

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

”

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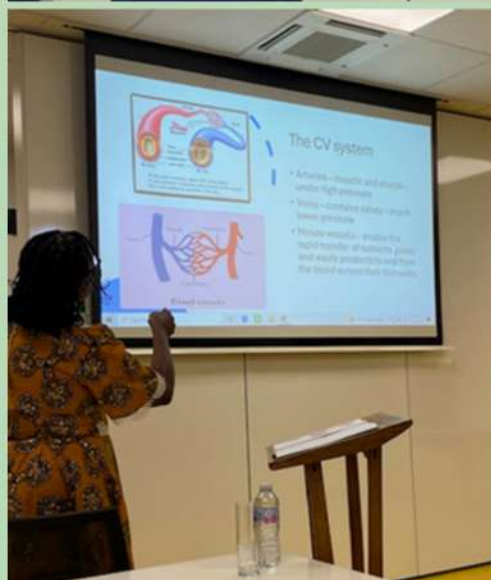
Very informative and explained in easy to understand terms

”

“

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

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Mr Clem Turner
Chairman
Caribbean and African Community
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Ipswich
IP1 3BE

5th March 2026

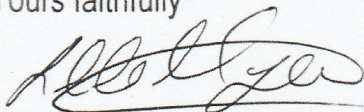
Dear Mr Turner,

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.

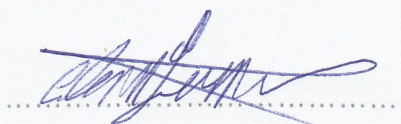
I will sign this letter to confirm the above and ask that you please sign it too, to confirm that the figures given to me are a true account of both income and expenses.

Yours faithfully



Mrs S.L.Collyer
MAAT

Signed Mr Clem Turner



Dated

06/03/2026