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CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From April 2025

Period start date To April 2025

Period end date: 01/01/2026

Charity name: MBS for mental health and wellbeing for BAME Uk

Charity registration number: 1193365

Vision: *A society where all members of minoritised communities in the UK have equitable access to mental health support, characterised by culturally competent care, heightened awareness, and improved engagement with mental health services, leading to a healthier, more inclusive community for minoritised communities.*

Mission: *To preserve and protect the mental health and well-being of BAME communities across the UK*

Objectives:

- To offer Culturally Sensitive mental health Awareness Programs and neuro diverse throughout the year:
- Collaborative working with the National Health Services and other statutory providers to improve access to services and Mental Health pathways.
- To offer ongoing Family and Community youth mental health Support Programs.
- To get involved in research promotion and publications related to minoritised communities in Uk.
- Use Engagement Metrics to monitor participant feedback, impact and outcomes.

Activities:

Culturally sensitive mental health and neurodiverse activities:

The organisation has been dedicated to Conducting at least 10 face to face culturally sensitive workshops annually to raise awareness about mental health, psychiatric conditions, autism, and learning disabilities within minoritised communities in Uk. Some of these have been offered by external providers.

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 colour is not necessarily the generic offered in mental health pathways. We therefore continue carrying out research to create a better solution.

Collaborative working with the Police, NHS, Universities and Local authority:

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.

LJMU holiday career guidance supports every august has been well received by the youth. It has also been a great way of career choices support for ethnic minority students. Students has also seen it as a supportive and safe space to share experiences.

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. _

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

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	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 purpose 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
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	<u>Watoto BAME children's safe space with a difference:</u> The MBS Watoto activities project offers a weekly 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. <u>Autism and learning disabilities Awareness.</u> This is our ongoing weekly 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 health signposting. These usually take place in our outdoor autism friendly environments:

		<u>Our unique Annual Youth Mental Health Awareness - October 2023</u> Every half term throughout the year, MBS conducts a three-day seminar for mental health and well-being for youth in BAME communities within Liverpool, Knowsley, St. Helens and the Wirral. <u>July/August Community Connection Expo for the youth with Merseyside Police.</u> Our 4rd Merseyside/MBS police expo continued in 2023 and is ongoing annually 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. On going monthly Parents and Merseyside police counter line sessions. These are monthly ongoing sessions with community engagement team Merseyside to help parents get a better understanding of risks BAME children might face under knife crime, gang life, counterlines. Parents continue to be given support on how to identify and support their children. Monthly Community engagement Zoom sessions on mental illness. On going every other Saturday on the BAME community. These have fostered mentor- ship and improved engagement with mental health services for BAME communities. Improved Sense of Belong and Achievement Group (Revision): Belonging and Achievement Group, was started after assessing school achievements verses behavioural 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
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		involved in criminal behaviour or detention under the mental health act. We have therefore introduced the weekly STEM classes ongoing since July 2022, funded by the British Science Association, community impact Fund and any donations from parents.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	Yes. Our trustees do not benefit or get paid by the charity. They can however volunteer to support weekly activities as per availability.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	N/A
Policy on social investment including program related investment	Para 1.38	N/A
Contribution made by volunteers	Para 1.38	N/A
Other		

Achievements and Performance

	SORP reference	
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Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	- Increased visibility for MBS in the community. - Recent collaborative working with the local authority. - Celebrating our mental health awareness with our youth representative who worn Pride African and now making talk shows about mental illness in BMAE communities. - Partnership working with other charities, NHs and Merseyside police.
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Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	Definitely more high-level community connections are being achieved through partnerships.
Performance of fundraising activities against objectives set	Para 1.41	Fundraising and donations has been difficult to achieve last financial year with limited support from the local community. The organisation received cash for kids Xmas presents as one of the biggest donation this year in Xmas toys.
Investment performance against objectives	Para 1.41	N/A
Other		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	Charity remains in a good financial position at end of financial year
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	No reserves held
Amount of reserves held	Para 1.22	None
Reasons for holding zero reserves	Para 1.22	All finances distributed to agreed projects. Zero reserves
Details of fund materially in deficit	Para 1.24	N/a
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	N/a

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	Grants, Fundraising and donations
Investment policy and objectives including any social investment policy adopted	Para 1.46	N/a
A description of the principal risks facing the charity	Para 1.46	Sustainability due to lack of space. Current space has been bought by private investor for construction. Charity currently looking for space
Other		

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Charity Constitution
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	CIO
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Election to posts

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	We use the Trustee recruitment and induction policy.
The charity's organisational structure and any wider network with which the charity works	Para 1.51	3 trustees 6 Board members 4 BAME Community Leaders 1 CEO 12 volunteers
Relationship with any related parties	Para 1.51	None
Other		

Reference and Administrative details

Charity name	MBS for mental health for BAME UK
Other name the charity uses	Mindbodyandsoul
Registered charity number	1193365
Charity's principal address	Maggie O'Neil Business and training centre 433 Liverpool Road L36 8HT

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Mr. Enock Kiyaga	None		
2	Ms. Rose Katana	Maggie Oniel Centre		
3	Benjamin Oloya	None		
4	Michael Okello	None		
5	Justine K Nakimuli	Project management		
6	David Obote			
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Corporate trustees – names of the directors at the date the report was approved

Director name		
	N/A	

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	
	N/A	

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	None
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	None
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	None

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
Reviewers	Lucy Gordon Jone	Exfordshire

Name of chief executive or names of senior staff members (Optional information)

Justine Kigozi Nakimuli

Exemptions from disclosure

Reason for non-disclosure of key personnel details

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Other optional information

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Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)

Rev. Ekiyaga

Full name(s)

Rev. Enock Kiyaga Mayanja

Position (eg Secretary,
Chair, etc)

Trustee

Date

30/03/2024