

Annual Report

For the period
April 2018
to March 2019



**AFRICAN AND CARIBBEAN
MENTAL HEALTH SERVICES**





AFRICA

AFRICAN & CARIBBEAN
HEALTH SERVICES



Index

page

Foreword	4
Background	5
Mission Statement	5
Objectives	5
Members of the Board of Trustees who served during the year	5
Staff Members	5
Volunteers	6
Thank you to our dedicated team of volunteers	6
Comments about counselling service from clients	6
Improving access to psychological therapies	6-7
Testimonies	7-9
Severe And Enduring Mental Health Services	9-10
Testimonies	11
Hospital Visiting And Advocacy Project	11
Advocacy	11
Befriending	11
Testimonies	12
Drop-In Services	12
How exercise helps your mental wellbeing	13
Art	13
Music	13-15
Women's Group	16
Life Skills	16
Men's Group	17
Carers Group - "IFEOMA"	17
What qualifies you as a carer?	17
Taste of the Caribbean event	17
Promotion, presentations, meetings and visits	18
Women's health day in Cheetham Hill	18
Staff /Volunteer training	18
Synergi Photovoice Exhibition	18
Pictures and comments made by the service users	19
Guests at team meetings	19
Funding/Donations	20
Statement of Financial Activities	21
Balance Sheet	22
Auditors	23
Bankers	23
Acknowledgements	23



FOREWORD

We have continued over the year with our new strategic vision. Incremental working to diversify the organisation in terms of funding so that it has a sustainable future. Building those connections with those with severe and enduring mental illness to those who seek assistance from IAPT.

A shout out goes to Positive Vibrations. The project has had a profound impact on members and the opportunity to be self-sustaining with more support and funding.

To the staff, the trustees and I continue to be amazed at your dedication, drive and determination.

To the members, you are the reason we are here, thank you for sharing your pain, your struggles and your joys with us. Keep pushing us to do better, to challenge the services, to speak truth to those in power.

I issue a challenge to the community to join ACMHS in the fight to improve services for our people. To help us inspire improvement in services by example and by advocacy. If you are inspired by our vision, aims and objects come and volunteer. If you need a place to be you, to feel safe we are here to catch you, hold you up and help you walk tall.

Chris Binns, Chair

March 2019

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.

CONGRATULATIONS

to Professor JS Bamrah, Chairman of British Association of Physicians of Indian Origin (BAPIO) – the largest medical organisation in the UK, who was honoured with a CBE in November 2018 for his services to mental health and the BME community.

Dr Bamrah has been a Trustee of ACMHS since 2014.



CONGRATULATIONS

to Sonya Ejoh who was nominated for an award in the “Unsung Heroes” category at the CAHN event in October 2018

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

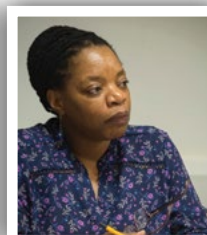
Gina Evans	Jacqueline Thorn (User rep)
Joseph Magaby (Volunteer rep)	Patrick Harris (User rep)
Izetta Enisouh (Carers rep)	Victoria Ashadu
Dr J S Bamrah CBE	

STAFF MEMBERS

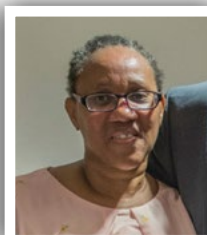
Jeanette Stanley JP	- Director
Dawn Bryan	- Administrator
Helena Walker	- Finance and Admin Officer
Pauline Witter	- Mental Health Team Manager
Sonya Ejoh	- High Intensity Therapist (HIT) trainee
Hyacinth Ricketts	- Mental Health Practitioner (returned from sabbatical June 2018)
Jade Ola	- Temporary Psychological Wellbeing Practitioner (contract ended Sept 2018)
Stella Kruger	- Psychological Wellbeing Practitioner
Alicia Mike	- CBT Counsellor
Sheba Martin	- Mental Health Practitioner
Yvonne Hypolite Prince	- Carers Facilitator
Sefton Simpson	- Music Project Co-ordinator
Barrington Johnson	- Music Project Tutor
Sharon White	- Hospital Visiting/Advocacy Worker (contract ended Sept 2018) (Employed temporary from November to January 2019)



Jeanette Stanley, Director



Dawn Bryan, Administrator



Helena Walker, Finance and Admin Officer

Thank you to our dedicated team of volunteers

Benjamin Bryson
Lawrence Etim
Noura Fiqour
Christopher Roche
David Spence Madden
(Counselling Supervisor)

Anthony Stephens
Alvis Younge
(Volunteer Co-ordinator)
Emma Murphy
Domestic Assistant
Janet Mokwena
Domestic Assistant



Alvis Younge,
Volunteer Co-ordinator

Person centred counsellors

Cherisse Amusa
Gail Browne
Ifraah Faahiye
Sonia Franklin
Chizzy Ijeh
Jessica Jacks
Shantonia Lewis
Jacqueline Lindley

Viola Robinson
Denise Rodrigues
Camillia Scott
Kimberly Tomlinson



Comments about counselling service from clients

Excellent service all round. Really grateful to have been referred here. Thank you so much.
TP, May 2018

I just wanted to let you and Gail both know that I am doing fine. Thank you so much for all your help over the last year.

Thinking of you. Much love and never-ending gratitude.
TP, July 2018

It was very helpful. I feel much better now. Before counselling, I was stressed, fed up, depressed and now I feel so much better.
FA, July 2018

I feel I have benefitted from the service when a counsellor is experienced and give time to the service.

The volunteer should be rewarded via payment or something else whenever possible otherwise you could stand to lose good staff, which are an asset to the organisation.

I enjoyed the counselling from Gail and appreciated the chase up of appointments by Dawn as at times I wouldn't have gone.
MG, July 2018

Denise was very lovely. She understood very much where I was coming from. Dawn, the receptionist made me very welcome. I am very happy and Denise was very professional.
MK, Feb 2019

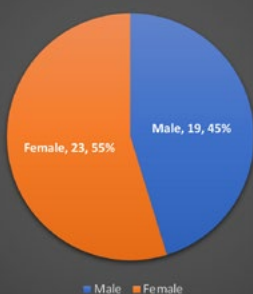


Condolence to the family of
Henry Guthrie
who was laid to rest on the 15th June 2018.
Henry was a member of ACMHS for many years and a very talented artist.
May his soul RIP

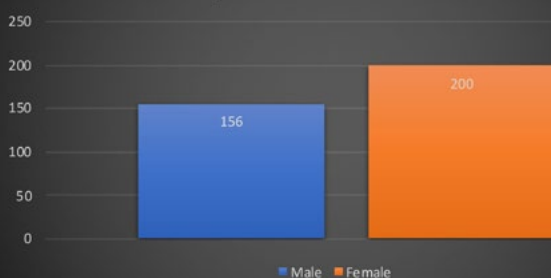
Congratulations to **Camillia Scott**
who qualified in July 2018

Congratulations to **Viola Robinson**
who completed her 100 hours in August 2018

Gender of clients referred to the counselling service for the period April 2018 to March 2019



Counselling sessions completed for the period April 2018 to March 2019



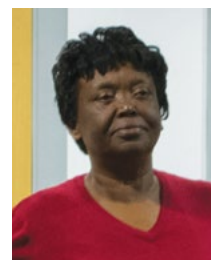
IMPROVING ACCESS TO PSYCHOLOGICAL THERAPIES (IAPT SERVICE)



Pauline Witter,
Mental Health
Team Manager



Alicia Mike,
CBT Counsellor

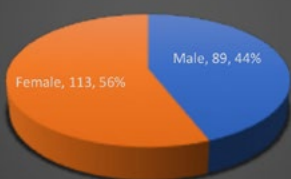


Hyacinth Ricketts,
Psychological
Wellbeing
Practitioner

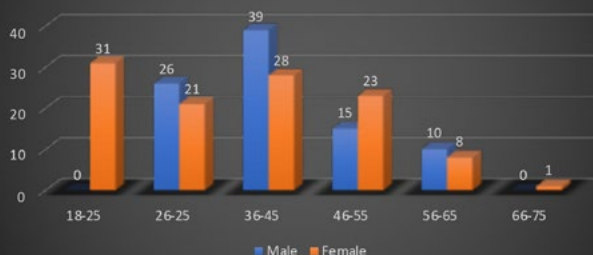
The IAPT team continue to provide a therapeutic service for individuals in the North, Central and South of Manchester experiencing depression, anxiety, post traumatic stress disorder (PTSD) and various phobias.

The team address the most common issues impacting individual's wellbeing such as relationship, benefits, abuse, immigration, homelessness, employment and education.

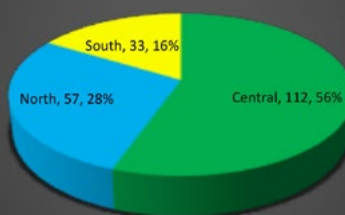
Gender of clients accessing the service for the period April 2018 to March 2019



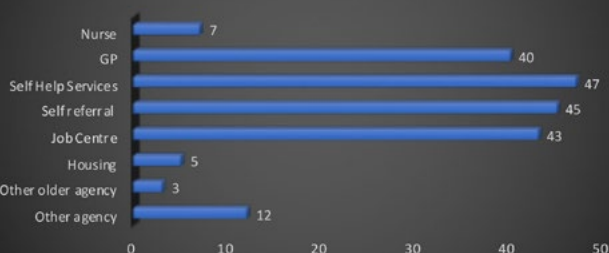
Age and Gender of clients accessing the service



Geographical area of clients accessing the service



Referral source of clients accessing the service



Those in employment who need a service are offered appointments outside of their working hours. The same appointment system is used for those in education. This has enabled **13** people to remain in education, **3** took up education, **11** took up employment and **41** remained in employment.

We support those on benefits by working closely with the Job Centre work coaches. Therapy sessions, group psycho educational sessions on Depression, Anxiety, Self Esteem and other topics are provided for clients at Cheetham Hill, Rusholme and Moss Side Job Centres.

12 individuals have been supported to move off benefits and into paid employment.

Although the service we provide is intended for people with low to moderate risk of suicide, the challenge this year has been working with an overwhelming number of very complex high risk clients. This resulted in a lot of time being spent by the Practitioners managing suicidal risk by liaising with Urgent Care Teams, GPs, Police and other services more suitable for their needs.

Once referred on to a more appropriate service we found that we had to continue managing the individual's risk of suicide before an actual appointment was made for them to be seen. This meant working with people who had no potential of benefiting from our interventions. Despite these difficulties we managed to get **33%** who had planned completion of therapy to IAPT recovery.

Clients are seen at their GP practice or at the Windrush Millennium Centre. Sessions are given face to face or over the telephone.

The majority of men are often reluctant to seek support to address their wellbeing until they are in crisis.

Women have now come to recognise when they are in need of help and this tends to happen in their middle years of life; consequently, more women than men seek therapeutic interventions to assist their wellbeing.

Stella Kruger completed the Psychological Wellbeing Practitioner (PWP) course in June 2018; Sonya Ejoh completed The High Intensity Therapist (HIT) course in December 2018.



Sonya Ejoh,
High Intensity Therapist,
receiving the Diploma

Testimonies

Thank you for your help and support, it has been great to have a referral pathway that did not leave clients waiting unnecessarily on waiting lists before being offered counselling.

Many clients said they were happy with the service they got from therapists at ACMHS.

Lisa Swinn,
YASP Wellbeing Practitioner,
May 2018

I did not think I could be "fixed" but wanted to try. Gave CBT a go, was scared at first but took advice on board. Stopped avoiding things that would trigger my OCD such as touching raw meat and allowed myself to sit with the fear of not giving in to compulsion ie: handwashing excessively. Tackled OCD now and feel so much better. Thank you.

June 2018



Our team would like to thank your service for meeting us last week. We had a very positive experience from reception to the team office. Not only does it give a professional representation of your service, but it gives us good faith that any clients we refer will have a similar positive welcome.

*Lydia Duncan, Senior Liaison and Diversion Practitioner,
Greater Manchester Integrated Health and Liaison Service,
June 2018*

I found the service to be very useful. It enabled me to tackle what life throws at me, whether it be small or big situations. I've been able to discover a lot about myself via therapy, which has ultimately had a huge positive outcome on the way I conduct myself on a day to day basis with friends, family and my closer relationships. This was all made possible by my therapist, Sonya who was able to help me articulate and communicate things I've heavily struggled with in the past.

BM, July 2018

I'm sure you'll remember the dream I had the night before meeting you for the first time. I envisioned a huge towering spider sat in a chair opposite me telling me the only way to face my fear was to have a therapist who was also a spider!

It feels so long ago that I used to be unable to sleep because of the thoughts I would have about spiders. I had to call them 'piders' instead of the full word because the word alone evoked fear and disgust. I truly believed that spiders had been put on this earth solely to terrorise me, to find me when I was alone and lead to hysterical tears and panic. I felt out of control and as though I couldn't do simple things for myself in case there would be a possibility of seeing a spider.

With your help, patience, kindness and humour I was able to realise that it was my perception of spiders that was so damaging to my mental health. The wonders of CBT are surreal to me, when I look at a picture, video or even touch a spider, I now feel no fear! I feel proud and happy and in control of how I feel towards them. There was no way I could have done this without your attitudes towards the treatment and the belief you have in me.

I cannot thank you enough for helping me complete this journey. I have learnt to face my fears, not only with spiders but in other aspects of my life. I have learnt that the perception you can have of a person, animal, situation or feeling can entirely change how you are able to cope with it. I am managing stress regarding university and work more effectively. I am unafraid to try out mountain biking and exotic recipes that before I would have shied away from! Although these are all small changes, as a whole, they have made me a more rounded, happier and overall content person. I am at the stage where I am thankful, I had a phobia for spiders.

The profession you are pursuing and the (non-stop!) studying you have been doing has helped to change my life Sonya. I thank you hugely for that. I know that any future patient you have will be in excellent hands and I wish you the world of luck in any future endeavours.

K, Sept 2018

I believe that my sessions have helped me look at life differently, also it has boosted my knowledge on my life skills. I feel there is more I could have spoken about, but I enjoyed my time. I feel that I may come back to talk on other situations other than that I feel confident to tackle my main situation.

TB, Sept 2018

I feel that African and Caribbean Mental Health Services helped me a lot. They were like a family to me and I felt secure with them and in safe hands.

I really highly appreciate their great help and kindness to me. I would like to thank in particular my therapist Hyacinth for her kindness, love and support to me. I thank her and the African and Caribbean Mental Health Services.

RS, Sept 2018

I strongly believe that both Motiv8 and the African and Caribbean Mental Health Services were great in helping me to remove many obstacles and problems, which were giving me a hard time. Their professional and kind support gave me a new hope and make me feel I am not alone. I could not manage to keep going on. I do really thank them very much, in particular Ms Hyacinth from African and Caribbean Mental Health Services and Mr Kojo from Motiv8.

Sept 2018

I got a lot out of my sessions with Hyacinth. Her style is very supportive and empathetic. I have found her manner to be very caring, professional and insightful.

Her sessions are nurturing and strong and provide you with a range of ways to get back to what you need for a healthy wellbeing. I went away feeling better within myself after every session. With patience and time, I found resolution to many of my issues with her support.

Thank you Hyacinth.

SY, Oct 2018

I would like to take this opportunity to thank one of your colleagues Hyacinth for taking the time out to meet me and also to provide some very useful information around mental health. It was a pleasure to meet her and I'm sure we'll be in touch in the near future.

Your organisation is carrying out a wonderful service to the wider community and I am sure everyone is very proud and grateful of your services.

*Mohamad Qureshi, Motiv8 -
Wythenshawe Team, Oct 2018*

At first I had really negative experiences and judgements about CBT/therapy in general, as I didn't think it could work for me. Now I couldn't recommend it enough! It has completely turned my life around and now I've finished, I'm confident that I've got the tools I need to be able to beat depression altogether and love life again. You get what you put into it and need to do the homework to get results and pace yourself because recovery isn't linear.

Thank you so much to ACMHS for introducing me to Sonya. What an incredible human being. She made me feel comfortable from day one and never judged or pitied me. She's genuine and helpful and I've come really far with all of her input and teaching. For anyone who is trying to decide if the ACMHS/therapy is right for them, give it a go.

Nov 2018

I am glad to have received this help. Don't know what I would have done without it. My worker was more like a friend I could say anything to.

LB, Nov 2018

Just wanted to say thank you so much for helping to get my life back on track. You've seen me through such a difficult period, but I've started to come out the other side thanks to you and all the support you've given me. You've made such a difference in my life and I'm sure many other peoples' lives.

I wish all of you all the very best in your careers and your lives.

C, Nov 2018

As I suffer from depression and anxiety, I was in a really bad place in my life at a time when I really needed help and support. This service and my therapist gave me so much support and hope reminding me that I am important and can get through issues, which I will keep trying to do.

NH, Dec 2018

Hyacinth was very supportive and professional. The service was excellent. I definitely feel I could come back if/when I need to.

DF, Dec 2018

I would like to take this opportunity to say how much I value your support for our vulnerable customers. The service you have given and relationships you have developed within the office has resulted in such a demand for you we are now booking into May!

The service has been nothing short of exemplary and feedback from claimants consistently so much, much of which I am certain are due to your qualities. The empathy and compassion you portray gains so much trust and I just hope that we can keep your support for as long as possible.

So thank you Hyacinth.

Jo Moore, Cheetham Hill Job Centre – March 2019

I feel very satisfied about the service I received. When I first came here, I was really mentally unstable. I had bad thoughts about my self and future. I felt lost at times. After several sessions I felt much better within myself and regained my focus. I realise that it's always best to seek help when you feel bad about yourself.

SE, March 2019

I got the best from my therapist. I was fully supported during my darkest time and now I see light and I feel I am getting stronger each day. I have been treated with great respect and I will treasure this for the rest of my life.

Hyacinth you are the best, I cannot thank you enough.

March 2019

I am very pleased with my sessions as Hyacinth highlighted things/brought certain things to my attention that I wouldn't have understood without her. Thank you.

EH, March 2019

SEVERE AND ENDURING MENTAL HEALTH SERVICES

The service this year has been challenging but fulfilling. There have been many new opportunities for increasing knowledge about the way in which mental ill health permeates lives and the challenges this creates for service users within the mental health system.

The initial year consisted of reintroducing the service, building positive working relationships with other professionals and increasing the client base. This involved a combination of gaining further insight into local, supportive services, accessing patients by re-establishing links with professionals and making service users/patients aware of the availability of the Mental Health Practitioner (MHP) and access to ACMHS support services.

There is continuing demand for support and advocacy for people experiencing mental ill health in the African and Caribbean communities within Greater Manchester. This ranges from individuals that have spent time in hospital under the Mental Health Act that may need more intensive involvement to individuals living in the community who may need less intense support.

Oftentimes, people who require support are not aware of the help that is available to them within Greater Manchester. Families continue to find it hard to find adequate information, advice and support and often feel that they are passed from pillar to post with no positive solution to their predicaments.

Data shows that there continues to be a disparity between the general population and the percentage of African Caribbean people held in Mental Health Hospitals in the UK.



Sheba Martin

- among the 16 specific ethnic groups, Black Caribbean people had the highest rate of detention of all ethnic groups for which ethnicity was reliably recorded, at 254.3 detentions per 100,000 Black Caribbean people in 2017/18
- the highest rates of detention by far were for people recorded as being in the Other Black and Any Other ethnic groups – however, these are considered to be overestimates because 'other' categories may have been used for people whose specific ethnicity wasn't known
- the actual rates of detention among people in the ethnic groups not labelled as 'other' may be underestimated, particularly those within the Black ethnic groups
- the ethnic groups with the lowest detention rates (not counting the 'other' categories) were Chinese (46.3 detentions per 100,000 people), Indian (55.7 per 100,000), White British (69.0 per 100,000) and White Irish (74.7 per 100,000)
- overall, it is estimated that detentions increased by 2.4% between 2016/17 and 2017/18 – this is based on figures from service providers who submitted good quality data in each of the last 3 years, rather than all providers

Number of detentions under the Mental Health Act per 100,000 people, by broad ethnic group (standardised rates)

Ethnicity	2016/17 Number per 100,000	2017/18 Number per 100,000
Asian	82.1	91.9
Black	272.1	288.7
Mixed	157.0	158.4

Number of detentions under the Mental Health Act per 100,000 people, by broad ethnic group (standardised rates)

Ethnicity	2016/17 Number per 100,000	2017/18 Number per 100,000
White	67.0	71.8
Other	179.6	180.3

Ethnicity Facts and Figures Gov.UK: 12th March 2019 – Detentions under the Mental Health Act

<https://www.ethnicity-facts-figures.service.gov.uk/health/access-to-treatment/detentions-under-the-mental-health-act/latest>

There remains a conspicuous gap in services that is leaving a large number of people struggling to find the necessary provision that they desperately need. Therefore, it is imperative that the support provided by ACMHS is tailored to suit specific requirements in order to empower service users.

Additionally, family and friends require assistance to better understand the procedures that their loved ones will be exposed to within the Mental Health system. ACMHS is well equipped to convey this in a professional, non-judgmental manner as we know how emotionally difficult these times can be.

Routine hospital visiting continues to take place on a regular basis at Trafford General, Wythenshawe and North Manchester Hospitals. Previous relationship has been rekindled with Edenfield whereby once again we are able to access patients who have requested our support. Staff working there recognise the benefit and support that our organisation can offer to enrich the lives of their African and Caribbean patients. It has been conveyed by our service users that being able to access a service that is culturally appropriate from staff who are from the same or similar culture, without having to explain themselves, is a great source of reassurance and comfort.

The individuals that the MHP has worked with in this capacity experience severe and enduring mental health conditions such as schizophrenia, bipolar, manic depression or personality disorders. Their needs and ability to cope with their condition varies greatly. Therefore, the input required from support services varies accordingly. The service users are generally hospitalised under a Mental Health Section or they may have admitted themselves on a voluntary basis. Others are resident in the local community within Central Manchester under a Community Treatment Order (CTO).

As the post is now more established, the uptake for the ward rounds support service, tribunals and attending meetings has vastly increased. This means that the role volunteers play in supporting the hospital visits and befriending has become more vital, placing greater emphasis on the importance of ACMHS recruiting, developing and supporting volunteers suitably matched to this role. This is a very rewarding service and feedback suggests that volunteers find it extremely satisfying that they are able to support a vulnerable person to gain a greater degree of independence and increase their social contact.

A multi-agency approach allows service users to receive input from a variety of organisations that specialise in a specific area of need. Some of these are:

- Homeless Support Services Shelter
- Self Help Services
- Harpurhey Neighbourhood Project
- No. 93
- Women's Aid
- Kath Locke Centre
- Citizens Advice
- Age UK
- National Autistic Society
- Centrepoint
- Foyer
- Sanctuary
- Culturally-appropriate Family Intervention (CaFi)

To name but a few. These organisations support the wellbeing of Manchester and Trafford residents.

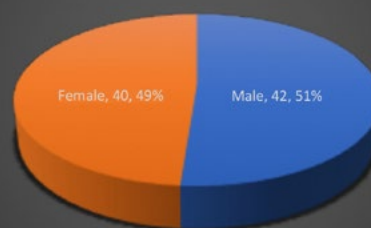
The MHP's caseload also includes supporting some of our more senior members of the community, one reaching 100 years old this year and received her acknowledgement from Her Majesty The Queen. This element of the support service has been enlightening and has highlighted how deeply contemporary society has affected a large number of families. A defined service for this group is yet to be developed. However, in the meantime, regular visits will be maintained.



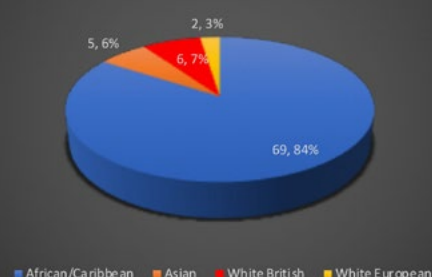
On behalf of the organisation and service users, we would like to take this opportunity to thank Lloyds Bank Foundation for their ongoing support and faith in the service we provide. Without them ACMHS would not have been able to reach the many people that we have supported throughout the year

We will continue to support service users during difficult periods in their lives with the aim of assisting them to move on positively, growing in confidence, self esteem, resilience and wellbeing.

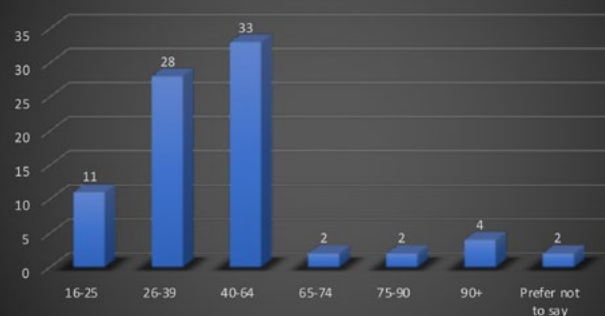
Gender of clients accessing the service between April 2018 and March 2019



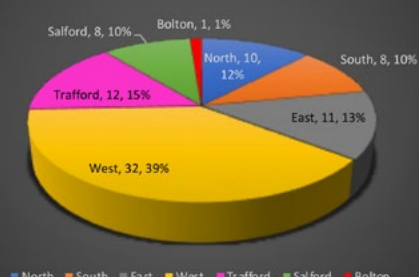
Ethnicity of clients who accessed the service



Age group of clients accessing the service



Geographical breakdown of clients accessing the service



Testimonies

I was a former board member with Marilyn Cuffy who helped me along my journey and recovery role in African and Caribbean Mental Health Services. The team has played an important part in my life. Marilyn and I were strong supporters in Early Intervention and medication issues.

When I first came to the service, I had low self esteem and never participated in any of the groups. However, I became a volunteer for the Life Skills Group and hospital visiting. I would like to thank Jackie Smith for attending the Life Skills group.

I was first diagnosed with Paranoid Schizophrenia in December 1988 and had a break of nearly two short years due to relapse and never went back until 2008.

My last episode was in 2017 and various members of the team came to visit me in Moorside Unit (Trafford General Hospital) including Dawn and Sheba.

They have been like a family to me and thanks to Jeanette Stanley who helped me with documents.

As you may have noticed the Voluntary Sector has been hit by funding cuts, and I realise that staff have always been there, and they understand my beliefs and certain family issues.

When my father passed away in 2016, Dawn and Helena were there for me once again.

I have represented the organisation over the years and I was a User Rep.

I have been involved with the CaFI research led by Professor Dawn Edge and the Synergi project.

Once again, I would like to thank all service users including Patrick Harris, Jackie Thorn, Verona James, Versil Pemberton and my good friend Patrick Cooper who when in my area always gives me a call and keeps me up to date with what's going on.

A special mention for Kome Ogowewo who supported me at MACC and finally I would like to thank all who have been a help to me both Spiritually and Mentally and for the Kindness you all show.

So big up yourselves.

Shalom, Anthony Stephens - March 2019

HOSPITAL VISITING AND ADVOCACY PROJECT

The Advocacy Project has been running for over a year and although the contract ended in June 2018, with surplus funds we were able to re-employ the worker temporary from November 2018 to January 2019.

Project activities are grouped into two themes, Advocacy and Befriending. Within these, numerous activities have been provided. The challenge this year was the same as last year - providing this service, one day a week with one Advocacy Worker. Not only did we have new clients, we also had clients from the previous year, returning with new problems, compounded by austerity, Universal Credit and mental health problems.

Advocacy

Clients we supported this year, with a few exceptions, tended to mirror clients from last year.

Like last year, clients suffering from mental health problems 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 - filling out applications, job search, liaising with job centres and employment disputes
- Legal issues - Help in understanding correspondence and drafting responses to legal bodies, legal status
- Accompanying and support - Listening and supporting clients to express their views and make decisions at appointments with GPs, hospitals, housing applications/disputes, benefits.

On average, the advocacy worker supported 3 people on alternate days (Tuesday and Thursday) the client is offered a 1-hour slot initially, but the average time spent with clients on subsequent appointments was 2 to 3 hours. In most cases, clients had to return numerous times, before their problems were resolved. This was mainly due to the client's multiple issues and complex lives. They were signposted to other agencies when necessary. However, some clients wanted to deal solely with the Advocacy Worker at ACMHS. We supported 40 people with varying needs.

Case study

A client who was referred, wanted help to access Manchester Move, because they were living in appalling conditions. Having anxiety and depression, he struggled to access the Manchester Move website.

We started the process of registering on the website, however, we were unable to complete the process because he had not brought the necessary information. The following week was the same. We realised that this was part of his condition. To support him, we rang him in the morning to remind him to bring the appropriate documents.

During this period, he had an impending ESA review with an interview. He became very anxious and depressed. We assured him by filling out the form and if need be, attend the interview.

A couple of weeks later he informed us that he did not need to attend an interview and that he was in receipt of ESA. He felt without our support he could not have coped.

We saw this client practically every week for about three months. Despite having hardly any money over the Christmas period, he was in a good place. He had decided he wanted to move to Trafford. He did the groundwork himself. He even visited a property. We were pleased that with our support, this anxious individual became empowered to take control of his life and future.

Befriending

Due to the frequent and urgent demand for advocacy, the worker was unable to visit the hospitals regularly. Our relationship with South Manchester, North Manchester and Trafford General hospital has continued to improve, particularly with South Manchester.

One client whom we had seen last year at South Manchester had been a patient there for over 18 months. She did not engage with us much. Each time we visited, we offered support. Despite not wanting support we built up a good rapport with her after providing a Caribbean meal. Despite having a very supportive mother, who is knowledgeable about mental health, she was unable to get her released.

Her mother said, "When you and Sheba helped to get "A" released, I think she was lonely because her best friend had gone. With the support of you and Sheba, it gave me the confidence to speak up more on ward rounds. I was able to tell the doctor about my daughter's medical history, which he was not aware of. This led him to believe that my daughter would be better off in the community with the support of ACMHS."

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, Shelter and ACAS. The level 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

An elderly gentleman who had regular support last year continued to need support in relation to his eye appointments at the hospital. Work consisted of supporting him to attend his hospital appointments, contacting his consultant and GP regarding what he considered to be poor treatment. However, following exploration this was not the case. After listening to him and asking the right questions, we realised he was not only grieving for his younger self, but he was also lonely.

He was offered counselling and a referral to a befriending service; which he considered but he was happy with the support he got from the Advocacy Worker and Mental Health Practitioner.

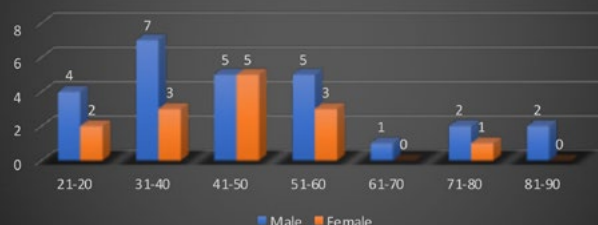
Testimonies

"It was a blessing when you and Sheba stepped in to give me the strength to speak up on my daughter's behalf and I appreciate your persistence in speaking to my daughter every time you visited the hospital."

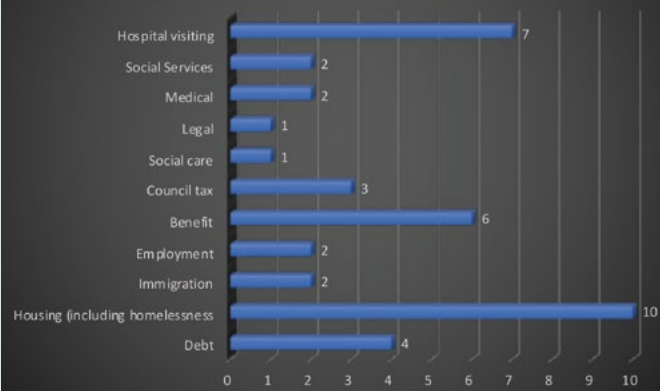
"It's a shame, there's not going to be an Advocacy Service anymore. I liked coming here because it's quick, you can walk off the street and see someone."

"Thank you for putting me in touch with ACAS. Even though, I missed the deadline. At least I know if they try to sack me, I can take them to a tribunal."

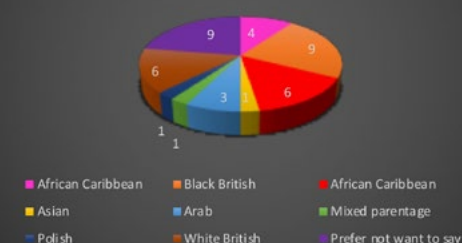
Age and gender of clients accessing the advocacy service for the period April 2018 to January 2019



Breakdown of advocacy support offered during the period April 2018 to January 2019



Ethnicity of clients accessing the advocacy service during the period April 2018 to January 2019



DROP-IN SERVICES

Sports

The Sports Drop-in activities resumed in February 2019 at the Moss Side Leisure Centre following a twelve-month refurbishment program. Initially it was difficult to negotiate terms of service as the Leisure Centre Manager did not want to maintain our previous arrangement even though it had initially been agreed with Manchester City Council as a service to address the mental health discrepancy amongst African and Caribbean people in the community. After several meetings an amicable agreement was reached.



The Sports Drop-in is facilitated by the MHP each Wednesday, 2pm – 4pm at Moss Side Leisure Centre. It has been a gradual process to re-establish the group and growth in numbers, due to the 12 month gap as a result of the refurbishment programme. Feedback has evidenced that it is a much needed service and a lifeline for some. The Drop-in is a good opportunity to socialise and engage in activities that has a positive impact on the lives of participants and in some cases, initiating longer term health benefits. Service users are able to utilise the facilities in the health suite, sauna, swimming pool, or play badminton, squash, table tennis and 5-a-side football depending on the number of people that attend on the day. It is a very relaxed environment and people can participate as much or as little as they want without any pressure. For some, this will be the only time they get the opportunity to exercise in a supportive environment.

The activities have clearly had a positive impact on service users. The majority of them report that they have:

- formed new friendships
- increased their social circle
- improved or improving health and well-being
- enjoyed activities that they wouldn't otherwise have tried

Evidence shows there is a link between being physically active and good mental wellbeing.

How exercise helps your mental wellbeing

Scientists think physical activity helps maintain and improve wellbeing in a number of ways. Being active can also bring about a sense of greater self esteem, self control and the ability to rise to a challenge.

Physical activity can help people with mild depression. Evidence shows it can also help protect people against anxiety. Physical activity is thought to cause chemical changes in the brain, which can help to positively change our mood.

NHS UK, 2019

<https://www.nhs.uk/conditions/stress-anxiety-depression/mental-benefits-of-exercise/>

One of our service users regularly phoned during the period that the leisure centre was closed for refurbishment to ask when services would be resumed. He offered to attend meetings with leisure centre staff and kept in regular contact with the other attendees. He explained that it was really important for him to continue attending the drop-in as it was his way of keeping fit with people that he sees as his friends. He loved playing football and really enjoyed the social interaction with people that he could relate to. He recently came to the drop-in early and discussed issues he was having with his family that were impacting his mental well-being. MHP was able to offer reassurance and support.

Art

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

It has been difficult to recruit a volunteer to facilitate the group. Therefore in conjunction with the Life Skills group, a programme will be developed to run from January 2019 to incorporate the art drop-in.

MUSIC – POSITIVE VIBRATIONS

Our third year of Positive Vibrations has been a huge success. We have supported **268** people through varied musical activities and engaged with **32** external organisations.

Positive Vibrations has a contact database with over **200** organisations and individuals who we partner with, have expressed an interest in our service, or who we have contacted to raise awareness of our service.



There are quite a few music projects in the area but only one who links music to mental health and wellbeing, which is Seed Studios. They are based in Trafford and serve a very separate geographical community.

Their provision is different to ACMHS but complementary. The majority of their users are more advanced musically and the majority of the people we serve have disabilities or autism which they do not cater for. We have referred individuals reciprocally and we are still due to meet to discuss how we can further complement each other.

Our mapped groups are:

- South Community Learning Disability team
- Manchester International Festival
- Autistic Society Greater Manchester Area
- Access to Music Ltd
- Breakthrough UK
- Gainfocus
- Seed Studios - Old Trafford Wellbeing Centre (Bluesci)
- Legacy FM
- Unity Radio
- Radio Diamond
- Kath Locke Centre
- Zion Centre
- Church of God of Prophecy
- Compassion Foodbank
- Loreto College
- National Autistic Society
- Autistic Society for Greater Manchester
- Anxiety UK
- Indian senior citizens centre
- Mothers Against Violence
- Families Against violence
- Shawstar
- Megadread
- Classique Entertainment
- Charter Street Mission
- Manchester University
- GMCVO
- MACC
- Self Help Services
- BME Network
- Carers Forum
- Manchester Probation
- Housing associations
- GPs
- Counsellors
- Homeless support services
- Age UK
- Citizens Advice
- Manchester City Council
- Trafford Council
- Shelter
- Greater Manchester Youth Network
- Helen Carouzos, Psychology

The extent of partnership with each of the groups varied from raising awareness of the project to outreach. The key partners are Breakthrough UK which is a Manchester based disabled people's organisation led by disabled people supporting other disabled people to work and live independently. The service users they refer gain so much from attending that they usually end up referring others through word of mouth.

There are notable partnerships that are worth a specific mention, the first of these is Legacy FM. We have partnered through a bimonthly show raising awareness of the project and giving people who have learned an instrument or a song the opportunity to perform. This is also streamed live.



Due to the success of the project and the connections we have we were able to attract international artist Sylvia Tella to host it. The average reach of the shows through views has been **1600**.

We have been engaging through Facebook and have gathered footage of sessions and performances to populate the YouTube channel. This is the channel we have decided to use for most of our social media profile as it connects us to other artists and the intelligence, we can gather about our audience is meaningful.



Gainfocus is an organisation that provides a Tier 2 service offering structured support to people who are in the process of moving from one educational setting to another. The Mentors meet with learners who have been referred to an alternative provision due to behavioural issues, and support them through the whole process.

Many of them are facing mental health issues and drug use. If their client expresses an interest in music, they bring them to the sessions and on numerous occasions it has improved their wellbeing helping them to focus better. Many of them say it helps them to express themselves.

Manchester Probation's bail hostel is the first place offenders stay when released from prison. Either they have been ordered to do so by the courts as a condition of bail/bail assessment or as a requirement of a community sentence, because the court believes that they need a higher level of supervision in order to protect the public or to reduce the level of re-offending; or It is a condition of their release from prison. Probation Officers bring individuals they feel are appropriate to the sessions as a way of maintaining social contact or to continue musical skills learned while incarcerated. This has been very successful and we have once again been recommended for our support.

18 people have volunteered for the project this year with three people moving on to paid employment. The ways in which they have been involved in delivery varied with ability and what they wanted to achieve. This ranged from assisting with setting up the instruments, teaching songs, finding songs/words/chords, making drinks, taking the register to carrying out monitoring and planning sessions.

We have bi-weekly team meetings with the volunteers to discuss the sessions and current issues. Volunteers also discuss improvements to the project and sessions.

We also have a project steering group which meets quarterly. This is made up of stakeholders from all levels of the project. We report on progress against targets and raise any issues. Any suggestion for improving the project that have been made that quarter and also new ones may be presented. Service users, volunteers, tutors, project co-ordinator and the ACMHS Director attend.

We have also polled **50** service users who have given their preference of what they would like to do in sessions, snacks and songs. 50+ members and professionals shaped the project through song choices, original compositions, style and number of sessions, new technology and applications they utilised, incorporating karaoke into sessions, techniques for helping each other and a long list of ideas that we are working through.

We have contributed to the Reaching Communities stronger relationships key goal as **143** people reported that they had made new friends as a result of accessing the music project. Individuals who come alone are quickly integrated in sessions as certain songs, artists, or musical pieces often break the ice naturally as people begin to sing along to a song that is being played. The opening line for most friendships that we observe developing is "I like this song too".

We carried out an evaluation with **70** randomly selected service users this year and **53** of them have stated that they have met someone new coming to the project. **32** people said that the project has increased their confidence and all of them report that they look forward to coming. Similarly, to the previous years, the majority of the service users are male (**64%**) and (**57%**) of them describe themselves as being from a White background. Our second highest ethnic group attending was Black African or Caribbean (**27%**) then Mixed or Multiple ethnic groups (**13%**). **67%** of our service users were aged between **25** and **64** years of age. **68%** declared themselves as having a disability which demonstrates that although the project wasn't designed to specifically meet the needs of people with disabilities but those with mental ill health the project caters for all abilities ensuring every service user is valued and treated with dignity and respect. We also have activities to cater for all abilities.

One of the most obvious strengths of the project is our ability to identify innovative ways in which people can learn and enjoy the sessions. We found that fun had to be at the heart of all sessions and not technical ability, though this couldn't be a general rule as everyone still wanted to achieve something by coming. We built on peoples' strengths by tailoring sessions to suit thematic groups. Song writing, karaoke, learning an instrument and recording were all achieved in joint sessions with volunteers helping individuals. Music varied from hip hop and bhangra to nursery rhymes.

We have learned that people with learning difficulties and autism make up the majority of the people accessing our services to use music to improve their wellbeing. This meant, we needed to adapt our measurements to include verbal and non-verbal. Carers often tell us that they arrange other significant activities (haircuts, GP appointments etc) as after our sessions, those clients with learning difficulties and autism are often calmer and less anxious after the sessions.

We had to split the sessions to accommodate ability and activity creating a space for more entry /intermediate clients and those with more complex needs. Song writing and production sessions were split too as they needed more noise control. We have had to develop a one to one offer for those who are not quite ready for group sessions. The project didn't originally account for this but it was clear this needed to be addressed early in year one. To accommodate this, the project co-ordinator and

music tutor worked flexibly managing a diary with hourly recording and production slots booked one week in advance. We have learned that older men are isolated and lonely. The majority of the attendees to the Wednesday session are older men from various backgrounds who feel isolated due to retirement, reintegrating into society and relationship breakdown. They have been bonding through music and sharing memories and playing old songs together. Service users have also been using Facebook to contact old friends and reunite at the sessions.

For a long time, research has shown the negative impact of loneliness and isolation on a person's health and wellbeing. Recently we have seen more evidence emerge that shows loneliness and isolation can be as hazardous to our health as obesity and excessive smoking. Surveys from mental health charities are finding that millions of people report feeling lonely on a daily basis. Men typically find it more difficult to build social connections than women, and unlike women of a similar age, less older men have networks of friends and rarely share personal concerns about health and personal worries. It is not the case for all men, but for some, when retirement comes, it can feel like personal identity and purpose is lost.



The charity Men's Shed was established for like-minded people to meet and have someone to share worries, skills, knowledge and gain a renewed sense of purpose and belonging. As a by-product they reduce isolation and feelings of loneliness and allow men to deal with mental health challenges more easily. This space needs to be developed and supported. We should develop a communication strategy that targets and reach older men, raising awareness of a session called "Soul men".



The demand for recording and music production continues to grow. We have taught music production to and recorded with over **50** individuals. We are now registered with Trinity College London as an Arts Award Centre. This means anyone we work with aged 16 – 25 years can work towards a nationally recognised Entry Level 3 qualification. The young people we had coming through, identified that that they would like to achieve more than just a song or learning a piece of music and this is one way in which they have helped to shape the project.

Positive Vibrations also attracts and hosts guest musicians and industry professionals who are more than happy to share their expertise and work with members on one off projects. One such recent project involved Chris Hope who has worked with, amongst others, Stereophonics, Tom Jones, Pulp and Travis. Chris joined us between touring engagements to produce a fund-raising single involving all our members to be released in the near future. I would have to single this out as one of the main highlights of the project as all instruments, singers and rappers on the single had learned their parts in sessions facilitated by an industry professional. They were so attentive and you could see the pride on their faces knowing that they were working with a professional. Below is a link to the single and some testimonials of people attending the project describing the impact it has had on them.

One of the challenges we faced as a project was when hidden costs surfaced. When we had negotiated a suitable premises to deliver the project, we assumed all costs were included in the rent. This wasn't the case and so we had to cover rates, broadband and electric which was initially tricky but following conversations with The BIG Lottery we reworked areas of the budget to accommodate. Another unfortunate challenge was the fact that we had a few funding officers supporting us which meant the understanding of our project wasn't continued. The way in which the lottery administered Reaching Communities changed too which meant we could no longer apply to extend the project but had to complete a new application. The timing of this left us no time to adjust our plans for sustaining the project beyond lottery funding as we had already indicated in our year 2 report that we were reliant on this. This highlights our need to be less dependent on one source of funding for the project.

The demand for the service is still growing and delivery is steady. The majority of the people we support have learning/physical disabilities and or Autism. The rest are from the local community and realistically, they will not be able to "pay" to use the service beyond voluntary donations. We will be approaching a number of funders so that we can continue to support our service users. Some of these will be:

- Henry Smith
- Masonic Foundation
- Porticus

We have developed a good relationship with ASDA Hulme and they have given us permission to arrange bag packing dates throughout the year which will help. We have gathered enough evidence to demonstrate the need for an afterschool club with music activities. A bid is being written to apply for funding to deliver this. We will also be advertising recording facilities and hiring the space out after 6pm and at weekends for bands who would like a practice space or would like to record.

https://www.youtube.com/channel/UCSYFRFJ11HO1h1BQFWBenHw?view_as=subscriber



Thank you card from a Positive Vibration Service User

Women's Group

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

- 4th April: The ladies attended a free classical music event at the Bridgewater Hall. The event was well attended and enjoyed by all.
- 7th April: The group attended the annual health and wellbeing event at the Seventh Day Adventist Church, Wilbraham Road. Free health checks and massages were offered as well as healthy eating tips and smoothie recipes.
- 28th April: The ladies attended the Methodist Church annual concert, which was well attended and enjoyed by the group.
- 28th June: All members attended a concert at the Opera House, which they enjoyed.
- 4th July: Members attended the twice-yearly lunch at Ryecroft Hall. The day was great and the afternoon was filled with fun, food and dancing. This is a group favourite, which the members always enjoy.



Thanks to Angela and the team from Ryecroft Hall.



- 5th July: The ladies spent the evening at Manchester Art Gallery where they joined the age friendly collective and engaged in activities such as "exploring self through poetry" and "singing with the dementia support gospel choir".
- 24th July: The ladies attended Whitworth Art Gallery, which they enjoyed and had a great afternoon.
- 19th November: Attendance at the Pensioners Meeting in Mount Street.
- 20th November: Members attended Ryecroft Hall's Christmas Lunch. The day was amazing. The food was great and the entertainment was very good. The group love to dance so this event was right up their street, resulting in them having a great time.
- 19th February: The ladies attended the Pensioners Meeting, which was informative and useful.

African and Caribbean Mental Health Services

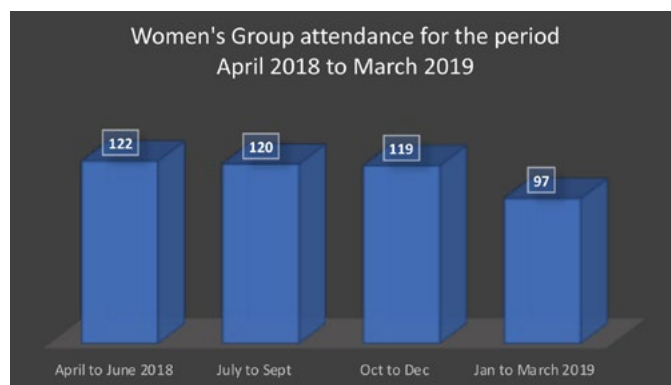
Women's Group Sista-2-Sista

The group is aimed at **ALL** women to create a safe environment in which women can share life experiences and empower each other without fear of being criticised or labelled.

Every Tuesday from 1 - 3pm at the Windrush Millennium Centre

Meet other people
Confidentiality
Trips
Advice/Information
Encouragement/Support
Guest speakers

For further information contact: 0161 226-9562
African and Caribbean Mental Health Services
Windrush Millennium Centre
70 Alexandra Road, Moss Side, Manchester M16 7WD
Email: admin@acmh-blackmentalhealth.org.uk
Web: www.acmh-services.co.uk Facebook: [@acmhsmanchester](https://www.facebook.com/acmhsmanchester)



Anna Pozzali, a PhD student in Social Anthropology at Manchester University visited the group on the 26th March regarding a research project about ageing.

Life Skills



Life Skills was relaunched on the 12th April 2019 to encourage more service users to take advantage of activities provided by the organisation.

Despite extensive work going into planning activities, attendance was still low.

However, 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 from weekly to monthly, which would also incorporate the art drop-in.

A programme was developed to run from January 2019 which included activities such as budgeting, sewing, mental health, healthy eating, movie and book club.

Men's Group



This year has been somewhat challenging from the beginning for the Men's Group despite the introduction of an event programme.

The programme talks were designed to provide the opportunity for the members to participate through questions, answers, personal expressions and experiences, whilst benefitting from the knowledge and experience of those presenting the talks.

The talks were planned to be delivered twice a month mainly by in-house staff and practitioners.

Despite the publicity and advanced notice to all concerned, not all the topics were covered.

However, the topics covered were delivered by practitioners and staff in a truly professional manner demonstrating skill and subject knowledge.

Members attending, although few in numbers, benefitted from the talks and agreed they felt better after each session, as well as after the open discussions.

It is not envisaged group attendance will increase in the short term but the Men's Group must not be allowed to crumble through lack of interest or encouragement - internally or externally.

The revival and survival of the group must be uppermost in the thoughts and minds of those interested in the mental wellbeing of the men from our community.

CARERS GROUP - "IFEOMA"

Carers are unsung heroes and heroines because they just get on with the responsibility of caring for relatives or friends who due to physical, mental illness or disability could not manage without that support. Carers do not choose to become carers, it just happens. They come from all walks of life, any culture and age.

Over the last year ACMHS continued to provide a drop-in service to Carers where support, information, advice and help are an integral part of the service as well as mutual support and friendship, training and wellbeing therapies.

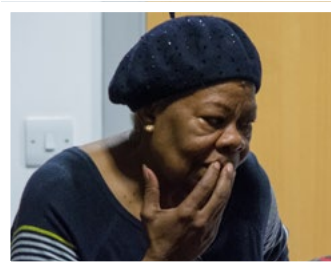
Carers can access or be referred for additional support to other in-house services. The drop-in has a distinctly positive effect on Carers.

This is reflected in the feedback that they give:

"we wish the drop-in time was longer"

" we wish the service will continue"

" we enjoy a break so much"



Yvonne Hypolite-Prince
Carers Co-ordinator

Throughout the year we offer a programme of talks and training opportunities to Carers to help them keep up to date with new legislation, trends and thinking. For instance, a talk was presented by Carer's Trust regarding Dementia Awareness, the importance of Cervical Cancer Awareness since research shows both Dementia and Cancer has a high incidence in African and Caribbean communities. In conjunction with Manchester Carers Network (as a Network Member) a free course on Moving and Handling and on First Aid was presented. In addition, Carers are encouraged to take the opportunity to attend or participate in the full range of other courses offered by the Network or events and activities in their local community.



Like all voluntary organisations, funding is always at the forefront. The contract was due to end in March 2019, but

we received a reprieve for the year 18/19 that enabled us to continue. We are always keen that Carers should have respite breaks, even if just for a cup of tea around the corner or a weekend away.

In September, we had the opportunity to go to Llandudno again and once again the weather was good.

What qualifies you as a carer?

A **carer** is anyone, including children and adults who looks after a family member, partner or friend who needs help because of their illness, frailty, disability, a mental health problem or an addiction and cannot cope without support. The **care** they give is unpaid.

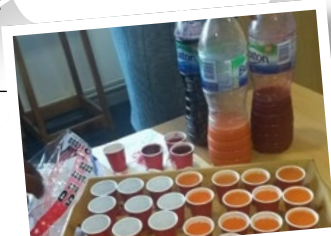
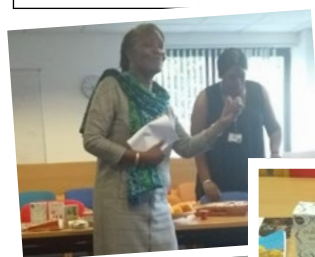
Taste of the Caribbean event: 14th June 2018

Barbara Duncan did a talk on natural juices Dawn from Hulme Herbal Shop did a talk on natural teas

Comment about the evening:

Brilliant evening - loved it.

Sharon W



The Carers Network organised a series of talks by a firm of solicitors on:

Human rights: 2nd July

Moving and Handling: 6th September.

PROMOTION, PRESENTATIONS, MEETINGS AND VISITS

- Manchester Carers Network Video launch
- Black History month event at Manchester College
- Black History event at Buckley Hall Prison

Culture week at Carmoor Road



- GM VCSE Mental Health Forum
- Disability Coalition
- ACMHS Men's Group
- LGBT
- Manchester Metropolitan University Careers Fair
- Range Medical Practice
- Hulme, Moss Side and Rusholme Neighbourhood
- IAPT workshop
- Reaching Communities event at Alexandra Park Job Centre
- Information stall at Wythenshawe and Northenden campuses

Women's health day in Cheetham Hill



Staff /Volunteer training

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:

- "In the dock" – legal session
- GDPR
- Gender Specific needs for Women in the Criminal Justice System

- Arts Awards Advisor
- Leanne Dykes from ABL Health
- Mental Capacity and Safeguarding
- Substance Misuse and Safeguarding Children
- Mental Health Awareness

All training can be accessed by Board members, staff and volunteers and online training through Flick Training and Citation.

Synergi Photovoice Exhibition



Members of ACMHS and LMCP Care took part in a programme to take photographs of their everyday reality of living with mental illness or its treatment through the Synergi Collaborative Centre. This is a five year national programme that aims to collate, synthesise, interpret and communicate data and knowledge on ethnic inequalities in mental health and related systems, and how this relates to severe and multiple disadvantage.

Synergi will be bringing together all voices and views to co-produce the evidence on what drives ethnic inequalities in severe mental illness and how to reduce them, placing accounts of personal experiences at the heart of any narrative exploration.

Workshops were held at ACMHS and LMCP and the first exhibition took place on the 5th July 2018 at the Windrush Millennium Centre.

A final exhibition on 8th October at the Zion Centre with photographs taken by Manchester and London service users was also held.

The photographs represented service users view of how they see themselves and the outside world.

The event was very touching and moving, particularly when you heard about the experiences of some of the service users.

PICTURES AND COMMENTS MADE BY THE SERVICE USERS



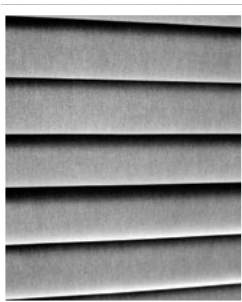
This painting is on the wall in my main living room so that I can see it more often. I took a picture of this painting as religion is therapeutic to me and helps with my recovery. It's from the last supper, but only displaying Black rather than White people. Not everyone believes that there could be a Black Jesus, so I hope this photo may change the perspective of people.



The picture of the doll represents times when I feel low. The mood is dark and the doll is lying down to recuperate from a stressful day.



I felt that it was important to take a picture of my medication, as this is often a part of your treatment when you have a severe mental illness. I used to think that medication was unnecessary to getting better, but now I understand that with any illness, medication can help to control your symptoms. I also feel that there is a stigma attached to taking medication for a mental illness, which doesn't happen when you have a physical illness, so for me it's important to show that with any illness, medication is an important part of treatment.



My blinds represent the difficulty of mornings, and sometimes it is difficult to open the blinds and start the day. When they are shut the room is dark and I often feel trapped with my depression and thoughts. However, there is hope. When I am able to open the blinds, light fills the room and I am able to see again and hopefully start the day. Opening the blinds is overcoming negative feelings.

GUESTS AT TEAM MEETINGS

■ Mona Bhabuta, Parental Engagement Officer from Manchester City Council's Information, Advice and Support Service

■ Melanie Lamb, Engagement Officer from Skills for Employment for the Growth Company



■ Jennifer Sumner, Development Officer from Motiv8



■ Elaine Mills, Sun Colours Art

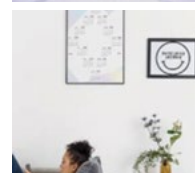


■ Chanje Kunda, local poet, playwright and performance artist

■ Dazrene Ennis, Visitor Team Assistant from the University of Manchester Whitworth Gallery



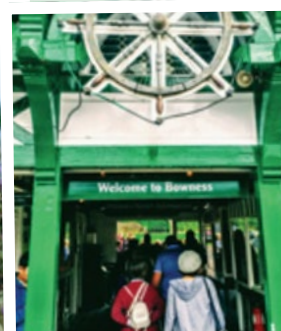
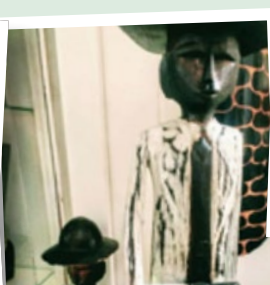
■ Leida – Happy Choice Calendars



■ Sally Devine, Community Grocer Project Co-ordinator

■ Julie Thornhill, Over 50s worker

Despite the weather, the trip to Lake Windermere on the 23rd August was enjoyed by all.



FUNDING/DONATIONS



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



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

Donations from Dr JS Bamrah's (CBE) friends and colleagues totalling £555

Mr Kirpal Singh Panesar
Dr Rakesh Kohli
Mr Rajinder Singh Gill - Star Shoes Ltd
Mr Kamaljit and Mrs Tarlochan Ryait
Dr Ranjit and Dr Satnam Sumra
Dr Vaneet and Dr Manju Khanna
Dr Jaspal Dua
Dr Parveen and Dr Raj Sharma
Dr Ripu and Dr Manjit Deo
Mr Dinesh and Mrs Rekha Shah
Mr Bharat and Mrs Sonal Mehta



Thank you to Synergi Collaborative Centre for making a donation to ACMHS.



Christmas Party

The annual Christmas Party was held on 20th 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.

Funding of **£250** was received from Forever Manchester for the Christmas Party.



Hamper was won by Elaine Leveridge, Carer.



Thank you to Juliette Samuel who made the Christmas cake



Thank you to Angela McIntosh, Community Life Champion at Asda Hulme for the donation of a hamper that was raffled at the Christmas party.



Thank you to B&M, Hulme for their donation.



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



Thanks to Ray for helping to assist in delivering the food parcels.

Big thank you to Aldi for their donation of food

Our staff delivered to service users on Christmas Eve.

Thank you to FareShare who organised ACMHS food collections at Tesco – Altrincham and Stretford stores.



STUDENT PLACEMENTS

- Suzanne Ryan commenced HIT placement May to September 2018
- Rose – Elective placement – Manchester Metropolitan University Nursing Student from 23rd July to 3rd August 2018

To all the staff at ACMHS, thank you for all your support and help during my two week elective placement. I was made to feel welcome and I felt involved and part of the team where possible.

I would like to thank my supervisor for being amazing and supportive.

I would also like to thank all the practitioners and staff for the amazing support they offered me and also for the incredible work that they do at ACMHS.

Everything you did for me will always be appreciated and remembered.

Lots of love, Rose
Aug 2018



AFRICAN AND CARIBBEAN MENTAL HEALTH SERVICES

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 MARCH 2019

		Unrestricted Funds £	Restricted Funds £	2019 Total Funds £	2018 Total Funds £
Notes					
INCOME AND ENDOWMENTS FROM					
		2,345	-	2,345	5,701
	Donations and legacies				
	Charitable activities	3			
	Primary Care Mental Health Team	185,858	-	185,858	189,835
	Carers	-	7,516	7,516	7,508
	Infrastructure Support	68,393	-	68,393	66,974
	Positive Vibrations	-	68,744	68,744	55,774
	Advocacy	-	-	-	9,755
	Mental Health Practitioner	25,000	-	25,000	20,833
	Investment income	2	-	-	59
	Total	281,596	76,260	357,856	356,439
EXPENDITURE ON					
	Charitable activities	4			
	Primary Care Mental Health Team	154,954	-	154,954	127,299
	Carers	-	7,947	7,947	7,906
	Volunteer Programme	-	-	-	1,603
	Life Skills and Drop in Groups	4,356	-	4,356	3,865
	Other Services	4,022	-	4,022	7,567
	Infrastructure Support	98,818	-	98,818	93,703
	Independent Examiner's Remuneration	900	-	900	900
	Bank Charges	181	-	181	248
	Positive Vibrations	-	60,579	60,579	54,370
	Advocacy	-	4,223	4,223	4,940
	Mental Health Practitioner	28,622	-	28,622	20,833
	Total	291,853	72,749	364,602	323,234
	NET INCOME/(EXPENDITURE)	(10,257)	3,511	(6,746)	33,205
RECONCILIATION OF FUNDS					
	Total funds brought forward	59,105	50,839	109,944	76,739
	TOTAL FUNDS CARRIED FORWARD	48,848	54,350	103,198	109,944

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 2019

		2019 £	2018 £
FIXED ASSETS	Notes		
Intangible assets	8	5,462	10,287
Tangible assets	9	8,395	3,010
		<u>13,857</u>	<u>13,297</u>
CURRENT ASSETS			
Debtors	10	10,240	2,893
Cash at bank and in hand		85,283	111,703
		<u>95,523</u>	<u>114,596</u>
CREDITORS			
Amounts falling due within one year	11	(6,182)	(17,949)
		<u>89,341</u>	<u>96,647</u>
NET CURRENT ASSETS			
		<u>103,198</u>	<u>109,944</u>
TOTAL ASSETS LESS CURRENT LIABILITIES			
		<u>103,198</u>	<u>109,944</u>
NET ASSETS		<u>103,198</u>	<u>109,944</u>
FUNDS			
Unrestricted funds	13	48,849	59,105
Restricted funds		54,349	50,839
TOTAL FUNDS		<u>103,198</u>	<u>109,944</u>

The financial statements were approved by the Board of Trustees on 12 December 2019 and were signed on its behalf by:


T Benjamin - Trustee


Chief G Osundiya - Trustee

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.

Aldi
Asda
Acorn Direct
Barclays Bank Plc
Big Lottery
Bucklands Insurance Brokers
Chicken Run
Citation
Clarke Nicklin Chartered Accountants
Community Accountancy Service
Compassion Foodbank
Evosoft
Fareshare
Forever Manchester
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
Moss Side Leisure Centre
Micah Johns
NHS Manchester CCG
Legacy FM
Porch Boxes
Salford University
Tesco
Self Help Services
Synergi Collobrative Centre
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
Twitter: @acmhs3

 **Central Manchester**
Clinical Commissioning Group

 **SelfHelp**
Groups



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
Facebook: @acmhs manchester
Twitter: @acmhs3

Produced by: www.hartman-creative.com