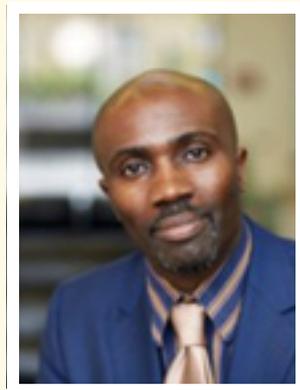






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FOREWORD



Another year has flown by at African and Caribbean Mental Health Services (ACMHS) and despite the myriad challenges that face the organisation we survive and thrive. Why do I use the word thrive when it appears, like many voluntary organisations and charities we are never far away from the brink, one funding cut away from not being viable? I tell you why we thrive: We thrive because of the dedication, drive, inspiration and sacrifices of the staff team. The goodwill in difficult and highly pressurised circumstances of a staff team who could in most circumstances have greater remuneration and job security in the statutory sector.

Just one example: In the provision of the IAPT service ACMHS was advised by the Commissioners that according to the National NHS Data, we have supported 60% of our clients towards reliable recovery. The Trustees and members pay tribute to your dedication and love for the community.

I would like the opportunity to pay tribute to our Director Jeanette Stanley. The last year has brought profound health challenges for Jeanette yet she has come back from the brink stronger than ever. You never know what you have until it's gone. I hope we, as trustees, staff and members, can say to Jeanette that we understand and appreciate the leadership and steady hand and love for the community that she brings to the organisation.

In the next year we need to go back to the future. Are we a mature organisation providing mental health services to the African-Caribbean community? Yes, we are. But it is not the whole story. Are we a campaigning organisation? Yes, we are. Are we an organisation that arose from the community due to the concern over the over-representation of African-Caribbean men and women in the psychiatric system? Yes, we are. So, part of our aims and objectives is to regrow and strengthen those parts of the organisation that are community facing and allow us to provide the members, whether in or out of hospital, with the advocacy and support they need.

Finally, I issue a challenge to the community to join ACMHS in the fight to thrive better. If you are inspired by our vision, aims and objects we require more Trustees, to bring their skills and knowledge. Especially all you vibrant, determined and passionate young people with energy and drive, we would love to see you.

A handwritten signature in blue ink, appearing to read 'Chris Binns'.

Chris Binns, Chair, Chair

March 2018

BACKGROUND

African and Caribbean Mental Health Services (ACMHS) was established in October 1989 as a direct result of concerns expressed in the community about the frequency with which second generation African and Caribbean youths were admitted to psychiatric hospitals and the Regional Forensic Unit. Concerns focused on the way such admissions took place, what happened when people were admitted (in terms of diagnosis and treatment) and what happened when they left ie: aftercare and housing.

MISSION STATEMENT

“To take a lead in promoting valued experiences and opportunities for African and Caribbean people in mental distress so that they can participate in and contribute to community life”.

OBJECTIVES

ACMHS is a community based organisation providing free and confidential culturally appropriate services to African and African Caribbean people suffering from mental ill health.

The primary objectives of ACMHS are to promote the preservation of mental health and to assist in rehabilitating members of the African and African Caribbean communities living in Greater Manchester, who are experiencing some form of mental disorder or conditions of emotional or mental distress requiring advice or treatment.

The organisation provides:

- Services across economic and socially disadvantaged areas of Manchester and surrounding areas.
- Support for carers and families of service users
- A holistic approach to mental ill health
- Promotes good mental health and well-being in the community
- Assist local voluntary and statutory agencies to develop culturally appropriate and sensitive services

ACMHS is a registered charity - registration number is 1067108.

Members of the Board of Trustees who served during the year are:

Christopher Binns - Chair
Dr Addy Lazz-Onyenobi JP - Vice Chair
Chief George Osundiya JP - Secretary
Trevor Benjamin - Treasurer

Gina Evans
 Joseph Magaby (Volunteer rep)
 Izetta Enisouh (Carers rep)

Jacqueline Thorn (User rep)
 Patrick Harris (User rep)
 Victoria Ashadu

Daniel Smith - Music Project Co-ordinator (resigned October 2017)
 Sefton Simpson - Music Project Co-ordinator (commenced November 2017)
 Barrington Johnson - Music Project Tutor
 Sirlena Thompson - Hospital Visiting/Advocacy Worker (commenced June 2017 and resigned August 2017)
 Sharon White - Hospital Visiting/Advocacy Worker (commenced August 2017)

STAFF MEMBERS



Jeanette Stanley JP
Director



Helena Walker, Finance
and Admin Officer

Jeanette Stanley JP - Director
 Dawn Bryan - Administrator
 Helena Walker - Finance and Admin Officer
 Pauline Witter (previously Clear) - Mental Health Team Manager
 Paul Roberts - High Intensity Therapist (HIT) (resigned April 2017)
 Hyacinth Ricketts - Mental Health Practitioner (sabbatical from June 2017 for 1 year)
 Jade Ola - Temporary Psychological Wellbeing Practitioner (commenced 4th Sept 2017)
 Stella Kruger - Psychological Wellbeing Practitioner (commenced 5th Sept 2017)
 Sonya Ejoh - Mental Health Practitioner (until August 2017) Commenced as HIT trainee (4th September 2017)
 Alicia Mike - CBT Counsellor
 Sheba Martin - Mental Health Practitioner (commenced May 2017)
 Yvonne Hypolite Prince - Carers Facilitator
 Dominic Pinnock - Project and Funding Co-ordinator (resigned August 2017)

NEW STAFF:

- Sheba Martin commenced as Mental Health Practitioner on 22nd May 2017 to work with African and African Caribbean individuals experiencing severe and enduring mental health problems.
- Sirlena Thompson commenced as Hospital Visiting and Advocacy Worker on 7th June 2017 to August 2017.
- Sharon White took up the post of Hospital Visiting and Advocacy Worker on 31st August 2017.
- Sonya Ejoh commenced as HIT trainee on 4th September 2017
- Sefton Simpson commenced as Music Project Co-ordinator on 13th November 2017.
- Jade Ola commenced as Temporary PWP on 4th September 2017 (covering for Hyacinth)
- Stella Kruger commenced as PWP trainee on 5th September 2017

Thank you to our dedicated team of volunteers

Hannah Bruce
 Benjamin Bryson
 Patrick Cooper
 Lawrence Etim
 Oscar Godfrey
 Rui Jun Lim
 Timothea Luckcock
 Joseph Magaby
 Maria Murphy
 Sade Nketia
 Muriel Palmer
 Charmaine Parchment
 Christopher Roche
 Tryphena Rowe

Geofrey Small
 Joan Soberssingh
 David Spence Madden (Counselling Supervisor)
 Anthony Stephens
 Maxine Whyte
 Grace Wu
 Alvis Younge (Volunteer Co-ordinator)



Person centred counsellors

Cherisse Amusa
Gail Browne
Sonia Franklin
Chizzy Ijeh

Karen Morris
Viola Robinson
Denise Rodrigues
Camilia Scott

Viola Robinson

Volunteer Person Centred counselling student



ACMHS is an asset to the Black, Asian and Minority Ethnic (BAME) community that I believe is highly needed. It helps growth in the community by helping students to gain and develop in skills/knowledge while also helping to promote mental and emotional wellbeing in the community. I have learnt so much during my time of volunteering and I'm more humbled by my experience. Thanks for the opportunity ACMHS.

I hope our community will continue to make use of the various services you offer.

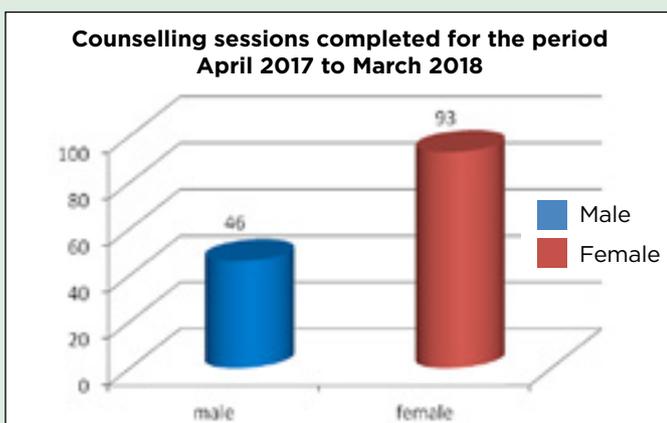
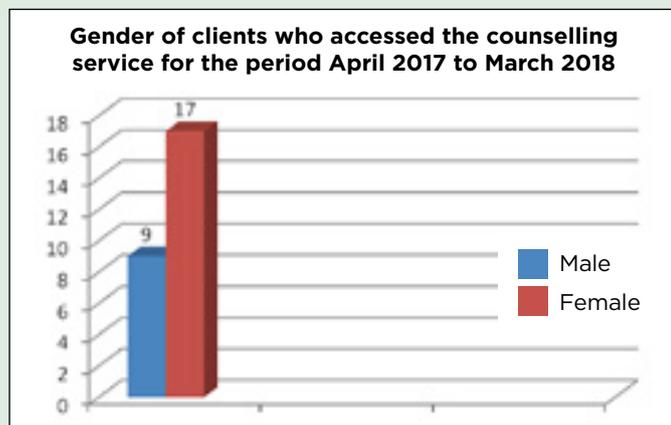
It has been a blessing for me having ACMHS in the community, where I was privileged to do my placement, in an organisation which contributes to a great cause.

Thanks to the team for their warm welcome, help and support.

Lastly thanks to Dawn for your continuous support and help, your level of efficiency is admirable. Thank you.

Camillia Scott

Volunteer Person Centred counselling student



Comments about counselling service from clients

“I feel the stigma attached to mental health is very negative and there needs to be more work and promotion around the service as a preventative medicine so that the uptake of the service would increase and so would people's health and wellbeing. Plus, people's mental health would not be left to escalate to a critical stage, which requires more prolonged treatment.”

JEB, May 2017

“It would be helpful if the time from ‘first contact’ to actually seeing a counsellor could be shortened. The process did seem overly bureaucratic and some of it could perhaps have been done via email rather than post”.

“I found the counselling by Alicia to be absolutely superb. She literally saved my sanity and I would have liked longer with her, but I understand that funding is limited”.

MH regarding CBT counselling service, Nov 2017

IAPT SERVICE

The IAPT (Improving Access to Psychological Therapies) team continue to support individuals with depression, anxiety, Post Traumatic Stress Disorder (PTSD), and varying types of phobias.

WHAT IS IAPT?

Improving Access to Psychological Therapies (IAPT) programme began in 2008.

IAPT provides evidence based treatment for people suffering from depression and anxiety disorders.

The team are now fully acquainted with the delivery of IAPT and strive to provide individual and appropriate services to individuals who access the service.

Group therapy sessions were provided to women with HIV. Links were made with Motiv8 and various Job Centres to provide therapy for individuals who are unemployed. This has led to the first drop-in sessions starting at Cheetham Hill Job Centre in March 2018. It is planned to extend the session to other Job Centres.

Also, weekly mindfulness group sessions were held at the Music Project and Carers Group consisting of relaxation, information and advice.

In addition, contact has been made with Job Centre Plus to sign up to be a Disability Confident and Disability Committed organisation with a view to support disabled individuals into volunteering positions within ACMHS.

Due to our flexible appointment system this year we offered clients **725** appointments for face to face and telephone therapy sessions, which enabled **3** individuals to take up paid employment, **12** to continue in employment, **1** into higher education, **2** continued with their education whilst receiving treatment and **6** individuals identified as LGBT.

All the hard work of staff has paid off. Commissioners informed us that according to the National NHS Data, we have supported over 60% of our clients towards reliable recovery.

I continue to offer CBT counselling once a week to clients that are struggling with mild maladaptive thinking which is impacting on their functioning in society. I am also seeing clients where there has been a challenge that has taken them off track, resulting in them losing a sense of who they are, which is impacting on their functioning in the community or the work environment.



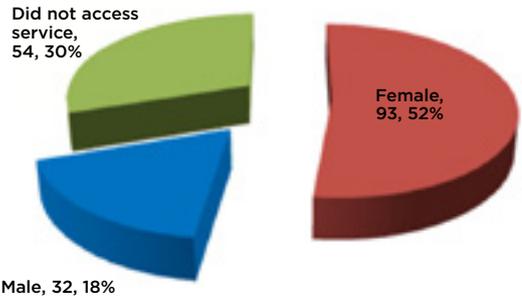
The year has been very busy and over the past year 30% of interventions have been by telephone contact and 70% face to face.

Good practice is something that ACMHS, counsellors and therapists pride themselves on eg: I feel that I have offered diligence by being able to connect with clients using CBT framework and application of skills.

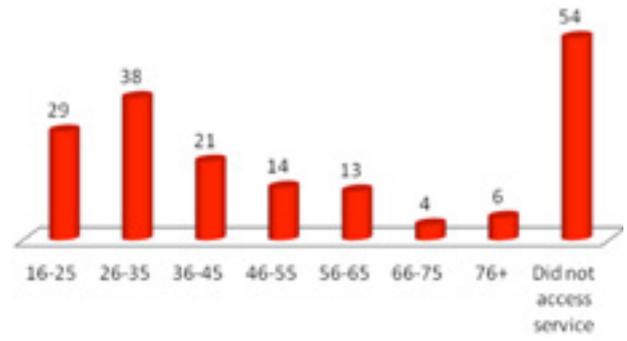
I have been working in the counselling discipline for over 20 years and have developed knowledge through continuing professional development and experiences that have enhanced my CBT practice.

Alicia Mike, CBT Counsellor

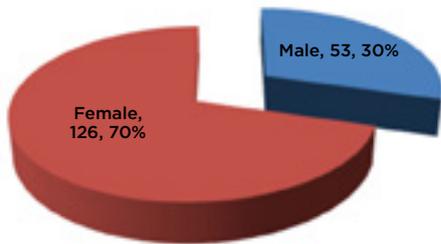
Gender of clients accessed to the IAPT service



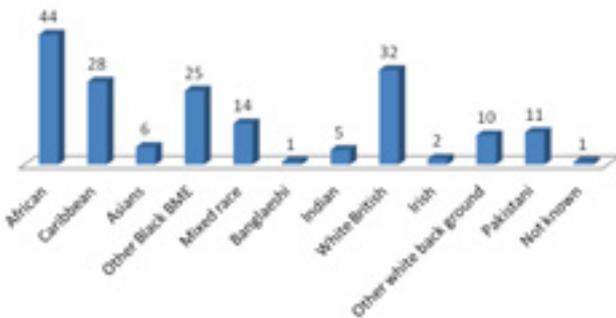
Age group of clients who accessed the IAPT service



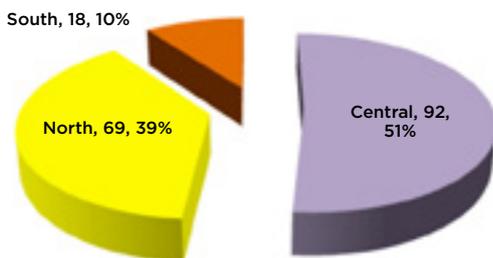
Gender of clients referred to the IAPT service for the period April 2017 to March 2018



Ethnicity of clients referred to the IAPT service



Geographical breakdown of clients referred to the IAPT service



NEED SUPPORT?
The African and Caribbean Mental Health Services (ACMHS) can help you.

WE CAN HELP...
With ever increasing pressures at work and home, there are times when we need some extra support to balance the demands of everyday life, that's why ACMHS offers working professionals a free and confidential support service.

ACMHS provides:

- Short term Cognitive Behavioural Therapy (CBT)
- Intervention strategies
- Problem solving
- Short term counselling
- Advocacy
- Signposting to other support services

Please contact us on: 0161 226 9642 for any further information or to make a referral.
Opening Hours 9 am - 5 pm Monday - Friday
Evening appointments can also be arranged

Venue: Winifred Wilkinson Centre
39 Alexandra Road, Moss Side, Manchester, M14 7JQ
Email: admin@acmh-services.co.uk
Web: www.acmh-services.co.uk
Facebook: [@acmhservices](https://www.facebook.com/acmhservices)

ALL SERVICES ARE FREE AND CONFIDENTIAL
We are committed to working with you to address your mental well-being.



Jacqueline Thorn and Patrick Harris,
Service User Reps on Board of Trustees



Anthony Stephens,
Life Skills facilitator

QUESTIONNAIRES

Clients leaving therapy complete a Patient Experience Questionnaire and 96% of them said that they were 'extremely likely' to encourage others to use our service.

Family and Friends questionnaire: We have acted on one of the comments made by a client, 'I would like to see more lunch time sessions where I can be seen during work time'. As a result, we intend to offer clients in employment, lunch time sessions at work, providing their employers agree to this. We have also approached a Job Centre manager with the idea of offering their employees lunch time therapeutic sessions. This idea was met positively, therefore we hope to follow this up and establish the service in the near future.

Testimonies

Hi Dawn

I have never met you but I have spoken to you on the phone. There was one occasion when I was in a frightening dark place, I can't remember what you said to me but I remember the relief and calm I felt after speaking to you.

Thank you and God Bless.

Paula, May 2017

Dear Hyacinth,

You were extremely supportive through my difficult time. You helped me right when I needed help most, best counsellor ever in my life.

Because of you I'm grateful and stronger than I have ever been in my life!!

Thank you.

Juliet, May 2017

I came in to this organisation rejected and depressed after being referred to the service by my GP.

Then the change came - after 1 month, I became strong and confident with your help. I can lift my head up now and be the person I am meant to be.

My experience with African and Caribbean Mental Health Services was so fantastic, I was totally down when I came here and I am getting better. Although I might still be in a depression mode, I have been equipped with loads of materials (books and words of mouth) which I think would help me to get over the problem of losing my job.

A Orere, May 2017

I found the service very helpful. Thank you Sonya, you helped bring me back to life - forever grateful".

Anonymous - July 2017

"Thank you for processing the referral application so promptly".

Kat Hawkes, Anti-Trafficking Caseworker,
City Hearts, July 2017



Black History Month event

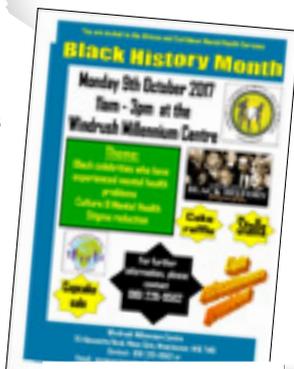
To celebrate Black History month, an event was held on Monday 9th October 2017 at the Windrush Millennium Centre.

The theme was 'Black celebrities who have experienced mental health issues, and covered stigma reduction, culture and mental health'.

The event was attended by 32 people.

Thank you to all the organisations who supported our event:

- Survivors Manchester
- University of Manchester
- BHA
- LGBT
- ACCG
- Just Psychology
- Candy Scent



Patrick Harris,
raffle winner



“My honest experience of working with Sonya has been an amazing one; she has helped me gain insight and understanding of my negative thoughts, and given me the tools I need to proactively replace these thoughts with positive ones.

My first session with Sonya was a very emotional one, she listened to me and made it very easy for me to be honest with her, but more importantly, she challenged me on some of my negative beliefs and really made me question why I am so hard on myself.

She asked me where was my compassion for myself, which stunned me at the time - but was the first step towards me learning that I have to start loving myself and how many wonderful things I have to live for. I will remember that conversation for the rest of my life as it had a very profound effect on me.

Sonya has a silly sense of humour and uses some funny analogies to help make a point, which is really important; because it makes her point really easy to remember and relate to, and they always stick in my mind when I was having a down day.

I know how to recognise negative/ intrusive thoughts, analyse them to see the difference between fact and fiction, and to replace those thoughts with more compassionate ones. We looked at my compulsion for negative thinking, self esteem and how low mood affects me physically and mentally which have really helped me on my road to recovery from depression. A lot of that has been down to my own hard work as well as Sonya's - but Sonya has really helped me to relearn how to be kinder to myself, how to love myself and how to treat myself the way I would treat my best friend. I am getting a little emotional writing this, as it couldn't be further from how I felt only 5 months ago.

I am a little apprehensive about our sessions coming to an end, but I have a solid foundation to build on top of now, and I know where she is if I need her in the future. I am really looking forward to 2018, with or without depression

Thank you for everything Sonya.”

MH, December 2017

SEVERE AND ENDURING MENTAL HEALTH SERVICES



Sheba Martin commenced as Mental Health Practitioner (MHP) on 22nd May 2017 to work with African and African Caribbean people with severe and enduring mental health issues.

This has allowed ACMHS to return to its former way of working with the African and African Caribbean community, offering a more tailored and holistic provision for individuals experiencing severe and enduring mental health issues.

This post has been funded by the Lloyds Bank Foundation, initially for two years, with the opportunity to extend for a further two years, dependant on its success. w

Many of the clients that ACMHS had worked with previously found that they were not able to access supportive services with an in-depth understanding of their cultural requirements. This had a detrimental effect on many individual's mental wellbeing. Without the ongoing support that ACMHS had been able to provide, some found themselves facing spiralling housing, financial and emotional difficulties culminating in being readmitted to hospital and mental health units. Being able to

reconnect with them has reportedly been a positive and welcome progression in their lives.

The MHP supports patients in three local hospitals, Trafford General, Wythenshawe and North Manchester General. This involves making regular visits and being a voice for patients who feel their voice is not being heard, attending ward rounds liaising with medical professionals and advocating on the patient's behalf and attending tribunals.

This includes liaising with services/organisations outside of their medical care such as housing, benefit agencies, community health services, immigration services and solicitors amongst others. Additionally, visits are made to patients who just require a friendly, listening ear as oftentimes patients can find themselves without the support of friends and family due to the negative impact of struggling with mental health issues in contemporary society. This support is extended to service users living in the community where calls are often received from family members concerned about their loved ones. This is often the first time they have come into contact with mental health services which they find overwhelming as there is a lot to process both practically and legally.



Some of the initial concerns posed are:

What is going to happen to their loved ones?

What are their rights?

What is the best way to give support?

The hospital visiting has proven to be very successful reflected in the demand for the service. Ideally, the service would benefit from an additional Practitioner to enable more patients to access the support that they deserve.

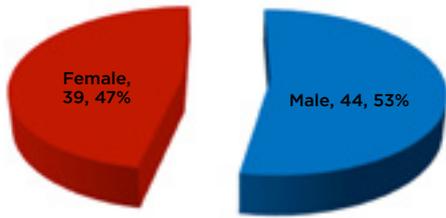
Referrals can be made via health professionals, other voluntary/statutory organisations, family, friends and individuals themselves can self-refer. This can be completed in person, by telephone or electronically. The next step, after being accepted, will be for the service user to complete an assessment which usually takes up to an hour. If during this process the MHP is unable to support the individual every effort is made to signpost to a suitable, alternative service.

The needs of service users accessing the service are complex, therefore a multi-agency approach is taken to support service users. Service users can be referred internally to inhouse services such as IAPT, person centred counselling, music therapy and/or various support groups facilitated by ACMHS ie: art, carers, life skills, women's and men's group. Service users can also be signposted to external agencies dependant on their need, such as Shelter, Rethink, Citizens Advice, Immigration Services, Education/Employment/Legal Support Services amongst others.

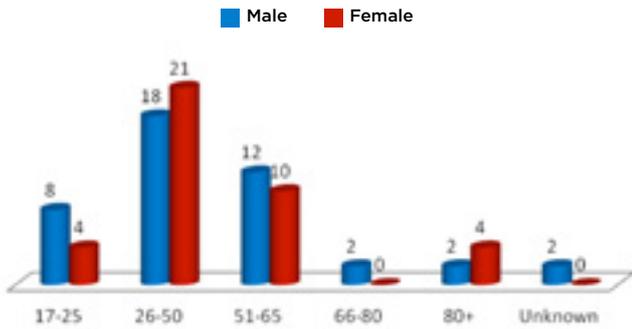
During the course of the year it has become apparent that many of the elders from our communities are increasingly finding themselves without adequate support. As a result, ACMHS will endeavour to focus on developing more supportive interventions to address their needs.

The volume of clients reaching our service has been much more than we had anticipated but the work is changing lives which we feel is paramount. ACMHS hope that funding will continue after the end of the initial two year period, which will enable us to maintain support for our service users.

Gender of clients accessing one-to-one support for the period May 2017 to March 2018



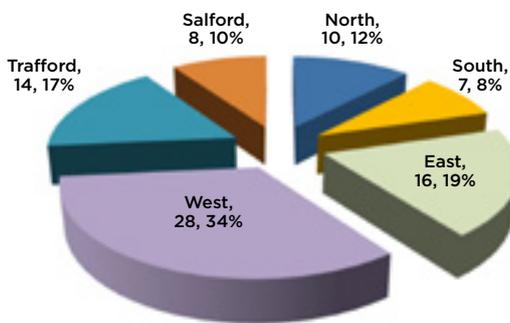
Age group of clients accessing one-to-one support



Diagnosis of clients accessing one-to-one support



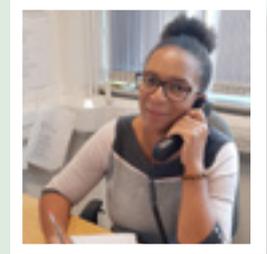
Geographical breakdown of clients accessing one-to-one support



HOSPITAL VISITING AND ADVOCACY PROJECT

The Hospital Visiting and Advocacy Project has been running for nearly a year and employed its first worker, Sirlena Thompson in June 2017 who unfortunately resigned due to personal reasons.

Her replacement, Sharon White was employed in August 2017.



Sharon White, Hospital Visiting/Advocacy Worker

The project activities are grouped into two themes, Advocacy and Befriending. Within these, we have provided numerous activities. Our challenge was providing this service one day a week with one worker.

At the beginning of the project, numbers were high due to the service being advertised internally and externally. The people we support have mental health issues, therefore helping them understand changes to their benefits or other issues was time intensive.

Advocacy

Clients we supported with mental health issues often needed practical help with day-to-day living in order to keep going and get through the challenges they were facing. Themes emerging from this service were:

- Employment and training - Filling out job applications, job search, liaising with job centres
- Legal issues - Help understanding correspondence and drafting responses to legal bodies regarding wills, divorce, legal status
- Accompanying and support - Listening and supporting clients to express their views and make decisions at appointments with GP, hospital, housing application/ disputes, solicitors, job centres etc

On average, the Worker supported **3** people on alternate days (Tuesday and Thursday). In total, **78** people were supported with varying support needs including hospital visiting and befriending.

Case study

Client A attended ACMHS daily and wanted a job in catering. However, due to his condition, this was not feasible. We suggested voluntary work. We contacted the Zion Centre whom we knew is supportive towards people with mental health. We helped him fill out an application form which resulted in him getting a post as Kitchen Assistant. A few weeks later, he returned to give us feedback. He looked completely different, his demeanour had changed, he looked incredibly smart and he was happy because he loved what he was doing.

One of our main successes was assisting clients with their Employment and Support Allowance (ESA)/ Personal Independent Payment (PIP) reviews. ESA/PIP reviews are incredibly stressful and can be life-changing for clients if they are refused.

As a result of the Advocacy Service support, all our clients maintained their ESA or PIP.

BBC News states (2017) "During the period 2010-13 Work Capacity Assessment can be linked to the rise in mental health problems and ... 590 extra suicides".

The Fit for Work assessment service was introduced in September 2015, and gave both employers and general practitioners the power to refer employees for a free occupational health assessment when they had been absent from work for four weeks or longer. However, in November 2017 the DWP announced that the Fit for Work service would come to an end after “low” referral rates, outlined in the *Improving Lives: The Future of Work, Health and Disability* white paper.

Professor Sir Cary Cooper, president of the CIPD and professor of organisational psychology and health at Manchester Business School, told People Management that Fit for Work was a “flawed scheme”, particularly when it came to helping those suffering with mental ill-health.

“Healthcare professionals don’t really know what someone with mental health issues can cope with work-wise, or what the individual would actually consider a stressful job, for example. GPs cannot be expected to know what different working environments are like,” he said.

Cooper added that organisations’ cultures and management styles needed to be taken into account for these types of assessments and, although Fit for Work “looked good on paper, it was flawed from day one”.

Hospital Visiting and Befriending Service

Our befriending service was mainly hospital visits for patients who may feel isolated, lonely and vulnerable due to long periods with few or no visits from family or friends. Many have been sectioned under the Mental Health Act and can be in the hospital for 28 days or in worst cases up to 12 months. To assist them to maintain social contact befrienders conversed with them, play cards, use memorabilia and read to them stimulating their minds whilst in hospital.

Our relationship with South Manchester, North Manchester and Trafford General Hospitals has improved since the first quarter. We now have allocated spaces which we use as a base between visits and where messages can be left for us. Ward staff leave suggestions for patients who would benefit from a visit.

Patients stated that they generally felt that they were more hopeful of a positive outcome with an Advocacy Worker supporting them. The difference in their countenance and temperament when they came to a meeting to when they left was obvious.

Case study

Client B in particular, who was very dismissive of ACMHS at first, loved writing poetry and singing. We used their passion for the arts to build a relationship and supported them at ward rounds. We encouraged them to turn their poetry into songs. I have no doubt our visits and support empowered them to speak their truth in a calming manner and as a result, she was discharged from the hospital. Since being discharged, they have attended the Music Project and have recorded some of their songs.

We have helped clients access GPs, opticians, counsellors, homeless support services, Age UK, Citizens Advice, Housing, Manchester City Council, Trafford Council, Zion Centre, Kath Locke and Shelter. Levels of contact with each organisation varied from correspondence and telephone calls to arranging and attending meetings. Working in partnership with other organisations is vital to our service.

Case study

Client C felt that the Eye Hospital had not listened to him and he had received poor treatment. In the first instance, we contacted his GP and supported him to share how he felt. The Eye Hospital had mentioned to the GP that he was quite aggressive and hard to treat. We attended the next eye appointment with him and made sure the information communicated was understood. Following this, the consultant wrote to the GP to say they have never seen the client so calm and co-operative.

Observational and Verbal Analysis

57% of the comments related to feeling better because of the support they received

24% were about increased confidence accessing services

8% of the comments were feeding back on how good the advocacy worker was

6% related to waiting too long to get support

3% said they felt less lonely

2% were various other comments

Below are a few comments service users have chosen to leave via email, card or through feedback from another organisation.

“I don't know how to thank you I'm enjoying the volunteering and it's made me want to look for paid work”

“Those forms were confusing, what would I have done without you?”

“I don't get so worked up now because I know I can count on you to help”

Testimonies

“Sharon has been supporting me with my DWP Benefits and interview paperwork. I have found her to be very approachable with a calming demeanour. This has helped me to feel settled around her and at ACMHS.

Sharon is very friendly and attentive towards me and she cares a great deal about what happens to me, not just with my benefits, but also with how I move forward with my life. This means a great deal to me. This also shows the commitment that Sharon shows to her clients including myself, and the work she puts in for the charity.

I have found Sharon's faith in me very reassuring and helpful in helping me build confidence in myself. Working with Sharon, she is knowledgeable, insightful, compassionate, dedicated and always willing to be supportive. Sharon has taken time, to make sure that I am okay and doing well, and I appreciate this thoughtfulness.

I would like to take this opportunity, to say thank you for giving me your time, help and kindness. I am very grateful.”

Numan, March 2018

Sharon has been helping me for the past few months with filling in and sending off my DWP review for my benefits. Also Sharon has helped me tremendously with getting myself on the housing list as I have no confidence to fill in forms without her help.

I have found Sharon to be both professional and very capable in what she does and always with a smile.

Mark, March 2018

Thank you, not just for helping with my forms, but for the experience gained by working with you.

Muriel, March 2018

DROP-IN SERVICES

Sports

During this financial year, the Sports Drop-in continued to operate in a progressive direction to promote and encourage service users to keep a positive attitude towards maintaining healthy, physical health highlighting the link with positive mental health.

There is a mountain of evidence to suggest that people with various conditions, from depression to more severe and enduring mental health conditions would benefit from more exercise. Yet, understandably those suffering with chronic illnesses are more likely to be inactive.

Becoming more active doesn't have to mean joining a gym. It can be doing more of the things we love, whether that's playing football, swimming or going for walks.

The government has claimed that up to a fifth of adults in the UK feel lonely all or most of the time and suggested that loneliness could be as bad for health as smoking or obesity.

Attending the group allows service users to engage in the activities in a warm, safe and welcoming environment. It also promotes social interaction between service users and those attending from the community enabling them to improve their mental health awareness. This group in particular, has allowed people to make new friends and create strong bonds. Attendees have said they look forward to coming each week even working shifts around the timetable. There are opportunities to discuss issues of importance and relevance amongst peers.



There have been **16** regular attendees with additional people attending on an ad hoc basis.

Unfortunately, the Leisure centre closed in October 2017 for 1 year of major refurbishment work.

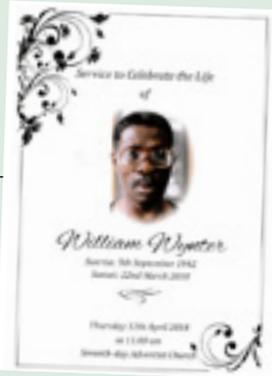


Art

A small group of members regularly attend the Tuesday art group.

It has been difficult to recruit a volunteer to facilitate the group. We therefore continue to seek a facilitator to further develop the groups' activities.

In March 2018, it is with sadness we report the passing of William Wynter, one of our regular attendees at the Art Drop-in. He will be greatly missed.



MUSIC

It's been a great year for Positive Vibrations. Following funding from the Big Lottery we have been able to further develop the music drop in. We have upgraded our music equipment and treated the music space both acoustically and aesthetically. We have also added recording facilities so individuals who would like to record that hit single to take them to No1 in the charts can do so.



*Sefton Simpson,
Music Project Co-ordinator*

The acoustic panels donated by GIK Acoustics and Quietstones are utilised to control noise, eliminate slap echo and control comb filtering in a room. Sound absorption is different than soundproofing, which is typically used to keep sound from escaping a room. The jamming and singing is sounding sweeter than ever!

The eclectic mix of cultures and mental health diagnosis is something that makes Positive Vibrations particularly unique and represents a deliberate effort to destigmatise the unfamiliar and bring people together who often would not ordinarily socialise. Once the music starts, it's clear to see differences fade away and the sessions simply become creative expressions of shared musical joy.

Our approach of putting the goal of wellbeing and simply "feeling good" before any perceived need for musical excellence, means that members feel less afraid of making mistakes and consequently thrive. We have also had great success with non-verbal members discovering their voice and singing to a packed room! This has given them a new lease of life where they are inspired and excited to write their own songs and are consequently socialising more as they share their ideas outside of the project.

We have had talks and presentations on Autism, Signing and even written and produced our first single called the "Positive Vibrations Anthem".

With support and expertise from Chris Hope, a music producer who has worked with the likes of Tom Jones and the Stereophonics, we have nearly finished our fundraising single. We had fun recording it and it's currently being mixed and mastered. Make sure you're ready to buy your copy.

Many of you may know that Daniel Smith the Music Project Co-ordinator unfortunately had to leave for health reasons in October 2017, which was a sad note in this year's song.



*L-R: Sefton Simpson,
Grace Wu,
Barrington Johnson,
Rui Jun Lim*



ACMHS, the project, the volunteers and service users would all like to say a big THANK YOU for everything he has done. Dan has put a lot of work, time, music and heart into Positive Vibrations over the years and he will continue to be part of the positive vibrations we enjoy each week.



A big thank you also to Barry Johnson the Music Tutor who ensured the project continued seamlessly during the absence of a co-ordinator.



"Who is writing this report then?" I hear you ask. It's me Sefton Simpson, the new Co-ordinator for the Positive Vibrations Music Project since November 2017. I've played instruments for most of my life and been in music production for over 22 years. I've always had a passion for music but since being in this role it seems to have intensified.

Seeing the transformation in people as they sing or play their way into improved wellbeing is beautiful. It's also been humbling, I thought I played the bass guitar well until I heard Barry. Oh my days! I mostly stick to playing the guitar or music production when he's in, but when he's gone, I'm back on the bass.

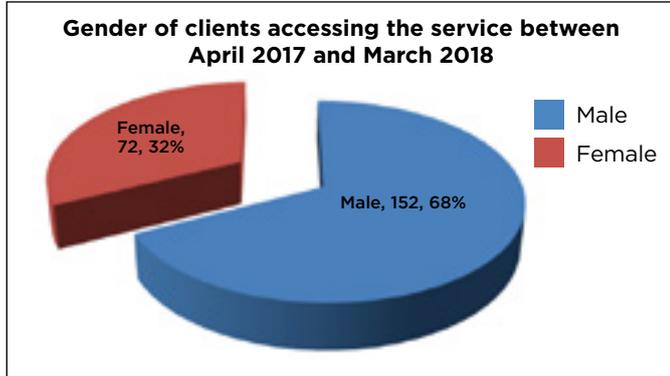
Positive Vibrations has got some really talented and dedicated volunteers who have brought their own ingredient to the wonderful wellbeing recipes we create each week. I'm excited for the year to come as we have so many plans!

224 people have attended the music drop-in this year - playing instruments, recording songs, singing and generally using music to improve their well-being. Of these 224, **65** people described themselves as disabled (learning/physical).

We have **32** songs and poems written by service users that reflect their feelings and describe their journey. We have **27** service users recorded on video and audio interviews describing what the project does for them and how it has helped them meet new people.

67 people have stated that the project has helped improve their confidence and 26 have mentioned a community event or trip they will be attending that they would not normally go to.

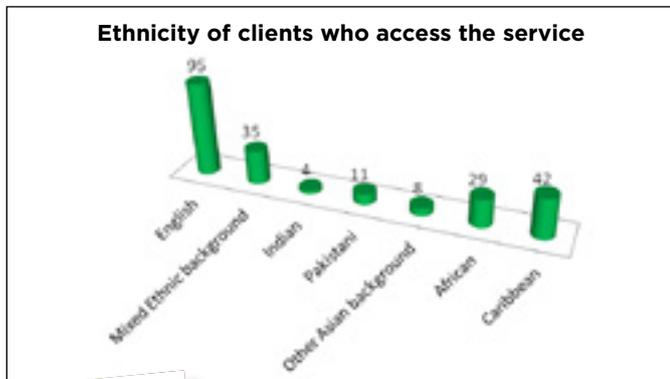
16 people have volunteered with the project. 7 Volunteers have moved into employment as a result of volunteering with us and 4 volunteers have progressed further in their education. 73 people attending the sessions have reported that they feel more confident and will be looking for training opportunities.



- Shopping trip to Broadstone Mill, Reddish - 26th September, was a great day of retail therapy and lunch.
- MacMillan Charity Fundraiser - 7th October. Some members attended this event in support of the charity.
- Visit by Dr Tasneem Perry Transformation and Motivation Guide, Writer and Storyteller - 17th October. This was about helping women reconnect with their "inner wise woman" and fall passionately in love with themselves.

Dr Perry was conducting research on behalf of the Pankhurst Centre. This particular piece of research was fitting as it related to migration from the Caribbean islands to Manchester.

The group shared their individual stories and enjoyed talking about their personal experiences.



"It was a real privilege to come and talk to such amazing women from the Women's Group and hear their stories about living, working and growing in Manchester for the Women's Words Mcr project. I really hope that some of the participants will write their stories down for the archive we are building on women's words for the Central Library. The stories definitely need to be protected and preserved for posterity. Their words eloquently captured a moment in history. It was very gracious of them to give me their time and be so open about their trials and victories, the ups and downs of moving to England when they were young women." *Dr Tasneem Perry Transformation and Motivation Guide, Writer and Storyteller*



"I like coming to positive vibrations since my niece introduced me. It helps me through my mental health issues. Thank you so much"
Cynthia Blackwood-Douglas

"I like coming to Positive Vibrations because I like to jam with the band and see my Michael Jackson (MJ) fans. They love when I perform."
Daryle Braithwaite

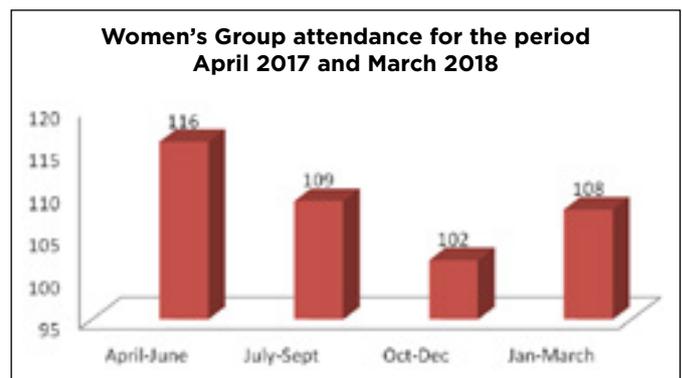


Thank you all for your amazing contributions to the Women's Words Project.
Holly Taylor, February 2018

Women's Group

During the year, the Women's Group engaged in the following activities:

- Oral History exhibition at Central Library - 6th April and learnt about the history of Moss Side in the early days.
- MacMillan Cancer fundraising event - 22nd April. The group had a great evening of singing and dancing at a well attended event.
- Annual lunch at Rycroft Hall - 27th June was a great day of fun and games, which was enjoyed by all. After a lovely lunch they danced the night away. One of the ladies won a beautiful hamper.



- Christmas meal at Alberts - 28th November. It was an enjoyable end to our last meal as a group for the year.
- Bridgewater Hall - 13th December. Some members of the group were excited about attending the Bridgewater Hall Christmas Choir concert in Manchester.
- In February the group had a visitor from the International Society and met with some International students.
- In March the group met with International students at the International Society office on Oxford Road.

Life Skills

For most of the year service users have been planning alongside staff a programme for the drop-in and the possibility of a change in its delivery and a relaunch is planned for April 2018.

Members had a presentation on the benefits of Kangen water and Stroke awareness.

Kangen Water® is delicious water created from Enagic's innovative water technology. Not only do these devices filter your tap water, but they also produce ionized alkaline and acidic waters through electrolysis.

The annual Christmas Party was held on 21st December at the West Indian Sports and Social Club with music supplied by Mega Dread. It was well attended and as usual, everyone had a good time, bringing together organisations, service users, carers and volunteers who we hadn't seen for a while.



Men's Group

During the period April 2017 to March 2018, there was a noticeable change in attendance. This was due to several factors, including some that were health related, which saw a gradual decline in attendance. However, throughout that period, the feelings among individual members at the start of the session ranged from two (2) to seven (7) and from seven (7) to nine (9) at the end of the session, evidence that the sessions had made a difference to the wellbeing of the individual.

Attendance fluctuated during the period and as a result, the Men's Group facilitator actively tried to increase attendance, encourage participation and masterminded the relaunch of the Group in March 2018, which included a revised activity programme and timetable to reflect the changes experienced by some members.

Following comments by some members, it is anticipated that attendance and participation will increase.

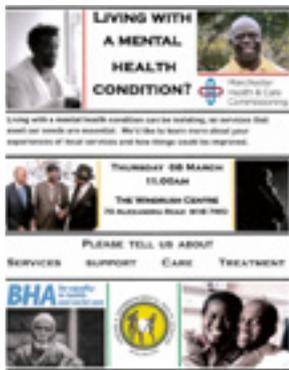


Farewell to Dominic Pinnock who has been facilitating the group since it started in 2014.

The group is now being facilitated by Ollie Younge (volunteer) and Lawrence Etim (service user).

The group covered a variety of topics for discussion, pertinent to the group:

- Wills and power of attorney
- Engagement activity with BHA around the issues that present African Caribbean men and South Asian Women from accessing mental health, support and dementia services



Thank you to the group for taking the time to share experiences with me.

*Audrey Okyere-Fosu,
BHA*

CARERS GROUP - "IFEOMA"



You might think of yourself as the person's wife/husband/partner or their son/daughter etc. You might see looking after them as something you just get on with. But recognising you are a carer means that you are not alone - there is information and help available."

Yvonne Hypolite-Prince Carers Co-ordinator

"The Definition of a Carer is someone who supports someone of any age who supports, unwaged, a relative, partner or friend who due to physical or mental illness, disability, frailty or addiction could not manage without that support."

(Definition agreed in conjunction with Manchester Carers Network as a Network Member)

Here at ACMHS (Ifeoma Carers Group) we have continued to hold our monthly drop-in on the first Thursday of each month. Our focus is to deliver a service to Carers, listening to their concerns, sharing information, guidance, one-to-one support among other concerns. Carers are also encouraged to share life stories and experiences.

During the year, we had additional support from our Mental Health Practitioners who delivered sessions on Mindfulness. We had earlier reported on the benefits of maintaining health and wellbeing in their caring role and the delivery of these sessions is to ensure that carers continue to use these techniques regularly. In addition, we had an invited guest from the NHS Mental Health National Institute and another from the Stroke association in November.

One of our activities was to ensure that Carers access full opportunities for Respite Breaks whether it's a local break or for example the weekend break in October to Llandudno which was wonderful as the weather was brilliant.

ACMHS has a history and is committed to providing a strong and robust service to Carers ie: implementing policies and procedures that support Carers, keeping up to date on governance issues and changes on the impact of current legislation. This year however, we had to reapply for funding and we were informed our application was not successful. This was a mighty blow to ACMHS. However, not accepting the loss of such a vital provision, plans were put in place to continue the service on a voluntary basis post March 2018; then came a reprieve for a year and this development will be reported on next year.

ACMHS is a member of Manchester Carers Network that is made up of 21 organisations who provide services to support carers in the City of Manchester. Whilst we have benefited from the information and resources from the Network there is a gap in terms of the number of working hours available and as a result we are disadvantaged in giving our views on what may become policy and best practice. Over the coming year we need to look carefully at how communication can be improved by the Network.

The Carers enjoyed a wonderful Christmas meal on 14th December at Alberts, Didsbury.



Another year and the Carer's Group remain vibrant. The Carer's Group meets on the 1st Thursday of each month and is facilitated by Yvonne Hypolite-Prince. The Group provides information, support, respite care, training and friendship for carers.

We benefit from some financial help from ACMHS and Manchester City Council to help with our social events.

Recently due to financial constraints, we were not able to enjoy as many luncheons, days out or weekend breaks, but we managed with the limited resources that are available.

During Carer's Week, 11th - 17th June, many events were organised around the city and carers are encouraged to get involved.

New carers are always welcome, especially male carers, as we know there are many around Manchester in need of support.

Appreciation to Yvonne for managing the group and to ACMHS and staff for their continuous help and support.

Long may the Carer's Group continue.

Izetta Enisouh, Carer

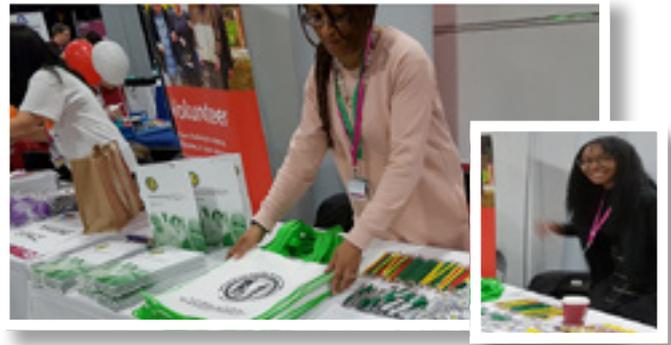
Once again, a big thank you to His Church Charity in partnership with Football Club United of Manchester and Kelloggs, who contacted us in May 2017 as part of their cereal promotion to collect boxes of cereal.



PROMOTION, PRESENTATIONS, MEETINGS AND VISITS

- GIFT networking meeting
- Celebration of mental health week at MACC
- IAPT Network conference
- Managers meeting at North Manchester General Hospital
- Caribbean African Health Network (CAHN) meeting
- St Mary's Sexual Health Centre
- Promotion drive to GPs and organisations
- Community Mental Health Team, Kingsley House
- Social Work team at Manchester Royal Infirmary
- Lally Centre in Cheetham Hill
- Welcome Centre
- Manchester College Freshers Open day
- Visit from 16 students from Sweden
- Visit by members from the Adventist Church
- Rainbow Haven
- British Red Cross
- Our Manchester Voluntary and Community Sector Grant Programme Launch at Manchester Town Hall

- Volunteering and Social Justice Fair at Manchester Academy



- Black History month event at Manchester University Hospital

- BHA's State of Health - Black and Minority Ethnic Groups conference - 24th October 2017



The Director gave a presentation at the event, which was supported by Manchester Health and Care Commissioning and Greater Manchester and East Cheshire Strategic Clinical Network.

- Volunteer Fair at Openshaw College
- CAHN's launch event - 27th October 2017
- Presentation to Work Coaches at Alexandra Park Job Centre
- Manchester college 8th November 2017



L-R: Jade Ola, Psychological Wellbeing Practitioner and Sheba Martin, Mental Health Practitioner

Mental Health Awareness event at HQ

The Mental Health Awareness event at The Twelve Tribes of Israel HQ on 15th November was well received and gave individuals space to discuss their issues, receive guidance and advice from practitioners. It also gave us the opportunity to work closely with various HQ members, whilst ensuring information materials circulated amongst members and the wider community.



- Making the most of Excel
- Autism
- First aid
- Spice Awareness
- Suicide prevention
- Drug and alcohol awareness
- LGBT
- Trans awareness

Stella Kruger commenced a 1 year PWP training course in September 2017

Sonya Ejoh commenced a 1 year HIT training course in October 2017

Barrington Johnson attended a 2 day course on Introduction to Pro Tools (music production software) in January 2018

As the first aiders within the organisation, Pauline Witter and Helena Walker attended a 2 day course in First aid at work and Paediatric first aid in March 2018.

Jade Ola and Sheba Martin completed Bowel Cancer Screening Training with the NHS Bowel Cancer Screening Programme in February. This resulted in them delivering group training to raise awareness, recognise the importance of recognising the signs and symptoms and what to do if you suspect you have bowel cancer.

All staff, volunteers and Board members are able to access online training through Flick and Citation such as:

- Equality and Diversity
- Data Protection
- Information Security
- Domestic abuse
- Female genital mutilation (FGM)
- Modern slavery and trafficking
- Health and Safety
- Adults at Risk
- Fire Safety

Facebook training provided for staff by Jonathan Gilbert through funding received from Lloyds Bank Foundation: 9th November 2017



- Alexandra Park Job Centre
- Pan African event at Carmoor Road
- Be-wise Safeguarding Roadshow at Shena Simon
- Networking event at George House Trust
- Introductory session on IAPT to staff at BHA
- Presentation at "Your Health and You" event at the Phil Martin Centre
- Presentation to LGBT staff

Manchester College Mental Health Awareness and BME Bowel Cancer Awareness presentation - 1st February 2018



- Networking day: 1st February 2018



Staff regularly attend training to keep up with their professional development and to ensure a quality, open, safe and effective equal and diverse service ie:

- Safeguarding adults and children

GUESTS AT TEAM MEETINGS

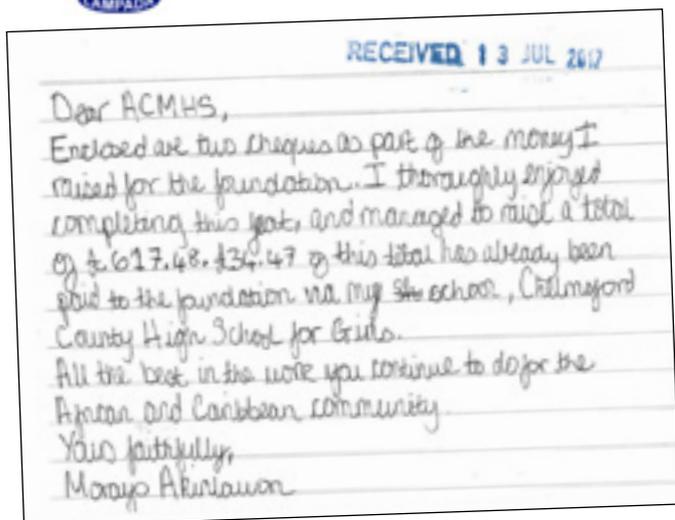
- Alex Clark, Trainee Clinical Psychologist from Manchester University researching on "understanding hearing voices"
 - Shamika Bowen and Matthew Campbell attended to discuss the possibility of assisting ACMHS with fundraising.
 - Brian Owen, Business as Usual (BAU) Work Coach from Alexandra Park Job Centre
- Brian discussed the recent changes with regards to Universal Credit
- Oliver Harrison, Mental Health Community Partner from Alexandra Park Job Centre

Oliver is part of a team of 200 Community Partners recruited throughout the UK to work collaboratively with the third sector in strengthening mental health awareness within Jobcentre Plus.

FUNDING



Thank you once again to Morayo Akinlawon from the Chelmsford County High School for Girls for raising funds for the organisation.



Thank you to Wood Street Mission for the donation of Easter Eggs.

STUDENT PLACEMENTS

Throughout the year we provided placement to students of various social and health disciplines. We trust that their learning at ACMHS will enhance and influence change in their future practice.

Counselling placements is offered to person-centred trainees. This benefits our service as it enables individuals to receive culturally, sensitive and appropriate counselling from BME counsellors.

Bishop Barrington Mullings, social Worker successfully undertook a 2 week refresher placement to refresh his skills.

D'Myie McCallum

Business Level 1 student from Openshaw College

2 day placement from 27th - 28th March 2018



Thank you to Compassion Foodbank who helped make Christmas a lot better for some of our members who were in desperate need.



Thank you to Porch boxes for supplying toiletry items to make up Christmas parcels for our members.

AFRICAN AND CARIBBEAN MENTAL HEALTH SERVICES

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 MARCH 2018

	Unrestricted Funds £	Restricted Funds £	2018 Total Funds £	2017 Total Funds £
INCOME AND ENDOWMENTS FROM				
Donations and legacies	5,701	-	5,701	13,417
Charitable activities				
Primary Care Mental Health Team	189,835	-	189,835	171,056
Carers	-	7,508	7,508	7,500
Infrastructure Support	66,974	-	66,974	68,574
Positive Vibrations	-	55,774	55,774	70,745
Advocacy	-	9,755	9,755	-
Mental Health Practitioner	-	20,833	20,833	-
Investment income	59	-	59	14
Total	262,569	93,870	356,439	331,306
EXPENDITURE ON				
Charitable activities				
Primary Care Mental Health Team	127,299	-	127,299	147,591
Carers	-	7,906	7,906	9,795
Volunteer Programme	1,603	-	1,603	2,176
Life Skills and Drop in Groups	3,865	-	3,865	2,122
Other Services	7,567	-	7,567	10,443
Infrastructure Support	92,348	1,355	93,703	89,970
Independent Examiner's Remuneration	900	-	900	900
Other Costs	-	-	-	1,605
Bank Charges	248	-	248	137
Positive Vibrations	-	54,370	54,370	42,151
Advocacy	-	4,940	4,940	-
Mental Health Practitioner	-	20,833	20,833	-
Total	233,830	89,404	323,234	306,890
NET INCOME	28,739	4,466	33,205	24,416
RECONCILIATION OF FUNDS				
Total funds brought forward	30,366	46,373	76,739	52,323
TOTAL FUNDS CARRIED FORWARD	59,105	50,839	109,944	76,739

Note: The above figures have been extracted from the full financial statements.

Anyone wishing to see a full copy of the financial statements please contact Helena Walker on 0161 226 9562

AFRICAN AND CARIBBEAN MENTAL HEALTH SERVICES

BALANCE SHEET AT 31 MARCH 2018

	2018 £	2017 £
FIXED ASSETS		
Intangible assets	10,287	5,262
Tangible assets	3,010	4,698
	<u>13,297</u>	<u>9,960</u>
CURRENT ASSETS		
Debtors	2,893	31,395
Cash at bank and in hand	111,703	88,437
	<u>114,596</u>	<u>119,832</u>
CREDITORS		
Amounts falling due within one year	<u>(17,949)</u>	<u>(53,053)</u>
NET CURRENT ASSETS	<u>96,647</u>	<u>66,779</u>
TOTAL ASSETS LESS CURRENT LIABILITIES	<u>109,944</u>	<u>76,739</u>
NET ASSETS	<u><u>109,944</u></u>	<u><u>76,739</u></u>
FUNDS		
Unrestricted funds	59,105	30,366
Restricted funds	50,839	46,373
TOTAL FUNDS	<u><u>109,944</u></u>	<u><u>76,739</u></u>

The financial statements were approved by the Board of Trustees on 25 October 2018 and were signed on its behalf by:


Treasurer

Note: The above figures have been extracted from the full financial statements.

Anyone wishing to see a full copy of the financial statements please contact Helena Walker on 0161 226 9562

Auditors: Clarke Nicklin Chartered Accountants

Bankers: Barclays Bank Plc

Acknowledgements

ACMHS would like to say a big “Thank You” to all those who supported us financially and in kind.

Acorn Direct

Barclays Bank Plc

Big Lottery

Bucklands Insurance Brokers

Chicken Run

Citation

Clarke Nicklin Chartered Accountants

Community Accountancy Service

Compassion Foodbank

Evosoft

Greater Manchester Mental Health NHS Foundation Trust

His Church Charity

Ian Johns

Jonathan Gilbert

Kath Locke Centre

Kool Runnings

Lendon Lewis (*designer of annual report*)

Lloyds Bank Foundation

Manchester Alliance for Community Care

Manchester City Council

Manchester Metropolitan University

Megatone Sound Foundation

Morayo Akinlawon

(*from the Chelmsford County High School*)

Moss Side Leisure Centre

NHS Manchester CCG

Legacy (formerly Peace FM)

Porch Boxes

Salford University

Self Help Services

Wai Yin Chinese Women Centre

West Indian Sports and Social Club

Windrush Millennium Centre

Wood Street Mission

Zion Community Resource Centre

And all other organisations too numerous to mention.

www.acmh-services.co.uk
facebook @acmhs manchester







For further information please contact:
African and Caribbean Mental Health Services,
Windrush Millennium Centre, 70 Alexandra Road,
Manchester, M16 7WD
Telephone: 0161 226 9562 Fax: 0161 226 7947

Email: admin@acmhs-blackmentalhealth.org.uk
www.acmh-services.co.uk

Produced by: www.hartman-creative.com