

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
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Reference and Administrative Details

Chair	Bishop D R Williams	Chair
Trustees	Rev'd G S Brown Mr R A McDonald El Musa Pujeh Ms M Wilson	Treasurer (appointed 9 June 2022) Vice Chair
Company secretary	Patricia Johnson	
Key management personnel	Patricia Johnson Donna Campbell Rebecca Gardner Melissa Machangara Dawn Reid	CEO Office & Finance Manager Youth Services Manager/Care Co-ordinator Business Development Manager 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
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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.

**Sandwell African Caribbean Mental Health Foundation
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**Report of the trustees (continued)
Year ended 31 March 2023**

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.

**Sandwell African Caribbean Mental Health Foundation
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**Report of the trustees (continued)
Year ended 31 March 2023**

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.

**Sandwell African Caribbean Mental Health Foundation
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**Report of the trustees (continued)
Year ended 31 March 2023**

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.

**Sandwell African Caribbean Mental Health Foundation
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**Report of the trustees (continued)
Year ended 31 March 2023**

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.

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

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

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.

Sandwell African Caribbean Mental Health Foundation
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Report of the trustees (continued)
Year ended 31 March 2023

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.

**Sandwell African Caribbean Mental Health Foundation
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**Report of the trustees (continued)
Year ended 31 March 2023**

Trustees' responsibilities

The trustees (who are also directors of the charitable 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.

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

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/auditorsresponsibilities. 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.



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
<i>Income from charitable activities:</i>					
Fund raising		901	-	901	2,446
Sundry income		4,757	-	4,757	5,717
Total income		<u>319,416</u>	<u>66,658</u>	<u>386,074</u>	<u>370,271</u>
Expenditure					
<i>Charitable activities:</i>					
Operational and support costs	3	311,401	93,081	404,482	389,117
Total expenditure		<u>311,401</u>	<u>93,081</u>	<u>404,482</u>	<u>389,117</u>
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		<u>109,638</u>	<u>44,238</u>	<u>153,876</u>	<u>172,284</u>

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

		2023		2022	
	Notes	£	£	£	£
Fixed assets					
Tangible assets	8		10,909		12,762
Current assets					
Debtors	9	66,979		36,660	
Cash at bank and in hand		<u>103,468</u>		<u>168,709</u>	
		170,447		205,369	
Creditors: amounts falling due within one year	10	<u>27,480</u>		<u>45,847</u>	
Net current assets			142,967		159,522
Net assets			<u>153,876</u>		<u>172,284</u>
Funds of the charity :					
Restricted funds					
General fund	12		44,238		70,661
Unrestricted funds					
General fund	12		<u>109,638</u>		<u>101,623</u>
Total funds			<u>153,876</u>		<u>172,284</u>

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		<u>(65,241)</u>	<u>(60,998)</u>
Cash and cash equivalents at 1 April 2022		168,709	229,707
Cash and cash equivalents at 31 March 2023		<u>103,468</u>	<u>168,709</u>

**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.

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

Notes to the financial statements for the year ended 31 March 2023 (continued)

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.

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

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.

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

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
	<u>313,758</u>	<u>66,658</u>	<u>380,416</u>	<u>362,108</u>
2022 total	<u>286,310</u>	<u>75,798</u>	<u>362,108</u>	

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
	<u>404,482</u>	<u>404,482</u>	<u>389,117</u>
2022 total	<u>389,117</u>	<u>389,117</u>	

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
	<u>137,278</u>	<u>5,113</u>	<u>142,391</u>	<u>134,448</u>

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

Notes to the financial statements for the year ended 31 March 2023 (continued)

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
	<hr/>	<hr/>

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
	<hr/>	<hr/>
	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
	<hr/>	<hr/>	<hr/>	<hr/>
	10	7	11	9

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

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	<u>52,684</u>	<u>52,684</u>
Depreciation		
At 1 April 2022	39,048	39,048
Charge for the year	2,727	2,727
At 31 March 2023	<u>41,775</u>	<u>41,775</u>
Net book values		
At 31 March 2023	<u>10,909</u>	<u>10,909</u>
At 31 March 2022	<u>12,762</u>	<u>12,762</u>

9. Debtors

	Total 2023 £	Total 2022 £
Debtors from operations	2,000	60
Prepayments	979	907
Accrued income	64,000	35,693
	<u>66,979</u>	<u>36,660</u>

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
	<u>27,480</u>	<u>45,847</u>

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.

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

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	-	-
	<u>33,000</u>	<u>44,000</u>

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)	-
	<u>70,661</u>	<u>66,658</u>	<u>(93,081)</u>	<u>44,238</u>
Unrestricted funds				
General fund	101,623	319,416	(311,401)	109,638
	<u>101,623</u>	<u>319,416</u>	<u>(311,401)</u>	<u>109,638</u>
Total funds	<u>172,284</u>	<u>386,074</u>	<u>(404,482)</u>	<u>153,876</u>

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.

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

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
	<u>377,181</u>	<u>361,779</u>
Fund raising	901	2,446
Donations	3,235	329
Sundry income	4,757	5,717
	<u>386,074</u>	<u>370,271</u>
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
	<u>399,369</u>	<u>384,304</u>
GOVERNANCE COSTS		
Auditor's remuneration	5,100	4,800
Other	13	13
	<u>5,113</u>	<u>4,813</u>
NET (DEFICIT)/SURPLUS FOR THE YEAR	<u>(18,408)</u>	<u>(18,846)</u>

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

