



## Annual Report

For the period April 2019  
to March 2020

# 2020



**AFRICAN AND CARIBBEAN  
MENTAL HEALTH SERVICES**





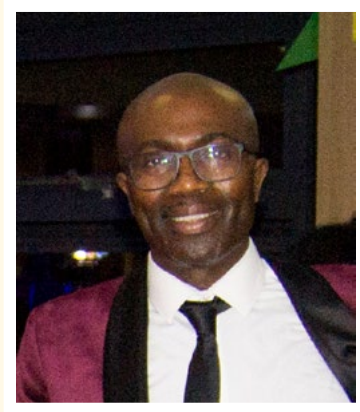




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## FOREWORD

I have the honour of being the Board of Trustees Chair for African and Caribbean Mental Health Services during the past year. We now know this period was the calm before the storm.

2019 was our 30th Anniversary. On Saturday 23rd November 2020 we came together to celebrate the achievements of our staff, volunteers and members past and present. We celebrated what we have done, how we have survived and flourished no matter what has been thrown at us. In the end that is the resilience of our community through adversity to achieve things together. It was a night of music, joy, good food and good company. It was a pleasure to celebrate the evening with the High Sheriff and the Lord Mayor of Manchester.

During the year we began to implement the business and operational plan to make the Board more responsive and help to achieve our aims to diversify our funding and reach those members of our community wherever they may be in Greater Manchester. When you read the annual report, you will see how it continues to be important that we can advocate for and assist those members of our community who are hospital inpatients. You will also note the continued growth of the drop-ins and the testimonials from individuals who, in some cases, have felt their lives have been transformed.

I am going to nickname the IAPT team “the posties” because they always deliver. Despite barriers they continued to see individuals with fantastic results. I would encourage you to read the testimonials.

I would also like to extend to the staff the considerable support and admiration of the Board who appreciate the sacrifices that staff have had to make due to the previous cuts. The staff continue to be a shining example of commitment and dedication which derives from commitment to the Service Users and to the BME community in general. There are no performance tools that can measure your dedication to the community.

The medium to long term aim of the Board is to diversify and strengthen the organisation and meet our mission to campaign and provide culturally appropriate services and to challenge, but also help transform the experience of mental health services for our community. We have a structure to help us get there. The reason my fellow Board Members and I believe we can achieve the mission of ACMHS is evidenced as you take the journey through the annual report: the foundations laid 30 years ago by our founders are being strengthened and built upon by our staff and volunteers.

**Chris Binns**, Chair

March 2020

## 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.

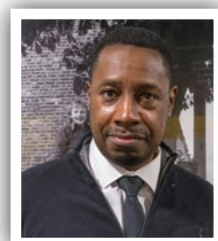
### The organisation provides:

- 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

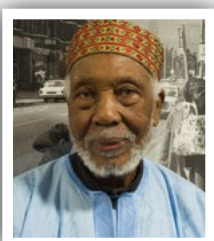
ACMHS is a registered charity - registration number is 1067108.

## 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	Jacqueline Thorn (User rep)
Joseph Magaby (Volunteer rep)	Patrick Harris (User rep)
Izetta Enisouh (Carers rep)	Victoria Ashadu
Dr J S Bamrah CBE	Angie Cooke (Dec 2019)
Barbara Chavunduka	Dr O T Oluwadare (Patron)



Trevor Benjamin,  
Treasurer



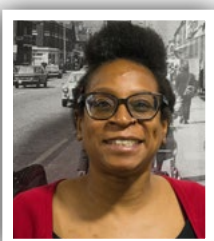
Chief  
George Osundiya,  
Secretary



Dr Addy  
Lazz-Onyenobi



Gina Evans



Angie Cooke



Dr J S Bamrah CBE

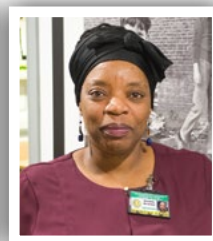
Dr J S Bamrah CBE, FRCPsych, MHSM, FIOPM;  
Consultant Psychiatrist, GMMH; Hon Reader, University  
of Manchester;

## 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)
Hyacinth Ricketts	- Mental Health Practitioner
Stella Kruger	- Psychological Wellbeing Practitioner (resigned: July 2019)
Hemangini Parekh	- Psychological Wellbeing Practitioner (commenced: 9th September 2019)
Sonia Franklin	- Psychological Wellbeing Practitioner Trainee (commenced: 16th March 2020)
Cynthia Chimbaga	- Psychological Wellbeing Practitioner Trainee (commenced: 16th March 2020)
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



Jeanette Stanley,  
Director



Dawn Bryan,  
Administrator



Helena Walker,  
Finance and  
Admin Officer



## Thank you to our dedicated team of volunteers

Abimbola Abdurraheem  
Ayodeji Awonaiya  
Benjamin Bryson  
Lawrence Etim  
Noura Fiqour  
Congratulations to Noura  
(volunteer) who had a baby girl  
on the 4th June.

Christopher Roche  
David Spence Madden  
(Counselling Supervisor)  
Anthony Stephens  
Alvis Younge (Volunteer  
Co-ordinator)  
Emma Murphy }  
Janet Mokwena } Domestic  
Assistants



Ayodeji Awonaiya,  
Volunteer

A client expressed thanks for the support received from Sonia Franklin, Volunteer Person Centred Counsellor, which resulted in a successful PIP application.

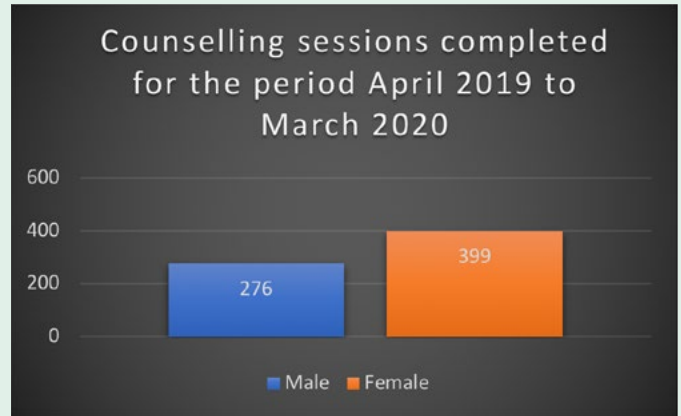
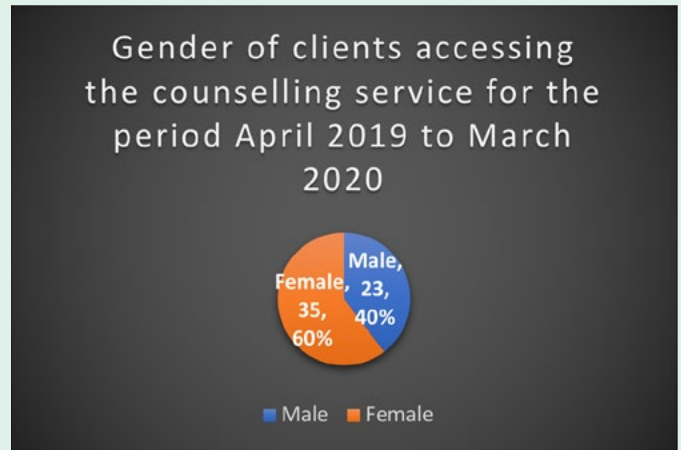


Alvis Younge, Volunteer Co-ordinator, receiving an award for his services to ACMHS from the then High Sheriff of Manchester, Mark Isaac Adlestone OBE, DL.

## Testimony

To you lovely people, I thank you all for the kindness you gave me. I really would love to say thank you.

Saed, August 2019



Jacqueline Lindley,  
Trainee Counsellor  
studying at the  
University of Chester.



## Volunteer Person centred counsellors

Cherisse Amusa\*  
Natalie Brown  
Ifraah Faahiye  
Sonia Franklin\*  
Jeremy Gaynor  
Chizzy Ijeh\*  
Jessica Jacks  
Shantonia Lewis

Jacqueline Lindley  
Sidnie Pantry  
Denise Rodrigues\*  
Camillia Scott\*  
Kimberly Tomlinson  
Khadra Yassain

\*Qualified Counsellors



By Lynn:  
August 2019

## FREE Counselling Service

Are you in a stressful situation?  
Are you finding things difficult to resolve?

By talking to a Counsellor you can look at problem areas in your life and find ways of dealing with them in a **SAFE** and **CONFIDENTIAL** setting.

**DON'T SUFFER IN SILENCE!**

**IT'S GOOD TO TALK!**

**PROFESSIONAL COUNSELLOR AVAILABLE**  
Contact Dawn on 0161 226-9562 for further information  
African and Caribbean Mental Health Services  
Windrush Millennium Centre, 70 Alexandra Road, Moss Side, M16 7WD  
Email: [admin@acmhs-blackmentalhealth.org.uk](mailto:admin@acmhs-blackmentalhealth.org.uk)  
Website: [www.acmhs-services.co.uk](http://www.acmhs-services.co.uk) Facebook: [@acmhs manchester](https://www.facebook.com/acmhsmanchester)

## Testimonies/ comments for Counselling Service

I always felt safe using services and happy with how I was dealt with. Thank you for all the support and understanding and being patient with me.  
*NM, July 2019*

Please keep up the great work  
*LE, July 2019*

My thanks to ACMHS staff who have helped me to interact with the Community Mental Health Team.

*AA, July 2019*

I would just like to say thank you for the service. I don't know what I would have done without it. It gave me time that I needed which was very important. I feel I can now go forward. Nothing is holding me back.  
*PK, Sept 2019*

I just wanted to say to you how thankful I am of your service these last couple of months. It is an exceptional thing that you are doing and whilst there is a way to go, you and your service have helped, so so much.

All the best  
*CB, Sept 2019*

The referral wait is quite long and should be reduced.  
*SY, Sept 2019*

Everything was great. I am very grateful for the service. Thank you.  
*AH, Oct 2019*

Have set rooms for counselling and make welcoming and appealing ie: wall colours/tones, helps when speaking, you feel more comfortable.  
*TH, Dec 2019*

Excellent service  
*PI, Jan 2020*

## IMPROVING ACCESS TO PSYCHOLOGICAL THERAPIES (IAPT SERVICE)



Pauline Witter  
Mental Health  
Team Manager

During Black History Month, we worked in partnership with Buckley Hall Men's Prison providing information and advice to enable signposting to culturally appropriate organisations in the community. All BAME inmates were invited to participate in the event. Culturally appropriate food was cooked by them, as well as the provision of music and poetry. Both staff and inmates enjoyed the event.

We at ACMHS understand the importance of engaging with communities, so we provided advice and information on how to manage and maintain a healthy lifestyle, by presenting a Mental Health and Wellbeing session at one of the Nigerian Women's Group events.

An Anti-discrimination Practice Awareness session was also presented to student nurses at Manchester University, which will hopefully assist them in their future work practice.

The team provides weekly sessions at Wythenshawe, Cheetham Hill and Hulme Job Centres. They provide therapeutic sessions, psychoeducational groups and identify potential clients who would like to refer into the service. Support was further given to those who were on benefit sanctions, those who were seeking employment and those who were lacking in interview skills and volunteer positions were sought for some, with the full support of managers and work coaches.

The team has found that each area have its own challenges. For example in North Manchester, many had immigration issues and required interpreters, in Central and South Manchester there were those who self-medicated with drugs and alcohol. Individuals within these areas also have other issues such as domestic violence, child protection issues, relationship problems, lack of employment, bereavement and past abuse.

All these problems are exacerbated by chronic long term health conditions, such as cancer, diabetes and chronic obstructive pulmonary disease (COPD).

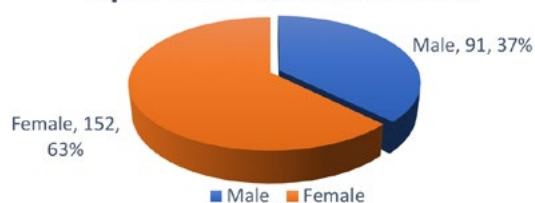
We have continued to enhance the team's skills and knowledge, to ensure we meet the needs of the diverse communities we support by topping up their training with Long-Term Physical Health Conditions and Compassionate Therapy to have a fuller understanding and be completely empathetic of their needs.

Many clients also benefitted from Food Bank referrals we made for them and hygiene products we gave particularly to individuals who were homeless.

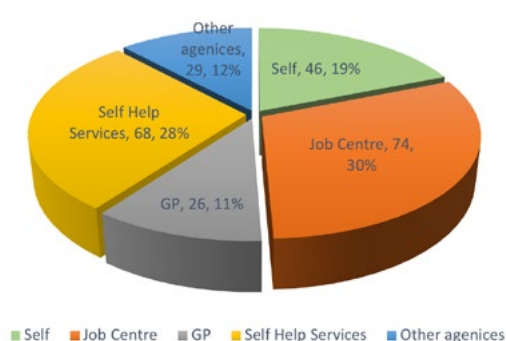
We recruited a further 2 trainee Psychological Wellbeing Practitioners (PWP) in March 2020 with plans to expand the team towards meeting future commissioning requirements.

## This year, there were 243 referrals made to the IAPT Service.

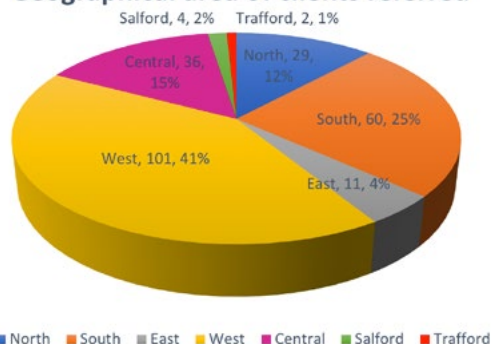
### Gender of clients referred to the service for the period April 2019 to March 2020



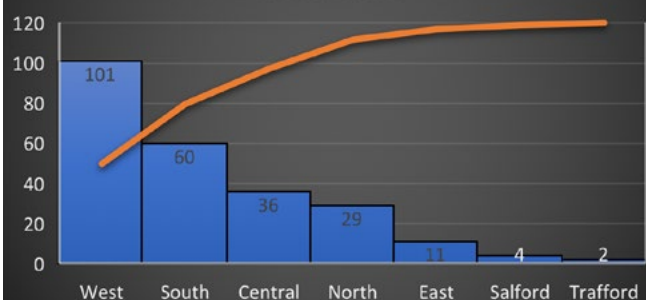
### Referral source of clients referred



### Geographical area of clients referred



### Geographical area of clients referred



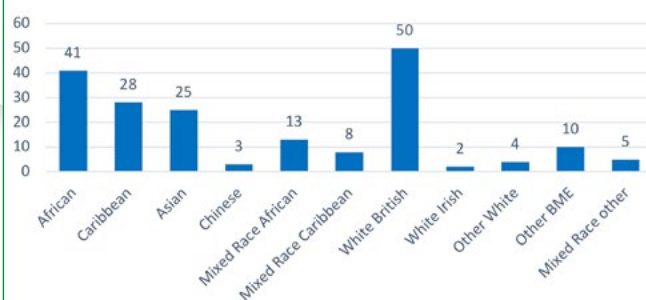
Out of the **243** clients referred to the service, **189** clients completed an assessment and were offered a service. However, **145** clients entered into therapy

■ **36** out of the **189** clients offered a service did not take up the service as they were not ready or committed to the therapy.

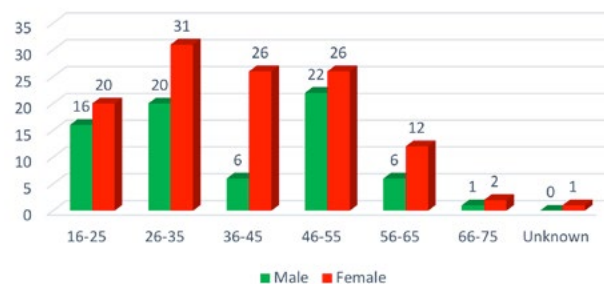
■ **8** out of the **189** clients offered a service were not suitable to access therapy.

■ **29** out of the **189** clients were living with serious long-term health conditions.

### Ethnicity of clients who completed an assessment



### Age and gender of clients who completed an assessment



### Outcome of therapy

We are required by funders to make contact and begin treatment within six weeks.

Out of those who took up the service and entered therapy only **7** waited 28 days to begin their therapy everyone else received treatment before 28 days.

Through motivation, encouragement and working with other professionals in partnership, out of those **145** who had an assessment and entered therapy:

■ **116** completed all therapeutic sessions

■ **63** of them made recovery with the use of problem solving, behavioral restructuring, therapeutic strategies, advice, information, partnership working with GP, job centres, carers, partners and other agencies

■ **10** clients went into employment

■ **31** were supported in employment

■ **5** went into education

■ **12** were supported to continue with their education

All practitioners are required to ensure that a patient experience questionnaire is completed by clients when they undertake an assessment and when they are discharged out of therapy and back to their GP.

100% of the **116** clients were satisfied or extremely satisfied with the assessment and the treatment they received from the team.

One of the many challenges we experience is trying to engage with clients. As a result the team spends a lot of time trying to make contact to arrange appointments.

There are also those individuals who will refer to the organisation because they are worried that their benefits might be sanctioned and will drop out of therapy before the treatment is completed and others who move out of Manchester.

Further challenges are high levels of illegal substance misuse where individuals are not ready to address this issue and are very difficult to engage and make recovery.



## Case studies:

A middle-aged Asian woman experiencing bereavement, anxiety and depression around her family relationships. She attended 8 sessions of Cognitive Behavioural Therapy (CBT) for couples with her husband. They participated well in their Behavioural Activation plan within the sessions as well as at home and was able to reduce their anxiety and depression. The outcome was a reduction in their depression, beginning the lady's bereavement process and understanding each others needs within the marriage.

A 60 year old woman of Caribbean descent with Long-Term Health Conditions (LTHC). She had symptoms of severe depression and health anxieties. The practitioner was able to make allowance for her health conditions and worked with her when she was physically able to do so. She received psychoeducation around mental health and LTHC.

Relaxation techniques, controlling health worries, restructuring her negative thoughts improved her depression.

The outcomes of the therapeutic sessions were that she was able to control her health worries, communicate more with her family about her feelings and participate more in daily activities.

A 39 year old woman who required an interpreter. She had lost her children to the Child Protection system, had anger issues, was depressed, and anxious.

The practitioner assisted her with anger management, supported her with restructuring her negative thoughts and behaviour, psycho educated her on how behaviour impacts on her children and signposted her to learn new parenting skills.

The outcome was a reduction in her depression and anxiety, developed new parenting skills, which assisted in the child protection issues. This could not have taken place without the provision of a relevant language interpreter.

## What is CBT?

Cognitive behavioural therapy (CBT) is a talking therapy based on the here and now, that can help you manage your problems by changing the way you think and behave.

It is most commonly used to treat anxiety and depression, but can be useful for other mental and physical health problems.

### How CBT works

CBT is based on the concept that your thoughts, feelings, physical sensations and actions are interconnected, and that negative thoughts and feelings can trap you in a vicious cycle.

CBT aims to help you deal with overwhelming problems in a more positive way by breaking them down into smaller parts.

You are shown how to change these negative patterns to improve the way you feel.

Unlike some other talking treatments, CBT deals with your current problems, rather than focusing on issues from your past.

Between sessions individuals will keep a diary of their thoughts and behaviour, which is an integral part of CBT.



**Sonya Ejoh**  
High Intensity  
Therapist



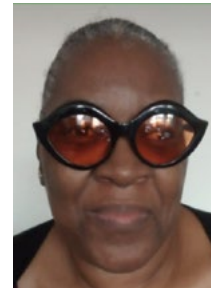
**Hyacinth Ricketts,**  
Psychological  
Wellbeing Practitioner



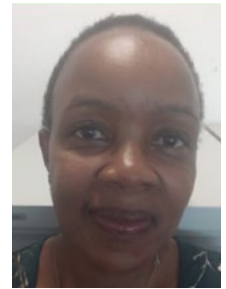
**Alicia Mike**  
CBT Counsellor



**Hemangini Parekh**  
Psychological  
Wellbeing Practitioner



**Sonia Franklin**  
Trainee Psychological  
Wellbeing Practitioner



**Cynthia Chimbga**  
Trainee Psychological  
Wellbeing Practitioner



Comments from workshops:

- Really helpful and informative
- Learnt something new
- Very good, very helpful
- I found workshop very useful
- Good to see everyone helping and encouraging each other
- Very helpful
- Interesting
- I found it important to hear about mental issues surrounding people's life
- It was and is informative to me
- I mark this workshop a "10"

## Testimonies/comments for IAPT

I am very glad that I came. Hyacinth is very approachable and caring. She has a natural, organic way of getting you to talk in a way that it doesn't feel like counselling, but more like talking to a faithful friend.

*EAF, April 2019*

I was very satisfied with the service and although I was very anxious about my first session, my therapist was really helpful in reassuring me and showed me some techniques to help me to calm down. Once again, I would like to thank my therapist and the services they provide.

*DS, July 2019*

My therapist was really nice, understanding and supportive and was there at my most vulnerable time in my life.

Thank you for your help and support Hyacinth.

*July 2019*

Once again, Stella, I am writing to say thank you. I am approaching my course in September and was thinking of all your help, especially at the time of my appeal and I was so touched at how quickly you put your work aside to help me at this time.

Thank you so much for making it possible for me to reach my dreams and aspirations.

God bless you and I wish you the best.

*AA, Aug 2019*

I began my therapy with Sonya in February 2019 after reaching out to the NHS with concerns about my increasing depression and anxiety which had already affected my home life and was also beginning to interfere with my work life. My energy levels were at an all-time low and I would be so exhausted from trying to get myself through the work day I wouldn't be able to cook a meal or do basic housework in the evenings and weekends.

The obvious triggers for my poor mental health were a combination of a stressful work and home environment, along with an underlying negative view of my career path. However through the sessions and exercises I was able to uncover a much deeper source of my negative feelings and identified the cycle that fed my depression, which I discovered was always triggered first by excessive and prolonged periods of stress.

Through the sessions I also learned about methods and skills I can use to combat depression and anxiety and recognise triggers and symptoms early in order to prevent relapses and to cope better with my emotions before they have the chance to take over.

The improvements I have had within six months are significant and I am much more skilled at managing my mood and negative thoughts. I have also been able to apply the same skills and techniques to my work and home life to better manage the related sources of stress and anxiety. Making time for socialising and hobbies is much easier now and I find myself opting-in to social situations, rather than always avoiding them. I have even been able to manage my workload more effectively and have taken back a certain level of control over my home life - I don't believe this would have been possible without the therapy sessions and support from Sonya.

Thanks again Sonya for all of your help and support over the past seven months - the sessions were such a huge help to me and I couldn't have done it without you!

*DB, Aug 2019*

Good sessions, very helpful, good communication skills and good sense of humour.

The mode of communication made me feel at home. Enough time was provided for each session.

Great advice is given as well.

I am very satisfied.

*SK, Aug 2019*

Love my therapist. Thank you for providing me with this opportunity. Feel blessed for the free service.

*AH, Aug 2019*

I think the therapist is good and I like the way Sonya does it. I learn so many things, how to manage and be better.

*Oct 2019*

I have now worked with Hyacinth on multiple occasions. She has always been very professional and provided an excellent service. She is warm and kind to service users.

Hyacinth listens and makes service users feel comfortable and able to talk about their difficulties. She is an excellent member of this team. I am very glad to have worked and interpreted for Hyacinth. Always a fantastic experience.

*AJ, Nov 2019*

I came to Sonya as a very broken and hopeless lady. I saw no future for myself or my children due to the two decades of abuse I suffered from my controlling ex-husband.

He wouldn't let me meet my friends or family as he had completely cut me off and isolated me from the outside world. I wasn't allowed to shop or even throw the bin out or even stand near the window or drive on the motorway and much more cruelty and abuse.

You helped me by supporting me, listening to me and directing me to find solutions to my devastation, especially when I told you about my ex-husband having secretly marrying another woman whilst still married to me.

Your support was wonderful. You helped me to think positive, dispel worries and change them into real solutions that helped build my confidence and restore my self esteem and in turn take charge of my life.

Today, I have a job, a structured life, with a routine. My relationship with my children and family is mended and I am standing tall and fighting back to keep my home from being taken away by my ex-husband.

I would recommend you and your services to all who need it.

You are the best - thank you.

*Nov 2019*

I learnt a lot. I had a great service and a great therapist, Hyacinth.

*TW, Dec 2019*

I have been attending the African and Caribbean Mental Health Services since 18th November 2019 and discharged on the 9th January 2020. During that period I attended 5 sessions.

I have found the sessions very useful. The idea of making a weekly plan where I could prioritise key activities and meetings was very beneficial. It allowed me time to make preparations and focus on developing the correct mood and behaviour and emphasising the fact that these events should be savoured and be rewarding.

The service was a pleasant place to come to and I looked forward to meeting Hemangini. She was very helpful and guided me through the process of the assessments and how to use them as guidance to do the right things and improve my actions and behaviour.

*DT, Jan 2020*

Hyacinth was amazing. She has helped me so much and it has changed me. I am a lot more positive.



## Testimonies/comments for IAPT

I found talking to her very easy and she never made me feel uncomfortable.

*RS, Jan 2020*

First class service. Many thanks.

Fantastic and understanding therapist.

*MB, Jan 2020*

I am happy you have managed to change my way of thinking to a degree. You allowed me to think about myself and that I am just as important. I have a life too. For that, many thanks.

*JW, Feb 2020*

I found CBT with Sonya helpful.

I have definitely found writing down and challenging negative thought patterns has helped my anxiety.

Sonya is the best!

*Feb 2020*

I would recommend CBT, because it is helpful. I thought I was a lost cause but CBT helped me.

Sonya is very patient, understanding, supportive and sympathetic. She is a good teacher and a good coach."

*March 2020*

CBT really helped me to understand the difference between real and hypothetical worries. This helped me to gain clarity as I used to ruminate on things that hadn't even happened yet. I appreciate how my therapist broke down the cycles behind unhelpful thought patterns with me as this taught me patience and acceptance.

Thank you Sonya for everything over the past 10 months. I wish you all the best too.

*March 2020*

The therapy was eye opening and helpful. It has helped me with my mental stability. My therapist was extremely helpful, understanding, caring and showed lots of empathy. She helped me take control over the depression.

The therapist offered support in the right direction to access additional help elsewhere.

She pointed me in the right direction and put me in contact with other services and to take some control over my worries.

She helped me to address my problems and to look at the pros and cons of a particular solution. This was beneficial because it helped me to choose the best route and to make the best decision.

Sonya referred me to the Homeless families team who have offered to provide me with a deposit to help me secure private accommodation for me and my children and to improve my current living situation.

Sonya has helped me in terms of my personal development such as finding paid employment and accessing education and training.

Sonya shows the best respect when treating you, she treats you fairly and I would like to say a big thank you.

Sonya makes me feel empowered, she helped me to feel safe and hopeful when I was feeling hopeless and helped me to address personal problems and be in control of my life.

Sonya showed me what choices I had in front of me when I didn't even know where to turn to. It has been a life changing experience, the time spent in therapy has been invaluable and really good. Sonya goes above and beyond what she is supposed to do.

*March 2020*

## Severe and Enduring Mental Health Services



**Sheba Martin,**  
Mental Health Practitioner



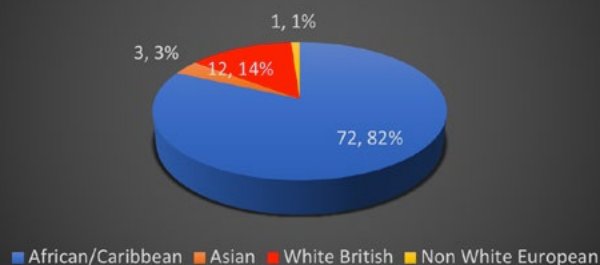
Once again the support from Lloyds Bank Foundation has been outstanding and gratefully appreciated. They have agreed to continue to fund this vital service for a further 2 years.

Time is marching on!! Year 3 already and the service continues to make strides to support our community's increasing awareness of mental health issues, supporting those in need and creating partnerships with other professionals who have a similar ethos.

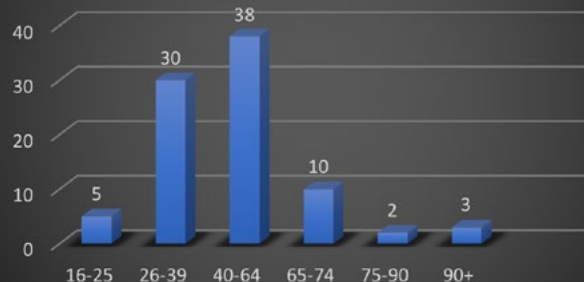
### Gender of clients accessing the service between April 2019 and March 2020



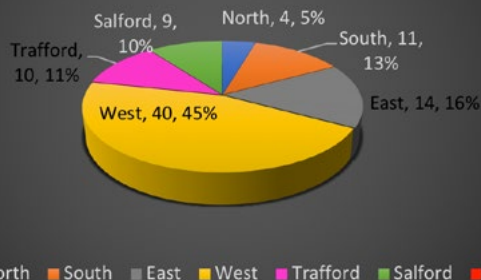
### Ethnicity of clients who accessed the service



### Age group of clients accessing the service



## Geographical breakdown of clients accessing the service



The severe and enduring service has continued to support the community of Manchester which is a thriving, eclectic mix of cultures. Most recently, mental health remains high on the agenda due to high profile individuals such as members of the royal family and other celebrities becoming more open about their own struggles with mental ill health.

Mental illness affects 1 in 4 people in England. 1 in 6 people will experience a common mental health problem of some kind such as anxiety or depression.

### Statistics taken from the MIND website states in any given week in England:

- Mixed anxiety and depression: 8 in 100 people
- Generalised anxiety disorder (GAD): 6 in 100 people
- Post-traumatic stress disorder (PTSD): 4 in 100 people
- Depression: 3 in 100 people
- Phobias: 2 in 100 people
- Obsessive-compulsive disorder (OCD): 1 in 100 people
- Panic disorder: fewer than 1 in 100 people.

A person's diagnosis may change several times during their life. Some complex conditions are measured by how many people will be given this diagnosis over the course of their lifetime, or in any given year:

- Antisocial personality disorder (ASPD): 3 in 100 people (in their lifetime)
- Borderline personality disorder (BPD): 2 in 100 people (in their lifetime)
- Bipolar disorder: 2 in 100 people (in their lifetime)
- Psychotic disorders (including schizophrenia): fewer than 1 in 100 people (in any given year)

But estimates for these diagnoses can vary quite a lot. Also, personality disorder and schizophrenia are controversial diagnoses. These labels can be stigmatising, and many people feel that they shouldn't be used at all.

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/statistics-and-facts-about-mental-health/how-common-are-mental-health-problems/>

Even in these modern times in a 'forward thinking' society amidst ever advancing medical and technological progress there remains many common myths about mental illness. It is often described as the hidden disability as it is often not conspicuous and sufferers will often try to hide the fact that they are struggling.

Mental illness create distress, don't go away on their own, and are real health problems. It is very likely that a family member, friend, or co-worker will experience challenges even if you do not experience a mental illness yourself. Family members and loved ones do have a big role in support and recovery.

It is still a widely held view that people with mental illness are violent and dangerous.

It's true that some people who experience mental illness may act in ways that are unexpected or seem strange to others. We need to remember that the illness, not the person, is behind these behaviours. No one chooses to experience a mental illness. People who experience a change in their behaviour due to a mental illness may feel extremely embarrassed or ashamed around others. It's also true that people with a history of a mental illness are like anyone else: they may make poor choices or do something unexpected for reasons unrelated to symptoms of their illness.

<https://cmha.ca/documents/myths-about-mental-illness>

These myths and many more exclude people with mental illness from our communities and create barriers to well-being. If we want to reduce the impact of mental illness on our communities, we need to learn the facts and start with our own assumptions and behaviours. This can be achieved by being open-minded and accepting of differences and educating ourselves on the true facts.

ACMHS is here to encourage people to ask questions freely and discover how mental illness affects people from a non-Eurocentric viewpoint. There continues to be a vast divide between the treatment of Black people in the mental health system and their white peers. Supporting service users from a cultural perspective is going some way to addressing this and making change.

Our work supporting patients in the hospitals continues as they are going through what is a difficult time in their lives. There is much more to be done to address the needs of Black people that are in the mental health system.

The Mental Health Practitioner (MHP) provided training for 3 counsellors on how to complete assessment forms and continues to complete assessments for clients wishing to access the counselling services.

The latter end of 2019 brought us a joyous occasion when we celebrated our 30 year Anniversary with the Lord Mayor and High Sherriff and Sherifina of Manchester.

Some of our service users were able to attend and celebrate this momentous event with us. It was lovely to socialise with people on a more relaxed and personal level.

Additionally, we also enjoyed spending time with our service users for our annual Christmas celebration. Many thanks to our volunteers for their continued support.



Additionally, the High Sherriff and Sherifina of Manchester visited the organisation to see first-hand the work that ACMHS continues to do within Manchester. It was an opportunity for questions from service users and vice versa, all in all it was a pleasant day.

We continue to maintain working relationships by collaborating with other organisations such as Synergie, Immigration Aid Unit, CanSurvive and Shelter to achieve all round support for our service users.

Unfortunately, on the 23rd March 2020, the organisation's office closed due to the Covid-19 pandemic. Face-to-face contact ceased, but we continue to support service users through telephone, zoom, email and text interventions.

## Testimonies

Sheba is like the big sister I never had! She is more than just a Practitioner; she is a good friend to have and gets the job done.

Over the years, she has been a valued member of the community.  
*VJ, July 2019*

Thank you so much for thinking of me when you saw some job opportunities. From the email you sent me, I managed to get a great new role at the Growth Company in a really nice environment.

With a work life balance, I didn't think was possible.

The centre here and services have really helped me get back on my feet.

I can't thank you all enough.  
*MK, Aug 2019*

I contacted the African and Caribbean Mental Health Services looking for support in a family matter.

I spoke to Sheba who recorded the information and followed up advice given.

She agreed to support me and the reward is evident. Thus, I found her involvement supportive and professional.

Good to work with again.  
*RL, Oct 2019*

Sheba has helped and supported me with every problem I have asked her for help with.

Even when I turn up without an appointment, she makes time to see me and to help and advise me.

The information she gives me is always good and I am always able to get the help I need.  
*JP, Oct 2019*

Miss Sheba Martin has been supporting me over the past year and I am very grateful for her support.

She is always very nice to me.

Thank you very much!  
*EM, Dec 2019*

## DROP-IN SERVICES Sports

The Sports Drop-in has been facilitated by the MHP each Wednesday, 2pm – 4pm at Moss Side Leisure Centre.

The Sports Drop-in offers an opportunity for people with any form of mental ill health, including low mood anxiety, depression or more destabilising mental health conditions that can affect everyday life, to access a source of therapeutic respite. It has proved to be a much needed activity for those who attend.



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 is often the only time they get the opportunity to exercise in a supportive environment.

The activities enable all participants to engage. One of our more mature female member played football for the first time despite having suffered a stroke causing long term physical problems affecting her mobility. Despite this she enjoyed mixing with the other players and it was a great way to get to know them. It materialized that she was a dab hand at keeping goal and all participants showed compassion towards their team mates.

Another member was pleased that he was able to measure the increase in his stamina over the weeks and he was able to run around for a little longer each week.

Unfortunately, due to the pandemic this was cut short as the country was forced into lockdown measures. We will be unable to resume the Sports Drop-in until Government guidelines allow.

## Testimony for Sports drop-in:

I really enjoy coming every week. It's fun chilling out, playing badminton and football.

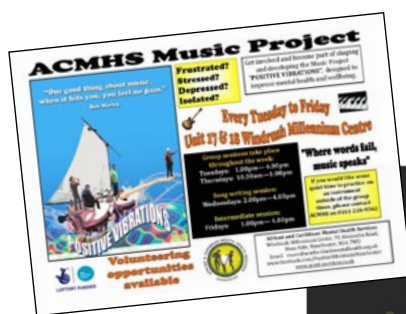
Kamran, Dec 2020

Thank you to Paul Roberts and Ian Johns who have continued to support the Sports Drop-in and assist the MHP

## 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 was developed to run from January 2019 to incorporate the art drop-in.



## Music - Positive Vibrations

Positive Vibrations funding ended 31st May 2019. However, the project will continue to use surplus funds whilst seeking continued funding.

Towards the end of 2019, ACMHS was at the second stage of a 3-year funding application with the National Lottery Community Fund to extend the project.



**Sefton Simpson,**  
Music Project  
Co-ordinator

In March 2020, the Government implemented a lockdown strategy to halt the spread of Covid-19 closing non essential businesses and asking organisations to enable their staff to work from home where possible. This has meant our application was put on hold.

However, during the pandemic, we will be looking at offering online music drop-ins via Zoom and other social media platforms.



**Barry Johnson,**  
Music Tutor



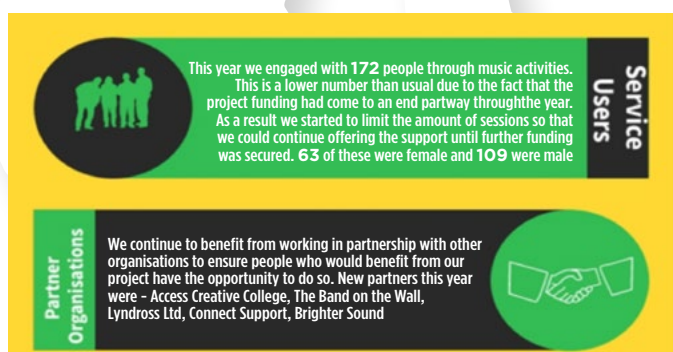
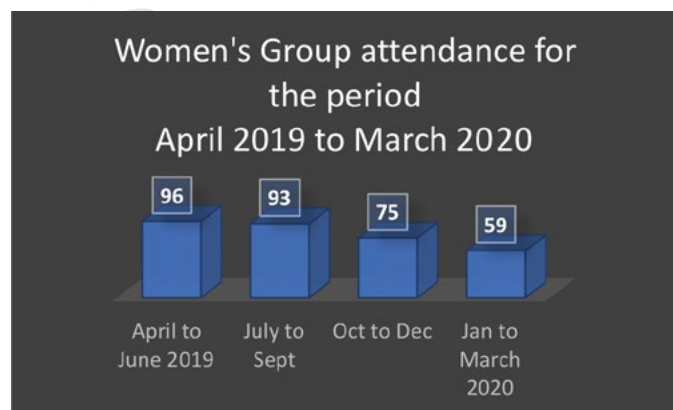
### Hi Dawn

I just wanted to formally thank you and Sefton for providing two service users with the means to rehearse and perform at the recent African community religious Christmas event.

Thanks, Kam. Dec 2019

ACMHS is a charity and we rely on grants and donations to continue providing culturally relevant mental health and wellbeing support services. If you believe in the power of music and can relate to our service users that report that music has a positive impact on their mental health and wellbeing, why not consider making a donation through our website: <https://www.acmh-services.co.uk>

## Women's Group







Condolences to the family of Vivian Brady who was laid to rest on the 6th August 2019.

Mrs Brady was a member of our Women's Group for many years and will be sadly missed.

**May her soul RIP**

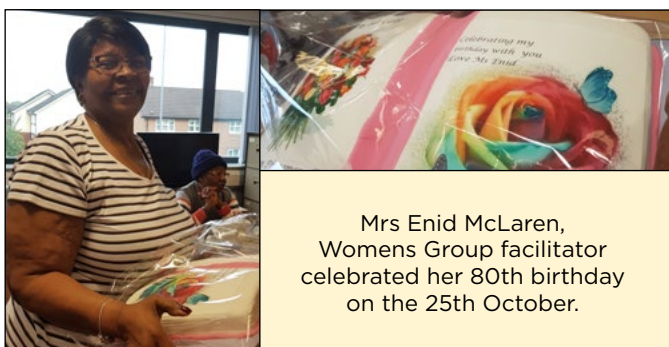


Enid McLaren, Women's Group facilitator receiving an award for her services to ACMHS from the then High Sheriff of Manchester, Mark Isaac Adlestone OBE, DL.

**25th Nov 2019:** All the ladies attended the annual Christmas lunch at Ryecroft Hall. The day was filled with food, fun and dancing. This is definitely a group favourite as everyone always enjoy the visit.

**17th Dec 2019:** The group went to the Age Friendly Assembly Christmas party at the Royal Exchange, with the Lord Mayor present.

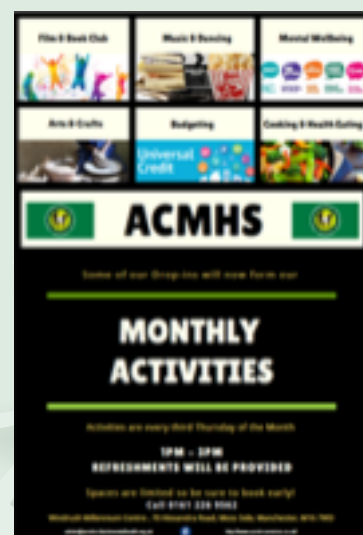
**16th Jan 2020:** Some members attended ACMHS Annual General Meeting The Windrush Millennium Centre.



Mrs Enid McLaren, Womens Group facilitator celebrated her 80th birthday on the 25th October.

## Life Skills

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



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

**1st April 2019:** The group visited Central Library for a talk on Manchester's local markets in the 60's and what you remember about them.

**7th April 2019:** The group attended a pensioners meeting held in The Friends Meeting House in Manchester city centre. They discussed ways to make Manchester better for pensioners. The group enjoyed the open discussion and left feeling positive about the event.

**30th April 2019:** Some members of the group attended The Royal Exchange Theatre to see Hobson's Choice theatre production with an all Black cast. The show was great and the group really enjoyed it.

**15th May 2019:** The group had an enjoyable day out to Trenton Gardens in Staffordshire. They toured the gardens then found a nice restaurant for lunch.

**29th Jun 2019:** The group visited the Methodist Church for a Swing Band Concert. It was a great evening, which was enjoyed by the group.

**3rd Aug 2019:** The group attended a focus group.

**1st Oct 2019:** The group went to Home Theatre for a Black History Month event, which they enjoyed.

**21st Nov 2019:** The group attended the Macmillan Fundraiser held at Westwood Street. The annual dinner dance was well attended and the evening was delightful. All are looking forward to the next one.

**23rd Nov 2019:** Some group members attended ACMHS' fundraising dinner and dance at the Belle Vue Stadium. The event was very enjoyable, the food was good and what made it even better was the fact that group members received awards for service to the organisation.

## Men's Group

The group has continued to provide a valuable service to members from the local community, by providing a platform for each member to openly express their feelings, table suggestions and offer support and advice to each other.

The group is facilitated by Alvis Younge with support from Lawrence Etim (a service user).

During the year, the group received additional support from two volunteers who also shared their knowledge and experiences from a youth perspective.



Attendance and numbers have decreased. However, the topics raised by participants remains interesting and pertinent to them.

A programme was developed with the group and speakers (internal and external) were invited to deliver each topic.

### Topics presented and discussed include:

- Caring – access and understanding
- Basic Health Issues – impact on mental health, depression and isolation
- Self Esteem – recognising self-worth and commanding respect
- Visit to China – a brief synopsis of life in Shanghai, Beijing and the great wall
- Physical Wellbeing – daily exercises, regular walks and sport activities

It is hoped that the group will continue to meet and enjoy sharing and discussing their experiences.

### Carers Group – “IFEOMA”



**Yvonne Hypolite-Prince,**  
Carers Facilitator

During the year the Carers have continued to meet on the first Thursday of each month where information, training, advice and ideas are shared in a friendly, safe and confidential forum.

The Carers support someone of any age (a friend or relative) who due to physical or mental ill health, disability, frailty or addiction could not manage without support.

**Carers are unpaid and are the unsung heroes of our communities.**

On request carers can be referred to any internal service within ACMHS ie: counselling, advocacy and CBT therapies.



Izetta Enisoh, Trustee and Carer receiving an award for her services to ACMHS from the then High Sheriff of Manchester, Mark Isaac Adlestone OBE, DL.

African and Caribbean Mental Health Services is the best organisation to be involved with for BAME.

The organisation provides free and culturally appropriate services to African and Caribbean people suffering from mental ill health.

For many years, I have been involved with ACMHS as a Trustee and member of the Womens' and Carers' groups.

We have been grateful for this establishment and its supportive staff, that we as BAME people have got somewhere to meet.

At our dinner and dance in November 2019, I was surprised when presented with an award from ACMHS in recognition of services to the organisation.

At present, although we are still unable to meet physically as an organisation in person due to Covid-19 restrictions, ACMHS is trying to develop more opportunities for our group members to get their voices heard.

In the meantime everyone – keep your spirits up.

Keep safe. Covid-19 won't be here forever!

*God bless, Izetta Enisouh*

The Carer's Group provides training and information sharing. In addition, other benefits ensure that their experiences and opinions are valued; the conversation is relevant and ongoing; creating a respectful and relaxed environment, which is conducive to an atmosphere where mutual trust and sociability can flourish and where individuals know that they are welcomed.

### Activities during the year includes:

**May 2019:** Carers information and learning event: Living with Cancer and Beyond – Support for all.





6th June 2019: First aid session from the Red Cross



19th Sept 2019: Presentation on Benefits for Carers



Oct 2019: Weekend Respite Break

#### Feedback:

- A rather enjoyable weekend
- I hope more carers see the importance of a Respite Break
- A wonderful weekend

Feb 2020- HIV Information and Learning presented by BHA

5th March 2020: Celebrating international Women's Day

The group celebrated the event by watching an inspirational address by Megan Markle "Speaking up for your values" a message to women at the United Nations.



Fiona Thompson (carer) also gave a talk on "Living with Autism". Her presentation was particularly inspirational.



Shortly after International Women's Day, we have been unable to continue face-to-face drop-ins due to the restrictions introduced by the Government as a result of the Covid-19 Pandemic.

We are hopeful that 2021 will see a change in circumstances.

UPDATE: 23rd March 2020

## ACMHS office closure due to COVID-19

All staff will be working from home until further notice.

If you wish to correspond or refer any clients during this time, please email: [admin@acmhs-blackmentalhealth.org.uk](mailto:admin@acmhs-blackmentalhealth.org.uk) or contact the Administrator on: 07511608915.

**TAKE CARE AND BE SAFE.**

**CLICK HERE TO DOWNLOAD**  
Community Action Response: COVID-19

**Update from African & Caribbean Mental Health Services**

**Office Closure due to COVID-19**

**Stay Safe**

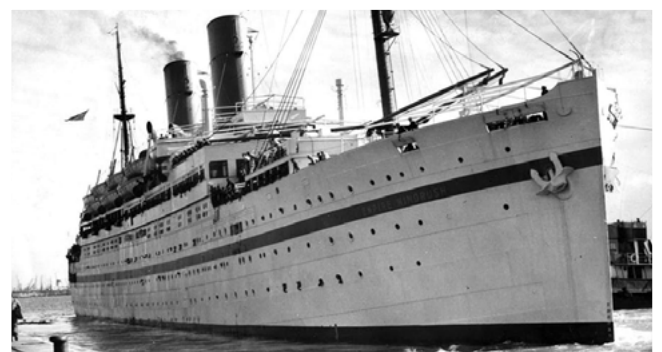
**SOCIAL DISTANCING**

If you wish to contact us during this time, please email: [admin@acmhs-blackmentalhealth.org.uk](mailto:admin@acmhs-blackmentalhealth.org.uk) or contact the Administrator on: 07511608915.

**THE OFFICE CLOSED ON THE 23RD MARCH 2020 DUE TO COVID-19.**

All staff began working from home, with Practitioners providing interventions via telephone, Zoom, text and email.

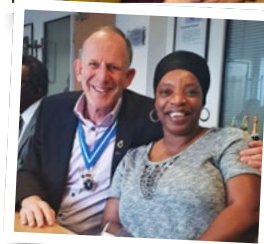
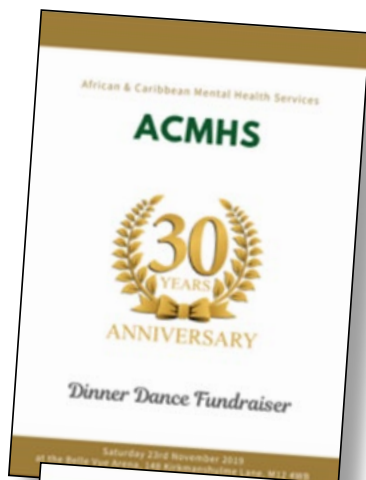
Thanks to Lendon Lewis who produced and regularly updates our Website, is responsible for production of the art work, design/printing of the annual report and various flyers.



Chief George Osundiya and Pauline Witter, accepted an invitation from the Lord Mayor of the City of Manchester, Councillor Abid Latif Chohan to an evening reception on the 22nd June to celebrate the 71st Anniversary of the docking of MV Empire Windrush at Tilbury.



## 30th Anniversary dinner and dance: 23rd November 2019



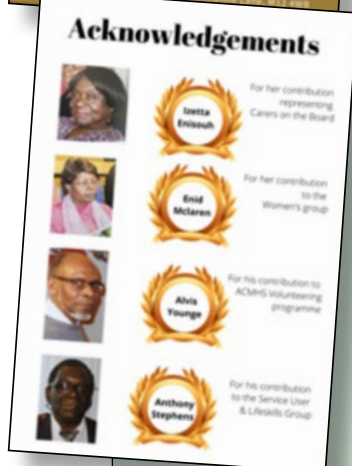
The High Sheriff, Mark Isaac Adlestone OBE, DL and his wife The Sheriffina Gabrielle visited ACMHS on Thursday 20th February 2020 to learn more about the work of the organisation.



## Promotion, presentations, meetings and visits:

Staff members participated in the following:

- Raise your voice event at Westwood Street on the 6th October
- World Mental Health Day event at Levenshulme Inspire on the 10th October
- Buckley Hall (which is now a men's prison) for Black History Month on the 18th October
- Nigerian Women's event on the 2nd November



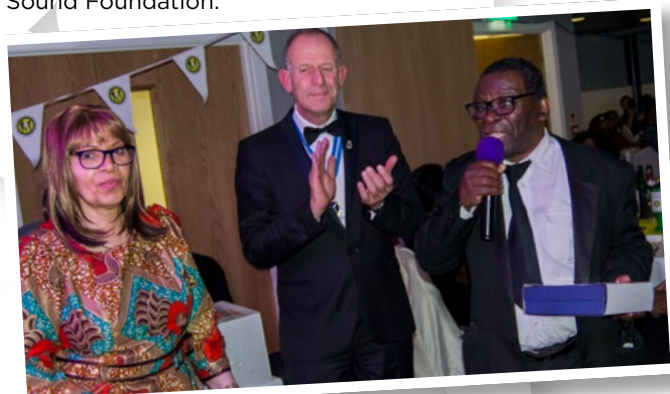
ACMHS, celebrated their 30th anniversary through a Dinner and Dance fundraiser on Saturday 23rd November 2019 at the Belle Vue Arena.

The event was a great success, with over 250 people attending.

Notable guests were Mark Isaac Adlestone OBE, DL, High Sheriff of Greater Manchester (2019-2020) and Councillor Abid

Latif Chohan, The Lord Mayor of the City of Manchester.

Entertainment was provided by Sylvia Tella (with live band made up of ACMHS staff and friends), Peter Hunnigale, local artist Dawn Zee and music provided by Megatone Sound Foundation.



*Anthony Stephens, service user, receiving an award for his services to ACMHS from the then High Sheriff of Manchester, Mark Isaac Adlestone OBE, DL.*

Having a diagnosis of mental illness can be life changing and at times challenging to family and loved ones.

To all my Friends that have not made it to where I am, this Honour I take and for all the staff in primary care and all who took time to visit and support me in my various times of need.

I dedicate this award from ACMHS to them.

*Shalom, Anthony Stephens*



## Training

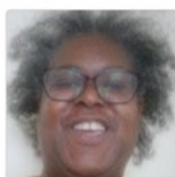
Staff regularly attend training for continuous professional development and to ensure a quality, open, safe and effective equal and diverse service ie:

- Trafford Suicide Prevent
- Long Term Health Conditions and Unexplained Medical Symptoms
- Risk training
- First Aid
- PTSD

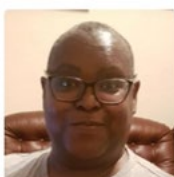
Board members, staff and volunteers are also able to access online training through Flick Training and Citation.



Citation



Before



After

Congratulations to **Panseta Knight**, one of our members who **BRAVED THE SHAVE** on 3rd September 2019.



Panseta has raised **£240** so far for Macmillan Cancer.

MACMILLAN  
CANCER SUPPORT

Used stamps were collected at ACMHS and a donation made to Macmillan Cancer Support via the Stamp Bureau.

## PARTNERSHIP

ACMHS will be partnering with the Tree of Life and Age Concern in Wythenshawe to deliver a project involving Positive Vibrations.

## GUESTS AT TEAM MEETINGS

Hamida Mbaga, All Things Africa



Dr Henna Lemetyinen, Research Associate, Culturally-adapted Family Intervention (CaFI) study

## FUNDING/DONATIONS



Our thanks to The High Sheriff, Mark Isaac Adlestone OBE, DL, as Chair of Beaverbrooks for his kind donation.



Sheba Martin, MHP participated in a research commissioned by Yorkshire Water, to undertake interviews with individuals from charities and organisations, who are experts in understanding different areas of vulnerability.

Yorkshire Water were keen to hear the thoughts and opinions of charities dealing with people experiencing vulnerable circumstances to understand views and opinions on the services they provide.

A donation was made to the organisation for taking part in the research.

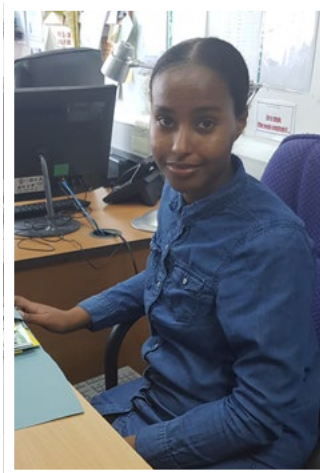
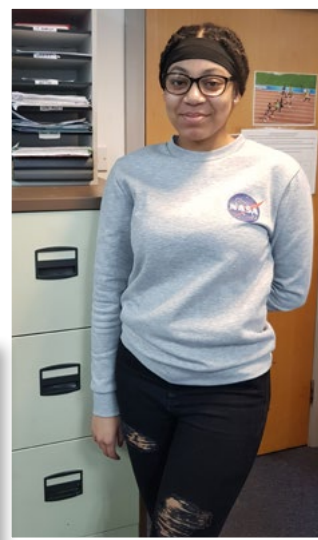
## Christmas Party



## Student placements

During the year we supported the local schools by offering work experience placements for students.

**Amira Jeffers**, student from Chorlton High School on a work experience placement from 3rd to 14th February 2020



**Faiza Jama** student from Whalley Range High School on a work experience placement from 2nd to 6th March 2020

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



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 2020

	Notes	Unrestricted Funds £	Restricted Funds £	2020 Total Funds £	2019 Total Funds £
<b>INCOME AND ENDOWMENTS FROM</b>					
Donations and legacies		14,336	-	14,336	2,345
<b>Charitable activities</b>	2				
Primary Care Mental Health Team		181,555	-	181,555	185,858
Carers		-	7,508	7,508	7,516
Infrastructure Support		70,782	-	70,782	68,393
Positive Vibrations		-	7,500	7,500	68,744
Mental Health Practitioner		25,000	-	25,000	25,000
<b>Total</b>		291,673	15,008	306,681	357,856
<b>EXPENDITURE ON</b>					
<b>Charitable activities</b>	3				
Primary Care Mental Health Team		149,295	-	149,295	154,954
Carers		-	7,722	7,722	7,947
Life Skills and Drop in Groups		3,139	-	3,139	4,356
Other Services		15,790	-	15,790	4,022
Infrastructure Support		101,145	-	101,145	98,818
Independent Examiner's Remuneration		930	-	930	900
Bank Charges		109	-	109	181
Positive Vibrations		195	56,941	57,136	60,579
Advocacy		-	-	-	4,223
Mental Health Practitioner		28,091	-	28,091	28,622
<b>Total</b>		298,694	64,663	363,357	364,602
<b>NET INCOME/(EXPENDITURE)</b>		(7,021)	(49,655)	(56,676)	(6,746)
<b>RECONCILIATION OF FUNDS</b>					
<b>Total funds brought forward</b>		48,849	54,349	103,198	109,944
<b>TOTAL FUNDS CARRIED FORWARD</b>		41,828	4,694	46,522	103,198

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 2020

		2020 £	2019 £
<b>FIXED ASSETS</b>	Notes		
Intangible assets	7	2,462	5,462
Tangible assets	8	4,693	8395
		<u>7,155</u>	<u>13,857</u>
<b>CURRENT ASSETS</b>			
Debtors	9	29,804	10,239
Cash at bank and in hand		15,038	85,284
		<u>44,842</u>	<u>95,523</u>
<b>CREDITORS</b>			
Amounts falling due within one year	10	(5,475)	(6,182)
		<u></u>	<u></u>
<b>NET CURRENT ASSETS</b>		<u>39,367</u>	<u>89,341</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>		<u>46,522</u>	<u>103,198</u>
<b>NET ASSETS</b>		<u>46,522</u>	<u>103,198</u>
<b>FUNDS</b>			
Unrestricted funds	12	41,829	48,849
Restricted funds		4,693	54,349
<b>TOTAL FUNDS</b>		<u>46,522</u>	<u>103,198</u>

The financial statements were approved by the Board of Trustees on 23rd December 2020 and were signed on its behalf by:

*Trevor Benjamin*  
T Benjamin - Trustee

*Chief G Osundiya*  
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



## Statement of Financial Activities

For the year ended 31st March 2020

**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

Asda

Barclays Bank Plc

Beaverbrooks

Belle Vue Arena

Big Lottery

Bucklands Insurance Brokers

Chicken Run

Citation

Clarke Nicklin Chartered Accountants

Community Accountancy Service

Compassion Foodbank

Evosoft

Fareshare

Greater Manchester Mental Health

NHS Foundation Trust

His Church Charity

Ian Johns

Job Centres: Alexandra Park, Cheetham Hill,  
Rusholme, Wythenshawe

Jonathan Gilbert

Kath Locke Centre

Lendon Lewis (designer of annual report)

Lloyds Bank Foundation

Manchester Alliance for Community Care

Manchester City Council

Manchester Metropolitan University

Megatone Sound Foundation

Micah Johns

Moss Side Leisure Centre

Motiv8

NHS Manchester CCG

Legacy Radio

Porch Boxes

Salford University

Self Help Services

Tesco

Wai Yin Chinese Women's Society

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](http://www.acmh-services.co.uk)

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# Annual Report

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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](mailto:admin@acmhs-blackmentalhealth.org.uk)  
[www.acmh-services.co.uk](http://www.acmh-services.co.uk)  
Facebook: @acmhs manchester  
Twitter: @acmhs3



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