



Sharing & caring for the multicultural community

Burlington Baptist

Church halls

Burlington Road

Ipswich, IP1 2EU

Tel: 01473 487004 / 07751 660 833

Website: [www.karibuawsg.com](http://www.karibuawsg.com)

Email: [karibu\\_wsg@yahoo.co.uk](mailto:karibu_wsg@yahoo.co.uk)

## **KARIBU AFRICAN SUPPORT GROUP**

*Sharing & Caring for the Multicultural Community*

### **KARIBU AFRICAN SUPPORT GROUP'S TRUSTEES' ANNUAL REPORT 2025**

#### **Trustees:**

Mrs Elizabeth Adejuwon

Miss Secilia Ausiku

Mrs Adebunkola Ifejika

Miss Anita Harris-Eze

Mr Godspower Abanum

#### **Structure, Governance and Management:**

KARIBU was set up in March of 2005 and became a registered charity by constitution in December 2007. Our earlier trustees were appointed by their peers and the new ones on merit and in the recognition of their passion and contributions to the development and achievement of the Charity.

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The day to day running of the charity's projects and delivery of activities is done by a team consisting of our Manager, the Administrative Officer, Community Engagement Officer, Sessional Workers with the support of a host of Volunteers and very committed Board of Trustees of the Charity.

## Objectives and Activities

**Summary of the objects of KARIBU African Support Group as set out in our governing document:**

### OBJECTS.

The Charity's objects ("the objects") are:

**"To relieve any charitable need of adults and children in the UK and worldwide, in particular, Suffolk and surrounding counties, including but not limited to:**

**The relief of financial need and sickness;**

**The advancement of education, in particular by running an after - school club or clubs;**

**The promotion of racial and religious harmony; and**

**the provision or assistance in the provision of facilities for recreation or other leisure time occupation in the interests of social welfare with the object of improving the conditions of life for the beneficiaries without distinction of sex or of political, religious or other opinions."**

**Some of the activities we carry out in relation to these objects:**

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In pursuit of our objects:

- We continue to inform and advice our members and service users on the information we gather through networking, from statutory organisations and other sources.
- We offer Peer Support to each other and reach out to those who are referred to us or we are called upon to help and those who come to us seeking help or advice.
- We run a Saturday term time supplementary school with lessons in English, Mathematics, basic Science, art and craft and culturally based activities like dancing, cooking, drumming & storytelling. We also run workshops and activities for our adult population and collaborate with other like-minded organisations in the community.
- With the cooperation of our members and volunteers we organise activities and attend events to commemorate and celebrate historical and current events. Such as African History Month, International Women's Day; hold stalls for information and promotion of the charity etc.
- We network with other organisations by participating in several meetings and events during the year, to ensure that all our members are kept informed of events and activities in and around Suffolk.

### **Achievements and Performance**

The past year has seen Karibu delivered a range of impactful projects that address both the practical and emotional needs of our community. Each programme has provided opportunities for people to connect, learn, and feel part of a supportive environment. These include:

- Sew and Socialise Club for our adult community
- Dance, and Chair based exercise for all
- Food and Mood sessions
- Supplementary School

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- Peer Support
- Information and Advice
- Weight Management and Health Project
- Community events such as Africa Day, International Women's Day, Karibu's 20th Anniversary's celebration, and social gatherings.
- Planning, Promotion and Community Outreach

## CONTRIBUTIONS TO KEY GOALS

Our projects have helped to build stronger relationships, create shared and sustainable spaces, and take early action to improve wellbeing. For example, the Sew and Socialise club has fostered friendships, skill-sharing, and confidence-building.

### **Sew and Socialise**

The Sew and Socialise Club has quickly become one of our most valued community programmes. Meeting weekly, it offers participants a relaxed, welcoming space where they can bring their own sewing projects, learn new skills, and share ideas with others. The club is not just about sewing it has become a place where friendships are built, confidence is nurtured, and isolation is reduced.

12 participants have joined as complete beginners and, through guidance and peer support, have been able to / making garments, repair clothes, and develop creative projects they never thought possible. Others, with more experience, have enjoyed passing on their skills, which has helped build intergenerational connections and an atmosphere of friendship and a sense of pride. Feedback has been especially positive about the therapeutic value of sewing, participants report that the sessions help them to relax, focus, and boost their mental wellbeing. The combination of creativity and conversation has provided a unique outlet where people can share their stories, laugh together, and feel as part of a community.

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## **Food and Mood**

The Food and Mood project has continued to make a powerful impact on participants by combining practical cooking skills with opportunities for open conversation and cultural exchange. The sessions provide a safe and welcoming environment where people can not only learn about healthy eating but also explore the emotional and cultural connections, we all have with food.

Participants are actively involved in planning menus and choosing recipes, which helps them to feel a sense of ownership and pride in the sessions. This collaborative approach has encouraged people to share dishes from their own backgrounds celebrating diversity while also introducing others to new tastes and traditions. Cooking together has fostered respect, curiosity, and deeper understanding across cultures.

The project also gives space for discussions about how food affects mood, mental health, and overall wellbeing. Many participants have shared that they feel less isolated and more positive after attending, as the sessions give them a chance to talk openly, connect with others, and enjoy a shared meal in a supportive

In practical terms, Food and Mood has also provided participants with cost-effective, nutritious recipes that can be replicated at home, supporting families during a time when many are facing financial pressures. Parents have reported that they are introducing new, healthier dishes to their children because of the sessions, helping to build long-term habits that benefit the whole household.

## **Dance, and Chair based exercise**

Over the last year we have had 54 participants attended Karibu's Dance, and Chair based exercise sessions. They are designed to be inclusive and accessible to people of all ages and abilities, bringing the community together in an uplifting and supportive environment.

The Dance sessions are vibrant and full of energy, drawing participants from a wide range of ethnic and cultural backgrounds. Instructors work closely with the group to select music that

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resonates with them, from African drumming to contemporary beats making the sessions both fun and culturally affirming. Many participants have spoken about how dance has boosted their confidence, improved their physical fitness, and given them the chance to express themselves freely.

Chair based exercise has been especially beneficial for older participants and those with limited mobility. In seated positions; the sessions are done in gentle but effective ways to improve flexibility, balance, and relaxation. Together, the Dance and Chair based exercise have shown that movement is not just about exercise it is about joy, connection, and wellbeing. These sessions have helped participants to discover new ways of looking after their bodies and minds, while creating a strong sense of belonging in the Karibu community.

### **Supplementary School**

The Karibu Supplementary School continues to be one of our most successful and impactful programmes, providing vital educational support and enrichment activities to children and young people in our community and other ethnic communities. Over the past year, we have supported 39 students with the dedicated guidance of 8 support staff, who bring both academic expertise and pastoral care to the school.

The GCSE Mathematics and Science support has been especially popular with both parents and pupils, helping students to strengthen their understanding of challenging topics and gain confidence in their abilities. Parents regularly comment on the noticeable improvements in their children's progress, while students themselves describe how the individualised support have boosted their performance and motivation.

Beyond academic achievement, the Supplementary School continues to provide a holistic experience for children. Alongside homework help and tuition in Maths and English, pupils engage in a variety of extracurricular activities such as dancing, drumming, storytelling, face painting, cooking, and indoor games. These activities not only nurture creativity and cultural pride but also help students develop important social and life skills.

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The school has also become a safe and welcoming space for children to build friendships, explore their talents, and gain confidence in expressing themselves. Many of the children enjoy the opportunity to take part in fun activities such as snooker and table tennis, which help them learn teamwork, patience, and resilience.

With a strong team of support staff and volunteers, the school places emphasis on inclusivity working with children from diverse backgrounds and those with different learning needs. This personalised approach ensures that no child is left behind and that each student feels valued and supported.

The Supplementary School is not only improving educational outcomes but also playing a key role in fostering community spirit, building resilience in young people, and preparing them for a brighter future.

### **Weight Management Project**

Weight Management and Health Project has been developed in partnership with the University of Suffolk. The aim is to identify and implement culturally relevant approaches to weight management, particularly for people from ethnic minority backgrounds. Recently, we held our first focus group, which provided valuable insights as women were able to share openly about the barriers they face in relation to diet, exercise, and gym participation. Our goal is that by the end of the project, we will have developed practical, solution-focused programmes that meet the specific needs of women in the community who are striving to improve their health

### **Events and Cultural Diversity**

Celebrating our culture and bringing people together remain central to Karibu's mission. In the past 18 months, we hosted several events that strengthened community bonds and gave us opportunities to share joy and heritage. Our last Africa Day's celebration brought together over 40 people for a vibrant evening. The Deputy Mayor and her delegates joined us, recognising the

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value of our work in promoting cultural diversity. The atmosphere was filled with laughter, drumming, and delicious food, highlighting the richness of African culture. This was a vibrant celebration that brought people from diverse backgrounds together through African food, music, and entertainment. It was heartening to see the community enjoy the atmosphere, share laughter, and celebrate cultural diversity. The event was honoured by the attendance of the Deputy Mayor and her delegates

Karibu African Support Group held its African Cultural & Heritage & Thanksgiving Day during the annual Black history month in Suffolk at Burlington Church Hall in Ipswich. The day brought together members of the community to enjoy music and food from different parts of Africa. This year's event combined three of Karibu's regular celebrations; Gospel Night, Heritage Day, and the Jollof Rice Competition into one shared program.

The afternoon began with lively singing, drumming and dancing, creating a welcoming start to the celebration. There was also face painting and storytelling, which were especially popular with children and families.

A special moment was the visit from the Mayor of Ipswich, Stefan Long, who joined in the drumming and spoke to guests. He said: "It is just great to see everyone out here enjoying themselves. We are a very diverse town, so it's great that we're here celebrating that today, and it's a very welcoming environment with everyone getting involved with a smile on their face." Following this, a soul-stirring gospel music session uplifted spirits and reminded everyone of the event's thanksgiving purpose.

The Jollof Rice Competition featured competitors representing Cameroon, Ghana, and Nigeria. After the tasting, the judges chose Nigeria as this year's winner. The event ended with shared food, drumming and dance, bringing a positive close to the day.

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The event was well attended, with families, local residents and supporters of Karibu taking part. The visit from the mayor showed good support from local partners. Overall, the day gave people a chance to enjoy African culture, connect with others, and share traditional food and music in a friendly setting.

An important milestone this year was Karibu's 20th Anniversary Celebration on the 30<sup>th</sup> of March, where we reflected on two decades of service. The event was attended by the then Ipswich's Mayor, the Leader of Suffolk County Council and some of the charity's founding members and others. We held a thanksgiving service at Ipswich International Church followed by food and drinks, reflecting both on Karibu's achievements and on the commitment that has sustained the organisation for two decades. This milestone was a proud moment for the entire team, highlighting Karibu's continued dedication to promoting inclusion, offering support, and fostering belonging.

## **Successes**

Karibu achieved several important milestones in the past year. We successfully rebranded, refreshing our communications to reflect our growth and inclusivity. This included a new logo

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and updated promotional materials, ensuring that our image better represents the vibrant, diverse community we serve.

We were also awarded the Community Action Suffolk Quality Framework Award. Working towards this award required us to review and strengthen our policies and procedures, ensuring they were robust, practical, and in line with both legal requirements and best practice. Receiving the award gives us confidence in our governance and provides assurance to funders, partners, and service users that Karibu is a well-managed, trustworthy organisation that takes accountability seriously.



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We have a bank of 26 dedicated volunteers that have played an essential role in delivering our activities, supporting the children, and helping run events. Their contributions have been invaluable in extending our reach and ensuring the smooth operation of our services.

In March, Karibu welcomed a new administrative assistant to the team. Having quickly become part of the organisation, they have shared the following feedback about their experience so far:

#### Administrator's Reflection

*"My time at Karibu African Support Group since March has been both rewarding and inspiring. I have been welcomed into a team that is passionate about community, inclusion, and empowerment. I have learned a great deal, contributed to meaningful projects, and witnessed the real difference Karibu makes in people's lives. While challenges remain, the organisation's commitment, resilience, and vision for the future ensure that we will continue to grow and serve our community with pride."*

#### Challenges

Like many small charities, Karibu faces ongoing challenges. Securing sustainable funding remains difficult, and our reliance on grants can make long-term planning uncertain. Despite this, we are continually exploring new funding streams and strengthening relationships with partners, getting free trainings where we can; to ensure sustainability.

Engaging underrepresented groups also continues to be a challenge, as some individuals face cultural or language barriers. We are addressing this by working closely with partner organisations, adapting our outreach, and ensuring our projects remain inclusive.

Capacity remains a limitation, as our small staff team manages a growing number of projects. In addition, we have been struggling to fill staff and support vacancies due to low pay rates and limited hours, which makes it difficult to attract and retain the right people for these posts. This

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impacts our ability to expand and deliver services at the scale the community needs and which we would prefer.

We are also in need of a more spacious office space that is more welcoming. A befitting office would not only improve working conditions for staff and volunteers but also create a more professional and accessible base for our service users.

Finally, our health and wellbeing projects have highlighted barriers such as affordability, childcare, and cultural attitudes, which can limit participation. Addressing these requires careful planning and culturally relevant solutions, which we remain committed to developing.

### **The Future of Karibu**

Looking ahead, Karibu is focused on building sustainability and expanding opportunities for our community both here in the U.K and abroad. We aim to develop an after-school club to meet childcare needs, strengthen our Supplementary School, and expand our culturally relevant health programmes. By working closely with universities, councils, and local organisations, we will ensure that our projects remain effective, inclusive, and responsive to community needs.

We are also committed to celebrating cultural diversity through annual events such as Africa Day, Black History Month, Jollof Rice Extravaganza and Gospel night which provide opportunities for people to come together, share traditions, and build mutual understanding.

A key priority is securing more sustainable funding streams. This will allow us to plan for the long term and ensure that our programmes can continue to grow and reach widely.

Strengthening partnerships will be central to this goal, helping us to deliver more opportunities for skill development, reduce isolation, and support mental health.

### **Financial Information**

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- We are most grateful to our funders, National Lottery Community Fund and Suffolk Community Foundation's, who have all funded us during this period and without whose support we couldn't have done much. The Charity raised a total of £55,655.94 during the financial year and a total expenditure of £49,290.69 during the same period.

## Conclusion

Karibu African Support Group remains committed to building an inclusive, supportive, and thriving community. Over the last year, we have launched new projects, strengthened existing services, and celebrated key milestones, all while facing challenges with resilience and determination.

Through the dedication of our staff, volunteers, and partners, we have continued to reduce isolation, support health and wellbeing, celebrate cultural diversity, and provide opportunities for children, families, and adults to grow and succeed.

Looking ahead, we are determined to build on these achievements by securing sustainable funding, expanding our programmes, and deepening our partnerships. With the continued support of our funders and our wider community, we are confident that Karibu will keep making a real difference in people's lives for many years to come.

## Karibu's Trustees Report 2025

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Section A Receipts and payments

Unrestricted funds

Restricted funds

Endowment funds

Total funds

Last year

to the nearest £

to the nearest £

to the nearest £

to the nearest £

to the nearest £

A1 Receipts	882	500	20,164	4,853	23,417	2,054	-	-	3,992	882
East Suffolk Together Fund	-	-	-	-	-	-	-	-	-	-
Groundwork UK	-	-	-	-	-	-	-	-	-	-
Lottery Communities Fund	-	-	-	-	-	-	-	-	-	-
People's Health Trust	-	-	-	-	-	-	-	-	-	-
SCC RASIF (KIP/ASP)	-	-	-	-	-	-	-	-	-	-
SCF (Food and Mood)	-	-	-	-	-	-	-	-	-	-
SCF (Household Support)	-	-	-	-	-	-	-	-	-	-
SCF (Sew and Socialise)	-	-	-	-	-	-	-	-	-	-
SCF Locality Fund	-	-	-	-	-	-	-	-	-	-
Suffolk Community (Co-op)	-	-	-	-	-	-	-	-	-	-
Generated Fund	2,338	-	-	-	-	-	-	-	-	-
Covid Memorial	-	-	-	-	-	-	-	-	-	-
Sub total (Gross income for AR)	2,338	53,318	-	-	-	-	-	-	-	57,958

A2 Asset and investment sales, (see table).	-	-	-	-	-	-	-	-	-	-
Sub total	-	-	-	-	-	-	-	-	-	-
Total receipts	2,338	53,318	-	-	-	-	-	-	-	57,958

A3 Payments	1,074	151	2,810	2,392	174	179	890	1,944	4,652	18,477	163	1,885	289	586	35,666
Activity materials	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Advertising and promotion	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Education and learning	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Events / Workshops	50	18	1,152	523	541	179	1,525	574	4,454	32,508	265	870	248	4,700	49,290
Office and sundry expenses	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Insurance	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Professional fees	83	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Refreshments	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Rent and premises hire	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Salary / Sessional fees	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Stationary and postage	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Travel / Volunteer expenses	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Telecom and internet	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Office equipment	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Household support	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Sub total	151	49,139	907	396	277	1,202	541	179	1,525	574	4,454	32,508	265	870	248

A4 Asset and investment purchases, (see table)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Office equipment	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Sub total	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Total payments	151	49,139	-	-	-	-	-	-	-	-	-	-	-	-	35,666





Section B Statement of assets and liabilities at the end of the period

Categories

B1 Cash funds

Details		Unrestricted funds		Restricted funds		Endowment funds	
Current Account		to nearest £		to nearest £		to nearest £	
		6,027	61,535	61,535			
		-	-	-	-	-	-
		-	-	-	-	-	-
		-	-	-	-	-	-
<b>Total cash funds</b>		6,027	61,535	61,535			
(agree balances with receipts and payments account(s))							

B2 Other monetary assets

Details		Unrestricted funds		Restricted funds		Endowment funds	
		to nearest £		to nearest £		to nearest £	
		-	-	-	-	-	-
		-	-	-	-	-	-
		-	-	-	-	-	-
		-	-	-	-	-	-
		-	-	-	-	-	-
		-	-	-	-	-	-

B3 Investment assets

Details		Fund to which asset belongs		Cost (optional)		Current value (optional)	
				-	-	-	-
				-	-	-	-
				-	-	-	-
				-	-	-	-
				-	-	-	-
				-	-	-	-

B4 Assets retained for the charity's own use

Details		Fund to which asset belongs		Cost (optional)		Current value (optional)	
				-	-	-	-
				-	-	-	-
				-	-	-	-
				-	-	-	-
				-	-	-	-
				-	-	-	-
				-	-	-	-

B5 Liabilities

Details		Fund to which liability relates		Amount due (optional)		When due (optional)	
				-	-	-	-
				-	-	-	-
				-	-	-	-
				-	-	-	-
				-	-	-	-
				-	-	-	-

Signed by one or two trustees on behalf of all the trustees

Signature

Print Name

Date of approval



CHARITY COMMISSION  
FOR ENGLAND AND WALES

## Independent examiner's report on the accounts

Section A

### Independent Examiner's Report

Report to the trustees

Karibu African Women's Support Group

On accounts for the year  
ended

31/3/2025

Charity no  
(if any)

1122028

Set out on pages

1 and 2

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended **31/3/2025**.

Responsibilities and  
basis of report

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

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent  
examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination (other than that disclosed below \*) which gives me cause to believe that in, any material respect:

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

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

\* Please delete the words in the brackets if they do not apply.

Signed:

Date:

29/7/2025

Name:

Simon Sturman

Relevant professional  
qualification(s) or body  
(if any):

FCCA

Address:

**Simply Accounts & Tax**

Epsilon House

Ransomes Europark

Ipswich. IP3 9FJ

## Section B

### Disclosure

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.