

ANNUAL REPORT

2021/22



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Statement from The Chair

It is my delight and pleasure to extend my greetings to fellow Board Members, staff, service users, Funders and supporters of Sandwell African Caribbean Mental Health Foundation. I want to congratulate you on the performance of the last year and the marvellous work and contribution that the organisation has given to the wider Community.

As an organisation we are pleased to welcome the new members to the Board and I know the organisation will benefit from the contribution that will come from them in the future, and I am sure that Sandwell African Caribbean Mental Health Foundation will be able to achieve the plans and objectives to be able to deliver the best services to its service users and the wider community.

We have seen the organisation grown in strength and delivery to the community and Service users and the credit must go to the staff and managers at the organisation.

Therefore, in my role as Chair I am delighted to be able to work not only with the Board of trustees, but also with the Chief Executive Officer, Patricia Johnson, Sandwell Council, Councillors and the staff at the Kummba Centre to be able to deliver the plans for the organisation.

I know that the future is in an uncertain place, as we see the pressure that has been placed on our society in terms of increase in all areas of life, but I am confident that the organisation is in a good place and will be able to overcome the difficulty that this time has posed.

We will move forward together, plan together, and deliver together, as an organisation our focus is on delivering to our service users and wider community, and I believe that if we remain focused on our objectives we will achieve this.



BISHOP DONALD WILLIAMS

Chairperson



Chief Executive Officer Report

The year commenced with the usual rigor and energy employed to identify funding to support new service development and funding to support the core functions and operations within the charity. Working through the pandemic and adapting our delivery models had served us well since March 2020 and this method of implementing a flexible approach benefitted the people who use our services greatly. It is important to note that this could not be done without the commitment of our growing paid and unpaid staff team and for this I thank them for operating fully within an uncertain and at times during the pandemic scary external environment during the pandemic .

STRATEGIC DEVELOPMENTS

► Lloyds Bank Foundation

The covid-19 pandemic has been challenging in many ways. Like many other organisations we were required to implement a raft of changes designed to support the continuation of our service delivery. Many of these challenges concerned upgrades to our IT capabilities. This came at a huge cost to us, and our funds were depleted as a result.

The pressure to increase our core funds was ever present and we managed to successfully secure a grant from Lloyds Bank Foundation over two years. Recognition of our work was received from the grants manager and his chief executive officer.



LLOYDS BANK

FROM STRUGGLE TO FREEDOM

- We commenced our programme of events for Black History month in October 2021. This formed a series of Black History Seminars the final one of which is yet to take place. The seminars sit under our strapline of 'From Struggle to Freedom'. The evening seminars have been well received and created much discussion.



Struggle to Freedom Seminar taking place at Kuumba Centre

NICOLA RICHARDS MP FOR WEST BROMWICH EAST



- We were approached by Nicola Richards MP for West Bromwich East to ascertain if we needed any support from her and her team. Nicola had got to know us during the early stages of the pandemic, and she came to visit us at the Kuumba centre. This led to Nicola speaking to Mat Hancock who was the then Health Secretary about our work in the House of Commons.

Since then, Nicola has delivered a surgery at the centre to support the people who use our services. The surgery was welcomed and carried out safely. It would be remiss of me to not mention Harry Lofthouse, a caseworker from Nicolas's office. Harry has been a huge support to us dealing with some specific issues on our behalf. Their support for us has endured the last couple of years and we have benefitted much from their efforts.

INDEPENDENT INCOME

- Our annual strategic development Planning Day 2019 prior to the onset of the covid-19 pandemic focused on income generation. It was agreed that planning should commence to develop a trading arm of the charity. This would serve to add a independent income stream to our revenue.

The covid-19 pandemic slowed our progress but in 2021 we were able to return to our plans which commenced with an application to the Social Investment Business for a grant to provide business planning support and additional hours for the Business Development Manager to increase his hours to support a greater focus on developing the trading arm.

The application to the Social Investment Business' Enterprise Development Programme (EDP) was successful and we are working through that programme now. The Foundation for Social Improvement provided the business planning support and the EDP provided peer support, finance support and regular up-date meetings with the grant officer. The grant officer is part of the Association of Mental Health Providers and our charity have now become members. The trading element of our charity is underway, and I will be able to report more fully next year.



GOVERNANCE

- Being part of the EDP meant that we received professional advice pertaining to areas of development that would support the sustainability of a trading arm. One of these areas was to augment the board of trustees as our board was small. The Lloyds Bank Foundation have an initiative where charities can advertise their trustee recruitment adverts and Lloyds Bank Foundation would match them to the Lloyds Banking Group employees who were looking for Trustee positions. Through this initiative we recruited Richard McDonald who had finance, marketing, and mortgage experience. He was a good fit for us, and he is an active contributor to board activities. We were on a roll, and we subsequently recruited Bobby Pujeh who is a senior lecturer from Wolverhampton University and who has a nursing background. Since taking up his position as Trustee Bobby has enabled us to widen our role in the student placement programme with the university which will allow us to increase the level of prevention work, we do with the people who use our services.



KICKSTART INITIATIVE

- We continue to be members of Communities in Sync (CIS) which is a local consortium that is comprised of local charities/enterprises who work together to deliver a range of health and wellbeing services. The governments chancellor announced the Kickstart scheme to support to increase the employment opportunities for young people. Had we not been members of CIS we would not have been able to benefit from the chancellor's scheme. This demonstrates the importance of working as part of a consortia for small charities like SACMHF. We recruited and supported two Kickstart employees for funded period. Their work was outstanding, and we were delighted to be able to participate in this opportunity.

A SNAPSHOT OF BENEFICIARY OUTCOMES

- ▶ Our work means nothing if we cannot report on the achievements of our beneficiaries. This year will represent the first year we will report fully on our impact. This report will be published later this year. However, the outcomes below are designed to show what people can achieve with robust culturally sensitive mental health support.



CASE STUDY 1

- ▶ Case1 (C1) is a young lady who was referred to the service to receive support to reduce her social isolation and better manage her mental health. C1 was lacking stability in her life and had little social support. During her time with Sandwell African Caribbean Mental Health Foundation, she has secured a place at her local college to study Paramedic Science, she has settled into a new home and maintained positive mental health and wellbeing, even sharing this with other services users by holding her own mindfulness session.

CASE STUDY 2

- ▶ Case 2 (C2) is a 31 year old male of African descendant. He spent most of his time living in residential supported accommodation. He needed social interaction and activities during his day because he would not leave the building unescorted. In his early days when he got his flat, staff had to meet him at his home. With time and patience staff encouraged C2 to go to the local shops and then later to attend a gym. C2 became more independent and started visiting other places; He became more confident in visiting Kuumba on his own and other local venues. As his confidence improved, he started doing several courses; SIA (security), First Aid, that lead him to start work at various events; Door supervision, G9 summit and football matches. C2 has started work as a carer and has plans to start his own cleaning services in the future.

CASE STUDY 3

- Case 3 (C3) is a young black British born male - who after losing his grandmother became very withdrawn and started to isolate himself. He was referred to the Kuumba Centre by his mother. Staff rang and spoke to C3 about his wellbeing and encouraged him to pursue his future in education. After a short period of time C3 applied to university and started working part-time. Staff keep in touch with him fortnightly and support him on his life's journey into university. C3 still receives wellbeing calls from staff and welcomes the support.



➤ CASE STUDY 4

Case 4 (C4) is a mature female aged 68 year old who is a Black British Caribbean who has mobility issues and has been using the Kuumba for several years. C4 has been involved with different activities over the years, attending, holidays abroad, day trips, cultural activities, Ujima and various workshops within the centre. C4 has been an advocate for the Kuumba, attending seminars outside of Sandwell. Recently she attended a couple of workshops by the organisation "POhWER" (advocacy), where she made a good impression with them. They asked her if she would consider applying for a post as a volunteer. Case 3 applied for the post with support from the Kuumba Centre and was asked to attend a 2nd interview and passed. "POhWER" offered her the post and supported her into the role.

We are following a new trajectory where we work towards a mixed income economy where independent income is significantly increased becomes a reality. This has and will continue to warrant a steady focus and diligent approach to our ongoing operations and strategic flow. The external environment has shown that inequality and systemic racism has been allowed to co-exist and as a result Black communities report a tendency to have poorer experience and outcomes than their peers across a range of sectors. There continues to be a need for our culturally responsive mental health services, and we will endeavour to raise awareness in those who fail to acknowledge why we exist. Our key focus is the sustainability of our charity enriched by the participation of those who use our services.

Pat Johnson
Chief Executive Officer

Health & Wellbeing Service Manager's Report



Wellbeing & Recovery Team (Outreach)

The Outreach service aims to encourage well-being and recovery by supporting individuals to regain their independence, confidence and improve their mental health and well-being.

Due to the COVID-19 Pandemic the Outreach Team had to change the way they supported individuals, due to government restrictions regarding social distancing. Outreach Support changed from one to one, face to face to virtual support via Zoom and telephone contact.



Post Pandemic

Having survived the pandemic Kuumba has come out the other side fighting fit and ready to continue to provide bespoke support to all who access our service. Outreach is now back to how it was prior to the pandemic, our outreach service aims to encourage well-being and recovery by supporting individuals to regain their independence, confidence and improve their mental health and well-being.

This is achieved by a Well-being & Recovery Worker's support, this is achieved by weekly meet ups at a place where the individual feels safe, initial meet up to write a recovery plan that will focus on areas of improvement or change in order to achieve set goals.



Caring for Carers (Bereavement Support)

Caring for Carers Bereavement support is a project covering the Birmingham area that is delivered in partnership with 4 other organisations who are members of Communities In Sync. These are:

- Sandwell African Caribbean Mental Health Foundation
- West Bromwich African Caribbean Resource Centre
- Crossroad Care
- Ideal for All

The project supports people through loss and bereavement by providing one to one wellbeing support tailored to individual need. The project also connects Carers to other Carers through social media groups.

Wellbeing support can also be accessed through various activities such as a Healing Garden where bereaved Carers can enjoy the plants and tranquility of the garden. The Memory through an object activity allows clients to remember their loved one's memories through an object such as a photograph, or something that holds sentimental value.



"Wellbeing support can also be accessed through various activities such as a Healing Garden where bereaved Carers can enjoy the plants and tranquility of the garden.."

Winter Pressure - Mental Health Partnership

This service is designed to assist Sandwell residents who require support with their mental health needs, which may include people who are currently on a waiting list for support from the Black Country Healthcare NHS Foundation Trust. Once a referral has been received, we will complete the triage process which will determine which service or combination of services a person will be referred to. The community based mental health support service will be delivered by a partnership of 7 CIS member organisations which are listed in the graph to the right.



Every individual referred to the service will be offered a range of bespoke service which maximises the likelihood of continuous engagement throughout the duration of our intervention and improved mental health and wellbeing.

UJIMA

UJIMA means 'collective work and responsibility' in Swahili.

Due to the pandemic UJIMA was on hold because of government restrictions, Ujima is now back up and running.

UJIMA is a User-led service which aims to use volunteering, peer support and mentoring to deliver community meet ups and other social activity to help recovery and encourage independence, that receives some support from the staff team at the Kuumba Centre.



Ujima's activities include:

- Working with Kuumba Staff to help develop new and existing services.
- Organising social activities for us to enjoy.
- Involvement in focus groups and consultations about Health & Social Care Services we use.
- Community meet ups to support each other, e.g a breakfast club.

"THIS IS A GREAT SERVICE THAT ENABLES US TO BOND AND SOCIALISE TOGETHER"

We have a user forum meeting once a month for all members to discuss activities and the work we want to be involved in.

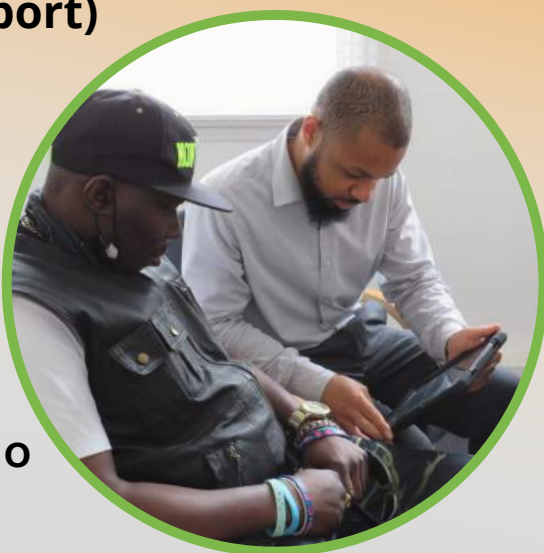
The group leaders meet weekly to work in smaller groups with members who have volunteered to work on specific areas e.g monthly activity schedule.



Tech-Connect (Digital Inclusion Support)

This project was designed to support service users and carers to become less socially isolated. Initially the project was led by staff but now a service user has become a volunteer and has taken over the coordination of the project as they have become more cognisant with the project and have participated and completed training.

"THIS PROJECT WAS DESIGNED TO SUPPORT SERVICE USERS AND CARERS TO BECOME LESS SOCIALLY ISOLATED "



Tech-Connect Peer Support Hub

Tech-connect Peer Support Hub is coordinated by a Service User/Volunteer who has completed the training and is able to facilitate the Peer Support Hub following guidance/direction from SACMHF and will be recruited to a part time Project Leader post. The Tech-connect Peer Support Hub runs once a week, every Wednesday, this will help to eliminate social isolation.



Dawn Reid

Health & Wellbeing Service Manager

Office & Finance Manager's Report



Historically, Sandwell African Caribbean Mental Health Foundation (SACMHF) has delivered bespoke mental health services to Black African & Caribbean people but not exclusively for more than 2 decades. We have a rich history of supporting people who use services (PWUS) to manage their mental health, promote recovery to live a fulfilled independent life.

Financial Overview

I am excited to report on our journey over the last 12 months. The staff compliment has grown, this is down to 2 successful 5-year grants from The Oak Foundation, the first grant secured in the latter part of the last financial year and the other in the second quarter of this financial year. 3 posts have been created; a brief overview of the new roles is listed below:

Updates of these new initiatives will be included in this report.

- Increase awareness within the Black community and draw more visitors through the website and social media platforms to promote the work of the organisation.
- Improving mental health outcomes through campaigns.

Communications
& Campaigns
Officer



- To secure grants to sustain the increasing growth of the organisation.
- To identify potential new funders.
- Manage a group of volunteers to help raise funds for the organisation.

Business
Development
Manager



- To support young individuals age 11-25 who are experiencing variety of issues
- Tailor a bespoke coaching programme based on individual needs to help address areas of young people's lives which require improvement.

Youth Services
Coordinator



Income & Expenditure

GRANTS		
Sandwell MBC	135,460	135,460
Sandwell MBC prior year reclassification		62,889
Sandwell MBC IT		3,711
National Lottery - Building Futures	24,019	58,332
Henry Smith	25,800	37,433
City of Birmingham	16,312	14,375
National Lottery - Covid 19 response	9,667	29,001
Oak Foundation	92,125	64,000
Epic	15,009	
Probation Service	14,693	
Other income	28,694	1,272
Client income		7,250
	361,779	413,723
Fundraising	2,446	
Donations	329	
Sundry Income	5,717	
	370,271	413,723
STAFF COSTS		
Wages and Salaries	254,669	180,102
SUPPORT COSTS		
Rent and rates	10,770	9,707
Insurance	1,505	1,133
Heat, light and water	6,870	6,585
Telephone and communications	6,183	9,785
Postage and stationery	306	2,209
Advertising	5,485	2,524
Sundries	389	595
Repairs and renewals	12,818	7,858
Travel and subsistence	2,692	540
Office expenses	14,551	6,546
Training	13,244	218
Volunteers expenses	130	1,015
Computers and IT	22,765	14,525
Legal and professional	28,736	16,713
Depreciation	3,191	996
	384,304	261,051
GOVERNANCE COSTS		
Auditor's remuneration	4,800	2,300
Other income	13	13
	4,813	2,313
NET (DEFICIT)/SURPLUS FOR THE YEAR BEFORE EXCEPTIONAL ITEM	18,846	150,359
EXCEPTIONAL ITEM		
Rent and rates		12,954
NET (DEFICIT)/SURPLUS FOR THE YEAR BEFORE EXCEPTIONAL ITEM	18,846	137,405

OFFICE 365

More and more IT advances are now stored in secure cloud storage. Most of the stored backups on hard drives and disks are now becoming a thing of the past. There are less risks of data being stolen or lost completely to fire. SACMHF has migrated to cloud software Office365. The benefits include:



CYBER SECURITY

Along with advancements in technology cybercriminals are a continued threat to any business, stolen money or information can be devastating. We were advised by our IT consultant Officetek of the latest threats. SACMHF purchased a comprehensive cyber security package to mitigate against any potential security threat.



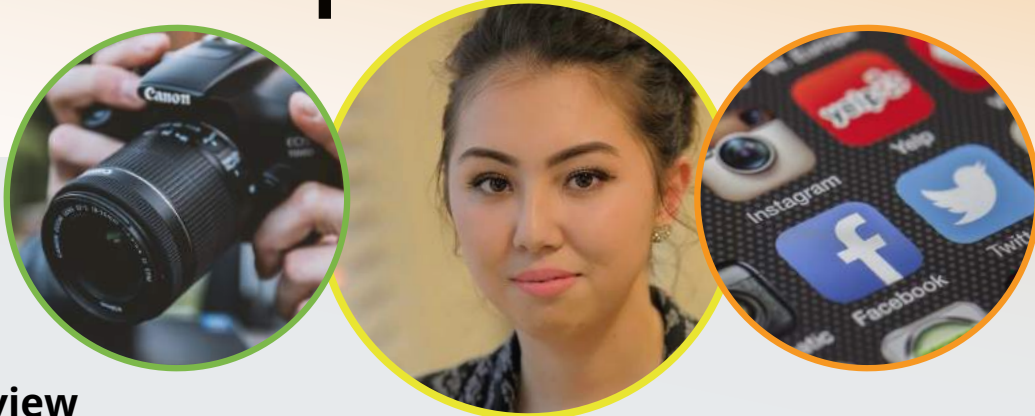
SUMMARY

Once again SACMHF has had a positive year maintaining stability and growth along with providing learning and work opportunities. Moreover, making Investments in digital technology and cyber security. SACMHF is working towards creating its own source of independent income, this will help with cashflow when grant funding schemes meet their timeline. This source of income can sustain bespoke culturally responsive services for the Black community providing continuity of care.

Donna Campbell

Office & Finance Manager

Communications Officer Report



Overview

Over the past year our online presence across digital platforms has grown significantly, (with a strong emphasis on social media). We have now introduced Instagram as an additional social media platform and we are now reaching out to the wider public with various vehicles of communication.

The COVID19 Pandemic highlighted how SACMHF delivered services digitally and methods of communication to our service users had to advance to meet individual's needs. During this period SACMHF held 32 virtual support groups – this reinforced the level of engagement online from our People Who Use Services (PWUS). As a result of this, SACMHF had to increase the use of social media and virtual support groups. These virtual support groups included Zoom meetings, Wellbeing checks (via phone calls), our PWUS received a total of 14,378 telephone support call minutes during this period, online surveys and consistent information being put out onto our website, text messages and social media channels.

Website

We have recently revamped our website which also plays a key role in communicating the work we carry out as an organisation, who we are and how stakeholders can reach us in terms of services we provide internally or for funding opportunities to explore what we do. Our new website aims to be more modernised, with a fresh look (in line with our branding style), more accessible, easy to navigate and 'mobile friendly.' We also have plans for our website to be more interactive with animation elements - in terms of the user experience.

SACMHF Mental Health Campaign

The launch of SACMHF's first video campaign took place in November 2021, which concurred alongside International Stress Awareness Week. We promoted our campaign #LETITOUT on all social media platforms and had some great feedback.

February we took our video campaign to the next level and it was shown as a 20 second advert on Birmingham Live TV reaching around approximately 25,000 people. You can watch our #LETITOUT campaign on the home page of our website.

Suzanne Huynh

Communications Officer

Our Social Media Platforms

FOLLOW US ON



Instagram

@sacmhf1

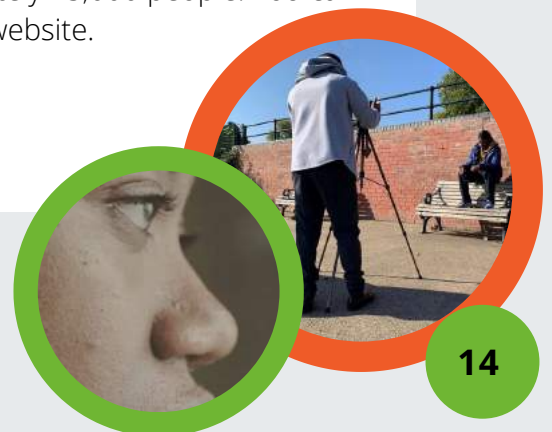


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Wellbeing & Recovery Worker's Report

The past year has been an especially difficult one for the service users due to the changes brought about by the Covid-19 pandemic. They had to deal with a big change in how their support was carried out and dealt very well with the transition. Outreach staff worked well as a team to ensure the inclusion of all service users regardless of digital capabilities and did well maintaining a positive sense of community and wellbeing.

► Networking

One important part of the role of outreach worker is to network with and work alongside other organisations so the service users receive a well-rounded support. Over the course of the year, many organisations had to change the way they worked, and a lot of our networking was carried out virtually. As we are heading towards the end of the pandemic, we are glad to be able to do this in-house again. It means the service users have the opportunity to find out what resources are available in their local area and meet the people providing them. This year we have carried out networking in the form of workshops, presentations, and events.

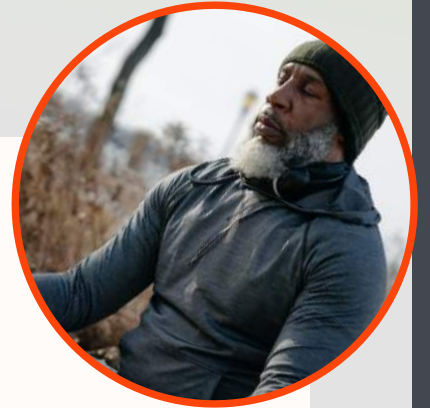
Pohwer, Healthwatch, Sandwell Welfare Rights Team, Citizens Advice Bureau are just some of the organisations Sandwell African Caribbean Mental Health Foundation has worked with to resolve queries and issues regarding mental health treatment, welfare benefits eligibility, housing, and finance issues and more recently, dealing with the cost-of-living crisis.

The summer months are now upon us, and we have many events planned for our service users and the local community. Our events help to raise awareness, provide our service users with a sense of community, and help to reduce social isolation that is often the result of living with long term health conditions.

"THE SUMMER MONTHS ARE NOW UPON US, AND WE HAVE MANY EVENTS PLANNED FOR OUR SERVICE USERS AND THE LOCAL COMMUNITY. . "

Terri Bonner

Wellbeing & Recovery Worker



Men's Wellbeing Worker Report

As we move into 2021 with the Covid-19 restrictions partly lifted, the Outreach service was able to book outreach appointments with PWUS, as many felt isolated and preferred face to face interaction. The Outreach service began working with the Probation Service and introducing their clients to the Men's Group providing them support with their mental health issues. The Men's group met up to plan activities in the community abiding to Governments guidelines.



The Men's group has had a regular number of men attending the different activities, based within the Kuumba Centre and in the community. The Men have drawn up a schedule list of events and activities chosen by the group over a three-month period, depending on the weather. Each group member had chosen activities they would like to do. Later the group collated the lists into one, with the Men's group wellbeing walks as a fortnightly event.

The Men's Group wellbeing Walk and Talk group visited local places and venues. These included: (see below locations)

- Dartmouth Park
- Wolverhampton Art Museum
- Great Bridge Nature Reserve
- Edgbaston Reservoir
- Symphony Hall - Listened to some music

We are planning to visit Coventry to view the Two-Tone Museum (Ska music, Specials, The Beat) and the Transport Museum. Other activities include Bowling, visiting the Cinema, visiting Stratford Upon Avon plus attending a local football match – West Bromwich Albion.

"I THINK I WILL ALWAYS BE A PART OF THE MEN'S GROUP BECAUSE IT IS VERY EFFICIENT & BUILDS ME UP TO EXPERIENCE A BRIGHTER FUTURE "

Norman Nelson

Men's Wellbeing Worker



Kickstart Apprentice Joseph Hill

► INTRO

On the 26th July 2021 I started an administration assistant role at the Kuumba Centre and immediately felt comfortable and supported by a friendly and helpful team. My role consists of multiple things ranging from paperwork to greeting service users, archiving to accounting, I enjoy the variety of work my role offers as well as the ability to work and liaise with everyone in the office.

I must highlight again how friendly and helpful the team are. This is my first job, and I did not feel like I must hesitate to ask for assistance. I also feel I can be open and honest with my co-workers and managers creating a workplace environment that is extremely comfortable to be in Interview and getting the job:

My interview day was extremely soon after I'd applied, just around 3 days after. This gave me confidence going in, feeling that SACMHF were very interested in what I had to offer. When I arrived, the staff made me feel welcome and settled and while in the interview Donna (the Office and Finance Manager) was attentive and helped settle my nerves while also orchestrating the interview respectfully and professionally. I was informed that I'd gotten the role a few days later and started the week after that.

► TIME AT KUUMBA

During my induction I met the team and got a good idea of how things worked. As the first month went on, I started to feel it was going smoothly. I was handed more responsibilities and was able to advance complete my tasks. In my 3rd month I was given access to the business drive, showing me that management trusted me enough with such delicate and important data. As my role expanded, I felt very much at home within the organisation. My time here has given me confidence to move forward in the working world. I have been able to do more than I ever thought and feel comfortable doing it.

The team are an amazing group of people to work with, all have their own story, and it has been great being able to work with everyone. From day one I felt accepted and have been able work at my pace and fulfill what has been requested of me. The management encourage me and deliver a great level of professionalism as well as a friendly, warm touch to how they go about things.

➤ SKILLS GAINED

During my time at SACMHF I have gained many valuable skills, mainly telephone and archiving skills. I had never archived anything before, and my telephone skills were sorely lacking when I started but now, I feel extremely confident going forward. Other skills I have gained are, knowledge of Microsoft Excel, logging information, stock taking, booking, financing and minute taking. Financing is something I'd never thought I'd be into, but since I have started doing it, it has been a nice change to my more literature-based skill set. I like to see if I can gain as much experience and skills from an opportunity, so being given the ability to branch out of my usual skill set is something I have really enjoyed. I tend to the petty cash book and look at the expenditure every month. As for minute taking it leans into my media and literature background, this is possible because I can record the correct information into such a depth that is understandable and relevant. As well as these Admin skills I have also been able to flex my media muscles by helping the Communications and Campaigns Officer with projects. The main one being the promotional video that I helped pitch and create.

I have worked on the company's website posting a page about Hate Crime and how to report it allowing me to show what skills I had gained before starting the job. Finally, I have gained vital networking skills. I went to Dudley College on the 23rd September 2021 to represent SACMHF at Dudley College Student Union's Freshers Fare. This was an amazing experience for me and one of the highlights of working here. As well as attending an event I also helped plan one with the rest of the team. We came together to organise the Cultural Well Being Festival for Black History Month 2021.

"My time at Kuumba has been amazing and one of a kind. I can't think of a better start for me on the job ladder."

➤ CONCLUSION

To conclude, my time at SACMHF has been amazing and one of a kind. I can't think of a better start for me on the job ladder. I'd like to thank all the staff and management for being so helpful, kind, and friendly. I just want to say thank you for the opportunity presented to me.



The iMATTER Youth Service

An existing funder the Oak Foundation worked with us to look at gaps in service provision that we were finding in our external environment. At the time the work area that had increasing levels of unmet need was support for young people with mental health needs exacerbated by the covid-19 pandemic and the aligned protracted lockdown and other measures.

The constraints imposed on our movement was particularly evident in this group and we secured funding from the Oak Foundation to set up a service to offer targeted culturally responsive support for young people between the ages of 11 to 25 in the local Sandwell region.

It was our aim to offer support to two local schools. Following a change of staff, the service was relaunched and is now known as the iMatter Project. Two local schools have been identified and the cohort of young people is growing to the point where we submitted a funding application to Henry Smith to augment the service with additional staff to make the service offer more robust. The outcomes data is very promising, and our focus will be managing the demand and co-producing the development of the service and embedding the voice of young people in our decision-making forums and tailoring our marketing to ensure that young people can see themselves in the services we offer.



"If everything was perfect YOU would never learn and YOU would never grow."

- Beyonce Knowles



Building Futures Service-supporting Ex-offenders



National
Probation
Service



COMMUNITY
FUND

The year commenced in earnest with new funding secured from Probation service. This funding was helpful in underpinning the work this service offered. The Probation service team were vociferous in working alongside us to help continue the achievement of successful outcomes from the people who use the service.

In addition to this during the year we secured a short-term service to support ex-offenders who reside in Approved Premises. Despite the covid-19 restrictions the service coordinator was able to offer some face-to-face support and the delivery was augmented by online and telephone support. This blended nature of the support offered became a feature during the pandemic and this service benefitted from a flexible approach to delivery.

The Building Futures service was originally funded solely by the National Community Lottery Fund. This reporting period represented the third and final year of the project delivery. The exit strategy was not to continue the service fully. Much work had been done to look at the continuing needs of this user group and our focus turned to the accommodation needs of this group of beneficiaries and others. This service came to an end in March 2022 but some of the learning from delivering this service would transition into the development of a housing offer. Watch this space!

**"THE BUILDING FUTURES SERVICE WAS
ORIGINALLY FUNDED SOLELY BY THE
NATIONAL COMMUNITY LOTTERY FUND. "**



Co-Production



The term Co-production refers to a way of working where we as service providers and service users work together to reach a collective outcome. The approach is value-driven and built on the principle that those who are affected by a service are best placed to help design it."

We provide services and projects that are Co-Produced with our service users to ensure that the work we do is centered around the service users that we support, giving them the ability to shape our charity and our offer to them.

Co-Production meetings at SACMHF are held quarterly, with a manager in attendance.

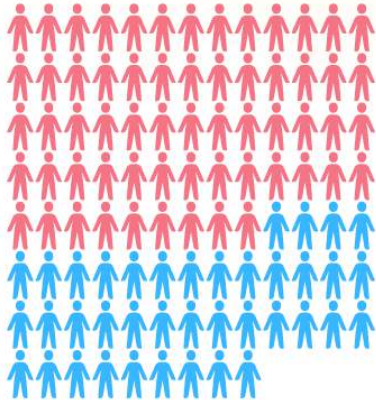
The importance of Co-Production is that it gives all SACMHF's service users a voice and involvement in the service that they use, we find it also gives the service user a sense of involvement and control.

**"CO-PRODUCTION GIVES ALL SACMHF'S
SERVICE USERS A VOICE AND INVOLVEMENT
IN THE SERVICE THAT THEY USE, "**

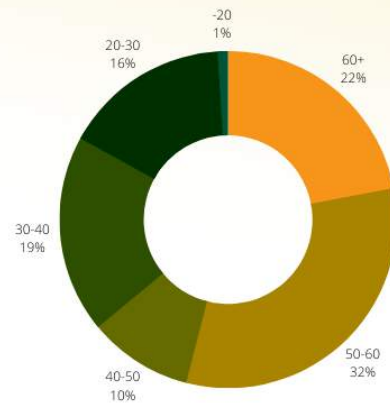


2021/22 Statistics

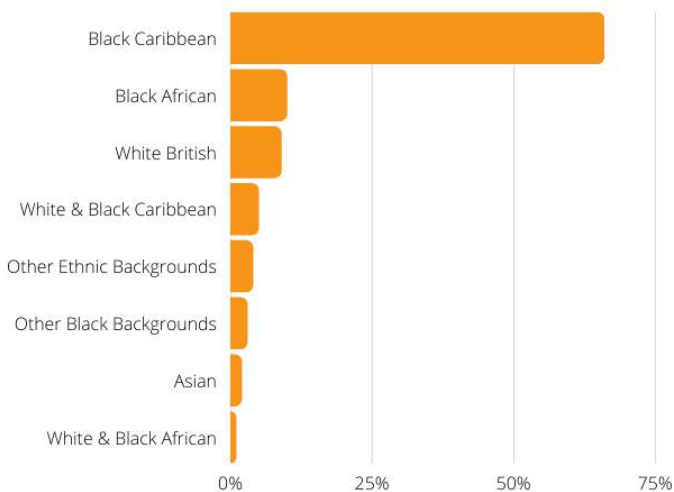
Gender



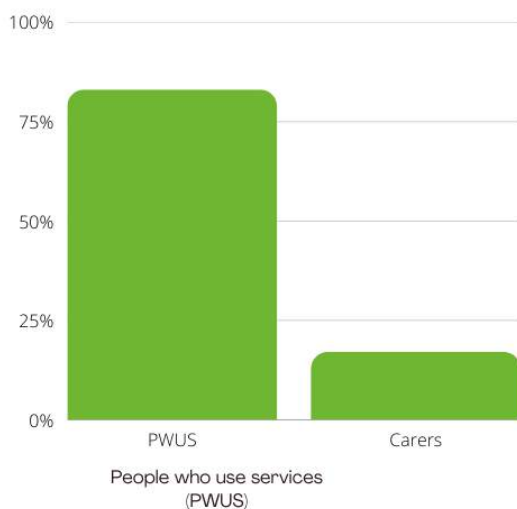
Age



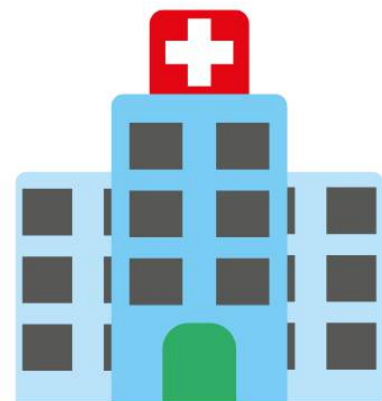
Ethnicity



Member Category

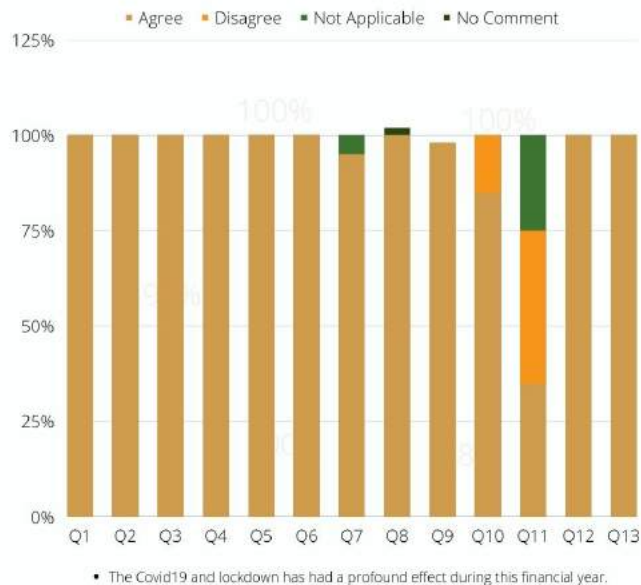


Hospital Admissions



User Satisfaction Survey

- Q1 The length of time I had to wait to start using the service was reasonable.
- Q2 I was involved and informed in decisions about the support I would receive
- Q3 I was involved in the planning of my recovery/support plan.
- Q4 The Kuumba Wellbeing Worker listened to me.
- Q5 The Kuumba Wellbeing & Recovery Worker explained the support and health advice in a way that I could understand.
- Q6 I was given enough privacy during one-to-one meetings/visits to the centre.
- Q7 I was seen in a clean and safe environment.
- Q8 I had confidence and trust in the Kuumba Wellbeing worker advising me.
- Q9 I was treated with dignity at all times.
- Q10 The information I received about my support helped me to understand my condition/my families health.
- Q11 My family carer were involved by staff in planning my support (with my consent).
- Q12 My personal information was treated confidentially.
- Q13 The advice/support that I received was effective



Some of the comments from people who use our services

Allowed me the chance to spend time with people who understand me

I'm honestly glad I found you guys - I feel content. I feel if I need to talk or just a change of scenery I know I can come to Kuumba Centre. Thank you, I appreciate you.

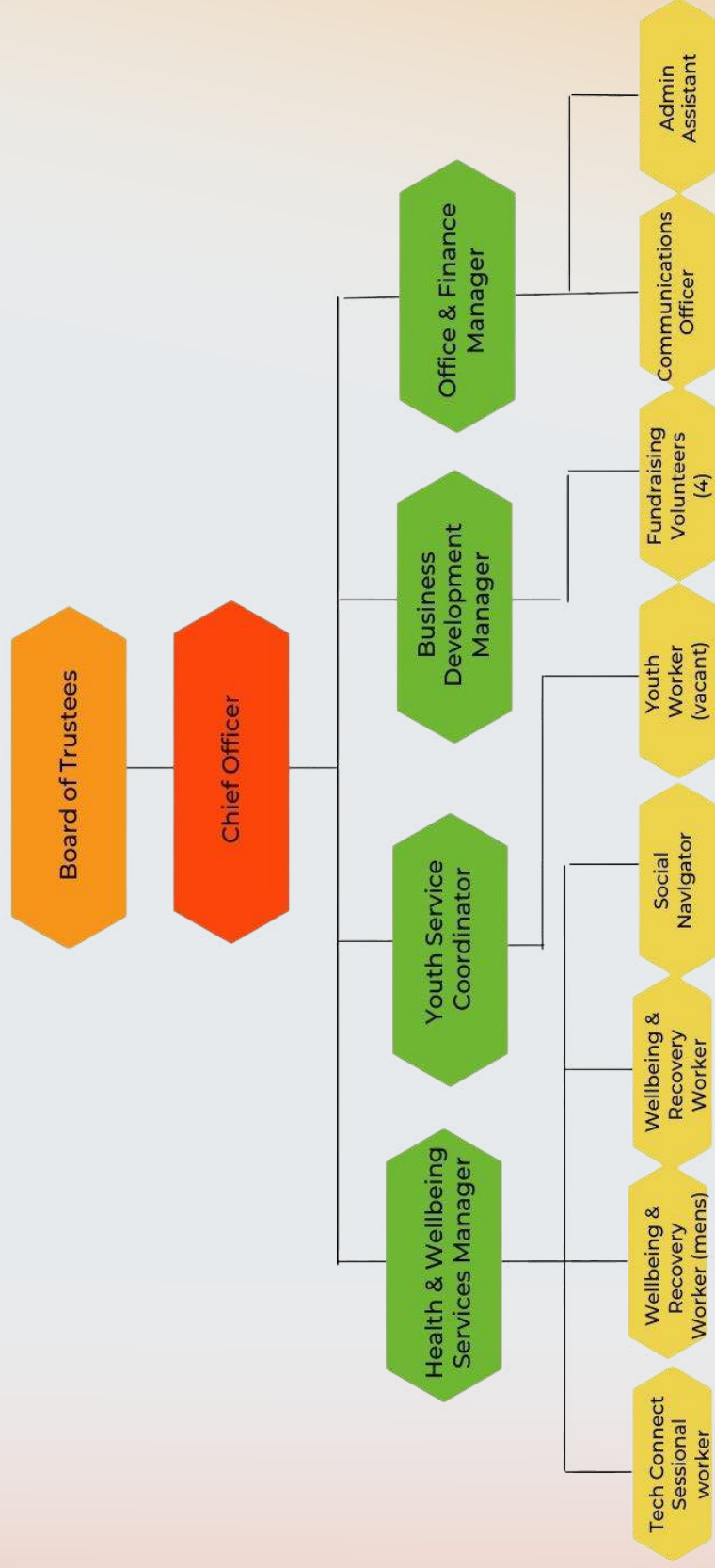
Support worker has been there when I needed someone to talk to and offered me advice in my low moods

I wanted to thank staff for continuing to still support us through Zoom during the Covid

The Kuumba Centre is making every day better for me.



STAFFING & MANAGEMENT STRUCTURE



Acknowledgment

We would like to thank the people who use our services for their unyielding support and their contribution to the development of the organisation. Our thanks extend to the staff who have worked throughout the covid-19 pandemic putting themselves at risk to maintain our service provision, for this we are grateful. We work closely with many third sector organisations, individuals, businesses, and suppliers who have helped us to become a better organisation and we feel lucky to have been able to work with them all. Thanks a bunch!

With Many thanks to:

Sandwell Metropolitan Borough Council
National Lottery Community Fund
The Oak Foundation
The Henry Smith Charity
Birmingham City Council
Esmée Fairbairn
Catalyst 4 Change
National Probation Service

African Caribbean Community Initiative
Aum Consultancy-Hansa Pankania
Alcumus
Chris Knott Insurance Consultants Ltd
CMF Quality Consultant
Communities In Sync
Dr Brickstock
Foundation for Social Improvement
Fircroft College
Godfrey Mansell & GP
SM Brookes Chartered Accountant
Oscar Sandwell
Officetek

Sandwell Council for Voluntary Organisations
Social Investment Business
TIC
Tamarind Centre - Marcia Jarrett
West Bromwich Probation Service
University of Wolverhampton
West Bromwich African Caribbean Resource Centre
Xpressive Arts Ltd, Patricia Barrett

Healthwatch Sandwell
Iizuka
Jackie Taylor (Cllr)
Nicola Roberts (MP)
Peninsula
Probation Service
QSR2 Solutions, Edgar Hassan
Red Fire & Safety
Race Equality Foundation
QBQ Research - Quayle Botchway

In Memoriam

Part way through the year one of our team members passed away following a terminal illness. Norma Gardener was a trusted and much-loved member of the team. Although Norma worked part time Norma's character meant that even on her days off, she would come to work complete pieces of work and her efforts never went unnoticed. Our charity has benefitted much from her contribution and locally Norma was known for her passion for supporting the wider Caribbean communities and she was intrinsic in the early development of West Bromwich African Caribbean Resource Centre.

Norma's passing has been a huge loss to the community and our charity. We miss her and will continue to do so. Norma has left a huge mark on our organization, and she has blazed a trail for us to follow and left a legacy of community work and volunteering underpinned by passion and a genuine desire to help others who need support. Rest in peace Norma, we will never forget you.





Kuumba Centre, Boulton Road
West Bromwich, West Midlands B70 6NW
0121 525 1629
Info@sacmh1.co.uk
www.sacmf.co.uk



Certificate Number 15992
ISO 9001



Sandwell African Caribbean Mental Health Foundation

(A Company Limited by Guarantee)

**Annual Report and Financial Statements
Year ended 31 March 2022**

Charity number : 1082017

Company Number : 4004120

Feltons

Chartered Accountants

Birmingham

B1 3JR

Sandwell African Caribbean Mental Health Foundation

(A Company Limited by Guarantee)

Report and financial statements

Year ended 31 March 2022

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Statement of accounting policies	16
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Sandwell African Caribbean Mental Health Foundation
(A Company Limited by Guarantee)

Reference and Administrative Details

Chair	Bishop D R Williams	Chair
Trustees	Rev'd G S Brown Mr R A McDonald El Musa Pujeh Mr N Rodrigues Ms M Wilson	Treasurer (appointed 10 March 2022) (appointed 9 June 2022) (resigned 17 January 2022) Vice Chair
Company secretary	Patricia Johnson	
Key management personnel	Patricia Johnson Donna Campbell Rebecca Gardner Dawn Reid	CEO
Registered office		Kuumba Centre Boulton Road West Bromwich West Midlands B70 6NW
Charity number		1082017
Company registration number		4004120
Auditor		Feltons 8 Sovereign Court 8 Graham Street Birmingham B1 3JR
Bankers		Unity Trust Bank Nine Brindley Place 4 Oozells Square Birmingham B1 2HB
Solicitors		Kapasi & Co 1st floor, 17 Birmingham Street Oldbury West Midlands B69 4DT

Sandwell African Caribbean Mental Health Foundation

(A Company Limited by Guarantee)

Report of the trustees

Year ended 31 March 2022

The Trustees present their report and the financial statements of the charity for the year ended 31 March 2022. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities" in preparing the annual report and financial statements of the charity.

The financial statements have been prepared in accordance with the accounting policies set out in notes to the accounts and comply with the charity's governing document, the Charities Act 2011 and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland published in October 2019 .

Trustees of the charity

Details of the trustees who served during the year and to the date these accounts are approved are included in the Reference and Administrative details on page 1.

Objectives and activities

Our charity delivers services predominately but not exclusively for Black African Caribbean people recovering from mental illness, their families, carers, and the wider community.

In planning the activities for the year the trustees have considered the Charity Commission's guidance on public benefit, including the guidance 'public benefit: running a charity (PB2)'.

The strategies employed to achieve the charity's aims and objectives are described in the strategic report below.

Strategic Report

Achievements and performance (including principal risks and uncertainties, development and performance and key performance indicators)

The year commenced with the usual rigor and energy employed to identify funding to support new service development and funding to support the core functions and operations within the charity. Working through the pandemic and adapting our delivery models had served us well since March 2020 and this method of implementing a flexible approach benefitted the people who use our services greatly. It is important to note that this could not be done without the commitment of our growing paid and unpaid staff team and for this I thank them operating fully within an uncertain and at times during the pandemic scary external environment.

Strategic Developments

► Lloyds Bank Foundation

The covid-19 pandemic has been challenging in many ways. Like many other organisations we were required to implement a raft of changes designed to support the continuation of our service delivery. Many of these challenges concerned upgrades to our IT capabilities. This came at a huge cost to us, and our funds were depleted as a result.

The pressure to increase our core funds was ever present and we managed to successfully secure a grant from Lloyds Bank Foundation over two years. Recognition of our work was received from the grants manager and his chief executive officer.

**Sandwell African Caribbean Mental Health Foundation
(A Company Limited by Guarantee)**

**Report of the trustees (continued)
Year ended 31 March 2022**

Strategic Developments (continued)

► **From Struggle to Freedom**

We commenced our programme of events for Black History month in October 2021. This formed a series of Black History Seminars the final one of which is yet to take place. The seminars sit under our strapline of 'From Struggle to Freedom'. The evening seminars have been well received and created much discussion.

► **Nicola Richards MP for West Bromwich East**

We were approached by Nicola Richards MP for West Bromwich East to ascertain if we needed any support from her and her team. Nicola had got to know us during the early stages of the pandemic, and she came to visit us at the Kuumba centre. This led to Nicola speaking to Matt Hancock who was the then Health Secretary about our work in the House of Commons.

Since then, Nicola has delivered a surgery at the centre to support the people who use our services. The surgery was welcomed and carried out safely. It would be remiss of me to not mention Harry Lofthouse, a caseworker from Nicola's office. Harry has been a huge support to us dealing with some specific issues on our behalf. Their support for us has endured the last couple of years and we have benefitted much from their efforts.

► **Independent income**

Our annual strategic development Planning Day 2019 prior to the onset of the covid-19 pandemic focused on income generation. It was agreed that planning should commence to develop a trading arm of the charity. This would serve to add a independent income stream to our revenue.

The covid-19 pandemic slowed our progress but in 2021 we were able to return to our plans which commenced with an application to the Social Investment Business for a grant to provide business planning support and additional hours for the Business Development Manager to increase his hours to support a greater focus on developing the trading arm.

The application to the Social Investment Business' Enterprise Development Programme (EDP) was successful and we are working through that programme now. The Foundation for Social Improvement provided the business planning support and the EDP provided peer support, finance support and regular up-date meetings with the grant officer. The grant officer is part of the Association of Mental Health Providers and our charity have now become members. The trading element of our charity is underway, and I will be able to report more fully next year.

► **Governance**

Being part of the EDP meant that we received professional advice pertaining to areas of development that would support the sustainability of a trading arm. One of these areas was to augment the board of trustees as our board was small. The Lloyds Bank Foundation have an initiative where charities can advertise their trustee recruitment adverts and Lloyds Bank Foundation would match them to the Lloyds Banking Group employees who were looking for Trustee positions. Through this initiative we recruited Richard McDonald who had finance, marketing, and mortgage experience. He was a good fit for us, and he is an active contributor to board activities. We were on a roll, and we subsequently recruited Bobby Pujeh who is a senior lecturer from Wolverhampton University and who has a nursing background. Since taking up his position as Trustee Bobby has enabled us to widen our role in the student placement programme with the university which will allow us to increase the level of prevention work, we do with the people who use our services.

Sandwell African Caribbean Mental Health Foundation
(A Company Limited by Guarantee)

Report of the trustees (continued)
Year ended 31 March 2022

► **Kickstart Initiative**

We continue to be members of Communities in Sync (CIS) which is a local consortium that is comprised of local charities/enterprises who work together to deliver a range of health and wellbeing services. The governments chancellor announced the Kickstart scheme to support to increase the employment opportunities for young people. Had we not been members of CIS we would not have been able to benefit from the chancellor's scheme. This demonstrates the importance of working as part of a consortia for small charities like SACMHF. We recruited and supported two Kickstart employees for funded period. Their work was outstanding, and we were delighted to be able to participate in this opportunity.

A snapshot of Beneficiary Outcomes

Our work means nothing if we cannot report on the achievements of our beneficiaries. This year will represent the first year we will report fully on our impact. This report will be published later this year. However, the outcomes below are designed to show what people can achieve with robust culturally sensitive mental health support.

- BS- BS is a young lady who was referred to the service to receive support to reduce her social isolation and better manage her mental health. She was lacking stability in her life and had little social support. During her time with Sandwell African Caribbean Mental Health Foundation, she has secured a place at her local college to study Paramedic Science, settled into a new home and maintained positive mental health and wellbeing, even sharing this with other services users by holding her own mindfulness session- thanks BS.
- FM- FM has had a difficult few years, but has kept pushing on, seeing her two children successfully off to university. Though she has only been with the service for a short time, she has already secured a new job as a carer. This is a positive step towards increasing her confidence, self-esteem and establishing a new social circle. Good luck with this new chapter FM!
- DB-This lady is a long standing and well-liked service user who has kindly chosen to volunteer weekly at the Kuumba Centre, teaching other service users basic computer skills. It is always nice to see someone sharing their skills and positive progress with others. DB has come far and has contributed to several consultation events and given some good feedback on the service, even recommending us to a friend. Thank you, DB.
- HB- HB lives alone but has positive support from her family. This time last year she had been discharged from hospital following a dip in her mental health. Since then, she has made some very good progress maintaining a long period of wellbeing and having more involvement in her own health needs. HB now plans on improving her physical health- you've got this HB.
- JR- JR has been with the service for approximately a year. Her mental health was triggered by a painful loss. JR has engaged well with services and taken charge of her health needs in her path of recovery. It has been great to watch her confidence grow. She is now a regular member of the carer's group and can often be seen at our Kuumba events. One of JR's proud moments this year is learning to swim at the local leisure Centre- well done JR!
- HS- HS has been with us for a while and is dealing with both physical and mental health conditions. Though she has had some tough days, she has not given up and is starting to look to the future. HS has come on leaps and bounds with both her physical and mental health this year. So much so, that her medications have been reduced and she no longer relies on walking aides around her home. HS now feels as though she is ready to get out there again and is planning on joining us at one of next events. See you soon HS
- TL is a 59-year-old British born Black male who requires culturally focused social activity. He has been an active member within the Kuumba since his referral. TL has interacted well with others in the Ujima and men's groups. TL has taken part in the activities, holidays and day trips away. Staff have supported him while using our services, and he has been part of focus groups and consultations with other agencies. He has recently written a book with support from staff, after a lot of encouragement along his journey. The book has now been published and available at selected retailers and is available on Amazon.

**Sandwell African Caribbean Mental Health Foundation
(A Company Limited by Guarantee)**

**Report of the trustees (continued)
Year ended 31 March 2022**

A snapshot of Beneficiary Outcomes (continued)

- LS is a 31year old male of African descendant. He spent most of his time living in residential supported accommodation. LS needed social interaction and activities during his day otherwise he would not leave his home unescorted. In his early days when he got his flat, staff had to meet him at home. With time and patience staff encouraged LS to use the local shops and then later to attend a gym. LS became more independent and started visiting other places; Kuumba independently and other local venues. As his confidence improved, he started doing several courses including SIA (security), First Aid, which lead him to start work as a Security guard at various events. He has since worked at the G9 summit and a variety of football matches. LS has plans to start his own cleaning business in the future.

iMatter Youth Service

An existing funder the Oak Foundation worked with us to look at gaps in service provision that we were finding in our external environment. At the time the work area that had increasing levels of unmet need was support for young people with mental health needs exacerbated by the covid-19 pandemic and the aligned protracted lockdown and other measures.

The constraints imposed on our movement was particularly evident in this group and we secured funding from the Oak Foundation to set up a service to offer targeted culturally responsive support for young people between the ages of 11 to 25 in the local Sandwell region.

It was our aim to offer support to two local schools. Following a change of staff, the service was relaunched and is now known as the iMatter Project. Two local schools have been identified and the cohort of young people is growing to the point where we submitted a funding application to Henry Smith to augment the service with additional staff to make the service offer more robust. The outcomes data is very promising, and our focus will be managing the demand and co-producing the development of the service and embedding the voice of young people in our decision-making forums and tailoring our marketing to ensure that young people can see themselves in the services we offer.

Building Futures service supporting ex-offenders

The year commenced in earnest with new funding secured from Probation service. This funding was helpful in underpinning the work this service offered. The Probation service team were vociferous in working alongside us to help continue the achievement of successful outcomes from the people who use the service.

In addition to this during the year we secured a short-term service to support ex-offenders who reside in Approved Premises. Despite the covid-19 restrictions the service coordinator was able to some face-to-face support and the delivery was augmented by online and telephone support. This blended nature of the support offered became a feature during the pandemic and this service benefitted from a flexible approach to delivery.

The Building Futures service was originally funded solely by the National Community Lottery Fund. This reporting period represented the third and final year of the project delivery. The exit strategy was not to continue the service fully. Much work had been done to look at the continuing needs of this user group and our focus turned to the accommodation needs of this group of beneficiaries and others. This service came to an end in March 2022 but some of the learning from delivering this service would transition into the development of a housing offer. Watch this space!

Sandwell African Caribbean Mental Health Foundation (A Company Limited by Guarantee)

Report of the trustees (continued) Year ended 31 March 2022

Financial review (including reserves policy)

The financial results of Sandwell African Caribbean Mental Health Foundation are detailed in the following pages. It is considered that the finances are sound and well established. The principal funding source is a grant from Sandwell MBC. All expenditure of this income is planned to fulfil the objectives and strategies of the charity. During the year ended 31 March 2022 total resources expended were £389,117 and the deficit of expenditure over income was £18,846 which included depreciation of £3,191.

The trustees continually monitor the reserves of the charitable company. This process encompasses the nature of income and expenditure streams and the need to match commitments with income and nature of reserves.

The trustees regularly review the level of reserves and aim to maintain unrestricted reserves at a minimum of £100,000 to cover shortfall in funding flows.

Investment powers and policy

Any surplus funds are deposited with Unity Trust Bank.

Plans for future periods

Moving forward the year ended with renewed hope that the pandemic was coming to an end as we managed a safe return to increased use of the centre by beneficiaries. Staff resumed busying themselves with co-production activities and opening up the centre to events and some new programmes. For the last few years a strategic priority has been to sustain the organisation through increasing income which will become the main priority as we move forward.

Structure, Governance and Management

Governing document

Sandwell African Caribbean Mental Health Foundation is a company limited by guarantee governed by its Memorandum and Articles of Association dated 12 April 2000 and is registered as a charity with the Charity Commission. There are currently 5 members, each of whom agrees to contribute £1 in the event of the charity winding up.

Appointment of trustees

As set out in the Articles of Association, the Charity may by ordinary resolution appoint a person who is willing to act as a trustee either to fill a vacancy or as an additional trustee and may also determine the rotation in which any additional trustees are to retire. No person may be appointed as a trustee unless they have attained the age of 18 years or in circumstances such that, had they already been a trustee, they would have been disqualified from acting under the above provisions.

Sandwell African Caribbean Mental Health Foundation
(A Company Limited by Guarantee)

Report of the trustees (continued)
Year ended 31 March 2022

Trustee induction and training

New trustees are briefed on their legal obligations under charity and company law and the Charity Commission guidance on public benefit, and are informed of the content of the Memorandum and Articles of Association, the committee and decision-making processes, the business plan and the recent financial performance of the charity.

Organisation

The board of trustees administers the charity. The board normally meets six times a year and there are sub-committees covering business development including impact, user satisfaction, finance and fundraising strategy and the communications plan which normally meet four times a year. A Chief Executive is appointed by the trustees to manage the day-to-day operations of the charity. To facilitate effective operations, the Chief Executive has delegated authority, within terms of delegation approved by the trustees, for operational matters including finance and fundraising, human resources, and business development.

Related parties and co-operation with other organisations

None of our trustees receive remuneration or other benefit from their work with the charity. Any connection between a trustee or senior manager of the charity with a client or supplier must be disclosed to the full board of trustees in the same way as any other contractual relationship with a related party. Related party transactions in the current year are described in note 16 to the accounts.

Pay policy for senior staff

The board of directors, who are the Trust's trustees, and the senior management team together comprise the key management personnel of the charity in charge of directing and operating the trust on a day to day basis. No director received remuneration in the year and details of directors' expenses and related party transactions are disclosed in notes 6 and 16 to the accounts. The pay of senior staff is reviewed annually and normally increased in accordance with average earnings.

Risk management

The trustees have a risk management policy which comprises :

- an annual review of the principal risks and uncertainties that the charity faces;
- the establishment of policies, systems, and procedures to mitigate those risks identified in the annual review; and
- the implementation of procedures designed to mitigate or manage any potential impact on the charity should those risks materialise.

This work has identified that financial sustainability is the major financial risk for the charity. Key elements in the management of financial risk are a regular review of available liquid funds to settle debts as they fall due, regular liaison with the bank, and active management of operational debtor and creditor balances to ensure sufficient working capital by the Trust.

Attention has also been focussed on non-financial risks such as fire, health and safety, employment matters and data protection. These risks are managed by ensuring accreditation is up to date, having robust policies in place, and regular awareness training for staff working in these operational areas.

Sandwell African Caribbean Mental Health Foundation
(A Company Limited by Guarantee)

Report of the trustees (continued)
Year ended 31 March 2022

Trustees' responsibilities

The trustees (who are also directors of the charitable company for the purposes of company law) are responsible for preparing the Trustees' Annual Report (including the Strategic Report) and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year, which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP 2019 (FRS 102);
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Disclosure of information to the auditors

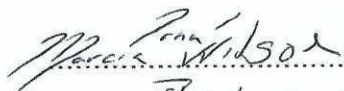
We, the directors of the company who held office at the date of approval of these Financial Statements as set out on page 1 confirm, so far as we are aware, that:

- there is no relevant audit information of which the company's auditors are unaware; and
- we have taken all the steps that we ought to have taken as directors in order to make ourselves aware of any relevant audit information and to establish that the company's auditors are aware of that information.

In approving the Trustees' Annual Report, we also approve the Strategic Report included therein, in our capacity as company directors.

This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

On behalf of the board.



Marcia Wilson
Vice Chair

Date 21st 11 2022

**Independent Auditor's Report to the Members of
Sandwell African Caribbean Mental Health Foundation
(A Company Limited by Guarantee)**

Opinion

We have audited the financial statements of Sandwell African Caribbean Mental Health Foundation (the 'charitable company') for the year ended 31 March 2022 which comprise the Statement of Financial Activities, the Balance Sheet, the Statement of Cash Flows and notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements :

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2022, and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

**Independent Auditor's Report to the Members of
Sandwell African Caribbean Mental Health Foundation
(A Company Limited by Guarantee)
(continued)**

Other information

The other information comprises the information included in the trustees annual report, other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information contained within the annual report. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Opinion on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the Trustees' Report for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the Trustees' Report have been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of our knowledge and understanding of the company and its environment obtained in the course of the audit, we have not identified material misstatements in the Trustees' Report.

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept, or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the trustees were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies' exemptions in preparing the Trustees' Report and from the requirement to prepare a Strategic Report.

**Independent Auditor's Report to the Members of
Sandwell African Caribbean Mental Health Foundation
(A Company Limited by Guarantee)
(continued)**

Responsibilities of trustees

As explained more fully in the Trustees' Responsibilities statement (set out on page 8), the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The specific procedures for this engagement and the extent to which these are capable of detecting irregularities, including fraud is detailed below:

- We reviewed the company's control and risk management procedures and planned our work based on our assessment of those controls and procedures;
- This review included an assessment of the risk of material misstatement due to errors, fraud and management override of controls for all material areas in the financial statements;
- We made enquiries of management and the company's lawyers regarding any actual or potential litigation and/or claims;
- Financial statements disclosures were reviewed and checked for compliance with applicable laws;
- Detailed testing was conducted on balances and transactions including unusual items and those of individual significance to the financial statements;
- Data analytics were used in order to identify unusual or significant trends;
- Communications with management and those charged with governance regarding relevant matters was undertaken throughout the audit and on completion.

**Independent Auditor's Report to the Members of
Sandwell African Caribbean Mental Health Foundation
(A Company Limited by Guarantee)**

Auditor's responsibilities for the audit of the financial statements (continued)

Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission or misrepresentation.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at www.frc.org.uk/auditorsresponsibilities. This description forms part of our auditor's report.

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.



David W Farnsworth FCA (Senior Statutory Auditor)

For and on behalf of Feltons, Statutory Auditor

8 Sovereign Court

8 Graham Street

Birmingham B1 3JR

Date 22/11/2022

Sandwell African Caribbean Mental Health Foundation
(A Company Limited by Guarantee)

Statement of financial activities
for the year ended 31 March 2022

	Notes	Unrestricted funds £	Restricted funds £	Total 2022 £	Total 2021 £
Income					
Grants and Donations	2	286,310	75,798	362,108	413,723
<i>Income from charitable activities:</i>					
Fund raising		2,446	-	2,446	-
Sundry income		5,717	-	5,717	-
Total income		<u>294,473</u>	<u>75,798</u>	<u>370,271</u>	<u>413,723</u>
Expenditure					
<i>Charitable activities:</i>					
Operational and support costs	3	300,842	88,275	389,117	276,318
Total expenditure		<u>300,842</u>	<u>88,275</u>	<u>389,117</u>	<u>276,318</u>
Net movement in funds		(6,369)	(12,477)	(18,846)	137,405
Reconciliation of funds					
Total funds brought forward	12	107,992	83,138	191,130	53,725
Total funds carried forward		<u>101,623</u>	<u>70,661</u>	<u>172,284</u>	<u>191,130</u>

All income and expenditure derives from continuing activities.

The statement of financial activities includes all gains and losses recognised during the year.

Sandwell African Caribbean Mental Health Foundation
(A Company Limited by Guarantee)

Company Number : 4004120

/ Charity number : 1082017

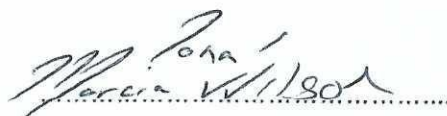
Balance sheet as at 31 March 2022

		2022		2021	
	Notes	£	£	£	£
Fixed assets					
Tangible assets	8		12,762		1,518
Current assets					
Debtors	9	36,660		2,792	
Cash at bank and in hand		<u>168,709</u>		<u>229,707</u>	
		205,369		232,499	
Creditors: amounts falling due within one year	10	<u>45,847</u>		<u>42,887</u>	
Net current assets			159,522		189,612
Net assets			<u>172,284</u>		<u>191,130</u>
Funds of the charity :					
Restricted funds					
General fund	12		70,661		83,138
Unrestricted funds					
General fund	12		<u>101,623</u>		<u>107,992</u>
Total funds			<u>172,284</u>		<u>191,130</u>

These accounts have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

The notes on pages 16 to 23 form part of these accounts.

The financial statements were approved by the board of trustees on 21st 11th 2022 and were signed on its behalf by :


 Marcia Wilson

Marcia Wilson Vice Chair

Sandwell African Caribbean Mental Health Foundation
(A Company Limited by Guarantee)

Statement of cash flows
for the year ended 31 March 2022

	Notes	2022 £	2021 £
Cash flow from operating activities	15	(46,563)	84,154
Cash flow from investing activities			
Payments to acquire tangible fixed assets		(14,435)	(94)
Net (decrease)/increase in cash and cash equivalents		<u>(60,998)</u>	<u>84,060</u>
Cash and cash equivalents at 1 April 2021		229,707	145,647
Cash and cash equivalents at 31 March 2022		<u>168,709</u>	<u>229,707</u>

Sandwell African Caribbean Mental Health Foundation
(A Company Limited by Guarantee)

Notes to the financial statements for the year ended 31 March 2022

1. Accounting policies

a) General information and basis of preparation

Sandwell African Caribbean Mental Health Foundation is a charitable company limited by guarantee. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the charity. The address of the registered office is given in the charity information on page 1 of these financial statements.

The charity constitutes a public benefit entity as defined by FRS 102. The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Charities Act 2011, the Companies Act 2006 and UK Generally Accepted Accounting Practice.

The financial statements are prepared on a going concern basis under the historical cost convention. The financial statements are presented in sterling which is the functional currency of the charity. The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

b) Going concern

The financial statements have been prepared on a going concern basis as the trustees believe that no material uncertainties exist. The trustees have considered the level of funds held and the expected level of income and expenditure for a period of 12 months from the date of authorising these financial statements. The budgeted income and expenditure is sufficient with the level of reserves for the charity to be able to continue as a going concern.

c) Funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the charity for particular purposes. The cost of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

d) Income recognition

All incoming resources are included in the Statement of Financial Activities (SoFA) when the charity is legally entitled to the income after any performance conditions have been met, the amount can be measured reliably and it is probable that the income will be received.

- **Grants receivable**

Grants are included in the Statement of Financial Activities on a receivable basis. The balance of income received for specific purposes but not expended during the period is shown in the relevant funds on the balance sheet. Where income is received in advance of entitlement of receipt its recognition is deferred and included in creditors as deferred income. Where entitlement occurs before income is received, the income is accrued.

Sandwell African Caribbean Mental Health Foundation
(A Company Limited by Guarantee)

Notes to the financial statements for the year ended 31 March 2022 (continued)

1. Accounting policies (continued)

d) Income recognition (continued)

- **Donations**

Donations are recognised on a receivable basis where there is certainty of receipt and the amount can be reliably measured. If there are conditions attached to the donation and this requires a level of performance before entitlement can be obtained then income is deferred until those conditions are fully met or the fulfilment of those conditions is within the control of the charity and it is probable that they will be fulfilled.

- **Interest receivable**

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank.

- **Other income**

Other income is recognised in the period it is receivable and to the extent the goods have been provided or on completion of the service.

e) Expenditure recognition

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Expenditure is recognised where there is a legal or constructive obligation to make payments to third parties, it is probable that the settlement will be required and the amount of the obligation can be measured reliably. It is categorised under the following headings:

- **Costs of generating funds**

These are costs incurred in attracting voluntary income, and those incurred in trading activities that raise funds.

- **Charitable activities**

These are costs incurred in activities undertaken to further the purposes of the charity and their associated support costs.

- **Governance costs**

These include the costs attributable to the trust's compliance with constitutional and statutory requirements, including strategic management and trustees' meetings and reimbursed expenses.

Irrecoverable VAT is charged as an expense against the activity for which expenditure arose.

f) Allocation of support costs

Support costs are those that assist the work of the charity but do not directly represent charitable activities and include office costs, governance costs and administrative payroll costs. The bases on which support costs have been allocated are set out in note 3.

Sandwell African Caribbean Mental Health Foundation
(A Company Limited by Guarantee)

Notes to the financial statements for the year ended 31 March 2022 (continued)

1. Accounting policies (continued)

g) Tangible fixed assets

Tangible fixed assets are stated at cost or valuation less accumulated depreciation and accumulated impairment losses. Cost includes costs directly attributable to making the asset capable of operating as intended.

Depreciation is provided on all tangible fixed assets, at rates calculated to write off the cost, less estimated residual value, of each asset on a systematic basis over its expected useful life as follows:

Office equipment	- 20% per annum on a reducing balance basis
------------------	---

h) Debtors

Operational and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

i) Cash at bank and in hand

Cash at bank and in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

j) Liabilities

Liabilities are recognised when there is an obligation at the balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably. Liabilities are recognised at the amount that the charity anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide.

k) Operating leases

Rentals payable under operating leases are charged to the SoFA on a straight line basis over the period of the lease.

l) Taxation

The charity is an exempt charity within the meaning of schedule 3 of the Charities Act 2011 and is considered to pass the tests set out in Paragraph 1 Schedule 6 Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes.

m) Pension benefits

The charity operates a defined contribution plan for the benefit of its employees. Contributions are expensed as they become payable.

Sandwell African Caribbean Mental Health Foundation
(A Company Limited by Guarantee)

Notes to the financial statements for the year ended 31 March 2022 (continued)

2. Donations and legacies

	Unrestricted funds £	Restricted funds £	Total 2022 £	Total 2021 £
Grants	285,981	75,798	361,779	413,723
Donations	329	-	329	-
	<u>286,310</u>	<u>75,798</u>	<u>362,108</u>	<u>413,723</u>
2021 total	<u>270,871</u>	<u>142,852</u>	<u>413,723</u>	

3. Expenditure on charitable activities

	Core activity £	Total 2022 £	Total 2021 £
Operational and support costs			
Staff costs	254,669	254,669	180,102
Support costs (see note 4)	129,635	129,635	93,903
Governance costs (see note 4)	4,813	4,813	2,313
	<u>389,117</u>	<u>389,117</u>	<u>276,318</u>
2021 total	<u>276,318</u>	<u>276,318</u>	

Total expenditure on charitable activities was £389,117 (2021 - £276,318) of which £300,842 (2021 - £197,434) was unrestricted and £88,275 (2021 - £78,884) was restricted.

Support costs are allocated on a usage basis.

4. Analysis of support and governance costs

	General support £	Governance function £	Total 2022 £	Total 2021 £
Rent and rates	10,770	-	10,770	22,661
Insurance	1,505	-	1,505	1,133
Light and heat	6,870	-	6,870	6,585
Telephone	6,183	-	6,183	9,785
Postage and stationery	306	-	306	2,209
Advertising	5,485	-	5,485	2,524
Repairs and renewals	12,818	-	12,818	7,858
Travel and subsistence	2,692	-	2,692	540
Training	13,244	-	13,244	218
Volunteer expenses	130	-	130	1,015
Computer and IT costs	22,765	-	22,765	14,525
General office costs	14,551	-	14,551	6,546
Audit and accountancy services	-	4,800	4,800	2,300
Legal and other professional	28,736	13	28,749	16,726
Sundries	389	-	389	595
Depreciation	3,191	-	3,191	996
	<u>129,635</u>	<u>4,813</u>	<u>134,448</u>	<u>96,216</u>

Sandwell African Caribbean Mental Health Foundation
(A Company Limited by Guarantee)

Notes to the financial statements for the year ended 31 March 2022 (continued)

5. Net (expenditure)/income for the year

Net (expenditure)/income is stated after charging / (crediting):

	Total 2022 £	Total 2021 £
Depreciation of tangible fixed assets	3,191	996
Operating lease rentals		
Premises	10,770	22,661
Auditors remuneration	4,800	2,300
	<hr/>	<hr/>

6. Trustees and key management personnel remuneration and expenses

The trustees neither received nor waived any remuneration during the year (2021 - £nil) neither were they reimbursed expenses during the year (2021 - £nil).

The Trust considers its key management personnel are as listed on page 1. The total amount of employee benefits (including employer pension contributions and employer national insurance contributions) received by key management personnel was £121,601 (2021 - £118,059).

7. Analysis of staff costs and numbers

Staff costs :

	Total 2022 £	Total 2021 £
Wages and salaries	230,942	165,143
Social security costs	17,731	8,763
Defined contribution pension schemes	5,996	6,196
	<hr/>	<hr/>
	254,669	180,102

No employees received total employee benefits of more than £60,000.

Staff numbers :

The average monthly number of employees and full time equivalents during the year was as follows:

	2022 Number	2022 FTE	2021 Number	2021 FTE
Charitable activities	8	6	6	6
Management	3	3	3	3
	<hr/>	<hr/>	<hr/>	<hr/>
	11	9	9	9

Sandwell African Caribbean Mental Health Foundation
(A Company Limited by Guarantee)

Notes to the financial statements for the year ended 31 March 2022 (continued)

8. Tangible fixed assets

	Office equipment £	Total £
Cost		
At 1 April 2021	37,375	37,375
Additions	14,435	14,435
At 31 March 2022	<u>51,810</u>	<u>51,810</u>
Depreciation		
At 1 April 2021	35,857	35,857
Charge for the year	3,191	3,191
At 31 March 2022	<u>39,048</u>	<u>39,048</u>
Net book values		
At 31 March 2022	<u>12,762</u>	<u>12,762</u>
At 31 March 2021	<u>1,518</u>	<u>1,518</u>

9. Debtors

	Total 2022 £	Total 2021 £
Debtors from operations	60	2,000
Prepayments and accrued income	36,600	792
	<u>36,660</u>	<u>2,792</u>

10. Creditors - amounts falling due within one year

	Total 2022 £	Total 2021 £
Creditors from operations	5,863	15,887
Taxation and social security	3,130	3,731
Accruals and deferred income	7,100	2,300
Deferred income	22,843	20,000
Other creditors	6,911	969
	<u>45,847</u>	<u>42,887</u>

Deferred income represents performance related grants received in the year where the relevant services or outputs will not be delivered until future periods or as a result of other restrictions imposed.

Sandwell African Caribbean Mental Health Foundation
(A Company Limited by Guarantee)

Notes to the financial statements for the year ended 31 March 2022 (continued)

11. Commitments under operating leases

At 31 March 2022 the charity was committed to making the following payments under non-cancellable operating leases :

	Total 2022 £	Total 2021 £
Within one year	11,000	11,000
Within two to five years inclusive	33,000	44,000
In over five years	-	-
	<u>44,000</u>	<u>55,000</u>

12. Analysis of funds

	Balance at 1 April 2021 £	Incoming resources £	Resources expended £	Balance at 31 March 2022 £
Restricted funds				
General fund				
Sandwell MBC IT	7,015	-	-	7,015
National Lottery - Building Futures	39,846	24,019	(10,449)	53,416
Henry Smith	10,232	25,800	(36,032)	-
Grants Birmingham City Council	3,388	16,312	(12,070)	7,630
National Lottery - Covid 19 response	22,657	9,667	(29,724)	2,600
	<u>83,138</u>	<u>75,798</u>	<u>(88,275)</u>	<u>70,661</u>
Unrestricted funds				
General fund	107,992	294,473	(300,842)	101,623
	<u>107,992</u>	<u>294,473</u>	<u>(300,842)</u>	<u>101,623</u>
Total funds	<u>191,130</u>	<u>370,271</u>	<u>(389,117)</u>	<u>172,284</u>

Name of fund

Description, nature and purpose of fund

Restricted general fund

Money given to the charity where the donor requires that a grant or donation be spent for a specific project. The nature and purpose of each of the major restricted funds is explained below :

National Lottery - Building Futures

Ex-offenders with poor wellbeing and those with mental health issues who are from an ethnic background and in need of resettlement support in the community.

Sandwell African Caribbean Mental Health Foundation
(A Company Limited by Guarantee)

Notes to the financial statements for the year ended 31 March 2022 (continued)

12. Analysis of funds (continued)

Henry Smith

Funding to support the core services which are part funded by Sandwell Metropolitan Council. These services include Ujima user-led social service, Outreach client and family support service and Care for You Carers support service.

Grants Birmingham City Council

This service supports bereaved carers in Birmingham and is delivered in partnership with local organisations who are part of a local consortia of which SACMHF is a part, called Communities in Sync.

National Lottery Community Fund (Covid-19 Relief Fund)

To deliver a counselling service for a six-month period.

Unrestricted general fund

The free reserves of the charity which are not designated for particular purposes.

13. Analysis of net assets between funds

Fund balances at 31 March 2022
are represented by:

	Unrestricted funds	Restricted funds	Total funds
	£	£	£
Tangible fixed assets	12,762	-	12,762
Current assets	133,525	71,844	205,369
Current liabilities	(44,664)	(1,183)	(45,847)
Total net assets	101,623	70,661	172,284

14. Capital commitments

There were no capital commitments at 31 March 2022 (2021 - £nil).

15. Reconciliation of net (expenditure)/income to net cash flow from operating activities

	Total 2022	Total 2021
	£	£
Net (expenditure)/income for the year	(18,846)	137,405
Depreciation	3,191	996
(Increase) / decrease in debtors	(33,868)	(1,951)
Increase / (decrease) in creditors	2,960	(52,296)
Net cash flow from operating activities	(46,563)	84,154

16. Related party transactions

No related party transactions took place in the period of account.

Sandwell African Caribbean Mental Health Foundation
DETAILED INCOME AND EXPENDITURE ACCOUNT
for the year ended 31 March 2022

	2022 £	2021 £
INCOMING RESOURCES		
Grants		
Sandwell MBC	135,460	135,460
Sandwell MBC prior year reclassification	-	62,889
Sandwell MBC IT	-	3,711
National Lottery - Building Futures	24,019	58,332
Henry Smith	25,800	37,433
City of Birmingham	16,312	14,375
National Lottery - Covid 19 response	9,667	29,001
Oak Foundation	92,125	64,000
Epic	15,009	-
Probation Service	14,693	-
Other income	28,694	1,272
Client income	-	7,250
	<u>361,779</u>	<u>413,723</u>
Fund raising	2,446	-
Donations	329	-
Sundry income	5,717	-
	<u>370,271</u>	<u>413,723</u>
STAFF COSTS		
Wages and salaries	254,669	180,102
SUPPORT COSTS		
Rent and rates	10,770	9,707
Insurance	1,505	1,133
Heat, light and water	6,870	6,585
Telephone and communications	6,183	9,785
Postage and stationery	306	2,209
Advertising	5,485	2,524
Sundries	389	595
Repairs and renewals	12,818	7,858
Travel and subsistence	2,692	540
Office expenses	14,551	6,546
Training	13,244	218
Volunteer expenses	130	1,015
Computers and IT	22,765	14,525
Legal and professional	28,736	16,713
Depreciation - fixtures and fittings	3,191	996
	<u>384,304</u>	<u>261,051</u>
GOVERNANCE COSTS		
Auditor's remuneration	4,800	2,300
Other	13	13
	<u>4,813</u>	<u>2,313</u>
NET (DEFICIT)/SURPLUS FOR THE YEAR BEFORE EXCEPTIONAL ITEM	<u>(18,846)</u>	<u>150,359</u>
EXCEPTIONAL ITEM		
Rent and rates	-	12,954
NET (DEFICIT)/SURPLUS FOR THE YEAR AFTER EXCEPTIONAL ITEM	<u>(18,846)</u>	<u>137,405</u>

This page does not form part of the statutory financial statements.

Sandwell African Caribbean Mental Health Foundation

(A Company Limited by Guarantee)

**Annual Report and Financial Statements
Year ended 31 March 2022**

Charity number : 1082017

Company Number : 4004120

Feltons

Chartered Accountants

Birmingham

B1 3JR

Sandwell African Caribbean Mental Health Foundation

(A Company Limited by Guarantee)

Report and financial statements

Year ended 31 March 2022

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Sandwell African Caribbean Mental Health Foundation
(A Company Limited by Guarantee)

Reference and Administrative Details

Chair	Bishop D R Williams	Chair
Trustees	Rev'd G S Brown Mr R A McDonald El Musa Pujeh Mr N Rodrigues Ms M Wilson	Treasurer (appointed 10 March 2022) (appointed 9 June 2022) (resigned 17 January 2022) Vice Chair
Company secretary	Patricia Johnson	
Key management personnel	Patricia Johnson Donna Campbell Rebecca Gardner Dawn Reid	CEO
Registered office		Kuumba Centre Boulton Road West Bromwich West Midlands B70 6NW
Charity number		1082017
Company registration number		4004120
Auditor		Feltons 8 Sovereign Court 8 Graham Street Birmingham B1 3JR
Bankers		Unity Trust Bank Nine Brindley Place 4 Oozells Square Birmingham B1 2HB
Solicitors		Kapasi & Co 1st floor, 17 Birmingham Street Oldbury West Midlands B69 4DT

Sandwell African Caribbean Mental Health Foundation

(A Company Limited by Guarantee)

Report of the trustees

Year ended 31 March 2022

The Trustees present their report and the financial statements of the charity for the year ended 31 March 2022. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities" in preparing the annual report and financial statements of the charity.

The financial statements have been prepared in accordance with the accounting policies set out in notes to the accounts and comply with the charity's governing document, the Charities Act 2011 and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland published in October 2019 .

Trustees of the charity

Details of the trustees who served during the year and to the date these accounts are approved are included in the Reference and Administrative details on page 1.

Objectives and activities

Our charity delivers services predominately but not exclusively for Black African Caribbean people recovering from mental illness, their families, carers, and the wider community.

In planning the activities for the year the trustees have considered the Charity Commission's guidance on public benefit, including the guidance 'public benefit: running a charity (PB2)'.

The strategies employed to achieve the charity's aims and objectives are described in the strategic report below.

Strategic Report

Achievements and performance (including principal risks and uncertainties, development and performance and key performance indicators)

The year commenced with the usual rigor and energy employed to identify funding to support new service development and funding to support the core functions and operations within the charity. Working through the pandemic and adapting our delivery models had served us well since March 2020 and this method of implementing a flexible approach benefitted the people who use our services greatly. It is important to note that this could not be done without the commitment of our growing paid and unpaid staff team and for this I thank them operating fully within an uncertain and at times during the pandemic scary external environment.

Strategic Developments

► Lloyds Bank Foundation

The covid-19 pandemic has been challenging in many ways. Like many other organisations we were required to implement a raft of changes designed to support the continuation of our service delivery. Many of these challenges concerned upgrades to our IT capabilities. This came at a huge cost to us, and our funds were depleted as a result.

The pressure to increase our core funds was ever present and we managed to successfully secure a grant from Lloyds Bank Foundation over two years. Recognition of our work was received from the grants manager and his chief executive officer.

**Sandwell African Caribbean Mental Health Foundation
(A Company Limited by Guarantee)**

**Report of the trustees (continued)
Year ended 31 March 2022**

Strategic Developments (continued)

► **From Struggle to Freedom**

We commenced our programme of events for Black History month in October 2021. This formed a series of Black History Seminars the final one of which is yet to take place. The seminars sit under our strapline of 'From Struggle to Freedom'. The evening seminars have been well received and created much discussion.

► **Nicola Richards MP for West Bromwich East**

We were approached by Nicola Richards MP for West Bromwich East to ascertain if we needed any support from her and her team. Nicola had got to know us during the early stages of the pandemic, and she came to visit us at the Kuumba centre. This led to Nicola speaking to Matt Hancock who was the then Health Secretary about our work in the House of Commons.

Since then, Nicola has delivered a surgery at the centre to support the people who use our services. The surgery was welcomed and carried out safely. It would be remiss of me to not mention Harry Lofthouse, a caseworker from Nicola's office. Harry has been a huge support to us dealing with some specific issues on our behalf. Their support for us has endured the last couple of years and we have benefitted much from their efforts.

► **Independent income**

Our annual strategic development Planning Day 2019 prior to the onset of the covid-19 pandemic focused on income generation. It was agreed that planning should commence to develop a trading arm of the charity. This would serve to add a independent income stream to our revenue.

The covid-19 pandemic slowed our progress but in 2021 we were able to return to our plans which commenced with an application to the Social Investment Business for a grant to provide business planning support and additional hours for the Business Development Manager to increase his hours to support a greater focus on developing the trading arm.

The application to the Social Investment Business' Enterprise Development Programme (EDP) was successful and we are working through that programme now. The Foundation for Social Improvement provided the business planning support and the EDP provided peer support, finance support and regular up-date meetings with the grant officer. The grant officer is part of the Association of Mental Health Providers and our charity have now become members. The trading element of our charity is underway, and I will be able to report more fully next year.

► **Governance**

Being part of the EDP meant that we received professional advice pertaining to areas of development that would support the sustainability of a trading arm. One of these areas was to augment the board of trustees as our board was small. The Lloyds Bank Foundation have an initiative where charities can advertise their trustee recruitment adverts and Lloyds Bank Foundation would match them to the Lloyds Banking Group employees who were looking for Trustee positions. Through this initiative we recruited Richard McDonald who had finance, marketing, and mortgage experience. He was a good fit for us, and he is an active contributor to board activities. We were on a roll, and we subsequently recruited Bobby Pujeh who is a senior lecturer from Wolverhampton University and who has a nursing background. Since taking up his position as Trustee Bobby has enabled us to widen our role in the student placement programme with the university which will allow us to increase the level of prevention work, we do with the people who use our services.

Sandwell African Caribbean Mental Health Foundation
(A Company Limited by Guarantee)

Report of the trustees (continued)
Year ended 31 March 2022

► **Kickstart Initiative**

We continue to be members of Communities in Sync (CIS) which is a local consortium that is comprised of local charities/enterprises who work together to deliver a range of health and wellbeing services. The governments chancellor announced the Kickstart scheme to support to increase the employment opportunities for young people. Had we not been members of CIS we would not have been able to benefit from the chancellor's scheme. This demonstrates the importance of working as part of a consortia for small charities like SACMHF. We recruited and supported two Kickstart employees for funded period. Their work was outstanding, and we were delighted to be able to participate in this opportunity.

A snapshot of Beneficiary Outcomes

Our work means nothing if we cannot report on the achievements of our beneficiaries. This year will represent the first year we will report fully on our impact. This report will be published later this year. However, the outcomes below are designed to show what people can achieve with robust culturally sensitive mental health support.

- BS- BS is a young lady who was referred to the service to receive support to reduce her social isolation and better manage her mental health. She was lacking stability in her life and had little social support. During her time with Sandwell African Caribbean Mental Health Foundation, she has secured a place at her local college to study Paramedic Science, settled into a new home and maintained positive mental health and wellbeing, even sharing this with other services users by holding her own mindfulness session- thanks BS.
- FM- FM has had a difficult few years, but has kept pushing on, seeing her two children successfully off to university. Though she has only been with the service for a short time, she has already secured a new job as a carer. This is a positive step towards increasing her confidence, self-esteem and establishing a new social circle. Good luck with this new chapter FM!
- DB-This lady is a long standing and well-liked service user who has kindly chosen to volunteer weekly at the Kuumba Centre, teaching other service users basic computer skills. It is always nice to see someone sharing their skills and positive progress with others. DB has come far and has contributed to several consultation events and given some good feedback on the service, even recommending us to a friend. Thank you, DB.
- HB- HB lives alone but has positive support from her family. This time last year she had been discharged from hospital following a dip in her mental health. Since then, she has made some very good progress maintaining a long period of wellbeing and having more involvement in her own health needs. HB now plans on improving her physical health- you've got this HB.
- JR- JR has been with the service for approximately a year. Her mental health was triggered by a painful loss. JR has engaged well with services and taken charge of her health needs in her path of recovery. It has been great to watch her confidence grow. She is now a regular member of the carer's group and can often be seen at our Kuumba events. One of JR's proud moments this year is learning to swim at the local leisure Centre- well done JR!
- HS- HS has been with us for a while and is dealing with both physical and mental health conditions. Though she has had some tough days, she has not given up and is starting to look to the future. HS has come on leaps and bounds with both her physical and mental health this year. So much so, that her medications have been reduced and she no longer relies on walking aides around her home. HS now feels as though she is ready to get out there again and is planning on joining us at one of next events. See you soon HS
- TL is a 59-year-old British born Black male who requires culturally focused social activity. He has been an active member within the Kuumba since his referral. TL has interacted well with others in the Ujima and men's groups. TL has taken part in the activities, holidays and day trips away. Staff have supported him while using our services, and he has been part of focus groups and consultations with other agencies. He has recently written a book with support from staff, after a lot of encouragement along his journey. The book has now been published and available at selected retailers and is available on Amazon.

**Sandwell African Caribbean Mental Health Foundation
(A Company Limited by Guarantee)**

**Report of the trustees (continued)
Year ended 31 March 2022**

A snapshot of Beneficiary Outcomes (continued)

- LS is a 31year old male of African descendant. He spent most of his time living in residential supported accommodation. LS needed social interaction and activities during his day otherwise he would not leave his home unescorted. In his early days when he got his flat, staff had to meet him at home. With time and patience staff encouraged LS to use the local shops and then later to attend a gym. LS became more independent and started visiting other places; Kuumba independently and other local venues. As his confidence improved, he started doing several courses including SIA (security), First Aid, which lead him to start work as a Security guard at various events. He has since worked at the G9 summit and a variety of football matches. LS has plans to start his own cleaning business in the future.

iMatter Youth Service

An existing funder the Oak Foundation worked with us to look at gaps in service provision that we were finding in our external environment. At the time the work area that had increasing levels of unmet need was support for young people with mental health needs exacerbated by the covid-19 pandemic and the aligned protracted lockdown and other measures.

The constraints imposed on our movement was particularly evident in this group and we secured funding from the Oak Foundation to set up a service to offer targeted culturally responsive support for young people between the ages of 11 to 25 in the local Sandwell region.

It was our aim to offer support to two local schools. Following a change of staff, the service was relaunched and is now known as the iMatter Project. Two local schools have been identified and the cohort of young people is growing to the point where we submitted a funding application to Henry Smith to augment the service with additional staff to make the service offer more robust. The outcomes data is very promising, and our focus will be managing the demand and co-producing the development of the service and embedding the voice of young people in our decision-making forums and tailoring our marketing to ensure that young people can see themselves in the services we offer.

Building Futures service supporting ex-offenders

The year commenced in earnest with new funding secured from Probation service. This funding was helpful in underpinning the work this service offered. The Probation service team were vociferous in working alongside us to help continue the achievement of successful outcomes from the people who use the service.

In addition to this during the year we secured a short-term service to support ex-offenders who reside in Approved Premises. Despite the covid-19 restrictions the service coordinator was able to some face-to-face support and the delivery was augmented by online and telephone support. This blended nature of the support offered became a feature during the pandemic and this service benefitted from a flexible approach to delivery.

The Building Futures service was originally funded solely by the National Community Lottery Fund. This reporting period represented the third and final year of the project delivery. The exit strategy was not to continue the service fully. Much work had been done to look at the continuing needs of this user group and our focus turned to the accommodation needs of this group of beneficiaries and others. This service came to an end in March 2022 but some of the learning from delivering this service would transition into the development of a housing offer. Watch this space!

Sandwell African Caribbean Mental Health Foundation (A Company Limited by Guarantee)

Report of the trustees (continued) Year ended 31 March 2022

Financial review (including reserves policy)

The financial results of Sandwell African Caribbean Mental Health Foundation are detailed in the following pages. It is considered that the finances are sound and well established. The principal funding source is a grant from Sandwell MBC. All expenditure of this income is planned to fulfil the objectives and strategies of the charity. During the year ended 31 March 2022 total resources expended were £389,117 and the deficit of expenditure over income was £18,846 which included depreciation of £3,191.

The trustees continually monitor the reserves of the charitable company. This process encompasses the nature of income and expenditure streams and the need to match commitments with income and nature of reserves.

The trustees regularly review the level of reserves and aim to maintain unrestricted reserves at a minimum of £100,000 to cover shortfall in funding flows.

Investment powers and policy

Any surplus funds are deposited with Unity Trust Bank.

Plans for future periods

Moving forward the year ended with renewed hope that the pandemic was coming to an end as we managed a safe return to increased use of the centre by beneficiaries. Staff resumed busying themselves with co-production activities and opening up the centre to events and some new programmes. For the last few years a strategic priority has been to sustain the organisation through increasing income which will become the main priority as we move forward.

Structure, Governance and Management

Governing document

Sandwell African Caribbean Mental Health Foundation is a company limited by guarantee governed by its Memorandum and Articles of Association dated 12 April 2000 and is registered as a charity with the Charity Commission. There are currently 5 members, each of whom agrees to contribute £1 in the event of the charity winding up.

Appointment of trustees

As set out in the Articles of Association, the Charity may by ordinary resolution appoint a person who is willing to act as a trustee either to fill a vacancy or as an additional trustee and may also determine the rotation in which any additional trustees are to retire. No person may be appointed as a trustee unless they have attained the age of 18 years or in circumstances such that, had they already been a trustee, they would have been disqualified from acting under the above provisions.

Sandwell African Caribbean Mental Health Foundation
(A Company Limited by Guarantee)

Report of the trustees (continued)
Year ended 31 March 2022

Trustee induction and training

New trustees are briefed on their legal obligations under charity and company law and the Charity Commission guidance on public benefit, and are informed of the content of the Memorandum and Articles of Association, the committee and decision-making processes, the business plan and the recent financial performance of the charity.

Organisation

The board of trustees administers the charity. The board normally meets six times a year and there are sub-committees covering business development including impact, user satisfaction, finance and fundraising strategy and the communications plan which normally meet four times a year. A Chief Executive is appointed by the trustees to manage the day-to-day operations of the charity. To facilitate effective operations, the Chief Executive has delegated authority, within terms of delegation approved by the trustees, for operational matters including finance and fundraising, human resources, and business development.

Related parties and co-operation with other organisations

None of our trustees receive remuneration or other benefit from their work with the charity. Any connection between a trustee or senior manager of the charity with a client or supplier must be disclosed to the full board of trustees in the same way as any other contractual relationship with a related party. Related party transactions in the current year are described in note 16 to the accounts.

Pay policy for senior staff

The board of directors, who are the Trust's trustees, and the senior management team together comprise the key management personnel of the charity in charge of directing and operating the trust on a day to day basis. No director received remuneration in the year and details of directors' expenses and related party transactions are disclosed in notes 6 and 16 to the accounts. The pay of senior staff is reviewed annually and normally increased in accordance with average earnings.

Risk management

The trustees have a risk management policy which comprises :

- an annual review of the principal risks and uncertainties that the charity faces;
- the establishment of policies, systems, and procedures to mitigate those risks identified in the annual review; and
- the implementation of procedures designed to mitigate or manage any potential impact on the charity should those risks materialise.

This work has identified that financial sustainability is the major financial risk for the charity. Key elements in the management of financial risk are a regular review of available liquid funds to settle debts as they fall due, regular liaison with the bank, and active management of operational debtor and creditor balances to ensure sufficient working capital by the Trust.

Attention has also been focussed on non-financial risks such as fire, health and safety, employment matters and data protection. These risks are managed by ensuring accreditation is up to date, having robust policies in place, and regular awareness training for staff working in these operational areas.

Sandwell African Caribbean Mental Health Foundation
(A Company Limited by Guarantee)

Report of the trustees (continued)
Year ended 31 March 2022

Trustees' responsibilities

The trustees (who are also directors of the charitable company for the purposes of company law) are responsible for preparing the Trustees' Annual Report (including the Strategic Report) and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year, which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP 2019 (FRS 102);
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Disclosure of information to the auditors

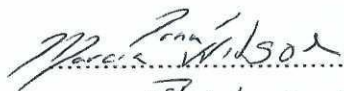
We, the directors of the company who held office at the date of approval of these Financial Statements as set out on page 1 confirm, so far as we are aware, that:

- there is no relevant audit information of which the company's auditors are unaware; and
- we have taken all the steps that we ought to have taken as directors in order to make ourselves aware of any relevant audit information and to establish that the company's auditors are aware of that information.

In approving the Trustees' Annual Report, we also approve the Strategic Report included therein, in our capacity as company directors.

This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

On behalf of the board.



Marcia Wilson
Vice Chair

Date 21st 11 2022

**Independent Auditor's Report to the Members of
Sandwell African Caribbean Mental Health Foundation
(A Company Limited by Guarantee)**

Opinion

We have audited the financial statements of Sandwell African Caribbean Mental Health Foundation (the 'charitable company') for the year ended 31 March 2022 which comprise the Statement of Financial Activities, the Balance Sheet, the Statement of Cash Flows and notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements :

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2022, and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

**Independent Auditor's Report to the Members of
Sandwell African Caribbean Mental Health Foundation
(A Company Limited by Guarantee)
(continued)**

Other information

The other information comprises the information included in the trustees annual report, other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information contained within the annual report. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Opinion on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the Trustees' Report for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the Trustees' Report have been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of our knowledge and understanding of the company and its environment obtained in the course of the audit, we have not identified material misstatements in the Trustees' Report.

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept, or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the trustees were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies' exemptions in preparing the Trustees' Report and from the requirement to prepare a Strategic Report.

**Independent Auditor's Report to the Members of
Sandwell African Caribbean Mental Health Foundation
(A Company Limited by Guarantee)
(continued)**

Responsibilities of trustees

As explained more fully in the Trustees' Responsibilities statement (set out on page 8), the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The specific procedures for this engagement and the extent to which these are capable of detecting irregularities, including fraud is detailed below:

- We reviewed the company's control and risk management procedures and planned our work based on our assessment of those controls and procedures;
- This review included an assessment of the risk of material misstatement due to errors, fraud and management override of controls for all material areas in the financial statements;
- We made enquiries of management and the company's lawyers regarding any actual or potential litigation and/or claims;
- Financial statements disclosures were reviewed and checked for compliance with applicable laws;
- Detailed testing was conducted on balances and transactions including unusual items and those of individual significance to the financial statements;
- Data analytics were used in order to identify unusual or significant trends;
- Communications with management and those charged with governance regarding relevant matters was undertaken throughout the audit and on completion.

**Independent Auditor's Report to the Members of
Sandwell African Caribbean Mental Health Foundation
(A Company Limited by Guarantee)**

Auditor's responsibilities for the audit of the financial statements (continued)

Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission or misrepresentation.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at www.frc.org.uk/auditorsresponsibilities. This description forms part of our auditor's report.

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.



David W Farnsworth FCA (Senior Statutory Auditor)

For and on behalf of Feltons, Statutory Auditor

8 Sovereign Court

8 Graham Street

Birmingham B1 3JR

Date 22/11/2022

Sandwell African Caribbean Mental Health Foundation
(A Company Limited by Guarantee)

Statement of financial activities
for the year ended 31 March 2022

	Notes	Unrestricted funds £	Restricted funds £	Total 2022 £	Total 2021 £
Income					
Grants and Donations	2	286,310	75,798	362,108	413,723
<i>Income from charitable activities:</i>					
Fund raising		2,446	-	2,446	-
Sundry income		5,717	-	5,717	-
Total income		<u>294,473</u>	<u>75,798</u>	<u>370,271</u>	<u>413,723</u>
Expenditure					
<i>Charitable activities:</i>					
Operational and support costs	3	300,842	88,275	389,117	276,318
Total expenditure		<u>300,842</u>	<u>88,275</u>	<u>389,117</u>	<u>276,318</u>
Net movement in funds		(6,369)	(12,477)	(18,846)	137,405
Reconciliation of funds					
Total funds brought forward	12	107,992	83,138	191,130	53,725
Total funds carried forward		<u>101,623</u>	<u>70,661</u>	<u>172,284</u>	<u>191,130</u>

All income and expenditure derives from continuing activities.

The statement of financial activities includes all gains and losses recognised during the year.

Sandwell African Caribbean Mental Health Foundation
(A Company Limited by Guarantee)

Company Number : 4004120

/ Charity number : 1082017

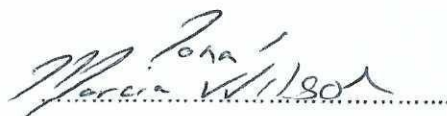
Balance sheet as at 31 March 2022

		2022		2021	
	Notes	£	£	£	£
Fixed assets					
Tangible assets	8		12,762		1,518
Current assets					
Debtors	9	36,660		2,792	
Cash at bank and in hand		<u>168,709</u>		<u>229,707</u>	
		205,369		232,499	
Creditors: amounts falling due within one year	10	<u>45,847</u>		<u>42,887</u>	
Net current assets			159,522		189,612
Net assets			<u>172,284</u>		<u>191,130</u>
Funds of the charity :					
Restricted funds					
General fund	12		70,661		83,138
Unrestricted funds					
General fund	12		<u>101,623</u>		<u>107,992</u>
Total funds			<u>172,284</u>		<u>191,130</u>

These accounts have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

The notes on pages 16 to 23 form part of these accounts.

The financial statements were approved by the board of trustees on 21st 11th 2022 and were signed on its behalf by :


 Marcia Wilson

Marcia Wilson Vice Chair

Sandwell African Caribbean Mental Health Foundation
(A Company Limited by Guarantee)

Statement of cash flows
for the year ended 31 March 2022

	Notes	2022 £	2021 £
Cash flow from operating activities	15	(46,563)	84,154
Cash flow from investing activities			
Payments to acquire tangible fixed assets		(14,435)	(94)
Net (decrease)/increase in cash and cash equivalents		<u>(60,998)</u>	<u>84,060</u>
Cash and cash equivalents at 1 April 2021		229,707	145,647
Cash and cash equivalents at 31 March 2022		<u>168,709</u>	<u>229,707</u>

Sandwell African Caribbean Mental Health Foundation
(A Company Limited by Guarantee)

Notes to the financial statements for the year ended 31 March 2022

1. Accounting policies

a) General information and basis of preparation

Sandwell African Caribbean Mental Health Foundation is a charitable company limited by guarantee. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the charity. The address of the registered office is given in the charity information on page 1 of these financial statements.

The charity constitutes a public benefit entity as defined by FRS 102. The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Charities Act 2011, the Companies Act 2006 and UK Generally Accepted Accounting Practice.

The financial statements are prepared on a going concern basis under the historical cost convention. The financial statements are presented in sterling which is the functional currency of the charity. The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

b) Going concern

The financial statements have been prepared on a going concern basis as the trustees believe that no material uncertainties exist. The trustees have considered the level of funds held and the expected level of income and expenditure for a period of 12 months from the date of authorising these financial statements. The budgeted income and expenditure is sufficient with the level of reserves for the charity to be able to continue as a going concern.

c) Funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the charity for particular purposes. The cost of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

d) Income recognition

All incoming resources are included in the Statement of Financial Activities (SoFA) when the charity is legally entitled to the income after any performance conditions have been met, the amount can be measured reliably and it is probable that the income will be received.

- **Grants receivable**

Grants are included in the Statement of Financial Activities on a receivable basis. The balance of income received for specific purposes but not expended during the period is shown in the relevant funds on the balance sheet. Where income is received in advance of entitlement of receipt its recognition is deferred and included in creditors as deferred income. Where entitlement occurs before income is received, the income is accrued.

Sandwell African Caribbean Mental Health Foundation
(A Company Limited by Guarantee)

Notes to the financial statements for the year ended 31 March 2022 (continued)

1. Accounting policies (continued)

d) Income recognition (continued)

- **Donations**

Donations are recognised on a receivable basis where there is certainty of receipt and the amount can be reliably measured. If there are conditions attached to the donation and this requires a level of performance before entitlement can be obtained then income is deferred until those conditions are fully met or the fulfilment of those conditions is within the control of the charity and it is probable that they will be fulfilled.

- **Interest receivable**

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank.

- **Other income**

Other income is recognised in the period it is receivable and to the extent the goods have been provided or on completion of the service.

e) Expenditure recognition

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Expenditure is recognised where there is a legal or constructive obligation to make payments to third parties, it is probable that the settlement will be required and the amount of the obligation can be measured reliably. It is categorised under the following headings:

- **Costs of generating funds**

These are costs incurred in attracting voluntary income, and those incurred in trading activities that raise funds.

- **Charitable activities**

These are costs incurred in activities undertaken to further the purposes of the charity and their associated support costs.

- **Governance costs**

These include the costs attributable to the trust's compliance with constitutional and statutory requirements, including strategic management and trustees' meetings and reimbursed expenses.

Irrecoverable VAT is charged as an expense against the activity for which expenditure arose.

f) Allocation of support costs

Support costs are those that assist the work of the charity but do not directly represent charitable activities and include office costs, governance costs and administrative payroll costs. The bases on which support costs have been allocated are set out in note 3.

Sandwell African Caribbean Mental Health Foundation
(A Company Limited by Guarantee)

Notes to the financial statements for the year ended 31 March 2022 (continued)

1. Accounting policies (continued)

g) Tangible fixed assets

Tangible fixed assets are stated at cost or valuation less accumulated depreciation and accumulated impairment losses. Cost includes costs directly attributable to making the asset capable of operating as intended.

Depreciation is provided on all tangible fixed assets, at rates calculated to write off the cost, less estimated residual value, of each asset on a systematic basis over its expected useful life as follows:

Office equipment	- 20% per annum on a reducing balance basis
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h) Debtors

Operational and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

i) Cash at bank and in hand

Cash at bank and in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

j) Liabilities

Liabilities are recognised when there is an obligation at the balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably. Liabilities are recognised at the amount that the charity anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide.

k) Operating leases

Rentals payable under operating leases are charged to the SoFA on a straight line basis over the period of the lease.

l) Taxation

The charity is an exempt charity within the meaning of schedule 3 of the Charities Act 2011 and is considered to pass the tests set out in Paragraph 1 Schedule 6 Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes.

m) Pension benefits

The charity operates a defined contribution plan for the benefit of its employees. Contributions are expensed as they become payable.

Sandwell African Caribbean Mental Health Foundation
(A Company Limited by Guarantee)

Notes to the financial statements for the year ended 31 March 2022 (continued)

2. Donations and legacies

	Unrestricted funds £	Restricted funds £	Total 2022 £	Total 2021 £
Grants	285,981	75,798	361,779	413,723
Donations	329	-	329	-
	<u>286,310</u>	<u>75,798</u>	<u>362,108</u>	<u>413,723</u>
2021 total	<u>270,871</u>	<u>142,852</u>	<u>413,723</u>	

3. Expenditure on charitable activities

	Core activity £	Total 2022 £	Total 2021 £
Operational and support costs			
Staff costs	254,669	254,669	180,102
Support costs (see note 4)	129,635	129,635	93,903
Governance costs (see note 4)	4,813	4,813	2,313
	<u>389,117</u>	<u>389,117</u>	<u>276,318</u>
2021 total	<u>276,318</u>	<u>276,318</u>	

Total expenditure on charitable activities was £389,117 (2021 - £276,318) of which £300,842 (2021 - £197,434) was unrestricted and £88,275 (2021 - £78,884) was restricted.

Support costs are allocated on a usage basis.

4. Analysis of support and governance costs

	General support £	Governance function £	Total 2022 £	Total 2021 £
Rent and rates	10,770	-	10,770	22,661
Insurance	1,505	-	1,505	1,133
Light and heat	6,870	-	6,870	6,585
Telephone	6,183	-	6,183	9,785
Postage and stationery	306	-	306	2,209
Advertising	5,485	-	5,485	2,524
Repairs and renewals	12,818	-	12,818	7,858
Travel and subsistence	2,692	-	2,692	540
Training	13,244	-	13,244	218
Volunteer expenses	130	-	130	1,015
Computer and IT costs	22,765	-	22,765	14,525
General office costs	14,551	-	14,551	6,546
Audit and accountancy services	-	4,800	4,800	2,300
Legal and other professional	28,736	13	28,749	16,726
Sundries	389	-	389	595
Depreciation	3,191	-	3,191	996
	<u>129,635</u>	<u>4,813</u>	<u>134,448</u>	<u>96,216</u>

Sandwell African Caribbean Mental Health Foundation
(A Company Limited by Guarantee)

Notes to the financial statements for the year ended 31 March 2022 (continued)

5. Net (expenditure)/income for the year

Net (expenditure)/income is stated after charging / (crediting):

	Total 2022 £	Total 2021 £
Depreciation of tangible fixed assets	3,191	996
Operating lease rentals		
Premises	10,770	22,661
Auditors remuneration	4,800	2,300
	<hr/>	<hr/>

6. Trustees and key management personnel remuneration and expenses

The trustees neither received nor waived any remuneration during the year (2021 - £nil) neither were they reimbursed expenses during the year (2021 - £nil).

The Trust considers its key management personnel are as listed on page 1. The total amount of employee benefits (including employer pension contributions and employer national insurance contributions) received by key management personnel was £121,601 (2021 - £118,059).

7. Analysis of staff costs and numbers

Staff costs :

	Total 2022 £	Total 2021 £
Wages and salaries	230,942	165,143
Social security costs	17,731	8,763
Defined contribution pension schemes	5,996	6,196
	<hr/>	<hr/>
	254,669	180,102

No employees received total employee benefits of more than £60,000.

Staff numbers :

The average monthly number of employees and full time equivalents during the year was as follows:

	2022 Number	2022 FTE	2021 Number	2021 FTE
Charitable activities	8	6	6	6
Management	3	3	3	3
	<hr/>	<hr/>	<hr/>	<hr/>
	11	9	9	9

Sandwell African Caribbean Mental Health Foundation
(A Company Limited by Guarantee)

Notes to the financial statements for the year ended 31 March 2022 (continued)

8. Tangible fixed assets

	Office equipment £	Total £
Cost		
At 1 April 2021	37,375	37,375
Additions	14,435	14,435
At 31 March 2022	<u>51,810</u>	<u>51,810</u>
Depreciation		
At 1 April 2021	35,857	35,857
Charge for the year	3,191	3,191
At 31 March 2022	<u>39,048</u>	<u>39,048</u>
Net book values		
At 31 March 2022	<u>12,762</u>	<u>12,762</u>
At 31 March 2021	<u>1,518</u>	<u>1,518</u>

9. Debtors

	Total 2022 £	Total 2021 £
Debtors from operations	60	2,000
Prepayments and accrued income	36,600	792
	<u>36,660</u>	<u>2,792</u>

10. Creditors - amounts falling due within one year

	Total 2022 £	Total 2021 £
Creditors from operations	5,863	15,887
Taxation and social security	3,130	3,731
Accruals and deferred income	7,100	2,300
Deferred income	22,843	20,000
Other creditors	6,911	969
	<u>45,847</u>	<u>42,887</u>

Deferred income represents performance related grants received in the year where the relevant services or outputs will not be delivered until future periods or as a result of other restrictions imposed.

Sandwell African Caribbean Mental Health Foundation
(A Company Limited by Guarantee)

Notes to the financial statements for the year ended 31 March 2022 (continued)

11. Commitments under operating leases

At 31 March 2022 the charity was committed to making the following payments under non-cancellable operating leases :

	Total 2022 £	Total 2021 £
Within one year	11,000	11,000
Within two to five years inclusive	33,000	44,000
In over five years	-	-
	<u>44,000</u>	<u>55,000</u>

12. Analysis of funds

	Balance at 1 April 2021 £	Incoming resources £	Resources expended £	Balance at 31 March 2022 £
Restricted funds				
General fund				
Sandwell MBC IT	7,015	-	-	7,015
National Lottery - Building Futures	39,846	24,019	(10,449)	53,416
Henry Smith	10,232	25,800	(36,032)	-
Grants Birmingham City Council	3,388	16,312	(12,070)	7,630
National Lottery - Covid 19 response	22,657	9,667	(29,724)	2,600
	<u>83,138</u>	<u>75,798</u>	<u>(88,275)</u>	<u>70,661</u>
Unrestricted funds				
General fund	107,992	294,473	(300,842)	101,623
	<u>107,992</u>	<u>294,473</u>	<u>(300,842)</u>	<u>101,623</u>
Total funds	<u>191,130</u>	<u>370,271</u>	<u>(389,117)</u>	<u>172,284</u>

Name of fund

Description, nature and purpose of fund

Restricted general fund

Money given to the charity where the donor requires that a grant or donation be spent for a specific project. The nature and purpose of each of the major restricted funds is explained below :

National Lottery - Building Futures

Ex-offenders with poor wellbeing and those with mental health issues who are from an ethnic background and in need of resettlement support in the community.

Sandwell African Caribbean Mental Health Foundation
(A Company Limited by Guarantee)

Notes to the financial statements for the year ended 31 March 2022 (continued)

12. Analysis of funds (continued)

Henry Smith

Funding to support the core services which are part funded by Sandwell Metropolitan Council. These services include Ujima user-led social service, Outreach client and family support service and Care for You Carers support service.

Grants Birmingham City Council

This service supports bereaved carers in Birmingham and is delivered in partnership with local organisations who are part of a local consortia of which SACMHF is a part, called Communities in Sync.

National Lottery Community Fund (Covid-19 Relief Fund)

To deliver a counselling service for a six-month period.

Unrestricted general fund

The free reserves of the charity which are not designated for particular purposes.

13. Analysis of net assets between funds

Fund balances at 31 March 2022
are represented by:

	Unrestricted funds	Restricted funds	Total funds
	£	£	£
Tangible fixed assets	12,762	-	12,762
Current assets	133,525	71,844	205,369
Current liabilities	(44,664)	(1,183)	(45,847)
Total net assets	101,623	70,661	172,284

14. Capital commitments

There were no capital commitments at 31 March 2022 (2021 - £nil).

15. Reconciliation of net (expenditure)/income to net cash flow from operating activities

	Total 2022	Total 2021
	£	£
Net (expenditure)/income for the year	(18,846)	137,405
Depreciation	3,191	996
(Increase) / decrease in debtors	(33,868)	(1,951)
Increase / (decrease) in creditors	2,960	(52,296)
Net cash flow from operating activities	(46,563)	84,154

16. Related party transactions

No related party transactions took place in the period of account.

Sandwell African Caribbean Mental Health Foundation
DETAILED INCOME AND EXPENDITURE ACCOUNT
for the year ended 31 March 2022

	2022 £	2021 £
INCOMING RESOURCES		
Grants		
Sandwell MBC	135,460	135,460
Sandwell MBC prior year reclassification	-	62,889
Sandwell MBC IT	-	3,711
National Lottery - Building Futures	24,019	58,332
Henry Smith	25,800	37,433
City of Birmingham	16,312	14,375
National Lottery - Covid 19 response	9,667	29,001
Oak Foundation	92,125	64,000
Epic	15,009	-
Probation Service	14,693	-
Other income	28,694	1,272
Client income	-	7,250
	<u>361,779</u>	<u>413,723</u>
Fund raising	2,446	-
Donations	329	-
Sundry income	5,717	-
	<u>370,271</u>	<u>413,723</u>
STAFF COSTS		
Wages and salaries	254,669	180,102
SUPPORT COSTS		
Rent and rates	10,770	9,707
Insurance	1,505	1,133
Heat, light and water	6,870	6,585
Telephone and communications	6,183	9,785
Postage and stationery	306	2,209
Advertising	5,485	2,524
Sundries	389	595
Repairs and renewals	12,818	7,858
Travel and subsistence	2,692	540
Office expenses	14,551	6,546
Training	13,244	218
Volunteer expenses	130	1,015
Computers and IT	22,765	14,525
Legal and professional	28,736	16,713
Depreciation - fixtures and fittings	3,191	996
	<u>384,304</u>	<u>261,051</u>
GOVERNANCE COSTS		
Auditor's remuneration	4,800	2,300
Other	13	13
	<u>4,813</u>	<u>2,313</u>
NET (DEFICIT)/SURPLUS FOR THE YEAR BEFORE EXCEPTIONAL ITEM	<u>(18,846)</u>	<u>150,359</u>
EXCEPTIONAL ITEM		
Rent and rates	-	12,954
NET (DEFICIT)/SURPLUS FOR THE YEAR AFTER EXCEPTIONAL ITEM	<u>(18,846)</u>	<u>137,405</u>

This page does not form part of the statutory financial statements.