

2018/19

ANNUAL REPORT



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CHAIR PERSON'S MESSAGE



The board of trustees would like to endorse this Annual Report as testimony to the hard work and effort undertaken by the team over the last year. The team includes the trustees, staff, volunteers, service users and their carers.

The charitable sector continues to experience challenges managing cuts in public sector funds which mean new windows of opportunity for funding is aligned to strong competition.

It is testimony to the quality of our staff team that we have been able to secure funds and prepare for the reduction in statutory funding. Our ability to secure funds from Charitable Trusts and Foundations is a key feature of our ongoing success and a big thank you must go to our Chief Officer, Patricia Johnson and her team.

We are indebted to our funders and in particular Sandwell Metropolitan Borough Council who have continued to support us and enabled us to re-establish ourselves.

We also acknowledge the longstanding funding support from the National Health Service in its various guises most recent of which is Sandwell and West Birmingham Clinical Commissioning Group.

We hope you enjoy the report and continue to be inspired by the work we do.

Shane Ward
Chair of the Board of Trustees

CHIEF OFFICER



“The organisation is working towards an increased level of self-reliance and moving away from the historic third sector.”



The year commenced with a keen eye on the release date of the tender to deliver mental health services in Sandwell and West Birmingham as all contracts were scheduled to cease at the end of September 2019. Having worked on specific strategic areas to ensure that SACMHF was in a good position to tender to continue to support our service user group. It was disappointing to learn that the manner in which the tender was structured meant that SACMHF could not apply. Attempts to adopt a partnership approach to strengthen a joint application proved impossible.

SACMHF has experienced many challenges financial and otherwise and were determined that this would not preclude SACMHF from furthering the work of the charity and actually working towards an increased level of self-reliance moving away from the historic third sector dependence on financial support from statutory commissioners. This is by no means an easy objective to achieve but SACMHF are rising to the challenge and will continue to maintain a strong focus on creating a mixed income economy factoring in changes within the external environment. SACMHF will be looking to the new providers with interest to ascertain how culturally responsive mental services have been incorporated into their new model of delivery given the disproportionate rates of detention under the mental health act which continues to exist within the mental health system for people from an ethnic background particularly Black men who are more than 6 times more likely to be detained than any other group.

The implementation of the General Data Protection Regulations (GDPR) was met with a measured response from SACMHF and we were able to embrace the changes by undertaking a robust one day GDPR training course delivered by ACT who sadly lost their fight to maintain their funding and closed by the end of the financial year. We thank them for their support and quality training offered to our organisation.

Strategic Outputs

Consolidation of the Nia Development Project which was (a business support programme funded by Comic Relief for two years) coupled with the aligned business consultancy support provided by the Foundation for Social Improvement was a main feature of the strategic work towards the end of the financial year.

This programme enabled a reflective approach to be adopted to support the strengthening of SACMHF's infrastructure. A major strand of the project was to ensure the development and implementation of a fundraising strategy. This endeavour was underpinned by a Trustee, a Manager and the Chief Officer enrolling on the FSI accredited fundraising practice training course. The training is being completed alongside work commitments which is no mean feat! However the learning has proved to be invaluable and includes the implementation of a fundraising strategy, documentation of a case for support and other strategic areas which all combine to almost extend the Nia Development project outputs.

The work undertaken to implement the ISO 9001: 2015 Quality standard was an essential component of the Nia Development project and after the internal and external audit we were able to maintain the standard with no major non-conformities.

Recruiting TRUSTEE BOARD Members



Getting
on Board

Part way through the year an opportunity presented itself for us to apply to be part of the 'Getting on Board' project. The project focused on improving the skills and processes used in the third sector to be more successful when recruiting Trustee board members. Our application was successful and we commenced the one day training session held in London. We subsequently drafted a new advert, received peer support and very useful links to company's who would put up our advert. Penny Wilson and her team were very supportive and our participation in the project was featured in the book which captured the learning from the project which is 'How to Recruit Trustees for your charity; A Practical Guide'.

Our annual strategic development day was co-produced and we have worked throughout the year to respond accordingly to the work areas agreed on that day some of which are outlined below:

- K**umba will for the first time use our bespoke software to analyse client satisfaction and their outcomes.
- U**nderstanding and meeting the needs of ex-offenders has developed through a National Lottery Community fund grant to deliver services to ex-offenders.
- U**luma our, user forum, continues to adopt a peer support approach to reduce isolation and increase participation.
- M**arketing of SACMHFs activities and services on our new website supported by the Transform Foundation and Raising IT.
- B**uildings and/or investments will be central to a feasibility study. This will be undertaken to better explore what we can do to support a mixed income economy to help sustain the organisation.
- A** team of community fundraising volunteers has been set up to support fundraising activity to create a fundraising focused environment within the organisation.

Service Level Outputs



The Peoples Health Trust funded a grant to support Carers which ended during the year. The Carers group have gone from strength to strength becoming examples of how peer support can serve to strengthen one's resilience and foster greater levels of interdependence between peers. The carers embraced some training to encourage peer support and to support the future leadership of the group.



Student Placements were received from Wolverhampton University during the year who were able to add to the workforce whilst completing placement requirements as part of their undergraduate studies.



Funded by the West Midlands Police & Crime Commissioner Victims fund the Safe Spaces service came to an end during the year. This successful service was delivered in Partnership with Sandwell Women's Aid and created safe spaces in a number of community venues around the borough for people who have endured domestic violence and abuse.

People who use our services; individual and group achievements

This section will service to highlight a snapshot of personal achievements enjoyed by certain of the people who use our services:

A young lady has marked a notable milestone in her personal wellness journey by preparing to move away to West London to commence student life after having enrolled on an undergraduate degree. Having been initially referred to us because her mental health was such that she was afraid to leave her home.

A focus group was held to inform a funding application where over eighteen people attended and who put forward potential ideas to support service

A client has successfully completed her first year at Bedford University reading business management.

A gentleman who is a wheelchair user has developed his art skills having attended a number of art classes at the Kuumba centre and is now showcasing his art pieces at various venues across Sandwell and Birmingham including the Jazz Café and the Brasshouse.

A carer was invited to sit on a panel for the Race Equality Foundation and talk about her experiences and take questions from the audience at an event commissioned by the Care Quality Commission.

During the year 39 clients secured Voluntary work, 10 secured Paid employment and 60 clients ventured into mainstream education.



THE FUTURE

Race Disparities in mental health was the focus of an event hosted by the Race Equality Foundation which was a piece of work commissioned by the Care Quality Commission. The event pertained to racial disparities in people from a BME background raising concerns about their care and support when accessing health services. This event was attended by a carer who was asked to sit on a panel at the event and talk about her experiences as a carer and about the experiences of her cared for family member.

“ It is vitally important that the differences in experience and outcome for Black people compared to the wider community when involved in the mental health system is kept on the agenda and within our consciousness ”

National guidance appears to recognise these disparities but then fail to effectively consult affected communities, commission and adequately fund culturally responsive services who not only work with people from an ethnic background but serve the whole community

Given the challenges present within the external environment sustainability becoming a reality is our main goal and having had the support of a grant from Comic Relief's 'Core Strengths' funding stream we have had the good fortune to be able to use that money to support capacity building activity which has proved to be a critical success factor in our development.

Strategically we have taken seriously the need to evoke a mixed income economy to reduce dependence on statutory funds and to increase independent sources of income, fundraising and contracts. A strategic review of our financial strategy has shown a step change in where funding is being secured. These changes are moving in the right direction and we endeavour to maintain efforts in this area.

With a strengthened infrastructure, committed team and involved beneficiaries there is every confidence that SACMHF will endure and will see our vision come to fruition and will be supporting the community affected by mental ill health and their families well into the future

Patricia Johnson

OFFICE & FINANCE MANAGER



Financial Overview

During this financial year a number of funding streams came to an end at different intervals. The People's Health Trust and Awards for All ended in the first quarter, the Victim's fund at the end of the second quarter and Comic Relief in the fourth quarter. Senior management worked tirelessly to continue the momentum from the previous year to secure funding. Their hard work paid off by securing a timely bid from the Big Lottery Fund which began in October 2018 and will run for 3 years providing financial support to help ex offenders.. The new to post coordinator will provide an insight to the Building Futures project funded by the Big Lottery in this annual report.



The Cloud

In a world where technology is drastically changing, the cloud gives one access to servers, storage, databases and a broad set of applications services over the Internet.

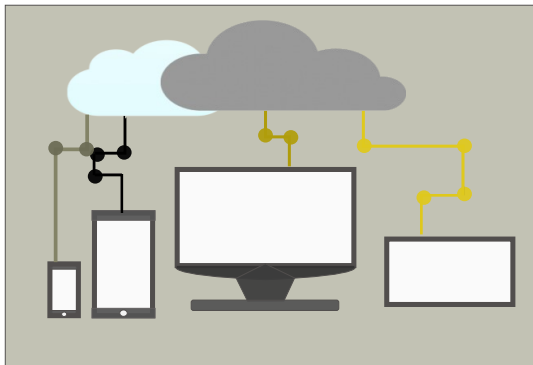
SACMHF has been working closely with a local cloud-based organisation Iizuka to build a bespoke tailored platform which can be configured and extended to fit service requirements. Case Manager manages information processes, activities and generates management information and meets with the General Data Protection Regulations (GDPR) which came into force in May of this year. Each piece of information is accessed through rigorous security systems which makes sure only the right people get to see personal data.

The benefits of cloud based software are:

- Secure login
- Controlled access levels
- Quick access to data
- Reminders and alerts
- Instant professional reports
- Data analysis - visuals such as dashboards
- Data filters for tailored information
- Value - most innovative technology available
- No hardware failures resulting in lost data
- Using less paper reducing the organisation's carbon footprint. Good for the environment



Dashboards are a good way to view
and analyse data



The Cloud

There has been a significant evolution in the way in which we save, store and access data



Website

Investment has been made to update our current website. Our website consultants 'Raising IT' have provided us with an individual website platform, sitemap and homepage layout to suit our requirements. The website will have the latest up-to-date technology, driven by trends and insights with enriched graphics across all devices. The new editions will include fundraising and events, campaigns and appeals pages and also a newsletter. These new pages will best capture our journey along the way.

Every new piece of technology comes with a learning curve. The website is currently in its development phase and we are getting to know the key principles and adding data. #watchthisspace for the new website!



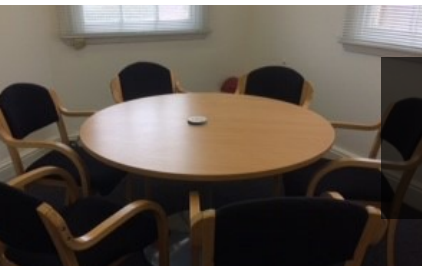
Improvements

Work has continued to make improvements around the Kuumba Centre. The small meeting room was re-plastered and painted and additional electrical sockets were added. A smart meeting table and chairs was purchased to fit the space which is now an ideal space for one to one or small group meetings. The back office has also had a refresh continuing in a similar theme.



Summary

Once again this financial year has been a positive one. This includes maintaining our quality mark standard ISO 9001:2015 Quality Management System. The trustees and staff are dedicated to the principals of good leadership and service quality in order for people who use our services to make significant positive steps to manage their mental well-being and maintain their independence.



Donna Campbell

Improvements have been made to the small meeting room



SAFE SPACES - PROJECT COORDINATOR



west midlands
police and crime
commissioner

Safe Spaces was a service funded by the Police Crime Commissioner Victims Fund for 1 year from October 2017 to October 2018, in the year it's been operational Safe Spaces has supported BME individuals that suffer with mental health problems whom also has experienced Domestic Violence and or abuse.

During the past year Safe Spaces has referred individuals to Black Country Women's Aid for counselling as well as referrals to other external organisations that supports individuals to access appropriate housing.

Safe Spaces has supported individuals to gain employment which will maximise their income thus maintain independent living. Safe Spaces has also supported individual to re-establish family ties.

In the last quarter Safe Spaces supported 37 service users whom all received one to one culturally responsive informal counselling during their booked sessions, some service users was supported to liaise with Mental Health professionals resulting in a mental health review, service users whom are experiencing longer periods of wellbeing and as such are less likely to be admitted to hospital, Some service users have become more assertive and less likely to become a victim of abuse. Service Users have strengthen

their emotional resilience and have become emotionally stronger. Several Service Users have accessed Safe Spaces for support to secure appropriate accommodation, one in particular was supported to secure accommodation after fleeing a domestic violence relationship, and having secured a stable supported housing tenancy that eliminated the possibility of returning to their perpetrator or homelessness.

The outcome for individuals accessing Safe Spaces are strengthening service users emotional resilience giving them more choice and control, rebuilding positive kinship relation so they can face the future and the development of an interdependence between peers that helps them to increase their social connectedness.

Safe Spaces service users was also supported to access CBT training facilitated by the Recovery College resulting in increasing their levels of emotional re-

silience, service users are more informed and insightful, CBT has armed them with tools needed to combat negative thoughts/feelings.

Another outcome for Safe Spaces project are service user's active involvement in consultations and focus groups for a National initiative. This enabled service users to have a sense of value.

Although the Safe Spaces project ended October 2018, all whom accessed Safe Spaces were contacted to offer them the opportunity to continue to attend the Kuumba Centre's UJIMA service for social interaction. It is evident that such services are needed in the BME community and Safe Spaces will endeavour to sign post all existing clients to a culturally responsive service within the local community in order for Safe Spaces client's continued support.

Dawn Reid



Service Users were
supported with :

Drugs & Alcohol

Finance & Benefits

Outlooks & Attitudes

Social Interaction



BUILDING FUTURES

BUILDING FUTURES COORDINATOR'S REPORT



"Never look back unless you are planning to go that way."

—HENRY DAVID THOREAU

Building Futures was set up in October 2018 as a direct result of a successful bid made to the National Lottery Community Fund to deliver a culturally responsive resettlement service for ex-offenders with mental health problems.

Building Futures works within a culturally responsive framework to support individuals to maintain their independence, support their ability to live in the community by providing practical and social support to assist individuals to manage their mental health issues, reduce re-offending, their behaviour and move-on by engaging in training, re-focusing, volunteering and other activities. Building Futures also works with families of individuals whom are suffering from mental ill health and is in or have been in the judicial system.

Publicity & Promotion

In order to promote Building Futures Resettlement Project the Coordinator has delivered presentations to numerous relevant organisations and have displayed publicity materials in local relevant businesses:-

NHS Early Intervention Team

Black Country Partnership NHS Foundation Trust (Mental Health Crisis Team)

Birmingham & Solihull Mental Health Foundation

Macathur Psychiatric Intensive Care Unit

HMP Dovegate

HMP Oakwood

HMP Drake Hall

HMP Birmingham

HMP Lowdham Grange

HMP Swinfen Hall

Reaside Medium Secure Forensic Service for men

Oldbury Custody Suite

West Bromwich Probation Service

Sycamore Lodge Assured Premises

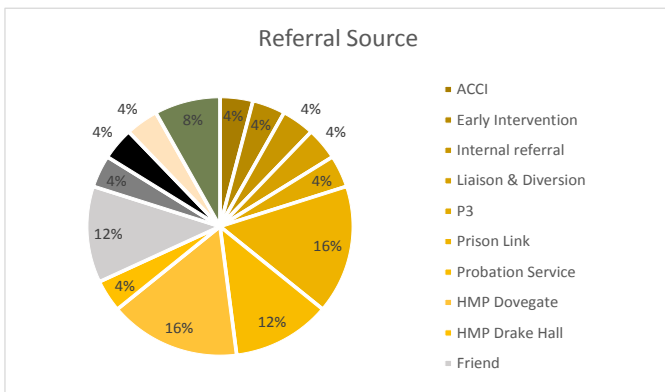
Hallam Street Hospital

Dorothy Pattison Hospital

Black Country Talent Match

Networking & Community Engagement

Building Futures works closely with several external organisations such as West Bromwich Probation Service, having made several referrals to Building Futures and have endorsed Building Futures within the local community amongst relevant external agencies.



Building Futures is also has a very good working relationship with HMP Dovegate and West Bromwich Probation Service. Building Futures resettlement project has focused on community engagement by raising awareness regarding the effects of mental health within our BME community by delivering Mental Health Awareness presentations to local churches and businesses.

Training

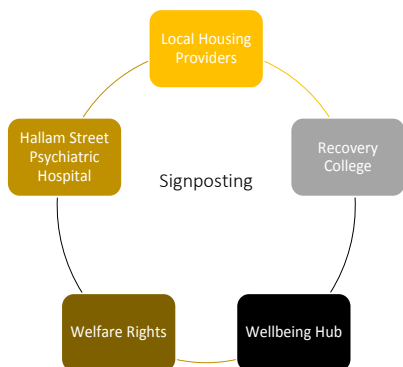
Training is very important and it also helps to keep up with new trends in mental health support, the Coordinator of the project has attended conferences and the following training:-

Social Media Training

Talent Match

Clients

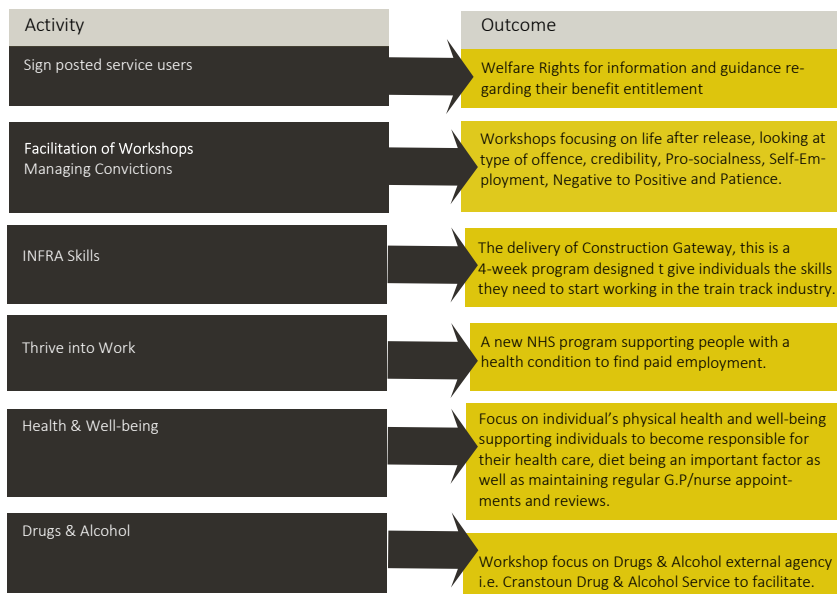
Since October 2018 Building Futures has supported individuals by regular weekly contact and have referred where appropriate clients to:-



“ Each service user has a holistic Support & Recovery Plan in place ”

The support plan houses a number of objectives which the Project Coordinator and the service users will work on achieving e.g move home, enrol at college, review medication, book regular health assessments etc. When the service user's objectives are achieved it is documented in their support plan. Also when a service user has moved on from the service they are exited, this is also a measure of success when a service user no longer requires the service.

Activity & Accomplishment



Monitoring

The Warwickshire and Edinburgh Mental Well-being Scale (WEMWBS) is a mental well-being tool which is completed by all service users every 6 weeks to assess whether their mental health is improving as a result of using the Safe Spaces service. The scores are plotted on a spreadsheet to show the peaks and troughs. This helps to identify whether certain areas of a person's life is presented more challenging. If so the client and Project Coordinator can discuss and agree additional strategies to be employed to raise the WEMWB scores.

Dawn Reid



WELL-BEING & RECOVERY TEAM

In the last year the Well-being & Outreach Support Service has gone through changes as we reviewed the previous year and have made it more accessible for our members to integrate into the community and improve their independence and personal well-being.

In the last year the Well-being & Outreach Support Service has gone through changes as we reviewed the previous year and have made it more accessible for our members to integrate into the community and improved their independence and personal well-being.

Our service offers a tailored recovery plan working towards empowerment and a gateway towards independent living, employment including voluntary work, education by enrolling on short courses based at Fircroft College, and networking with the Citizens Advice Bureau, Immigration, Department of Works & Pensions and various health teams.

A lot of emphasis was also based on healthy lifestyles and personal well-being. The Men's Group attended "Portway Healthy Lifestyles Gym" and within the group we also looked at personal development, partnerships and emotional well-being.

Many of the activities were based in and around the Black Country, Birmingham and further afield. Other activities included talks, local Museums in both Wolverhampton and Birmingham. Other social activities included visiting the "Ming Moon" (Chinese restaurant), day excursion's to various places. Some gents went on the "Mystery Tour (over-night) that led us to Torquay. As always we attended various events regarding our cultural history – "We were Called, and we answered" (Oldbury Library), Looking at how England called for People from the Caribbean to help rebuild their economy and SimmerDown reggae music festival in Handsworth Park.

One of the highlights of the year was when a service user and I were asked to talk about "Mental Health in Black men" at an open day. This was both a moving time as the service user an 'Expert by Experience', spoke about his personal journey from the time of referral, initial assessment and recovery plan to his present independent living and personal empowerment. His personal statement was welcomed by all with a standing ovation. This was a moment where my role was important to a person who suffers with mental health issues was very important. Not everyone moves at the same speed in recovery, but could achieve a good standard of living.



Successful networking at the Simmerdown Festival 2018 resulted in new referrals

The staff team were introduced to a new online (Cloud based) service. The case management system captures our input data from the point of referral through to recovery plan, capturing calls and contacts. To close, our service works well with other departments based at the Kuumba. We thrive to provide and support each and everyone's personal needs, improve better well-being and independence. In 2019 we plan to further ourselves in firm objectives of empowerment for our old/new service users

“ We thrive to provide and support each and everyone's personal needs, improve better well-being and independence.”

Norman Nelson

“ When I saw the advertisement for the position of Well-being & Recovery Worker at the Kuumba Centre it brought me a feeling of excitement as every about the employment opportunity, described all that I had been looking for. This included; supporting those whom are going through and recovering from mental ill health and supporting carers, which is something that is close to my heart ”



Shelena Brown

I was fortunate to be offered the above role, which commenced on 14th February 2019. On my first day I was introduced to staff members, given a formal induction and introduced to the “Care For You” and the Ujima group (user-led service) at the Kuumba Centre.

The carers group meet on a weekly basis and continue to share a great bond and friendship. The Carers attend consistently each week, at times rearranging other appointments in order to attend the group session. This



shows dedicated and commitment and indicates that these group sessions are very significant. The support the Carers receive from Care For You service helps them to manage their wellbeing while caring for a relative, partner or friend who is recovering from mental ill health. Through meetings and social media everyone is kept informed and involved in the Care For You group planning. Carers play a big part in looking up events, training and workshops that would be of interest to group members. The information is then discussed and arranged in the

Carers support meetings. Carers receive advice and information about mental illness and personal wellbeing. Carers were informed by the Care For You Coordinator of the Carers Break Grant open to adult carers which can help towards items or activities that will benefit them in their caring role, for example; Breaks with or without the person they care for. Individuals have now applied and received the Carers Break Grant which they've stated their appreciation for signposting them to the service. I am competent in using the new IZUKA database after very informative training and support. I have been in contact with some of the individuals who use the service whereby I am now in the process of supporting them to regain their independence, confidence and improve their mental health and wellbeing. A coffee afternoon has been set up for me to introduce myself to other individuals I will be supporting, this will enable me to start supporting pwus with their recovery plan and help them achieve their goal.

The Kuumba Centre staff are all very supportive to each other. As a new member of staff I felt at ease and very comfortable in my surroundings. I am still relatively new to this role in which I believe the supporting nature I have and the ability to adapt to different situations will enable me to see positive results through my dedication and holistic support. I get a sense of fulfillment when I see individuals thrive, reach their goals and become independent. I have a lot to look forward to.



WELL-BEING MANAGER

“The focus this financial year was to empower those who are recovering from mental ill health to take a more active part in developing skills to support others, peer support”

Supporting members of the Ujima peer support user led group and facilitating the Co-production group made up of people who use the service (PWUS) and Carers has been the main focus of my work in the last financial year. Again one of the most important aspects of this work the focus on empowering those that are recovering from mental ill health to take a more active part in developing their skills to support others, peer support.

So far what has been achieved is that the Co-ordinator of Ujima has been supported to do a skills audit of new Ujima members who could potentially become meetup organisers so that they can plan the monthly activities as well as some of the holidays and excursions. Socialising in order to reduce isolation is key for many of the people who use our services in particular Ujima.

In addition to this I have organised the co-production groups made up of PWUS and Carers so that we as an organisation can gain a balanced view of future service development. This in itself has been a good process for members of Ujima to go through because it helps them to realize that their feedback matters in terms of developing future services tailored to their changing needs.

Rosie Nembhardt



Opportunities to
develop new skills



Participating in social activities
and making new friends

Ujima + Coordinator



Ujima is now in its 6th year of providing on-going social support to those who are experiencing mental ill health and want to explore moving forward, reducing their feelings of isolation, make new friends, keeping busy and participating in social activity and other events. Ujima is characterised by one to one sessions, peer link up sessions and group activities.


The service is user led, supported by a co-ordinator and assisted by a group of volunteers taking on board various tasks and responsibilities.

Ujima continues to meet on a monthly basis enabling members and volunteers to work together sharing ideas. Ujima monthly meetings not only lets us meet up but we are able to invite speakers who impart their specialist knowledge to help members become more independent and knowledgeable about other services that are available to them in the wider community.

The Ujima meetings are complemented by the introduction of Co-production meetings which are designed to involve users and carers in the development, planning and review of services. Other more formal events that we get involved in is consultation meetings and focus groups. We have a good track record in participating in groups to inform National and local policy. We have been involved in focus groups for the Race Equality Foundation, NICE and Birmingham University.

Monthly activities and events are documented in a booklet for all to have and identify some of what they would like to get involved in during the next month.

With the mystery tour enjoyed by all last year. All members are looking forward to the trip this year, which will be for three days. Cultural events are held throughout the year and we are busy planning events for the next year.



Members are looking
forward to the Mystery Tour

Referrals for membership of the Ujima service are received on a regular basis from a variety of sources so feel free to make enquiries or pop into the centre and have a chat with us, you will be made to feel very welcome!

Norma Gardener

STATISTICS



GENDER



53%



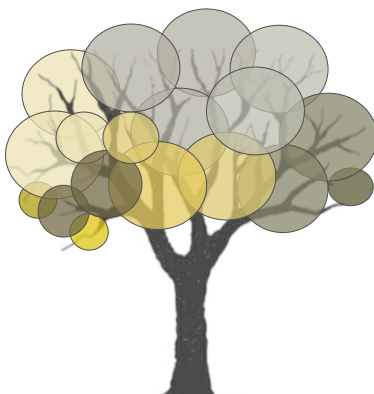
47%

ETHNICITY

01 Black Caribbean
77%

02 Black African
6%

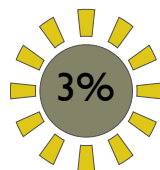
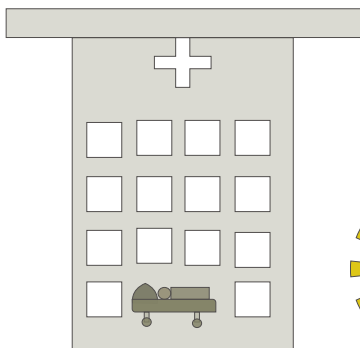
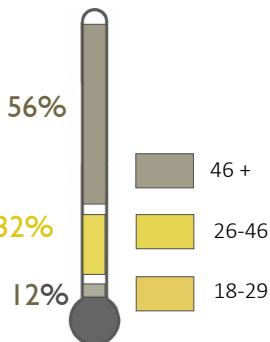
03 Black other
7%



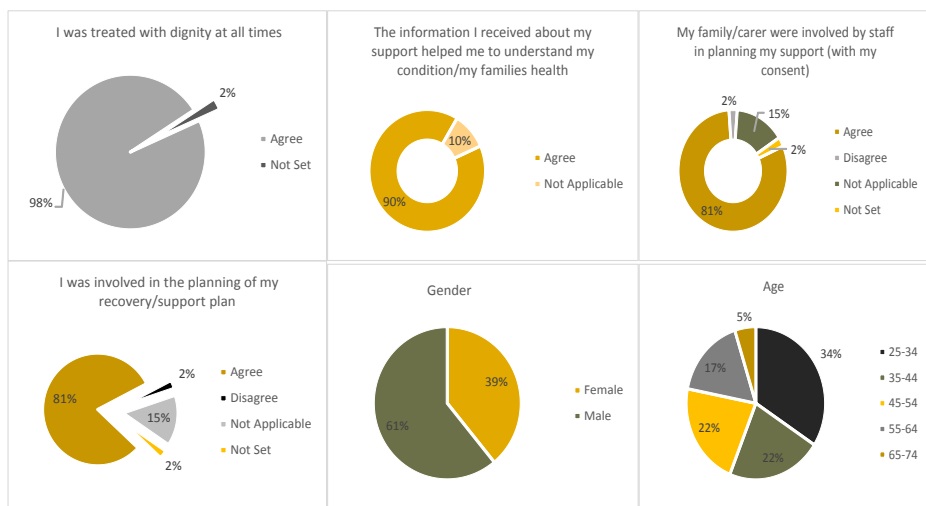
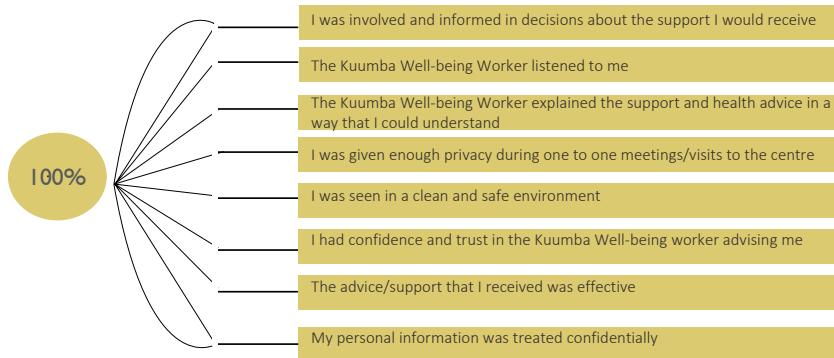
04 White & Black Caribbean
6%

05 White British
4%

HOSPITAL ADMISSIONS



User Satisfaction Survey



Well treated and shown respect.
Friendly atmosphere

Very happy with support received made a big difference to me and my wife

The centre is doing a splendid job and the staff are very helpful, informative and supportive.

Member's comments

Kuumba has been very supportive and has helped me to come out of my shell. I am now able to go to different places and the service has also helped me to develop into a woman.

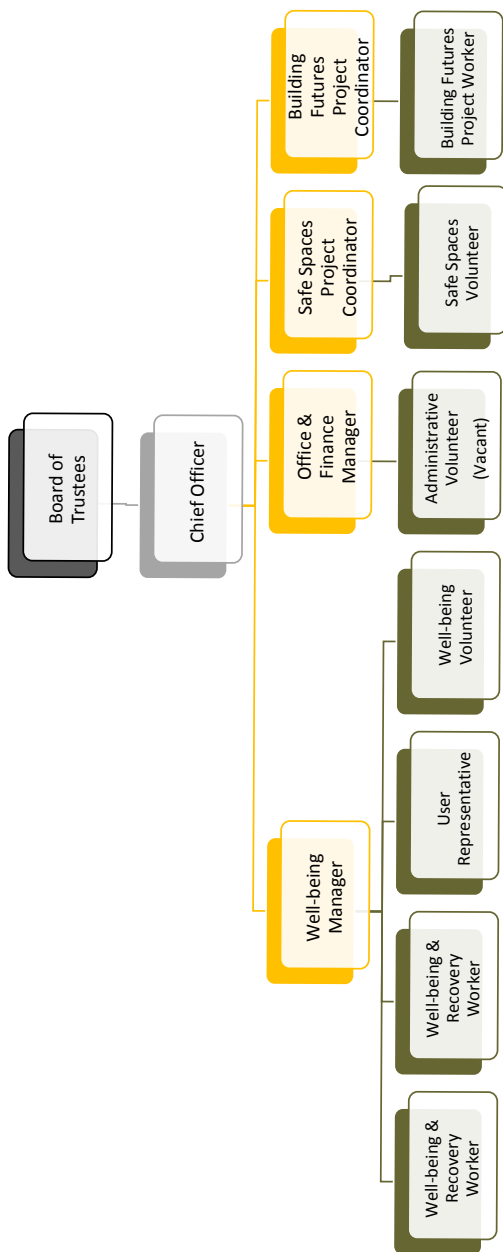
This is a good service for black people

I am happy with the care from Kuumba.

Sandwell African Caribbean Mental Health
Foundation Income and Expenditure Account
Year ended 31 March 2018
(This is not part of the statutory accounts)



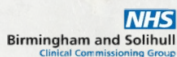
	2019		2018	
INCOME	£	£	£	£
Sandwell & West Birmingham CCG Contract	77,775		83,635	
Sandwell MBC	101,230		83,163	
Birmingham and Solihull CCG	5,854			
Big Lottery	18,483			
Peoples Health Trust	967		9,844	
Comic Relief	12,772		14,514	
Donations	-		226	
Victims Fund	7,486		7,486	
Awards for All	1,406		7,028	
Other Income	738		2,072	
Client Income	365		417	
Bank Interest Received	-		-	
		227,076		208,385
EXPENDITURE				
Staff Costs	133,183		101,580	
Rent	9,960		9,960	
Development Consultancy	4,258		9,069	
Repairs and Renewals	10,255		8,277	
Quality Consultancy	2,927		7,764	
Fundraising	9,190			
Volunteer and Sessional Work	791		5,429	
Computers & Maintenance	14,171		4,361	
Heat, Light and Water	3,679		4,208	
Telephone & Communications	3,972		4,155	
Training	2,818		2,335	
Travel Expenses	2,454		2,314	
Client Activities	6,553		2,096	
Printing and Publicity	1,892		1,608	
Payroll Administration	1,632		1,352	
Cleaning and Hygiene	1,005		1,335	
Insurance	1,009		1,313	
HR Support	8,097		1,308	
Stationery & Office Expenses	4,394		1,304	
Independent Examination & Accountancy	2,300		1,200	
Subscription	86		750	
Legal Costs	45		697	
Depreciation of Office Equipment	756		697	
Bank Charges	533		515	
Companies House Filing Fee	13		13	
		225,973		173,640
		1,103		34,745



ACKNOWLEDGEMENT

SACMHF would like to thank those organisations and individuals who helped and supported the Foundation's work during the year:

Sandwell & West Birmingham CCG
Birmingham & Solihull CCG
Sandwell Metropolitan Borough Council
Peoples Health Trust
Comic Relief
Awards For All
West Midlands Police & Crime Commissioner
Big Lottery Community Fund
African Caribbean Community Initiative
Alcumus
APD Print & Design
Church of God of Prophecy, West Bromwich
CMF Quality Consultant
Expressive Arts, Patricia Barrett
Foundation for Social Improvement
Getting On Board, Penny Wilson
Godfrey Mansell & Co
GP Brookes Chartered Accountant
Hallam Street Hospital
MASG Foundation
National Institute for Health and Clinical Excellence (NICE)
Officetek
Healthwatch Sandwell
Ifemu Omari-Webber
Iizuka
Jackie Taylor (Cllr)
Peninsula
Penny Wilson - Getting on Board
Prison Link
Positive Mental Health Group
QSR Solutions, Edgar Hassan
Race Equality Foundation
Raising IT
Sandwell Council for Voluntary Organisations
Sandwell Women's Aid
Transform Foundation
West Bromwich Probation Service



In Memoriam



On behalf of Sandwell African Caribbean Mental Health Foundation I would like to reiterate our sympathy to the family of the late Sharon Hanson.

Sharon was a much loved member of the staff team who had worked stoically at the Kuumba centre for over eight years. We are indebted to her for her dedicated contribution and we miss her very much.



SACMHF

Kuumba Centre, Boulton Road,
West Bromwich, West Midlands B70 6NW.

(0121) 525 1629

info@sacmhf.co.uk

www.sacmhf.co.uk

THE FINANCIAL STATEMENTS

Sandwell African Caribbean Mental Health Foundation

for the year ended 31 March 2019

Company Number 4004120

Registered Charity Number 1082017

Sandwell African Caribbean Mental Health Foundation

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31 March 2019

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Sandwell African Caribbean Mental Health Foundation

CHARITY INFORMATION

Directors

Mr S. Ward	Chair
Dr G. Williams	
Ms M Wilson	Vice Chair
Mr N Rodrigues	
Mr G Brown	

Company Secretary

Miss P Johnson

Charity Number

1082017

Company Number

4004120

Charity Correspondence Address

Kuumba Centre
Boulton Road
West Bromwich
West Midlands
B70 6NW

Independent Examiner

G P Brookes Chartered Accountant
130 Wombourne Park
Wolverhampton
South Staffs WV5 0LY

Bankers

Unity Bank plc
Nine Brindley Place
4 Oozells Square
Birmingham
B1 2HB

Sandwell African Caribbean Mental Health Foundation

Directors Report for the year to 31st March 2019

Directors

The directors as named on page 1 have served either throughout or during the year.

Structure, Governance and Management

Sandwell African Caribbean Mental Health Foundation (SACMHF) was founded as a community-based Black led organisation in 1994. SACMHF was constituted as a company in May 2000, and registered as a Charity in August 2000.

Trustee recruitment

Directors are appointed at the AGM they are selected from known relevant networks considering the balance of skills required in the directorate.

Principal activities

Sandwell African Caribbean Mental Health Foundation is a charitable Company limited by guarantee.

Its objects are to understand and afford help and support to African Caribbean adults with mental illness who inhabit the Borough of Sandwell and its surrounding districts.

The aim is to provide support for those suffering from mental illness in particular but not exclusively through the provision of facilities in the interests of social welfare for recreation and leisure time occupation with the object of improving the conditions of life for the said inhabitants and the provision of education for the said inhabitants.

In planning the activities for the year, the Charity Commission's guidance on public benefit was kept in mind at the trustee meetings.

Main Achievements in the Year

The year commenced with a keen eye on the release date of the tender to deliver mental health services in Sandwell and West Birmingham as all contracts were scheduled to cease at the end of September 2019. Having worked on specific strategic areas to ensure that SACMHF was in a good position to tender to continue to support our service user group. It was disappointing to learn that the manner in which the tender was structured meant that SACMHF could not apply. Attempts to adopt a partnership approach to strengthen a joint application proved impossible.

SACMHF has experienced many challenges financial and otherwise and were determined that this would not preclude SACMHF from furthering the work of the charity and actually working towards an increased level of self-reliance moving away from the historic third sector dependence on financial support from statutory commissioners. This is by no means

Sandwell African Caribbean Mental Health Foundation

Directors Report for the year to 31st March 2019

an easy objective to achieve but SACMHF are rising to the challenge and will continue to maintain a strong focus on creating a mixed income economy factoring in changes within the external environment. SACMHF will be looking to the new providers with interest to ascertain how culturally responsive mental services have been incorporated into their new model of delivery given the disproportionate rates of detention under the mental health act which continues to exist within the mental health system for people from an ethnic background particularly Black men who are more than 6 times more likely to be detained than any other group.

The implementation of the General Data Protection Regulations (GDPR) was met with a measured response from SACMHF and we were able to embrace the changes by undertaking a robust one day GDPR training course delivered by ACT who sadly lost their fight to maintain their funding and closed by the end of the financial year. We thank them for their support and quality training offered to our organisation.

Strategic Outputs

Consolidation of the Nia Development Project which was a business support programme funded by Comic Relief for two years coupled with the aligned business consultancy support provided by the Foundation for Social Improvement was a main feature of the strategic work towards the end of the financial year.

This programme enabled a reflective approach to be adopted to support the strengthening of SACMHF's infrastructure. A major strand of the project was to ensure the development and implementation of a fundraising strategy. This endeavour was underpinned by a Trustee, a Manager and the Chief Officer enrolling on the FSI accredited fundraising practice training course. The training is being completed alongside work commitments which is no mean feat! However the learning has proved to be invaluable and includes the implementation of a fundraising strategy, documentation of a case for support and other strategic areas which all combine to almost extend the Nia Development project outputs.

The work undertaken to implement the ISO 9001: 2015 Quality standard was an essential component of the Nia Development project and after the internal and external audit we were able to maintain the standard with no major non-conformities.

Part way through the year an opportunity presented itself for us to apply to be part of the 'Getting on Board' project. The project focused on improving the skills and processes used in the third sector to be more successful when recruiting Trustee board members. Our application was successful and we commenced the one day training session held in London. We subsequently drafted a new advert, received peer support and very useful links to company's who would put up our advert. Penny Wilson and her team were very supportive and our participation in the project was featured in the book which captured the learning from the project which is 'How to Recruit Trustees for your charity; A Practical Guide'.

Sandwell African Caribbean Mental Health Foundation

Directors Report for the year to 31st March 2019

Our annual strategic development day was co-produced and we have worked throughout the year to respond accordingly to the work areas agreed on that day some of which are outlined below:

Kuumba will for the first time use our bespoke software to analyse client satisfaction.

Understanding the needs of ex-offenders has developed through a National Lottery

Community fund grant to deliver services to ex-offenders.

Ujima our, user forum, continues to adopt a peer support approach to reduce isolation.

Marketing of SACMHFs activities and services on our new website.

Buildings and/or investments will be central to a feasibility study. This will be undertaken to better explore what we can do to support a mixed income economy to help sustain the organisation.

A team of community fundraising volunteers has been set up to support fundraising activity to create a fundraising focused environment within the organisation.

Service Level Outputs

The Peoples Health Trust funded a grant to support Carers which ended during the year. The Carers group have gone from strength to strength becoming examples of how peer to peer support can serve to strengthen one's resilience and foster greater levels of interdependence between peers. The carers embraced some training to encourage peer support and to support the future leadership of the group.

Student Placements were received from Wolverhampton University during the year who were able to add to the workforce whilst completing placement requirements as part of their undergraduate studies.

Funded by the West Midlands Police & Crime Commissioner Victims fund the Safe Spaces service came to an end during the year. This successful service was delivered in Partnership with Sandwell Women's Aid and created safe spaces in a number of community venues around the borough for people who have endured domestic violence and abuse.

People who use our services; individual and group Achievements

This section will service to highlight a snapshot of personal achievements enjoyed by certain of the people who use our services:

- A young lady has marked a notable milestone in her personal wellness journey by preparing to move away to West London to commence student life after having enrolled on an undergraduate degree. Having been initially referred us because her mental health was such that she was afraid to leave her home.
- A focus group was held to inform a funding application where over eighteen people attended and who put forward potential ideas to support service development.

Sandwell African Caribbean Mental Health Foundation

Directors Report for the year to 31st March 2019

- A gentleman who is a wheelchair user has developed his art skills having attended a number of art classes at the Kuumba centre and is now showcasing his art pieces at various venues across Sandwell and Birmingham including the Jazz Café and the Brasshouse.
- A carer was invited to sit on a panel for the Race Equality Foundation and talk about her experiences and take questions from the audience at an event commissioned by the Care Quality Commission.
- A client has successfully completed her first year at Bedford University reading business management.
- During the year 39 clients secured Voluntary work, 77 secured Paid employment and 60 clients ventured into mainstream education.

The Future

Race Disparities in mental health was the focus of an event hosted by the Race Equality Foundation which was a piece of work commissioned by the Care Quality Commission. The event pertained to racial disparities in people from a BME background raising concerns about their care and support when accessing health services. This event was attended by a carer who was asked to sit on a panel at the event and talk about her experiences as a carer and about the experiences of her cared for family member.

It is vitally important that the differences in experience and outcome for Black people compared to the wider community when involved in the mental health system is kept on the agenda and within our consciousness. National guidance appears to recognise these disparities but then fail to effectively consult affected communities, commission and adequately fund culturally responsive services who not only work with people from an ethnic background but serve the whole community.

Given the challenges present within the external environment sustainability becoming a reality is our main goal and having had the support of a grant from Comic Relief's 'Core Strengths' funding stream we have had the good fortune to be able to use that money to support capacity building activity which has proved to be a critical success factor in our development.

Strategically we have taken seriously the need to evoke a mixed income economy to reduce dependence on statutory funds and to increase independent sources of income, fundraising and contracts. A strategic review of our financial strategy has shown a step change in where funding is being secured. These changes are moving in the right direction and we endeavour to maintain efforts in this area.

Sandwell African Caribbean Mental Health Foundation

Directors Report for the year to 31st March 2019

With a strengthened Infrastructure, committed team and involved beneficiaries there is every confidence that SACMHF will endure and will see our vision come to fruition and will be supporting the community affected by mental ill health and their families well into the future.

Review of business

The gross income for the year was £227,076 cp. (£208,306 in 2018)

The expenditure increased to £225,973 cp. (£173,641 in 2018)

This gave a Surplus of £1,103 cp (surplus of £34,745 in 2018).

Unrestricted reserves are now £30,607

Reserves Policy

The directors consider that an appropriate level of reserves is £50,000 which is equivalent to approximately three months charitable activity to cover shortfalls in funding flows. This is our current goal and it is considered achievable when statutory and on going annual service agreements are in place.

Risk Management Policy

Risk management covers a number of work strands. Operationally risk is managed via robust safeguarding policies and recruitment and a selection policy which stipulates that all employees must be subject to satisfactory disclosure and Barring checks prior to employment. In addition to this at a strategic level risk is managed during Director's meetings and is predicated upon external funding agency factors. Significant fluctuations in funding will trigger an EGM where Directors and the Chief Officer to draft and execute risk identification, risk register and actions to mitigate against potential risks to the organisation. Any risks recorded are rated and marked for levels of severity and impact. The register is reviewed regularly.

Sandwell African Caribbean Mental Health Foundation

Directors Report for the year to 31st March 2019

The directors are required under Company Law to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the company and of its results for that period. In preparing those financial statements the trustees are required to:

- (a) select suitable accounting policies and apply them consistently
- (b) make judgments and estimates that are reasonable and prudent
- (c) prepare the financial statements on a going concern basis unless it is inappropriate to assume that the company will continue in business

The directors are responsible for the keeping of proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity. They are also responsible for the safeguarding of the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approval

This report was approved by the directors on 12/9/2019 and signed on their behalf.

Shane Ward
.....

MR SHANE WARD DIRECTOR AND TRUSTEE

Sandwell African Caribbean Mental Health Foundation

Independent examiner's report to the trustees of the charitable company

I report on the accounts for the year ended 31 March 2019 set out on the following pages

Responsibilities and basis of report

As the charity trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your company's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent Examiner's Statement

I have completed my examination . I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect :

- (1) accounting records were not kept in respect of the company as required by section 386 of the 2006 Act or
- (2) the accounts do not accord with those records
- (3) the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view ' which is not a matter considered as part of an independent examination ;or
- (4) the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102).



Name	Gary Peter Brookes
Relevant Professional Qualifications	FCA FCIE BSc
Address	130 Wombourne Park Wolverhampton South Staffs WV5 0LY

Date : 12 September 2019

Sandwell African Caribbean Mental Health Foundation
STATEMENT OF FINANCIAL ACTIVITIES
Year ended 31 March 2019

**

	<u>Notes</u>	Restricted Funds	Unrestricted Funds	Total Funds	Total Funds
		2019	2019	2019	2018
		£	£	£	£
Income From					
Charitable activities	2	225,973	1,103	227,076	208,160
Donations	2	-	-	-	226
Total Income		<u>225,973</u>	<u>1,103</u>	<u>227,076</u>	<u>208,386</u>
Expenditure					
Charitable Activities	3	216,783	-	216,783	173,641
Fundraising Costs		9,190	-	9,190	-
Total Expenditure		<u>225,973</u>	<u>-</u>	<u>225,973</u>	<u>173,641</u>
Net Income		-	1,103	1,103	34,745
Reconciliation of funds					
Total funds brought forward		-	29,504	29,504	(5,241)
Total funds carried forward		<u>-</u>	<u>30,607</u>	<u>30,607</u>	<u>29,504</u>

There were no recognised gains or losses for 2019 or 2018 other than those included in the Financial Activities
All activities in both years are continuing activities

** See note 13 for full comparatives

Sandwell African Caribbean Mental Health Foundation

BALANCE SHEET

As at 31 March 2019

Company Number 4004120

	Notes	2019 £	2018 £
Fixed Assets			
Tangible Assets for use by the charity	8	3,025	3,781
Current Assets			
Debtors	9	550	4,708
Cash at bank and in hand	10	125,626	68,972
		126,176	73,680
Creditors : Amounts falling due in less than one year	11	(98,594)	(47,957)
Net Current Assets		27,582	25,723
Total Assets less Current Liabilities		30,607	29,504
Capital			
Restricted Funds	12	-	-
Unrestricted Funds			
General		30,607	29,504
Total		30,607	29,504

The directors have taken advantage of the Companies Act 2006 in not having these accounts audited under Section 477 (1). No members have required the company to obtain an audit of its accounts for the year in question in accordance with section 476.

The Directors acknowledge their responsibilities for ensuring that the company keeps accounting records which comply with s386 and s387 of the Companies Act 2006 and for preparing accounts which give a true and fair view of the state of affairs of the company as at 31 March 2019 and of its profit for the year then ended in accordance with the requirements of s396 and which comply with the requirements of the Act relating to the accounts so far as applicable to the company.

The accounts have been prepared in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies regime.

Signed and approved on the behalf of the Board on 12.9.2019

Shane Ward

Trustee Name SHANE WARD

The notes on the following pages form part of these financial statements

Sandwell African Caribbean Mental Health Foundation

NOTES TO THE ACCOUNTS

Year ended 31 March 2019

1. Accounting Policies

Basis of preparation

The charity constitutes a public benefit entity as defined by FRS102. The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice (SORP) applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) published on 16 July 2014, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS102) the Charities Act 2011 the Companies Act 2006 and UK Generally Accepted Practice as it applies from 1 January 2015.

The financial statements have been prepared on a going concern basis under the historical cost convention modified to include certain items at fair value. The financial statements are prepared in sterling which is the functional currency of the charity

Funds

Unrestricted 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.

Designated funds

Designated funds comprise of unrestricted funds that have been set aside by the trustees for particular purposes . The aim and use of each designated fund is set out in the notes to the financial statements

Restricted funds

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

Donations or grants received for a specific object or invited by the charity for a specific object. The funds may only be expended on the specific object for which they were given. Any balance remaining unspent at the end of each year must be carried forward as a balance on that fund. The charity does not usually invest separately for each fund.

Income Recognition

Donations are recognised when received. Grants are accounted for when the charity is legally entitled to the amounts due. All other income is recognised when it is receivable. All incoming resources are accounted for gross.

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:

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

Sandwell African Caribbean Mental Health Foundation

NOTES TO THE ACCOUNTS

Year ended 31 March 2019

1. Accounting Policies (contd)

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 , administrative payroll costs. they are incurred directly in support of expenditure on the objects of the charity and include project management carried out . Where support costs cannot be directly attributed to particular headings they have been allocated to cost of raising funds and expenditure on charitable activities on a basis consistent with use of the resources. Premises overheads and central functions have been allocated on an activity costs basis consistent with the use of resources.

Governance costs

Include costs of the preparation and examination of statutory accounts, the costs of trustee meetings and cost of any legal advice to trustees on governance or constitutional matters.

Debtors and creditors

Debtors and Creditors with no stated interest rate and receivable or payable within one year are recorded at transaction price. Any losses arising from impairment are recognised in expenditure

Assets

Tangible fixed assets for use by charity

Tangible fixed assets are stated at cost (or deemed cost) or valuation less accumulated depreciation and accumulated impairment losses. Costs includes costs directly attributable to making the assets capable or operating as intended. These are capitalised if they can be used for more than one year, and cost at least £1000. They are valued at cost.

Depreciation is provided at rates calculated to write off the cost less estimated residual value, over their expected useful lives.

Office equipment @ 20% on a reducing balance basis

Going Concern

The directors consider that the charity remains viable for the year ahead subject to combination of continued statutory financial support, grant funding and independent unrestricted income.

Sandwell African Caribbean Mental Health Foundation
NOTES TO THE ACCOUNTS Contd.
Year ended 31 March 2019

2. Analysis of Income

Income from charitable activities

		2019		2018
	Restricted	Unrestricted	Total	Total
	Funds	Funds		
	£	£	£	£
Sandwell & West Birmingham				
CCG Contracts	83,629	-	83,629	83,635
Sandwell MBC	101,230	-	101,230	83,163
Peoples Health Trust	967	-	967	9,844
Comic Relief	12,772	-	12,772	14,514
Victims Fund	7,486	-	7,486	7,486
Awards for All	1,406	-	1,406	7,028
Big Lottery- Building Futures **	18,483	-	18,483	-
Other Income	-	738	738	2,072
Client Income	-	365	365	418
	<u>225,973</u>	<u>1,103</u>	<u>227,076</u>	<u>208,160</u>
Donations				
Small donations	-	-	-	226
	<u>-</u>	<u>-</u>	<u>-</u>	<u>226</u>

****Big Lottery-Building Futures**

Amounts Received	38,140
Deferred to future period	19,657
	<u>18,483</u>

Sandwell African Caribbean Mental Health Foundation
NOTES TO THE ACCOUNTS Contd.
Year ended 31 March 2019

3 Analysis of Expenditure

Charitable activities

	Direct Costs £	Staff Costs £	2019 Support Costs £	Total £	2018 Total £
Services	27,346	133,183	56,254	216,783	173,641
	<u>27,346</u>	<u>133,183</u>	<u>56,254</u>	<u>216,783</u>	<u>173,641</u>

4. Support Costs

	2019 £	2018 £
Development Consultancy	4,258	9,069
Repairs and Renewals	10,255	8,277
Quality Consultancy	2,927	7,764
Computers & Maintenance	14,171	4,361
Telephone & Communications	3,972	4,155
Governance	2,313	2,169
Printing and Publicity	1,892	1,608
Legal and Professional costs	1,677	1,352
Insurance	1,010	1,313
HR Support	8,097	1,308
Stationery and Office Expenses	4,394	1,304
Depreciation of Office Equipment	756	697
Bank Charges	532	515
Total Support Costs	<u>56,254</u>	<u>43,892</u>

2018 Comparatives

	<i>Direct Costs</i>	<i>Staff Costs</i>	<i>Support Costs</i>	<i>Total</i>
<i>Services</i>	<u>28,169</u>	<u>101,580</u>	<u>43,892</u>	<u>173,641</u>

Sandwell African Caribbean Mental Health Foundation

NOTES TO THE ACCOUNTS Contd.

Year ended 31 March 2019

	2019	2018
	£	£
5. Governance Costs		
Company House Filing fees	13	13
Independent Examination and statutory accounts preparation	2,000	1,200
Underprovision 2018	300	-
Legal costs re Lease	-	956
	<u>2,313</u>	<u>2,169</u>

	2019	2018
	£	£
6. Net movement in funds for the year		
The net movement in funds for the year is stated after charging:		
Depreciation of tangible assets	756	697
Independent Examination and statutory accounts preparation	2,300	1,200

7. Employees

	2019	2018
	£	£
Wages & Salaries	121,121	95,557
Social Security Costs	9,785	7,139
Pension Contribution	5,277	1,884
Employment Allowance	(3,000)	(3,000)
Redundancy Costs	-	-
	<u>133,183</u>	<u>101,580</u>

The average weekly number of staff employed by the charity during the year was as follows:

Administrative :	1	1
Project Based	5	4

There were no employees whose annual emoluments were £60,000 or more

Trustees remuneration and expenses

No remuneration or expenses were paid to the trustees in the year

Sandwell African Caribbean Mental Health Foundation

NOTES TO THE ACCOUNTS Contd.

Year ended 31 March 2019

8. Tangible fixed assets for use by the Charity

	2019	
	Office Equip	Total
	£	£
Cost as at 1 April 2018	37,281	37,281
Additions	-	-
Cost as at 31 March 2019	<u>37,281</u>	<u>37,281</u>
Depreciation as at 1 April 2018	33,500	33,500
Charge for the year	756	756
Depreciation as at 31 March 2018	<u>34,256</u>	<u>34,256</u>
Net book Value as at 31 March 2019	<u>3,025</u>	<u>3,025</u>
Net book Value as at 31 March 2018	<u>3,781</u>	<u>3,781</u>
	2019	2018
	£	£

9. Debtors

Prepayments & Sundry Debtors	550	2,153
Grant Due	-	2,555
	<u>550</u>	<u>4,708</u>

10. Bank and Cash

Petty Cash	144	111
Bank Accounts	125,482	68,861
	<u>125,626</u>	<u>68,972</u>

11. Creditors : Amounts falling due in less than one year

Trade Creditors	10,403	5,448
Grants paid in advance	82,546	38,892
Taxes and social security costs	2,779	2,118
Pension account	706	299
Accruals	2,160	1,200
	<u>98,594</u>	<u>47,957</u>

Sandwell African Caribbean Mental Health Foundation

NOTES TO THE ACCOUNTS Contd.

Year ended 31 March 2019

12. Fund Movements

	Fund Balances 1 April 2018	Incoming Resources	Outgoing Resources	Fund Balances 31 March 2019
	£	£	£	£
Restricted Funds				
Sandwell & West Birmingham CCG Contracts	-	83,629	83,629	-
Sandwell MBC	-	101,230	101,230	-
Comic Relief	-	12,772	12,772	-
Peoples Health Trust	-	967	967	-
Victims Fund	-	7,486	7,486	-
Big Lottery- Building Futures **	-	18,483	18,483	-
Awards for All	-	1,406	1,406	-
	-	225,973	225,973	-
Unrestricted Funds				
General fund	29,504	1,103	-	30,607
Total Funds	29,504	227,076	225,973	30,607

Restricted Funds Description

Peoples Health Trust

Following the decommissioning of the Local Authority funded Short breaks for Carers Service, funds were secured to continue the support provided for Carers of people recovering from mental ill health. The funds enable Carers to be supported via support groups which incorporates Carer led support during year 2.

Comic Relief

The Core Strength funding programme has offered funds to provide the opportunity to pay for management costs and fees to access support from an independent company to work with the SACMHF to develop strategies to build capacity to strengthen the organisation.

Victims Fund

'Safe Spaces' is a project that will increase access to services for victims of abuse and violence. The project will have a particular focus on those with extra vulnerabilities including; mental ill health, carers and elders. We will provide community access points to provide pathways to support. The project will provide safe spaces within community venues that are confidential. These spaces will enable victims to disclose their issues to enable identification of appropriate specialist support.

Awards for All

This project makes use of 'Experts by Experience' to provide the support for their peers. The common understanding from having personal experience will serve to underpin the delivery of this service. The outreach model will be used and out of hours work incorporated.

National Lottery Community Fund (NOT Big Lottery)

A holistic, needs led and culturally responsive approach is being adopted to support ex-offenders after release from prison. Building futures will support ex-offenders to access this resettlement service designed for the BME community. The project will have a particular focus on those with mental ill health, those who are at risk of developing a mental illness and those involved in the judicial system. The resettlement support will feature recovery planning and training workshops to support the re-building of people's lives. The training workshops will include pro-social behaviour, life skills, job club and mental health awareness etc. Support for family members will also form part of the project.

Sandwell African Caribbean Mental Health Foundation
STATEMENT OF FINANCIAL ACTIVITIES
Year ended 31 March 2019

Sandwell MBC & Sandwell & West Birmingham CCG

The respective grants from these statutory organisations support the core costs to deliver a number of services which are:

Outreach support

One to one home visits or meetings held within a community setting to work on objectives set within a recovery planning framework. Social, practical and emotional support needs are assessed in this service. Family members can access this service too.

Ujima user led forum

A user-led service which is underpinned by volunteering, mentoring and peer support. Ujima enables PWUS to participate in co-production meetings where needs for new services/projects are discussed, existing services are reviewed and new services are planned. Ujima members plan a range of out of hour's social activity and these activities are documented within a social calendar every month. Ujima encourages members to participate and increase their involvement in consultations and focus groups.

Carers Support Service

A service designed to encourage Carers to seek support to manage their own wellbeing, increase their level of awareness of community services as a source of support and to create an environment where they can widen their social networks to create a degree of inter-dependence between carers. This is achieved by weekly support groups facilitated by staff, carers and guest speakers and one to one sessions with staff to plan how to achieve their support needs.

13. Previous Year SOFA Comparatives

	<u>Notes</u>	Restricted Funds	Unrestricted Funds	Total Funds
		2018	2018	2018
		£	£	£
Income From				
Charitable activities	2	38,872	169,288	208,160
Donations	2	-	226	226
Total Income		<u>38,872</u>	<u>169,514</u>	<u>208,386</u>
Expenditure				
Charitable Activities	3	38,872	134,769	173,641
Total Expenditure		<u>38,872</u>	<u>134,769</u>	<u>173,641</u>
Net Income		-	34,745	34,745
Reconciliation of funds				
Total funds brought forward		-	(5,241)	(5,241)
Total funds carried forward		<u>-</u>	<u>29,504</u>	<u>29,504</u>

Sandwell African Caribbean Mental Health Foundation

Income and Expenditure Account

Year ended 31 March 2019

(This is not part of the statutory accounts)

	2019		2018	
	£	£	£	£
INCOME				
Sandwell & West Birmingham CCG				
Contracts	77,775		83,635	
Sandwell MBC	101,230		83,163	
Birmingham and Solihull CCG	5,854			
Big Lottery	18,483			
Peoples Health Trust	967		9,844	
Comic Relief	12,772		14,514	
Donations	-		226	
Victims Fund	7,486		7,486	
Awards for All	1,406		7,028	
Other Income	738		2,072	
Client Income	365		417	
Bank Interest Received	-	227,076	-	208,385
EXPENDITURE				
Staff Costs	133,183		101,580	
Rent	9,960		9,960	
Development Consultancy	4,258		9,069	
Repairs and Renewals	10,255		8,277	
Quality Consultancy	2,927		7,764	
Fundraising	9,190			
Volunteer and Sessional Work	791		5,429	
Computers & Maintenance	14,171		4,361	
Heat, Light and Water	3,679		4,208	
Telephone & Communications	3,972		4,155	
Training	2,818		2,335	
Travel Expenses	2,454		2,314	
Client Activities	6,553		2,096	
Printing and Publicity	1,892		1,608	
Payroll Administration	1,632		1,352	
Cleaning and Hygiene	1,005		1,335	
Insurance	1,009		1,313	
HR Support	8,097		1,308	
Stationery & Office Expenses	4,394		1,304	
Independent Examination & Accountancy	2,300		1,200	
Subscription	86		750	
Legal Costs	45		697	
Depreciation of Office Equipment	756		697	
Bank Charges	533		515	
Companies House Filing Fee	13	225,973	13	173,640
Surplus		1,103		34,745

THE FINANCIAL STATEMENTS

Sandwell African Caribbean Mental Health Foundation

for the year ended 31 March 2019

Company Number 4004120

Registered Charity Number 1082017

Sandwell African Caribbean Mental Health Foundation

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31 March 2019

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Sandwell African Caribbean Mental Health Foundation

CHARITY INFORMATION

Directors

Mr S. Ward	Chair
Dr G. Williams	
Ms M Wilson	Vice Chair
Mr N Rodrigues	
Mr G Brown	

Company Secretary

Miss P Johnson

Charity Number

1082017

Company Number

4004120

Charity Correspondence Address

Kuumba Centre
Boulton Road
West Bromwich
West Midlands
B70 6NW

Independent Examiner

G P Brookes Chartered Accountant
130 Wombourne Park
Wolverhampton
South Staffs WV5 0LY

Bankers

Unity Bank plc
Nine Brindley Place
4 Oozells Square
Birmingham
B1 2HB

Sandwell African Caribbean Mental Health Foundation

Directors Report for the year to 31st March 2019

Directors

The directors as named on page 1 have served either throughout or during the year.

Structure, Governance and Management

Sandwell African Caribbean Mental Health Foundation (SACMHF) was founded as a community-based Black led organisation in 1994. SACMHF was constituted as a company in May 2000, and registered as a Charity in August 2000.

Trustee recruitment

Directors are appointed at the AGM they are selected from known relevant networks considering the balance of skills required in the directorate.

Principal activities

Sandwell African Caribbean Mental Health Foundation is a charitable Company limited by guarantee.

Its objects are to understand and afford help and support to African Caribbean adults with mental illness who inhabit the Borough of Sandwell and its surrounding districts.

The aim is to provide support for those suffering from mental illness in particular but not exclusively through the provision of facilities in the interests of social welfare for recreation and leisure time occupation with the object of improving the conditions of life for the said inhabitants and the provision of education for the said inhabitants.

In planning the activities for the year, the Charity Commission's guidance on public benefit was kept in mind at the trustee meetings.

Main Achievements in the Year

The year commenced with a keen eye on the release date of the tender to deliver mental health services in Sandwell and West Birmingham as all contracts were scheduled to cease at the end of September 2019. Having worked on specific strategic areas to ensure that SACMHF was in a good position to tender to continue to support our service user group. It was disappointing to learn that the manner in which the tender was structured meant that SACMHF could not apply. Attempts to adopt a partnership approach to strengthen a joint application proved impossible.

SACMHF has experienced many challenges financial and otherwise and were determined that this would not preclude SACMHF from furthering the work of the charity and actually working towards an increased level of self-reliance moving away from the historic third sector dependence on financial support from statutory commissioners. This is by no means

Sandwell African Caribbean Mental Health Foundation

Directors Report for the year to 31st March 2019

an easy objective to achieve but SACMHF are rising to the challenge and will continue to maintain a strong focus on creating a mixed income economy factoring in changes within the external environment. SACMHF will be looking to the new providers with interest to ascertain how culturally responsive mental services have been incorporated into their new model of delivery given the disproportionate rates of detention under the mental health act which continues to exist within the mental health system for people from an ethnic background particularly Black men who are more than 6 times more likely to be detained than any other group.

The implementation of the General Data Protection Regulations (GDPR) was met with a measured response from SACMHF and we were able to embrace the changes by undertaking a robust one day GDPR training course delivered by ACT who sadly lost their fight to maintain their funding and closed by the end of the financial year. We thank them for their support and quality training offered to our organisation.

Strategic Outputs

Consolidation of the Nia Development Project which was a business support programme funded by Comic Relief for two years coupled with the aligned business consultancy support provided by the Foundation for Social Improvement was a main feature of the strategic work towards the end of the financial year.

This programme enabled a reflective approach to be adopted to support the strengthening of SACMHF's infrastructure. A major strand of the project was to ensure the development and implementation of a fundraising strategy. This endeavour was underpinned by a Trustee, a Manager and the Chief Officer enrolling on the FSI accredited fundraising practice training course. The training is being completed alongside work commitments which is no mean feat! However the learning has proved to be invaluable and includes the implementation of a fundraising strategy, documentation of a case for support and other strategic areas which all combine to almost extend the Nia Development project outputs.

The work undertaken to implement the ISO 9001: 2015 Quality standard was an essential component of the Nia Development project and after the internal and external audit we were able to maintain the standard with no major non-conformities.

Part way through the year an opportunity presented itself for us to apply to be part of the 'Getting on Board' project. The project focused on improving the skills and processes used in the third sector to be more successful when recruiting Trustee board members. Our application was successful and we commenced the one day training session held in London. We subsequently drafted a new advert, received peer support and very useful links to company's who would put up our advert. Penny Wilson and her team were very supportive and our participation in the project was featured in the book which captured the learning from the project which is 'How to Recruit Trustees for your charity; A Practical Guide'.

Sandwell African Caribbean Mental Health Foundation

Directors Report for the year to 31st March 2019

Our annual strategic development day was co-produced and we have worked throughout the year to respond accordingly to the work areas agreed on that day some of which are outlined below:

Kuumba will for the first time use our bespoke software to analyse client satisfaction.

Understanding the needs of ex-offenders has developed through a National Lottery

Community fund grant to deliver services to ex-offenders.

Ujima our, user forum, continues to adopt a peer support approach to reduce isolation.

Marketing of SACMHFs activities and services on our new website.

Buildings and/or investments will be central to a feasibility study. This will be undertaken to better explore what we can do to support a mixed income economy to help sustain the organisation.

A team of community fundraising volunteers has been set up to support fundraising activity to create a fundraising focused environment within the organisation.

Service Level Outputs

The Peoples Health Trust funded a grant to support Carers which ended during the year. The Carers group have gone from strength to strength becoming examples of how peer to peer support can serve to strengthen one's resilience and foster greater levels of interdependence between peers. The carers embraced some training to encourage peer support and to support the future leadership of the group.

Student Placements were received from Wolverhampton University during the year who were able to add to the workforce whilst completing placement requirements as part of their undergraduate studies.

Funded by the West Midlands Police & Crime Commissioner Victims fund the Safe Spaces service came to an end during the year. This successful service was delivered in Partnership with Sandwell Women's Aid and created safe spaces in a number of community venues around the borough for people who have endured domestic violence and abuse.

People who use our services; individual and group Achievements

This section will service to highlight a snapshot of personal achievements enjoyed by certain of the people who use our services:

- A young lady has marked a notable milestone in her personal wellness journey by preparing to move away to West London to commence student life after having enrolled on an undergraduate degree. Having been initially referred us because her mental health was such that she was afraid to leave her home.
- A focus group was held to inform a funding application where over eighteen people attended and who put forward potential ideas to support service development.

Sandwell African Caribbean Mental Health Foundation

Directors Report for the year to 31st March 2019

- A gentleman who is a wheelchair user has developed his art skills having attended a number of art classes at the Kuumba centre and is now showcasing his art pieces at various venues across Sandwell and Birmingham including the Jazz Café and the Brasshouse.
- A carer was invited to sit on a panel for the Race Equality Foundation and talk about her experiences and take questions from the audience at an event commissioned by the Care Quality Commission.
- A client has successfully completed her first year at Bedford University reading business management.
- During the year 39 clients secured Voluntary work, 77 secured Paid employment and 60 clients ventured into mainstream education.

The Future

Race Disparities in mental health was the focus of an event hosted by the Race Equality Foundation which was a piece of work commissioned by the Care Quality Commission. The event pertained to racial disparities in people from a BME background raising concerns about their care and support when accessing health services. This event was attended by a carer who was asked to sit on a panel at the event and talk about her experiences as a carer and about the experiences of her cared for family member.

It is vitally important that the differences in experience and outcome for Black people compared to the wider community when involved in the mental health system is kept on the agenda and within our consciousness. National guidance appears to recognise these disparities but then fail to effectively consult affected communities, commission and adequately fund culturally responsive services who not only work with people from an ethnic background but serve the whole community.

Given the challenges present within the external environment sustainability becoming a reality is our main goal and having had the support of a grant from Comic Relief's 'Core Strengths' funding stream we have had the good fortune to be able to use that money to support capacity building activity which has proved to be a critical success factor in our development.

Strategically we have taken seriously the need to evoke a mixed income economy to reduce dependence on statutory funds and to increase independent sources of income, fundraising and contracts. A strategic review of our financial strategy has shown a step change in where funding is being secured. These changes are moving in the right direction and we endeavour to maintain efforts in this area.

Sandwell African Caribbean Mental Health Foundation

Directors Report for the year to 31st March 2019

With a strengthened Infrastructure, committed team and involved beneficiaries there is every confidence that SACMHF will endure and will see our vision come to fruition and will be supporting the community affected by mental ill health and their families well into the future.

Review of business

The gross income for the year was £227,076 cp. (£208,306 in 2018)

The expenditure increased to £225,973 cp. (£173,641 in 2018)

This gave a Surplus of £1,103 cp (surplus of £34,745 in 2018).

Unrestricted reserves are now £30,607

Reserves Policy

The directors consider that an appropriate level of reserves is £50,000 which is equivalent to approximately three months charitable activity to cover shortfalls in funding flows. This is our current goal and it is considered achievable when statutory and on going annual service agreements are in place.

Risk Management Policy

Risk management covers a number of work strands. Operationally risk is managed via robust safeguarding policies and recruitment and a selection policy which stipulates that all employees must be subject to satisfactory disclosure and Barring checks prior to employment. In addition to this at a strategic level risk is managed during Director's meetings and is predicated upon external funding agency factors. Significant fluctuations in funding will trigger an EGM where Directors and the Chief Officer to draft and execute risk identification, risk register and actions to mitigate against potential risks to the organisation. Any risks recorded are rated and marked for levels of severity and impact. The register is reviewed regularly.

Sandwell African Caribbean Mental Health Foundation

Directors Report for the year to 31st March 2019

The directors are required under Company Law to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the company and of its results for that period. In preparing those financial statements the trustees are required to:

- (a) select suitable accounting policies and apply them consistently
- (b) make judgments and estimates that are reasonable and prudent
- (c) prepare the financial statements on a going concern basis unless it is inappropriate to assume that the company will continue in business

The directors are responsible for the keeping of proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity. They are also responsible for the safeguarding of the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approval

This report was approved by the directors on 12/9/2019 and signed on their behalf.

Shane Ward
.....

MR SHANE WARD DIRECTOR AND TRUSTEE

Sandwell African Caribbean Mental Health Foundation

Independent examiner's report to the trustees of the charitable company

I report on the accounts for the year ended 31 March 2019 set out on the following pages

Responsibilities and basis of report

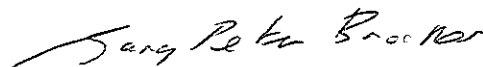
As the charity trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your company's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent Examiner's Statement

I have completed my examination . I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect :

- (1) accounting records were not kept in respect of the company as required by section 386 of the 2006 Act or
- (2) the accounts do not accord with those records
- (3) the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view ' which is not a matter considered as part of an independent examination ;or
- (4) the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102).



Name

Gary Peter Brookes

Relevant Professional Qualifications

FCA FCIE BSc

Address

130 Wombourne Park
Wolverhampton
South Staffs WV5 0LY

Date : 12 September 2019

Sandwell African Caribbean Mental Health Foundation
STATEMENT OF FINANCIAL ACTIVITIES
Year ended 31 March 2019

					**
	<u>Notes</u>	Restricted Funds	Unrestricted Funds	Total Funds	Total Funds
		2019	2019	2019	2018
		£	£	£	£
Income From					
Charitable activities	2	225,973	1,103	227,076	208,160
Donations	2	-	-	-	226
Total Income		<u>225,973</u>	<u>1,103</u>	<u>227,076</u>	<u>208,386</u>
Expenditure					
Charitable Activities	3	216,783	-	216,783	173,641
Fundraising Costs		9,190	-	9,190	-
Total Expenditure		<u>225,973</u>	<u>-</u>	<u>225,973</u>	<u>173,641</u>
Net Income		-	1,103	1,103	34,745
Reconciliation of funds					
Total funds brought forward		-	29,504	29,504	(5,241)
Total funds carried forward		<u>-</u>	<u>30,607</u>	<u>30,607</u>	<u>29,504</u>

There were no recognised gains or losses for 2019 or 2018 other than those included in the Financial Activities
All activities in both years are continuing activities

** See note 13 for full comparatives

Sandwell African Caribbean Mental Health Foundation

BALANCE SHEET

As at 31 March 2019

Company Number 4004120

	Notes	2019 £	2018 £
Fixed Assets			
Tangible Assets for use by the charity	8	3,025	3,781
Current Assets			
Debtors	9	550	4,708
Cash at bank and in hand	10	125,626	68,972
		<u>126,176</u>	<u>73,680</u>
Creditors : Amounts falling due in less than one year	11	(98,594)	(47,957)
Net Current Assets		27,582	25,723
Total Assets less Current Liabilities		<u>30,607</u>	<u>29,504</u>
Capital			
Restricted Funds	12	-	-
Unrestricted Funds			
General		30,607	29,504
Total		<u>30,607</u>	<u>29,504</u>

The directors have taken advantage of the Companies Act 2006 in not having these accounts audited under Section 477 (1). No members have required the company to obtain an audit of its accounts for the year in question in accordance with section 476.

The Directors acknowledge their responsibilities for ensuring that the company keeps accounting records which comply with s386 and s387 of the Companies Act 2006 and for preparing accounts which give a true and fair view of the state of affairs of the company as at 31 March 2019 and of its profit for the year then ended in accordance with the requirements of s396 and which comply with the requirements of the Act relating to the accounts so far as applicable to the company.

The accounts have been prepared in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies regime.

Signed and approved on the behalf of the Board on 12.9.2019

Shane Ward

Trustee Name SHANE WARD

The notes on the following pages form part of these financial statements

Sandwell African Caribbean Mental Health Foundation

NOTES TO THE ACCOUNTS

Year ended 31 March 2019

1. Accounting Policies

Basis of preparation

The charity constitutes a public benefit entity as defined by FRS102. The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice (SORP) applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) published on 16 July 2014, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS102) the Charities Act 2011 the Companies Act 2006 and UK Generally Accepted Practice as it applies from 1 January 2015.

The financial statements have been prepared on a going concern basis under the historical cost convention modified to include certain items at fair value. The financial statements are prepared in sterling which is the functional currency of the charity

Funds

Unrestricted 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.

Designated funds

Designated funds comprise of unrestricted funds that have been set aside by the trustees for particular purposes. The aim and use of each designated fund is set out in the notes to the financial statements

Restricted funds

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

Donations or grants received for a specific object or invited by the charity for a specific object. The funds may only be expended on the specific object for which they were given. Any balance remaining unspent at the end of each year must be carried forward as a balance on that fund. The charity does not usually invest separately for each fund.

Income Recognition

Donations are recognised when received. Grants are accounted for when the charity is legally entitled to the amounts due. All other income is recognised when it is receivable. All incoming resources are accounted for gross.

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:

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

Sandwell African Caribbean Mental Health Foundation

NOTES TO THE ACCOUNTS

Year ended 31 March 2019

1. Accounting Policies (contd)

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 , administrative payroll costs. they are incurred directly in support of expenditure on the objects of the charity and include project management carried out . Where support costs cannot be directly attributed to particular headings they have been allocated to cost of raising funds and expenditure on charitable activities on a basis consistent with use of the resources. Premises overheads and central functions have been allocated on an activity costs basis consistent with the use of resources.

Governance costs

Include costs of the preparation and examination of statutory accounts, the costs of trustee meetings and cost of any legal advice to trustees on governance or constitutional matters.

Debtors and creditors

Debtors and Creditors with no stated interest rate and receivable or payable within one year are recorded at transaction price. Any losses arising from impairment are recognised in expenditure

Assets

Tangible fixed assets for use by charity

Tangible fixed assets are stated at cost (or deemed cost) or valuation less accumulated depreciation and accumulated impairment losses. Costs includes costs directly attributable to making the assets capable or operating as intended. These are capitalised if they can be used for more than one year, and cost at least £1000. They are valued at cost.

Depreciation is provided at rates calculated to write off the cost less estimated residual value, over their expected useful lives.

Office equipment @ 20% on a reducing balance basis

Going Concern

The directors consider that the charity remains viable for the year ahead subject to combination of continued statutory financial support, grant funding and independent unrestricted income.

Sandwell African Caribbean Mental Health Foundation
NOTES TO THE ACCOUNTS Contd.
Year ended 31 March 2019

2. Analysis of Income

Income from charitable activities

		2019		2018
	Restricted	Unrestricted	Total	Total
	Funds	Funds		
	£	£	£	£
Sandwell & West Birmingham				
CCG Contracts	83,629	-	83,629	83,635
Sandwell MBC	101,230	-	101,230	83,163
Peoples Health Trust	967	-	967	9,844
Comic Relief	12,772	-	12,772	14,514
Victims Fund	7,486	-	7,486	7,486
Awards for All	1,406	-	1,406	7,028
Big Lottery- Building Futures **	18,483	-	18,483	-
Other Income	-	738	738	2,072
Client Income	-	365	365	418
	<u>225,973</u>	<u>1,103</u>	<u>227,076</u>	<u>208,160</u>
Donations				
Small donations	-	-	-	226
	<u>-</u>	<u>-</u>	<u>-</u>	<u>226</u>

****Big Lottery-Building Futures**

Amounts Received	38,140
Deferred to future period	19,657
	<u>18,483</u>

Sandwell African Caribbean Mental Health Foundation
NOTES TO THE ACCOUNTS Contd.
Year ended 31 March 2019

3 Analysis of Expenditure

Charitable activities

	Direct Costs £	Staff Costs £	2019 Support Costs £	Total £	2018 Total £
Services	27,346	133,183	56,254	216,783	173,641
	<u>27,346</u>	<u>133,183</u>	<u>56,254</u>	<u>216,783</u>	<u>173,641</u>

4. Support Costs

	2019 £	2018 £
Development Consultancy	4,258	9,069
Repairs and Renewals	10,255	8,277
Quality Consultancy	2,927	7,764
Computers & Maintenance	14,171	4,361
Telephone & Communications	3,972	4,155
Governance	2,313	2,169
Printing and Publicity	1,892	1,608
Legal and Professional costs	1,677	1,352
Insurance	1,010	1,313
HR Support	8,097	1,308
Stationery and Office Expenses	4,394	1,304
Depreciation of Office Equipment	756	697
Bank Charges	532	515
Total Support Costs	<u>56,254</u>	<u>43,892</u>

2018 Comparatives

	<i>Direct Costs</i>	<i>Staff Costs</i>	<i>Support Costs</i>	<i>Total</i>
<i>Services</i>	<u>28,169</u>	<u>101,580</u>	<u>43,892</u>	<u>173,641</u>

Sandwell African Caribbean Mental Health Foundation

NOTES TO THE ACCOUNTS Contd.

Year ended 31 March 2019

	2019	2018
	£	£
5. Governance Costs		
Company House Filing fees	13	13
Independent Examination and statutory accounts preparation	2,000	1,200
Underprovision 2018	300	-
Legal costs re Lease	-	956
	<u>2,313</u>	<u>2,169</u>

	2019	2018
	£	£
6. Net movement in funds for the year		
The net movement in funds for the year is stated after charging:		
Depreciation of tangible assets	756	697
Independent Examination and statutory accounts preparation	2,300	1,200

7. Employees

	2019	2018
	£	£
Wages & Salaries	121,121	95,557
Social Security Costs	9,785	7,139
Pension Contribution	5,277	1,884
Employment Allowance	(3,000)	(3,000)
Redundancy Costs	-	-
	<u>133,183</u>	<u>101,580</u>

The average weekly number of staff employed by the charity during the year was as follows:

Administrative :	1	1
Project Based	5	4

There were no employees whose annual emoluments were £60,000 or more

Trustees remuneration and expenses

No remuneration or expenses were paid to the trustees in the year

Sandwell African Caribbean Mental Health Foundation

NOTES TO THE ACCOUNTS Contd.

Year ended 31 March 2019

8. Tangible fixed assets for use by the Charity

	2019	
	Office Equip	Total
	£	£
Cost as at 1 April 2018	37,281	37,281
Additions	-	-
Cost as at 31 March 2019	<u>37,281</u>	<u>37,281</u>
Depreciation as at 1 April 2018	33,500	33,500
Charge for the year	756	756
Depreciation as at 31 March 2018	<u>34,256</u>	<u>34,256</u>
Net book Value as at 31 March 2019	<u>3,025</u>	<u>3,025</u>
Net book Value as at 31 March 2018	<u>3,781</u>	<u>3,781</u>
	2019	2018
	£	£

9. Debtors

Prepayments & Sundry Debtors	550	2,153
Grant Due	-	2,555
	<u>550</u>	<u>4,708</u>

10. Bank and Cash

Petty Cash	144	111
Bank Accounts	<u>125,482</u>	<u>68,861</u>
	<u>125,626</u>	<u>68,972</u>

11. Creditors : Amounts falling due in less than one year

Trade Creditors	10,403	5,448
Grants paid in advance	82,546	38,892
Taxes and social security costs	2,779	2,118
Pension account	706	299
Accruals	<u>2,160</u>	<u>1,200</u>
	<u>98,594</u>	<u>47,957</u>

Sandwell African Caribbean Mental Health Foundation

NOTES TO THE ACCOUNTS Contd.

Year ended 31 March 2019

12. Fund Movements

	Fund Balances 1 April 2018	Incoming Resources	Outgoing Resources	Fund Balances 31 March 2019
	£	£	£	£
Restricted Funds				
Sandwell & West Birmingham CCG Contracts	-	83,629	83,629	-
Sandwell MBC	-	101,230	101,230	-
Comic Relief	-	12,772	12,772	-
Peoples Health Trust	-	967	967	-
Victims Fund	-	7,486	7,486	-
Big Lottery- Building Futures **	-	18,483	18,483	-
Awards for All	-	1,406	1,406	-
	-	225,973	225,973	-
Unrestricted Funds				
General fund	29,504	1,103	-	30,607
Total Funds	29,504	227,076	225,973	30,607

Restricted Funds Description

Peoples Health Trust

Following the decommissioning of the Local Authority funded Short breaks for Carers Service, funds were secured to continue the support provided for Carers of people recovering from mental ill health. The funds enable Carers to be supported via support groups which incorporates Carer led support during year 2.

Comic Relief

The Core Strength funding programme has offered funds to provide the opportunity to pay for management costs and fees to access support from an independent company to work with the SACMHF to develop strategies to build capacity to strengthen the organisation.

Victims Fund

'Safe Spaces' is a project that will increase access to services for victims of abuse and violence. The project will have a particular focus on those with extra vulnerabilities including; mental ill health, carers and elders. We will provide community access points to provide pathways to support. The project will provide safe spaces within community venues that are confidential. These spaces will enable victims to disclose their issues to enable identification of appropriate specialist support.

Awards for All

This project makes use of 'Experts by Experience' to provide the support for their peers. The common understanding from having personal experience will serve to underpin the delivery of this service. The outreach model will be used and out of hours work incorporated.

National Lottery Community Fund (NOT Big Lottery)

A holistic, needs led and culturally responsive approach is being adopted to support ex-offenders after release from prison. Building futures will support ex-offenders to access this resettlement service designed for the BME community. The project will have a particular focus on those with mental ill health, those who are at risk of developing a mental illness and those involved in the judicial system. The resettlement support will feature recovery planning and training workshops to support the re-building of people's lives. The training workshops will include pro-social behaviour, life skills, job club and mental health awareness etc. Support for family members will also form part of the project.

Sandwell African Caribbean Mental Health Foundation
STATEMENT OF FINANCIAL ACTIVITIES
Year ended 31 March 2019

Sandwell MBC & Sandwell & West Birmingham CCG

The respective grants from these statutory organisations support the core costs to deliver a number of services which are:

Outreach support

One to one home visits or meetings held within a community setting to work on objectives set within a recovery planning framework. Social, practical and emotional support needs are assessed in this service. Family members can access this service too.

Ujima user led forum

A user-led service which is underpinned by volunteering, mentoring and peer support. Ujima enables PWUS to participate in co-production meetings where needs for new services/projects are discussed, existing services are reviewed and new services are planned. Ujima members plan a range of out of hour's social activity and these activities are documented within a social calendar every month. Ujima encourages members to participate and increase their involvement in consultations and focus groups.

Carers Support Service

A service designed to encourage Carers to seek support to manage their own wellbeing, increase their level of awareness of community services as a source of support and to create an environment where they can widen their social networks to create a degree of inter-dependence between carers. This is achieved by weekly support groups facilitated by staff, carers and guest speakers and one to one sessions with staff to plan how to achieve their support needs.

13. Previous Year SOFA Comparatives

	<u>Notes</u>	Restricted Funds	Unrestricted Funds	Total Funds
		2018	2018	2018
		£	£	£
Income From				
Charitable activities	2	38,872	169,288	208,160
Donations	2	-	226	226
Total Income		<u>38,872</u>	<u>169,514</u>	<u>208,386</u>
Expenditure				
Charitable Activities	3	38,872	134,769	173,641
Total Expenditure		<u>38,872</u>	<u>134,769</u>	<u>173,641</u>
Net Income		-	34,745	34,745
Reconciliation of funds				
Total funds brought forward		-	(5,241)	(5,241)
Total funds carried forward		<u>-</u>	<u>29,504</u>	<u>29,504</u>

Sandwell African Caribbean Mental Health Foundation

Income and Expenditure Account

Year ended 31 March 2019

(This is not part of the statutory accounts)

	2019		2018	
	£	£	£	£
INCOME				
Sandwell & West Birmingham CCG				
Contracts	77,775		83,635	
Sandwell MBC	101,230		83,163	
Birmingham and Solihull CCG	5,854			
Big Lottery	18,483			
Peoples Health Trust	967		9,844	
Comic Relief	12,772		14,514	
Donations	-		226	
Victims Fund	7,486		7,486	
Awards for All	1,406		7,028	
Other Income	738		2,072	
Client Income	365		417	
Bank Interest Received	-	227,076	-	208,385
EXPENDITURE				
Staff Costs	133,183		101,580	
Rent	9,960		9,960	
Development Consultancy	4,258		9,069	
Repairs and Renewals	10,255		8,277	
Quality Consultancy	2,927		7,764	
Fundraising	9,190			
Volunteer and Sessional Work	791		5,429	
Computers & Maintenance	14,171		4,361	
Heat, Light and Water	3,679		4,208	
Telephone & Communications	3,972		4,155	
Training	2,818		2,335	
Travel Expenses	2,454		2,314	
Client Activities	6,553		2,096	
Printing and Publicity	1,892		1,608	
Payroll Administration	1,632		1,352	
Cleaning and Hygiene	1,005		1,335	
Insurance	1,009		1,313	
HR Support	8,097		1,308	
Stationery & Office Expenses	4,394		1,304	
Independent Examination & Accountancy	2,300		1,200	
Subscription	86		750	
Legal Costs	45		697	
Depreciation of Office Equipment	756		697	
Bank Charges	533		515	
Companies House Filing Fee	13	225,973	13	173,640
Surplus		1,103		34,745