



TRUSTEE ANNUAL REPORT FROM FEBRUARY 2022 - FEBRUARY 2023

CHARITY: **Number 1193365**

The Trustees for MBS (mind body and soul) for mental health and wellbeing in BAME UK reg: 1193365, present the annual report and accounts for year commencing February 2022 to February 2023 and confirm they comply with the requirements of the Charities Act 2011, The Trust Deed, and the Charities SORP (FRS 102).

The year 2022 was a special year for MBS as it saw our Founder Mrs. Justine Kigozi Nakimuli winning the Queens platinum award for supporting families of BAME background with mental health and well-being in the Northwest of England.

OUR AIMS:

The charity operates under the constitution of charitable incorporated organisations with only trustees as voting members. The charity was registered by the Charity Commission in February 2021.

Our aim is to bridge the knowledge gap, inequalities and stamp out cultural stigma of mental illness & learning disabilities/autism in people of colour in United Kingdom. Through psychoeducation, community outreach, seminars, culturally sensitive activities and taking part in impactful research, related to mental illness in people of colour or ethnic minorities.

Our objectives are that through culturally sensitive activities we provide a safe psychological space for our subject group to share differences and similarities in understanding symptoms of mental illness to help improve outcomes of treatability and pathways in services.

Our major objectives for 2022-2023 included:

- Improving resilience in our communities of colour.
- Improving community connections via community outreach, expos and knowledge exchange.
- Improving sense of belonging and achievement in our local communities via STEM revision classes.
- Connection with NHS to improve access to services for people of colour.
- Culturally sensitive activities for families in our communities of colour.
- A great focus on children's mental health and holiday club for children of colour.

Beneficiaries:

Our charity supports families of colour and ethnic minorities in the Northwest of England. The demographics covered are mainly Liverpool, St. Helens, Knowlsey, Wigan and Warrington. The charity currently reaches out to over 50 families in and around Liverpool. Between February 2022 and February 2023, we have progressively seen numbers of families growing steadily either through social media networks or community leaders' referrals. We currently have 78 young people on our books who are mainly part of the above families. We have also reached out to asylum links and other immigration centers around Liverpool.

Funders:

Over the years our main funders have been the National Lottery for our mental health and wellbeing projects and the British science association for improving belonging/achievements via STEM revision. We have also received community donations via fundraising.

Culturally sensitive narrative focus groups:

These activities are ongoing every weekend throughout the year.

Our music, art, dance and drama, poems, sports, and outdoor trips to help ident beneficiaries communicate their mental health needs as well as sharing experiences during the activities. Sometimes outcomes have meant that our facilitators complete a referral or signpost for treatment and support. Such supports can be challenging as the Northwest is not diverse. We have discovered that supports needed for mental health for people of color is not necessarily the generic offered in mental health pathways. We therefore continue carrying out research to create a better solution.

Improved Sense of Belong and Achievement Group (Revision):

Belonging and Achievement Group, was started after assessing school achievements verses behavioral change at school and at home as reported by parents for children of colour. This also showed that the children who struggled in school suffered more bullying, more detentions and as a result left school with no qualifications. There are more likely to get involved in criminal behavior or detention under the mental health act. We have therefore introduced the weekly STEM classes in 2022, funded by the British Science Association.

Children Revision Classes Schedule

	6:00 - 6:40pm	6:50 - 7:30pm
Monday	Y10 - Y11 Maths	Y7 - Y9 Maths
Tuesday	Y5 - Y6 Maths	Verbal & Non-verbal Reasoning
Wednesday	Y3 - Y4 Maths	Y10 - Y11 Maths
Thursday	Y7 - Y9 Maths	Verbal & Non-verbal Reasoning
Friday	Y3 - Y4 Maths	Y5 - Y6 Maths

Autism and learning disabilities Awareness: Women at the frontline of special parenting, misjudged

This is our ongoing psychoeducation and family narrative focus groups where women of colour, share culturally sensitive stories, experiences and how to cope with parenting children with special needs. Support is given in terms of knowledge sharing, completing paperwork, social care needs and mental heal signposting. These usually to take place in our outdoor autism friendly environments.



Above: Autistic children enjoying the outdoor environment.

July/August Community Connection Expo for the youth with Merseyside Police.

Our 2nd Merseyside/MBS police expo successfully came to an end on the 5th of August 2022. This expo has built trust and brought positivity between ethnic minority communities and the local police. It has improved self-esteem, confidence, and resilience in 15–19-year-olds. It is the most popular project followed by our Mental Health Awareness Seminars.

Below is a daily account of the week-long Expo activities, as described by one of the mentors.

This week Mind Body and Soul in partnership with Merseyside Police Community Engagement Unit and youth club teamed up to offer nine young people the chance to take part in a week-long work experience scheme at Merseyside Police.

Day 1: Students had four classes: Road traffic, Matrix, Firearms and Dog handlers. Speaking to the students at the end of the first day, all had a fantastic time and couldn't wait for day 2. "I would like to thank the parents for getting all the participants ready on time" Ben.

Day 2: Was a lot more relaxed and exciting considering the first day activities, according to the students. Most of the morning was spent in class learning about Code of Ethics in the police. Decision makings and how to gather information before making or taking decisions. They then learnt about handcuffing techniques and why they are used. The students were given the opportunity to practise handcuffing.

The afternoon started off with Matrix – cutting doors to gain entry to stop evidence being destroyed. Students then went back to classroom for more mental work.

Getting an experience with Hydra – an aid to making appropriate decisions. Stop and Search was the main focus. The students were given a scenario with some Intelligence, and they had to gather more information before deciding whether to stop and search the person. Real Police work!!

Day 3: Was a true psychological ladder. The morning kicked off with CSI – in the classroom, just to get a clear understanding of what Crime Scene Investigation really entails. The students were then suited and booted, ready for their first assignment – burglary scene. Split into two groups, the students collected bags of evidence, more than expected of them.



Above: Students collecting evidence at a crime scene

The afternoon was more of the same gripping excitement. This time it was Detective work (Crime Investigation). The input was given by one of the very top – The Detective Chief Inspector – Merseyside. She delivered a presentation which included real crimes committed in Liverpool. This kept everyone awake and anxious for more. All in all, a great day in learning about the commitment and hard work involved in solving crimes and keeping us all safe.

Day 4: Was all about being in the front line and patrolling the neighbourhood. The students learnt about being on the beat, responding to calls from control room and making arrests. It was a practical role play with different scenarios. Started in the classroom where they were taught about using the radio, call signs and booking suspects into custody. The scenarios included Drunken and Disorderly, Theft, Drugs dealing and pub brawls. It was good to see that the students remembered what they learnt earlier in the week, i.e. how to handcuff suspects, and putting it into practice. They all did brilliantly

Fast forward to today. Day 5 of 5, the peak of the week-long Expo with Merseyside police. “Every good thing must come to an end”, was the comment from PC Phil Cragg, as we concluded the program. So, after the many departments the students experienced earlier in the week, it was the Mounted Police’s turn. It is not every day we get close to horses, so all the students brought out their phones to do the usual selfies and snap chatting. Even when the rain came down with vengeance, that didn’t dampen the spirit of the stables visit.

We wrapped up around 11am, and back on the bus we went and headed for the HQ to meet the Chief Constable. Little did the students know that they would be getting certificates for they week’s hard work too. Just imagine having to spend 30 minutes with the head of Merseyside Police, awesome, if you asked me.

This was no doubt a fantastic week. We managed to achieve what we brainstormed about at the beginning of the programme. If we want the institutions to change, this is probably the best way to do it, getting our young people involved in becoming a part of these institutions and climbing the ladder from the first step up.

A big thanks to all the parents for consenting to their children taking part in the Expo and of course a big round of applause to the youths too for being at part of this potentially annual Expo.



Above: Last day of Expo – Chief Constable of Merseyside Police with the participants

Improving resilience and self-esteem in BAME youth

“I would never have been attracted to work with the police due to some history I have heard about black youth being handled. Thanks to MBS for giving me this opportunity. I have always kept isolated and to myself. I found new friends and started to trust the police. It also taught me new coping mechanisms when feeling bullied.” remarked, one of the students.

Our unique Annual Youth Mental Health Awareness - October 2022

Every half term (in October), MBS conducts a three-day seminar for mental health and well-being for youth in BAME communities within Liverpool. October 2022 made three years since the launch of these sessions, and indeed, we have witnessed growth in terms of participation and impact over the years. This year 2022, the charity welcomed 65 families and 102 young people. We also had 3 visiting teams from London, two children from Derby and two from Coventry. This helps with lessons learnt and knowledge sharing practices.

We kicked off the seminar with a documentary recording from Merseyside Police Media team who also covered day two of the seminar. The main topics on day 2 were guns, bullying and county lines. The team also covered a review of our Merseyside Police MBS Expo that took place earlier in the year. These sessions have very much changed the face of Merseyside police in our community from negativity to positivity.



We then continued with our NHS team discussing issues such as learning disabilities, mental illness, physical disabilities, and the underwhelming attention to BAME youth with these conditions. Furthermore, we had a session on social care and family connections by a social worker **Rose Katana**. The idea of these sessions is to educate our youth so that they can advocate for cultural sensitivity approaches and support their families in overcoming challenges of unfair practices in our community.

October 2022 - Watoto Activities Project:

Welcoming our Watoto Special children's project for autism and mental illness for families of colour: This project is on-going for the next 3 years as funded by national lottery.

We visited the grassroots outdoor centre to introduce our new Watoto children's activity. Due to extreme stigma and isolation, majority of families with autistic children or learning disabilities do not socialise. Our project is aimed at bringing families of colour with special needs children into an environment where they can feel valued and psychologically safe to express them selves. To allow the children to get involved in cultural dance, music, drama, poem and other activities without being judged.

The Grassroot Garden Centre.

The weather was gloomy and damp, but as soon as the children arrived at the garden, all that changed. A quick snack at arrival just to get everyone in the mood for a tour of the 1-acre long garden. First it was the two green houses, full of all the different vegetables we normally just see in the kitchen and the dinner table. Then came the orchard tour, with ripe and ready apples and pears. Every single one of the children and volunteers alike had a bite of the fruits.

At this stage everyone was still wrapped up in their thick winter coats. The garden soon turned into a football pitch and a run around park; one by one the coats came off. By the time lunch came no one wanted to leave the orchard, however the flavour of the food soon drove us all back in. After lunch was time to brief everyone about Watoto project strategic planning which was also aired on zoom for some of the families who could not make it to the garden centre.

The difference Watoto Project aims to make:

The MBS Watoto activities project offers a safe space for families to enjoy time together, gain respite, socialise and experience support from trained volunteers. The children (20 -30 per year) will be able to play and learn. Their parents/guardians will support each other and have space away from the pressures of day to day living. Individuals will be able to receive support in dealing with domestic, health and social challenges.

A therapeutic Counsellor familiar with the issues will provide one to one support and appropriate referral. The organisation will use the knowledge and findings of the professionals to increase awareness in the public domain and relevant health agencies to improve their services for BMC families with autism.

MBS Leadership

Name	Role	Profession
Mr. Enock Kiyaga	Trustee	Revland trainee - Manchester
Ms Rose Katana	Trustee	Children's Social worker - Manchester
Mr. Ben Oloya Odwongo	Trustee	Engineer in NHS -Liverpool
Justine K Nakimuli	Project lead/founder	Clinical manager in NHS St. Helens
Mrs. Milly Kiyimba	Board member/signatory	Expert by experience -Liverpool
Mrs. Asiimwe Josephine	Board member/signatory	UCAL community leader - Liverpool
Mr. Michael Okello	Youth lead	IT Consultant

