



REPORT
ACHA's 15th Annual
General Meeting
Celebrating Black History
Month

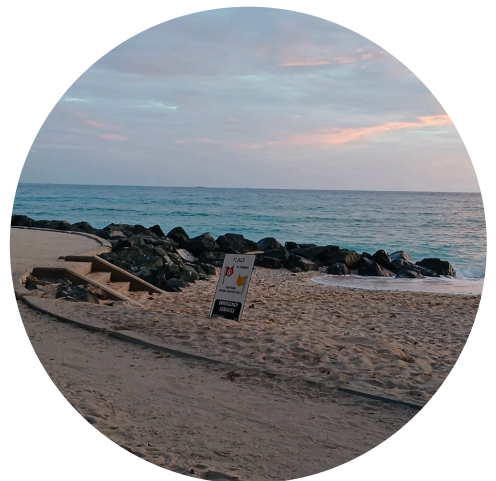


MESSAGE FROM THE CHAIR FAY CHUNG

As we reflect on the year with the African Caribbean Heritage Association, we are grateful for the sense of community our weekly gatherings have built. Alternating between walks and in-person meetings, we've come together to celebrate our heritage, learn, and support one another. Last year ended joyfully with a Christmas party at the Lobster Grill, where delicious food and great company filled the restaurant with laughter.

This year has been filled with memorable events. We kicked off with a heartfelt Valentine's celebration, followed by an inspiring International Women's Day event featuring a guest speaker Michelle Guthrie . Creative arts and crafts sessions saw members making beautiful cards, and we proudly contributed to a community Team Imagineers -Mural.

Marcia continues to lead falls prevention exercises combined with dance, offering members an enjoyable way to improve balance, strength, and coordination. The sessions feature simple, easy-to-follow routines that can be performed safely with minimal equipment.





Health and wellbeing were key themes, with wellbeing advice sessions, a GP talk by Dr Mary Robinson, and visits from organizations like the Sutton Mental Health Foundation. While we missed attending the Epsom Derby, our seaside trips to Hastings and Folkestone kept the excitement alive.

Cultural celebrations included Windrush Day, where we shared lunch and honored the Windrush generation, while gospel singing sessions, storytelling workshops with Mic Lord, and a trip to see Sister Act enriched our cultural experiences.

We enjoyed community events like the local village fete, our own Summer Community Fair, and a Motown show, Mission Blue in Carshalton. Practical learning continued with a fire safety session, ensuring our members were informed and safe.

Some of ACHA's members of the Sutton Womens's Network Creative writing group took an active part in Sutton's first Literary Festival.

We deeply miss Gem Wason, our late treasurer, who served with dedication and excellence for many years. Her contributions were invaluable, and her presence is felt in every aspect of our community. We miss you, Gem.

A big thank you to everyone who contributed to making this year so special. We look forward to more growth, learning, and celebration together!





2024 Attendance Report from Trustee and Community Engagement Officer

Beverley Dixon

Introduction

We are delighted to report on the consistent and enthusiastic attendance at the African and Caribbean Heritage Association over a period of five months. The report highlights the regular participation of our members and the popularity of our lunch offerings.

Attendance Overview

Over the past five months we have observed an average of 24 members attending our sessions regularly. This steady attendance is a testament to the commitment and interest of our members in the activities and programs we offer.

Lunch Participation

One of the standout aspects of our gatherings has been the lunch sessions. Take up for lunch has been exceptionally popular becoming a clear favourite among our members. The variety and quality of the meals provided have contributed significantly to this positive response.

Conclusion

We are pleased with the regular attendance and the enthusiastic participation in our lunch sessions the consistent turnout and the popularity of our lunches reflect the strong sense of community and engagement within the African and Caribbean Heritage Association we look forward to continuing to provide valuable and enjoyable experiences for our members



Message from Trustee Ingrid Fontenelle

The new ACHA club year began with hope for building on past explorations. Members engaged enthusiastically in various projects, including workshops and guest speakers focused on health and well-being, which limited arts and crafts sessions. Highlights included decorating masks for the Sutton Steams Ahead project, creating African-themed artwork, and experimenting with stencils and acrylic paint. These activities offered relaxation, self-discovery, and strengthened friendships, helping to reduce stress and promote calmness.

Looking ahead, there are plans to introduce Art Therapy for a structured approach to improving mental, emotional, and physical well-being. Members remain eager for new experiences and the benefits they bring.





Message from Trustee Belinda Elba

In June this year ACHA took on a new initiative by teaming up with easy-fundraising which is UK's biggest charity shopping site allowing supporters to raise free donations for ACHA from over 8000 retailers, every time they shop online. Later that month members were informed and given information on how to register and support. They were also asked to encourage their friends and family to register. To date ACHA has nineteen supporters.

Please scan the QR Code below:

The logo for Tesco, featuring the word 'TESCO' in a bold, red, sans-serif font. Below the text are four horizontal blue lines of varying lengths, creating a stylized base for the letters.The logo for Amazon, featuring the word 'amazon' in a lowercase, black, sans-serif font. Below the text is a curved orange arrow that starts under the 'a' and ends under the 'n', pointing to the right.

ACHA





Thursday 24th October 2024
Phoenix Leisure Centre
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1pm to 4pm



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