

CARIBBEAN AND AFRICAN COMMUNITY HEALTH SUPPORT FORUM

England & Wales · Charity number 1162605

Details

Other names CACHSF

Status Registered

Legal form Other

Registered 2015-07-09

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

Contact

Address Crown Hall Chambers
No 10 Crown Street
Ipswich
Suffolk
IP1 3LD

Phone 07507255251

Email Cachsf100@gmail.com

Activities

Objects: THE PRESERVATION AND PROTECTION OF GOOD HEALTH WITHIN THE CARIBBEAN AND AFRICAN COMMUNITY IN SUFFOLK, IN PARTICULAR BUT NOT EXCLUSIVELY BY PROVIDING EDUCATION, HEALTH ADVICE, SIGNPOSTING ON HEALTH ISSUES AND RAISING AWARENESS OF HEALTH ISSUES INCLUDING SICKLE CELL ANAEMIA AND LUPUS THAT AFFECT THE CARIBBEAN AND AFRICAN COMMUNITY

Activities: The aim of the Forum is to raise the profile of health and well being within the Caribbean&African community. The Objectives involves promoting awareness of the major health issues such as heart disease, diabetes, hypertension, mental health, stroke, & prostate cancer. CACHSF conducts research and acts as a first port of call for the exchange of health promoting/information amongst the community.

Classification

- **How:** Provides Human Resources, Provides Services, Provides Advocacy/advice/information
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives, Disability, Arts/culture/heritage/science, Human Rights/religious Or Racial Harmony/equality Or Diversity
- **Who:** Children/young People, Elderly/old People, People With Disabilities, People Of A Particular Ethnic Or Racial Origin, The General Public/mankind

Geography

- Suffolk

Finances

Period end	Income	Expenditure	Assets	Employees
2025-04-01	£40,728	£34,187	-	-
2024-04-01	£22,466	£28,672	-	-
2023-04-01	£36,000	£18,000	-	-
2022-04-01	£35,058	£31,607	-	-
2021-04-01	£30,066	£22,458	-	-

Trustees

Name	Role	Appointed
Courtney Akrofi		2018-10-18
Deloreta Williams		2018-06-20
Gregory Lee Denton		2025-05-05
Judith Harper		2025-05-13
Leroy Edwards		2020-02-01
Lydia Forrester		2025-05-13
Silbert Mervin Blake		2025-05-05

Accounts

2024 - 2025

Annual Report

Celebrating the work to improve the health and well-being
of the local community.



Company Information

- Organisation name: Caribbean & African Community Health Support Forum (CACHSF)
- Charity number: 1162605
- Crown Hall Chambers, 10 Crown Street, Ipswich, IP1 3LD, United Kingdom (serving principally Caribbean and African communities in Suffolk)
- Purpose / Mission: CACHSF exists to raise the profile of health and well-being within the Caribbean and African community.

**CARIBBEAN & AFRICAN
COMMUNITY HEALTH
SUPPORT FORUM**



SUFFOLK
Community
Foundation



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Recipient



**The King's Award
for Voluntary Service**



**Suffolk BME Business Awards
Winner 2024**

Chairman's Report

On behalf of the Caribbean and African Community Health Support Forum (CACHSF), I would like to thank the CACHSF Board of Trustees, Volunteers, staff, and beneficiaries and all those who have supported the work of CACHSF over the course this year. We would also like to thank all the organisations that have funded the various projects and activities that we have delivered.

I would also like to thank our Project coordinators; for their outstanding work this year in planning and delivering the much-needed services in activities and responding to needs in the local community.

It has been encouraging to read the monthly project reports from each coordinator that has kept us up to date with their progress. These include Cancer prevention, Walking to Wellness, Men's mental health group, Dice 'n' Spice; (hot meal delivery service), Befriending services, weekly exercise class and individual support.

During 2023 CACHSF were requested to vacate our previous premises at Tower Street, where we were conveniently positioned for community access in the center of town, having been there since 2014. We moved into new premises at Crown Street, in May 2023. This was one of the many challenges that we faced this year along with change of address and printing of new promotional materials e.g. leaflets, flyers, banners, letterheads etc. This was a time consuming, expensive but necessary process to inform the community of the change.

Despite all of the challenges, we were very pleased with what we were able to achieve in 2023/2024 and feel confident that we will extend our services and provision to the Caribbean, African and wider communities moving into 2025.

Clem Turner

Chairman



The Importance of Mental Health and Well-Being Community.

- Project Coordinator, *Angelina Quamina MBE*

The Men's Mental Health and Well-Being project, "It's All About You!", sought to emphasise the importance of creating a safe and supportive environment where men can explore their identities, connect deeply, and build meaningful relationships with others. Through this initiative, participants had the opportunity to curate and celebrate their generational legacy during a transgenerational gathering which celebrated Men's Mental Health week in June 2024 where the men were able to showcase how far they had come in their mental health journeys as they showcased music they had written to the audience in attendance.

The project aimed to foster an avenue for conversation surrounding the mental health and well-being of Black men in Suffolk. In 2024, we proudly entered the second year of this transformative initiative, focused on addressing the unique challenges faced by Black men, particularly those exacerbated by the pandemic. With an emphasis on creating a supportive environment, the project sought to empower individuals to embrace their authentic selves while promoting personal growth.

Central to the project are the monthly Check-Ins, where participants gather in a nurturing space to explore their spiritual, emotional, mental, and physical well-being. These gatherings, facilitated by our Community Project Coordinator, Angelina Quamina MBE, create an atmosphere of trust and openness. During these sessions, participants engage in thoughtful discussions that allow them to articulate their experiences, aspirations, and challenges, fostering a sense of camaraderie and solidarity.

The transformative space cultivated during these Check-Ins encourages creativity and self-exploration. Participants are inspired to think innovatively about their well-being and to push the boundaries of what is important to them. They delve into various activities designed to enhance their self-awareness and emotional intelligence, contributing to a holistic approach to their personal development. By providing tools and resources for men to reflect on their identities, we are fostering an environment that champions vulnerability and courage.

The group participated in learning new skills ranging from Kitchen Safety to learning how to record, produce and speak on a podcast. These serve to provide a connection with those members who choose to stay at home and have one-to-one conversations. Featuring authentic stories and real-life challenges, the podcasts promote ongoing conversations among men and serve as a vital resource for those seeking connection and understanding.

Ultimately, this initiative aspires to cultivate meaningful relationships and empower Black men to strive towards a brighter future, not just for themselves but for generations to come. Through this work, we hope to illuminate their paths and celebrate their unique stories, ensuring they resonate deeply within our community. This year saw many partnerships to include Ipswich Community Library and Ipswich Community Media with the men using their culinary skills to prepare and serve the community during a transgenerational brunch. As they enter year 3 the men hope to capitalise on their skills as they develop a community gathering called 'The Breakfast Club'.



Unity Befriending Project

- Project Coordinator, *Bev Uter*.

The Befriending project had largely been running without a paid coordinator in 2022. We addressed this in 2023 responding to the local needs and ensured Volunteers had adequate support.

Volunteer befrienders still met monthly to update the team on the outcomes of their Befriending work they were conducting. They ensured their befriendees were linked back in to CACHSF and mainstream services through the process of referrals, food parcels were requested from 2 members based on their hardship, and many were accessing the Dice 'n' Spice Hot Healthy Meals.

Sadly, two of our elders passed away during this time; Mr Davis and Mrs McConney and this came as a real shock to us all. Cards were sent to their families, and some CACHSF Committee members attended the funerals.

The Befriending project part time coordinator interviews were conducted in May 2023, and we successfully recruited Beverley Uter to the post, commencing 1 Jun 24. She got straight into the role and attended the Suffolk Windrush event at the Cornhill on 22nd June 2024 to promote the work, and to introduce herself and the project, successfully recruiting volunteers and befriendees from the local black communities.

The original initiative was in response to COVID in 2019, where our elderly and vulnerable people were isolated from their communities. Now, Bev has started to really adjust the project to meet the new demands post-COVID as the health of our communities has seen some changes.

Beverley has been facilitating the monthly Befriending Team meetings with the volunteer Befrienders, where we all update on our interactions with Befriendees, flag any issues arising, update each other on events in the local community that may benefit Befriendees, and update on Safeguarding issues.

The programme is currently continuing to seek community members to volunteer to make short weekly telephone calls to vulnerable members of the community. I have planned mandatory Safeguarding training and completed DBS checks for the team. At the end of her 24/25 Report year, she has recruited Tracey, Dian, Bernadette, Kemi, as befrienders scheduling and assisting them through the Safeguard training and DBS process and most recently Nekesha still to complete her process. She has additionally recruited volunteers Veronica & Christine to act as the DBS admin verifier and ID verifier, together with Malika a young volunteer helps out at events. Increasing the program by 120%. This program initiative is continuing to be a well needed project in the community. To end the year Beverley and her Befrienders on 31 May 25, hosted an area at the Wolsey Theatre Big Event, in Ipswich attended by the Community and guests from Bethesda Care Home. The afternoon was filled with festivities and fun throughout the event.

'Head out of the Sand' Cancer Awareness and Prevention Project (HOOTSCAP)

- Project Coordinator, *Imani Sorhaindo*.

2024/2025 was the second year of the project, where I continued to engage the Black and minority ethnic communities in health discussions around cancer prevention. Issues such as limited information, the mistrust of mainstream healthcare, myths about the prostate cancer test, all contributed to the high levels of disparity in the community, leading to many in our community getting checked out very late, if at all.

We worked closely with Kim from SNEE, Kimya from Cancer Support Suffolk, Mollin and Helda from Phoebe and Romeo from the Ipswich Romanian Community. This ensured that those most marginalised received up to date information and support regarding the need for early intervention.

Our work over-achieved this year as we engaged well over 200+ adults in the communities, with 17% referrals showing early stages of risk at 1-2 stage cancer indicators. The remaining 83% were able to receive direct assistance to get early tests and reassurance that they were fine, access to health and well-being checks and treatments.

The responses to the community talks were very positive; particularly at the Tacket Street church, Phoebe and the Romanian Community, the HIVE.

Some of the main issues raised by clients were around misinformation in their culture around culture and how you can contract it through intercourse. There were some communities who shared that there was a cultural insensitivity to when they came into the GP surgery; often not feeling welcomed or that people were actively listening to them based on their accent.

We also delivered 3 presentations around diet, nutrition, mental well-being and exercise for cancer prevention and these went down very well.



During 2024/2025 we planned and delivered the Prostate cancer talk and invited Errol McKellar MBE down to Ipswich. The event was held at the HOLD, Suffolk Archives and we received a great deal of support from Mandy Rawlins and Barbara at the Hold. It was a positive event and the community came out in numbers. Over 50% of the black men who attended reported that they would get their test done as a result of the talk.

One to One support has continued with more people needing and using the service.

We have worked hard and continued to engage and educate the community about signs and symptoms of cancer and what steps can be taken to prevent it. 200+ people have been engaged this year. We have worked with various communities such as Romanian; African; white British; Iranian and Caribbean communities. We have focused on Breast, prostate, bowel and cervical cancer where we have put on several workshops and events.



We continue to make excellent links with partners to educate the community about cancer. There is a lot of work still to be done and this project must continue.



Imani, Kimya (Cancer Support Suffolk) and Nelly (Community Action Suffolk) at the HIVE, delivering Cancer prevention to the Romanian Community.

Diabetes and Hypertension Awareness Event

We also put on a Diabetes and Hypertension Awareness Event in collaboration with Suffolk and North East Essex; Xyla and the Suffolk Black Community Forum; which was one of the requests that came out of our Cancer prevention sessions as a topic that participants wanted to see covered. We worked hard to engage and educate the community about signs and symptoms of diabetes and hypertension; how to manage these chronic illnesses and what steps can be taken to prevent them. This was a successful event with over 40+ in attendance. We had in attendance the NHS Be Well Bus who provided blood pressure monitoring and diabetes assessment. Many in attendance had the opportunity to have blood pressure checked and diabetes risk assessment.

Below is some feedback we received from the event.

“

Really informative, engaging talks. Lovely food. It is really good to learn more about hypertension and diabetes to be aware of risk factors

”

“

Very informative talks learned a lot about hypertension and will be more aware in future

”

“

Very good information about the different types of diabetes

”

“

Very useful and eye opening,
Thank you

”

“

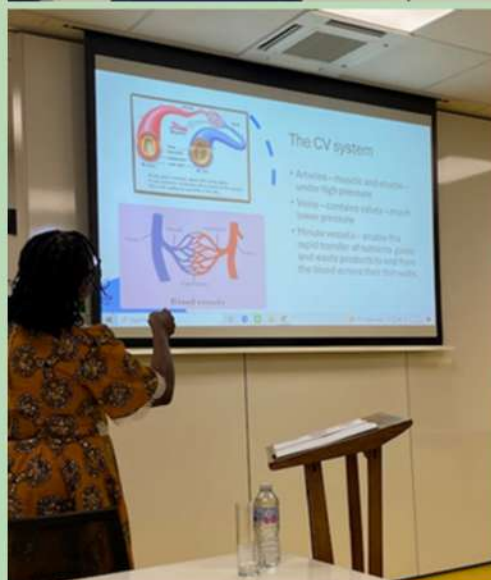
Very informative and explained in easy to understand terms

”

“

Very informative and able to take away some valuable, practical words and actions

”



Axter Climate Community Fund - Exercise and Walking to Wellness Project

The project consisted of 46 weeks of exercise classes for members of the Ipswich community, as well as walking to wellness in the local Christchurch parks when the weather was warm. Over 20 people aged 50+ took part in the weekly activities to improve standards in health and well-being, and a larger group participated in the walking to wellness event to Woodbridge, where we also received support from the Suffolk County Council to extend this work.

CACHSF worked with Nefer Graphics to come up with a Walking to Wellness logo which was used on all marketing and t-shirts for all who booked to attend the walk. All the partners were highlighted as they contributed greatly to helping make the day a success! The food was prepared and delivered by Smokehouse in Ipswich.



The grant made a significant impact in our ability to offer healthy exercise and walking opportunities to some of the most vulnerable adults in Ipswich, allowing experienced practitioners to ensure mixed ability groups were safely guided access. Overall, 50+ people took part in the project, which consisted of 46 weeks of exercise classes at the new Wolsey Community Hub, and walking to wellness walks in local parks.

Momentum grew as they progressed, and more vulnerable adults started to hear about the classes, which led to an increase in attendance. 100% of those attending reported an increase in health and well-being, flexibility, core strength and endurance as a result of the classes. They also added that it became a social vehicle for them to come outdoors and meet others. The project impacted on their mental and physical state and addressed isolation. The Walking to Wellness theme became a 'brand identity' for the group, which helped us to drive the campaign for healthy walking. It offered an opportunity for those most isolated, fearful of walking alone, to be able to have a group to walk with in the local parks and green spaces. This was the first time for many of the individuals that they had access to local parks and countryside. We anticipated that the quality of life amongst the African and Caribbean community would vastly be improved, along with their general health and well-being, and this certainly has been the case! The wider outcomes have been far-reaching; with inter-racial friendships fostered, access to the Theatre to see a Footloose play for some who could never afford to get tickets, and to be part of a larger walking project to Woodbridge. It has been a project where lives have certainly been enriched as a result of this grant.

There were no major challenges apart from planning walks and then it rained a few times. We always had a plan B. For the walk in Woodbridge, we had to collaborate with Suffolk County Council to ensure train fare support for those who would otherwise have had to access to green spaces in the countryside.



The Unity Exercise Class members socialising after their work outs!

Dice & Spice Report

This project has proved to be a much-needed resource in our community, as hot meals are requested on a weekly basis. These meals are culturally based whilst healthy changes are made during their preparation eg (low salt).

The numbers that we cater for presently, had to be limited; due to lack of committed volunteers for shopping, preparation, cooking, delivery and clean-up is an ongoing issue.

Future volunteers or staff are needed to be able to increase the numbers and help to carry this valuable service forward into 2025.



Annual Financial Report

Financial Summary

Financial Year 1 April 2024 – 31 March 2025

Overview

This section presents a comprehensive summary of the organisation's financial performance for the year 2024–2025. It details the opening and closing balances, outlines sources of income and major expenditure items, and provides key insights into income stability, cost structure, and overall financial health. The report highlights the predominant reliance on grant funding, the significance of professional fees and rent in total costs, and concludes with a positive net surplus, demonstrating prudent financial management and sustainability for the year ahead.

Opening Balance

The organisation began the financial year with a balance of £21,818.35, as confirmed by the bank statement.

Income Overview

Total income for the year amounted to £39,227.75. Nearly 89%—was sourced from grants, Additional income was generated through project activities and fundraising, including:

- Dice & Spice sales.
- Exercise Project Income, Sickle Cell Community Foundation, Diabetes & Hypertension, Men's Health, and Donations.

Expenditure Breakdown

Total expenditure for the year was £34,187.24. The most significant costs were:

- Professional Fees and Office rent and venue usage

Other notable expenses included general running costs, travel, IT, printing, utilities, and volunteer subsistence.

Net Position and Closing Balance

The organisation achieved a net surplus of £5,040.51 for the year (income minus expenditure), resulting in a closing balance of £26,858.86 as of 31 March 2025.

Key Insights for Stakeholders

- **Income Stability:** The organisation's reliance on grant funding remains high, but successful fundraising and project income provide additional support.
- **Cost Structure:** Professional fees and rent together account for over 60% of total expenditure, reflecting a focus on professional services and maintaining operational facilities.
- **Financial Health:** The year concluded with a healthy surplus and an increased closing balance, indicating prudent financial management and a strong position for future sustainability.





CARIBBEAN & AFRICAN COMMUNITY HEALTH SUPPORT FORUM

cachsf.org

Recipient



Caribbean and African Communities Health Support Forum
Annual Income and Expenditure
01/04/2024-31/03/2025

	Expenditure	Income	Balance
<i>b/f 31/03/2024</i>			21,818.35
National Lottery Fund (for a two-year period)		20,000.00	
Suffolk Community Foundation		15,000.00	
General Running Costs/Admin/Office	1,172.00		
Petrol	1,386.19		
IT	665.61		
printing	936.72		
Travel	1,535.32		
Telephone/Internet	670.96		
Rent	6,241.15		
Utility	327.62		
Maintenance	566.95		
Stationery	29.75		
Exercise Project Income		1,500.00	
Dice & Spice	2,929.51	2,520.00	
Sickle Cell Community Foundation		10.00	
Professional Fees	14,688.41		
Volunteers Subsistence	361.06		
Diabetes & Hypertension		1,362.75	
Men's health	2,475.99	320.00	
Donations	200.00	15.00	
	34,187.24	40,727.75	6,540.51
balance c/f 01/04/2025			28,358.86

as per bank

S.L.Collyer Bookkeeping and Accounts

'The Laurels', Station Road, Alresford
Colchester, Essex, CO7 8BS
Sarah Collyer 07001 302496
Email - ses34@live.co.uk

Mr Clem Turner
Chairman
Caribbean and African Community
Health Support Forum (CACHSP)
Crown Hall Chambers
10 Crown Street
Ipswich
IP1 3BE

5th March 2026

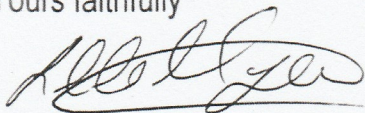
Dear Mr Turner,

I can confirm that I have checked through your figures for 2024/2025 and I can verify that the calculations are correct.

As discussed on the telephone, I cannot verify that the amounts stated relate directly to invoices produced, funding agreements and bills received because I do not have access to these, but I am satisfied to trust your figures. Please be aware that the HMRC reserve the right to require access to these documents, if they so wish.

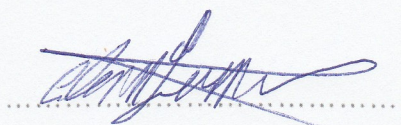
I will sign this letter to confirm the above and ask that you please sign it too, to confirm that the figures given to me are a true account of both income and expenses.

Yours faithfully



Mrs S.L.Collyer
MAAT

Signed Mr Clem Turner



Dated

06/03/2026

Accounts

**CARIBBEAN & AFRICAN
COMMUNITY HEALTH
SUPPORT FORUM**



CACHSF

Annual Report

2022-2023



CACHSF Health and Well-Being Drop In

Attendees listening to a Health talk by a Guest Speaker

Celebrating the work to improve the health and well-being of the local community.

Chairman's Report

Clem Turner



On behalf of the Caribbean and African Community Health Support Forum (CACHSF), I would like to thank the Board members: Verley Roberts, Jennie James, Veronica Akrofi, Leroy Edwards, Delrita Williams, Ethlyn Beaton, Courtney Akrofi and Diamond James for their contributions in steering the team's strategic and operational targets this year.

We would like to also thank the volunteers, without whom we could not have survived, as the needs of the community since the Pandemic were still very much a priority due to the decline in health. Volunteers within the Befriending project, the Drop-in and the Unity football club, all played a key role in supporting the interface with those most vulnerable in the community.

We are very grateful to have received funding from Suffolk Community Foundation (Suffolk Cancer Screening Fund) for a 1-year project to raise awareness of cancer within the community. We appointed Imani Sorhaindo as Project coordinator to engage groups and communities through cancer awareness and prevention talks, signposting to mainstream

providers for early testing, as well as being a bridge between Black and Minority Ethnic communities and service providers.

We also received funding to commence a 2-year Men's mental health and well-being project with the Equity in Mind fund, through Suffolk Community Foundation, to ensure that we got the right person to lead on this project we spent time advertising, interviewing and recruiting ready for a May 2023 start. We would like to thank Beverly Uter (new member to the group) and Omar Bolori for being part of the recruitment and selection panel.

One of our completed pieces of work in the last year was the 'Our Voice our Song' Project, which was working in collaboration with the Suffolk Windrush Committee to capture the life experiences of our Windrush generation, children on that generation and their children, as an intergeneration project, via video, film and books. We would like to thank those who contributed to this valuable and much-needed piece of work. As a result of this work, the dedication, hard work, trials and tribulations that our communities faced, and still face today, will never go unsung.

Below is an overview of the incredible work, and outcomes this year.

Thank you for your continued support!

Clem Turner

Signature:



Pictures above: Windrush event
at Cornhill June 2022

project

Pictures above: Our Voice Our
Song Project Lottery Fund
Evaluation with the
Community at Tower Street

The 'Our Voice Our Song' project is an intergenerational reminiscence initiative that explored, documented, and disseminated the narratives from a cohort of first, second and third generations of African and Caribbean descent based in Suffolk. The aim of project was to educate the wider community around the experiences of the third, second and third generation, and foster cross-cultural awareness within the Suffolk community.

As a health and wellbeing support organisation, we also anticipated that a unique contribution to heritage will be made by focusing on three distinct groups as a cultural model of the traditional extended family. The aim was to film 25, recorded the life experiences of the Caribbean community and produce a book, DVD and film from those narratives.

The 'Our Voice our Song Project was a valuable, educational resource. The film is now available on You Tube titled 'Our Voice Our Song'. We would like to thank all the contributors of this Windrush project, who were part of the research, interviews, and celebrations. This lottery-funded project brought together the stories of many of our Caribbean elders who came to Suffolk since the late 1940s, many of whom are unsung heroes and sheroes, and their children and grandchildren (termed the barrel children), who all played a key role in educating the wider communities and the next generations of young people about Caribbean life. We also want to remember those contributors who are no longer with us; Mrs Eudine McConney and Mr Cecil Davis, both who made a great contribution to the community in Suffolk over many years. We would like to thank the Akrofi family for editing the film, producing the book and DVD. Thanks to Clem and Sharlene Turner for the interviews conducted.

The Unity Football Club

The Unity football Club had a very challenging year as we were faced with an incident involving a young man who was part of our football club, but also involved in a gang. This led to us having to step back, review the situation, taking responsibility for young peoples' lives was something we had to progress with local partners.

County Lines and Gang issues has been on the rise locally and affects many young people who come from marginalised backgrounds. Issues such as poverty, unemployment, low education are some of the additional barriers many young people face. We have a mission of diverting young people away from crime, and this was a major setback for our team, our football programme for the year, and CACHSF as a whole.

The football club survived this setback because of the multi-agency work with Chairman of the local FA, Police Commissioner, Local MPs, and supporters, we decided to do whatever was necessary to keep this Football programme alive. This brought its own challenges as we had to recruit new players due to losing some because of the incident. It has been a slow recovery and difficult season, but plans are in place for 23/24.



Pictures above: Beverly Uter, Clem Turner and Mark Goldsmith - Volunteers at the Unity Football Grounds

Pictures above: Unity Football Club Half-Time Team Talk at Inspire Suffolk grounds.

Unity Well-Being Drop In

In 2022/2023 our Unity Health and Well-being Drop In project which was based at Tower Street came to an end. We were unable to sustain this valuable work due to a lack of funding and have made time to apply for funding to ensure this work can resume in 2024.



Pictures above:
Jennie James
delivering a
Boosting your
Immunity Talk at
the Health Drop-
In.



Pictures above:
Imani Sorhaindo
offering
Acupressure to a
client at the
Health Drop-In
Centre.



Pictures above:
Noel Thompson
and Shirley
Gooding, service
users listening to
a Health talk.



Pictures above:
Emma Chakanetsa
from Julian
Healthcare
delivering a talk
on Holistic health
strategies

Weekly Exercise Classes

In 2022/2023 we continued with the weekly exercise classes for people aged 50+ in the community. The classes were delivered with Holistic Health Practitioner, Imani Sorhaindo, and ran every Monday morning 10.45am-12.15pm.

Over 20 members of the community engaged in exercises. The attendees came from very diverse backgrounds, with a mix of ages between 54 to 88 years old. Members were able to review their improvements in their health, fitness, and general well-being. Many reported that they felt more resilient, flexible, and adaptable as a result, of the classes, their falls had significantly reduced as their core strength and balance had improved. Some attendees found that the weekly sessions were invaluable for their mental, emotional, and social well-being.



During COVID, we were funded to support isolated community members who were unable to go out due to mobility issues, illness or isolated. The needs of those in the community who were most frail and vulnerable still had to be met, and so the volunteers agreed to continue supporting over 15 members in the community through a Befriending service. The team of volunteers expanded to meet the needs of new Befriendees. Issues such as hardship, poor diet and nutrition, long-COVID, adult safeguarding, mobility, mental health, grief etc., were raised by Befriendees, and the team were there to offer active listening, support and guidance.

Volunteers and the Board have applied for further funding to resume this valuable work, as we need to expand these services, recruit a coordinator work and train new volunteers.

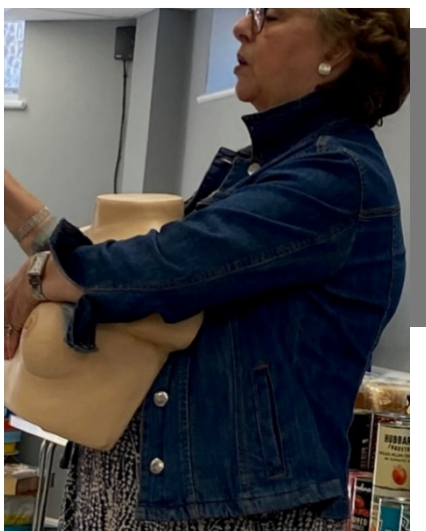
Dice and Spice Hot, Healthy Meals

CACHSH Hot meal food services still ran throughout this year as it did through COVID. We ran the service for over 46 weeks of

the year with very few volunteers. The support from 3 volunteers and 2 cooks was invaluable to keep this project running. We have identified the need to train up more volunteers for this project which is so necessary.

Head out of the Sand Cancer Awareness and Prevention Project (HOOTSCAP)

In March 2023 Imani Sorhaindo was appointed by the Board to deliver on a 1-year project around Cancer Awareness and Prevention in the Black community. We called the project 'Head out of the Sand' (HOOTS-CAP) to show the lack of awareness and taboo nature of Cancer prevention and early testing in the community. The project aims to reach over 180 people within the Black and minority ethnic community, to raise awareness about cancer, and to narrow the gap in terms of accessing tests. The first community talk was delivered to Black and minority ethnic women at PHOEBE, in Ipswich, where over 40 women attended to learn about early signs and symptoms of breast cancer. Guest speaker Karen Hare, CEO of the Cancer Campaign in Suffolk worked with Imani to deliver a talk and practical breast-check session, which was very well received.



Karen Hare CEO of Cancer Campaign in Suffolk talks at Phoebe Domestic Violence Support group about Breast cancer Prevention.



Pictures above: Community Groups at Phoebe, accessing the talks on Cervical and Breast Cancer Prevention delivered by Karen Hare and

Treasurer's Report overleaf:

During the first half of the year (April 2022-September 2022) CACHSF didn't have much funding, (Under £5,000) and we were challenged to maintaining many of our projects. This was due to the COVID challenges as many were still not coming out, and we were not having much face-to-face activities. This impacted on our ability to gain funds. The idea of face-to-face planning continued, and there was more scope for us to develop online activities and so we were able to apply for funding during this time. Many then started to venture out and access our services, and so funding tripled from October 2022 - March 2023 as our community become more confident and re-integrate back into the community to resume services and activities.

As a Treasurer we had communications from the bank as they were increasing scrutiny for all their customers, and this meant I had to spend more time completing additional forms to meet their compliance. This was due to increased fraudulent activity with banks generally. This impacted on us greatly as the Chair and I were not able to do as much paper-based deposits.

We moved premises, which meant that we had double rent expenditure to find, and we were fortunate to receive funding towards the rent. Cathy Wright's organisation was extremely helpful to help us to meet this increase in rent as we had to vacate old premises in Tower Street and move to more suitable premises.

For the first part of the year, we had £5,600.00 compared to the second quarter where we had an increase to £24,123.00, so as you can see there were many challenges for CACHSF at this time.

Please see the accounts in a separate document.

Income and Expenditure 02/04/2022 to (

Income and Expenditure		
Income	2022	Total
B/FWD		
Funding		
Donation	£1,500.00	
Suff Comm Foundation	£29,800.00	
Dice and Spice	£3,272.00	
Exercise class	£660.00	
Donation (Trustee)	£1,000.00	
Total Income	£36,232.00	
Expenditure		Total
General Running Costs		
Telephone	783.64	
IT / internet	£624.20	
Postage/Stationery	£692.55	
Publicity/Promotion	£652.00	
Training :-	£260.00	
Football project	£1,800.00	
Professional fees:-	£1,457.50	
Health Talks fees	£637.50	
Exercise class hall hire	£1,140.00	
Exercise class Inst fee	£1,200.00	
Training equipment	£75.00	
auditor's Fee	£600.00	
Dice and Spice	£3,222.00	
Volunteer expenses	£1,273.72	
Office car park fees.	£248.00	
Centre Costs		
Hire/Rent	£1,302.40	
Insurance	£288.00	
Council Tax	£0.00	
Maintenance/ cleaning	£946.03	
Equipment	£630.43	
Miscaellaneous	£727.32	
Total Expenditure	18,560.29	
Total Surplus / Deficit.	17,671.71	

Unity befriending project incr
 Unity befriending project incr
 Unity befriending project incr
 Unity befriending project incr
 Unity befriending project incr

Drop-in coordination
 Drop- in Health talks

covid 19 sanitising / cleaning

Jennie James

Jennie James

Treasurer

Caribbean and African Community Health
Support Forum.

01/04/2023

'ease in usage
'ease in usage
'ease in usage
'ease in usage
'ease in usage

fee

/hand hygiene

Independent Reviewer Report

My name is Paul Akanbi. I write to confirm that I have examined the accounts of the Caribbean and African Community Health Support Forum as an independent reviewer for the purpose of submitting to the Charity Commission as required. I have found that the account submitted reflects a true and accurate record of the organisation financial income, expenditure, and transactions.

I have looked at the bank records for the period indicated (2nd April 2022 to 1st April 2023) and confirmed income stated throughout the period. I have also looked at the expenditure, verifying this with bank records and receipts / invoices regarding expenses and payments where necessary.

After having reviewed their financial records and accounts, I can verify that this is an accurate account of the information presented in the annual report sent.

Paul Akanbi

Date: 29th February 2024



Independent Reviewer.

Accounts

Healthy Living Project: The Caribbean and African Community Health Support Forum

Annual Report April 2021 March 2022

Report compiled by Clem Turner and Jennie James



Our longest service member
of the CACHSF Exercise Class



Verley Roberts – Unity Health Talk



Imani with some of the CACHSF
Exercise Class Attendees



CACHSF Unity Well-Being

Drop-In Project

Introduction

The Caribbean and African Community Health Support Forum (CACHSF) works with people from Caribbean and African backgrounds and people from the wider community on issues relating to health and wellbeing.

The objective of CACHSF is to specifically address the health issues that impact the Caribbean and African community by engaging and enabling them to access/receive culturally appropriate health improvement information and intervention via targeted initiatives such as seminars, community talks, health projects, and health-focussed community events.

It has been well documented that the target community is predisposed to certain health conditions such as sickle cell, hypertension, prostate cancer and diabetes, so the task of the CACHSF is first and foremost to raise awareness about these issues, ensure equity of access to health improvement information and support, empower individuals to identify their health care needs as far as possible, and to seek the support that will enable them to maintain and improve their general health and wellbeing.

The following report documents the prioritised projects which have been delivered by the CACHSF in 2021-2022.

Summary of the Year

It has been a very challenging year for the Caribbean and African Community Health Support forum and its committee members, this is due to several reasons. Firstly, we were faced with challenges in the African and Caribbean communities experiencing the loss of loved ones during COVID, and many issues around well-being due to long-Covid symptoms. Many of our volunteers were still shielding, and we were stretched to carry on with our provision. Despite the Unity Befriending Project coming to an end, the Planning committee made a conscious decision to continue with this project based on the high levels of need. Volunteers continued to offer the telephone support service to those aged 50+ and those suffering from mental health issues, without any funding.

Other ongoing projects

The CACHSF Exercise classes continued throughout the year as we were able to return to face to face and came off-line once again. We had 10 of our regular members attending each week, and

a further 6 new members enrolled post- COVID as they felt that they needed to address the health deterioration due to living quite sedentary lives.

Exercise Classes – Aims:

The purpose of the weekly exercise classes is to:

1. Increase access levels to provisions such as local exercise classes,
2. Highlight the importance of regular exercise for people living with long term health conditions,
3. Give participants a place to meet and socialise on a regular basis,
4. Reach and encourage members of the community who may otherwise be isolated to get active, meet new and old friends.

Clients Feedback

- I have been coming to this class from it first started in 2011, I just love my exercise, I don't know what I would do without now. (EWS).
- I find the class very good for my well-being, I no longer feel lethargic and tired all the time like I used to. I really to look forward to coming each week. (NT)
- The exercise class that Clem and Imani run on a Monday morning is as God sent, I so look forward to the sessions, I really don't go out much anymore, but I do enjoy my work out each week. (ED).
- I feel so much healthier than I used to, but more importantly the people/group there all so lovely, it makes the sessions so much more enjoyable. (MH).
- I just love coming here, I feel so much better and stronger since I joined, wouldn't miss it for the world now. (SG).

Dice 'n' Spice – Hot Caribbean Meals Delivery Service Report

This project was established by the Caribbean and African Community Health Support Forum' to provide a hot meal to members of the Caribbean and African Community. This need was identified from research that was carried out by the CACHSF in 2018 which highlighted the need to provide healthy food options for those who are not socially mobile and for those who have

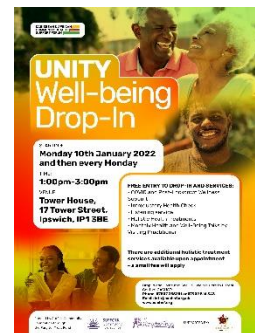
limited access to cultural food. The project has now extended and continues to serve members from all communities.

Dice 'n' Spice continued post-COVID and it continued to be a much-needed service for the communities. People were more reluctant to leave their homes, and placed more demands on the Service. We averaged 18 meals a week to those most vulnerable, and with a reduction in volunteer drivers, we had to work creatively to respond to this demand.

One of our clients sadly passed away and this had a devastating effect on the health and well-being of their family, and a commemoration was undertaken on behalf of the family, through the Windrush collaborative work.

UNITY Health Drop-In Project

CACHSF received funding from Suffolk Community Foundation, Partgiter Trust to deliver a one-year project supporting the local community ages 21+ with a range of well-being services such as: listening support, holistic health checks, blood pressure checks, reflexology, massage, and monthly health talks with guest speakers. On 31st January 2022 a Registered Mental Health Nurse delivered a talk on Boosting your Immunity which was very successful. In February 2022 we had another guest speaker on gut health and diet and our nutritional needs, and then on 28th March 2022 Emmah Chakanestsas from Joe Healthcare spoke on Understanding Holistic Health. These were very positive talks, and we had over 80 attending overall. Some of the feedback is highlighted below:

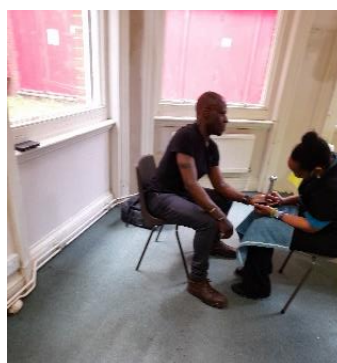


“It was excellent, inspiring, and motivational. I learnt to keep within my budget to impact on my financial well-being. It was well-presented, the speaker spoke from the heart”.

“The session was well put across, and informative. I will now move forward on healthy eating. Emmah was brilliant and the venue was accessible”.

“Emmah was inspiring and wise. I will improve my faith as part of well-being. The question and answers were great!”

“It was great and inspired me to do something about my sexual dysfunction problem”.



Next Steps and Recommendations

The work needs to continue to improve health outcomes for the African and Caribbean community, with additional focus on younger adults,

Outreach work to engage more Black men who need support with their mental health, and who may need Befriending or groupwork sessions/activities,

Generate funds to meet the needs of the above group,

Increased outreach work to promote CACHSF to new and emerging communities coming into Suffolk,

Promote Cancer awareness and prevention and apply for funding to raise awareness in the community.

Plan a large Health Day event in 22/23 to widen reach.

Our Voice Our Song Project

The our voice our song project is an intergenerational reminiscence initiative that will explore, document, and disseminate the narratives from cohort of first, second and third generations of African and Caribbean descent based in Suffolk.

The project will aim to examine and understand how heritage associated with underlining health factors can enhance both diversity and cross-cultural awareness within the Suffolk community.

As a health and wellbeing support organisation, we also anticipate that a unique contribution to heritage will be made by focusing on three distinct groups as a cultural model of the traditional extended family. The outcomes from a racial/heritage perspective will be that this small part of Caribbean and African heritage is being recorded, interpreted, and explained. The outputs will aim to enhance access and distribution of heritage information.

As stated earlier, this film/documentary is divided into subsections, tracing the path of the older generation from the Caribbean from the 1940's, their children (the barrel children) and their grandchildren within the County of Suffolk and environs. The Commonwealth Elders (as they are referred to in this film) were those people who came to the UK on the ship, the SS Windrush from the Caribbean, to answer the call from the United Kingdom to come and work within the newly set up NHS, on the trains and on the busses. The changes/contributions and the roles they each brought to the communities in which they settled and therefore to the county as a whole is highlighted.

This film is a legacy to all those brave individuals who decided to leave their children and their homes and to come to England in order to help build the country after the war. The unfair treatment that many people received because of the colour of their skin has been well noted elsewhere, but this film is based on people's lives and so negative experiences cannot be divorced from their personal stories.

We hope you enjoy this film.

<https://www.youtube.com/watch?v=L2B7AaHK6OE>

A handwritten signature in black ink, appearing to read 'Clem Turner', with a long, sweeping horizontal line extending to the right.

Clem Turner

Chair

CACHSF Income and Expenditure April 2021 to

Income and Expenditure		
Income	2021-2022	Total
B/FWD	£7,608.43	
Funding		
Ipswich&Col Museum	£1,000.00	
Suff Comm Foundation	£7,317.50	
National Heritage	£9,800.00	
Hopkins Homes	£4,900.00	
Dice and Spice	£3,240.00	
Exercise class	£693.00	
Donations (Iscre)	£500.00	
Total Income	£35058. 93	
Expenditure	2021-2022	Total
General Running Costs		
Telephone	581.5	
IT / internet	£435.00	
Postage/Stationery	£355.00	
Publicity/Promotion	£696.00	
Training :-	£150.00	
Food hygiene X2	£64.00	
First Aid Training	£200.00	
Professional fees:-	£1,555.00	
Professional fees:-	£4,900.00	
Exercise class hall hire	£558.00	
Exercise class Inst fee	£1,080.00	
Football training facility	£394.90	
Coaches fee	£345.00	
Minibus Hire	£80.00	
Training equipment	£720.00	
Project Our Voice/Our song	£2,100.00	
Windrush sel committee£	£7,650.00	
Suffolk FA fees	£175.00	
Dice and Spice	£2,664.00	
Chef Fees	£900.00	
Volunteer expenses	£1,895.00	
Office car park fees.	£116.00	
Centre Costs		
Hire/Rent	£1,691.28	
Insurance	£288.00	

OVOS

Unity befriending project incr
 Unity befriending project incr
 Unity befriending project incr
 Unity befriending project incr
 Unity befriending project incr

Befriending Project coordinat
 Football English cla &Suffolk F

Increase due to dro|in project

Council Tax	£0.00	
Maintenance/ cleaning	£875.80	
Equipment	£589.50	
Miscaellaneous	£548.75	
Total Expenditure	###	
Total Surplus/Deficit	£3,451.20	

covid 19 sanitising / cleaning

Jennie James

Jennie James

Treasurer

Caribbean and African Community Health
Support Forum.

to March 2022.

ease in usage
ease in usage
ease in usage
ease in usage
ease in usage

and professional fees
A Level 1 coaching badge.

& travel expenses.

/hand hygiene

Independent Reviewer Report

My name is Paul Akanbi. I write to confirm that I have examined the accounts of the Caribbean and African Community Health Support Forum as an independent reviewer for the purpose of submitting to the Charity Commission as required. I have found that the account submitted reflects a true and accurate record of the organisation financial income, expenditure, and transactions.

I have looked at the bank records for the period indicated (1st April 2021 to 31st March 2022) and confirmed income stated throughout the period. I have also looked at the expenditure, verifying this with bank records and receipts / invoices regarding expenses and payments where necessary.

After having reviewed their financial records and accounts, I can verify that this is an accurate account of the information presented in the annual report sent.

Paul Akanbi

Date: 30th March 2023



Independent Reviewer.

Accounts

Healthy Living Project: The Caribbean and African Community Health Support Forum

Annual Report April 2020 March
2021



Photograph taken from the CACHSF Exercise Class with 50+

Report compiled by Clem Turner and Jennie James

Introduction

The Caribbean and African Community Health Support Forum (CACHSF) works with people from Caribbean and African backgrounds and people from the wider community on issues relating to health and wellbeing.

The objective of CACHSF is to specifically address the health issues that impact the Caribbean and African community by engaging and enabling them to access/receive culturally appropriate health improvement information and intervention via targeted initiatives such as seminars, community talks, health projects, and health-focussed community events.

It has been well documented that the target community is predisposed to certain health conditions such as sickle cell, hypertension and diabetes, so the task of the Forum is first and foremost to raise awareness about these issues, ensure equity of access to health improvement information and support, empower individuals to identify their health care needs as far as possible, and to seek the support that will enable them to maintain and improve their general health and wellbeing.

The following report documents the prioritised projects which have been delivered by the CACHSF in 2020-2021.

Summary of the Year

It has been a very challenging year for the Caribbean and African Community Health Support forum and its committee members, this is due to several reasons. Firstly, we had to close the centre for face-to-face work when the COVID-19 Pandemic gripped the country, and the majority of our volunteers suffered many health challenges as a result which reduced our human resources.

We had to prioritise and diversify our projects for an online service, which included telephone and reduced one to one face to face contact to mitigate risk. In relation to the Dice and Spice project, we took a decision that as this was a much-needed service during the Pandemic, we would continue to cater for the needs of the community. With a reduction in

volunteer drivers, we had to work creatively to respond to the increased demand.

The exercise classes were delivered online, however existing clients over 70+ did not participate due to their reluctance to engage technology. The classes, as a result, attracted new clients who were unable to attend face to face and preferred an online service.

Two of our clients passed away and this had a devastating effect on the health and well-being of their family, and Befriending support has to be allocated to the families.

CACHSF Unity Befriending Project

 Foundation

SUPPORT FORUM 

UNITY HEALTHY EATING AND COOKING
ONLINE PROJECT

EVALUATION REPORT



Written by Imani Sorhaindo, Clem Turner with contributions from the Facilitators

CACHSF worked in Collaboration with the Suffolk Black Community Forum was funded by Suffolk Community Foundation to plan and deliver an 8-week online programme

to respond to the health inequalities within the African and Caribbean community. COVID and the lockdown further compounded the health and well-being disparities within our communities, and a programme was designed to respond to the growing needs arising out of the Pandemic.

A working group met on 2nd March 2021 to design and plan the 8-weeks programme, in collaboration with volunteers who work directly with the African and Caribbean communities. The following concerns around diet, nutrition and health were raised through anecdotal feedback:

OBESITY, DIABETES, HYPERTENSION, MENTAL HEALTH ISSUES, LACK OF TRUST AND FAITH IN HEALTH SERVICES AND GOVERNMENT INITIATIVE RELATING TO BME COMMUNITY E.G. VACCINE TREND IS SHOWING THE BME WHO ARE AT HIGHEST RISK OF GETTING CV ARE THE LEAST LIKELY TO GET THE VACCINE. MISREPRESENTING OF FACTUAL INFORMATION, PREVENTING OUR PEOPLE OF WORKING WITH GOVERNMENT, MISUSE AND ABUSE OF BME OF PREVIOUS, HISTORICAL EXPERIMENTS.

Practitioners were approached who already had the cultural lived experience, as well as the professional qualifications, knowledge, and expertise to plan, deliver and evaluate the programme. The schedule was then agreed, and promotion through outreach, radio promotion and social media commenced. The programme started on Monday 22nd March 2021 for 8 weeks using a Zoom platform and some sessions were 5.00-6.00pm and others were 7.00-8.00pm to enable those at work to engage.

TOPICS

The importance of living an herbal life

Lewis Turner,

Herbal Life Health Coach and Fitness

Lewis Turner

Boosting your immune system with High Energy Natural Foods - Make your

own Healthy Smoothies

Jennie James - Qualified Nurse

The Healthy Gut Connection!

Shirley Powell - Nurse and Business Owner of Your Health in Your Hands

Enjoying Caribbean Meals and looking at healthy options

Shirley Powell

Nurse and Business Owner of Your Health in Your Hands

Moving towards a plant-Based Diet - Make your healthy vegan breakfast

Louise Gittens

Qualified Chef

Granny's Red Pea Soup - A Healthy taste of the Caribbean

Karen Walker

Cultural Ambassador, Life Coach and Business Owner

Cooking Healthy Caribbean Food on a Low Budget

Shirley Powell

Nurse and Business Owner of Your Health in Your Hands

The Caribbean Melting Pot - Celebrating and Bringing it all together!

Imani Sorhaindo

Holistic Health Practitioner and Qualified Teacher

Project Evaluation

The programme was well promoted and although FREE tickets could be obtained through Eventbrite, we also wanted to ensure members of the community who lacked digital skills could also access the sessions. Volunteers assisted in the word of mouth to enable more accessible promotion of the sessions, and each facilitator also played a key role in promoting their sessions. This allowed for an even wider profile of attendees to access the project.

52 people attended overall, with the majority attending 3 or more sessions overall. There were a small number who

attended all 8 sessions consistently. Over 45 of attendees were of African, African Caribbean and Dual Heritage backgrounds. Other attendees were White British or of Asian backgrounds. Feedback was very positive and there were requests to have much more of these types of learning opportunities when out of lockdown. It was not the preferred mode of delivery for the majority attending, but the topics attracted them to still book on. Zoom rental hire from Be Me Like We Ltd allowed us to be resourceful, as CACHSF

did not have its own Zoom facilities. This allowed the project to work in collaboration with other projects and businesses who have a like-minded mission and vision. Zoom security was managed by a Tech volunteer as the Black community experienced Racist Zoom Bombing when attending some national events this year, and so we had to mitigate the risk and keep everyone safe.

What went well?

An average of 10 people attended all of the sessions, and some sessions attracted much higher numbers in the 20s. The interactive nature of the sessions went down very well, to avoid being too Power Point led. Each session included a short visual presentation with the project branded templates, a demo, interactive question and answers, followed with 'what next'. The feedback showed that attendees valued the cultural perspective when learning about diet and nutrition, and they wanted to have the confidence that the practitioners actually cooked and lived the life they were promoting. Many of the attendees fed back that they were going to try some of the health tips advised or gave feedback about how they transferred skills the following week with new recipes being applied in the home for a healthier lifestyle. We had people attend not only from the African and Caribbean communities so continue to share with wider audiences and promote more on radio such as ICR and in the newspaper or free newspapers. The vast majority of those attended were local and came from the Black communities. Practitioners from some of our partner organisations also attended, such as Onelife Suffolk, SBCF and DASH.

Next Steps and Recommendations

-Longer series of sessions were requested

-To offer some session at later times or Saturday mornings, to allow more people to come from work to attend session

-Additional topics were requested as follow-up sessions when out of lockdown:

Healthy eating and promoting general health and wellbeing

Understanding cholesterol levels Trying a sugar free diet tips to help and prevent prediabetes implications.

-Attendees requested the recordings post-event and this is not something we anticipated. It was decided that they could access it via the website as a continual resource.

Exercise Class

Due to the fact that the country went into lockdown on 23rd of March 2020, our regular Monday morning face to face exercise classes were suspended from there on in. As stated above we took the decision to introduce the sessions online via zoom. Although we attracted some new and younger people to the online classes, our regular clients (the over 60 plus) were not keen, and the majority did not participate with the online sessions and was quite prepared to sit it out until such time when we could return to face to face. The exercise classes are still ongoing. These sessions take place at 17 Tower Street Ipswich IP1 3BE St Mary-La Tower, every Monday morning 11:00am – 12:30pm.

AIMS:

The purpose of the weekly exercise classes is to:

1. Increase access levels to provisions such as local exercise classes
2. Highlight the importance of regular exercise for people living with long term health conditions
3. Give participants a place to meet and socialise on a regular basis
4. Reach and encourage members of the community who may otherwise be isolated to get active, meet new and old friends.

Some of the participant's feedback included:

'I find this so much better since we changed the instructor'

'I was looking for somewhere like this for a long time I'm so pleased that I've found this'

'I feel like I am getting more benefit from exercising now, makes coming here even more worthwhile'

'I'm really enjoying coming to the exercise classes, I feel so much better within myself'

'I love it here; I don't know what I would do if this class was to stop

I have been attending the CACHSF exercise classes for over 11years now, I love it here, I don't know what I would do without it.

Dice 'n' Spice - Hot Caribbean Meals Delivery Service Report

This project was established by the Caribbean and African Community Health Support Forum' to provide a hot meal to members of the Caribbean and African Community. This need was identified from research that was carried out by the CACHSF in 2018 which highlighted the need to provide healthy food options for those who are not socially mobile and for those who have limited access to cultural food. The project has now extended and continues to serve members from all communities.

Covid19 and lockdown in general highlighted the importance of the dice 'n' spice hot meal service. With so many of our elders living alone and isolated under covid restrictions, it was important we kept this service going during this unprecedented and difficult times.

The food is prepared and cooked in a much healthier way than the outside takeaway options, and this helps to addresses the project's main priority which is to lower the rate of degenerative illness in the local community, through health lifestyle changes. In our food preparation there is a reduction in Salt, none of the food is fried, and no sugar is used in the food preparation.

The Dice 'n' Spice service, cooks and delivers to approximately 15-18 people every Wednesday.

Dice 'n' Spice deliveries are made for lunch time, and we aim to serve them between 12.30 - 2.30pm.

The Team:

X1 Volunteer Coordinator

X2 Volunteer Drivers

X1 Chef

X2 Volunteer admin

Evaluative feedback:

Dice 'n' Spice now have regular customers who state that they really appreciate the food and the fact that it is delivered to their door.

All of the regular customers look forward to the personal contact that the delivery brings to them.



Here are some statements from customers: -

- I really like the food and I do not want to go without it.
- I am thankful for the food and that it is delivered to my door.
- The food is very nice, and it helps me a lot because I don't have to cook every day.
- The food is nice, and it reminds me of home. I cannot cook the food myself because it is too expensive for me to buy.
- The chicken and mash are very nice, and I enjoy the combination of fruits.
- I am thankful for the hot dinner, and I like the fruits too.
- I was very happy to have a vegan option. I would recommend this service to anyone.
- I look forward to eating the fresh fruits that come with my Caribbean hot meal.

Our findings:

Many of our customers are elderly and we have discovered that without Dice 'n' Spice food delivered to their door on a Wednesday or Sunday; they may not have eaten sufficiently that week. Some people have been relying on only soup or sandwiches or from snacks brought in by a family member on other days to survive and this is often below the expected food intake per day which is concerning. The customers also benefit from being able to freeze additional meals so that they have adequate food each week.

The project has identified some challenges: -

Firstly, the aim and long-term objective of this project is to provide a service to those that need it most throughout Ipswich. However, the demand has been greater than anticipated and in order to expand to the full capacity, we would need more volunteers and drivers.

There are potential customers who are dispersed across the Town, and also living isolated lives outside of Ipswich. Dice 'n' Spice is apprehensive

about attracting a large number of customers whose locality would be spread across Ipswich and beyond because they would all expect hot meals and all within a similar time frame and we would not be able to meet this demand and timeline without additional resources. We had to turn away potential clients that do not reside within the five-mile radius of central Ipswich due to limited resources to expand. (Deliveries are presently carried out using two drivers).

Based on the specialist Caribbean cuisine, and the fact that much of the food has to be purchased fresh from the Suppliers, storage can be a factor for the team. We do not want to compromise on the healthy consistency of the food by adding preservatives which would make the non-perishable food last longer.

To safeguard the commitment of volunteers, and to recruit new volunteers, we would need to consider reimbursing fuel costs for the deliveries.

The food deliveries were initially set up to be done twice a week on a Sundays and Wednesdays. The Sunday delivery has proved to be challenging as our existing customers do not order regularly. As a result, there is a 60% drop in Sunday orders. We will need to review whether a Sunday delivery is viable or explore an alternative day (which customers have alluded).

Successes and the Future

Dice'n 'Spice has catered for approximately 40 people over the course of the year. The majority of customers are regular and have deliveries on a monthly basis. Others are very reliant on a delivery each week. There are a few new customers who are not so regular, however they order as and when the need arises.

Dice'n 'Spice will continue re-evaluating with the team and the customers to ensure our standards are maintained. We will also be revising our menus in light of feedback and to attract new customers. We also plan to recruit new volunteers who can assist in the cooking and deliveries so that the project can go into its next phase of expansion.

Dice'n 'Spice is thankful for their funders support.

A handwritten signature in cursive script, reading "Clem Turner", with a long horizontal flourish extending to the right.

Clem Turner

Men's Health and Well-being, Unity Football Project

The Unity football project was created/instigated by our Chairman Mr Clem Turner who had worked tirelessly for almost two years in an attempt to get young people from underprivileged background and deprived areas of Ipswich and the surrounds who wanted to play football but found it difficult to gain access to the more established local clubs.

As stated below, UNITY FC was officially formed in 20/19 under the umbrella of the CACHSF. In our first year as a Affiliated football club in 20/20 we had a total 42 registered players from 17 different nationalities, an achievement that we are all very proud of. We are also proud of the fact that due to all the hard work, commitment and dedication from Clem and his coaching team, this was recognised and duly award with Clem winning the Suffolk FA Adults grassroots coach of the year 2020/2021. Well done, **Clem, Paul, John, Daniel, Leroy, Phil, Jennie, Veronica** and all those volunteers that we have not mentioned.

We would very much like to take this opportunity to say thank you to all who have supported this much needed project. **Hopkins homes**, our main kit sponsors, **Ipswich Rotary Club, Sunbelt**, who are the sponsors of our away kit. **Suffolk Community Foundation** for the ongoing support that they have provided for us. Also, a special thanks to **Ipswich Town FC** for also providing us with a brand new kit.

Unity FOOTBALL CLUB

A Brief History, and the aim and objectives of the club.

Formed in April 2019, Affiliated to Suffolk F.A August 2019.

UNITY F.C applied to join the Suffolk and Ipswich league (SIL) in June 20/20. The Application was granted in July 20/20, the club will be playing their football in division 3 of the SIL for the coming season 2020/21.

Unity F.C will be playing their home game at Inspire Suffolk Lindbergh Road Ipswich Suffolk IP3 9OX, for the next two years.

The main aim and objective are to create a family orientated club where any young person from the deprived and underprivileged background who wants to play football can go and play football.

Our long-term goal is to have teams representing UNITY F.C at all levels of local football and beyond.

Over the next five seasons we plan to have the following progression in place.

- Year One: UNITY F.C first team, playing in Division 3.
- Year Two: we hope to have as well as the first team, a reserve team and a under 18 side.
- Year Three: we intend to add another two different age group to the club.
- Year Four: we will continue to develop young players through our coaching system. We will be looking to install another two different age group.
- Year Five: We will take stock, reassess, see where we are, have a look at what the next five years looks like.

We Feel that we have the structure of the club right, we have a very good, very strong backroom staff and dedicated volunteers to guide us through what has become a very challenging times for any new club embarking on this journey for the first time. 20/20 the year of Covid 19.



Football, Level One Coaching Badge Course Suffolk FA

Attendees no.3	Three young men from the community were able to advance their football knowledge by signing up to the Suffolk FA Level One Coaching course.
Cost	£160 per person
Outcome	All three are now fully qualified step one football coaches and are now applying their newfound skills in the community, the long term aims and objective for these guys is to get as many young people as possible from underprivileged background who would not normally have the opportunity to play football, off the streets and getting them playing competitive sports. Well done, and congratulation to Daniel, Kai and Ben on your achievement.

Health Check Day

On 28th August 2020, health checks were carried out on 38 + men from the Unity Football club. The checks included Blood Pressure, Blood glucose, BMI, Peak Flow and Carbon Monoxide. The men ranged from ages 17 to 66 on average and made up of footballers and coaches. Amongst the 38 people screened most had their checks results falling within the normal ranges. 5 participants were identified with a raised BMI, 3 with a BM level above 7mmols, however this may be attributed to a meal they recently ate, and we advised them to visit their GP for further action. One man was discovered with increased Blood sugar level, and he was also advised to visit the GP for further investigation.

The Carbon Monoxide Test was completed, and most participants produced a healthy lung breathing result. Only 1 person's result was abnormal which suggested that a higher level of Carbon Monoxide / nicotine was in the system. All had great lung capacity and breathing technique as confirmed by the Peak Flow tests which showed ideal results blown at a range of 400 – 600 litres per minute. He was advised to contact the smoking cessation support team.

Overall water was given as a refresher to boost participants hydration and to boost test results.



Expenditure: Peak Flow mouth pieces	£8.49
Social distance sign X4	£8.90
Test mouth Pieces (Oxygen) -	£9.99
1 Peak Flow -	£9.90
Test Strips (BM) -	£17.49
Metre strips	£3.16
Pulse Oximeter -	£15.77
Thermometer	£25.99
Hand sanitiser sign -	£0.90
Sub Total =	£100.59. Amazon
Purchase.	

Other dry goods including hand sanitisers, gloves, masks, and minor equipment including water:-

B &M = £71.50

Savers = £63.

Total - £135.04 Card purchase.

Health checks 38 @ £11. = £418.00

Grand Total = £653.63



Suffolk FA Adults Grassroots Coach of The Year 2020 - 2021

CACHSF
INCOME &
EXPENDITURE
2020 - 2021

Income and Expenditure			
Income	2020-2021	2021-2022	Total
B/FWD	2,870.60		
Funding			
IBC Area Committee		£0.00	
Southwest	£535.00		
Central	£765.00		
Nacton Comm. Funds	£639.47		
Suff Comm Foundation	£13,289.50		
SCF Emergency Food fund	£1,385.37	£0.00	
Hopkins Homes	£570.00		
	£6,685.00		
Dice and Spice	0		

Exercise class	£120.00	£0.00	
Football income			
Sported England	£1,630.00		
Rotary Club	£500.00		
Sunbelt Rentals	£500.00	£0.00	
Donations	£100.00	£0.00	
Remittance	£476.76		
Total Income	30,066.70		
Expenditure	2020-2021	2021-2022	Total
General Running Costs			
Telephone	528.4		
IT / internet	£445.97	£0.00	
Postage/Stationery	£876.48	£0.00	
Publicity/Promotion	£799.24	£0.00	
Training :-	£660.00		
Food hygiene X2	£0.00		
First Aid Training	£320.00		
		£0.00	
Professional fees:-	£1,655.00	£0.00	
Exercise hall fee	£112.50	£0.00	
Exercise class Inst fee	£150.00		
Football Fees			
train Facility	£244.00		
Coaches fee	£510.00		
Minibus Hire	£670.00		
Training equipment	£217.00		
Match day fees	£520.00		
League reg fees	£225.00		
Suffolk FA Fees	£127.00		
Football kits	£1,367.0		

Unity befriending project increase in usage

Unity befriending project increase in usage

Unity befriending project increase in usage

Unity befriending project increase in usage

Unity befriending project increase in usage

Befriending project teaching session

	0		
Dice and Spice	£4,681.05		
Chef cost	£1,536.00		
Health Day checks	£464.76	£0.00	
Volunteer expenses	£1,494.40		
Office car park fees.	£75.00		
	£0.00	£0.00	£0.00
Centre Costs			
Hire/Rent	£1,915.82	£0.00	
Insurance	£284.00	£0.00	
Council Tax		£0.00	£0.00
Maintenance/cleaning	£505.65	£0.00	
Equipment	£1,785.00	£0.00	£0.00
		£0.00	
Miscellaneous	£289.00	£0.00	
Total Expenditure	£22,458.27	£0.00	
Total Surplus/Deficit	£7,608.43		

**covid 19 sanitising / cleaning /hand hygiene
New phones and Laptops for Befriending project**

Jennie James

**Jennie
James**

Treasurer

Caribbean and African Community

Health

Support Forum.

Forum Committee Representatives & Trustees

Clem Turner	CACHSF Chairman & Strategic Lead
Ancilla Uzande	CACHSF Vice Chair
Jennie James	CACHSF Member & Treasurer
Verley Robert	CACHSF Forum Member
Veronica Akrofi	CACHSF Forum Member Interim Secretary
Carline Benloss	CACHSF Member Volunteers Coordinator/ DBS ID verifier and administrator
Sharlene Turner	CACHSF Forum Member Young people project Lead

Trustees

Mrs Ethlyn Beaton
Mrs Delorita Williams
Mr Courtney Akrofi
Miss Diamond James
Mrs Ceciline Emery

Special Thanks

On behalf of the Caribbean and African Community Health Support Forum we would like to extend gratitude and thanks to our funders, volunteers, and members of the committee for all the hard work under challenging circumstances during the covid -19 pandemic.

To all the committee members who have dedicated their time and effort into making the Caribbean and African Community Health Support Forum grow, thank you and well done. Your help and support has not gone a miss.

We would like to express sincere thanks to all those from the community that have supported and are continuing to support and appreciate the work that we do. Without them the CACHSF would have struggled to come through the difficult period of 2020 - 2021.



**Caribbean and African Community Health Support
Forum**
17 Tower Street Ipswich
Suffolk, IP1 3BE
Tel: 07507255251
Email: info@cachsf.org.uk

“Let’s Talk About Health”

CACHSF Income & Expenditure April

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Support Forum.

il 2020 to April 2021

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Independent Reviewer Report.

My name is Paul Akanbi. I write to confirm that I have examined the accounts of the Caribbean and African Community Health Support Forum as an independent reviewer for the purpose intended by the Charity Commission. I have found that the account submitted reflects a true and accurate record of the organisation's financial income, expenditure and transactions.

I have looked at the bank records for the period indicated (April 2020 to April 2021) and confirmed income stated throughout the period. I have also looked at the expenditure, verifying this with bank records and receipts / invoices regarding expenses and payments where necessary.

After having reviewed their financial records and accounts, I can verify that this is an accurate account of the information presented in the annual report sent.

Paul Akanbi

Independent Reviewer.