



Ujima

A User-led Service which aims to use volunteering, peer support and mentoring to deliver community meet ups and other social activity to help recovery and encourage independence.

0121 525 1629

Improving the lives of African & Caribbean people affected by mental illness in and around Sandwell



Registered Charity Number 1082017



What is Ujima?

Ujima means ‘collective work and responsibility’. Ujima is a User Led service with some support from the staff team at the Kuumba Centre.

Ujima’s activities include:

- Working with Kuumba Staff to help develop new and existing services.
- Organising social activities for us to enjoy.
- Community meet ups to support each other, e.g the breakfast club.
- Involvement in focus groups and consultations about the Health & Social Care Services we use.

How do we do this?

- We have a user forum meeting once per month for all members to discuss activities and other work we want to be involved in.
- The group leaders meet weekly to work in smaller groups with members who have volunteered to work on specific areas e.g. monthly activity schedule.

Ujima helps us:

to feel culturally understood

to feel better

make friends

learn new skills

get out and about



To join and be part of this service you must be:

- Aged 16 or older.
- Recovering from or experiencing a mental health problem.
- Living in Sandwell or West Birmingham.
- From an African, Caribbean or Black Dual heritage background.

Where to find us



Transport

All buses into West Bromwich Bus Station or Spon Lane
Nearest Metro Station - Trinity Way

Contact us to refer yourself or someone you know

KUUMBA CENTRE
Boulton Road, West Bromwich
West Midlands
B70 6NW

Tel: 0121 525 1629 Fax: 0121 525 5838
userforum@sacmhf.co.uk
www.sacmhf.co.uk

Funded by



Sandwell and West Birmingham
Clinical Commissioning Group