

# Healthy Living Project: The Caribbean and African Community Health Support Forum

## Annual Report April 2021 March 2022

Report compiled by Clem Turner and Jennie James



Our longest service member  
of the CACHSF Exercise Class



**Verley Roberts – Unity Health Talk**



Imani with some of the CACHSF  
Exercise Class Attendees



CACHSF Unity Well-Being

Drop-In Project

## **Introduction**

The Caribbean and African Community Health Support Forum (CACHSF) works with people from Caribbean and African backgrounds and people from the wider community on issues relating to health and wellbeing.

The objective of CACHSF is to specifically address the health issues that impact the Caribbean and African community by engaging and enabling them to access/receive culturally appropriate health improvement information and intervention via targeted initiatives such as seminars, community talks, health projects, and health-focussed community events.

It has been well documented that the target community is predisposed to certain health conditions such as sickle cell, hypertension, prostate cancer and diabetes, so the task of the CACHSF is first and foremost to raise awareness about these issues, ensure equity of access to health improvement information and support, empower individuals to identify their health care needs as far as possible, and to seek the support that will enable them to maintain and improve their general health and wellbeing.

The following report documents the prioritised projects which have been delivered by the CACHSF in 2021-2022.

## **Summary of the Year**

It has been a very challenging year for the Caribbean and African Community Health Support forum and its committee members, this is due to several reasons. Firstly, we were faced with challenges in the African and Caribbean communities experiencing the loss of loved ones during COVID, and many issues around well-being due to long-Covid symptoms. Many of our volunteers were still shielding, and we were stretched to carry on with our provision. Despite the Unity Befriending Project coming to an end, the Planning committee made a conscious decision to continue with this project based on the high levels of need. Volunteers continued to offer the telephone support service to those aged 50+ and those suffering from mental health issues, without any funding.

## **Other ongoing projects**

The CACHSF Exercise classes continued throughout the year as we were able to return to face to face and came off-line once again. We had 10 of our regular members attending each week, and

a further 6 new members enrolled post- COVID as they felt that they needed to address the health deterioration due to living quite sedentary lives.

### **Exercise Classes – Aims:**

The purpose of the weekly exercise classes is to:

1. Increase access levels to provisions such as local exercise classes,
2. Highlight the importance of regular exercise for people living with long term health conditions,
3. Give participants a place to meet and socialise on a regular basis,
4. Reach and encourage members of the community who may otherwise be isolated to get active, meet new and old friends.

### **Clients Feedback**

- I have been coming to this class from it first started in 2011, I just love my exercise, I don't know what I would do without now. (EWS).
- I find the class very good for my well-being, I no longer feel lethargic and tired all the time like I used to. I really to look forward to coming each week. (NT)
- The exercise class that Clem and Imani run on a Monday morning is as God sent, I so look forward to the sessions, I really don't go out much anymore, but I do enjoy my work out each week. (ED).
- I feel so much healthier than I used to, but more importantly the people/group there all so lovely, it makes the sessions so much more enjoyable. (MH).
- I just love coming here, I feel so much better and stronger since I joined, wouldn't miss it for the world now. (SG).

### **Dice 'n' Spice – Hot Caribbean Meals Delivery Service Report**

This project was established by the Caribbean and African Community Health Support Forum' to provide a hot meal to members of the Caribbean and African Community. This need was identified from research that was carried out by the CACHSF in 2018 which highlighted the need to provide healthy food options for those who are not socially mobile and for those who have

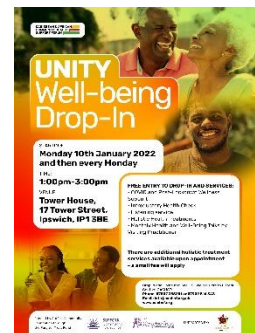
limited access to cultural food. The project has now extended and continues to serve members from all communities.

Dice 'n' Spice continued post-COVID and it continued to be a much-needed service for the communities. People were more reluctant to leave their homes, and placed more demands on the Service. We averaged 18 meals a week to those most vulnerable, and with a reduction in volunteer drivers, we had to work creatively to respond to this demand.

One of our clients sadly passed away and this had a devastating effect on the health and well-being of their family, and a commemoration was undertaken on behalf of the family, through the Windrush collaborative work.

### UNITY Health Drop-In Project

CACHSF received funding from Suffolk Community Foundation, Partgiter Trust to deliver a one-year project supporting the local community ages 21+ with a range of well-being services such as: listening support, holistic health checks, blood pressure checks, reflexology, massage, and monthly health talks with guest speakers. On 31<sup>st</sup> January 2022 a Registered Mental Health Nurse delivered a talk on Boosting your Immunity which was very successful. In February 2022 we had another guest speaker on gut health and diet and our nutritional needs, and then on 28<sup>th</sup> March 2022 Emmah Chakanestsas from Joe Healthcare spoke on Understanding Holistic Health. These were very positive talks, and we had over 80 attending overall. Some of the feedback is highlighted below:

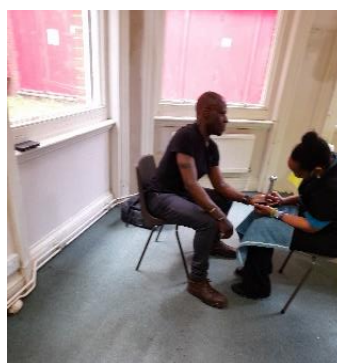


“It was excellent, inspiring, and motivational. I learnt to keep within my budget to impact on my financial well-being. It was well-presented, the speaker spoke from the heart”.

“The session was well put across, and informative. I will now move forward on healthy eating. Emmah was brilliant and the venue was accessible”.

“Emmah was inspiring and wise. I will improve my faith as part of well-being. The question and answers were great!”

“It was great and inspired me to do something about my sexual dysfunction problem”.



### **Next Steps and Recommendations**

The work needs to continue to improve health outcomes for the African and Caribbean community, with additional focus on younger adults,

Outreach work to engage more Black men who need support with their mental health, and who may need Befriending or groupwork sessions/activities,

Generate funds to meet the needs of the above group,

Increased outreach work to promote CACHSF to new and emerging communities coming into Suffolk,

Promote Cancer awareness and prevention and apply for funding to raise awareness in the community.

Plan a large Health Day event in 22/23 to widen reach.

### **Our Voice Our Song Project**

The our voice our song project is an intergenerational reminiscence initiative that will explore, document, and disseminate the narratives from cohort of first, second and third generations of African and Caribbean descent based in Suffolk.

The project will aim to examine and understand how heritage associated with underlining health factors can enhance both diversity and cross-cultural awareness within the Suffolk community.

As a health and wellbeing support organisation, we also anticipate that a unique contribution to heritage will be made by focusing on three distinct groups as a cultural model of the traditional extended family. The outcomes from a racial/heritage perspective will be that this small part of Caribbean and African heritage is being recorded, interpreted, and explained. The outputs will aim to enhance access and distribution of heritage information.

As stated earlier, this film/documentary is divided into subsections, tracing the path of the older generation from the Caribbean from the 1940's, their children (the barrel children) and their grandchildren within the County of Suffolk and environs. The Commonwealth Elders (as they are referred to in this film) were those people who came to the UK on the ship, the SS Windrush from the Caribbean, to answer the call from the United Kingdom to come and work within the newly set up NHS, on the trains and on the busses. The changes/contributions and the roles they each brought to the communities in which they settled and therefore to the county as a whole is highlighted.

This film is a legacy to all those brave individuals who decided to leave their children and their homes and to come to England in order to help build the country after the war. The unfair treatment that many people received because of the colour of their skin has been well noted elsewhere, but this film is based on people's lives and so negative experiences cannot be divorced from their personal stories.

We hope you enjoy this film.

<https://www.youtube.com/watch?v=L2B7AaHK6OE>

A handwritten signature in black ink, appearing to read 'Clem Turner', with a long, sweeping horizontal line extending to the right.

Clem Turner

Chair

CACHSF Income and Expenditure April 2021 to

<b>Income and Expenditure</b>		
<b>Income</b>	<b>2021-2022</b>	<b>Total</b>
B/FWD	£7,608.43	
Funding		
Ipswich&Col Museum	£1,000.00	
Suff Comm Foundation	£7,317.50	
National Heritage	£9,800.00	
Hopkins Homes	£4,900.00	
Dice and Spice	£3,240.00	
Exercise class	£693.00	
Donations (Iscre)	£500.00	
<b>Total Income</b>	<b>£35058. 93</b>	
<b>Expenditure</b>	<b>2021-2022</b>	<b>Total</b>
<b>General Running Costs</b>		
<b>Telephone</b>	581.5	
IT / internet	£435.00	
Postage/Stationery	£355.00	
Publicity/Promotion	£696.00	
Training :-	£150.00	
Food hygiene X2	£64.00	
First Aid Training	£200.00	
Professional fees:-	£1,555.00	
Professional fees:-	£4,900.00	
Exercise class hall hire	£558.00	
Exercise class Inst fee	£1,080.00	
Football training facility	£394.90	
Coaches fee	£345.00	
Minibus Hire	£80.00	
Training equipment	£720.00	
Project Our Voice/Our song	£2,100.00	
Windrush sel committee£	£7,650.00	
Suffolk FA fees	£175.00	
Dice and Spice	£2,664.00	
Chef Fees	£900.00	
Volunteer expenses	£1,895.00	
Office car park fees.	£116.00	
<b>Centre Costs</b>		
Hire/Rent	£1,691.28	
Insurance	£288.00	

OVOS

Unity befriending project incr  
 Unity befriending project incr  
 Unity befriending project incr  
 Unity befriending project incr  
 Unity befriending project incr

Befriending Project coordinat  
 Football English cla &Suffolk F

Increase due to dro|in project

Council Tax	£0.00	
Maintenance/ cleaning	£875.80	
Equipment	£589.50	
Miscaellaneous	£548.75	
<b>Total Expenditure</b>	<b>###</b>	
<b>Total Surplus/Deficit</b>	<b>£3,451.20</b>	

**covid 19 sanitising / cleaning**

Jennie James

**Jennie James**

Treasurer

Caribbean and African Community Health  
Support Forum.



to March 2022.

ease in usage  
ease in usage  
ease in usage  
ease in usage  
ease in usage

and professional fees  
A Level 1 coaching badge.

& travel expenses.

**/hand hygiene**

## Independent Reviewer Report

My name is Paul Akanbi. I write to confirm that I have examined the accounts of the Caribbean and African Community Health Support Forum as an independent reviewer for the purpose of submitting to the Charity Commission as required. I have found that the account submitted reflects a true and accurate record of the organisation financial income, expenditure, and transactions.

I have looked at the bank records for the period indicated (1<sup>st</sup> April 2021 to 31<sup>st</sup> March 2022) and confirmed income stated throughout the period. I have also looked at the expenditure, verifying this with bank records and receipts / invoices regarding expenses and payments where necessary.

After having reviewed their financial records and accounts, I can verify that this is an accurate account of the information presented in the annual report sent.

Paul Akanbi

Date: 30<sup>th</sup> March 2023



Independent Reviewer.