

African Lanarkshire For Mental Health

Scotland · Charity number SC045937

Details

Known as	AfLMH
Status	Active
Legal form	SCIO (Scottish Charitable Incorporated Organisation)
Registered	2015-08-26
Register	View on the OSCR register

Contact

Address	Jerviston Community Centre Coalhall Avenue Motherwell ML1 4BU
Website	www.africanlanformentalhealth@org

Activities

Activities: 'It carries out activities or services itself'

Purposes: 'the advancement of public participation in sport','the promotion of equality and diversity','the relief of those in need by reason of age, ill-health, disability, financial hardship or other disadvantage'

What the charity does: African Lanarkshire for Mental Health is committed to closing the mental health gap within the African community living in Lanarkshire. We aim to raise awareness, promote understanding, and improve access to culturally sensitive mental health support. Our mission is to challenge stigma and discrimination, empower individuals and families to seek help, and create a community where mental wellbeing is valued and supported. Deliver workshops, campaigns, and community events to increase understanding of mental health within the African community.

Beneficiaries: 'Children or young people','Older People','People with disabilities or health problems','People with a particular ethnic or racial origin','Other defined groups','No specific group, or for the benefit of the community','Other charities or voluntary bodies'

Objectives: The organisation's purposes are: 4.1 To relieve those in need by reason of ill-health through the provision of advocacy, training and support for African people in Lanarkshire who experience mental health issues as well as for African people in other parts of the UK and overseas. 4.2 To promote equality and diversity by raising awareness of mental health issues and reducing stigma around them among the African community and wider society in Lanarkshire through the provision of information and event organisation. 4.3 To organise recreational activities and provide recreational facilities, with the object of improving the conditions of life for the people of African origin in Lanarkshire who have mental-health issues or are at risk of

developing mental-health conditions. This will include, arts and crafts activities, sport activities and nature outings.

Geography

- **Main operating location:** North Lanarkshire
- **Geographical spread:** UK and overseas

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£63,654	£51,374	-	2
2024-03-31	£146,964	£139,151	-	3
2023-03-31	£105,957	£83,500	-	1
2022-03-31	£30,592	£28,842	-	2
2021-03-31	£53,138	£45,138	-	0

Accounts

Scottish Charity Number SC045937

**AFRICAN LANARKSHIRE FOR MENTAL HEALTH
TRUSTEES' ANNUAL REPORT AND ACCOUNTS
FOR THE YEAR ENDED
31/03/2025**

AFRICAN LANARKSHIRE FOR MENTAL HEALTH
SCIO Number SC045937
TRUSTEE'S ANNUAL REPORT FOR THE YEAR ENDED 31 MARCH 2025

Governing document

African Lanarkshire for Mental Health is an unincorporated Scottish charitable organisation (SCIO number **SC045937**), governed by its constitution dated 20/03/2015.

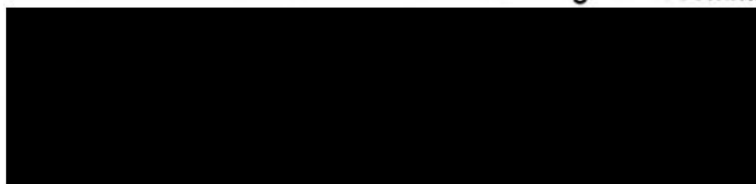
Membership and management

The business of African Lanarkshire for Mental Health is directed by the management committee which comprises between 3 and 5 members, appointed by members at the Annual General Meeting to serve for one year, all being eligible for re-election. The committee meets not less than 4 times a year.

The Chairperson, Secretary and Treasurer are appointed by the management committee; no person may hold a post for more than 3 years.

The management committee may co-opt up to 3 further members, where deemed necessary to serve until the following AGM.

Those currently serving as members of the management committee are:



Contact address:

Jerviston Community Centre

Motherwell

ML1 4BU



Charitable purposes

- 1.1 To relieve those in need by reason of ill-health through the provision of advocacy, training and support for African people in Lanarkshire who experience mental health issues as well as for African people in other parts of the UK and overseas.
- 1.2 To promote equality and diversity by raising awareness of mental health issues and reducing stigma around them among the African community and wider society in Lanarkshire through the provision of information and event organisation.
- 1.3 To organise recreational activities and provide recreational facilities, with the object of improving the conditions of life for the people of African origin in Lanarkshire who have mental-health issues or are at risk of developing mental-health conditions. This will include arts and crafts activities, sport activities and nature outings.

Activities and achievements

We have had a busy year and have delivered a range of activities:

1. **Mindfulness:** This helps African families to meet at a place where they can relax and talk about their mental health issues and experience. It is providing a space for young people to open up to their family members and identify some issues they have been going through.
2. **Mental health stigma:** African young people are ready to withstand misconception and prejudices about mental health whatever it is called; demons, negligence and madness. They need to understand that it is mental health sickness, and that they can go and see the GP about it.
3. **Mental health self-assessment:** It's a tool that enables young people to identify their strength and potential which they can use in the future as they move into work or college.
4. **Problem solving:** Young people have understood that most of the problems people deal with in society may stem from prejudice. Young people can help each other through mutual understanding and avoiding judgement. They also need to walk with each other through the journey.
5. **Mental health music therapy:** This takes young people through a series of activities which help create a way they can make other people aware of mental health issues, also make them understand that mental health recovery is about self-discovery. The achievement is individual and it requires self-effort but no one is supposed to deal with mental health alone.
6. **Mental health awareness:** This helps young people and families to be aware of different aspects of mental health and seek help before it is too late. During these sessions people are signposted to appropriate services.
7. **Hardship support:** ALfMH was supported financially to cope with the cost of living, and reduce food insecurity which leads to mental health anxiety.
8. **Covid vaccine awareness:** Most African and young people were sceptical about Covid vaccine, and it was causing anxiety, but through this work families got reassured by professionals from the NHS and other mental health trainers.
9. **Music and mental health:** which allowed young people to learn music instruments and raise mental health awareness, recovery, and wellbeing for the young people through music lyrics, songs and performance.

Finances

The group was awarded £10,050 from the People's Health Trust for a "play and wellbeing" project for young people 5 to 12 years old. This fund was for the payment of a Project manager, sessional workers, DJ for disco dance for the kids, expenses for volunteers, stationery, hiring of the soft play materials, and purchase of art and craft materials, venue hire, refreshment, and publicity.

The group also received £34,604 from Young Start for "Youth wellbeing focus and Wellbeing out or with Covid19" to pay for the project manager, youth worker, sessional worker music tutor, expenses for volunteers, music instruments hire, participants' travel expenses, staff expenses, stationery, travel expenses, venue hire, refreshments, football coach, studio hire and publicity. This is multi-year funding which will allow the project to continue till 2028.

The group has received £10,000.00 from The National Lottery Community Fund (Awards for All) to hire soft play equipment for kids 5 to 12 years old, art and craft materials, stationery, refreshments, venue hire, publicity, Christmas and gifts for the kids and expenses for volunteers.

These accounts have been approved by African Lanarkshire for Mental Health and signed on their behalf on (date) 22/11/2025

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF AFRICAN LANARKSHIRE FOR MENTAL HEALTH

Scottish Charity Number SC045937

I report on the accounts of the charity for the year ended 31/03/2025, which are set out on page 6 to 9.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts in accordance with the terms of the Charities and Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006. The charity trustees consider that the audit requirement of Regulation 10(1) (d) of the Charities Accounts (Scotland) Regulations 2006 does not apply. It is my responsibility to examine the accounts as required under section 44(1) (c) of the Act and to state whether particular matters have come to my attention.

Basis of independent examiner's statement

My examination is carried out in accordance with Regulation 11 of the Charities Accounts (Scotland) Regulations 2006. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and the seeking of explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and, consequently, I do not express an audit opinion on the view given by the accounts.

Independent examiners' statement

In the course of my examination, no matter has come to my attention:

- 1) which gives me reasonable cause to believe that, in any material respect, the requirements
 - to keep accounting records in accordance with Section 44(1) (a) of the 2005 Act and Regulation 4 of the 2006 Accounts Regulations, and
 - to prepare accounts which accord with the accounting records and comply with Regulation 9 of the 2006 Accounts Regulationshave not been met; or
- 2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

African Lanarkshire for Mental Health
Receipts and Payments Account for the year ended 31st March 2025

	<u>Unrestricted</u> <u>Funds</u> <u>2025</u> £	<u>Restricted</u> <u>Funds</u> <u>2025</u> £	<u>Total</u> <u>Funds</u> <u>2025</u> £	<u>Total</u> <u>Funds</u> <u>2024</u> £
<u>Receipts</u>				
Robertson Trust	£9,000.00	£0.00	£9,000.00	£4,000.00
People's Health Trust	£0.00	£10,050.00	£10,050.00	£18,685.00
Young Start	£0.00	£34,604.00	£34,604.00	£36,500.00
National Lottery Awards for All	£0.00	£10,000.00	£10,000.00	£8,890.00
Corra	£0.00	£0.00	£0.00	£6,000.00
African Coolaboration Group (ACG)	£0.00	£0.00	£0.00	£21,691.00
New Scot Fund	£0.00	£0.00	£0.00	£28,742.00
			£0.00	£0.00
<u>Total receipts</u>	£9,000.00	£54,654.00	£63,654.00	£124,508.00
<u>Payments</u>				
Project manager salary	£998.00	£8,760.00	£9,758.00	£12,016.00
Youth worker salary	£560.00	£3,576.00	£4,136.00	£8,910.00
Music tutor/Freelance sessional	£0.00	£780.00	£780.00	£16,460.00
Other sessional staff payments	£0.00	£6,240.00	£6,240.00	£0.00
Centre Coordinator salary	£0.00	£0.00	£0.00	£21,691.00
Travel Exp / participant travel	£1,920.00	£6,888.00	£8,808.00	£17,580.00
Venue/hall/music studio hire	£0.00	£6,100.00	£6,100.00	£18,400.00
Music Equip/PA hire	£0.00	£750.00	£750.00	£3,000.00
Publicity	£0.00	£350.00	£350.00	£2,577.00
Volunteer Expenses	£2,232.00	£1,600.00	£3,832.00	£7,444.00
Food/Refreshments	£0.00	£4,472.00	£4,472.00	£10,350.00
DJ/event costs	£0.00	£0.00	£0.00	£1,620.00
Toys & arts & crafts materials	£0.00	£1,500.00	£1,500.00	£2,573.00
Soft play hire	£0.00	£950.00	£950.00	£1,600.00
Stationery & office supplies	£470.00	£0.00	£470.00	£1,965.00
Freelancer trainer	£2,350.00	£0.00	£2,350.00	£1,600.00
Football pitch hire	£0.00	£0.00	£0.00	£6,336.00
Football coach	£0.00	£408.00	£408.00	£1,760.00
Mental Health Awareness	£0.00	£0.00	£0.00	£870.00
GCVS/HR	£470.00	£0.00	£470.00	£2,400.00
<u>Total payments</u>	£9,000.00	£42,374.00	£51,374.00	£139,152.00
Surplus/Deficit for the year	£0.00	£12,280.00	£12,280.00	-£14,644.00

Statement of Balances as at 31 March 2025

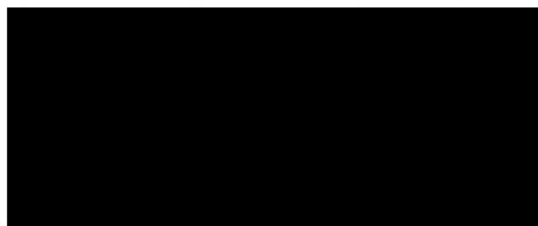
	<u>Unrestricted</u> <u>Funds</u> <u>2025</u>	<u>Restricted</u> <u>Funds</u> <u>2025</u>	<u>Total</u> <u>Funds</u> <u>2025</u>	<u>Total</u> <u>Funds</u> <u>2024</u>
	£	£	£	£
Opening balance	£0.00	£7,812.90	£7,812.90	£22,456.90
Surplus/Deficit for the year	£0.00	£12,280.00	£12,280.00	-£14,644.00
Closing balance	<u>£0.00</u>	<u>£20,092.90</u>	<u>£20,092.90</u>	<u>£7,812.90</u>
Represented by				
Cash at bank	£0.00	£20,092.90	£20,092.90	£7,812.90
Cash in hand	£0.00	£0.00	£0.00	£0.00

The members of the committee are required to act in the accordance with the terms of the charity's constitution. They are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the group. They are also responsible for safeguarding the assets of the group and hence for taking responsible for the prevention and detection of fraud and other irregularities.

We certify that the Receipts and Payments Account and the Statement of Balances accurately reflect all funds received and spent by the group in the year and its financial position at the year ending 31/03/2025.

Signed on behalf of the committee of African Lanarkshire for Mental Health

Date 22.11.25



Notes to the accounts – for the year ended 31 March 2025

1 Basis of accounting

These accounts have been prepared on the Receipts and Payments basis in accordance with the Charities & Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006 (amended).

2 Nature and purpose of funds

Unrestricted funds are those that may be used at the discretion of the trustees in furtherance of the objects of the charity.

Restricted funds may only be used for specific purposes. Restrictions arise when specified by the donor or when funds are raised for specific purposes.

3

Analysis of payments by fund

	Unrestricted	Young Start	People's Health Trust	Awards for All	Restricted total	Total 2024
Project manager salary	£998.00	£4,440.00	£4,320.00		£8,760.00	£12,016.00
Youth worker salary	£560.00	£3,576.00			£3,576.00	£8,910.00
Music tutor/Freelance sessional		£780.00			£780.00	£16,460.00
Other sessional staff payments			£6,240.00		£6,240.00	£0.00
Centre Coordinator salary					£0.00	£21,691.00
Travel Exp / participant travel	£1,920.00	£6,888.00			£6,888.00	£17,580.00
Venue/hall/music studio hire		£3,600.00		£2,500.00	£6,100.00	£18,400.00
Music Equip/PA hire		£750.00			£750.00	£3,000.00
Publicity		£350.00			£350.00	£2,577.00
Volunteer Expenses	£2,232.00	£550.00		£1,050.00	£1,600.00	£7,444.00
Food/Refreshments		£472.00		£4,000.00	£4,472.00	£10,350.00
DJ/event costs					£0.00	£1,620.00
Toys & arts & crafts materials				£1,500.00	£1,500.00	£2,573.00
Soft play hire				£950.00	£950.00	£1,600.00
Stationery & office supplies	£470.00				£0.00	£1,965.00
Freelancer trainer	£2,350.00				£0.00	£1,600.00
Football pitch hire					£0.00	£6,336.00
Football coach		£408.00			£408.00	£1,760.00
Mental Health Awareness					£0.00	£870.00
GCVS/HR	£470.00				£0.00	£2,400.00
Payments total	£9,000.00	£21,814.00	£10,560.00	£10,000.00	£0.00	£42,374.00
						£139,152.00

Use of restricted funds:

Awards for All £10,000 was used to provide activities for young people aged 5-12 such as arts/crafts and supervised indoor soft play, with the aim of improving their mental health wellbeing at the young age, building their self-confidence, self-esteem and self-development. Musical activities provided basic tutoring in drums, keyboards and guitars. The funding was used to hire soft play equipment and buy arts and crafts supplies as the participants mainly come from disadvantaged areas and low-income African, refugees and unemployed families. This fund also covered a kids' Christmas event with refreshments, disco and gifts.

People's Health Trust £10,050, for play and wellbeing. We ran disco dances, soft play indoor activities, art and crafts for young people aged 5 to 12 for various backgrounds - African, refugees, Scottish from Motherwell and the local area. The aim is the wellbeing of kids, building confidence and self-esteem. The survey we conducted with the parents indicated for this project helped to bring the community together through kids' activities, form new friendships and learn from each other.

Young Start £34,604 was for wellbeing out of, or with covid19 which linked on to a new project "youth wellbeing focus" for young people. This project, which ran from February 2023 to February 2025, was designed to empower young people, build confidence and self-esteem despite the presence of Covid with no restrictions but the anxiety of covid still affecting young people.

Young people decided to initiate activities that combine football, mental health wellbeing workshops that cover mental awareness, recovery, creative arts, music, dance, and drama in order to meet the need identified for improved awareness of mental health in the African community. This leads to acceptance of mental health and allows young people to have the confidence to seek help and recover from mental ill health.

The funding was for the payment of a youth worker, project manager, venue hire, music equipment hire, voluntary expenses, event cost, and refreshments, travel expenses, football coach, publicity and a music tutor.

Robertson Trust £9,000 unrestricted funding which was fully utilised to cover a range of essential costs, including the organisation's running costs, participants' travel expenses, stationery, refreshments, and volunteer expenses.

We are grateful for all of this support, which significantly contributed to the smooth delivery of our activities.