden where bereaved Carers can enjoy the plants and tranquility of the garden.."

Winter Pressure - Mental Health Partnership

This service is designed to assist Sandwell residents who require support with their mental health needs, which may include people who are currently on a waiting list for support from the Black Country Healthcare NHS Foundation Trust. Once a referral has been received, we will complete the triage process which will determine which service or combination of services a person will be referred to. The community based mental health support service will be delivered by a partnership of 7 CIS member organisations which are listed in the graph to the right.



Every individual referred to the service will be offered a range of bespoke service which maximises the likelihood of continuous engagement throughout the duration of our intervention and improved mental health and wellbeing.

UJIMA

UJIMA means 'collective work and responsibility' in Swahili.

Due to the pandemic UJIMA was on hold because of government restrictions, Ujima is now back up and running.

UJIMA is a User-led service which aims to use volunteering, peer support and mentoring to deliver community meet ups and other social activity to help recovery and encourage independence, that receives some support from the staff team at the Kuumba Centre.

Ujima's activities include:

- Working with Kuumba Staff to help develop new and existing services.
- Organising social activities for us to enjoy.
- Involvement in focus groups and consultations about Health & Social Care Services we use.
- Community meet ups to support each other, e.g a breakfast club.

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

We have a user forum meeting once a month for all members to discuss activities and the work we want to be involved in.

The group leaders meet weekly to work in smaller groups with members who have volunteered to work on specific areas e.g monthly activity schedule.

UJIMA

Tech-Connect (Digital Inclusion Support)

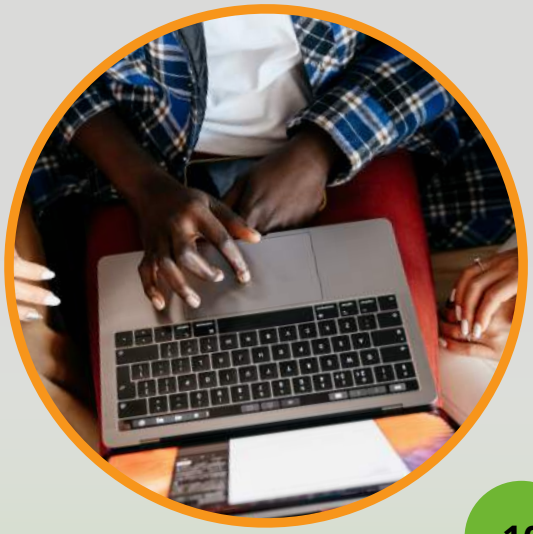
This project was designed to support service users and carers to become less socially isolated. Initially the project was led by staff but now a service user has become a volunteer and has taken over the coordination of the project as they have become more cognisant with the project and have participated and completed training.

"THIS PROJECT WAS DESIGNED TO SUPPORT SERVICE USERS AND CARERS TO BECOME LESS SOCIALLY ISOLATED "

FOLLOW US ON Instagram

Tech-Connect Peer Support Hub

Tech-connect Peer Support Hub is coordinated by a Service User/Volunteer who has completed the training and is able to facilitate the Peer Support Hub following guidance/direction from SACMHF and will be recruited to a part time Project Leader post.The Tech-connect Peer Support Hub runs once a week, every Wednesday, this will help to eliminate social isolation.



Dawn Reid

Health & Wellbeing Service Manager

Office & Finance Manager's Report

Historically, Sandwell African Caribbean Mental Health Foundation (SACMHF) has delivered bespoke mental health services to Black African & Caribbean people but not exclusively for more than 2 decades. We have a rich history of supporting people who use services (PWUS) to manage their mental health, promote recovery to live a fulfilled independent life.

Financial Overview

I am excited to report on our journey over the last 12 months. The staff compliment has grown, this is down to 2 successful 5-year grants from The Oak Foundation, the first grant secured in the latter part of the last financial year and the other in the second quarter of this financial year. 3 posts have been created; a brief overview of the new roles is listed below:

Updates of these new initiatives will be included in this report.

Communcations & Campaigns Officer

- Increase awareness within the Black community and draw more visitors through the website and social media plateforms to promote the work of the organisation.
- Improving mental health outcomes through campaigns.

Business Development Manager

- To secure grants to sustain the increasing growth of the organisation.
- To identify potential new funders.
- Manage a group of volunteers to help raise funds for the organisation.

Youth Services Coordinator

- To support young individuals age 11-25 who are experiencing variety of issues
- Tailor a bespoke coaching programme based on individual needs to help address areas of young people's lives which require improvement.

Income & Expenditure

GRANTS		
Sandwell MBC	135,460	135,460
Sandwell MBC prior year reclassification		62,889
Sandwell MBC IT		3,711
National Lottery - Building Futures	24,019	58,332
Henry Smith	25,800	37,433
City of Birmingham	16,312	14,375
National Lottery - Covid 19 response	9,667	29,001
Oak Foundation	92,125	64,000
Epic	15,009	
Probation Service	14,693	
Other income	28,694	1,272
Client income		7,250
	361,779	413,723
Fundraising	2,446	
Donations	329	
Sundry Income	5,717	
	370,271	413,723
STAFF COSTS		
Wages and Salaries	254,669	180,102
SUPPORT COSTS		
Rent and rates	10,770	9,707
Insurance	1,505	1,133
Heat, light and water	6,870	6,585
Telephone and communications	6,183	9,785
Postage and stationery	306	2,209
Advertising	5,485	2,524
Sundries	389	595
Repairs and renewals	12,818	7,858
Travel and subsistence	2,692	540
Office expenses	14,551	6,546
Training	13,244	218
Volunteers expenses	130	1,015
Computers and IT	22,765	14,525
Legal and professional	28,736	16,713
Depreciation	3,191	996
	384,304	261,051
GOVERNANCE COSTS		
Auditor's remuneration	4,800	2,300
Other income	13	13
	4,813	2,313
NET (DEFICIT)/SURPLUS FOR THE YEAR BEFORE EXCEPTIONAL ITEM	18,846	150,359
EXCEPTIONAL ITEM		
Rent and rates		12,954
NET (DEFICIT)/SURPLUS FOR THE YEAR BEFORE EXCEPTIONAL ITEM	18,846	137,405

OFFICE 365

More and more IT advances are now stored in secure cloud storage. Most of the stored backups on hard drives and disks are now becoming a thing of the past. There are less risks of data being stolen or lost completely to fire. SACMHF has migrated to cloud software Office365. The benefits include:

CYBER SECURITY

Along with advancements in technology cybercriminals are a continued threat to any business, stolen money or information can be devastating. We were advised by our IT consultant Officetek of the latest threats. SACMHF purchased a comprehensive cyber security package to mitigate against any potential security threat.

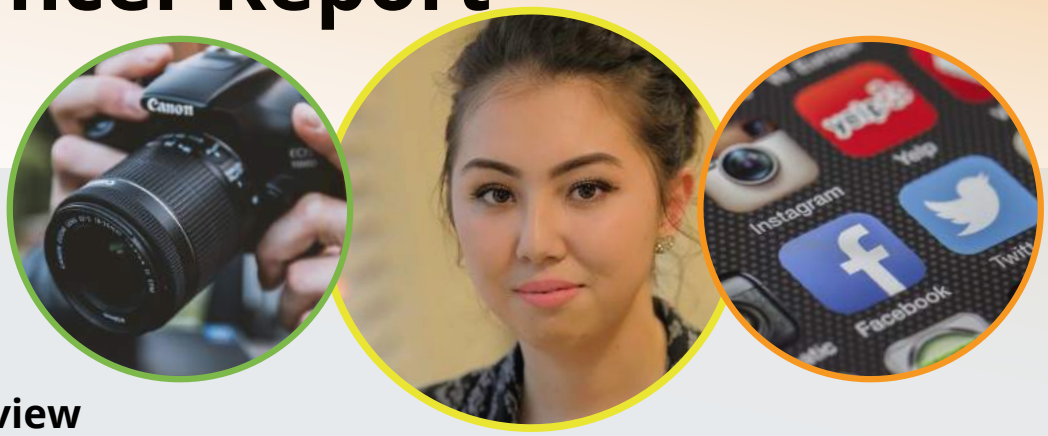
SUMMARY

Once again SACMHF has had a positive year maintaining stability and growth along with providing learning and work opportunities. Moreover, making Investments in digital technology and cyber security. SACMHF is working towards creating its own source of independent income, this will help with cashflow when grant funding schemes meet their timeline. This source of income can sustain bespoke culturally responsive services for the Black community providing continuity of care.

Donna Campbell

Office & Finance Manager

Communications Officer Report



Overview

Over the past year our online presence across digital platforms has grown significantly, (with a strong emphasis on social media). We have now introduced Instagram as an additional social media platform and we are now reaching out to the wider public with various vehicles of communication.

The COVID19 Pandemic highlighted how SACMHF delivered services digitally and methods of communication to our service users had to advance to meet individual's needs. During this period SACMHF held 32 virtual support groups – this reinforced the level of engagement online from our People Who Use Services (PWUS). As a result of this, SACMHF had to increase the use of social media and virtual support groups. These virtual support groups included Zoom meetings, Wellbeing checks (via phone calls), our PWUS received a total of 14,378 telephone support call minutes during this period, online surveys and consistent information being put out onto our website, text messages and social media channels.

Website

We have recently revamped our website which also plays a key role in communicating the work we carry out as an organisation, who we are and how stakeholders can reach us in terms of services we provide internally or for funding opportunities to explore what we do. Our new website aims to be more modernised, with a fresh look (in line with our branding style), more accessible, easy to navigate and 'mobile friendly.' We also have plans for our website to be more interactive with animation elements - in terms of the user experience.

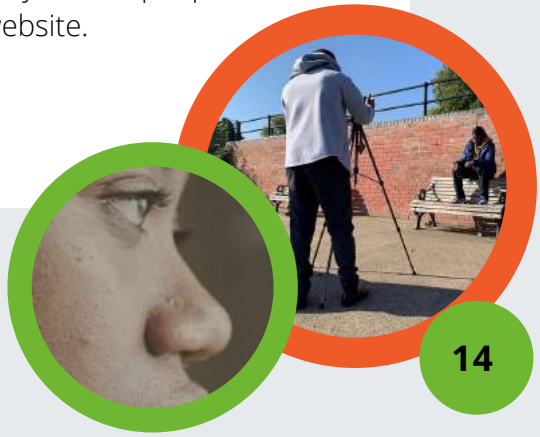
SACMHF Mental Health Campaign

The launch of SACMHF's first video campaign took place in November 2021, which concurred alongside International Stress Awareness Week. We promoted our campaign #LETITOUT on all social media platforms and had some great feedback.

February we took our video campaign to the next level and it was shown as a 20 second advert on Birmingham Live TV reaching around approximately 25,000 people. You can watch our #LETITOUT campaign on the home page of our website.

Suzanne Huynh

Communications Officer



Our Social Media Platforms

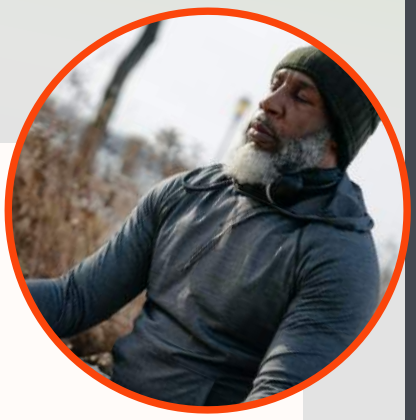
FOLLOW US ON Instagram
@sacmhf1

Follow us on Facebook
@sacmhf

@KuumbaF

Wellbeing & Recovery Worker's Report

The past year has been an especially difficult one for the service users due to the changes brought about by the Covid-19 pandemic. They had to deal with a big change in how their support was carried out and dealt very well with the transition. Outreach staff worked well as a team to ensure the inclusion of all service users regardless of digital capabilities and did well maintaining a positive sense of community and wellbeing.



Networking

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

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

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

"THE SUMMER MONTHS ARE NOW UPON US, AND WE HAVE MANY EVENTS PLANNED FOR OUR SERVICE USERS AND THE LOCAL COMMUNITY. . "

Terri Bonner

Wellbeing & Recovery Worker

Men's Wellbeing Worker Report

As we move into 2021 with the Covid-19 restrictions partly lifted, the Outreach service was able to book outreach appointments with PWUS, as many felt isolated and preferred face to face interaction. The Outreach service began working with the Probation Service and introducing their clients to the Men's Group providing them support with their mental health issues. The Men's group met up to plan activities in the community abiding to Governments guidelines.

The Men's group has had a regular number of men attending the different activities, based within the Kuumba Centre and in the community. The Men have drawn up a schedule list of events and activities chosen by the group over a three-month period, depending on the weather. Each group member had chosen activities they would like to do. Later the group collated the lists into one, with the Men's group wellbeing walks as a fortnightly event.

The Men's Group wellbeing Walk and Talk group visited local places and venues. These included: (see below locations)

- Dartmouth Park
- Wolverhampton Art Museum
- Great Bridge Nature Reserve
- Edgbaston Reservoir
- Symphony Hall - Listened to some music

We are planning to visit Coventry to view the Two-Tone Museum (Ska music, Specials, The Beat) and the Transport Museum. Other activities include Bowling, visiting the Cinema, visiting Stratford Upon Avon plus attending a local football match – West Bromwich Albion.

"I THINK I WILL ALWAYS BE A PART OF THE MEN'S GROUP BECAUSE IT IS VERY EFFIECIENT & BUILDS ME UP TO EXPERIENCE A BRIGHTER FUTURE "

Norman Nelson

Men's Wellbeing Worker

Kickstart Apprentice Joseph Hill

INTRO

On the 26th July 2021 I started an administration assistant role at the Kuumba Centre and immediately felt comfortable and supported by a friendly and helpful team. My role consists of multiple things ranging from paperwork to greeting service users, archiving to accounting, I enjoy the variety of work my role offers as well as the ability to work and liaise with everyone in the office.
I must highlight again how friendly and helpful the team are. This is my first job, and I did not feel like I must hesitate to ask for assistance. I also feel I can be open and honest with my co-workers and managers creating a workplace environment that is extremely comfortable to be in Interview and getting the job:

My interview day was extremely soon after I'd applied, just around 3 days after. This gave me confidence going in, feeling that SACMHF were very interested in what I had to offer. When I arrived, the staff made me feel welcome and settled and while in the interview Donna (the Office and Finance Manager) was attentive and helped settle my nerves while also orchestrating the interview respectfully and professionally. I was informed that I'd gotten the role a few days later and started the week after that.

TIME AT KUUMBA

During my induction I met the team and got a good idea of how things worked. As the first month went on, I started to feel it was going smoothly. I was handed more responsibilities and was able to advance complete my tasks. In my 3rd month I was given access to the business drive, showing me that management trusted me enough with such delicate and important data. As my role expanded, I felt very much at home within the organisation. My time here has given me confidence to move forward in the working world. I have been able to do more than I ever thought and feel comfortable doing it.

The team are an amazing group of people to work with, all have their own story, and it has been great being able to work with everyone. From day one I felt accepted and have been able work at my pace and fulfill what has been requested of me. The management encourage me and deliver a great level of professionalism as well as a friendly, warm touch to how they go about things.

SKILLS GAINED

During my time at SACMHF I have gained many valuable skills, mainly telephone and archiving skills. I had never archived anything before, and my telephone skills were sorely lacking when I started but now, I feel extremely confident going forward. Other skills I have gained are, knowledge of Microsoft Excel, logging information, stock taking, booking, financing and minute taking. Financing is something I'd never thought I'd be into, but since I have started doing it, it has been a nice change to my more literature-based skill set. I like to see if I can gain as much experience and skills from an opportunity, so being given the ability to branch out of my usual skill set is something I have really enjoyed. I tend to the petty cash book and look at the expenditure every month. As for minute taking it leans into my media and literature background, this is possible because I can record the correct information into such a depth that is understandable and relevant. As well as these Admin skills I have also been able to flex my media muscles by helping the Communications and Campaigns Officer with projects. The main one being the promotional video that I helped pitch and create.

I have worked on the company's website posting a page about Hate Crime and how to report it allowing me to show what skills I had gained before starting the job. Finally, I have gained vital networking skills. I went to Dudley College on the 23rd September 2021 to represent SACMHF at Dudley College Student Union's Freshers Fare. This was an amazing experience for me and one of the highlights of working here. As well as attending an event I also helped plan one with the rest of the team. We came together to organise the Cultural Well Being Festival for Black History Month 2021.

"My time at Kuumba has been amazing and one of a kind. I can't think of a better start for me on the job ladder."

CONCLUSION

To conclude, my time at SACMHF has been amazing and one of a kind. I can't think of a better start for me on the job ladder. I'd like to thank all the staff and management for being so helpful, kind, and friendly. I just want to say thank you for the opportunity presented to me.

GOV.UK

KICKSTART SCHEME

COMMUNITY

The iMATTER Youth Service

An existing funder the Oak Foundation worked with us to look at gaps in service provision that we were finding in our external environment. At the time the work area that had increasing levels of unmet need was support for young people with mental health needs exacerbated by the covid-19 pandemic and the aligned protracted lockdown and other measures.

The constraints imposed on our movement was particularly evident in this group and we secured funding from the Oak Foundation to set up a service to offer targeted culturally responsive support for young people between the ages of 11 to 25 in the local Sandwell region.

It was our aim to offer support to two local schools. Following a change of staff, the service was relaunched and is now known as the iMatter Project. Two local schools have been identified and the cohort of young people is growing to the point where we submitted a funding application to Henry Smith to augment the service with additional staff to make the service offer more robust. The outcomes data is very promising, and our focus will be managing the demand and co-producing the development of the service and embedding the voice of young people in our decision-making forums and tailoring our marketing to ensure that young people can see themselves in the services we offer.

"IF everything was perfect YOU would never learn and YOU would never grow."

- Beyonce Knowles

Building Futures Service- supporting Ex-offenders

National Probation Service

COMMUNITY FUND

The year commenced in earnest with new funding secured from Probation service. This funding was helpful in underpinning the work this service offered. The Probation service team were vociferous in working alongside us to help continue the achievement of successful outcomes from the people who use the service.

In addition to this during the year we secured a short-term service to support ex-offenders who reside in Approved Premises. Despite the covid-19 restrictions the service coordinator was able to offer some face-to-face support and the delivery was augmented by online and telephone support. This blended nature of the support offered became a feature during the pandemic and this service benefitted from a flexible approach to delivery.

The Building Futures service was originally funded solely by the National Community Lottery Fund. This reporting period represented the third and final year of the project delivery. The exit strategy was not to continue the service fully. Much work had been done to look at the continuing needs of this user group and our focus turned to the accommodation needs of this group of beneficiaries and others. This service came to an end in March 2022 but some of the learning from delivering this service would transition into the development of a housing offer. Watch this space!

"THE BUILDING FUTURES SERVICE WAS ORIGINALLY FUNDED SOLELY BY THE NATIONAL COMMUNITY LOTTERY FUND. "

Co-Production

The term Co-production refers to a way of working where we as service providers and service users work together to reach a collective outcome. The approach is value-driven and built on the principle that those who are affected by a service are best placed to help design it."

We provide services and projects that are Co-Produced with our service users to ensure that the work we do is centered around the service users that we support, giving them the ability to shape our charity and our offer to them.

Co-Production meetings at SACMHF are held quarterly, with a manager in attendance.

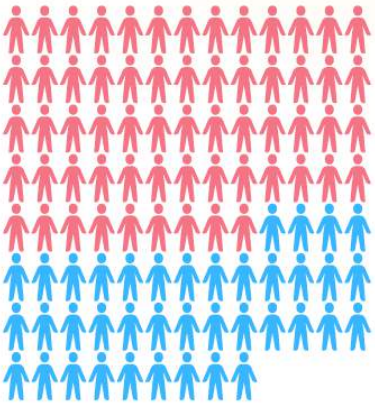
The importance of Co-Production is that it gives all SACMHF's service users a voice and involvement in the service that they use, we find it also gives the service user a sense of involvement and control.

"CO-PRODUCTION GIVES ALL SACMHF'S SERVICE USERS A VOICE AND INVOLVEMENT IN THE SERVICE THAT THEY USE, "

2021/22

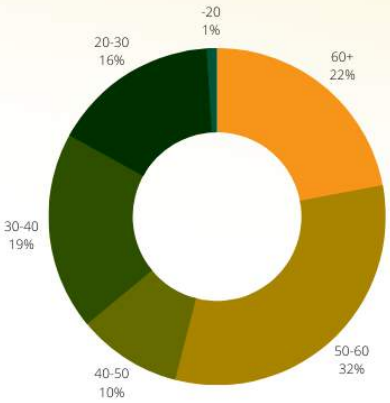
Statistics

Gender

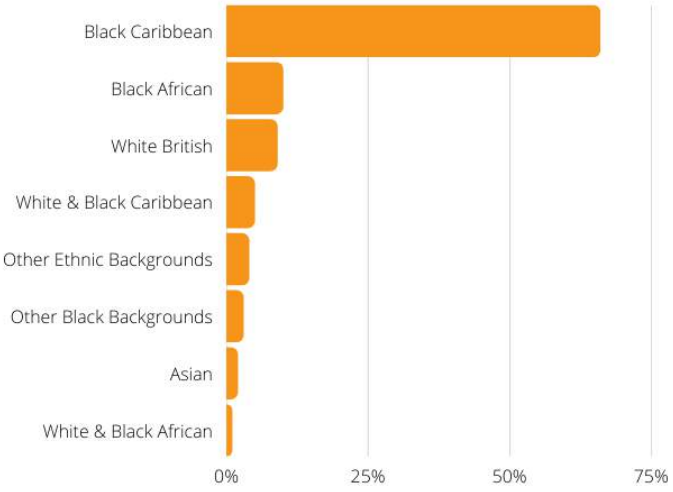


61% of our members are female.
The rest are 49% male

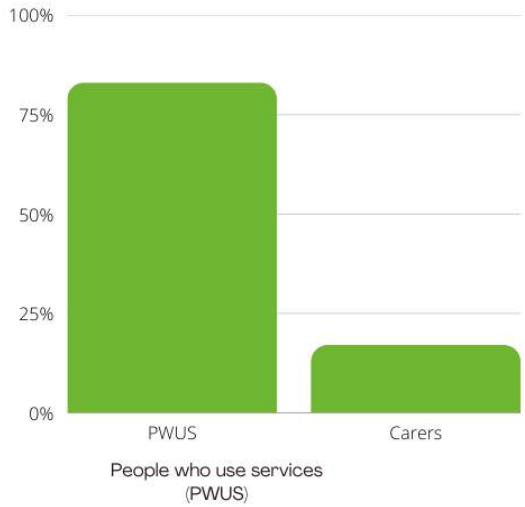
Age



Ethnicity

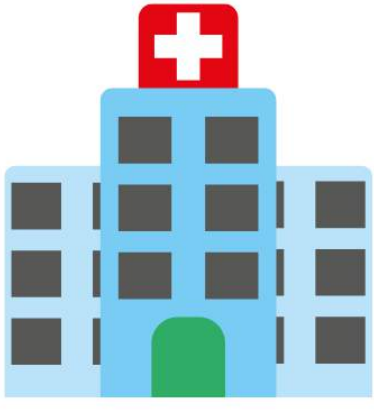


Member Category



People who use services (PWUS)

Hospital Admissions



2%

User Satisfaction Survey

Q1 The length of time I had to wait to start using the service was reasonable.

Q2 I was involved and informed in decisions about the support I would receive

Q3 I was involved in the planning of my recovery/support plan.

Q4 The Kuumba Wellbeing Worker listened to me.

Q5 The Kuumba Wellbeing & Recovery Worker explained the support and health advice in a way that I could understand.

Q6 I was given enough privacy during one-to-one meetings/visits to the centre.

Q7 I was seen in a clean and safe environment.

Q8 I had confidence and trust in the Kuumba Wellbeing worker advising me.

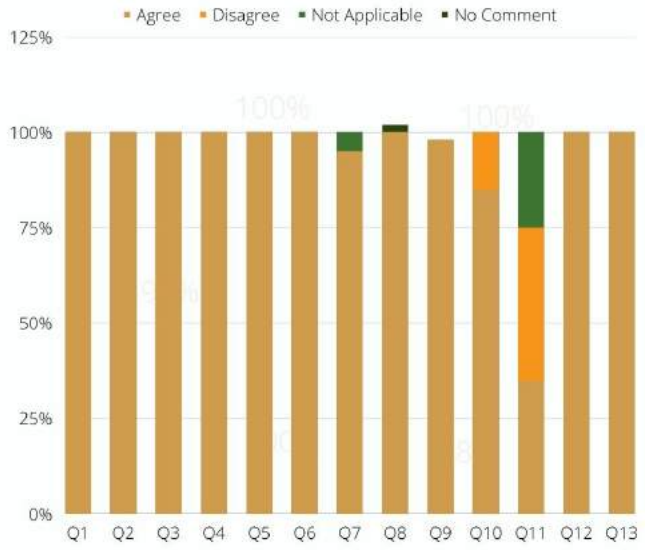
Q9 I was treated with dignity at all times.

Q10 The information I received about my support helped me to understand my condition/my families health.

Q11 My family carer were involved by staff in planning my suppot (with my consent).

Q12 My personal information was treated confidentially.

Q13 The advice/support that I received was effective



- The Covid19 and lockdown has had a profound effect during this financial year.

Some of the comments from people who use our services

Allowed me the chance to spend time with people who understand me

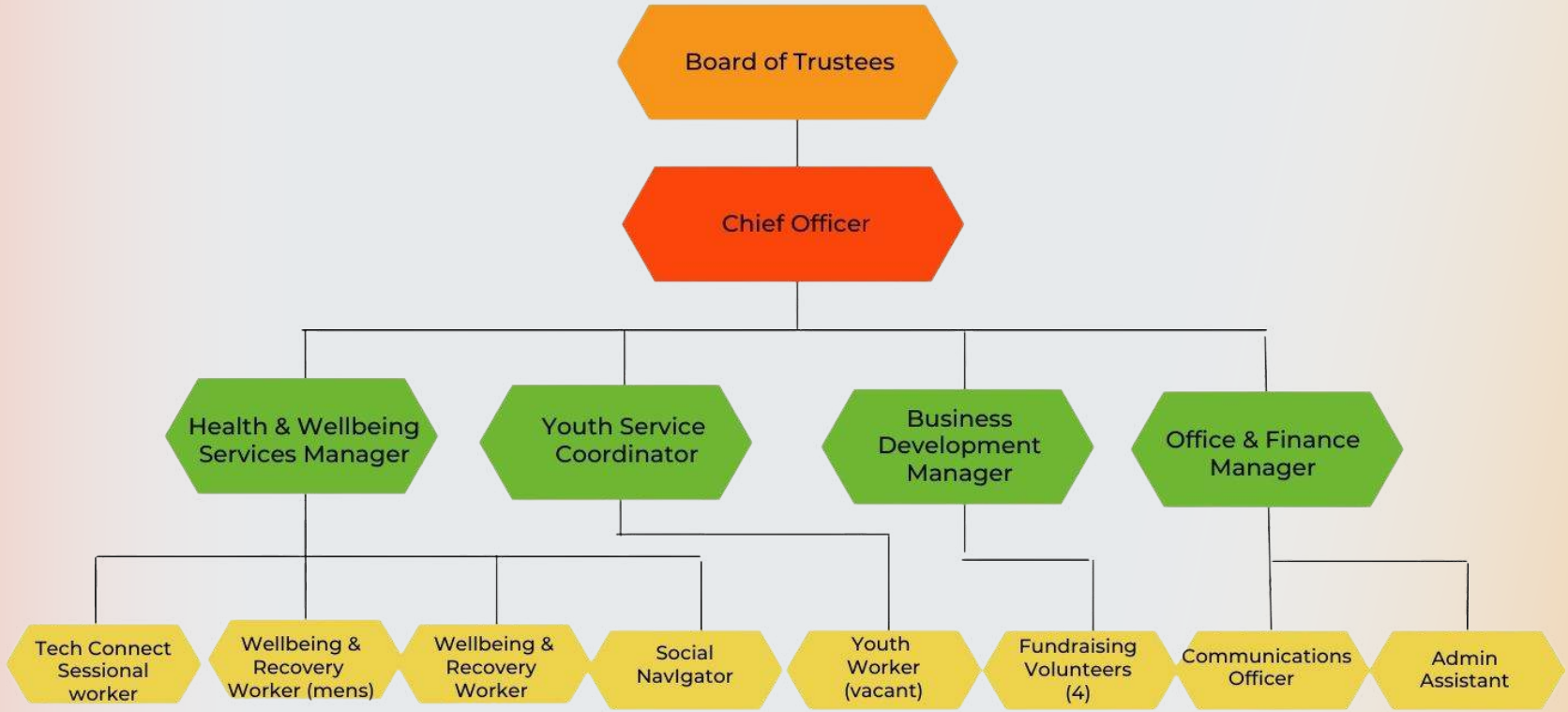
I'm honestly glad I found you guys - I feel content. I feel if I need to talk or just a change of scenery I know I can come to Kuumba Centre. Thank you, I appreciate you.

Support worker has been there when I needed someone to talk to and offered me advice in my low moods

I wanted to thank staff for continuing to still support us through Zoom during the Covid

The Kuumba Centre is making every day better for me.

STAFFING & MANAGEMENT STRUCTURE



Acknowledgment

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

With Many thanks to:

Sandwell Metropolitan Borough Council
National Lottery Community Fund
The Oak Foundation
The Henry Smith Charity
Birmingham City Council
Esmee Fairbairn
Catalyst 4 Change
National Probation Service

African Caribbean Community Initiative
Aum Consultancy-Hansa Pankania
Alcumus
Chris Knott Insurance Consultants Ltd
CMF Quality Consultant
Communities In Sync
Dr Brickstock
Foundation for Social Improvement
Fircroft College
Godfrey Mansell & GP
SM Brookes Chartered Accountant
Oscar Sandwell
Officetek

Sandwell Council for Voluntary Organisations
Social Investment Business
TIC
Tamarind Centre - Marcia Jarrett
West Bromwich Probation Service
University of Wolverhampton
West Bromwich African Caribbean Resource Centre
Xpressive Arts Ltd, Patricia Barrett

Healthwatch Sandwell
Iizuka
Jackie Taylor (Cllr)
Nicola Roberts (MP)
Peninsula
Probation Service
QSR2 Solutions, Edgar Hassan
Red Fire & Safety
Race Equality Foundation
QBQ Research - Quaye Botchway

In Memoriam

Part way through the year one of our team members passed away following a terminal illness. Norma Gardener was a trusted and much-loved member of the team. Although Norma worked part time Norma's character meant that even on her days off, she would come to work complete pieces of work and her efforts never went unnoticed. Our charity has benefitted much from her contribution and locally Norma was known for her passion for supporting the wider Caribbean communities and she was intrinsic in the early development of West Bromwich African Caribbean Resource Centre.

Norma's passing has been a huge loss to the community and our charity. We miss her and will continue to do so. Norma has left a huge mark on our organization, and she has blazed a trail for us to follow and left a legacy of community work and volunteering underpinned by passion and a genuine desire to help others who need support. Rest in peace Norma, we will never forget you.

@sacmhf1

@sacmhf

@KuumbaF

Kuumba Centre, Boulton Road
West Bromwich, West Midlands B70 6NW
0121 525 1629
Info@sacmhf.co.uk
www.sacmf.co.uk

Certificate Number 15992
ISO 9001

Sandwell African Caribbean Mental Health Foundation

(A Company Limited by Guarantee)

Annual Report and Financial Statements
Year ended 31 March 2022

Charity number : 1082017

Company Number : 4004120

Feltons

Chartered Accountants

Birmingham

B1 3JR

Sandwell African Caribbean Mental Health Foundation

(A Company Limited by Guarantee)

Report and financial statements
Year ended 31 March 2022

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Notes forming part of the financial statements, incorporating :

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Other notes to the financial statements 19

The following page does not form part of the statutory financial statements:

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Sandwell African Caribbean Mental Health Foundation
(A Company Limited by Guarantee)

Reference and Administrative Details

Chair	Bishop D R Williams	Chair
Trustees	Rev'd G S Brown Mr R A McDonald El Musa Pujeh Mr N Rodrigues Ms M Wilson	Treasurer (appointed 10 March 2022) (appointed 9 June 2022) (resigned 17 January 2022) Vice Chair
Company secretary	Patricia Johnson	
Key management personnel	Patricia Johnson Donna Campbell Rebecca Gardner Dawn Reid	CEO
Registered office		Kuumba Centre Boulton Road West Bromwich West Midlands B70 6NW
Charity number		1082017
Company registration number		4004120
Auditor		Feltons 8 Sovereign Court 8 Graham Street Birmingham B1 3JR
Bankers		Unity Trust Bank Nine Brindley Place 4 Oozells Square Birmingham B1 2HB
Solicitors		Kapasi & Co 1st floor, 17 Birmingham Street Oldbury West Midlands B69 4DT

Sandwell African Caribbean Mental Health Foundation

(A Company Limited by Guarantee)

Report of the trustees
Year ended 31 March 2022

The Trustees present their report and the financial statements of the charity for the year ended 31 March 2022. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities" in preparing the annual report and financial statements of the charity.

The financial statements have been prepared in accordance with the accounting policies set out in notes to the accounts and comply with the charity's governing document, the Charities Act 2011 and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland published in October 2019 .

Trustees of the charity

Details of the trustees who served during the year and to the date these accounts are approved are included in the Reference and Administrative details on page 1.

Objectives and activities

Our charity delivers services predominately but not exclusively for Black African Caribbean people recovering from mental illness, their families, carers, and the wider community.

In planning the activities for the year the trustees have considered the Charity Commission's guidance on public benefit, including the guidance 'public benefit: running a charity (PB2)'.

The strategies employed to achieve the charity's aims and objectives are described in the strategic report below.

Strategic Report

Achievements and performance (including principal risks and uncertainties, development and performance and key performance indicators)

The year commenced with the usual rigor and energy employed to identify funding to support new service development and funding to support the core functions and operations within the charity. Working through the pandemic and adapting our delivery models had served us well since March 2020 and this method of implementing a flexible approach benefitted the people who use our services greatly. It is important to note that this could not be done without the commitment of our growing paid and unpaid staff team and for this I thank them operating fully within an uncertain and at times during the pandemic scary external environment.

Strategic Developments

► **Lloyds Bank Foundation**

The covid-19 pandemic has been challenging in many ways. Like many other organisations we were required to implement a raft of changes designed to support the continuation of our service delivery. Many of these challenges concerned upgrades to our IT capabilities. This came at a huge cost to us, and our funds were depleted as a result.

The pressure to increase our core funds was ever present and we managed to successfully secure a grant from Lloyds Bank Foundation over two years. Recognition of our work was received from the grants manager and his chief executive officer.

Strategic Developments (continued)

► From Struggle to Freedom

We commenced our programme of events for Black History month in October 2021. This formed a series of Black History Seminars the final one of which is yet to take place. The seminars sit under our strapline of 'From Struggle to Freedom'. The evening seminars have been well received and created much discussion.

► Nicola Richards MP for West Bromwich East

We were approached by Nicola Richards MP for West Bromwich East to ascertain if we needed any support from her and her team. Nicola had got to know us during the early stages of the pandemic, and she came to visit us at the Kuumba centre. This led to Nicola speaking to Matt Hancock who was the then Health Secretary about our work in the House of Commons.

Since then, Nicola has delivered a surgery at the centre to support the people who use our services. The surgery was welcomed and carried out safely. It would be remiss of me to not mention Harry Lofthouse, a caseworker from Nicolas's office. Harry has been a huge support to us dealing with some specific issues on our behalf. Their support for us has endured the last couple of years and we have benefitted much from their efforts.

► Independent income

Our annual strategic development Planning Day 2019 prior to the onset of the covid-19 pandemic focused on income generation. It was agreed that planning should commence to develop a trading arm of the charity. This would serve to add a independent income stream to our revenue.

The covid-19 pandemic slowed our progress but in 2021 we were able to return to our plans which commenced with an application to the Social Investment Business for a grant to provide business planning support and additional hours for the Business Development Manager to increase his hours to support a greater focus on developing the trading arm.

The application to the Social Investment Business' Enterprise Development Programme (EDP) was successful and we are working through that programme now. The Foundation for Social Improvement provided the business planning support and the EDP provided peer support, finance support and regular up-date meetings with the grant officer. The grant officer is part of the Association of Mental Health Providers and our charity have now become members. The trading element of our charity is underway, and I will be able to report more fully next year.

► Governance

Being part of the EDP meant that we received professional advice pertaining to areas of development that would support the sustainability of a trading arm. One of these areas was to augment the board of trustees as our board was small. The Lloyds Bank Foundation have an initiative where charities can advertise their trustee recruitment adverts and Lloyds Bank Foundation would match them to the Lloyds Banking Group employees who were looking for Trustee positions. Through this initiative we recruited Richard McDonald who had finance, marketing, and mortgage experience. He was a good fit for us, and he is an active contributor to board activities. We were on a roll, and we subsequently recruited Bobby Pujeh who is a senior lecturer from Wolverhampton University and who has a nursing background. Since taking up his position as Trustee Bobby has enabled us to widen our role in the student placement programme with the university which will allow us to increase the level of prevention work, we do with the people who use our services.

► **Kickstart Initiative**

We continue to be members of Communities in Sync (CIS) which is a local consortium that is comprised of local charities/enterprises who work together to deliver a range of health and wellbeing services. The governments chancellor announced the Kickstart scheme to support to increase the employment opportunities for young people. Had we not been members of CIS we would not have been able to benefit from the chancellor's scheme. This demonstrates the importance of working as part of a consortia for small charities like SACMHF. We recruited and supported two Kickstart employees for funded period. Their work was outstanding, and we were delighted to be able to participate in this opportunity.

A snapshot of Beneficiary Outcomes

Our work means nothing if we cannot report on the achievements of our beneficiaries. This year will represent the first year we will report fully on our impact. This report will be published later this year. However, the outcomes below are designed to show what people can achieve with robust culturally sensitive mental health support.

- BS- BS is a young lady who was referred to the service to receive support to reduce her social isolation and better manage her mental health. She was lacking stability in her life and had little social support. During her time with Sandwell African Caribbean Mental Health Foundation, she has secured a place at her local college to study Paramedic Science, settled into a new home and maintained positive mental health and wellbeing, even sharing this with other services users by holding her own mindfulness session- thanks BS.

- FM- FM has had a difficult few years, but has kept pushing on, seeing her two children successfully off to university. Though she has only been with the service for a short time, she has already secured a new job as a carer. This is a positive step towards increasing her confidence, self-esteem and establishing a new social circle. Good luck with this new chapter FM!
- DB-This lady is a long standing and well-liked service user who has kindly chosen to volunteer weekly at the Kuumba Centre, teaching other service users basic computer skills. It is always nice to see someone sharing their skills and positive progress with others. DB has come far and has contributed to several consultation events and given some good feedback on the service, even recommending us to a friend. Thank you, DB.

- HB- HB lives alone but has positive support from her family. This time last year she had been discharged from hospital following a dip in her mental health. Since then, she has made some very good progress maintaining a long period of wellbeing and having more involvement in her own health needs. HB now plans on improving her physical health- you've got this HB.
- JR- JR has been with the service for approximately a year. Her mental health was triggered by a painful loss. JR has engaged well with services and taken charge of her health needs in her path of recovery. It has been great to watch her confidence grow. She is now a regular member of the carer's group and can often be seen at our Kuumba events. One of JR's proud moments this year is learning to swim at the local leisure Centre- well done JR!
- HS-HS has been with us for a while and is dealing with both physical and mental health conditions. Though she has had some tough days, she has not given up and is starting to look to the future. HS has come on leaps and bounds with both her physical and mental health this year. So much so, that her medications have been reduced and she no longer relies on walking aides around her home. HS now feels as though she is ready to get out there again and is planning on joining us at one of next events. See you soon HS
- TL is a 59-year-old British born Black male who requires culturally focused social activity. He has been an active member within the Kuumba since his referral. TL has interacted well with others in the Ujima and men`s groups. TL has taken part in the activities, holidays and day trips away. Staff have supported him while using our services, and he has been part of focus groups and consultations with other agencies. He has recently written a book with support from staff, after a lot of encouragement along his journey. The book has now been published and available at selected retailers and is available on Amazon.

A snapshot of Beneficiary Outcomes (continued)

- LS is a 31year old male of African descendant. He spent most of his time living in residential supported accommodation. LS needed social interaction and activities during his day otherwise he would not leave his home unescorted. In his early days when he got his flat, staff had to meet him at home. With time and patience staff encouraged LS to use the local shops and then later to attend a gym. LS became more independent and started visiting other places; Kuumba independently and other local venues. As his confidence improved, he started doing several courses including SIA (security), First Aid, which lead him to start work as a Security guard at various events. He has since worked at the G9 summit and a variety of football matches. LS has plans to start his own cleaning business in the future.

iMatter Youth Service

An existing funder the Oak Foundation worked with us to look at gaps in service provision that we were finding in our external environment. At the time the work area that had increasing levels of unmet need was support for young people with mental health needs exacerbated by the covid-19 pandemic and the aligned protracted lockdown and other measures.

The constraints imposed on our movement was particularly evident in this group and we secured funding from the Oak Foundation to set up a service to offer targeted culturally responsive support for young people between the ages of 11 to 25 in the local Sandwell region.

It was our aim to offer support to two local schools. Following a change of staff, the service was relaunched and is now known as the iMatter Project. Two local schools have been identified and the cohort of young people is growing to the point where we submitted a funding application to Henry Smith to augment the service with additional staff to make the service offer more robust. The outcomes data is very promising, and our focus will be managing the demand and co-producing the development of the service and embedding the voice of young people in our decision-making forums and tailoring our marketing to ensure that young people can see themselves in the services we offer.

Building Futures service supporting ex-offenders

The year commenced in earnest with new funding secured from Probation service. This funding was helpful in underpinning the work this service offered. The Probation service team were vociferous in working alongside us to help continue the achievement of successful outcomes from the people who use the service.

In addition to this during the year we secured a short-term service to support ex-offenders who reside in Approved Premises. Despite the covid-19 restrictions the service coordinator was able to some face-to-face support and the delivery was augmented by online and telephone support. This blended nature of the support offered became a feature during the pandemic and this service benefitted from a flexible approach to delivery.

The Building Futures service was originally funded solely by the National Community Lottery Fund. This reporting period represented the third and final year of the project delivery. The exit strategy was not to continue the service fully. Much work had been done to look at the continuing needs of this user group and our focus turned to the accommodation needs of this group of beneficiaries and others. This service came to an end in March 2022 but some of the learning from delivering this service would transition into the development of a housing offer. Watch this space!

Report of the trustees (continued)
Year ended 31 March 2022

Financial review (including reserves policy)

The financial results of Sandwell African Caribbean Mental Health Foundation are detailed in the following pages. It is considered that the finances are sound and well established. The principal funding source is a grant from Sandwell MBC. All expenditure of this income is planned to fulfil the objectives and strategies of the charity. During the year ended 31 March 2022 total resources expended were £389,117 and the deficit of expenditure over income was £18,846 which included depreciation of £3,191.

The trustees continually monitor the reserves of the charitable company. This process encompasses the nature of income and expenditure streams and the need to match commitments with income and nature of reserves.

The trustees regularly review the level of reserves and aim to maintain unrestricted reserves at a minimum of £100,000 to cover shortfall in funding flows.

Investment powers and policy

Any surplus funds are deposited with Unity Trust Bank.

Plans for future periods

Moving forward the year ended with renewed hope that the pandemic was coming to an end as we managed a safe return to increased use of the centre by beneficiaries. Staff resumed busying themselves with co-production activities and opening up the centre to events and some new programmes. For the last few years a strategic priority has been to sustain the organisation through increasing income which will become the main priority as we move forward.

Structure, Governance and Management

Governing document

Sandwell African Caribbean Mental Health Foundation is a company limited by guarantee governed by its Memorandum and Articles of Association dated 12 April 2000 and is registered as a charity with the Charity Commission. There are currently 5 members, each of whom agrees to contribute £1 in the event of the charity winding up.

Appointment of trustees

As set out in the Articles of Association, the Charity may by ordinary resolution appoint a person who is willing to act as a trustee either to fill a vacancy or as an additional trustee and may also determine the rotation in which any additional trustees are to retire. No person may be appointed as a trustee unless they have attained the age of 18 years or in circumstances such that, had they already been a trustee, they would have been disqualified from acting under the above provisions.

Trustee induction and training

New trustees are briefed on their legal obligations under charity and company law and the Charity Commission guidance on public benefit, and are informed of the content of the Memorandum and Articles of Association, the committee and decision-making processes, the business plan and the recent financial performance of the charity.

Organisation

The board of trustees administers the charity. The board normally meets six times a year and there are sub-committees covering business development including impact, user satisfaction,finance and fundraising strategy and the communications plan which normally meet four times a year. A Chief Executive is appointed by the trustees to manage the day-to-day operations of the charity. To facilitate effective operations, the Chief Executive has delegated authority, within terms of delegation approved by the trustees, for operational matters including finance and fundraising, human resources, and business development.

Related parties and co-operation with other organisations

None of our trustees receive remuneration or other benefit from their work with the charity. Any connection between a trustee or senior manager of the charity with a client or supplier must be disclosed to the full board of trustees in the same way as any other contractual relationship with a related party. Related party transactions in the current year are described in note 16 to the accounts.

Pay policy for senior staff

The board of directors, who are the Trust's trustees, and the senior management team together comprise the key management personnel of the charity in charge of directing and operating the trust on a day to day basis. No director received remuneration in the year and details of directors' expenses and related party transactions are disclosed in notes 6 and 16 to the accounts. The pay of senior staff is reviewed annually and normally increased in accordance with average earnings.

Risk management

The trustees have a risk management policy which comprises :

- an annual review of the principal risks and uncertainties that the charity faces;
- the establishment of policies, systems, and procedures to mitigate those risks identified in the annual review; and
- the implementation of procedures designed to mitigate or manage any potential impact on the charity should those risks materialise.

This work has identified that financial sustainability is the major financial risk for the charity. Key elements in the management of financial risk are a regular review of available liquid funds to settle debts as they fall due, regular liaison with the bank, and active management of operational debtor and creditor balances to ensure sufficient working capital by the Trust.

Attention has also been focussed on non-financial risks such as fire, health and safety, employment matters and data protection. These risks are managed by ensuring accreditation is up to date, having robust policies in place, and regular awareness training for staff working in these operational areas.

Trustees' responsibilities

The trustees (who are also directors of the caritable company for the purposes of company law) are responsible for preparing the Trustees' Annual Report (including the Strategic Report) and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year, which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP 2019 (FRS 102);
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Disclosure of information to the auditors

We, the directors of the company who held office at the date of approval of these Financial Statements as set out on page 1 confirm, so far as we are aware, that:

- there is no relevant audit information of which the company's auditors are unaware; and
- we have taken all the steps that we ought to have taken as directors in order to make ourselves aware of any relevant audit information and to establish that the company's auditors are aware of that information.

In approving the Trustees' Annual Report, we also approve the Strategic Report included therein, in our capacity as company directors.

This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

On behalf of the board.

Marcia Wilson

Marcia Wilson
Vice Chair

Date 21st 11 2022

Independent Auditor's Report to the Members of Sandwell African Caribbean Mental Health Foundation (A Company Limited by Guarantee)

Opinion

We have audited the financial statements of Sandwell African Caribbean Mental Health Foundation (the 'charitable company') for the year ended 31 March 2022 which comprise the Statement of Financial Activities, the Balance Sheet, the Statement of Cash Flows and notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements :

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2022, and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The other information comprises the information included in the trustees annual report, other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information contained within the annual report. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Opinion on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the Trustees' Report for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the Trustees' Report have been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of our knowledge and understanding of the company and its environment obtained in the course of the audit, we have not identified material misstatements in the Trustees' Report.

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept, or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the trustees were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies' exemptions in preparing the Trustees' Report and from the requirement to prepare a Strategic Report.

Responsibilities of trustees

As explained more fully in the Trustees' Responsibilities statement (set out on page 8), the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The specific procedures for this engagement and the extent to which these are capable of detecting irregularities, including fraud is detailed below:

- We reviewed the company's control and risk management procedures and planned our work based on our assessment of those controls and procedures;
- This review included an assessment of the risk of material misstatement due to errors, fraud and management override of controls for all material areas in the financial statements;
- We made enquiries of management and the company's lawyers regarding any actual or potential litigation and/or claims;
- Financial statements disclosures were reviewed and checked for compliance with applicable laws;
- Detailed testing was conducted on balances and transactions including unusual items and those of individual significance to the financial statements;
- Data analytics were used in order to identify unusual or significant trends;
- Communications with management and those charged with governance regarding relevant matters was undertaken throughout the audit and on completion.

Auditor's responsibilities for the audit of the financial statements (continued)

Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission or misrepresentation.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at www.frc.org.uk/auditorsresponsibilites. This description forms part of our auditor's report.

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.

Feltons

David W Farnsworth FCA (Senior Statutory Auditor)
For and on behalf of Feltons, Statutory Auditor
8 Sovereign Court
8 Graham Street
Birmingham B1 3JR

Date 22/11/2022

Sandwell African Caribbean Mental Health Foundation
(A Company Limited by Guarantee)

Statement of financial activities
for the year ended 31 March 2022

	Notes	Unrestricted funds £	Restricted funds £	Total 2022 £	Total 2021 £
Income					
Grants and Donations	2	286,310	75,798	362,108	413,723
Income from charitable activities:					
Fund raising		2,446	-	2,446	-
Sundry income		5,717	-	5,717	-
Total income		294,473	75,798	370,271	413,723
Expenditure					
Charitable activities:					
Operational and support costs	3	300,842	88,275	389,117	276,318
Total expenditure		300,842	88,275	389,117	276,318
Net movement in funds		(6,369)	(12,477)	(18,846)	137,405
Reconciliation of funds					
Total funds brought forward	12	107,992	83,138	191,130	53,725
Total funds carried forward		101,623	70,661	172,284	191,130

All income and expenditure derives from continuing activities.

The statement of financial activities includes all gains and losses recognised during the year.

Sandwell African Caribbean Mental Health Foundation
(A Company Limited by Guarantee)

Company Number : 4004120 / Charity number : 1082017
Balance sheet as at 31 March 2022

	Notes	2022 £	2022 £	2021 £	2021 £
Fixed assets					
Tangible assets	8		12,762		1,518
Current assets					
Debtors	9	36,660		2,792	
Cash at bank and in hand		168,709		229,707	
		205,369		232,499	
Creditors: amounts falling due within one year	10	45,847		42,887	
Net current assets			159,522		189,612
Net assets			172,284		191,130
Funds of the charity :					
Restricted funds					
General fund	12		70,661		83,138
Unrestricted funds					
General fund	12		101,623		107,992
Total funds			172,284		191,130

These accounts have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

The notes on pages 16 to 23 form part of these accounts.

The financial statements were approved by the board of trustees on 21st 11th 2022 and were signed on its behalf by :

Marcia Wilson

Marcia Wilson Vice Chair

Sandwell African Caribbean Mental Health Foundation
(A Company Limited by Guarantee)

Statement of cash flows
for the year ended 31 March 2022

	Notes	2022 £	2021 £
Cash flow from operating activities	15	(46,563)	84,154
Cash flow from investing activities			
Payments to acquire tangible fixed assets		(14,435)	(94)
Net (decrease)/increase in cash and cash equivalents		(60,998)	84,060
Cash and cash equivalents at 1 April 2021		229,707	145,647
Cash and cash equivalents at 31 March 2022		168,709	229,707

Notes to the financial statements for the year ended 31 March 2022

1. Accounting policies

a) General information and basis of preparation

Sandwell African Caribbean Mental Health Foundation is a charitable company limited by guarantee. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the charity. The address of the registered office is given in the charity information on page 1 of these financial statements.

The charity constitutes a public benefit entity as defined by FRS 102. The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Charities Act 2011, the Companies Act 2006 and UK Generally Accepted Accounting Practice.

The financial statements are prepared on a going concern basis under the historical cost convention. The financial statements are presented in sterling which is the functional currency of the charity. The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

b) Going concern

The financial statements have been prepared on a going concern basis as the trustees believe that no material uncertainties exist. The trustees have considered the level of funds held and the expected level of income and expenditure for a period of 12 months from the date of authorising these financial statements. The budgeted income and expenditure is sufficient with the level of reserves for the charity to be able to continue as a going concern.

c) Funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the charity for particular purposes. The cost of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

d) Income recognition

All incoming resources are included in the Statement of Financial Activities (SoFA) when the charity is legally entitled to the income after any performance conditions have been met, the amount can be measured reliably and it is probable that the income will be received.

- **Grants receivable**
  Grants are included in the Statement of Financial Activities on a receivable basis. The balance of income received for specific purposes but not expended during the period is shown in the relevant funds on the balance sheet. Where income is received in advance of entitlement of receipt its recognition is deferred and included in creditors as deferred income. Where entitlement occurs before income is received, the income is accrued.

1. Accounting policies (continued)

d) Income recognition (continued)

- **Donations**
  Donations are recognised on a receivable basis where there is certainty of receipt and the amount can be reliably measured. If there are conditions attached to the donation and this requires a level of performance before entitlement can be obtained then income is deferred until those conditions are fully met or the fulfilment of those conditions is within the control of the charity and it is probable that they will be fulfilled.

- **Interest receivable**
  Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank.

- **Other income**
  Other income is recognised in the period it is receivable and to the extent the goods have been provided or on completion of the service.

e) Expenditure recognition

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Expenditure is recognised where there is a legal or constructive obligation to make payments to third parties, it is probable that the settlement will be required and the amount of the obligation can be measured reliably. It is categorised under the following headings:

- **Costs of generating funds**
  These are costs incurred in attracting voluntary income, and those incurred in trading activities that raise funds.
- **Charitable activities**
  These are costs incurred in activities undertaken to further the purposes of the charity and their associated support costs.
- **Governance costs**
  These include the costs attributable to the trust's compliance with constitutional and statutory requirements, including strategic management and trustees' meetings and reimbursed expenses.

Irrecoverable VAT is charged as an expense against the activity for which expenditure arose.

f) Allocation of support costs

Support costs are those that assist the work of the charity but do not directly represent charitable activities and include office costs, governance costs and administrative payroll costs. The bases on which support costs have been allocated are set out in note 3.

Notes to the financial statements for the year ended 31 March 2022 (continued)

1. Accounting policies (continued)

g) Tangible fixed assets

Tangible fixed assets are stated at cost or valuation less accumulated depreciation and accumulated impairment losses. Cost includes costs directly attributable to making the asset capable of operating as intended.

Depreciation is provided on all tangible fixed assets, at rates calculated to write off the cost, less estimated residual value, of each asset on a systematic basis over its expected useful life as follows:

Office equipment	- 20% per annum on a reducing balance basis

h) Debtors

Operational and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

i) Cash at bank and in hand

Cash at bank and in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

j) Liabilities

Liabilities are recognised when there is an obligation at the balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably. Liabilities are recognised at the amount that the charity anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide.

k) Operating leases

Rentals payable under operating leases are charged to the SoFA on a straight line basis over the period of the lease.

l) Taxation

The charity is an exempt charity within the meaning of schedule 3 of the Charities Act 2011 and is considered to pass the tests set out in Paragraph 1 Schedule 6 Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes.

m) Pension benefits

The charity operates a defined contribution plan for the benefit of its employees. Contributions are expensed as they become payable.

2. Donations and legacies

	Unrestricted funds £	Restricted funds £	Total 2022 £	Total 2021 £
Grants	285,981	75,798	361,779	413,723
Donations	329	-	329	-
	286,310	75,798	362,108	413,723
2021 total	270,871	142,852	413,723	

3. Expenditure on charitable activities

	Core activity £	Total 2022 £	Total 2021 £
Operational and support costs			
Staff costs	254,669	254,669	180,102
Support costs (see note 4)	129,635	129,635	93,903
Governance costs (see note 4)	4,813	4,813	2,313
	389,117	389,117	276,318
2021 total	276,318	276,318	

Total expenditure on charitable activities was £389,117 (2021 - £276,318) of which £300,842 (2021 - £197,434) was unrestricted and £88,275 (2021 - £78,884) was restricted.

Support costs are allocated on a usage basis.

4. Analysis of support and governance costs

	General support £	Governance function £	Total 2022 £	Total 2021 £
Rent and rates	10,770	-	10,770	22,661
Insurance	1,505	-	1,505	1,133
Light and heat	6,870	-	6,870	6,585
Telephone	6,183	-	6,183	9,785
Postage and stationery	306	-	306	2,209
Advertising	5,485	-	5,485	2,524
Repairs and renewals	12,818	-	12,818	7,858
Travel and subsistence	2,692	-	2,692	540
Training	13,244	-	13,244	218
Volunteer expenses	130	-	130	1,015
Computer and IT costs	22,765	-	22,765	14,525
General office costs	14,551	-	14,551	6,546
Audit and accountancy services	-	4,800	4,800	2,300
Legal and other professional	28,736	13	28,749	16,726
Sundries	389	-	389	595
Depreciation	3,191	-	3,191	996
	129,635	4,813	134,448	96,216

5. Net (expenditure)/income for the year

Net (expenditure)/income is stated after charging / (crediting):

	Total 2022 £	Total 2021 £
Depreciation of tangible fixed assets	3,191	996
Operating lease rentals		
Premises	10,770	22,661
Auditors remuneration	4,800	2,300

6. Trustees and key management personnel remuneration and expenses

The trustees neither received nor waived any remuneration during the year (2021 - £nil) neither were they reimbursed expenses during the year (2021 - £nil).

The Trust considers its key management personnel are as listed on page 1. The total amount of employee benefits (including employer pension contributions and employer national insurance contributions) received by key management personnel was £121,601 (2021 - £118,059).

7. Analysis of staff costs and numbers

Staff costs :

	Total 2022 £	Total 2021 £
Wages and salaries	230,942	165,143
Social security costs	17,731	8,763
Defined contribution pension schemes	5,996	6,196
	254,669	180,102

No employees received total employee benefits of more than £60,000.

Staff numbers :

The average monthly number of employees and full time equivalents during the year was as follows:

	2022 Number	2022 FTE	2021 Number	2021 FTE
Charitable activities	8	6	6	6
Management	3	3	3	3
	11	9	9	9

Notes to the financial statements for the year ended 31 March 2022 (continued)

8. Tangible fixed assets

	Office equipment £	Total £
Cost		
At 1 April 2021	37,375	37,375
Additions	14,435	14,435
At 31 March 2022	51,810	51,810
Depreciation		
At 1 April 2021	35,857	35,857
Charge for the year	3,191	3,191
At 31 March 2022	39,048	39,048
Net book values		
At 31 March 2022	12,762	12,762
At 31 March 2021	1,518	1,518

9. Debtors

	Total 2022 £	Total 2021 £
Debtors from operations	60	2,000
Prepayments and accrued income	36,600	792
	36,660	2,792

10. Creditors - amounts falling due within one year

	Total 2022 £	Total 2021 £
Creditors from operations	5,863	15,887
Taxation and social security	3,130	3,731
Accruals and deferred income	7,100	2,300
Deferred income	22,843	20,000
Other creditors	6,911	969
	45,847	42,887

Deferred income represents performance related grants received in the year where the relevant services or outputs will not be delivered until future periods or as a result of other restrictions imposed.

11. Commitments under operating leases

At 31 March 2022 the charity was committed to making the following payments under non-cancellable operating leases :

	Total 2022 £	Total 2021 £
Within one year	11,000	11,000
Within two to five years inclusive	33,000	44,000
In over five years	-	-
	44,000	55,000

12. Analysis of funds

	Balance at 1 April 2021 £	Incoming resources £	Resources expended £	Balance at 31 March 2022 £
Restricted funds				
General fund				
Sandwell MBC IT	7,015	-	-	7,015
National Lottery - Building Futures	39,846	24,019	(10,449)	53,416
Henry Smith	10,232	25,800	(36,032)	-
Grants Birmingham City Council	3,388	16,312	(12,070)	7,630
National Lottery - Covid 19 response	22,657	9,667	(29,724)	2,600
	83,138	75,798	(88,275)	70,661
Unrestricted funds				
General fund	107,992	294,473	(300,842)	101,623
	107,992	294,473	(300,842)	101,623
Total funds	191,130	370,271	(389,117)	172,284

Name of fund	Description, nature and purpose of fund
Restricted general fund	Money given to the charity where the donor requires that a grant or donation be spent for a specific project. The nature and purpose of each of the major restricted funds is explained below :

National Lottery - Building Futures

Ex-offenders with poor wellbeing and those with mental health issues who are from an ethnic background and in need of resettlement support in the community.

12. Analysis of funds (continued)

Henry Smith

Funding to support the core services which are part funded by Sandwell Metropolitan Council. These services include Ujima user-led social service, Outreach client and family support service and Care for You Carers support service.

Grants Birmingham City Council

This service supports bereaved carers in Birmingham and is delivered in partnership with local organisations who are part of a local consortia of which SACMHF is a part, called Communities in Sync.

National Lottery Community Fund (Covid-19 Relief Fund)

To deliver a counselling service for a six-month period.

Unrestricted general fund — The free reserves of the charity which are not designated for particular purposes.

13. Analysis of net assets between funds

Fund balances at 31 March 2022 are represented by:

	Unrestricted funds	Restricted funds	Total funds
	£	£	£
Tangible fixed assets	12,762	-	12,762
Current assets	133,525	71,844	205,369
Current liabilities	(44,664)	(1,183)	(45,847)
Total net assets	101,623	70,661	172,284

14. Capital commitments

There were no capital commitments at 31 March 2022 (2021 - £nil).

15. Reconciliation of net (expenditure)/income to net cash flow from operating activities

	Total 2022	Total 2021
	£	£
Net (expenditure)/income for the year	(18,846)	137,405
Depreciation	3,191	996
(Increase) / decrease in debtors	(33,868)	(1,951)
Increase / (decrease) in creditors	2,960	(52,296)
Net cash flow from operating activities	(46,563)	84,154

16. Related party transactions

No related party transactions took place in the period of account.

Sandwell African Caribbean Mental Health Foundation
DETAILED INCOME AND EXPENDITURE ACCOUNT
for the year ended 31 March 2022

	2022	2021
	£	£
INCOMING RESOURCES		
Grants		
Sandwell MBC	135,460	135,460
Sandwell MBC prior year reclassification	-	62,889
Sandwell MBC IT	-	3,711
National Lottery - Building Futures	24,019	58,332
Henry Smith	25,800	37,433
City of Birmingham	16,312	14,375
National Lottery - Covid 19 response	9,667	29,001
Oak Foundation	92,125	64,000
Epic	15,009	-
Probation Service	14,693	-
Other income	28,694	1,272
Client income	-	7,250
	361,779	413,723
Fund raising	2,446	-
Donations	329	-
Sundry income	5,717	-
	370,271	413,723
STAFF COSTS		
Wages and salaries	254,669	180,102
SUPPORT COSTS		
Rent and rates	10,770	9,707
Insurance	1,505	1,133
Heat, light and water	6,870	6,585
Telephone and communications	6,183	9,785
Postage and stationery	306	2,209
Advertising	5,485	2,524
Sundries	389	595
Repairs and renewals	12,818	7,858
Travel and subsistence	2,692	540
Office expenses	14,551	6,546
Training	13,244	218
Volunteer expenses	130	1,015
Computers and IT	22,765	14,525
Legal and professional	28,736	16,713
Depreciation - fixtures and fittings	3,191	996
	384,304	261,051
GOVERNANCE COSTS		
Auditor's remuneration	4,800	2,300
Other	13	13
	4,813	2,313
NET (DEFICIT)/SURPLUS FOR THE YEAR BEFORE EXCEPTIONAL ITEM	(18,846)	150,359
EXCEPTIONAL ITEM		
Rent and rates	-	12,954
NET (DEFICIT)/SURPLUS FOR THE YEAR AFTER EXCEPTIONAL ITEM	(18,846)	137,405

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

Sandwell African Caribbean Mental Health Foundation

(A Company Limited by Guarantee)

Annual Report and Financial Statements
Year ended 31 March 2022

Charity number : 1082017

Company Number : 4004120

Feltons

Chartered Accountants

Birmingham

B1 3JR

Sandwell African Caribbean Mental Health Foundation

(A Company Limited by Guarantee)

Report and financial statements
Year ended 31 March 2022

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The following page does not form part of the statutory financial statements:

Detailed income and expenditure account 24

Sandwell African Caribbean Mental Health Foundation
(A Company Limited by Guarantee)

Reference and Administrative Details

Chair	Bishop D R Williams	Chair
Trustees	Rev'd G S Brown Mr R A McDonald El Musa Pujeh Mr N Rodrigues Ms M Wilson	Treasurer (appointed 10 March 2022) (appointed 9 June 2022) (resigned 17 January 2022) Vice Chair
Company secretary	Patricia Johnson	
Key management personnel	Patricia Johnson Donna Campbell Rebecca Gardner Dawn Reid	CEO
Registered office		Kuumba Centre Boulton Road West Bromwich West Midlands B70 6NW
Charity number		1082017
Company registration number		4004120
Auditor		Feltons 8 Sovereign Court 8 Graham Street Birmingham B1 3JR
Bankers		Unity Trust Bank Nine Brindley Place 4 Oozells Square Birmingham B1 2HB
Solicitors		Kapasi & Co 1st floor, 17 Birmingham Street Oldbury West Midlands B69 4DT

Sandwell African Caribbean Mental Health Foundation

(A Company Limited by Guarantee)

Report of the trustees
Year ended 31 March 2022

The Trustees present their report and the financial statements of the charity for the year ended 31 March 2022. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities" in preparing the annual report and financial statements of the charity.

The financial statements have been prepared in accordance with the accounting policies set out in notes to the accounts and comply with the charity's governing document, the Charities Act 2011 and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland published in October 2019 .

Trustees of the charity

Details of the trustees who served during the year and to the date these accounts are approved are included in the Reference and Administrative details on page 1.

Objectives and activities

Our charity delivers services predominately but not exclusively for Black African Caribbean people recovering from mental illness, their families, carers, and the wider community.

In planning the activities for the year the trustees have considered the Charity Commission's guidance on public benefit, including the guidance 'public benefit: running a charity (PB2)'.

The strategies employed to achieve the charity's aims and objectives are described in the strategic report below.

Strategic Report

Achievements and performance (including principal risks and uncertainties, development and performance and key performance indicators)

The year commenced with the usual rigor and energy employed to identify funding to support new service development and funding to support the core functions and operations within the charity. Working through the pandemic and adapting our delivery models had served us well since March 2020 and this method of implementing a flexible approach benefitted the people who use our services greatly. It is important to note that this could not be done without the commitment of our growing paid and unpaid staff team and for this I thank them operating fully within an uncertain and at times during the pandemic scary external environment.

Strategic Developments

► **Lloyds Bank Foundation**

The covid-19 pandemic has been challenging in many ways. Like many other organisations we were required to implement a raft of changes designed to support the continuation of our service delivery. Many of these challenges concerned upgrades to our IT capabilities. This came at a huge cost to us, and our funds were depleted as a result.

The pressure to increase our core funds was ever present and we managed to successfully secure a grant from Lloyds Bank Foundation over two years. Recognition of our work was received from the grants manager and his chief executive officer.

Strategic Developments (continued)

► From Struggle to Freedom

We commenced our programme of events for Black History month in October 2021. This formed a series of Black History Seminars the final one of which is yet to take place. The seminars sit under our strapline of 'From Struggle to Freedom'. The evening seminars have been well received and created much discussion.

► Nicola Richards MP for West Bromwich East

We were approached by Nicola Richards MP for West Bromwich East to ascertain if we needed any support from her and her team. Nicola had got to know us during the early stages of the pandemic, and she came to visit us at the Kuumba centre. This led to Nicola speaking to Matt Hancock who was the then Health Secretary about our work in the House of Commons.

Since then, Nicola has delivered a surgery at the centre to support the people who use our services. The surgery was welcomed and carried out safely. It would be remiss of me to not mention Harry Lofthouse, a caseworker from Nicolas's office. Harry has been a huge support to us dealing with some specific issues on our behalf. Their support for us has endured the last couple of years and we have benefitted much from their efforts.

► Independent income

Our annual strategic development Planning Day 2019 prior to the onset of the covid-19 pandemic focused on income generation. It was agreed that planning should commence to develop a trading arm of the charity. This would serve to add a independent income stream to our revenue.

The covid-19 pandemic slowed our progress but in 2021 we were able to return to our plans which commenced with an application to the Social Investment Business for a grant to provide business planning support and additional hours for the Business Development Manager to increase his hours to support a greater focus on developing the trading arm.

The application to the Social Investment Business' Enterprise Development Programme (EDP) was successful and we are working through that programme now. The Foundation for Social Improvement provided the business planning support and the EDP provided peer support, finance support and regular up-date meetings with the grant officer. The grant officer is part of the Association of Mental Health Providers and our charity have now become members. The trading element of our charity is underway, and I will be able to report more fully next year.

► Governance

Being part of the EDP meant that we received professional advice pertaining to areas of development that would support the sustainability of a trading arm. One of these areas was to augment the board of trustees as our board was small. The Lloyds Bank Foundation have an initiative where charities can advertise their trustee recruitment adverts and Lloyds Bank Foundation would match them to the Lloyds Banking Group employees who were looking for Trustee positions. Through this initiative we recruited Richard McDonald who had finance, marketing, and mortgage experience. He was a good fit for us, and he is an active contributor to board activities. We were on a roll, and we subsequently recruited Bobby Pujeh who is a senior lecturer from Wolverhampton University and who has a nursing background. Since taking up his position as Trustee Bobby has enabled us to widen our role in the student placement programme with the university which will allow us to increase the level of prevention work, we do with the people who use our services.

► **Kickstart Initiative**

We continue to be members of Communities in Sync (CIS) which is a local consortium that is comprised of local charities/enterprises who work together to deliver a range of health and wellbeing services. The governments chancellor announced the Kickstart scheme to support to increase the employment opportunities for young people. Had we not been members of CIS we would not have been able to benefit from the chancellor's scheme. This demonstrates the importance of working as part of a consortia for small charities like SACMHF. We recruited and supported two Kickstart employees for funded period. Their work was outstanding, and we were delighted to be able to participate in this opportunity.

A snapshot of Beneficiary Outcomes

Our work means nothing if we cannot report on the achievements of our beneficiaries. This year will represent the first year we will report fully on our impact. This report will be published later this year. However, the outcomes below are designed to show what people can achieve with robust culturally sensitive mental health support.

- BS- BS is a young lady who was referred to the service to receive support to reduce her social isolation and better manage her mental health. She was lacking stability in her life and had little social support. During her time with Sandwell African Caribbean Mental Health Foundation, she has secured a place at her local college to study Paramedic Science, settled into a new home and maintained positive mental health and wellbeing, even sharing this with other services users by holding her own mindfulness session- thanks BS.

- FM- FM has had a difficult few years, but has kept pushing on, seeing her two children successfully off to university. Though she has only been with the service for a short time, she has already secured a new job as a carer. This is a positive step towards increasing her confidence, self-esteem and establishing a new social circle. Good luck with this new chapter FM!
- DB-This lady is a long standing and well-liked service user who has kindly chosen to volunteer weekly at the Kuumba Centre, teaching other service users basic computer skills. It is always nice to see someone sharing their skills and positive progress with others. DB has come far and has contributed to several consultation events and given some good feedback on the service, even recommending us to a friend. Thank you, DB.

- HB- HB lives alone but has positive support from her family. This time last year she had been discharged from hospital following a dip in her mental health. Since then, she has made some very good progress maintaining a long period of wellbeing and having more involvement in her own health needs. HB now plans on improving her physical health- you've got this HB.
- JR- JR has been with the service for approximately a year. Her mental health was triggered by a painful loss. JR has engaged well with services and taken charge of her health needs in her path of recovery. It has been great to watch her confidence grow. She is now a regular member of the carer's group and can often be seen at our Kuumba events. One of JR's proud moments this year is learning to swim at the local leisure Centre- well done JR!
- HS-HS has been with us for a while and is dealing with both physical and mental health conditions. Though she has had some tough days, she has not given up and is starting to look to the future. HS has come on leaps and bounds with both her physical and mental health this year. So much so, that her medications have been reduced and she no longer relies on walking aides around her home. HS now feels as though she is ready to get out there again and is planning on joining us at one of next events. See you soon HS
- TL is a 59-year-old British born Black male who requires culturally focused social activity. He has been an active member within the Kuumba since his referral. TL has interacted well with others in the Ujima and men`s groups. TL has taken part in the activities, holidays and day trips away. Staff have supported him while using our services, and he has been part of focus groups and consultations with other agencies. He has recently written a book with support from staff, after a lot of encouragement along his journey. The book has now been published and available at selected retailers and is available on Amazon.

A snapshot of Beneficiary Outcomes (continued)

- LS is a 31year old male of African descendant. He spent most of his time living in residential supported accommodation. LS needed social interaction and activities during his day otherwise he would not leave his home unescorted. In his early days when he got his flat, staff had to meet him at home. With time and patience staff encouraged LS to use the local shops and then later to attend a gym. LS became more independent and started visiting other places; Kuumba independently and other local venues. As his confidence improved, he started doing several courses including SIA (security), First Aid, which lead him to start work as a Security guard at various events. He has since worked at the G9 summit and a variety of football matches. LS has plans to start his own cleaning business in the future.

iMatter Youth Service

An existing funder the Oak Foundation worked with us to look at gaps in service provision that we were finding in our external environment. At the time the work area that had increasing levels of unmet need was support for young people with mental health needs exacerbated by the covid-19 pandemic and the aligned protracted lockdown and other measures.

The constraints imposed on our movement was particularly evident in this group and we secured funding from the Oak Foundation to set up a service to offer targeted culturally responsive support for young people between the ages of 11 to 25 in the local Sandwell region.

It was our aim to offer support to two local schools. Following a change of staff, the service was relaunched and is now known as the iMatter Project. Two local schools have been identified and the cohort of young people is growing to the point where we submitted a funding application to Henry Smith to augment the service with additional staff to make the service offer more robust. The outcomes data is very promising, and our focus will be managing the demand and co-producing the development of the service and embedding the voice of young people in our decision-making forums and tailoring our marketing to ensure that young people can see themselves in the services we offer.

Building Futures service supporting ex-offenders

The year commenced in earnest with new funding secured from Probation service. This funding was helpful in underpinning the work this service offered. The Probation service team were vociferous in working alongside us to help continue the achievement of successful outcomes from the people who use the service.

In addition to this during the year we secured a short-term service to support ex-offenders who reside in Approved Premises. Despite the covid-19 restrictions the service coordinator was able to some face-to-face support and the delivery was augmented by online and telephone support. This blended nature of the support offered became a feature during the pandemic and this service benefitted from a flexible approach to delivery.

The Building Futures service was originally funded solely by the National Community Lottery Fund. This reporting period represented the third and final year of the project delivery. The exit strategy was not to continue the service fully. Much work had been done to look at the continuing needs of this user group and our focus turned to the accommodation needs of this group of beneficiaries and others. This service came to an end in March 2022 but some of the learning from delivering this service would transition into the development of a housing offer. Watch this space!

Report of the trustees (continued)
Year ended 31 March 2022

Financial review (including reserves policy)

The financial results of Sandwell African Caribbean Mental Health Foundation are detailed in the following pages. It is considered that the finances are sound and well established. The principal funding source is a grant from Sandwell MBC. All expenditure of this income is planned to fulfil the objectives and strategies of the charity. During the year ended 31 March 2022 total resources expended were £389,117 and the deficit of expenditure over income was £18,846 which included depreciation of £3,191.

The trustees continually monitor the reserves of the charitable company. This process encompasses the nature of income and expenditure streams and the need to match commitments with income and nature of reserves.

The trustees regularly review the level of reserves and aim to maintain unrestricted reserves at a minimum of £100,000 to cover shortfall in funding flows.

Investment powers and policy

Any surplus funds are deposited with Unity Trust Bank.

Plans for future periods

Moving forward the year ended with renewed hope that the pandemic was coming to an end as we managed a safe return to increased use of the centre by beneficiaries. Staff resumed busying themselves with co-production activities and opening up the centre to events and some new programmes. For the last few years a strategic priority has been to sustain the organisation through increasing income which will become the main priority as we move forward.

Structure, Governance and Management

Governing document

Sandwell African Caribbean Mental Health Foundation is a company limited by guarantee governed by its Memorandum and Articles of Association dated 12 April 2000 and is registered as a charity with the Charity Commission. There are currently 5 members, each of whom agrees to contribute £1 in the event of the charity winding up.

Appointment of trustees

As set out in the Articles of Association, the Charity may by ordinary resolution appoint a person who is willing to act as a trustee either to fill a vacancy or as an additional trustee and may also determine the rotation in which any additional trustees are to retire. No person may be appointed as a trustee unless they have attained the age of 18 years or in circumstances such that, had they already been a trustee, they would have been disqualified from acting under the above provisions.

Trustee induction and training

New trustees are briefed on their legal obligations under charity and company law and the Charity Commission guidance on public benefit, and are informed of the content of the Memorandum and Articles of Association, the committee and decision-making processes, the business plan and the recent financial performance of the charity.

Organisation

The board of trustees administers the charity. The board normally meets six times a year and there are sub-committees covering business development including impact, user satisfaction,finance and fundraising strategy and the communications plan which normally meet four times a year. A Chief Executive is appointed by the trustees to manage the day-to-day operations of the charity. To facilitate effective operations, the Chief Executive has delegated authority, within terms of delegation approved by the trustees, for operational matters including finance and fundraising, human resources, and business development.

Related parties and co-operation with other organisations

None of our trustees receive remuneration or other benefit from their work with the charity. Any connection between a trustee or senior manager of the charity with a client or supplier must be disclosed to the full board of trustees in the same way as any other contractual relationship with a related party. Related party transactions in the current year are described in note 16 to the accounts.

Pay policy for senior staff

The board of directors, who are the Trust's trustees, and the senior management team together comprise the key management personnel of the charity in charge of directing and operating the trust on a day to day basis. No director received remuneration in the year and details of directors' expenses and related party transactions are disclosed in notes 6 and 16 to the accounts. The pay of senior staff is reviewed annually and normally increased in accordance with average earnings.

Risk management

The trustees have a risk management policy which comprises :

- an annual review of the principal risks and uncertainties that the charity faces;
- the establishment of policies, systems, and procedures to mitigate those risks identified in the annual review; and
- the implementation of procedures designed to mitigate or manage any potential impact on the charity should those risks materialise.

This work has identified that financial sustainability is the major financial risk for the charity. Key elements in the management of financial risk are a regular review of available liquid funds to settle debts as they fall due, regular liaison with the bank, and active management of operational debtor and creditor balances to ensure sufficient working capital by the Trust.

Attention has also been focussed on non-financial risks such as fire, health and safety, employment matters and data protection. These risks are managed by ensuring accreditation is up to date, having robust policies in place, and regular awareness training for staff working in these operational areas.

Trustees' responsibilities

The trustees (who are also directors of the caritable company for the purposes of company law) are responsible for preparing the Trustees' Annual Report (including the Strategic Report) and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year, which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP 2019 (FRS 102);
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Disclosure of information to the auditors

We, the directors of the company who held office at the date of approval of these Financial Statements as set out on page 1 confirm, so far as we are aware, that:

- there is no relevant audit information of which the company's auditors are unaware; and
- we have taken all the steps that we ought to have taken as directors in order to make ourselves aware of any relevant audit information and to establish that the company's auditors are aware of that information.

In approving the Trustees' Annual Report, we also approve the Strategic Report included therein, in our capacity as company directors.

This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

On behalf of the board.

Marcia Wilson

Marcia Wilson
Vice Chair

Date 21st 11 2022

Independent Auditor's Report to the Members of Sandwell African Caribbean Mental Health Foundation (A Company Limited by Guarantee)

Opinion

We have audited the financial statements of Sandwell African Caribbean Mental Health Foundation (the 'charitable company') for the year ended 31 March 2022 which comprise the Statement of Financial Activities, the Balance Sheet, the Statement of Cash Flows and notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements :

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2022, and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The other information comprises the information included in the trustees annual report, other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information contained within the annual report. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Opinion on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the Trustees' Report for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the Trustees' Report have been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of our knowledge and understanding of the company and its environment obtained in the course of the audit, we have not identified material misstatements in the Trustees' Report.

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept, or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the trustees were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies' exemptions in preparing the Trustees' Report and from the requirement to prepare a Strategic Report.

Responsibilities of trustees

As explained more fully in the Trustees' Responsibilities statement (set out on page 8), the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The specific procedures for this engagement and the extent to which these are capable of detecting irregularities, including fraud is detailed below:

- We reviewed the company's control and risk management procedures and planned our work based on our assessment of those controls and procedures;
- This review included an assessment of the risk of material misstatement due to errors, fraud and management override of controls for all material areas in the financial statements;
- We made enquiries of management and the company's lawyers regarding any actual or potential litigation and/or claims;
- Financial statements disclosures were reviewed and checked for compliance with applicable laws;
- Detailed testing was conducted on balances and transactions including unusual items and those of individual significance to the financial statements;
- Data analytics were used in order to identify unusual or significant trends;
- Communications with management and those charged with governance regarding relevant matters was undertaken throughout the audit and on completion.

Auditor's responsibilities for the audit of the financial statements (continued)

Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission or misrepresentation.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at www.frc.org.uk/auditorsresponsibilites. This description forms part of our auditor's report.

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.

Feltons

David W Farnsworth FCA (Senior Statutory Auditor)
For and on behalf of Feltons, Statutory Auditor
8 Sovereign Court
8 Graham Street
Birmingham B1 3JR

Date 22/11/2022

Sandwell African Caribbean Mental Health Foundation
(A Company Limited by Guarantee)

Statement of financial activities
for the year ended 31 March 2022

	Notes	Unrestricted funds £	Restricted funds £	Total 2022 £	Total 2021 £
Income					
Grants and Donations	2	286,310	75,798	362,108	413,723
Income from charitable activities:					
Fund raising		2,446	-	2,446	-
Sundry income		5,717	-	5,717	-
Total income		294,473	75,798	370,271	413,723
Expenditure					
Charitable activities:					
Operational and support costs	3	300,842	88,275	389,117	276,318
Total expenditure		300,842	88,275	389,117	276,318
Net movement in funds		(6,369)	(12,477)	(18,846)	137,405
Reconciliation of funds					
Total funds brought forward	12	107,992	83,138	191,130	53,725
Total funds carried forward		101,623	70,661	172,284	191,130

All income and expenditure derives from continuing activities.

The statement of financial activities includes all gains and losses recognised during the year.

Sandwell African Caribbean Mental Health Foundation
(A Company Limited by Guarantee)

Company Number : 4004120 / Charity number : 1082017
Balance sheet as at 31 March 2022

	Notes	2022 £	2022 £	2021 £	2021 £
Fixed assets					
Tangible assets	8		12,762		1,518
Current assets					
Debtors	9	36,660		2,792	
Cash at bank and in hand		168,709		229,707	
		205,369		232,499	
Creditors: amounts falling due within one year	10	45,847		42,887	
Net current assets			159,522		189,612
Net assets			172,284		191,130
Funds of the charity :					
Restricted funds					
General fund	12		70,661		83,138
Unrestricted funds					
General fund	12		101,623		107,992
Total funds			172,284		191,130

These accounts have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

The notes on pages 16 to 23 form part of these accounts.

The financial statements were approved by the board of trustees on 21st 11th 2022 and were signed on its behalf by :

Marcia Wilson

Marcia Wilson Vice Chair

Sandwell African Caribbean Mental Health Foundation
(A Company Limited by Guarantee)

Statement of cash flows
for the year ended 31 March 2022

	Notes	2022 £	2021 £
Cash flow from operating activities	15	(46,563)	84,154
Cash flow from investing activities			
Payments to acquire tangible fixed assets		(14,435)	(94)
Net (decrease)/increase in cash and cash equivalents		(60,998)	84,060
Cash and cash equivalents at 1 April 2021		229,707	145,647
Cash and cash equivalents at 31 March 2022		168,709	229,707

Notes to the financial statements for the year ended 31 March 2022

1. Accounting policies

a) General information and basis of preparation

Sandwell African Caribbean Mental Health Foundation is a charitable company limited by guarantee. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the charity. The address of the registered office is given in the charity information on page 1 of these financial statements.

The charity constitutes a public benefit entity as defined by FRS 102. The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Charities Act 2011, the Companies Act 2006 and UK Generally Accepted Accounting Practice.

The financial statements are prepared on a going concern basis under the historical cost convention. The financial statements are presented in sterling which is the functional currency of the charity. The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

b) Going concern

The financial statements have been prepared on a going concern basis as the trustees believe that no material uncertainties exist. The trustees have considered the level of funds held and the expected level of income and expenditure for a period of 12 months from the date of authorising these financial statements. The budgeted income and expenditure is sufficient with the level of reserves for the charity to be able to continue as a going concern.

c) Funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the charity for particular purposes. The cost of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

d) Income recognition

All incoming resources are included in the Statement of Financial Activities (SoFA) when the charity is legally entitled to the income after any performance conditions have been met, the amount can be measured reliably and it is probable that the income will be received.

- **Grants receivable**
  Grants are included in the Statement of Financial Activities on a receivable basis. The balance of income received for specific purposes but not expended during the period is shown in the relevant funds on the balance sheet. Where income is received in advance of entitlement of receipt its recognition is deferred and included in creditors as deferred income. Where entitlement occurs before income is received, the income is accrued.

1. Accounting policies (continued)

d) Income recognition (continued)

- **Donations**
  Donations are recognised on a receivable basis where there is certainty of receipt and the amount can be reliably measured. If there are conditions attached to the donation and this requires a level of performance before entitlement can be obtained then income is deferred until those conditions are fully met or the fulfilment of those conditions is within the control of the charity and it is probable that they will be fulfilled.

- **Interest receivable**
  Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank.

- **Other income**
  Other income is recognised in the period it is receivable and to the extent the goods have been provided or on completion of the service.

e) Expenditure recognition

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Expenditure is recognised where there is a legal or constructive obligation to make payments to third parties, it is probable that the settlement will be required and the amount of the obligation can be measured reliably. It is categorised under the following headings:

- **Costs of generating funds**
  These are costs incurred in attracting voluntary income, and those incurred in trading activities that raise funds.
- **Charitable activities**
  These are costs incurred in activities undertaken to further the purposes of the charity and their associated support costs.
- **Governance costs**
  These include the costs attributable to the trust's compliance with constitutional and statutory requirements, including strategic management and trustees' meetings and reimbursed expenses.

Irrecoverable VAT is charged as an expense against the activity for which expenditure arose.

f) Allocation of support costs

Support costs are those that assist the work of the charity but do not directly represent charitable activities and include office costs, governance costs and administrative payroll costs. The bases on which support costs have been allocated are set out in note 3.

Notes to the financial statements for the year ended 31 March 2022 (continued)

1. Accounting policies (continued)

g) Tangible fixed assets

Tangible fixed assets are stated at cost or valuation less accumulated depreciation and accumulated impairment losses. Cost includes costs directly attributable to making the asset capable of operating as intended.

Depreciation is provided on all tangible fixed assets, at rates calculated to write off the cost, less estimated residual value, of each asset on a systematic basis over its expected useful life as follows:

Office equipment	- 20% per annum on a reducing balance basis

h) Debtors

Operational and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

i) Cash at bank and in hand

Cash at bank and in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

j) Liabilities

Liabilities are recognised when there is an obligation at the balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably. Liabilities are recognised at the amount that the charity anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide.

k) Operating leases

Rentals payable under operating leases are charged to the SoFA on a straight line basis over the period of the lease.

l) Taxation

The charity is an exempt charity within the meaning of schedule 3 of the Charities Act 2011 and is considered to pass the tests set out in Paragraph 1 Schedule 6 Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes.

m) Pension benefits

The charity operates a defined contribution plan for the benefit of its employees. Contributions are expensed as they become payable.

2. Donations and legacies

	Unrestricted funds £	Restricted funds £	Total 2022 £	Total 2021 £
Grants	285,981	75,798	361,779	413,723
Donations	329	-	329	-
	286,310	75,798	362,108	413,723
2021 total	270,871	142,852	413,723	

3. Expenditure on charitable activities

	Core activity £	Total 2022 £	Total 2021 £
Operational and support costs			
Staff costs	254,669	254,669	180,102
Support costs (see note 4)	129,635	129,635	93,903
Governance costs (see note 4)	4,813	4,813	2,313
	389,117	389,117	276,318
2021 total	276,318	276,318	

Total expenditure on charitable activities was £389,117 (2021 - £276,318) of which £300,842 (2021 - £197,434) was unrestricted and £88,275 (2021 - £78,884) was restricted.

Support costs are allocated on a usage basis.

4. Analysis of support and governance costs

	General support £	Governance function £	Total 2022 £	Total 2021 £
Rent and rates	10,770	-	10,770	22,661
Insurance	1,505	-	1,505	1,133
Light and heat	6,870	-	6,870	6,585
Telephone	6,183	-	6,183	9,785
Postage and stationery	306	-	306	2,209
Advertising	5,485	-	5,485	2,524
Repairs and renewals	12,818	-	12,818	7,858
Travel and subsistence	2,692	-	2,692	540
Training	13,244	-	13,244	218
Volunteer expenses	130	-	130	1,015
Computer and IT costs	22,765	-	22,765	14,525
General office costs	14,551	-	14,551	6,546
Audit and accountancy services	-	4,800	4,800	2,300
Legal and other professional	28,736	13	28,749	16,726
Sundries	389	-	389	595
Depreciation	3,191	-	3,191	996
	129,635	4,813	134,448	96,216

5. Net (expenditure)/income for the year

Net (expenditure)/income is stated after charging / (crediting):

	Total 2022 £	Total 2021 £
Depreciation of tangible fixed assets	3,191	996
Operating lease rentals		
Premises	10,770	22,661
Auditors remuneration	4,800	2,300

6. Trustees and key management personnel remuneration and expenses

The trustees neither received nor waived any remuneration during the year (2021 - £nil) neither were they reimbursed expenses during the year (2021 - £nil).

The Trust considers its key management personnel are as listed on page 1. The total amount of employee benefits (including employer pension contributions and employer national insurance contributions) received by key management personnel was £121,601 (2021 - £118,059).

7. Analysis of staff costs and numbers

Staff costs :

	Total 2022 £	Total 2021 £
Wages and salaries	230,942	165,143
Social security costs	17,731	8,763
Defined contribution pension schemes	5,996	6,196
	254,669	180,102

No employees received total employee benefits of more than £60,000.

Staff numbers :

The average monthly number of employees and full time equivalents during the year was as follows:

	2022 Number	2022 FTE	2021 Number	2021 FTE
Charitable activities	8	6	6	6
Management	3	3	3	3
	11	9	9	9

Notes to the financial statements for the year ended 31 March 2022 (continued)

8. Tangible fixed assets

	Office equipment £	Total £
Cost		
At 1 April 2021	37,375	37,375
Additions	14,435	14,435
At 31 March 2022	51,810	51,810
Depreciation		
At 1 April 2021	35,857	35,857
Charge for the year	3,191	3,191
At 31 March 2022	39,048	39,048
Net book values		
At 31 March 2022	12,762	12,762
At 31 March 2021	1,518	1,518

9. Debtors

	Total 2022 £	Total 2021 £
Debtors from operations	60	2,000
Prepayments and accrued income	36,600	792
	36,660	2,792

10. Creditors - amounts falling due within one year

	Total 2022 £	Total 2021 £
Creditors from operations	5,863	15,887
Taxation and social security	3,130	3,731
Accruals and deferred income	7,100	2,300
Deferred income	22,843	20,000
Other creditors	6,911	969
	45,847	42,887

Deferred income represents performance related grants received in the year where the relevant services or outputs will not be delivered until future periods or as a result of other restrictions imposed.

11. Commitments under operating leases

At 31 March 2022 the charity was committed to making the following payments under non-cancellable operating leases :

	Total 2022 £	Total 2021 £
Within one year	11,000	11,000
Within two to five years inclusive	33,000	44,000
In over five years	-	-
	44,000	55,000

12. Analysis of funds

	Balance at 1 April 2021 £	Incoming resources £	Resources expended £	Balance at 31 March 2022 £
Restricted funds				
General fund				
Sandwell MBC IT	7,015	-	-	7,015
National Lottery - Building Futures	39,846	24,019	(10,449)	53,416
Henry Smith	10,232	25,800	(36,032)	-
Grants Birmingham City Council	3,388	16,312	(12,070)	7,630
National Lottery - Covid 19 response	22,657	9,667	(29,724)	2,600
	83,138	75,798	(88,275)	70,661
Unrestricted funds				
General fund	107,992	294,473	(300,842)	101,623
	107,992	294,473	(300,842)	101,623
Total funds	191,130	370,271	(389,117)	172,284

Name of fund	Description, nature and purpose of fund
Restricted general fund	Money given to the charity where the donor requires that a grant or donation be spent for a specific project. The nature and purpose of each of the major restricted funds is explained below :

National Lottery - Building Futures

Ex-offenders with poor wellbeing and those with mental health issues who are from an ethnic background and in need of resettlement support in the community.

12. Analysis of funds (continued)

Henry Smith

Funding to support the core services which are part funded by Sandwell Metropolitan Council. These services include Ujima user-led social service, Outreach client and family support service and Care for You Carers support service.

Grants Birmingham City Council

This service supports bereaved carers in Birmingham and is delivered in partnership with local organisations who are part of a local consortia of which SACMHF is a part, called Communities in Sync.

National Lottery Community Fund (Covid-19 Relief Fund)

To deliver a counselling service for a six-month period.

Unrestricted general fund — The free reserves of the charity which are not designated for particular purposes.

13. Analysis of net assets between funds

Fund balances at 31 March 2022 are represented by:

	Unrestricted funds	Restricted funds	Total funds
	£	£	£
Tangible fixed assets	12,762	-	12,762
Current assets	133,525	71,844	205,369
Current liabilities	(44,664)	(1,183)	(45,847)
Total net assets	101,623	70,661	172,284

14. Capital commitments

There were no capital commitments at 31 March 2022 (2021 - £nil).

15. Reconciliation of net (expenditure)/income to net cash flow from operating activities

	Total 2022	Total 2021
	£	£
Net (expenditure)/income for the year	(18,846)	137,405
Depreciation	3,191	996
(Increase) / decrease in debtors	(33,868)	(1,951)
Increase / (decrease) in creditors	2,960	(52,296)
Net cash flow from operating activities	(46,563)	84,154

16. Related party transactions

No related party transactions took place in the period of account.

Sandwell African Caribbean Mental Health Foundation
DETAILED INCOME AND EXPENDITURE ACCOUNT
for the year ended 31 March 2022

	2022	2021
	£	£
INCOMING RESOURCES		
Grants		
Sandwell MBC	135,460	135,460
Sandwell MBC prior year reclassification	-	62,889
Sandwell MBC IT	-	3,711
National Lottery - Building Futures	24,019	58,332
Henry Smith	25,800	37,433
City of Birmingham	16,312	14,375
National Lottery - Covid 19 response	9,667	29,001
Oak Foundation	92,125	64,000
Epic	15,009	-
Probation Service	14,693	-
Other income	28,694	1,272
Client income	-	7,250
	361,779	413,723
Fund raising	2,446	-
Donations	329	-
Sundry income	5,717	-
	370,271	413,723
STAFF COSTS		
Wages and salaries	254,669	180,102
SUPPORT COSTS		
Rent and rates	10,770	9,707
Insurance	1,505	1,133
Heat, light and water	6,870	6,585
Telephone and communications	6,183	9,785
Postage and stationery	306	2,209
Advertising	5,485	2,524
Sundries	389	595
Repairs and renewals	12,818	7,858
Travel and subsistence	2,692	540
Office expenses	14,551	6,546
Training	13,244	218
Volunteer expenses	130	1,015
Computers and IT	22,765	14,525
Legal and professional	28,736	16,713
Depreciation - fixtures and fittings	3,191	996
	384,304	261,051
GOVERNANCE COSTS		
Auditor's remuneration	4,800	2,300
Other	13	13
	4,813	2,313
NET (DEFICIT)/SURPLUS FOR THE YEAR BEFORE EXCEPTIONAL ITEM	(18,846)	150,359
EXCEPTIONAL ITEM		
Rent and rates	-	12,954
NET (DEFICIT)/SURPLUS FOR THE YEAR AFTER EXCEPTIONAL ITEM	(18,846)	137,405

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

SANDWELL AFRICAN CARIBBEAN MENTAL HEALTH FOUNDATION

England & Wales - Charity number 1082017

Accounts

REGISTERED COMPANY NUMBER: 04004120 (England and Wales)
REGISTERED CHARITY NUMBER: 1082017

Audited Financial Statements
for the year ended
31 March 2021

for

Sandwell African Caribbean Mental Health
Foundation

Nicklin Audit Limited
Chartered Accountants
Statutory Auditors
Church Court
Stourbridge Road
Halesowen
West Midlands
B63 3TT

Sandwell African Caribbean Mental Health Foundation

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for the year ended 31 March 2021

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Sandwell African Caribbean Mental Health Foundation

Report of the Trustees
for the year ended 31 March 2021

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, 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 aims

Sandwell African Caribbean Mental Health Foundation is a charitable Company limited by guarantee.

Its objects are to understand and afford help and support to African Caribbean adults with mental illness who inhabit the Borough of Sandwell and its surrounding districts.

The aim is to provide support for those suffering from mental illness in particular but not exclusively through the provision of facilities in the interests of social welfare for recreation and leisure time occupation with the object of improving the conditions of life for the said inhabitants and the provision of education for the said inhabitants.

In planning the activities for the year, the Charity Commission's guidance on public benefit was kept in mind at the trustee meetings.

Significant activities

Main Achievements in the Year incorporating the Chief Officer's Report

The year commenced with the Nation's first lockdown as the pandemic swooped over the country . Amidst the panic and nervousness about this unseen and unknown threat against our lives the Health & Social Care charity sector were deemed as Keyworkers and as such we were obligated to work out how we would maintain our service delivery to the communities we serve.

The team at this point unaware of the impact the pandemic was going to have upon people from a Black African and Caribbean descent. New protocols were agreed and implemented and by the middle of April SACMHF were able to present a revised service offer which included a myriad of digital offerings alongside some face-to-face work which couldn't be avoided. It has to be said that the team worked through the first, second and third lockdowns with courage executing their due diligence as they continued to work with increased risk to themselves and
their families without complaint or favour. I commend all of our team members for their fastidious approach to their work in the face of fear and uncertainty.

George Floyd murder triggered worldwide protests about racial injustice. Sandwell African & Caribbean. Workers Group was launched in July and founded by Cllr Jackie Taylor. The aim of this network is to :

1.To support the sustainability of Black African and Caribbean led community organisations delivering Health & Social Care services.
2 .To be a voice for the community and within local, regional and national decision making groups.
3. To work jointly to deliver community health & wellbeing services and research .
4. To support local Black led churches to aid the spiritual health of the Black African and Caribbean community .

Our changed year meant that one had to accept that key calendar milestones would not take place due to the covid-19 restrictions. One of these such milestones was the annual strategic planning day. Although with the increase in the use of digital platforms to host and deliver events the organization took a decision to hold this in abeyance until it could be held face to face in an external venue. SACMHF took the view that after a long period of digital communication it would benefit the staff's creativity to participate in the usual way in a shared physical space. The event has been planned to take place in September and October 2021 and will be spread over two days. The first day will focus on organisational development and day two will focus on the introduction and development of our Theory of Change . So watch this space to find out how the event panned out. Despite the pandemic certain of our quality objectives and strategic developments were achieved and these are where I shall now turn.

OBJECTIVES AND ACTIVITIES

Welcome to Our New Chair

A very warm welcome to new Board Member and Chair Bishop Donald Williams. I first met Donald at Oakwood Prison whilst out promoting what was then one of our new services, Building Futures which seeks to support ex-offenders with mental health issues or those who are at risk of developing mental ill health. Donald was the Head of Chaplaincy across the West Midland regions prisons. Since then, Donald had become a strong ally and committed himself to working with our organisation. A year or so later he decided to take up the reigns and become our Chair.

Thanks and Tributes

Working through the pandemic has reinforced how I feel about the diligent, committed and at times selfless attitude of the people who work in the third sector. Although we have managed risks to our staff our protocols no matter how robust cannot eradicate all risk to staff and I want to take this opportunity to say ' Thank You ' to our team for working through what has been a challenging and anxious period in our lives. We can finally see the light at the end of the tunnel and hopefully if we continue to support each other we will emerge stronger and ready to move forward with our plans to sustain the organisation and to widen our reach.

ACHIEVEMENT AND PERFORMANCE

Charitable activities

Quality Management System

A virtual two-day audit was carried out by ISOQAR in June 2020. The audit was conducted virtually due to the constraints of the pandemic. The outcome was a positive one where no major or minor non-conformities were identified. Similarly the internal audit which is carried out identified no breeches of our quality standard. This achievement was down to the diligence of our team who have worked throughout the pandemic and continue to do so as keyworkers without complaint. I salute each and every one of them.

Service Level Outputs

Our Response to the Impact of the Pandemic will be outlined in more detail later in this annual report. However, it is important to note that we like many other charities up and down the nation rose to the challenges presented by Covid-19 and sought to secure additional funds to implement new services to support the increasing needs of the people who use our services and the wider community . With that in mind we were supported by the National Lottery Community Fund.

1. Digital Inclusion was prioritised, and we adapted a project which was halted due to the pandemic, and we launched our Tech Connect programme which involved teaching individuals new skills to help them to navigate technology better and to enable them to connect with services, friends and family virtually. Tablets on loan are also a feature . The consortia that we are a part of Communities in Sync (CIS) supported this endeavour by supplying an additional tablet to facilitate the project having a wider reach.

2. Emotional resilience is an area that has been testing for many of us during the pandemic and especially for those with lived· experience of mental health issues. We responded to increasing levels of anxiety and exacerbated negative symptoms of mental health problems by implementing a virtual counselling service.

3. Loneliness was also a major impact of the pandemic and this growing need to maintain links with other people led us to be part of the delivery of a helpline. This is being delivered in partnership with African Caribbean Community Initiative in Wolverhampton and Tamarind Centre in Coventry. This project was the idea of Catalyst 4 Change who are the Lead Organisation for the project.

A Snapshot of the Outcomes Achieved by People with Lived Experience and Carers

Our approach to working with people with lived experience is culturally sensitive, holistic and recovery focused. I have highlighted below some of the beneficiary outcomes achieved during the year. Given that the year has been a challenge in terms of accessing support services our team worked more flexibly to enable a continuation of our service offer in line with Covid-19 guidance. It is important that we take the time to remember the last 12 months commenced with increased anxiety about the disproportionate impact of Covid-19 on the Black community. We are proud of the people who we work with and their achievements despite the barriers

Training & Employment

Outcome - Employment retention, stable mental health and improved family relationships

A young man was supported to retain his employment, having suffered the loss of a friend and
Uncle to whom he was very close . He was supported through the grieving process, which helped the young man to retain his employment, which has ultimately resulted in a promotion at work where he is responsible for training new staff. Also, he has developed his relationship with his son who is now able to reside with him overnight on a regular basis.

Outcome - Stable mental health and take up of University degree

A young lady with complex needs who has acted on suicidal ideation on more than one occasion has accepted support and has successfully managed her mental health and is stable and thriving. This young lady has now enrolled on to complete Mental Health Nursing at Wolverhampton University.

Outcome - Increased Emotional Resilience & Assertiveness

This individual is accessing external Peer to Peer support group online and learning sign Language after having experienced social phobia and anxiety.

Outcome - Accessing Further Education with Better Pathways

A very withdrawn individual, with low self-esteem has been supported to access a bespoke training programme.

Housing Support

Outcome - improved emotional resilience, increased soft skills and new relationships

At first this individual was very subdued, and he would not make eye contact. He was very withdrawn and coming to end of a supported housing tenancy. He was supported to access independent living, where this young man secured the tenancy on a new flat. We supported him to maintain his tenancy while he accessed the outreach service, and he is now embarking on a training course which has improved bis self-confidence which led to increased social contacts.

Outcome - Access to Supported Living & Medication compliant
This gentleman was referred to SACMHF during the middle of 2020 as he was experiencing difficulties with his accommodation after the loss of mother and the sale of the family home. His compliancy with his medication waned due to increased anxiety and grief.

This individual was supported to access Supported Living accommodation with Care Package. Following a medication review his clinical team supported his transition back to medication compliance and he is now doing well and settled into new accommodation.

Improved Mental health and Emotional Resilience

Outcome - Improved emotional resilience
Having suffered the loss of his wife this gentleman became withdrawn and isolated, not dealing with grief and neglecting himself. Following discharge from hospital he accessed counselling and has made some significant improvements and he has reported that emotionally he feels like he is able to get up in the morning resulting in him becoming more emotionally resilient.

Outcome - Increased emotional resilience
This gentleman has been working on building up his emotional resilience and becoming more independent. During recent weeks he has been engaging in one to one counselling sessions. This is something that he would not have participated in five months ago without his partner being involved.

Leadership in the Carers Support Group

Outcome - Leadership skills
Over the past six months one of the Carers has shown she has the ability to convey her ideas and feelings within Carers group, since she had her stroke, she has lacked confidence . The user Led sessions have enabled Lorraine to build on her confidence and she has demonstrated her ability to lead a Carers Group session on her own, which is a massive step for Lorraine and shows significant improvement in her personal development.

Digital Inclusion

Outcome - Skills development
Over the past three months an individual has built up her confidence as she has dyslexia and struggles when using technological devices. She has had some problems accessing weekly Carers zoom sessions via the tablet she has on loan, but with encouragement and guidance has shown great effort to attend Carers group sessions on a weekly basis via her mobile phone and can now access the group sessions without support. This has been a huge achievement for Juliet and shows how her confidence has grown since attending the Carers group.

Fundraising activities
Funding & Sustainability
In order to support the sustainability of the organisation additional key roles were identified. The next task was to secure the appropriate funding to support this endeavour. Following submission of a funding application to the Oak Foundation two new posts; Communications & Campaigns Officer and a Business Development & Fundraising Manager were advertised. During the period the Communications Officer post attracted a variety of candidates and we finally agreed upon Suzanne Huynh who already has added a new dimension to the organisation's social media profile and has elevated our marketing and marketing materials.

A connection was made with Dr Amanda Brickstock and Dr Paul Fisher who at the time were Junior Doctors at Heartlands hospital in Birmingham. Both Doctors reached out to us following the death of George Floyd. Given the pressure they were under working on the frontline they found the time to raise funds for us from the proceeds of a bake sale at the hospital. Have a look at the delicious bakes they sold on our website www.sacmhf.co.uk :
We thank them for what they have done for us at a time when they found themselves working under the most intense pressure and increasing concern for their own safety. Their selfless efforts have served to support additional counselling sessions for the people who use our services. We now have a relationship with Drs Brickstock and Fisher, and they have pledged to get involved in working more closely with us in the future .

Report of the Trustees
for the year ended 31 March 2021

FINANCIAL REVIEW

Financial position

Financial summary for the year

Higher income and increased services resulted in an improved surplus needed to fulfil the goal of reaching the company's reserve policy of a minimum level of £100,000 designated/unrestricted reserves for meeting working capital and covering gaps in changes in funding streams

The gross income for the year was £413,723 (£264,330 in 2020)
The expenditure increased to £263,364 (£241,211 in 2020)
This gave a Surplus of £150,359 (surplus of £23,119 in 2020)
Unrestricted reserves £120,946 (£34,555 in 2020)
Restricted reserves £83,138 (£19,170 in 2020)

Reserves policy

The directors consider that an appropriate level of reserves is £100,000 which is equivalent to approximately 4 months charitable activity to cover shortfalls in funding flows. This is our current goal, and it is considered achievable when statutory and on-going annual service agreements are in place.

FUTURE PLANS

Partnerships

Sandwell Healthwatch have reached out to us, and much work has been completed with the people who use our services who participated in research on digital inclusion. More work is planned to go into the next financial year on Black and ethnic communities experience of using mental health services.

Similarly, the people who use our services contributed to research undertaken by West Bromwich African Caribbean Resource Centre (WBACRC). The research features the voices of those from the Black community and their experience of the pandemic.

MP Nicola Roberts is the MP for West Bromwich East, and she came to visit us during a busy time for her and her office. Since then, Nicola spoke about the work that we do in the Houses of Commons and in particular our contribution during the pandemic. The video of Nicola ' s exchange with Matt Hancock about our work delivered from the Kuumba centre can be seen in a video on our website www.sacmhf.co.uk By the way I am still waiting to hear from the former Health Secretary!!

Through our membership of CIS, we are part of the Governments Kickstart Programme to employ young people on 6-month work placements . We will be advertising two vacancies and we look forward to welcoming the young people to our team. It is our intention to continue one of the posts, all being well.

Our relationship with the **Race Equality Foundation (REF)** has gone from strength to strength over many years now. REF asked us to lead the mental health strand as part of their Health Equity Collaborative Project which will develop evidence led collaborations encouraging a wider public narrative across seven areas. REF have planned for the health collaboratives to engage with policy makers, practitioners, and people with lived experience to formulate solutions that ensure racial inequity and health inequalities are addressed in the wider Covid- I 9 recovery plan.

SACMHF was invited by the **Runnymede Trust** to contribute to input into the call for evidence for the civil society perspective to the United Nations Committee on the Elimination of Racial Discrimination (CERD). Our evidence and that from other civil society organisations has been the main source for the report Runnymede have drafted.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

Charity constitution

Sandwell African Caribbean Mental Health Foundation (SACMHF) was founded as a community-based Black led organisation in 1994. SACMHF was constituted as a company in May 2000 and registered as a Charity in August 2000.

Recruitment and appointment of new trustees

Directors are appointed at the AGM. They are selected from known relevant networks considering the balance of skills required in the directorate.

Report of the Trustees
for the year ended 31 March 2021

REFERENCE AND ADMINISTRATIVE DETAILS
Registered Company number
04004120 (England and Wales)

Registered Charity number
1082017

Registered office
Kuumba Centre
Boulton Road
West Bromwich
West Midlands
B70 6NW

Trustees
M Wilson
D Williams (appointed 10.8.20)
G Brown
E M Pujeh (appointed 9.6.22)
R A Mcdonald (appointed 10.3.22)
N Rodrigues (resigned 17.1.22)
S Ward (resigned 14.7.20)
G Williams (resigned 14.7.20)

Auditors
Nicklin Audit Limited
Chartered Accountants
Statutory Auditors
Church Court
Stourbridge Road
Halesowen
West Midlands
B63 3TT

STATEMENT OF TRUSTEES' RESPONSIBILITIES
The trustees (who are also the directors of Sandwell African Caribbean Mental Health Foundation for the purposes of company law) are responsible for preparing the Report of the Trustees and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing those financial statements, the trustees are required to

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In so far as the trustees are aware:

- there is no relevant audit information of which the charitable company's auditors are unaware; and
- the trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditors are aware of that information.

AUDITORS
The auditors, Nicklin Audit Limited, will be proposed for re-appointment at the forthcoming Annual General Meeting.

Sandwell African Caribbean Mental Health Foundation

Report of the Trustees
for the year ended 31 March 2021

Approved by order of the board of trustees on 5/9/2022 and signed on its behalf by:

M Wilson - Trustee

Report of the Independent Auditors to the Trustees of
Sandwell African Caribbean Mental Health
Foundation

Opinion
We have audited the financial statements of Sandwell African Caribbean Mental Health (the 'charitable company') for the year ended March 2021 which comprise the Statement of Financial Activities, the Balance Sheet and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The prior year financial statements were not audited.

In our opinion the financial statements:
- give a true and fair view of the state of the charitable company's affairs as at 31 March 2021 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion
We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditors' responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern
In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information
The trustees are responsible for the other information. The other information comprises the information included in the Annual Report, other than the financial statements and our Report of the Independent Auditors thereon.

Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

Matters on which we are required to report by exception
We have nothing to report in respect of the following matters where the Charities (Accounts and Reports) Regulations 2008 requires us to report to you if, in our opinion:
- the information given in the Report of the Trustees is inconsistent in any material respect with the financial statements; or
- the charitable company has not kept adequate accounting records; or
- the financial statements are not in agreement with the accounting records and returns; or
- we have not received all the information and explanations we require for our audit.

Responsibilities of trustees

As explained more fully in the Statement of Trustees' Responsibilities, the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Our responsibilities for the audit of the financial statements

We have been appointed as auditors under Section 145 of the Charities Act 2011 and report in accordance with the Act and relevant regulations made or having effect thereunder.

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue a Report of the Independent Auditors that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances on non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

We identify and assess risks of material misstatement of the financial statements, whether due to fraud and error, and then design and perform audit procedures responsive to those risks, including obtaining audit evidence that is sufficient and appropriate to provide a basis for our opinion.

In identifying and assessing risks of material misstatement in respect of irregularities, including fraud and non-compliance with laws and regulations, we consider the following:

- the nature of the sector, control environment and business performance;
- results of our enquiries of management about their own identification and assessment of the risks of irregularities;
- any matters we have identified having reviewed the charitable company`s procedures for complying with laws and regulations and whether they were aware of any instances of non-compliance. The key laws and regulations we considered in this context included the Companies Act 2006 and the Charities Act 2011.

As a result of these procedures we considered the opportunities that may exist within the organisation for fraud resulting in material misstatement in the financial statements. We considered that any such opportunities are mitigated by the fact that the company is under the close control of its directors or trustees.

Our procedures to arrive at this conclusion included the following:

- reviewing balance sheet control accounts to ensure properly reconciled;
-performing analytical procedures to identify any unusual or unexpected relationships that may indicate risks of material misstatement due to fraud;
- enquiring with management concerning actual and potential litigation claims.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at www.frc.org.uk/auditorsresponsibilities. This description forms part of our Report of the Independent Auditors.

Report of the Independent Auditors to the Trustees of
Sandwell African Caribbean Mental Health
Foundation

Use of our report

This report is made solely to the charitable company's trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. Our audit work has been undertaken so that we might state to the charitable company's trustees those matters we are required to state to them in an auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's trustees as a body, for our audit work, for this report, or for the opinions we have formed.

for and on behalf of Nicklin Audit Limited
Chartered Accountants
Statutory Auditors
Eligible to act as an auditor in terms of Section 1212 of the Companies Act 2006
Church Court
Stourbridge Road
Halesowen
West Midlands
B63 3TT

Date: 5, 9, 2022

Sandwell African Caribbean Mental Health Foundation

Statement of Financial Activities
(Incorporating an Income and Expenditure Account)
for the year ended 31 March 2021

	Notes	Unrestricted fund £	Restricted fund £	2021 Total funds £	2020 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies		270,871	142,852	413,723	264,316
Investment income	2	-	-	-	14
Total		270,871	142,852	413,723	264,330
EXPENDITURE ON					
Raising funds		-	-	-	7,796
Charitable activities	3				
Staff Costs		109,291	70,811	180,102	159,801
Support costs		75,189	8,073	83,262	73,614
Total		184,480	78,884	263,364	241,211
NET INCOME		86,391	63,968	150,359	23,119
RECONCILIATION OF FUNDS					
Total funds brought forward		34,555	19,170	53,725	30,606
TOTAL FUNDS CARRIED FORWARD		120,946	83,138	204,084	53,725

The notes form part of these financial statements

Sandwell African Caribbean Mental Health Foundation

Balance Sheet
31 March 2021

	Notes	Unrestricted fund £	Restricted fund £	2021 Total funds £	2020 Total funds £
FIXED ASSETS					
Tangible assets	11	1,518	-	1,518	2,420
CURRENT ASSETS					
Debtors	12	2,792	-	2,792	841
Cash at bank and in hand		126,569	103,138	229,707	145,647
		129,361	103,138	232,499	146,488
CREDITORS					
Amounts falling due within one year	13	(9,933)	(20,000)	(29,933)	(95,183)
NET CURRENT ASSETS		119,428	83,138	202,566	51,305
TOTAL ASSETS LESS CURRENT LIABILITIES		120,946	83,138	204,084	53,725
NET ASSETS		120,946	83,138	204,084	53,725
FUNDS	14				
Unrestricted funds:					
General fund				120,946	34,555
Restricted funds:					
Restricted				83,138	19,170
TOTAL FUNDS				204,084	53,725

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2021.

The members have not deposited notice, pursuant to Section 476 of the Companies Act 2006 requiring an audit of these financial statements.

The trustees acknowledge their responsibilities for

(a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and

(b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been audited under the requirements of Section 145 of the Charities Act 2011.

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

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

05/09/2022

Marcia Wilson

M Wilson - Trustee

The notes form part of these financial statements

1. ACCOUNTING POLICIES

Basis of preparing the financial statements
The financial statements of the charitable company, 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 Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Income
All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure
Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

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

Fixtures and fittings	- 20% on reducing balance

Taxation
The charity is exempt from corporation tax on its charitable activities.

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.

2. INVESTMENT INCOME

	2021	2020
	£	£
Deposit account interest	-	14

3. CHARITABLE ACTIVITIES COSTS

	Direct Costs	Support costs (see note 4)	Totals
	£	£	£
Staff Costs	180,102	-	180,102
Support costs	-	83,262	83,262
	180,102	83,262	263,364

continued...

4. SUPPORT COSTS

	Other	Governance costs	Totals
	£	£	£
Support costs	80,949	2,313	83,262

Support costs, included in the above, are as follows:

Other

	2021 Support costs	2020 Total activities
	£	£
Rent and rates	9,707	-
Insurance	1,133	1,022
Light and heat	6,585	5,970
Telephone	9,785	3,024
Postage and stationery	2,209	2,375
Advertising	2,524	1,653
Sundries	595	1,736
Repairs	7,858	10,954
Travel and subsistence	540	2,257
Office costs	6,546	3,636
Training	218	4,506
Volunteer expenses	1,015	3,711
Computer and IT	14,525	13,699
Legal and professional	16,713	16,153
Depreciation of tangible and heritage assets	996	-
	80,949	70,696

Governance costs

	2021 Support costs	2020 Total activities
	£	£
Accountancy and legal fees	2,313	2,313

5. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	2021	2020
	£	£
Depreciation - owned assets	996	605
Auditors remuneration	2,300	-
Independent examination	-	2,300

continued...

6. 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.

7. STAFF COSTS

	2021	2020
	£	£
Wages and salaries	180,102	159,801
	180,102	159,801

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

	2021	2020
Staff	9	7

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

During the financial year total remuneration of £44,635 (2020: £42,414) was paid to key management personnel.

8. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund	Restricted fund	Total funds
	£	£	£
INCOME AND ENDOWMENTS FROM			
Donations and legacies	3,935	260,381	264,316
Investment income	14	-	14
Total	3,949	260,381	264,330
EXPENDITURE ON			
Raising funds	-	7,796	7,796
Charitable activities			
Staff Costs	-	159,801	159,801
Support costs	-	73,614	73,614
Total	-	241,211	241,211
NET INCOME	3,949	19,170	23,119
RECONCILIATION OF FUNDS			
Total funds brought forward	30,606	-	30,606
TOTAL FUNDS CARRIED FORWARD	34,555	19,170	53,725

continued...

9. PRIOR YEAR ADJUSTMENT

Within the 2021 unrestricted funds income is £62,889 relating to a prior year reclassification.

This relates to income received from Sandwell MBC in previous years and that had been carried forward in grants received, but never released to the income received in the year received.

If released in the year to 31st March 2020 then the surplus for the year would have been £86,008 rather than £23,119 and the carried forward funds would have been £116,614 rather than £53,726.

The surplus for the year ended 31st March 2021 would then be reduced to £44,803 from £107,692. Overall the funds carried forward at 31st March 2021 would be the same.

10. DONATIONS

	Unrestricted Funds	Restricted Funds	Total Funds 2021
Donations			
General donations	-	-	-
Grants			
Sandwell MBC	135,460		135,460
Sandwell MBC IT	-	3,711	3,711
Sandwell MBC Prior year reclassification	62,889	-	62,889
National Lottery - building futures	-	58,332	58,332
Henry Smith	-	37,433	37,433
National Lottery - Covid 19 response	-	29,001	29,001
Grants C O B	-	14,375	14,375
Oak Foundation	64,000	-	64,000
Other income	1,272	-	1,272
Client income	7,250	-	7,250
	270,871	142,852	412,723

	Unrestricted Funds	Restricted Funds	Total Funds 2020
Donations			
General donations	1,696	-	1,696
Grants			
Sandwell MBC	135,460	-	135,460
Sandwell MBC - IT	-	3,303	3,303
National Lottery - building futures	-	52,884	52,884
Sandwell & West Bham CCG Contracts	-	43,205	43,205
IBCF	-	13,062	13,062
Henry Smith	-	12,467	12,467
Other income	1,219	-	1,219
Client income	1,020	-	1,020
	139,395	124,921	264,316

continued...

11. TANGIBLE FIXED ASSETS

	Fixtures and fittings £
COST	
At 1 April 2020	37,281
Additions	94
At 31 March 2021	37,375
DEPRECIATION	
At 1 April 2020	34,861
Charge for year	996
At 31 March 2021	35,857
NET BOOK VALUE	
At 31 March 2021	1,518
At 31 March 2020	2,420

12. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2021 £	2020 £
Trade debtors	2,000	180
Prepayments	792	661
	2,792	841

13. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2021 £	2020 £
Trade creditors	2,933	2,485
Social security and other taxes	3,731	3,227
Other creditors	969	1,045
Accrued expenses	2,300	2,660
Grants paid in advance	20,000	85,766
	29,933	95,183

Grants paid in advance represent the amounts of grants received which are deferred to future periods on the grounds that they are performance-related grants and the relevant services or outputs will not be delivered until future periods, or as a result of other restrictions imposed.

14. MOVEMENT IN FUNDS

	At 1.4.20 £	Net movement in funds £	At 31.3.21 £
Unrestricted funds			
General fund	34,555	86,391	120,946
Restricted funds			
Restricted	19,170	63,968	83,138
TOTAL FUNDS	53,725	150,359	204,084

continued...

14. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	270,871	(184,480)	86,391
Restricted funds			
Restricted	142,852	(78,884)	63,968
TOTAL FUNDS	413,723	(263,364)	150,359

Comparatives for movement in funds

	At 1.4.19 £	Net movement in funds £	At 31.3.20 £
Unrestricted funds			
General fund	30,606	3,949	34,555
Restricted funds			
Restricted	-	19,170	19,170
TOTAL FUNDS	30,606	23,119	53,725

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	3,949	-	3,949
Restricted funds			
Restricted	260,381	(241,211)	19,170
TOTAL FUNDS	264,330	(241,211)	23,119

Details regarding the above movements in relation to 2021 are as shown below:

	Balance at 01.04.20	Income	Expenditure	Transfer	Balance at 31.03.21
General Fund:	34,555	270,871	(184,480)	-	86,391
	34,555	270,871	(184,480)	-	86,391
Restricted Funds:					
Sandwell MBC IT	3,304	3,711	-	-	7,015
National Lottery - Building Futures	14,121	58,332	(32,607)	-	39,846

continued...