

THE SOUTH ASIAN HEALTH FOUNDATION

England & Wales · Charity number 1073178

Details

Other names	THE INDIA FOUNDATION (U.K.), THE SOUTH ASIAN HEALTH FOUNDATION
Status	Registered
Legal form	Trust
Registered	1999-01-05
Register	View on the Charity Commission register

Contact

Address 39 Westfield Road
Edgbaston
Birmingham
B15 3QE

Phone 07802288182

Email info@sahf.org.uk

Website www.sahf.org.uk

Activities

Objects: TO RELIEVE OR ASSIST IN EFFORTS TO RELIEVE PERSONS LIVING IN UK, PARTICULARLY THOSE OF SOUTH ASIAN ORIGIN, WHO ARE EXPERIENCING CONDITIONS OF SICKNESS HARDSHIP OR DISTRESS; IN PARTICULAR BY SUPPORTING ORGANISATIONS ESTABLISHING OR IMPLEMENTING DEVELOPMENTAL OR EDUCATIONAL PROJECTS WHICH SERVE THE NEEDS OF THESE PERSONS AND IMPROVE THEIR CONDITIONS OF NEED.

Activities: SAHF holds numerous conferences both at national and local levels for healthcare professionals. In addition, SAHF hosts community meetings for health education and promotion. Members of the SAHF working groups acts as health advocates by representing the South Asian healthcare needs in vasrious organisaitions. Finally, SAHF strives to encourage high quality research and implementation of evidence

Classification

- **How:** Provides Advocacy/advice/information, Acts As An Umbrella Or Resource Body
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives
- **Who:** Children/young People, Elderly/old People, People Of A Particular Ethnic Or Racial Origin

Geography

- **Area of benefit:** INDIA OR THE UK
- Scotland
- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£93,841	£136,224	-	-
2024-03-31	£110,514	£111,636	-	-
2023-03-31	£143,745	£127,639	-	-
2022-03-31	£115,429	£109,980	-	-
2021-03-31	£79,852	£44,824	-	-

Trustees

Name	Role	Appointed
Dr KIRAN PATEL	Chair	1999-12-12
Dr Amal Lad		2018-12-01
Dr Amitava Banerjee		2014-10-16
Dr MOHAMED WASIM HANIF		2014-10-16
Dr Paramjit Gill		2014-10-16
Dr Vinod Patel		2014-10-16
NINA CHAUHAN-LALL		2014-10-16
PROFESSOR KAMLESH KHUNTI		2014-10-16
Ranjit Dhillon		2015-10-07

THE SOUTH ASIAN HEALTH FOUNDATION

England & Wales - Charity number 1073178

Accounts

THE SOUTH ASIAN HEALTH FOUNDATION (U.K.)

(Registered Charity No. 1073178)



ANNUAL TRUSTEES REPORT 2024-2025

Trustees' Annual Report 2024-2025

Governing Document

Trust Deed

Charity constitution

Trustees incorporated as a body

Charity Address

39 Westfield Road, Edgbaston, Birmingham, B15 3QE

Bankers

Santander and Lloyds

Patrons

Lord Naren Patel Kt has held several esteemed positions including Chair of the National Patient Safety Agency, Chair of the Specialist Training Authority, Chairman of the Clinical Standards Board for Scotland and Chairman of the Specialist Training Authority in Scotland, in addition to holding a life peerage in The House of Lords. He has also held the prestigious positions of President of the Royal College of Obstetrics and Gynaecology and Chairman of the Academy of Royal Medical Colleges.

Professor Ajay Shah is the British Heart Foundation Professor of Cardiology at King's College, London. He is one of the most respected academics and clinicians in the international cardiology community and has an inspirational record of academic achievement. In addition, he has been elected to the Fellowship of the European Society of Cardiology and the Academy of Medical Sciences.

Professor Raj Bhopal CBE is Emeritus Professor of Public Health at Edinburgh University, Fellow of the Faculty of Public Health Medicine and the Royal College of Physicians of Edinburgh. He is an expert in, and internationally respected leader of health research in ethnic minority communities. He was bestowed the first SAHF Global Lifetime Achievement award in 2009 for services to the field of Ethnicity in Health.

Professor Kamran Abbasi is Editor-in-Chief of the British Medical Journal and also editor at the Journal of the Royal Society of Medicine. He is also an acclaimed medical journalist and has written for the Health Foundation, one of numerous other contributions too extensive to list here. He was bestowed a SAHF Global Lifetime Achievement award in 2024

Trustees during year 2024-2025

Professor Kiran C R Patel (Chairman of Trustees) graduated from Cambridge University in 1993 and currently has several roles and responsibilities. He is as a Consultant Cardiologist (with a subspecialist interest in heart failure and device therapy) and is Chief Medical Officer and Deputy CEO at University Hospitals Birmingham. He holds Honorary Chairs at the Universities of Birmingham, Warwick and Coventry. He is a non executive member of Council at Aston University and an Advisor on the Board of NHS Employers. In 2008 he was elected a Fellow of the Royal College of Physicians, one of the youngest Fellows of the College.

He was founder member and continues to be Chair of the South Asian Health Foundation. He was trustee to the UK Health Forum 2003-2012. The expertise gleaned from both the NHS and voluntary sectors, led to him advising the Public Health Foundation of India on developing healthcare systems in 2009-10 and informing the ministerial briefing for the UN Summit on non-communicable disease in 2011. A random but interesting fact is that he prescribed the world's first COVID vaccine in December 2020.

Professor Wasim Hanif is a Consultant Diabetologist in Birmingham and also an esteemed academic in the field of ethnicity and diabetes. He also serves on several national bodies, including the National Institute for Health and Clinical Excellence Technology Appraisal group. He is currently Chair of the SAHF Diabetes group and leads several highly successful community health promotion and education programmes in that capacity. Internationally, Wasim also is engaged with the Prevent India programme based in Hyderabad and is a global leader in the field of Ramadan and diabetes.

Professor Kamlesh Khunti is Professor of Primary Care Diabetes and Vascular Medicine, University of Leicester, UK. He leads a research group undertaking research into the early identification and interventions in people with cardiometabolic diseases. His work has influenced national and international guidelines on screening and management of people with diabetes. He is Director of the Leicester Diabetes Centre, East Midlands Applied Research Collaboration and The Centre for Ethnic Health Research.

Professor Vinod Patel is Director of Clinical Skills and the Diabetes Masters Programme at Warwick Medical School at the University of Warwick. He is also Consultant Physician in Endocrinology and Diabetes, Acute Medicine and Medical Obstetrics at the George Eliot Hospital NHS Trust. His main interest is the application of clinical evidence into practical diabetes care to improve patient experience, reduce diabetes complications and prevent diabetes. He has created e:learning modules on diabetes for the BMJ Masterclasses in Diabetes. The clinical skills teaching methods have been incorporated into a textbook by Oxford University Press and 17 videos for world-wide use. His work within his own diabetes department, in partnership with Apnee Sehat (Community Interest Community), was awarded the NHS England Diabetes Innovation Prize in 2015. His diabetes department is very active in research. Vinod is also an author, publishing the book Guru Pi which has sold thousands of copies worldwide.

Professor Amitava Banerjee is Professor of Cardiology at the Farr Institute of Health Informatics at University College London. In addition to general cardiology, he has special

interest in heart failure and atrial fibrillation, and also the role of informatics and electronic health records in delivering better patient care. Ami has been a Trustee of the South Asian Health Foundation since 2014 and has been an active member of the Cardiovascular Working Group.

Dr Amal Lad is a GP trainee based in West Midlands. He is passionate about using creative approaches to improving health awareness within the South Asian community. From his participation in the NHS Clinical Entrepreneur Programme, he has developed the “Meducasian” project which is a collaboration between health care professionals and local communities to break the stigma surrounding mental illness. Aside from being a doctor, Amal is a keen musician and has produced music for a number of film and theatre projects.

Ranjit Dhillon is a cardiac nurse specialist based in Birmingham. She has an established career in cardiac rehabilitation and in 2016 joined a team establishing England’s first familial hyperlipidaemia service for comprehensive assessment and cascade screening in the West Midlands.

Dr Sarah Ali is a Consultant in Endocrinology, Diabetes and General Medicine at Royal Free London NHS Foundation Trust. She is the Clinical Lead for the Barnet Diabetes Community Service and the Diabetes Antenatal Service. She is a committee member as a Consultant Diabetologist for the National Institute for Health and Care Excellence (NICE) Diabetes guidelines update and works on a number of diabetes research and national projects, including a NHS England project on the delivery of Diabetes in the PCN. She is additionally a Trustee for the South Asian Health Foundation. Her specialist interests include diabetes in South Asians, health inequalities in the BAME communities, the delivery of high-quality Community diabetes care, diabetes in pregnancy and diabetes in Ramadan, with publications in these fields.

Dr Harpreet Sood is a Clinical Advisor for the COVID-19 Vaccine programme, a GP and a board member at Health Education England. Harpreet is currently a NHS primary care doctor in London and a digital health expert. Harpreet also sits on the board of Health Education England, a £4.5bn organisation training and developing 160,000 staff across the NHS, where his focus is on developing digital and data science skills for the workforce.

Objectives

The Charity’s objects (“the objects”) are “to relieve or assist in efforts to relieve persons living in the U.K., particularly those of South Asian origin, who are experiencing conditions of sickness, hardship or distress in particular by supporting organizations; implementing and establishing developmental projects which serve the needs of those persons and improve their conditions of need.”

Chairman of Trustees Report: A Review of Activities, Achievements and Development Plans

Structure of SAHF

The formal operational policy originally approved and adopted by South Asian Health Foundation (SAHF) at the AGM in December 2006 was renewed in 2024 and continues to be the charity’s operating procedure. This policy covers important areas such as conflicts of

interest which are essential to safeguard SAHF against in light of the interaction it has in an advisory capacity to several bodies. The policy underwent minor revisions to its travel policy in light of the need for continued restraint for charities operating in the current economic climate.

- Current Chairpersons and group members are:-

Diabetes Group	
Professor Wasim Hanif (Chair)	Professor Vinod Patel
Prof Kamlesh Khunti (Chair)	Professor Kiran Patel
Dr Srikanth Bellary	Dr Mohammed Roshan
Professor Sudhesh Kumar	Dr Kamal Ali
Professor Nita Forouhi	Dr Rahul Nayar
Dr Sailesh Sankar	Professor Paramjit Gill
Dr Ateeq Syed	Dr Sukhdev Singh
Professor Ali Karamat	

Cardiovascular Group	
Dr Anveesha Singh	Prof Kiran Patel
Dr Amitava Banerjee	
Dr Aneesha Chauhan	
Sr Ranjit Dhillon	

Musculoskeletal Working Group	
Dr Ash Samanta	Dr Leher Gumber
Dr Kaushik Chaudhuri	
Dr Moorthy	
Dr Kanta Kumar	

Ethnicity and Health

Since 2001, SAHF has decided to direct the majority of the work of the charity towards the field of ethnicity and health and meet a need in the UK. The following strategies continue to form the priority areas of work for the SAHF.

1. To promote improvements in the quality of, and access to, health and care and health promotion in South Asians.
2. To promote research that leads to the above objectives
3. To act as an advocacy group and advisory body

SAHF aims to achieve success in the following areas:-

- To act as a strategic think tank and provide leadership in policy and health advocacy for professionals and patients

- To promote health and provide education and resources to both healthcare professionals and patients.
- Aim to improve access to services by highlighting areas of need and potential improvement
- To facilitate the development of a network of healthcare professionals to disseminate information and improve cohesive working
- To promote high quality research and to facilitate research and dissemination of research findings wherever possible.

The impact of good health extends far beyond mental and physical well-being. Good health contributes to ameliorating social disadvantage for both the individual and consequently the community. Expertise within the Board of Patrons and Trustees enables SAHF to address issues concerning ethnic minority healthcare in all tiers of society from Government policy to a grass roots level. In the field of research, the charity aims to ‘catalyse’ and facilitate collaboration rather than undertake research directly in the arena of ethnic health. It aims to commission work where a need is identified. The charity has undertaken a responsibility not only to obtain information, but also to disseminate it to the general public. We continue to develop and promote health interventions in collaboration with the Department of Health, Diabetes UK and the British Heart Foundation, as well as numerous other Governmental and non-governmental organisations.

We have focussed efforts in 20-21 to diabetes and cardiovascular disease but due to the pandemic, we also allocated significant resource and effort to the pandemic. Post pandemic we have supported the development of a musculoskeletal disorders group.

NICE

SAHF and its members have contributed to over 100 NICE guidelines to date, ranging from Chairmanship of guidelines groups and technology appraisal committee membership, to stakeholder input. In 2007, Prof Kiran Patel and Dr Rubin Minhas also appeared before the Health Select Committee as external experts on the investigation into NICE and advised how the voluntary sector could work transparently and effectively with industry and NICE. Back in 2010, SAHF contributed to consultations on the changing roles and responsibilities of NICE. Prof Wasim Hanif has served on the Technology Appraisal Committee in 2010-13 and Dr Minhas served on the Technology Appraisals committee and also Chaired the Familial Hyperlipidaemia guideline. Professor Khunti Chaired the NICE Guidance on Early Detection and Prevention of Diabetes in High-Risk Groups.

Wider Stakeholder Contributions:

SAHF continues to work collaboratively with many organizations, just a sample of which are listed below:

- Government Health Committees
- Dept of health e.g. South Asian CHD toolkit
- Kings Fund
- NICE Guideline groups and appraisal committees
- UK Health Forum

- British Medical Journal (South Asia Awards)
- British Heart Foundation
- Diabetes and Ramadan Alliance
- Men’s Health Forum
- British Cardiovascular Society
- British Society of Rheumatology
- British Society of Gastroenterology
- Multiple Sclerosis Society
- NHS England
- Nuffield Council of Bioethics
- NGO Forum
- National electronic library for health
- British Cardiovascular Society
- Diabetes UK
- Silver Star Appeal
- APNA NHS
- CHIEF – Community Health Involvement & Empowerment Forum
- British Transplant Society
- UK National Kidney Federation
- Commonwealth Foundation
- World Health Organisation
- International forum on Smokeless Tobacco
- Scottish Youth Forum
- SANSKAR Canada
- Centre for Ethnic Health Research
- International Diabetes Federation
- JDRF
- The Brown Heart mission (USA)

Medical Student Bursaries

Each year SAHF competitively awards at least one and usually two medical student elective bursaries. These are awarded to students with a view to helping the students to undertake a period of study and experiential learning in a field of medicine relating to south Asian healthcare. We encourage students to deliver papers at a national meeting and invite them to our annual conference to present either as a poster or oral presentation. We continue to have strong applications and this year we awarded one bursary to a medical student.

The successful students are:

Oliver Cujic	Work in Tamil Nadu surgical department and involve working with the surgeons to care for patients before, during and after their surgeries, including the opportunity to scrub in and assist in theatre.
Hasan Imtiaz	Project investigating how socio-economic factors impact access to trauma care

Fellows

SAHF continued to support several fellows this year, having developed a scheme which offered mentoring and personal development to trainees and professionals from a variety of healthcare backgrounds. Many produced projects and publications such as infographics to promote health and well being across communities. The scheme launched in 2023 continued to develop and support the next generation of professionals. We are also now embracing medical students who attend educational events and where possible, present posters and oral presentations of their projects.

Events

➤ **Preston Community Healthcare event**

This year SAHF was pleased to support the south Asian community in Preston with a community education event led by GPs, specialist Doctors, nurses and pharmacists, where individuals and their families were advised about cardiovascular risk factors and how to prevent, treat and manage cardiovascular conditions. Attended by over 200 community members, the event was a great success and received excellent feedback.



South Asian Health Foundation presents:

FREE HEART HEALTH CHECK

➤ **Sunday 24th November, 2024: 10:00 – 14:00**
Raza Community Hall, 103-105 St Paul's Road, Preston PR1 1UH.

Join us for a free heart health check event in Preston. As in many areas across the UK, South Asians in this region are at a significantly higher risk of cardiovascular diseases (CVD), including coronary heart disease (CHD). Research shows that South Asians are nearly twice as likely to develop CHD compared to White Europeans, due in part to factors like a higher prevalence of type 2 diabetes, elevated cholesterol, and lower physical activity levels.

This event will offer cardiovascular education and point-of-care lipid testing.

Book your place by clicking the link or scanning QR code:
<https://forms.office.com/e/kaADWruu12?origin=lprLink>



Sponsored by



Amarin UK Limited has funded this educational session through an unrestricted independent educational grant and has had no control or influence over the content of this activity or choice of speakers.



www.sahf.org.uk [@SouthAsianHF](https://www.instagram.com/SouthAsianHF) info@sahf.org.uk

➤ **9th Annual Diabetes Ramadan Conference planning**

Building upon the successful 8th Ramadan conference in February 2024, the ninth annual conference will take place in January, 2026. In keeping with previous conferences key national and international speakers are being secured to deliver presentations. <https://www.sahf.org.uk/events/sahf-dar-8th-annual-ramadan-conference>

➤ **25th SAHF Annual Conference: Health Inequalities: Full Stop**

This year SAHF celebrated being 25 years of age and has a stellar line-up at its 25th Annual Conference was held in person on November 7-8th 2024, in Birmingham. This year's theme, of '*Health Inequalities: Full Stop*' followed the launch of the report from SAHF with the same title, authored by SAHF trustees and launched in the House of Lords in 2024.

25th SAHF Global Annual Conference

Health Inequalities: Full Stop

Thursday 7th and Friday 8th November 2024
Edgbaston Park Hotel, 53 Edgbaston Park Rd,
Birmingham B15 2RS, UK



Day 1: Thursday 7th November, 2024

TIME	TITLE OF TALK	SPEAKER
08:00 - 08:45	Registrations and exhibition	
08:45 - 08:50	Chair's introduction	Professor Kamlesh Khunti and Professor Wasim Hamid
08:50 - 09:00	SAHF perspective	Professor Kiran Patel
09:00 - 09:30	Current Diet Guidelines: Evidence-Based or Perpetuating Fallacies?	Professor Salim Yusuf
09:30 - 10:00	Dynamics and Determinants of CVD and Diabetes in South Asians: Learnings from a quarter century of research	Professor Dorairaj Prabhakaran
10:00 - 10:35	Weight Management in people living with overweight / obesity: The next chapter <small>This is a pre-recorded sponsored presentation developed and hosted by Lilly for all healthcare professionals only. Lilly products will be discussed. 09-10-2024 (October 2024)</small>	Dr Sharli Azmi and Professor Franklin Joseph
10:35 - 11:00	Refreshments and exhibition viewing	
11:00 - 11:30	Tackling health inequalities is everyone's business	Professor Bola Dowlabi
11:30 - 12:00	Multiple Long Term Conditions and Health Inequalities	Professor Jonathan Valabhji
12:00 - 12:30	Keynote Speaker: Cholesterol lowering throughout the life-course to prevent and treat atherosclerosis	Professor Kausik Ray
12:30 - 14:00	Lunch and poster presentations	
14:00 - 14:30	Talking Health Inequalities: Importance of Lipid Lowering in the South Asian Community <small>This pre-recorded speaker has been organised and hosted by Novartis Pharmaceuticals UK Ltd for all healthcare professionals only. Prescribing information and adverse event reporting information for Novartis products will be discussed at the event. 08-11-2024 (October 2024)</small>	Professor Kiran Patel and Dr Sohail Q Khan
14:30 - 15:15	Masterclass Rotation 1	
Fry Suite	1. Health Inequalities in Older People with an Emphasis on Diabetes	Dr Srikanth Bellary and Professor Alan Sinclair
Writers Suite	2. The GDC study - understanding differences between estimated A1c and labA1c and how that influences care	Professor Pratik Choudhary and Professor Ali Karamat
Pavner	3. Weight Bias and Stigma - Why Language Matters <small>This is a pre-recorded sponsored workshop developed and hosted by Lilly for all healthcare professionals only. 09-10-2024 (October 2024)</small>	Dr Mayank Patel and Dr Eraleigh Nicholson
Composers' Suite	4. Implementing Lipid Lowering Therapies into Practice <small>This pre-recorded workshop has been organised and hosted by the unit Pharmacovigilance UK Ltd for all healthcare professionals only. Prescribing information and adverse event reporting information for Novartis products will be discussed at the event. 08-11-2024 (October 2024)</small>	Dr Sohail Q Khan, Dr Ateesha Agha and Dr Balraj Mavi
15:15 - 15:40	Refreshments and exhibition viewing + Change around time	
15:40 - 16:20	Masterclass Rotation 2	
Fry Suite	1. Health Inequalities in Older People with an Emphasis on Diabetes	Dr Srikanth Bellary and Professor Alan Sinclair
Writers Suite	2. The GDC study - understanding differences between estimated A1c and labA1c and how that influences care	Professor Pratik Choudhary and Professor Ali Karamat
Pavner	3. Weight Bias and Stigma - Why Language Matters <small>This is a pre-recorded sponsored workshop developed and hosted by Lilly for all healthcare professionals only. 09-10-2024 (October 2024)</small>	Dr Mayank Patel and Dr Eraleigh Nicholson
Composers' Suite	4. Implementing Lipid Lowering Therapies into Practice <small>This pre-recorded workshop has been organised and hosted by the unit Pharmacovigilance UK Ltd for all healthcare professionals only. Prescribing information and adverse event reporting information for Novartis products will be discussed at the event. 08-11-2024 (October 2024)</small>	Dr Sohail Q Khan, Dr Ateesha Agha and Dr Balraj Mavi
16:20 - 16:50	See beyond sugar: uncovering risk in type 2 diabetes <small>This is a pre-recorded sponsored presentation and organised by AstraZeneca, intended for GB RDs only. AstraZeneca has provided a sponsorship for this independent Programme. AstraZeneca has had no editorial input into or control over the agenda, content development or choice of speakers, nor opportunity to influence except for the AstraZeneca sponsored speakers presentations.</small>	Professor Vinod Patel
16:50 - 17:20	Polygenic risk scores in CVD - ready for prime time?	Professor Sir Nilesh Samani
17:20 - 17:50	Cardiometabolic risk in South Asians: Findings from the MASALA Study	Professor Alka Kanaya
17:50 - 18:00	Tribute to Winston Crasto	Professor Vinod Patel
18:00	Chair's closing remarks	Professor Kamlesh Khunti and Professor Wasim Hamid

Day 2: Friday 8th November, 2024

TIME	TITLE OF TALK	SPEAKER
08:00 - 09:00	Registrations and exhibition	
09:00 - 09:30	NHS England Priorities to reduce health inequalities	Dr Clare Hambling
	Lifetime Achievement Awards:	
09:30 - 10:00	"So far..."	Professor Kiran Patel
10:00 - 10:30	A Journey to the Unknown	Professor Kameran Abbasi
10:30 - 11:00	Low carbohydrate diets: hype or hope in South Asians?	Professor Nita Forouhi
11:00 - 11:30	Refreshments and exhibition viewing	
11:30 - 11:45	Ethnicity in health inequalities research: known unknowns and the unknown unknowns	Professor Amitava Banerjee
11:45 - 12:00	Health Inequalities Report	Dr Sarah Ali
12:00 - 12:15	The Brown Heart Documentary	Dr Nirmal Joshi and Dr Renu Joshi
12:15 - 12:30	Chair's closing remarks	
12:30	Lunch and departure	

Platinum Sponsors

Lilly NOVARTIS AstraZeneca

Silver Sponsors

novo nordisk Abbott sanofi

Gold Sponsor

Kidney Research UK

Conference Partner

This conference was developed by SAHF. The sponsoring companies have had no input or control over the conference agenda, speaker selection or presentations, with the exception of the symposium and workshop sessions, for which the respective sponsoring companies are fully responsible.

www.sahf.org.uk
@SouthAsianHF
info@sahf.org.uk



The Lifetime Achievement Award (presented annually at the SAHF Annual Conference), was this year bestowed jointly upon Professor Kiran Patel who talked about the journey ‘So far.....’ and Professor Kamran Abassi who talked about a ‘Journey to the Unknown’.

The conference also saw the launch of the Brown Heart Documentary which will be launched globally to raise awareness of south Asian cardiovascular disease.

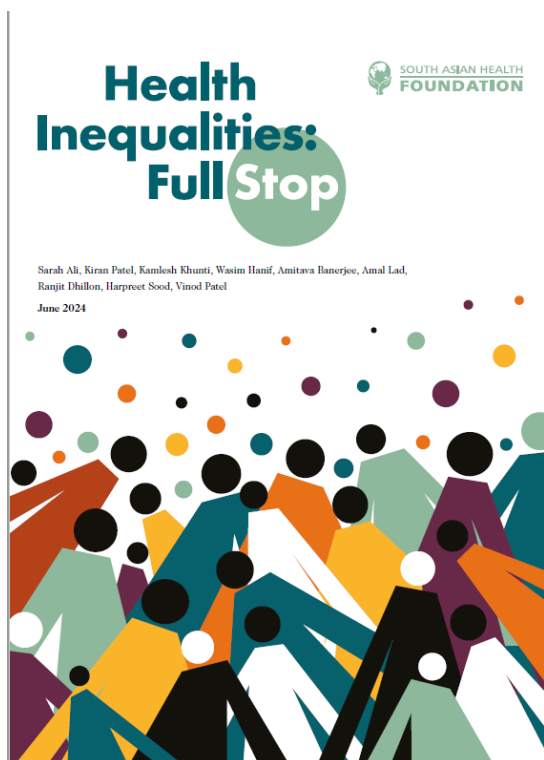
We are indebted to the support of unrestricted funding from our industry sponsors without which our conferences would not be possible. We are grateful to have received support from many individual donors too.

Industry sponsorship received in 2024-25

Sanofi	£10000
Amarin	£10532.91
Astra Zeneca	£20000
Novo Nordisk	£10000
Novartis	£25000
Eli Lilly	£5000
Boehringer Ingelheim	£3000

➤ Publications

SAHF trustees continue to publish widely as individuals but our most significant contribution in 2024 was the launch of the Health Inequalities report ‘Full Stop’ which received widespread national acclaim for clear and tangible ways in which inequalities can be prevented and ameliorated. The artwork within the report was from our very own trustees Dr Sarah Ali too.



➤ **South Asian Health Foundation Activity**

Over the last couple of years, SAHF’s reputation and reach have dramatically increased as demonstrated by the number of support requests we have received year on year.

The support requests came from other Universities, community groups, NHS Trusts, charity groups and industry partners and have varied in nature. We also had requests from communities and held awareness raising events in the Midlands and in Preston.

➤ **Focus groups**

SAHF catalysed the contribution of patients and families to research studies from the Universities of Warwick and Bristol this year

➤ **Media and Communications**

 TWITTER: @SouthAsianHF	 YOUTUBE: SAHFUK	 WEBSITE: www.sahf.org.uk	 Instagram: southasianhf
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Future activities

- Forge links across the health and social care spectrum to address health inequality
- Continue addressing areas of need in delivering high quality community grassroots education sessions
- Raise funds for SAHF through industry and community engagement
- Source funding for Educational resources for Mental Health Awareness
- Source funding for Ramadan Patient Guidance
- Update the '*Diabetes UK and SAHF recommendations on diabetes research priorities for British South Asians*'
- Engage with BAME (Black, Asian and Minority Ethnic Communities)
- Develop Respiratory working group
- Develop Mental Health Working Group
- Develop and publish Lipid Guidelines

Final Remarks

The South Asian Health Foundation's (SAHF) resilience shines in a landscape where many health charities struggle to endure beyond their early stages. We are proud to have reached our 25th anniversary, a significant milestone achieved despite ongoing economic challenges.

Over the years, our conferences have consistently attracted leading international and national experts in South Asian health, engaging participants from both statutory and voluntary sectors. Our focused strategy emphasises translating research findings into clinical practice and advancing the education of healthcare professionals.

Mental health remains a critical concern within the South Asian community, requiring sustained focus and collaborative efforts to reduce its impact. Furthermore, the integration of mental and physical health is a pressing issue. We will address this and raise awareness and highlight good practice too.

None of our work would be possible without the unwavering dedication of our trustees and working group members, who continue to invest their time and energy in advancing SAHF's mission. Through their efforts, SAHF provides education and guidance to healthcare professionals, patients, and carers not only in the UK but also globally, improving the health and well-being of communities disproportionately affected by health inequalities.

SOUTH ASIAN HEALTH FOUNDATION (UK)
STATEMENT OF FINANCIAL ACTIVITIES
YEAR ENDED 31 MARCH 2025

	Unrestricted £	Restricted £	2025 Total £	2024 Total £
Income from:				
Donations	91,424	-	91,424	108,200
Other	2,417	-	2,417	2,314
Total Income	93,841	-	93,841	110,514
Expenditure on:				
Charitable activities	(136,224)	-	(136,224)	(111,636)
Total Expenditure	(136,224)	-	(136,224)	(111,636)
Net (expenditure)/income	(42,383)	-	(42,383)	(1,122)
Reconciliation of Funds				
Total funds brought forward	189,182	79,797	268,979	270,101
Total funds carried forward	146,799	79,797	226,596	268,979



Professor K C R Patel - Chairman
Signed on behalf of the Board of Trustees

SOUTH ASIAN HEALTH FOUNDATION (UK)
BALANCE SHEET AS AT 31 MARCH 2025

	<u>2025</u>	<u>2024</u>
	£	£
Fixed Assets	998	1,331
Current Assets		
Cash at Bank	<u>226,596</u>	<u>268,979</u>
	227,595	270,310
Creditors – Amounts falling due within one year	<u>(998)</u>	<u>(1,331)</u>
Net Current Assets	226,596	268,979
Funds		
Unrestricted Funds	146,799	189,182
Restricted Funds	<u>79,797</u>	<u>79,797</u>
	226,596	268,979



Professor K C R Patel - Chairman
Signed on behalf of the Board of Trustees

SOUTH ASIAN HEALTH FOUNDATION (UK)
NOTES TO THE ACCOUNTS - 31 MARCH 2025

Accounting Policies

General

The Financial Statements have been prepared under the Historical Cost Convention and in accordance with the applicable accounting standards and the charities SORP (Statement of Recommended Practice: 'Accounting by Charities').

Summary of Net Assets by Funds

	Unrestricted Funds	Restricted Funds	Total
Net Current Assets	£146,799	£79,797	£226,596

Expenditure

	2025
Core Activities	£110,989
Administrative Expenses	£18,470
Conference Travel Expenses	£5,890
IT Expenses	£874
Total	£136,223

Notes to the Accounts for 2024-25

1. Depreciation policy: 25% depreciation is charged to Core Work.
2. Creditors represent an accrual for expenses.
3. £18,470 was spent on administrator support for the charity.
4. Kiran Patel donated his fee for chairing a symposium to SAHF (£556.50)
5. Donation of £391.35 received from The Thinking School
6. During the year, £nil (2023: £nil) was spent on expenses for Trustees.



SOUTH ASIAN HEALTH
FOUNDATION



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England & Wales - Charity number 1073178

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39 Westfield Road, Edgbaston, Birmingham, B15 3QE

Bankers

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Patrons

Lord Naren Patel Kt has held several esteemed positions including Chair of the National Patient Safety Agency, Chair of the Specialist Training Authority, Chairman of the Clinical Standards Board for Scotland and Chairman of the Specialist Training Authority in Scotland, in addition to holding a life peerage in The House of Lords. He has also held the prestigious positions of President of the Royal College of Obstetrics and Gynaecology and Chairman of the Academy of Royal Medical Colleges.

Professor Ajay Shah is the British Heart Foundation Professor of Cardiology at King's College, London. He is one of the most respected academics and clinicians in the international cardiology community and has an inspirational record of academic achievement. In addition, he has been elected to the Fellowship of the European Society of Cardiology and the Academy of Medical Sciences.

Professor Raj Bhopal CBE is Emeritus Professor of Public Health at Edinburgh University, Fellow of the Faculty of Public Health Medicine and the Royal College of Physicians of Edinburgh. He is an expert in, and internationally respected leader of health research in ethnic minority communities. He was bestowed the first SAHF Global Lifetime Achievement award in 2009 for services to the field of Ethnicity in Health.

Professor Kamran Abbasi is Editor-in-Chief of the British Medical Journal and also editor at the Journal of the Royal Society of Medicine. He is also an acclaimed medical journalist and has written for the Health Foundation, one of numerous other contributions too extensive to list here. He was bestowed the first SAHF Global Lifetime Achievement award in 2024

Dr Rashmi Shukla CBE was Public Health England Regional Director, Midlands when she retired. She was a National Director in the PHE transition team, to support the transfer of public health functions from PCTs to local authorities. Her national roles included being Co-chair for the Sexual Health Forum with Baroness Joyce Gould and being an active member of the NIHR Public Health Programme Advisory Board.

Trustees during year 2023-2024

Professor Kiran C R Patel (Chairman of Trustees) graduated from Cambridge University in 1993 and currently has several roles and responsibilities. He works as a Consultant Cardiologist (with a subspecialist interest in heart failure and device therapy) and is Chief Medical Officer and Deputy CEO at University Hospitals Birmingham. He holds Honorary Chairs at the Universities of Birmingham, Warwick and Coventry. In 2008 he was elected a Fellow of the Royal College of Physicians, one of the youngest Fellows of the College.

He started consultant life at Sandwell and West Birmingham NHS trust and having spent only 3 years as a Consultant, was appointed as a Clinical Lead for the West Midlands Strategic Health Authority, where he developed strong partnerships between Public Health, primary care and acute care. He was regional Clinical Director for the QIPP (Quality, innovation, productivity and prevention) programme for the Strategic Health Authority. He was then seconded to oversee the NHS transition as Medical Director for Primary care in West Mercia before a period as Medical Director at Good Hope hospital and then moved to NHS England for 6 years as Medical Director for the West Midlands. In 2019 he became Chief Medical Officer and Deputy CEO at University Hospitals of Coventry and Warwickshire and moved to his current role in 2024.

He was founder member and continues to be Chair of the South Asian Health Foundation. He was trustee to the UK Health Forum 2003-2012. The expertise gleaned from both the NHS and voluntary sectors, led to him advising the Public Health Foundation of India on developing healthcare systems in 2009-10 and informing the ministerial briefing for the UN Summit on non-communicable disease in 2011. Back home in the UK, he has worked with NICE, where he has been involved in formulating 4 guidelines. In 2009, he was invited to be a speaker at the RCP dialogue on clinical contributions and solutions to Social Determinants of health. He has published and lectured widely on a national and international scale, not only in the field of cardiology, but more widely on social determinants, health systems and healthcare strategy.

He has also contributed to several other regional, national and international boards and committees too numerous to list, demonstrating that when a clinician puts his or her mind to being more than a frontline clinician, they can achieve and contribute much more than medical school has taught them.

Professor Wasim Hanif is a Consultant Diabetologist in Birmingham and also an esteemed academic in the field of ethnicity and diabetes. He also serves on several national bodies, including the National Institute for Health and Clinical Excellence Technology Appraisal group. He is currently Chair of the SAHF Diabetes group and leads several highly successful community health promotion and education programmes in that capacity. Internationally, Wasim also is engaged with the Prevent India programme based in Hyderabad and is a global leader in the field of Ramadan and diabetes.

Professor Kamlesh Khunti CBE is Professor of Primary Care Diabetes and Vascular Medicine, University of Leicester, UK. He leads a research group undertaking research into the early identification and interventions in people with diabetes. His work has influenced national and international guidelines on screening and management of people with diabetes. He is Director of East Midlands CLAHRC and Co-Director for the South East Midlands Diabetes Research Network, Co-Director of a Clinical Trial Unit. He is a principal investigator on several major studies. He is currently an advisor to the Department of Health's National Screening Committee on Vascular Risk, Clinical Advisor for the Diabetes NICE-led QOF Panel, Secretary of the Primary Care Study Group of the European Society of Diabetes (EASD), and member of the International Diabetes Federation Working Group on Diabetes Screening Risk Scores. He is Co-Director of the Diabetes MSc at Leicester University and the BMJ Diabetes Diploma. He is past Chair of the Department of Health-RCGP Committee on Classification of Diabetes and Chair of the NICE Guidelines on Prevention of Diabetes.

Professor Vinod Patel is Director of Clinical Skills and the Diabetes Masters Programme at Warwick Medical School at the University of Warwick. He is also Consultant Physician in Endocrinology and Diabetes, Acute Medicine and Medical Obstetrics at the George Eliot Hospital NHS Trust. His main interest is the application of clinical evidence into practical diabetes care to improve patient experience, reduce diabetes complications and prevent diabetes. He has created e:learning modules on diabetes for the BMJ Masterclasses in Diabetes. The clinical skills teaching methods have been incorporated into a textbook by Oxford University Press and 17 videos for world-wide use. His work within his own diabetes department, in partnership with Apnee Sehat (Community Interest Community), was awarded the NHS England Diabetes Innovation Prize in 2015. His diabetes department is very active in research. His colleague, Dr Saravanan was recently awarded a large MRC grant to pursue his work in Diabetes and Pregnancy. This work will be carried out in India, UK and Kenya.

Professor Amitava Banerjee is Professor of Cardiology at the Farr Institute of Health Informatics at University College London. In addition to general cardiology, he has special interest in heart failure and atrial fibrillation, and also the role of informatics and electronic health records in delivering better patient care. Ami has been a Trustee of the South Asian Health Foundation since 2014 and has been an active member of the Cardiovascular Working Group.

Dr Amal Lad is a GP trainee based in West Midlands. He is passionate about using creative approaches to improving health awareness within the South Asian community. From his participation in the NHS Clinical Entrepreneur Programme, he has developed the "Meducasian" project which is a collaboration between health care professionals and local communities to break the stigma surrounding mental illness. Aside from being a doctor, Amal is a keen musician and has produced music for a number of film and theatre projects.

Ranjit Dhillon is a cardiac nurse specialist based in Birmingham. She has an established career in cardiac rehabilitation and in 2016 joined a team establishing England's first familial hyperlipidaemia service for comprehensive assessment and cascade screening in the West Midlands.

Dr Sarah Ali is a Consultant in Endocrinology, Diabetes and General Medicine at Royal Free London NHS Foundation Trust. She is the Clinical Lead for the Barnet Diabetes Community Service and the Diabetes Antenatal Service. She is a committee member as a Consultant Diabetologist for the National Institute for Health and Care Excellence (NICE) Diabetes guidelines update and works on a number of diabetes research and national projects, including a NHS England project on the delivery of Diabetes in the PCN. She is additionally a Trustee for the South Asian Health Foundation. Her specialist interests include diabetes in South Asians, health inequalities in the BAME communities, the delivery of high-quality Community diabetes care, diabetes in pregnancy and diabetes in Ramadan, with publications in these fields.

Dr Harpreet Sood is a Clinical Advisor for the COVID-19 Vaccine programme, a GP and a board member at Health Education England. Harpreet is currently a NHS primary care doctor in London and a digital health expert. Harpreet also sits on the board of Health Education England, a £4.5bn organisation training and developing 160,000 staff across the NHS, where his focus is on developing digital and data science skills for the workforce.

Objectives

The Charity's objects ("the objects") are "to relieve or assist in efforts to relieve persons living in the U.K., particularly those of South Asian origin, who are experiencing conditions of sickness, hardship or distress in particular by supporting organizations; implementing and establishing developmental projects which serve the needs of those persons and improve their conditions of need."

Chairman of Trustees Report: A Review of Activities, Achievements and Development Plans

Structure of SAHF

The formal operational policy originally approved and adopted by SAHF at the AGM in December 2006 was renewed in 2018 and continues to be the charity's operating procedure. This policy covers important areas such as conflicts of interest which are essential to safeguard SAHF against in light of the interaction it has in an advisory capacity to several bodies. The policy underwent minor revisions to its travel policy in light of the need for continued restraint in the current economic climate.

- Current Chairpersons and group members are:-

Diabetes Group	
Professor Wasim Hanif (Chair)	Professor Vinod Patel
Prof Kamlesh Khunti (Chair)	Professor Kiran Patel
Dr Srikanth Bellary	Dr Mohammed Roshan
Professor Sudhesh Kumar	Dr Kamal Ali
Professor Nita Forouhi	Dr Rahul Nayar
Dr Sailesh Sankar	Professor Paramjit Gill
Dr Ateeq Syed	Dr Sukhdev Singh
Professor Ali Karamat	

Cardiovascular Group	
Dr Anveesha Singh	Prof Kiran Patel
Dr Amitava Banerjee	
Dr Aneesha CHauhan	
Sr Ranjit Dhillon	

Musculoskeletal Working Group	
Dr Ash Samanta	Dr Leher Gumber
Dr Kaushik Chaudhuri	
Dr Moorthy	
Dr Kanta Kumar	

Ethnicity and Health

Since 2001, SAHF has decided to direct the majority of the work of the charity towards the field of ethnicity and health, to fill a void and meet a need in the UK. The following strategies continue to form the priority areas of work for the SAHF.

1. To promote improvements in the quality of, and access to, healthcare and health promotion in South Asians.
2. To promote research that leads to the above objectives
3. To act as an advocacy group and advisory body

The aims are defined as SAHF needing to practically strive to achieve success in the following areas:-

- To act as a strategic think tank and provide leadership in policy and health advocacy for professionals and patients
- To promote health and provide education and resources to both healthcare professionals and patients.
- Aim to improve access to services by highlighting areas of need and potential improvement
- To facilitate the development of a network of healthcare professionals to disseminate information and improve cohesive working
- To promote high quality research and to facilitate research and dissemination of research findings wherever possible.

The impact of good health extends far beyond mental and physical well-being. Good health contributes to ameliorating social disadvantage for both the individual and consequently the community. The expertise present within the Board of Patrons and Trustees enables SAHF to address issues concerning ethnic minority healthcare in all tiers of society from Government policy to a grass roots level. In the field of research, the charity aims to 'catalyse' and facilitate collaboration rather than undertake research directly in the arena of ethnic health. It aims to commission work where a need is identified. The charity has undertaken a responsibility not only to obtain information, but also to disseminate it to the general public. We continue to develop and promote health interventions in collaboration with the Department of Health, Diabetes UK and the British Heart Foundation, as well as numerous other Governmental and non-governmental organisations.

Although in the past decade SAHF has hosted several specialty groups, in 2018 a decision was made by trustees to focus its efforts in areas where there was a clear healthcare need coupled to strength in leadership. We have therefor focussed efforts in 20-21 to diabetes and cardiovascular disease but due to the pandemic, we also allocated significant resource and effort to the pandemic. Post pandemic we have supported the development of a musculoskeletal disorders group.

NICE

SAHF and its members have contributed to over 120 NICE guidelines to date, ranging from Chairmanship of guidelines groups and technology appraisal committee membership, to stakeholder input. In 2007, Prof Kiran Patel and Dr Rubin Minhas also appeared before the Health Select Committee as external experts on the investigation into NICE and advised how the voluntary sector could work transparently and effectively with industry and NICE. In 2010, SAHF contributed to consultations on the changing roles and responsibilities of NICE. Prof Wasim Hanif has served on the Technology Appraisal Committee in 2010-13 and Dr Minhas served on the Technology Appraisals committee and also Chaired the Familial Hyperlipidaemia guideline.

Wider Stakeholder Contributions:

SAHF continues to work collaboratively with many organizations, just a sample of which are listed below:

- Government Health Committees
- Dept of health e.g. South Asian CHD toolkit
- Kings Fund
- NICE Guideline groups and appraisal committees
- UK Health Forum
- British Medical Journal (South Asia Awards)
- British Heart Foundation
- Diabetes and Ramadan Alliance
- Men's Health Forum
- British Cardiovascular Society
- British Society of Rheumatology
- British Society of Gastroenterology
- Multiple Sclerosis Society
- NHS England
- Nuffield Council of Bioethics
- NGO Forum
- National electronic library for health
- British Cardiovascular Society
- Diabetes UK
- Silver Star Appeal
- APNA NHS
- CHIEF – Community Health Involvement & Empowerment Forum
- British Transplant Society
- UK National Kidney Federation
- Commonwealth Foundation
- World Health Organisation
- International forum on Smokeless Tobacco
- Scottish Youth Forum
- SANSKAR Canada
- Centre for Ethnic Health Research
- International Diabetes Federation
- JDRF
- The Brown Heart mission (USA)

Medical Student Bursaries

Each year SAHF competitively awards at least one and usually two medical student elective bursaries. These are awarded to students with a view to helping the students to undertake a period of study and experiential learning in a field of medicine relating to south Asian

healthcare. We encourage students to deliver papers at a national meeting and invite them to our annual conference to present either as a poster or oral presentation. We continue to have strong applications and this year we awarded one bursary to a medical student.

The successful student is:

Jasmine Makker	Leukaemia service at the Memorial Sloan Kettering Cancer Center in New York.
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Fellows

SAHF continued to support several fellows this year, having developed a scheme which offered mentoring and personal development to trainees and professionals from a variety of healthcare backgrounds. Many produced projects and publications such as infographics to promote health and well being across communities. The scheme is in its early days but is well liked by the fellows and enables senior healthcare professionals to develop the next generation of professionals. We are also now embracing medical students who attend educational events.

Events

➤ **8th Annual Diabetes Ramadan Conference**

On Thursday 8th February, 2024 the South Asian Health Foundation (SAHF) together with the Diabetes and Ramadan Alliance (www.daralliance.org), held the 8th Annual Diabetes Ramadan Conference in person at the Royal College of Physicians, London. Over 100 delegates joined, ranging from secondary care Consultants, GPs, practice nurses, pharmacists, and researchers to scientists and lay patient and public representatives. The aims of the conference were to highlight the best care of Muslim patients with diabetes who wish to fast in Ramadan, as well as being a forum to discuss the latest evidence in diabetes care during Ramadan and potential research opportunities. The conference was titled '*Health Needs in Ramadan: A Healthcare Approach*' and included various presentations including '*Technology and safety of fasting in Type 1 Diabetes; the tool or the outcome?*', '*Improving access to cardiorenal protection in T2DM: implementing NICE guidance*', and '*Can Technology help everyone fast during Ramadan? Time to revisit the guidelines*'. In addition, we had a number of presentations from junior trainees which included '*Adaptation of Managing Diabetes in Ramadan Guidelines in the NHS: A study of organisation in areas of England with a large Muslim Population*' and '*Ramadan is not associated with increased infection risk in Pakistani and Bangladeshi populations: Findings from controlled interrupted time series analysis of UK primary care data*'.

Speakers included eminent Professors, Consultants, GPs, Specialist dietitian, Pharmacist and an Islamic Religious Scholar, all with an interest in Diabetes and Ramadan. The conference addressed the issues around the religious basis of fasting, the epidemiology of diabetes in Ramadan along with the risk of complications, the latest UK and International Diabetes

Federation Guidelines for managing diabetes in Ramadan, latest research publications and the views of religious scholars on fasting in Ramadan.

The ninth annual conference will take place in October, 2025. In keeping with previous conferences, key national and international speakers are being secured to deliver presentations. <https://www.sahf.org.uk/events/sahf-dar-8th-annual-ramadan-conference>

The Lifetime Achievement Award (presented annually at the SAHF Ramadan Annual Conference), was this year bestowed upon Professor Dr. Abdul Jabbar who presented his work on '*Impact of Fasting on Health and Disease*'.

Health Needs in Ramadan: A Healthcare Approach



AGENDA: SAHF and DaR's 8th Ramadan Conference on Thursday 8th February, 2024

TIME	TITLE OF TALK	SPEAKER
08:00 - 09:00	Registration	
09:00 - 09:10	Chair's introduction	Professor Wasim Hanif and Professor Mohamed Hassanein
09:10 - 09:40	Not-fasting Ramadan; the forgotten group	Professor Mohamed Hassanein
09:40 - 10:10	New Studies in Ramadan	Dr Sarah Ali
10:10 - 10:40	Technology and safety of fasting in Type 1 Diabetes; the tool or the outcome?	Dr Sufyan Hussain
10:40 - 11:00	Safety of SGLT2i in Fasting	Dr Elamin Abdelgader
11:00 - 11:30	Break	
11:30 - 12:00	Improving access to cardiorenal protection in T2DM: implementing NICE guidance <small>This is a promotional symposium sponsored and organised by AstraZeneca, intended for GPs only.</small>	Professor Vinod Patel
12:00 - 12:30	Can Technology help everyone fast during Ramadan? Time to revisit the guidelines	Professor Wasim Hanif
Oral presentations by Trainees		
12:30 - 12:40	Adaptation of Managing Diabetes in Ramadan Guidelines in the NHS: A study of organisation in areas of England with a large Muslim Population	Dr Atif Abdulla
12:40 - 12:50	Ramadan is not associated with increased infection risk in Pakistani and Bangladeshi populations: Findings from controlled interrupted time series analysis of UK primary care data	Dr Shahjehan Hanif
12:50 - 13:00	Low-energy diets and Ramadan	Ryan Kelsey
13:00 - 13:10	A study of 512 diabetes-related ketoacidosis episodes shows no added risk or impact on outcomes during Ramadan: Results from DEKODD Study	Professor Ali Karamat
13:10 - 14:00	Lunch	
14:00 - 14:30	Diabetic foot disease and fasting during Ramadan	Dr Mujahid Saeed
14:30 - 15:00	Are SGLT2is the new statins? - The shifting paradigm of risk-based prevention <small>This session is organised and sponsored by Menarini for UK healthcare professionals only.</small>	Dr Waqas Tahir and Dr Rahul Mohan
15:00 - 15:30	Insulin management in Ramadan	Dr Aaisha Saqib
15:30 - 15:45	Break	
15:45 - 16:15	Managing the Elderly in Ramadan	Dr Samara Afzal
16:15 - 16:45	Medico religious aspects in Ramadan	Imam Yunus Dudhwala and Professor Ali Karamat
16:45 - 17:15	Lifetime Achievement Award : Impact of Fasting on Health and Disease	Professor Dr. Abdul Jabbar
17:15 - 17:20	Chair's concluding remarks	Professor Wasim Hanif and Professor Mohamed Hassanein

The sponsoring companies have had no input into the conference agenda, speaker selection or presentations with the exception of the symposium sessions, for which the respective company are fully responsible.

Our Sponsors:



Exhibitor:



www.sahf.org.uk

[@SouthAsianHF](https://twitter.com/SouthAsianHF)

info@sahf.org.uk



**SOUTH ASIAN HEALTH
FOUNDATION**

REGISTERED CHARITY NO: 1073178









➤ **24th SAHF Annual Conference**

The 24th Annual Diabetes Conference was held in person on Thursday 12th and Friday 13th October 2023, in Birmingham. This year's theme, 'Closing the Health Inequalities Gap: The SAHF Legacy,' focused on addressing health disparities. The conference provided expert, tailored insights into managing diabetes and cardiovascular disease within the South Asian population.

24th SAHF Global Annual Conference

Closing the Health Inequalities Gap: The SAHF Legacy

Thursday 12th and Friday 13th October, 2023
Edgbaston Park Hotel and Conference Centre, 53 Edgbaston Park Rd, Birmingham B15 2RS, UK



SOUTH ASIAN HEALTH FOUNDATION



Day 1: Thursday 12th October 2023

TIME	TITLE OF TALK	SPEAKER
08:00 - 08:45	Registrations and exhibition	
08:45 - 08:50	Chair's introduction	
08:50 - 09:00	SAHF perspective	Professor Kiran Patel
09:00 - 09:20	Rising to the challenge: Diabetes UK Perspective	Dr Carol Homden
09:20 - 09:40	NHS Diabetes Perspective	Professor Jonathan Valabhji
09:40 - 10:00	Latest research around tackling ethnic health inequalities	Dr Chaand Nagpaul
10:00 - 10:10	Q & A	All above
10:10 - 10:40	Platinum Sponsor Symposium: What's new in cholesterol management? Applying guidelines and the new QOF to manage CV risk. <small>Novartis has provided funding for this educational activity, however SAHF has retained full editorial control including formulation of agenda, contents and selection of speakers.</small>	Dr Prashanth Patel
10:40 - 11:10	Refreshments and exhibition viewing	
11:10 - 12:00	Use of technology in South Asians: Learnings from India	Dr Manoj Chawla
	Use of technology in South Asians: UK Perspective	Professor Pratik Choudhary
12:00 - 12:30	Physical activity and ethnic differences in sedentary behaviour	Professor Tom Yates
12:30 - 13:30	Lunch and poster presentations	
13:30 - 14:05	Platinum Sponsor Symposium - Lilly The Importance of Good Glycaemic Control in Type 2 Diabetes <small>This is a sponsored symposium slot organised and funded by Lilly, PP-13-08-2196 + September 2023</small>	Professor Sam Seidu Dr Shahzada Khan (chair)
14:05 - 14:50	Masterclass Rotation 1	
The Composers' Suite	1. Lipid's optimisation workshop <small>Workshop funded by Novartis</small>	Dr Pankaj Gupta and Dr Aneesha Chauhan
Fry Suite	2. Importance of Weight Management in Type 2 Diabetes <small>This is a sponsored workshop organised and funded by Lilly, PP-13-08-2196 + September 2023</small>	Professor Vinod Patel
Pevsner	3. South Asian Diet and Diabetes "What's hot and what's not"	Salma Mehar and Sheena Bhageerutty
Lloyd Suite	4. Practical Discussions on Delivering Person-Centred care for South Asian patients with Type 2 Diabetes <small>Sponsored practical workshop developed & funded by the Beckinger Institute (BI) & Lilly Alliance for UK NCPs. BI and Lilly Alliance products will be discussed. NP-08-102613 October 2023</small>	Alia Gilani and Professor Wasim Hanif
The Composers' Suite	5. Link between rheumatic diseases, diabetes and cardiovascular disease	Dr Arumugam Moorthy and Dr Leher Gumber
14:50 - 14:55	Change around time	
14:55 - 15:40	Masterclass Rotation 2	
The Composers' Suite	1. Lipid's optimisation workshop <small>Workshop funded by Novartis</small>	Dr Pankaj Gupta and Dr Aneesha Chauhan
Fry Suite	2. Importance of Weight Management in Type 2 Diabetes <small>This is a sponsored workshop organised and funded by Lilly, PP-13-08-2196 + September 2023</small>	Professor Vinod Patel
Pevsner	3. South Asian Diet and Diabetes "What's hot and what's not"	Salma Mehar and Sheena Bhageerutty
Lloyd Suite	4. Practical Discussions on Delivering Person-Centred care for South Asian patients with Type 2 Diabetes <small>Sponsored practical workshop developed & funded by the Beckinger Institute (BI) & Lilly Alliance for UK NCPs. BI and Lilly Alliance products will be discussed. NP-08-102613 October 2023</small>	Alia Gilani and Professor Wasim Hanif
The Composers' Suite	5. Link between rheumatic diseases, diabetes and cardiovascular disease	Dr Arumugam Moorthy and Dr Leher Gumber
15:40 - 16:00	Refreshments and exhibition viewing	
16:00 - 16:30	Cardiorenal risk based-management in T2DM: the latest standard of care <small>This is a promotional symposium sponsored and organised by Actozenca</small>	Dr Mujahid Saeed and Dr Syed Gillani
16:30 - 17:00	Lifetime achievement award presentation and award ceremony: Trials and Tribulations of Ideas for Improving Diabetes Care: My Life in Acronyms	Professor Vinod Patel
17:00 - 17:30	Recommendations on Time in Range for Monitoring Glucose Levels in People with Diabetes: An Indian Perspective	Dr Shashank Joshi
17:30 - 17:35	Chair's closing remarks	

Day 2: Friday 13th October 2023

TIME	TITLE OF TALK	SPEAKER
08:00 - 09:00	Registration and exhibition viewing	
09:00 - 09:30	Precision Treatment of Type 2 Diabetes— Can Clinical Phenotypes Help Optimize Therapy Choice?	Dr John Dennis
09:30 - 10:00	Dementia – diagnosis and management in South Asian people	Dr Naaheed Mukadam
10:00 - 10:30	Obesity Management and Type 2 Diabetes	Dr Jonathan Hazlehurst
10:30 - 11:00	Accelerating Research to Transform Kidney Health	Sandra Currie
11:00 - 11:10	Our Future Health and opportunities to reduce health inequalities through research.	Professor Raghbir Ali
11:10 - 11:30	Refreshments	
11:30 - 12:00	The role of SGLT2is in addressing CKD in Type 2 diabetes <small>This session is organised and sponsored by Menarini for UK healthcare professionals only. Conagulation Prescribing Information and adverse event reporting (UK) https://bit.ly/lenvokao-PI (Ireland) https://bit.ly/UK242b September 2023 PP-8-UK-8535</small>	Professor Smeeta Sinha
12:00 - 12:40	Debate: Precision medicine vs. contemporary evidence based medicine	Dr Shivani Misra and Professor Paul Franks
12:40 - 13:10	Diabetes UK Tackling Inequalities Commission: Emerging Findings	Professor Linda Bauld
13:10 - 13:40	“Same same but different” - PCOS experiences and outcomes in South Asians compared to the rest of the world.	Dr Puniith Kempegowda
13:40 - 13:45	Chair’s concluding remarks	
13:45	Lunch and departure	

Platinum Sponsors



Gold Sponsors



Silver Sponsor



Bronze Sponsor



This conference was developed by SAHF. The sponsoring companies have had no input into the conference agenda, speaker selection or presentations, with the exception of the symposium and workshop sessions, for which the respective sponsoring companies are fully responsible.

The Lifetime Achievement Award (presented annually at the SAHF Annual Conference), was this year bestowed upon Professor Vinod Patel who presented his work on ‘*Trials and Tribulations of Ideas for Improving Diabetes Care: My Life in Acronyms*’.



➤ Publications

Murali M, Gumber L, Jethwa H, Ganesh D, Hartmann-Boyce J, Sood H, Zaccardi F, Khunti K. *Ethnic minority representation in UK COVID-19 trials: systematic review and meta-analysis*. BMC Med. 2023 Mar 29;21(1):111. doi: 10.1186/s12916-023-02809-7. PMID: 36978166; PMCID: PMC10049782.

South Asian Health Foundation and A. Menarini Farmaceutica Internazionale SRL have created this booklet as an educational resource for health care professionals.

How to manage diabetes during Ramadan



Guidance for Healthcare Professionals (HCPs) – Diabetes Medication Management During Ramadan

Ramadan is the observation of *Sawm*, one of the five pillars of Islam. Fasting is undertaken from sunrise (*Suhoor*) to sunset (*Iftaar*) during the lunar month of Ramadan. The pillars of Islam are *Shahada* (declaration of faith in Allah, and the prophet (peace be upon him)), *Salah* (prayers five times a day), *Zakat* (giving to charitable causes), and *Hajj* (the sacred pilgrimage to Mecca at least once in a lifetime). Ramadan is obligatory for all Muslims from the age of puberty if health issues do not preclude fasting safely. Most Muslim patients with diabetes would want to fast, unless otherwise advised by a healthcare professional. This decision will often be guided by the Imam and family members too. The tables contained in this document outline diabetes care, fasting, and medications management during Ramadan. This should form part of the discussion with your patients at a pre-Ramadan assessment clinical review. These should be discussed at a pre-Ramadan assessment clinical review. Treatment changes are ideally informed by exploring the experience of the patient during prior Ramadan fasts.



South Asian Health Foundation and A. Menarini Farmaceutica Internazionale SRL have created this booklet as an educational resource for health care professionals.



www.sahf.org.uk
@SouthAsianHF
info@sahf.org.uk

REGISTERED CHARITY NO: 1073178

January 2024 | PP-ENDO-UK-0258

➤ **South Asian Health Foundation Activity**

Over the last couple of years, SAHF's reputation and reach have dramatically increased as demonstrated by the number of support requests we have received year on year.

The support requests came from other Universities, community groups, NHS Trusts, charity groups and industry partners and have varied in nature.

➤ **DVD**

Meri Baatein/Inner Voices DVD, launched at the annual conference in October 2016, continued to be used at community engagement meetings to great effect. 'Meri Baatein' or Inner Voices captures real conversations of people with diabetes, as reflected upon themselves. SAHF continues to distribute copies of this excellent health promotion DVD.

➤ **Walk in the Park Community Event**

We continued to host community-based health promotion with our ‘walk in the park’ events to encourage physical exercise and to improve health and to significantly reduce risk of illnesses such as Type 2 diabetes, heart disease, stroke or cancer. Dr Amal Lad has been exemplary in leading this community activity and every week, leads a community walk event in Walsall, come rain or shine. These efforts were all the more important due to the pandemic and outdoor spaces being deemed safe.

➤ **Media and Communications**

 <p>TWITTER: @SouthAsianHF</p>	 <p>YOUTUBE: SAHFUK</p>	 <p>WEBSITE: www.sahf.org.uk</p>	 <p>Instagram: southasianhf</p>
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Future activities

- Forge links across the health and social care spectrum to address health inequality
- Continue addressing areas of need in delivering high quality community grassroots education sessions
- Raise funds for SAHF through industry and community engagement
- Source funding for Educational resources for Mental Health Awareness
- Source funding for Ramadan Patient Guidance
- Bespoke Event in 2025
- Update the '*Diabetes UK and SAHF recommendations on diabetes research priorities for British South Asians*'
- Engage with BAME (Black, Asian and Minority Ethnic Communities)
- Develop Respiratory working group
- Develop Mental Health Working Group
- Develop Lipid Guidelines

Final Remarks

The South Asian Health Foundation's (SAHF) resilience shines in a landscape where many health charities struggle to endure beyond their early stages. We are proud to announce the upcoming 25th Annual Conference in 2024, a significant milestone achieved despite ongoing economic challenges.

Over the years, our conferences have consistently attracted leading international and national experts in South Asian health, engaging participants from both statutory and voluntary sectors. Our focused strategy emphasises translating research findings into clinical practice and advancing the education of healthcare professionals.

In response to pressing issues, particularly in Health Inequalities, Multiple Long-Term Conditions and Mental Health, SAHF is evolving to take a more proactive approach in specialised areas. Mental health remains a critical concern within the South Asian community, requiring sustained focus and collaborative efforts to reduce its impact.

None of this would be possible without the unwavering dedication of our trustees and working group members, who continue to invest their time and energy in advancing SAHF's mission. Through their efforts, SAHF provides education and guidance to healthcare professionals, patients, and carers not only in the UK but also globally, improving the health and well-being of communities disproportionately affected by health inequalities.

SOUTH ASIAN HEALTH FOUNDATION (UK)
STATEMENT OF FINANCIAL ACTIVITIES
YEAR ENDED 31 MARCH 2024

	Unrestricted £	Restricted £	2024 Total £	2023 Total £
Income from:				
Donations	108,200	-	108,200	143,233
Other	2,314	-	2,314	512
Total Income	110,514	-	110,514	143,745
Expenditure on:				
Charitable activities	(111,636)	-	(111,636)	(127,639)
Total Expenditure	(111,636)	-	(111,636)	(127,639)
Net (expenditure)/income	(1,122)	-	(1,122)	16,106
Reconciliation of Funds				
Total funds brought forward	190,304	79,797	270,101	253,995
Total funds carried forward	189,182	79,797	268,979	270,101



Professor K C R Patel - Chairman
Signed on behalf of the Board of Trustees

SOUTH ASIAN HEALTH FOUNDATION (UK)
BALANCE SHEET AS AT 31 MARCH 2024

	<u>2024</u>	<u>2023</u>
	£	£
Fixed Assets	1,331	1,774
Current Assets		
Cash at Bank	<u>268,979</u>	<u>270,101</u>
	270,310	271,875
Creditors – Amounts falling due within one year	<u>(1,331)</u>	<u>(1,774)</u>
Net Current Assets	268,979	270,101
Funds		
Unrestricted Funds	189,182	190,304
Restricted Funds	<u>79,797</u>	<u>79,797</u>
	268,979	270,101



Professor K C R Patel - Chairman
Signed on behalf of the Board of Trustees

SOUTH ASIAN HEALTH FOUNDATION (UK)
NOTES TO THE ACCOUNTS - 31 MARCH 2024

Accounting Policies

General

The Financial Statements have been prepared under the Historical Cost Convention and in accordance with the applicable accounting standards and the charities SORP (Statement of Recommended Practice: 'Accounting by Charities').

Summary of Net Assets by Funds

	Unrestricted Funds	Restricted Funds	Total
Net Current Assets	£189,182	£79,797	£268,979

Expenditure

	2024
Core Activities	£80,144
Administrative Expenses	£21,452
Conference Travel Expenses	£8,870
IT Expenses	£1,170
Total	£111,636

Notes to the Accounts

1. Depreciation policy: 25% depreciation is charged to Core Work.
2. Creditors represent an accrual for expenses.
3. £20,899 (2023: £19,393) was spent on administrator support for the charity.
4. During the year, £nil (2023: £nil) was spent on expenses for Trustees, for conference travel.



SOUTH ASIAN HEALTH
FOUNDATION



@SouthAsianHF



www.sahf.org.uk



info@sahf.org.uk

SAHF Annual Report 2023/2024
V1. Jan 2025

THE SOUTH ASIAN HEALTH FOUNDATION (U.K.)

(Registered Charity No. 1073178)



ANNUAL TRUSTEES REPORT 2023-2024

Trustees' Annual Report 2023-2024

Governing Document

Trust Deed

Charity constitution

Trustees incorporated as a body

Charity Address

39 Westfield Road, Edgbaston, Birmingham, B15 3QE

Bankers

Santander and Lloyds

Patrons

Lord Naren Patel Kt has held several esteemed positions including Chair of the National Patient Safety Agency, Chair of the Specialist Training Authority, Chairman of the Clinical Standards Board for Scotland and Chairman of the Specialist Training Authority in Scotland, in addition to holding a life peerage in The House of Lords. He has also held the prestigious positions of President of the Royal College of Obstetrics and Gynaecology and Chairman of the Academy of Royal Medical Colleges.

Professor Ajay Shah is the British Heart Foundation Professor of Cardiology at King's College, London. He is one of the most respected academics and clinicians in the international cardiology community and has an inspirational record of academic achievement. In addition, he has been elected to the Fellowship of the European Society of Cardiology and the Academy of Medical Sciences.

Professor Raj Bhopal CBE is Emeritus Professor of Public Health at Edinburgh University, Fellow of the Faculty of Public Health Medicine and the Royal College of Physicians of Edinburgh. He is an expert in, and internationally respected leader of health research in ethnic minority communities. He was bestowed the first SAHF Global Lifetime Achievement award in 2009 for services to the field of Ethnicity in Health.

Professor Kamran Abbasi is Editor-in-Chief of the British Medical Journal and also editor at the Journal of the Royal Society of Medicine. He is also an acclaimed medical journalist and has written for the Health Foundation, one of numerous other contributions too extensive to list here. He was bestowed the first SAHF Global Lifetime Achievement award in 2024

Dr Rashmi Shukla CBE was Public Health England Regional Director, Midlands when she retired. She was a National Director in the PHE transition team, to support the transfer of public health functions from PCTs to local authorities. Her national roles included being Co-chair for the Sexual Health Forum with Baroness Joyce Gould and being an active member of the NIHR Public Health Programme Advisory Board.

Trustees during year 2023-2024

Professor Kiran C R Patel (Chairman of Trustees) graduated from Cambridge University in 1993 and currently has several roles and responsibilities. He works as a Consultant Cardiologist (with a subspecialist interest in heart failure and device therapy) and is Chief Medical Officer and Deputy CEO at University Hospitals Birmingham. He holds Honorary Chairs at the Universities of Birmingham, Warwick and Coventry. In 2008 he was elected a Fellow of the Royal College of Physicians, one of the youngest Fellows of the College.

He started consultant life at Sandwell and West Birmingham NHS trust and having spent only 3 years as a Consultant, was appointed as a Clinical Lead for the West Midlands Strategic Health Authority, where he developed strong partnerships between Public Health, primary care and acute care. He was regional Clinical Director for the QIPP (Quality, innovation, productivity and prevention) programme for the Strategic Health Authority. He was then seconded to oversee the NHS transition as Medical Director for Primary care in West Mercia before a period as Medical Director at Good Hope hospital and then moved to NHS England for 6 years as Medical Director for the West Midlands. In 2019 he became Chief Medical Officer and Deputy CEO at University Hospitals of Coventry and Warwickshire and moved to his current role in 2024.

He was founder member and continues to be Chair of the South Asian Health Foundation. He was trustee to the UK Health Forum 2003-2012. The expertise gleaned from both the NHS and voluntary sectors, led to him advising the Public Health Foundation of India on developing healthcare systems in 2009-10 and informing the ministerial briefing for the UN Summit on non-communicable disease in 2011. Back home in the UK, he has worked with NICE, where he has been involved in formulating 4 guidelines. In 2009, he was invited to be a speaker at the RCP dialogue on clinical contributions and solutions to Social Determinants of health. He has published and lectured widely on a national and international scale, not only in the field of cardiology, but more widely on social determinants, health systems and healthcare strategy.

He has also contributed to several other regional, national and international boards and committees too numerous to list, demonstrating that when a clinician puts his or her mind to being more than a frontline clinician, they can achieve and contribute much more than medical school has taught them.

Professor Wasim Hanif is a Consultant Diabetologist in Birmingham and also an esteemed academic in the field of ethnicity and diabetes. He also serves on several national bodies, including the National Institute for Health and Clinical Excellence Technology Appraisal group. He is currently Chair of the SAHF Diabetes group and leads several highly successful community health promotion and education programmes in that capacity. Internationally, Wasim also is engaged with the Prevent India programme based in Hyderabad and is a global leader in the field of Ramadan and diabetes.

Professor Kamlesh Khunti CBE is Professor of Primary Care Diabetes and Vascular Medicine, University of Leicester, UK. He leads a research group undertaking research into the early identification and interventions in people with diabetes. His work has influenced national and international guidelines on screening and management of people with diabetes. He is Director of East Midlands CLAHRC and Co-Director for the South East Midlands Diabetes Research Network, Co-Director of a Clinical Trial Unit. He is a principal investigator on several major studies. He is currently an advisor to the Department of Health's National Screening Committee on Vascular Risk, Clinical Advisor for the Diabetes NICE-led QOF Panel, Secretary of the Primary Care Study Group of the European Society of Diabetes (EASD), and member of the International Diabetes Federation Working Group on Diabetes Screening Risk Scores. He is Co-Director of the Diabetes MSc at Leicester University and the BMJ Diabetes Diploma. He is past Chair of the Department of Health-RCGP Committee on Classification of Diabetes and Chair of the NICE Guidelines on Prevention of Diabetes.

Professor Vinod Patel is Director of Clinical Skills and the Diabetes Masters Programme at Warwick Medical School at the University of Warwick. He is also Consultant Physician in Endocrinology and Diabetes, Acute Medicine and Medical Obstetrics at the George Eliot Hospital NHS Trust. His main interest is the application of clinical evidence into practical diabetes care to improve patient experience, reduce diabetes complications and prevent diabetes. He has created e:learning modules on diabetes for the BMJ Masterclasses in Diabetes. The clinical skills teaching methods have been incorporated into a textbook by Oxford University Press and 17 videos for world-wide use. His work within his own diabetes department, in partnership with Apnee Sehat (Community Interest Community), was awarded the NHS England Diabetes Innovation Prize in 2015. His diabetes department is very active in research. His colleague, Dr Saravanan was recently awarded a large MRC grant to pursue his work in Diabetes and Pregnancy. This work will be carried out in India, UK and Kenya.

Professor Amitava Banerjee is Professor of Cardiology at the Farr Institute of Health Informatics at University College London. In addition to general cardiology, he has special interest in heart failure and atrial fibrillation, and also the role of informatics and electronic health records in delivering better patient care. Ami has been a Trustee of the South Asian Health Foundation since 2014 and has been an active member of the Cardiovascular Working Group.

Dr Amal Lad is a GP trainee based in West Midlands. He is passionate about using creative approaches to improving health awareness within the South Asian community. From his participation in the NHS Clinical Entrepreneur Programme, he has developed the "Meducasian" project which is a collaboration between health care professionals and local communities to break the stigma surrounding mental illness. Aside from being a doctor, Amal is a keen musician and has produced music for a number of film and theatre projects.

Ranjit Dhillon is a cardiac nurse specialist based in Birmingham. She has an established career in cardiac rehabilitation and in 2016 joined a team establishing England's first familial hyperlipidaemia service for comprehensive assessment and cascade screening in the West Midlands.

Dr Sarah Ali is a Consultant in Endocrinology, Diabetes and General Medicine at Royal Free London NHS Foundation Trust. She is the Clinical Lead for the Barnet Diabetes Community Service and the Diabetes Antenatal Service. She is a committee member as a Consultant Diabetologist for the National Institute for Health and Care Excellence (NICE) Diabetes guidelines update and works on a number of diabetes research and national projects, including a NHS England project on the delivery of Diabetes in the PCN. She is additionally a Trustee for the South Asian Health Foundation. Her specialist interests include diabetes in South Asians, health inequalities in the BAME communities, the delivery of high-quality Community diabetes care, diabetes in pregnancy and diabetes in Ramadan, with publications in these fields.

Dr Harpreet Sood is a Clinical Advisor for the COVID-19 Vaccine programme, a GP and a board member at Health Education England. Harpreet is currently a NHS primary care doctor in London and a digital health expert. Harpreet also sits on the board of Health Education England, a £4.5bn organisation training and developing 160,000 staff across the NHS, where his focus is on developing digital and data science skills for the workforce.

Objectives

The Charity's objects ("the objects") are "to relieve or assist in efforts to relieve persons living in the U.K., particularly those of South Asian origin, who are experiencing conditions of sickness, hardship or distress in particular by supporting organizations; implementing and establishing developmental projects which serve the needs of those persons and improve their conditions of need."

Chairman of Trustees Report: A Review of Activities, Achievements and Development Plans

Structure of SAHF

The formal operational policy originally approved and adopted by SAHF at the AGM in December 2006 was renewed in 2018 and continues to be the charity's operating procedure. This policy covers important areas such as conflicts of interest which are essential to safeguard SAHF against in light of the interaction it has in an advisory capacity to several bodies. The policy underwent minor revisions to its travel policy in light of the need for continued restraint in the current economic climate.

- Current Chairpersons and group members are:-

Diabetes Group	
Professor Wasim Hanif (Chair)	Professor Vinod Patel
Prof Kamlesh Khunti (Chair)	Professor Kiran Patel
Dr Srikanth Bellary	Dr Mohammed Roshan
Professor Sudhesh Kumar	Dr Kamal Ali
Professor Nita Forouhi	Dr Rahul Nayar
Dr Sailesh Sankar	Professor Paramjit Gill
Dr Ateeq Syed	Dr Sukhdev Singh
Professor Ali Karamat	

Cardiovascular Group	
Dr Anveesha Singh	Prof Kiran Patel
Dr Amitava Banerjee	
Dr Aneesha CHauhan	
Sr Ranjit Dhillon	

Musculoskeletal Working Group	
Dr Ash Samanta	Dr Leher Gumber
Dr Kaushik Chaudhuri	
Dr Moorthy	
Dr Kanta Kumar	

Ethnicity and Health

Since 2001, SAHF has decided to direct the majority of the work of the charity towards the field of ethnicity and health, to fill a void and meet a need in the UK. The following strategies continue to form the priority areas of work for the SAHF.

1. To promote improvements in the quality of, and access to, healthcare and health promotion in South Asians.
2. To promote research that leads to the above objectives
3. To act as an advocacy group and advisory body

The aims are defined as SAHF needing to practically strive to achieve success in the following areas:-

- To act as a strategic think tank and provide leadership in policy and health advocacy for professionals and patients
- To promote health and provide education and resources to both healthcare professionals and patients.
- Aim to improve access to services by highlighting areas of need and potential improvement
- To facilitate the development of a network of healthcare professionals to disseminate information and improve cohesive working
- To promote high quality research and to facilitate research and dissemination of research findings wherever possible.

The impact of good health extends far beyond mental and physical well-being. Good health contributes to ameliorating social disadvantage for both the individual and consequently the community. The expertise present within the Board of Patrons and Trustees enables SAHF to address issues concerning ethnic minority healthcare in all tiers of society from Government policy to a grass roots level. In the field of research, the charity aims to 'catalyse' and facilitate collaboration rather than undertake research directly in the arena of ethnic health. It aims to commission work where a need is identified. The charity has undertaken a responsibility not only to obtain information, but also to disseminate it to the general public. We continue to develop and promote health interventions in collaboration with the Department of Health, Diabetes UK and the British Heart Foundation, as well as numerous other Governmental and non-governmental organisations.

Although in the past decade SAHF has hosted several specialty groups, in 2018 a decision was made by trustees to focus its efforts in areas where there was a clear healthcare need coupled to strength in leadership. We have therefor focussed efforts in 20-21 to diabetes and cardiovascular disease but due to the pandemic, we also allocated significant resource and effort to the pandemic. Post pandemic we have supported the development of a musculoskeletal disorders group.

NICE

SAHF and its members have contributed to over 120 NICE guidelines to date, ranging from Chairmanship of guidelines groups and technology appraisal committee membership, to stakeholder input. In 2007, Prof Kiran Patel and Dr Rubin Minhas also appeared before the Health Select Committee as external experts on the investigation into NICE and advised how the voluntary sector could work transparently and effectively with industry and NICE. In 2010, SAHF contributed to consultations on the changing roles and responsibilities of NICE. Prof Wasim Hanif has served on the Technology Appraisal Committee in 2010-13 and Dr Minhas served on the Technology Appraisals committee and also Chaired the Familial Hyperlipidaemia guideline.

Wider Stakeholder Contributions:

SAHF continues to work collaboratively with many organizations, just a sample of which are listed below:

- Government Health Committees
- Dept of health e.g. South Asian CHD toolkit
- Kings Fund
- NICE Guideline groups and appraisal committees
- UK Health Forum
- British Medical Journal (South Asia Awards)
- British Heart Foundation
- Diabetes and Ramadan Alliance
- Men's Health Forum
- British Cardiovascular Society
- British Society of Rheumatology
- British Society of Gastroenterology
- Multiple Sclerosis Society
- NHS England
- Nuffield Council of Bioethics
- NGO Forum
- National electronic library for health
- British Cardiovascular Society
- Diabetes UK
- Silver Star Appeal
- APNA NHS
- CHIEF – Community Health Involvement & Empowerment Forum
- British Transplant Society
- UK National Kidney Federation
- Commonwealth Foundation
- World Health Organisation
- International forum on Smokeless Tobacco
- Scottish Youth Forum
- SANSKAR Canada
- Centre for Ethnic Health Research
- International Diabetes Federation
- JDRF
- The Brown Heart mission (USA)

Medical Student Bursaries

Each year SAHF competitively awards at least one and usually two medical student elective bursaries. These are awarded to students with a view to helping the students to undertake a period of study and experiential learning in a field of medicine relating to south Asian

healthcare. We encourage students to deliver papers at a national meeting and invite them to our annual conference to present either as a poster or oral presentation. We continue to have strong applications and this year we awarded one bursary to a medical student.

The successful student is:

Jasmine Makker	Leukaemia service at the Memorial Sloan Kettering Cancer Center in New York.
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Fellows

SAHF continued to support several fellows this year, having developed a scheme which offered mentoring and personal development to trainees and professionals from a variety of healthcare backgrounds. Many produced projects and publications such as infographics to promote health and well being across communities. The scheme is in its early days but is well liked by the fellows and enables senior healthcare professionals to develop the next generation of professionals. We are also now embracing medical students who attend educational events.

Events

➤ **8th Annual Diabetes Ramadan Conference**

On Thursday 8th February, 2024 the South Asian Health Foundation (SAHF) together with the Diabetes and Ramadan Alliance (www.daralliance.org), held the 8th Annual Diabetes Ramadan Conference in person at the Royal College of Physicians, London. Over 100 delegates joined, ranging from secondary care Consultants, GPs, practice nurses, pharmacists, and researchers to scientists and lay patient and public representatives. The aims of the conference were to highlight the best care of Muslim patients with diabetes who wish to fast in Ramadan, as well as being a forum to discuss the latest evidence in diabetes care during Ramadan and potential research opportunities. The conference was titled *'Health Needs in Ramadan: A Healthcare Approach'* and included various presentations including *'Technology and safety of fasting in Type 1 Diabetes; the tool or the outcome?'*, *'Improving access to cardiorenal protection in T2DM: implementing NICE guidance'*, and *'Can Technology help everyone fast during Ramadan? Time to revisit the guidelines'*. In addition, we had a number of presentations from junior trainees which included *'Adaptation of Managing Diabetes in Ramadan Guidelines in the NHS: A study of organisation in areas of England with a large Muslim Population'* and *'Ramadan is not associated with increased infection risk in Pakistani and Bangladeshi populations: Findings from controlled interrupted time series analysis of UK primary care data'*.

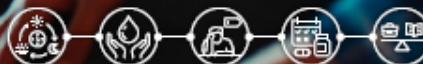
Speakers included eminent Professors, Consultants, GPs, Specialist dietitian, Pharmacist and an Islamic Religious Scholar, all with an interest in Diabetes and Ramadan. The conference addressed the issues around the religious basis of fasting, the epidemiology of diabetes in Ramadan along with the risk of complications, the latest UK and International Diabetes

Federation Guidelines for managing diabetes in Ramadan, latest research publications and the views of religious scholars on fasting in Ramadan.

The ninth annual conference will take place in October, 2025 In keeping with previous conferences key national and international speakers are being secured to deliver presentations. <https://www.sahf.org.uk/events/sahf-dar-8th-annual-ramadan-conference>

The Lifetime Achievement Award (presented annually at the SAHF Ramadan Annual Conference), was this year bestowed upon Professor Dr. Abdul Jabbar who presented his work on '*Impact of Fasting on Health and Disease*'.

Health Needs in Ramadan: A Healthcare Approach



AGENDA: SAHF and DaR's 8th Ramadan Conference on Thursday 8th February, 2024

TIME	TITLE OF TALK	SPEAKER
08:00 - 09:00	Registration	
09:00 - 09:10	Chair's introduction	Professor Wasim Hanif and Professor Mohamed Hassanein
09:10 - 09:40	Not-fasting Ramadan; the forgotten group	Professor Mohamed Hassanein
09:40 - 10:10	New Studies in Ramadan	Dr Sarah Ali
10:10 - 10:40	Technology and safety of fasting in Type 1 Diabetes; the tool or the outcome?	Dr Sufyan Hussain
10:40 - 11:00	Safety of SGLT2i in Fasting	Dr Elamin Abdelgader
11:00 - 11:30	Break	
11:30 - 12:00	Improving access to cardiorenal protection in T2DM: implementing NICE guidance <small>This is a promotional symposium sponsored and organised by AstraZeneca, intended for GPs only.</small>	Professor Vinod Patel
12:00 - 12:30	Can Technology help everyone fast during Ramadan? Time to revisit the guidelines	Professor Wasim Hanif
Oral presentations by Trainees		
12:30 - 12:40	Adaptation of Managing Diabetes in Ramadan Guidelines in the NHS: A study of organisation in areas of England with a large Muslim Population	Dr Atif Abdulla
12:40 - 12:50	Ramadan is not associated with increased infection risk in Pakistani and Bangladeshi populations: Findings from controlled interrupted time series analysis of UK primary care data	Dr Shahjehan Hanif
12:50 - 13:00	Low-energy diets and Ramadan	Ryan Kelsey
13:00 - 13:10	A study of 512 diabetes-related ketoacidosis episodes shows no added risk or impact on outcomes during Ramadan: Results from DEKODD Study	Professor Ali Karamat
13:10 - 14:00	Lunch	
14:00 - 14:30	Diabetic foot disease and fasting during Ramadan	Dr Mujahid Saeed
14:30 - 15:00	Are SGLT2is the new statins? - The shifting paradigm of risk-based prevention <small>This session is organised and sponsored by Menarini for UK healthcare professionals only.</small>	Dr Waqas Tahir and Dr Rahul Mohan
15:00 - 15:30	Insulin management in Ramadan	Dr Aaisha Saqib
15:30 - 15:45	Break	
15:45 - 16:15	Managing the Elderly in Ramadan	Dr Samara Afzal
16:15 - 16:45	Medico religious aspects in Ramadan	Imam Yunus Dudhwala and Professor Ali Karamat
16:45 - 17:15	Lifetime Achievement Award : Impact of Fasting on Health and Disease	Professor Dr. Abdul Jabbar
17:15 - 17:20	Chair's concluding remarks	Professor Wasim Hanif and Professor Mohamed Hassanein

The sponsoring companies have had no input into the conference agenda, speaker selection or presentations with the exception of the symposium sessions, for which the respective company are fully responsible.

Our Sponsors:



Exhibitor:



www.sahf.org.uk

@SouthAsianHF

info@sahf.org.uk



SOUTH ASIAN HEALTH
FOUNDATION

REGISTERED CHARITY NO: 1073178









➤ **24th SAHF Annual Conference**

The 24th Annual Diabetes Conference was held in person on Thursday 12th and Friday 13th October 2023, in Birmingham. This year's theme, 'Closing the Health Inequalities Gap: The SAHF Legacy,' focused on addressing health disparities. The conference provided expert, tailored insights into managing diabetes and cardiovascular disease within the South Asian population.

24th SAHF Global Annual Conference

Closing the Health Inequalities Gap: The SAHF Legacy

Thursday 12th and Friday 13th October, 2023
Edgbaston Park Hotel and Conference Centre, 53 Edgbaston Park Rd, Birmingham B15 2RS, UK



SOUTH ASIAN HEALTH FOUNDATION



Day 1: Thursday 12th October 2023

TIME	TITLE OF TALK	SPEAKER
08:00 - 08:45	Registrations and exhibition	
08:45 - 08:50	Chair's introduction	
08:50 - 09:00	SAHF perspective	Professor Kiran Patel
09:00 - 09:20	Rising to the challenge: Diabetes UK Perspective	Dr Carol Homden
09:20 - 09:40	NHS Diabetes Perspective	Professor Jonathan Valabhji
09:40 - 10:00	Latest research around tackling ethnic health inequalities	Dr Chaand Nagpaul
10:00 - 10:10	Q & A	All above
10:10 - 10:40	Platinum Sponsor Symposium: What's new in cholesterol management? Applying guidelines and the new QOF to manage CV risk. <small>Novartis has provided funding for this educational activity, however SAHF has retained full editorial control including formulation of agenda, contents and selection of speakers.</small>	Dr Prashanth Patel
10:40 - 11:10	Refreshments and exhibition viewing	
11:10 - 12:00	Use of technology in South Asians: Learnings from India	Dr Manoj Chawla
	Use of technology in South Asians: UK Perspective	Professor Pratik Choudhary
12:00 - 12:30	Physical activity and ethnic differences in sedentary behaviour	Professor Tom Yates
12:30 - 13:30	Lunch and poster presentations	
13:30 - 14:05	Platinum Sponsor Symposium - Lilly The Importance of Good Glycaemic Control in Type 2 Diabetes <small>This is a sponsored symposium slot organised and funded by Lilly, PP-13-08-2196 + September 2023</small>	Professor Sam Seidu Dr Shahzada Khan (chair)
14:05 - 14:50	Masterclass Rotation 1	
The Composers' Suite	1. Lipid's optimisation workshop <small>Workshop funded by Novartis</small>	Dr Pankaj Gupta and Dr Aneesha Chauhan
Fry Suite	2. Importance of Weight Management in Type 2 Diabetes <small>This is a sponsored workshop organised and funded by Lilly, PP-13-08-2196 + September 2023</small>	Professor Vinod Patel
Pevsner	3. South Asian Diet and Diabetes "What's hot and what's not"	Salma Mehar and Sheena Bhageerutty
Lloyd Suite	4. Practical Discussions on Delivering Person-Centred care for South Asian patients with Type 2 Diabetes <small>Sponsored practical workshop developed & funded by the Beckinger Institute (BI) & Lilly Alliance for UK NCPs. BI and Lilly Alliance products will be discussed. NP-08-102613 October 2023</small>	Alia Gilani and Professor Wasim Hanif
The Composers' Suite	5. Link between rheumatic diseases, diabetes and cardiovascular disease	Dr Arumugam Moorthy and Dr Leher Gumber
14:50 - 14:55	Change around time	
14:55 - 15:40	Masterclass Rotation 2	
The Composers' Suite	1. Lipid's optimisation workshop <small>Workshop funded by Novartis</small>	Dr Pankaj Gupta and Dr Aneesha Chauhan
Fry Suite	2. Importance of Weight Management in Type 2 Diabetes <small>This is a sponsored workshop organised and funded by Lilly, PP-13-08-2196 + September 2023</small>	Professor Vinod Patel
Pevsner	3. South Asian Diet and Diabetes "What's hot and what's not"	Salma Mehar and Sheena Bhageerutty
Lloyd Suite	4. Practical Discussions on Delivering Person-Centred care for South Asian patients with Type 2 Diabetes <small>Sponsored practical workshop developed & funded by the Beckinger Institute (BI) & Lilly Alliance for UK NCPs. BI and Lilly Alliance products will be discussed. NP-08-102613 October 2023</small>	Alia Gilani and Professor Wasim Hanif
The Composers' Suite	5. Link between rheumatic diseases, diabetes and cardiovascular disease	Dr Arumugam Moorthy and Dr Leher Gumber
15:40 - 16:00	Refreshments and exhibition viewing	
16:00 - 16:30	Cardiorenal risk based-management in T2DM: the latest standard of care <small>This is a promotional symposium sponsored and organised by Actos/meca</small>	Dr Mujahid Saeed and Dr Syed Gillani
16:30 - 17:00	Lifetime achievement award presentation and award ceremony: Trials and Tribulations of Ideas for Improving Diabetes Care: My Life in Acronyms	Professor Vinod Patel
17:00 - 17:30	Recommendations on Time in Range for Monitoring Glucose Levels in People with Diabetes: An Indian Perspective	Dr Shashank Joshi
17:30 - 17:35	Chair's closing remarks	

Day 2: Friday 13th October 2023

TIME	TITLE OF TALK	SPEAKER
08:00 - 09:00	Registration and exhibition viewing	
09:00 - 09:30	Precision Treatment of Type 2 Diabetes— Can Clinical Phenotypes Help Optimize Therapy Choice?	Dr John Dennis
09:30 - 10:00	Dementia – diagnosis and management in South Asian people	Dr Naaheed Mukadam
10:00 - 10:30	Obesity Management and Type 2 Diabetes	Dr Jonathan Hazlehurst
10:30 - 11:00	Accelerating Research to Transform Kidney Health	Sandra Currie
11:00 - 11:10	Our Future Health and opportunities to reduce health inequalities through research.	Professor Raghbir Ali
11:10 - 11:30	Refreshments	
11:30 - 12:00	The role of SGLT2is in addressing CKD in Type 2 diabetes <small>This session is organised and sponsored by Menarini for UK healthcare professionals only. Conagulation Prescribing Information and adverse event reporting (UK) https://bit.ly/lenvokao-PI (Ireland) https://bit.ly/IR242b September 2023 PP-8-UK-8535</small>	Professor Smeeta Sinha
12:00 - 12:40	Debate: Precision medicine vs. contemporary evidence based medicine	Dr Shivani Misra and Professor Paul Franks
12:40 - 13:10	Diabetes UK Tackling Inequalities Commission: Emerging Findings	Professor Linda Bauld
13:10 - 13:40	“Same same but different” - PCOS experiences and outcomes in South Asians compared to the rest of the world.	Dr Puniith Kempegowda
13:40 - 13:45	Chair’s concluding remarks	
13:45	Lunch and departure	

Platinum Sponsors



Gold Sponsors



Silver Sponsor



Bronze Sponsor



This conference was developed by SAHF. The sponsoring companies have had no input into the conference agenda, speaker selection or presentations, with the exception of the symposium and workshop sessions, for which the respective sponsoring companies are fully responsible.

The Lifetime Achievement Award (presented annually at the SAHF Annual Conference), was this year bestowed upon Professor Vinod Patel who presented his work on ‘*Trials and Tribulations of Ideas for Improving Diabetes Care: My Life in Acronyms*’.



➤ Publications

Murali M, Gumber L, Jethwa H, Ganesh D, Hartmann-Boyce J, Sood H, Zaccardi F, Khunti K. *Ethnic minority representation in UK COVID-19 trials: systematic review and meta-analysis*. BMC Med. 2023 Mar 29;21(1):111. doi: 10.1186/s12916-023-02809-7. PMID: 36978166; PMCID: PMC10049782.

South Asian Health Foundation and A. Menarini Farmaceutica Internazionale SRL have created this booklet as an educational resource for health care professionals.

How to manage diabetes during Ramadan



Guidance for Healthcare Professionals (HCPs) – Diabetes Medication Management During Ramadan

Ramadan is the observation of *Sawm*, one of the five pillars of Islam. Fasting is undertaken from sunrise (*Suhoor*) to sunset (*Iftaar*) during the lunar month of Ramadan. The pillars of Islam are *Shahada* (declaration of faith in Allah, and the prophet (peace be upon him)), *Salah* (prayers five times a day), *Zakat* (giving to charitable causes), and *Hajj* (the sacred pilgrimage to Mecca at least once in a lifetime). Ramadan is obligatory for all Muslims from the age of puberty if health issues do not preclude fasting safely. Most Muslim patients with diabetes would want to fast, unless otherwise advised by a healthcare professional. This decision will often be guided by the Imam and family members too. The tables contained in this document outline diabetes care, fasting, and medications management during Ramadan. This should form part of the discussion with your patients at a pre-Ramadan assessment clinical review. These should be discussed at a pre-Ramadan assessment clinical review. Treatment changes are ideally informed by exploring the experience of the patient during prior Ramadan fasts.



South Asian Health Foundation and A. Menarini Farmaceutica Internazionale SRL have created this booklet as an educational resource for health care professionals.



www.sahf.org.uk
@SouthAsianHF
info@sahf.org.uk

REGISTERED CHARITY NO: 1073178

January 2024 | PP-ENDO-UK-0258

➤ South Asian Health Foundation Activity

Over the last couple of years, SAHF's reputation and reach have dramatically increased as demonstrated by the number of support requests we have received year on year.

The support requests came from other Universities, community groups, NHS Trusts, charity groups and industry partners and have varied in nature.

➤ DVD

Meri Baatein/Inner Voices DVD, launched at the annual conference in October 2016, continued to be used at community engagement meetings to great effect. 'Meri Baatein' or Inner Voices captures real conversations of people with diabetes, as reflected upon themselves. SAHF continues to distribute copies of this excellent health promotion DVD.

➤ **Walk in the Park Community Event**

We continued to host community-based health promotion with our ‘walk in the park’ events to encourage physical exercise and to improve health and to significantly reduce risk of illnesses such as Type 2 diabetes, heart disease, stroke or cancer. Dr Amal Lad has been exemplary in leading this community activity and every week, leads a community walk event in Walsall, come rain or shine. These efforts were all the more important due to the pandemic and outdoor spaces being deemed safe.

➤ **Media and Communications**

 <p>TWITTER: @SouthAsianHF</p>	 <p>YOUTUBE: SAHFUK</p>	 <p>WEBSITE: www.sahf.org.uk</p>	 <p>Instagram: southasianhf</p>
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Future activities

- Forge links across the health and social care spectrum to address health inequality
- Continue addressing areas of need in delivering high quality community grassroots education sessions
- Raise funds for SAHF through industry and community engagement
- Source funding for Educational resources for Mental Health Awareness
- Source funding for Ramadan Patient Guidance
- Bespoke Event in 2025
- Update the '*Diabetes UK and SAHF recommendations on diabetes research priorities for British South Asians*'
- Engage with BAME (Black, Asian and Minority Ethnic Communities)
- Develop Respiratory working group
- Develop Mental Health Working Group
- Develop Lipid Guidelines

Final Remarks

The South Asian Health Foundation's (SAHF) resilience shines in a landscape where many health charities struggle to endure beyond their early stages. We are proud to announce the upcoming 25th Annual Conference in 2024, a significant milestone achieved despite ongoing economic challenges.

Over the years, our conferences have consistently attracted leading international and national experts in South Asian health, engaging participants from both statutory and voluntary sectors. Our focused strategy emphasises translating research findings into clinical practice and advancing the education of healthcare professionals.

In response to pressing issues, particularly in Health Inequalities, Multiple Long-Term Conditions and Mental Health, SAHF is evolving to take a more proactive approach in specialised areas. Mental health remains a critical concern within the South Asian community, requiring sustained focus and collaborative efforts to reduce its impact.

None of this would be possible without the unwavering dedication of our trustees and working group members, who continue to invest their time and energy in advancing SAHF's mission. Through their efforts, SAHF provides education and guidance to healthcare professionals, patients, and carers not only in the UK but also globally, improving the health and well-being of communities disproportionately affected by health inequalities.

SOUTH ASIAN HEALTH FOUNDATION (UK)
STATEMENT OF FINANCIAL ACTIVITIES
YEAR ENDED 31 MARCH 2024

	Unrestricted £	Restricted £	2024 Total £	2023 Total £
Income from:				
Donations	108,200	-	108,200	143,233
Other	2,314	-	2,314	512
Total Income	110,514	-	110,514	143,745
Expenditure on:				
Charitable activities	(111,636)	-	(111,636)	(127,639)
Total Expenditure	(111,636)	-	(111,636)	(127,639)
Net (expenditure)/income	(1,122)	-	(1,122)	16,106
Reconciliation of Funds				
Total funds brought forward	190,304	79,797	270,101	253,995
Total funds carried forward	189,182	79,797	268,979	270,101



Professor K C R Patel - Chairman
Signed on behalf of the Board of Trustees

SOUTH ASIAN HEALTH FOUNDATION (UK)
BALANCE SHEET AS AT 31 MARCH 2024

	<u>2024</u>	<u>2023</u>
	£	£
Fixed Assets	1,331	1,774
Current Assets		
Cash at Bank	<u>268,979</u>	<u>270,101</u>
	270,310	271,875
Creditors – Amounts falling due within one year	<u>(1,331)</u>	<u>(1,774)</u>
Net Current Assets	268,979	270,101
Funds		
Unrestricted Funds	189,182	190,304
Restricted Funds	<u>79,797</u>	<u>79,797</u>
	268,979	270,101



Professor K C R Patel - Chairman
Signed on behalf of the Board of Trustees

SOUTH ASIAN HEALTH FOUNDATION (UK)
NOTES TO THE ACCOUNTS - 31 MARCH 2024

Accounting Policies

General

The Financial Statements have been prepared under the Historical Cost Convention and in accordance with the applicable accounting standards and the charities SORP (Statement of Recommended Practice: 'Accounting by Charities').

Summary of Net Assets by Funds

	Unrestricted Funds	Restricted Funds	Total
Net Current Assets	£189,182	£79,797	£268,979

Expenditure

	2024
Core Activities	£80,144
Administrative Expenses	£21,452
Conference Travel Expenses	£8,870
IT Expenses	£1,170
Total	£111,636

Notes to the Accounts

1. Depreciation policy: 25% depreciation is charged to Core Work.
2. Creditors represent an accrual for expenses.
3. £20,899 (2023: £19,393) was spent on administrator support for the charity.
4. During the year, £nil (2023: £nil) was spent on expenses for Trustees, for conference travel.



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SAHF Annual Report 2023/2024
V1. Jan 2025



Section A

Independent Examiner's Report

Report to the trustees

Charity Name
South Asian Health Foundation

On accounts for the year ended

31 March 2023

Charity no (if any)

1073178

Set out on pages

22-24

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended **31/03/2024**.

Responsibilities and basis of report

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination (other than that disclosed below *) which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

* Please delete the words in the brackets if they do not apply.

Signed:

Date:

25/01/2025

Name:

Manesha Patel

Relevant professional qualification(s) or body (if any):

FBP FCA (ICAEW)

Address:

17 Nicolson Road, Loughborough, Leicestershire, LE11 3SD

Section B**Disclosure**

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

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THE SOUTH ASIAN HEALTH FOUNDATION

England & Wales - Charity number 1073178

Accounts

THE SOUTH ASIAN HEALTH FOUNDATION (U.K.)

(Registered Charity No. 1073178)



ANNUAL TRUSTEES REPORT 2022-2023

Trustees' Annual Report 2022-2023

Governing Document

Trust Deed

Charity constitution

Trustees incorporated as a body

Charity Address

39 Westfield Road, Edgbaston, Birmingham, B15 3QE

Bankers

Santander and Lloyds

Patrons

Lord Naren Patel Kt has held several esteemed positions including Chair of the National Patient Safety Agency, Chair of the Specialist Training Authority, Chairman of the Clinical Standards Board for Scotland and Chairman of the Specialist Training Authority in Scotland, in addition to holding a life peerage in The House of Lords. He has also held the prestigious positions of President of the Royal College of Obstetrics and Gynaecology and Chairman of the Academy of Royal Medical Colleges.

Professor Ajay Shah is the British Heart Foundation Professor of Cardiology at King's College, London. He is one of the most respected academics and clinicians in the international cardiology community and has an inspirational record of academic achievement. In addition, he has been elected to the Fellowship of the European Society of Cardiology and the Academy of Medical Sciences.

Professor Raj Bhopal CBE is Emeritus Professor of Public Health at Edinburgh University, Fellow of the Faculty of Public Health Medicine and the Royal College of Physicians of Edinburgh. He is an expert in, and internationally respected leader of health research in ethnic minority communities. He was bestowed the first SAHF Global Lifetime Achievement award in 2009 for services to the field of Ethnicity in Health.

Dr Kamran Abbasi is Editor-in-Chief of the British Medical Journal and also editor at the Journal of the Royal Society of Medicine. He is also an acclaimed medical journalist and has written for the Health Foundation, one of numerous other contributions too extensive to list here.

Dr Rashmi Shukla CBE was Public Health England Regional Director, Midlands when she retired. She was a National Director in the PHE transition team, to support the transfer of public health functions from PCTs to local authorities. Her national roles included being Co-chair for the Sexual Health Forum with Baroness Joyce Gould and being an active member of the NIHR Public Health Programme Advisory Board.

Trustees during year 2022-2023

Professor Kiran C R Patel (Chairman of Trustees) graduated from Cambridge University in 1993 and currently has several roles and responsibilities. He works as a Consultant Cardiologist (with a subspecialist interest in heart failure and device therapy) and is Chief Medical Officer and Deputy CEO at University Hospitals of Coventry and Warwickshire. He holds Honorary Chairs at the Universities of Warwick and Coventry. In 2008 he was elected a Fellow of the Royal College of Physicians, one of the youngest Fellows of the College.

He started consultant life at Sandwell and West Birmingham NHS trust and having spent only 3 years as a Consultant, was appointed as a Clinical Lead for the West Midlands Strategic Health Authority, where he developed strong partnerships between Public Health, primary care and acute care. He was regional Clinical Director for the QIPP (Quality, innovation, productivity and prevention) programme for the Strategic Health Authority. He was then seconded to oversee the NHS transition as Medical Director for Primary care in West Mercia before a period as Medical Director at Good Hope hospital and then moved to his current role. He is also regional representative for the International Health Group of the Department of Health in England and continues as regional representative for the invasive cardiology clinical reference group for specialised commissioning.

He was founder member and continues to be Chair of the South Asian Health Foundation. He was trustee to the UK Health Forum 2003-2012. The expertise gleaned from both the NHS and voluntary sectors, led to him advising the Public Health Foundation of India on developing healthcare systems in 2009-10 and informing the ministerial briefing for the UN Summit on non-communicable disease in 2011. Back home in the UK, he has worked with NICE, where he has been involved in formulating 4 guidelines. In 2009, he was invited to be a speaker at the RCP dialogue on clinical contributions and solutions to Social Determinants of health. He has published and lectured widely on a national and international scale, not only in the field of cardiology, but more widely on social determinants, health systems and healthcare strategy.

He has also contributed to several other regional, national and international boards and committees too numerous to list, demonstrating that when a clinician puts his or her mind to being more than a frontline clinician, they can achieve and contribute much more than medical school has taught them.

Professor Wasim Hanif is a Consultant Diabetologist in Birmingham and also an esteemed academic in the field of ethnicity and diabetes. He also serves on several national bodies, including the National Institute for Health and Clinical Excellence Technology Appraisal group. He is currently Chair of the SAHF Diabetes group and leads several highly successful community health promotion and education programmes in that capacity. Internationally, Wasim also is engaged with the Prevent India programme based in Hyderabad and is a global leader in the field of Ramadan and diabetes.

Professor Kamlesh Khunti CBE is Professor of Primary Care Diabetes and Vascular Medicine, University of Leicester, UK. He leads a research group undertaking research into the early identification and interventions in people with diabetes. His work has influenced national and international guidelines on screening and management of people with diabetes. He is Director of East Midlands CLAHRC and Co-Director for the South East Midlands Diabetes Research Network, Co-Director of a Clinical Trial Unit. He is a principal investigator on several major studies. He is currently an advisor to the Department of Health's National Screening Committee on Vascular Risk, Clinical Advisor for the Diabetes NICE-led QOF Panel, Secretary of the Primary Care Study Group of the European Society of Diabetes (EASD), and member of the International Diabetes Federation Working Group on Diabetes Screening Risk Scores. He is Co-Director of the Diabetes MSc at Leicester University and the BMJ Diabetes Diploma. He is past Chair of the Department of Health-RCGP Committee on Classification of Diabetes and Chair of the NICE Guidelines on Prevention of Diabetes.

Professor Vinod Patel is Director of Clinical Skills and the Diabetes Masters Programme at Warwick Medical School at the University of Warwick. He is also Consultant Physician in Endocrinology and Diabetes, Acute Medicine and Medical Obstetrics at the George Eliot Hospital NHS Trust. His main interest is the application of clinical evidence into practical diabetes care to improve patient experience, reduce diabetes complications and prevent diabetes. He has created e:learning modules on diabetes for the BMJ Masterclasses in Diabetes. The clinical skills teaching methods have been incorporated into a textbook by Oxford University Press and 17 videos for world-wide use. His work within his own diabetes department, in partnership with Apnee Sehat (Community Interest Community), was awarded the NHS England Diabetes Innovation Prize in 2015. His diabetes department is very active in research. His colleague, Dr Saravanan was recently awarded a large MRC grant to pursue his work in Diabetes and Pregnancy. This work will be carried out in India, UK and Kenya.

Professor Amitava Banerjee is Professor of Cardiology at the Farr Institute of Health Informatics at University College London. In addition to general cardiology, he has special interest in heart failure and atrial fibrillation, and also the role of informatics and electronic health records in delivering better patient care. Ami has been a Trustee of the South Asian Health Foundation since 2014 and has been an active member of the Cardiovascular Working Group.

Dr Amal Lad is a GP trainee based in West Midlands. He is passionate about using creative approaches to improving health awareness within the South Asian community. From his participation in the NHS Clinical Entrepreneur Programme, he has developed the "Meducasian" project which is a collaboration between health care professionals and local communities to break the stigma surrounding mental illness. Aside from being a doctor, Amal is a keen musician and has produced music for a number of film and theatre projects.

Ranjit Dhillon is a cardiac nurse specialist based in Birmingham. She has an established career in cardiac rehabilitation and in 2016 joined a team establishing England's first familial hyperlipidaemia service for comprehensive assessment and cascade screening in the West Midlands.

Dr Sarah Ali is a Consultant in Endocrinology, Diabetes and General Medicine at Royal Free London NHS Foundation Trust. She is the Clinical Lead for the Barnet Diabetes Community Service and the Diabetes Antenatal Service. She is a committee member as a Consultant Diabetologist for the National Institute for Health and Care Excellence (NICE) Diabetes guidelines update and works on a number of diabetes research and national projects, including a NHS England project on the delivery of Diabetes in the PCN. She is additionally a Trustee for the South Asian Health Foundation. Her specialist interests include diabetes in South Asians, health inequalities in the BAME communities, the delivery of high-quality Community diabetes care, diabetes in pregnancy and diabetes in Ramadan, with publications in these fields.

Dr Harpreet Sood is a Clinical Advisor for the COVID-19 Vaccine programme, a GP and a board member at Health Education England. Harpreet is currently a NHS primary care doctor in London and a digital health expert. Harpreet also sits on the board of Health Education England, a £4.5bn organisation training and developing 160,000 staff across the NHS, where his focus is on developing digital and data science skills for the workforce.

Objectives

The Charity's objects ("the objects") are "to relieve or assist in efforts to relieve persons living in the U.K., particularly those of South Asian origin, who are experiencing conditions of sickness, hardship or distress in particular by supporting organizations; implementing and establishing developmental projects which serve the needs of those persons and improve their conditions of need."

Chairman of Trustees Report: A Review of Activities, Achievements and Development Plans

Structure of SAHF

The formal operational policy originally approved and adopted by SAHF at the AGM in December 2006 was renewed in 2018 and continues to be the charity's operating procedure. This policy covers important areas such as conflicts of interest which are essential to safeguard SAHF against in light of the interaction it has in an advisory capacity to several bodies. The policy underwent minor revisions to its travel policy in light of the need for continued restraint in the current economic climate.

- Current Chairpersons and group members are:-

Diabetes Group	
Professor Wasim Hanif (Chair)	Professor Vinod Patel
Prof Kamlesh Khunti (Chair)	Professor Kiran Patel
Dr Sri Bellary	Dr Mohammed Roshan
Professor Sudhesh Kumar	Dr Kamal Ali
Professor Nita Forouhi	Dr Rahul Nayar
Dr Sailesh Sankar	Professor Paramjit Gill
Dr Ateeq Syed	Dr Sukhdev Singh

Musculoskeletal Working Group	
Dr Ash Samanta	Dr Leher Gumber
Dr Kaushik Chaudhuri	
Dr Moorthy	
Dr Kanta Kumar	

Ethnicity and Health

Since 2001, SAHF has decided to direct the majority of the work of the charity towards the field of ethnicity and health, to fill a void and meet a need in the UK. The following strategies continue to form the priority areas of work for the SAHF.

1. To promote improvements in the quality of, and access to, healthcare and health promotion in South Asians.
2. To promote research that leads to the above objectives
3. To act as an advocacy group and advisory body

The aims are defined as SAHF needing to practically strive to achieve success in the following areas:-

- To act as a strategic think tank and provide leadership in policy and health advocacy for professionals and patients

- To promote health and provide education and resources to both healthcare professionals and patients.
- Aim to improve access to services by highlighting areas of need and potential improvement
- To facilitate the development of a network of healthcare professionals to disseminate information and improve cohesive working
- To promote high quality research and to facilitate research and dissemination of research findings wherever possible.

The impact of good health extends far beyond mental and physical well-being. Good health contributes to ameliorating social disadvantage for both the individual and consequently the community. The expertise present within the Board of Patrons and Trustees enables SAHF to address issues concerning ethnic minority healthcare in all tiers of society from Government policy to a grass roots level. In the field of research, the charity aims to ‘catalyse’ and facilitate collaboration rather than undertake research directly in the arena of ethnic health. It aims to commission work where a need is identified. The charity has undertaken a responsibility not only to obtain information, but also to disseminate it to the general public. We continue to develop and promote health interventions in collaboration with the Department of Health, Diabetes UK and the British Heart Foundation, as well as numerous other Governmental and non-governmental organisations such as the Diabetes and Ramadan Foundation.

Although in the past decade SAHF has hosted several specialty groups, in 2018 a decision was made by trustees to focus its efforts in areas where there was a clear healthcare need coupled to strength in leadership. We have therefore focussed efforts in 2022-23 to diabetes and cardiovascular disease and also supported the establishment of a musculoskeletal working group.

NICE

SAHF and its members have contributed to over 120 NICE guidelines to date, ranging from Chairmanship of guidelines groups and technology appraisal committee membership, to stakeholder input. In 2007, Prof Kiran Patel and Dr Rubin Minhas also appeared before the Health Select Committee as external experts on the investigation into NICE and advised how the voluntary sector could work transparently and effectively with industry and NICE. In 2010, SAHF contributed to consultations on the changing roles and responsibilities of NICE. Prof Wasim Hanif has served on the Technology Appraisal Committee in 2010-13 and Dr Minhas served on the Technology Appraisals committee and also Chaired the Familial Hyperlipidaemia guideline. From 2021-23 Professor Kiran Patel serves as the NHS member on the Technology Appraisal appeals committee.

Wider Stakeholder Contributions:

SAHF continues to work collaboratively with many organizations, just a sample of which are listed below:

- Government Health Committees
- Dept of health e.g. South Asian CHD toolkit

- Kings Fund
- NICE Guideline groups and appraisal committees
- UK Health Forum
- British Medical Journal (South Asia Awards)
- British Heart Foundation
- Diabetes and Ramadan Alliance
- Men’s Health Forum
- British Cardiovascular Society
- British Society of Rheumatology
- British Society of Gastroenterology
- Multiple Sclerosis Society
- NHS England
- Nuffield Council of Bioethics
- NGO Forum
- National electronic library for health
- British Cardiovascular Society
- Diabetes UK
- Silver Star Appeal
- APNA NHS
- CHIEF – Community Health Involvement & Empowerment Forum
- British Transplant Society
- UK National Kidney Federation
- Commonwealth Foundation
- World Health Organisation
- International forum on Smokeless Tobacco
- Scottish Youth Forum
- SANSKAR Canada
- Centre for Ethnic Health Research
- International Diabetes Federation
- JDRF

Medical Student Bursaries

Each year SAHF competitively awards at least one and usually two medical student elective bursaries. These are awarded to students with a view to helping the students to undertake a period of study and experiential learning in a field of medicine relating to south Asian healthcare. We encourage students to deliver papers at a national meeting and invite them to our annual conference to present either as a poster or oral presentation. We continue to have strong applications and this year we awarded 2 bursaries to medical students.

The two successful students are:

Kieron Young	Reconstructive and Aesthetic Surgery (Singapore)
Devaki Nimalan	Paediatrics & Emergency Medicine (Vietnam)

Fellows

SAHF supported several fellows this year, having developed a scheme which offered mentoring and personal development to trainees and professionals from a variety of healthcare backgrounds. Many produced projects and publications such as infographics to promote health and well being across communities. The scheme is in its early days but is well liked by the fellows and enables senior healthcare professionals to develop the next generation of professionals.

Events

➤ **Annual Diabetes Ramadan Conference**

On Thursday 2nd March, 2023 the South Asian Health Foundation (SAHF) together with the [British Islamic Medical Association](http://www.daralliance.org) (BIMA) Diabetes and Ramadan Alliance (www.daralliance.org), held the 7th Annual Diabetes in Ramadan Conference in person in London. Over 100 delegates joined, ranging from secondary care Consultants, GPs, practice nurses, pharmacists, and researchers to scientists and lay patient and public representatives. The aims of the conference were to highlight the best care of Muslim patients with diabetes who wish to fast in Ramadan, as well as being a forum to discuss the latest evidence in diabetes care during Ramadan and potential research opportunities. The conference was titled 'Safer Ramadan Fasting: the role of new technologies' and included various presentations including 'Role of Technology in Ramadan; the Dubai Experience', 'Use of closed loops in Ramadan' and 'Raising awareness of Ramadan nutrition pack'.

Speakers included eminent Professors, Consultants, GPs, Specialist dietitian, Pharmacist and an Islamic Religious Scholar, all with an interest in Diabetes and Ramadan. The conference addressed the issues around the religious basis of fasting, the epidemiology of diabetes in Ramadan along with the risk of complications, the latest UK and International Diabetes Federation Guidelines for managing diabetes in Ramadan, latest research publications and the views of religious scholars on fasting in Ramadan.

The eight annual conference will take place in February, 2024. In keeping with previous conferences key national and international speakers are being secured to deliver presentations. <https://www.sahf.org.uk/events/sahf-dar-8th-annual-ramadan-conference>

The Lifetime Achievement Award (presented annually at the SAHF Ramadan Annual Conference), was this year bestowed upon Professor Wasim Hanif who presented his work on '*Diabetes, and his journey into the research world*'.

Programme: SAHF DaR 7th Ramadan Conference (2nd March 2023)

TIME	TITLE OF TALK	SPEAKER
08:30 - 09:30	Registration	
09.30 - 09.40	Chair's introduction	Professor Wasim Hanif / Professor Mohamed Hassanein / Professor Kamlesh Khunti
09.40 - 10.10	Keynote address: Recovering from the pandemic for the diverse community	Professor Dame Clare Gerada
10.10 - 10.35	Role of Technology in Ramadan; the Dubai Experience	Professor Mohamed Hassanein
10:35 - 11:00	The Changing Landscape of Technology in Type 1 Diabetes	Dr. Reza Zaidi
11.00 - 11.30	Symposia - Cardiorenal disease in type 2 diabetes: a paradigm shift in management This is a promotional symposium sponsored and organised by AstraZeneca.	Professor Vinod Patel
11.30 - 11:50	Break	
11:50 - 12:15	Use of closed loops in Ramadan	Dr Sufyan Hussain
12:15 - 12:40	Use of remote glucose monitoring	Professor Ali Karamat
12:40 - 13:05	Ramadan fasting: update on recommendations for patients with cardiovascular disease	Dr Mohammed Khanji
13:05 - 14:00	Lunch Break	
14:00 - 14:45	Lifetime Achievement Award	Professor Wasim Hanif
14:45 - 15:20	'In Practice' Masterclasses: Rotation 1	
	1. Pre-Ramadan education in the digital era	Rahab Hashim
	2. Raising awareness of Ramadan nutrition pack	Nusrat Kausar
15:20 - 15:55	'In Practice' Masterclasses: Rotation 2	
	3. Optimising medication for Ramadan	Hanadi Alkhdher and Alia Gilani
	4. Ramadan and women's health	Dr Samara Afzal
14:45 - 15:55	Train the Trainer	Professor Mohamed Hassanein / Salma Mehar
15:55 - 16:20	Case based discussions on clinical management using the BIMA Ramadan Compendium	Dr Nazim Ghouri and Dr Salman Waqar
16:20 - 16:30	Chair's concluding remarks	Professor Wasim Hanif / Professor Vinod Patel

The sponsoring companies have had no input into the conference agenda, speaker selection or presentations with the exception of the symposium session, for which the respective company are fully responsible.

Our Sponsors:



AstraZeneca has provided a sponsorship grant towards this independent Programme. AstraZeneca has had no editorial input into or control over the agenda, content development or choice of speakers, nor opportunity to influence except for the AstraZeneca sponsored symposia presentations.

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 info@sahf.org.uk





➤ 23rd SAHF Annual Conference

The 23rd annual diabetes conference took place on Thursday 13th and Friday 14th October, 2022 both in person in Birmingham and hybrid. This year, the theme was '*Tackling Inequalities in diabetes care in a post-pandemic world*'. The conference covered tailored, expert advice on managing the various aspects of diabetes and cardiovascular disease in the South Asian population during a global pandemic.

The Road Ahead:

Tackling inequalities in diabetes care in a post-pandemic world

Thursday 13th and Friday 14th October, 2022
National Conference Centre, Coventry Road, Solihull, B92 0EJ, UK

Day 1: Thursday 13th October 2022

TIME	TITLE OF TALK	SPEAKER
08:30 - 09:30	Registrations and exhibition	
09:30 - 09:35	Chair's welcome:	Professor Wasim Hanif & Professor Kamlesh Khunti
09:35 - 09:40	SAHF perspective	Professor Kiran Patel
09:40 - 10:00	Learning from COVID	Professor Kamlesh Khunti & Dr Harpreet Sood
10:00 - 10:30	New updates on diabetic neuropathy/painful neuropathy	Dr Dinesh Selvarajah
10:30 - 11:00	To what extent are different ethnicities represented in recruitment to, enrolment in, follow-up from and reporting of UK-based randomised controlled trials testing COVID-19 vaccines and therapeutic interventions?	Dr Mayur Murali, Dr Leher Gumber, Dr Hannah Jethwa, Divolka Ganesh (SAHF Fellows)
11:00 - 11:15	Break	
11:15 - 11:45	Heart failure phenotypes, diagnosis, investigations and management	Professor Prithwish Banerjee
11:45 - 12:15	How to Achieve Equity and Global Representative Population in Diabetes Research	Professor Wasim Hanif
12:15 - 12:45	Lipid disturbances and their unique features in South Asians, including management strategies. Including - What does FH look like in SAs? A phenotype of high HDL levels - what does it mean?	Dr Pankaj Gupta
12:45 - 13:45	Lunch Break	
13:45 - 14:30	eGFR is dipping, clock is ticking This session has been organised and funded by AstraZeneca	Dr Vijayan Suresh
14:35 - 15:10	Masterclass rotation 1	
	1. SA barriers to HEALTH incl sociopsychological aspects?	Dr Shivani Misra & Professor Vinod Patel. With Deepa Lad & Sheena Bhageerutti
	2. Nephropathy - features and management	Dr Paul Cockwell
	3. PCOS - commoner than we think	Dr Harpal Randeve
15:10 - 15:45	Masterclass rotation 2	
	4. Mental Health and wellbeing of the workforce, the current challenges and effective solutions	Dr Sridevi Kalidindi
	5. Better births - how good perinatal and prenatal DM care is vital to improving BME birth outcomes	Professor Ponnusamy Saravanan
	6. Current barriers to HRT use in South Asian women	Dr Sarah Ali & Dr Samara Afzal
15:45 - 16:00	Break	
16:00 - 16:30	Changing the trajectory of type 2 diabetes through early multifactorial treatment This session has been organised and funded by Novo Nordisk	Alia Gilani
Lifetime achievement award		
16:30 - 17:30	Presentation and award ceremony	Award receiver: Dr Shashank Joshi
17:30 - 17:35	Wrap up day 1	Professor Wasim Hanif & Professor Kamlesh Khunti

Day 2: Friday 14th October 2022

TIME	TITLE OF TALK	SPEAKER
08:30 - 09:00	Registrations and exhibition	
09:00 - 09:30	Time Dependent Eating, Insulin and Time in Range: an update/ lessons learnt from recent trials This promotional symposium has been organised and funded by Sanofi	Dr Amar Puttanna
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11:15 - 11:30	Break	
11:30 - 12:00	Race inequalities in medicine - its impact on doctors and patients: what needs to be done?	Dr Kamran Abbasi & Dr Chaand Nagpaul
12:00 - 12:30	Diabetes UK Health Inequalities workshop and recommendations	Dr Elizabeth Robertson
12:30 - 12:50	Diabetes and Breast Cancer in South Asians	Dr Sarah Ali & Dr Sagar Sharma
12:50 - 12:55	Closing statements	Professor Wasim Hanif & Professor Kamlesh Khunti

To register for the conference go to: <https://sahf.wufoo.com/forms/m793klx11gz8s7/>

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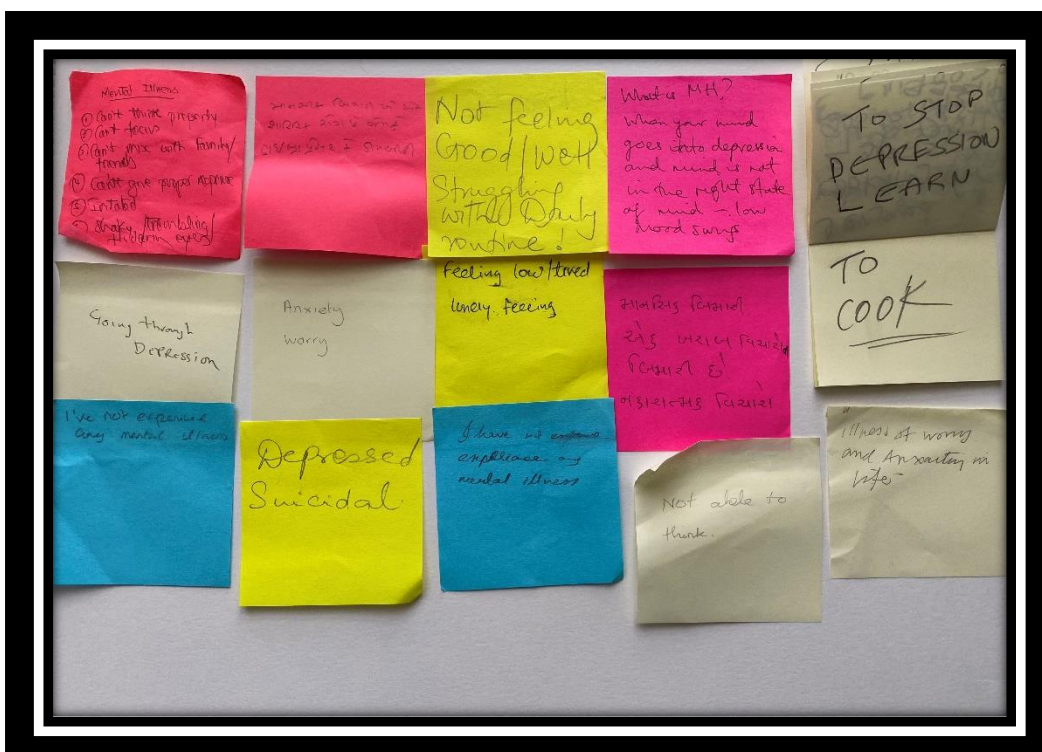

**SOUTH ASIAN HEALTH
FOUNDATION**

The Lifetime Achievement Award (presented annually at the SAHF Annual Conference), was this year bestowed upon Dr Shashank Joshi who presented his work on 'My Journey in Diabetes Care and Metabolic Medicine from 1997 in Mumbai, India'



➤ **Chai and Chat Mental Health Event**

We hosted an interactive talk discussing mental health and how we can keep our minds healthy after the pandemic. The session covered common problems such as depression and anxiety and we talked about the steps we can take to look after our mental health.



➤ **South Asian Health Foundation Activity**

Over the last couple of years, SAHF’s reputation and reach have dramatically increased as demonstrated by the number of support requests we have received year on year.

The support requests came from other Universities, community groups, NHS Trusts, charity groups and industry partners and have varied in nature.

➤ **DVD**

Meri Baatein/Inner Voices DVD, launched at the annual conference in October 2016, continued to be used at community engagement meetings to great effect. ‘Meri Baatein’ or Inner Voices captures real conversations of people with diabetes, as reflected upon themselves. SAHF continues to distribute copies of this excellent health promotion DVD.

➤ **Walk in the Park Community Event**

We continued to host, socially distanced, community based health promotion with our ‘walk in the park’ events to encourage physical exercise and to improve health and to significantly reduce risk of illnesses such as Type 2 diabetes, heart disease, stroke or cancer. Dr Amal Lad has been exemplary in leading this community activity and every week, leads a community walk event in Walsall, come rain or shine. These efforts were all the more important due to the pandemic and outdoor spaces being deemed safe.

➤ **Media and Communications**

 TWITTER: @SouthAsianHF	 YOUTUBE: SAHFUK	 WEBSITE: www.sahf.org.uk	 Instagram: southasianhf
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Future activities

- Celebrate SAHF's 25th Anniversary in 2024.
- Forge links across the health and social care spectrum to address health inequality
- Continue addressing areas of need in delivering high quality community grassroots education sessions
- Raise funds for SAHF through industry and community engagement
- Source funding for Educational resources for Mental Health Awareness
- Source funding for Ramadan Patient Guidance
- Bespoke Event in May 2024
- Update the '*Diabetes UK and SAHF recommendations on diabetes research priorities for British South Asians*'
- Engage with BAME (Black, Asian and Minority Ethnic Communities)
- Develop Musculoskeletal working group and Respiratory working group
- Develop Mental Health Working Group

Final Remarks

The South Asian Foundation's resilience stands out in an environment where numerous health charities fade away shortly after inception. It's a remarkable milestone to announce the forthcoming 25th Annual Conference in 2024, particularly amid substantial economic challenges. Over the years, our conferences have consistently attracted top-tier international and national experts in South Asian Health, drawing participants from both statutory and voluntary sectors.

Our strategy is strategically honed, focusing on translating research insights into clinical practice and enhancing Healthcare Professional education. To address critical concerns, particularly in Mental Health, we're evolving to become more proactive in specialized areas. Mental Health remains a significant issue within the South Asian Community, demanding dedicated time and concerted efforts to alleviate its burden.

Our work could not continue were it not for the dedication and commitment of our trustees and working group members, who continue to devote time and energy to the objectives of SAHF. In doing so, SAHF impart education and guidance to healthcare professionals, patients and carers not only in the UK but globally, thus improving the health and wellbeing of populations prone to health inequality.



SOUTH ASIAN HEALTH
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@SouthAsianHF



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SAHF Annual Report 2022/2023
V2. Jan 2024

THE SOUTH ASIAN HEALTH FOUNDATION (U.K.)

(Registered Charity No. 1073178)



ANNUAL TRUSTEES REPORT 2022-2023

Trustees' Annual Report 2022-2023

Governing Document

Trust Deed

Charity constitution

Trustees incorporated as a body

Charity Address

39 Westfield Road, Edgbaston, Birmingham, B15 3QE

Bankers

Santander and Lloyds

Patrons

Lord Naren Patel Kt has held several esteemed positions including Chair of the National Patient Safety Agency, Chair of the Specialist Training Authority, Chairman of the Clinical Standards Board for Scotland and Chairman of the Specialist Training Authority in Scotland, in addition to holding a life peerage in The House of Lords. He has also held the prestigious positions of President of the Royal College of Obstetrics and Gynaecology and Chairman of the Academy of Royal Medical Colleges.

Professor Ajay Shah is the British Heart Foundation Professor of Cardiology at King's College, London. He is one of the most respected academics and clinicians in the international cardiology community and has an inspirational record of academic achievement. In addition, he has been elected to the Fellowship of the European Society of Cardiology and the Academy of Medical Sciences.

Professor Raj Bhopal CBE is Emeritus Professor of Public Health at Edinburgh University, Fellow of the Faculty of Public Health Medicine and the Royal College of Physicians of Edinburgh. He is an expert in, and internationally respected leader of health research in ethnic minority communities. He was bestowed the first SAHF Global Lifetime Achievement award in 2009 for services to the field of Ethnicity in Health.

Dr Kamran Abbasi is Editor-in-Chief of the British Medical Journal and also editor at the Journal of the Royal Society of Medicine. He is also an acclaimed medical journalist and has written for the Health Foundation, one of numerous other contributions too extensive to list here.

Dr Rashmi Shukla CBE was Public Health England Regional Director, Midlands when she retired. She was a National Director in the PHE transition team, to support the transfer of public health functions from PCTs to local authorities. Her national roles included being Co-chair for the Sexual Health Forum with Baroness Joyce Gould and being an active member of the NIHR Public Health Programme Advisory Board.

Trustees during year 2022-2023

Professor Kiran C R Patel (Chairman of Trustees) graduated from Cambridge University in 1993 and currently has several roles and responsibilities. He works as a Consultant Cardiologist (with a subspecialist interest in heart failure and device therapy) and is Chief Medical Officer and Deputy CEO at University Hospitals of Coventry and Warwickshire. He holds Honorary Chairs at the Universities of Warwick and Coventry. In 2008 he was elected a Fellow of the Royal College of Physicians, one of the youngest Fellows of the College.

He started consultant life at Sandwell and West Birmingham NHS trust and having spent only 3 years as a Consultant, was appointed as a Clinical Lead for the West Midlands Strategic Health Authority, where he developed strong partnerships between Public Health, primary care and acute care. He was regional Clinical Director for the QIPP (Quality, innovation, productivity and prevention) programme for the Strategic Health Authority. He was then seconded to oversee the NHS transition as Medical Director for Primary care in West Mercia before a period as Medical Director at Good Hope hospital and then moved to his current role. He is also regional representative for the International Health Group of the Department of Health in England and continues as regional representative for the invasive cardiology clinical reference group for specialised commissioning.

He was founder member and continues to be Chair of the South Asian Health Foundation. He was trustee to the UK Health Forum 2003-2012. The expertise gleaned from both the NHS and voluntary sectors, led to him advising the Public Health Foundation of India on developing healthcare systems in 2009-10 and informing the ministerial briefing for the UN Summit on non-communicable disease in 2011. Back home in the UK, he has worked with NICE, where he has been involved in formulating 4 guidelines. In 2009, he was invited to be a speaker at the RCP dialogue on clinical contributions and solutions to Social Determinants of health. He has published and lectured widely on a national and international scale, not only in the field of cardiology, but more widely on social determinants, health systems and healthcare strategy.

He has also contributed to several other regional, national and international boards and committees too numerous to list, demonstrating that when a clinician puts his or her mind to being more than a frontline clinician, they can achieve and contribute much more than medical school has taught them.

Professor Wasim Hanif is a Consultant Diabetologist in Birmingham and also an esteemed academic in the field of ethnicity and diabetes. He also serves on several national bodies, including the National Institute for Health and Clinical Excellence Technology Appraisal group. He is currently Chair of the SAHF Diabetes group and leads several highly successful community health promotion and education programmes in that capacity. Internationally, Wasim also is engaged with the Prevent India programme based in Hyderabad and is a global leader in the field of Ramadan and diabetes.

Professor Kamlesh Khunti CBE is Professor of Primary Care Diabetes and Vascular Medicine, University of Leicester, UK. He leads a research group undertaking research into the early identification and interventions in people with diabetes. His work has influenced national and international guidelines on screening and management of people with diabetes. He is Director of East Midlands CLAHRC and Co-Director for the South East Midlands Diabetes Research Network, Co-Director of a Clinical Trial Unit. He is a principal investigator on several major studies. He is currently an advisor to the Department of Health's National Screening Committee on Vascular Risk, Clinical Advisor for the Diabetes NICE-led QOF Panel, Secretary of the Primary Care Study Group of the European Society of Diabetes (EASD), and member of the International Diabetes Federation Working Group on Diabetes Screening Risk Scores. He is Co-Director of the Diabetes MSc at Leicester University and the BMJ Diabetes Diploma. He is past Chair of the Department of Health-RCGP Committee on Classification of Diabetes and Chair of the NICE Guidelines on Prevention of Diabetes.

Professor Vinod Patel is Director of Clinical Skills and the Diabetes Masters Programme at Warwick Medical School at the University of Warwick. He is also Consultant Physician in Endocrinology and Diabetes, Acute Medicine and Medical Obstetrics at the George Eliot Hospital NHS Trust. His main interest is the application of clinical evidence into practical diabetes care to improve patient experience, reduce diabetes complications and prevent diabetes. He has created e:learning modules on diabetes for the BMJ Masterclasses in Diabetes. The clinical skills teaching methods have been incorporated into a textbook by Oxford University Press and 17 videos for world-wide use. His work within his own diabetes department, in partnership with Apnee Sehat (Community Interest Community), was awarded the NHS England Diabetes Innovation Prize in 2015. His diabetes department is very active in research. His colleague, Dr Saravanan was recently awarded a large MRC grant to pursue his work in Diabetes and Pregnancy. This work will be carried out in India, UK and Kenya.

Professor Amitava Banerjee is Professor of Cardiology at the Farr Institute of Health Informatics at University College London. In addition to general cardiology, he has special interest in heart failure and atrial fibrillation, and also the role of informatics and electronic health records in delivering better patient care. Ami has been a Trustee of the South Asian Health Foundation since 2014 and has been an active member of the Cardiovascular Working Group.

Dr Amal Lad is a GP trainee based in West Midlands. He is passionate about using creative approaches to improving health awareness within the South Asian community. From his participation in the NHS Clinical Entrepreneur Programme, he has developed the "Meducasian" project which is a collaboration between health care professionals and local communities to break the stigma surrounding mental illness. Aside from being a doctor, Amal is a keen musician and has produced music for a number of film and theatre projects.

Ranjit Dhillon is a cardiac nurse specialist based in Birmingham. She has an established career in cardiac rehabilitation and in 2016 joined a team establishing England's first familial hyperlipidaemia service for comprehensive assessment and cascade screening in the West Midlands.

Dr Sarah Ali is a Consultant in Endocrinology, Diabetes and General Medicine at Royal Free London NHS Foundation Trust. She is the Clinical Lead for the Barnet Diabetes Community Service and the Diabetes Antenatal Service. She is a committee member as a Consultant Diabetologist for the National Institute for Health and Care Excellence (NICE) Diabetes guidelines update and works on a number of diabetes research and national projects, including a NHS England project on the delivery of Diabetes in the PCN. She is additionally a Trustee for the South Asian Health Foundation. Her specialist interests include diabetes in South Asians, health inequalities in the BAME communities, the delivery of high-quality Community diabetes care, diabetes in pregnancy and diabetes in Ramadan, with publications in these fields.

Dr Harpreet Sood is a Clinical Advisor for the COVID-19 Vaccine programme, a GP and a board member at Health Education England. Harpreet is currently a NHS primary care doctor in London and a digital health expert. Harpreet also sits on the board of Health Education England, a £4.5bn organisation training and developing 160,000 staff across the NHS, where his focus is on developing digital and data science skills for the workforce.

Objectives

The Charity's objects ("the objects") are "to relieve or assist in efforts to relieve persons living in the U.K., particularly those of South Asian origin, who are experiencing conditions of sickness, hardship or distress in particular by supporting organizations; implementing and establishing developmental projects which serve the needs of those persons and improve their conditions of need."

Chairman of Trustees Report: A Review of Activities, Achievements and Development Plans

Structure of SAHF

The formal operational policy originally approved and adopted by SAHF at the AGM in December 2006 was renewed in 2018 and continues to be the charity's operating procedure. This policy covers important areas such as conflicts of interest which are essential to safeguard SAHF against in light of the interaction it has in an advisory capacity to several bodies. The policy underwent minor revisions to its travel policy in light of the need for continued restraint in the current economic climate.

- Current Chairpersons and group members are:-

Diabetes Group	
Professor Wasim Hanif (Chair)	Professor Vinod Patel
Prof Kamlesh Khunti (Chair)	Professor Kiran Patel
Dr Sri Bellary	Dr Mohammed Roshan
Professor Sudhesh Kumar	Dr Kamal Ali
Professor Nita Forouhi	Dr Rahul Nayar
Dr Sailesh Sankar	Professor Paramjit Gill
Dr Ateeq Syed	Dr Sukhdev Singh

Musculoskeletal Working Group	
Dr Ash Samanta	Dr Leher Gumber
Dr Kaushik Chaudhuri	
Dr Moorthy	
Dr Kanta Kumar	

Ethnicity and Health

Since 2001, SAHF has decided to direct the majority of the work of the charity towards the field of ethnicity and health, to fill a void and meet a need in the UK. The following strategies continue to form the priority areas of work for the SAHF.

1. To promote improvements in the quality of, and access to, healthcare and health promotion in South Asians.
2. To promote research that leads to the above objectives
3. To act as an advocacy group and advisory body

The aims are defined as SAHF needing to practically strive to achieve success in the following areas:-

- To act as a strategic think tank and provide leadership in policy and health advocacy for professionals and patients

- To promote health and provide education and resources to both healthcare professionals and patients.
- Aim to improve access to services by highlighting areas of need and potential improvement
- To facilitate the development of a network of healthcare professionals to disseminate information and improve cohesive working
- To promote high quality research and to facilitate research and dissemination of research findings wherever possible.

The impact of good health extends far beyond mental and physical well-being. Good health contributes to ameliorating social disadvantage for both the individual and consequently the community. The expertise present within the Board of Patrons and Trustees enables SAHF to address issues concerning ethnic minority healthcare in all tiers of society from Government policy to a grass roots level. In the field of research, the charity aims to ‘catalyse’ and facilitate collaboration rather than undertake research directly in the arena of ethnic health. It aims to commission work where a need is identified. The charity has undertaken a responsibility not only to obtain information, but also to disseminate it to the general public. We continue to develop and promote health interventions in collaboration with the Department of Health, Diabetes UK and the British Heart Foundation, as well as numerous other Governmental and non-governmental organisations such as the Diabetes and Ramadan Foundation.

Although in the past decade SAHF has hosted several specialty groups, in 2018 a decision was made by trustees to focus its efforts in areas where there was a clear healthcare need coupled to strength in leadership. We have therefore focussed efforts in 2022-23 to diabetes and cardiovascular disease and also supported the establishment of a musculoskeletal working group.

NICE

SAHF and its members have contributed to over 120 NICE guidelines to date, ranging from Chairmanship of guidelines groups and technology appraisal committee membership, to stakeholder input. In 2007, Prof Kiran Patel and Dr Rubin Minhas also appeared before the Health Select Committee as external experts on the investigation into NICE and advised how the voluntary sector could work transparently and effectively with industry and NICE. In 2010, SAHF contributed to consultations on the changing roles and responsibilities of NICE. Prof Wasim Hanif has served on the Technology Appraisal Committee in 2010-13 and Dr Minhas served on the Technology Appraisals committee and also Chaired the Familial Hyperlipidaemia guideline. From 2021-23 Professor Kiran Patel serves as the NHS member on the Technology Appraisal appeals committee.

Wider Stakeholder Contributions:

SAHF continues to work collaboratively with many organizations, just a sample of which are listed below:

- Government Health Committees
- Dept of health e.g. South Asian CHD toolkit

- Kings Fund
- NICE Guideline groups and appraisal committees
- UK Health Forum
- British Medical Journal (South Asia Awards)
- British Heart Foundation
- Diabetes and Ramadan Alliance
- Men’s Health Forum
- British Cardiovascular Society
- British Society of Rheumatology
- British Society of Gastroenterology
- Multiple Sclerosis Society
- NHS England
- Nuffield Council of Bioethics
- NGO Forum
- National electronic library for health
- British Cardiovascular Society
- Diabetes UK
- Silver Star Appeal
- APNA NHS
- CHIEF – Community Health Involvement & Empowerment Forum
- British Transplant Society
- UK National Kidney Federation
- Commonwealth Foundation
- World Health Organisation
- International forum on Smokeless Tobacco
- Scottish Youth Forum
- SANSKAR Canada
- Centre for Ethnic Health Research
- International Diabetes Federation
- JDRF

Medical Student Bursaries

Each year SAHF competitively awards at least one and usually two medical student elective bursaries. These are awarded to students with a view to helping the students to undertake a period of study and experiential learning in a field of medicine relating to south Asian healthcare. We encourage students to deliver papers at a national meeting and invite them to our annual conference to present either as a poster or oral presentation. We continue to have strong applications and this year we awarded 2 bursaries to medical students.

The two successful students are:

Kieron Young	Reconstructive and Aesthetic Surgery (Singapore)
Devaki Nimalan	Paediatrics & Emergency Medicine (Vietnam)

Fellows

SAHF supported several fellows this year, having developed a scheme which offered mentoring and personal development to trainees and professionals from a variety of healthcare backgrounds. Many produced projects and publications such as infographics to promote health and well being across communities. The scheme is in its early days but is well liked by the fellows and enables senior healthcare professionals to develop the next generation of professionals.

Events

➤ **Annual Diabetes Ramadan Conference**

On Thursday 2nd March, 2023 the South Asian Health Foundation (SAHF) together with the [British Islamic Medical Association](http://www.daralliance.org) (BIMA) Diabetes and Ramadan Alliance (www.daralliance.org), held the 7th Annual Diabetes in Ramadan Conference in person in London. Over 100 delegates joined, ranging from secondary care Consultants, GPs, practice nurses, pharmacists, and researchers to scientists and lay patient and public representatives. The aims of the conference were to highlight the best care of Muslim patients with diabetes who wish to fast in Ramadan, as well as being a forum to discuss the latest evidence in diabetes care during Ramadan and potential research opportunities. The conference was titled 'Safer Ramadan Fasting: the role of new technologies' and included various presentations including 'Role of Technology in Ramadan; the Dubai Experience', 'Use of closed loops in Ramadan' and 'Raising awareness of Ramadan nutrition pack'.

Speakers included eminent Professors, Consultants, GPs, Specialist dietitian, Pharmacist and an Islamic Religious Scholar, all with an interest in Diabetes and Ramadan. The conference addressed the issues around the religious basis of fasting, the epidemiology of diabetes in Ramadan along with the risk of complications, the latest UK and International Diabetes Federation Guidelines for managing diabetes in Ramadan, latest research publications and the views of religious scholars on fasting in Ramadan.

The eight annual conference will take place in February, 2024. In keeping with previous conferences key national and international speakers are being secured to deliver presentations. <https://www.sahf.org.uk/events/sahf-dar-8th-annual-ramadan-conference>

The Lifetime Achievement Award (presented annually at the SAHF Ramadan Annual Conference), was this year bestowed upon Professor Wasim Hanif who presented his work on '*Diabetes, and his journey into the research world*'.

Programme: SAHF DaR 7th Ramadan Conference (2nd March 2023)

TIME	TITLE OF TALK	SPEAKER
08:30 - 09:30	Registration	
09.30 - 09.40	Chair's introduction	Professor Wasim Hanif / Professor Mohamed Hassanein / Professor Kamlesh Khunti
09.40 - 10.10	Keynote address: Recovering from the pandemic for the diverse community	Professor Dame Clare Gerada
10.10 - 10.35	Role of Technology in Ramadan; the Dubai Experience	Professor Mohamed Hassanein
10:35 - 11:00	The Changing Landscape of Technology in Type 1 Diabetes	Dr. Reza Zaidi
11.00 - 11.30	Symposia - Cardiorenal disease in type 2 diabetes: a paradigm shift in management This is a promotional symposium sponsored and organised by AstraZeneca.	Professor Vinod Patel
11.30 - 11:50	Break	
11:50 - 12:15	Use of closed loops in Ramadan	Dr Sufyan Hussain
12:15 - 12:40	Use of remote glucose monitoring	Professor Ali Karamat
12:40 - 13:05	Ramadan fasting: update on recommendations for patients with cardiovascular disease	Dr Mohammed Khanji
13:05 - 14:00	Lunch Break	
14:00 - 14:45	Lifetime Achievement Award	Professor Wasim Hanif
14:45 - 15:20	'In Practice' Masterclasses: Rotation 1	
	1. Pre-Ramadan education in the digital era	Rahab Hashim
	2. Raising awareness of Ramadan nutrition pack	Nusrat Kausar
15:20 - 15:55	'In Practice' Masterclasses: Rotation 2	
	3. Optimising medication for Ramadan	Hanadi Alkhdher and Alia Gilani
	4. Ramadan and women's health	Dr Samara Afzal
14:45 - 15:55	Train the Trainer	Professor Mohamed Hassanein / Salma Mehar
15:55 - 16:20	Case based discussions on clinical management using the BIMA Ramadan Compendium	Dr Nazim Ghouri and Dr Salman Waqar
16:20 - 16:30	Chair's concluding remarks	Professor Wasim Hanif / Professor Vinod Patel

The sponsoring companies have had no input into the conference agenda, speaker selection or presentations with the exception of the symposium session, for which the respective company are fully responsible.

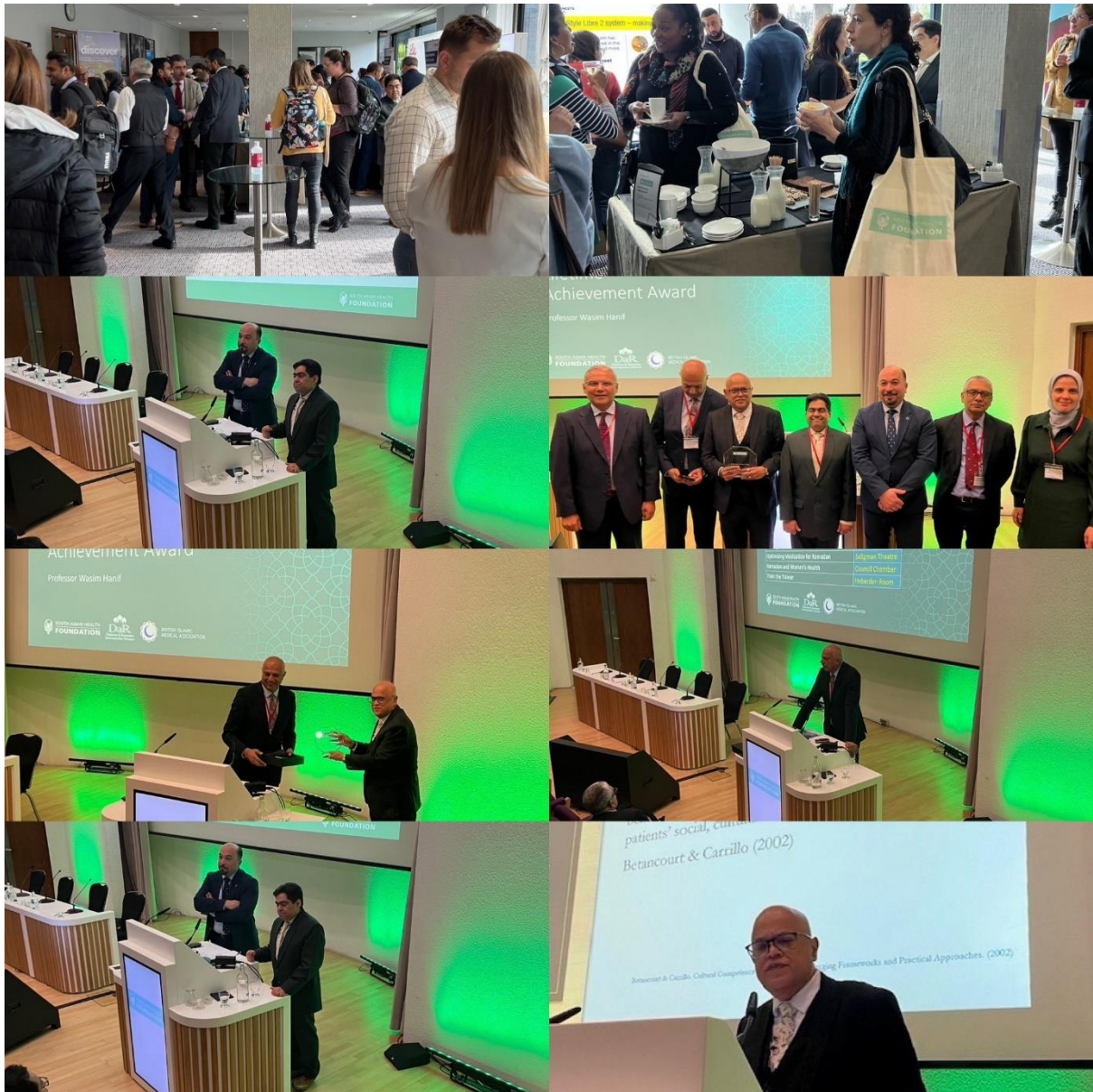
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AstraZeneca has provided a sponsorship grant towards this independent Programme. AstraZeneca has had no editorial input into or control over the agenda, content development or choice of speakers, nor opportunity to influence except for the AstraZeneca sponsored symposia presentations.

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 info@sahf.org.uk





➤ **23rd SAHF Annual Conference**

The 23rd annual diabetes conference took place on Thursday 13th and Friday 14th October, 2022 both in person in Birmingham and hybrid. This year, the theme was '*Tackling Inequalities in diabetes care in a post-pandemic world*'. The conference covered tailored, expert advice on managing the various aspects of diabetes and cardiovascular disease in the South Asian population during a global pandemic.

The Road Ahead:

Tackling inequalities in diabetes care in a post-pandemic world

Thursday 13th and Friday 14th October, 2022
National Conference Centre, Coventry Road, Solihull, B92 0EJ, UK

Day 1: Thursday 13th October 2022

TIME	TITLE OF TALK	SPEAKER
08:30 - 09:30	Registrations and exhibition	
09:30 - 09:35	Chair's welcome:	Professor Wasim Hanif & Professor Kamlesh Khunti
09:35 - 09:40	SAHF perspective	Professor Kiran Patel
09:40 - 10:00	Learning from COVID	Professor Kamlesh Khunti & Dr Harpreet Sood
10:00 - 10:30	New updates on diabetic neuropathy/painful neuropathy	Dr Dinesh Selvarajah
10:30 - 11:00	To what extent are different ethnicities represented in recruitment to, enrolment in, follow-up from and reporting of UK-based randomised controlled trials testing COVID-19 vaccines and therapeutic interventions?	Dr Mayur Murali, Dr Leher Gumber, Dr Hannah Jethwa, Divolka Ganesh (SAHF Fellows)
11:00 - 11:15	Break	
11:15 - 11:45	Heart failure phenotypes, diagnosis, investigations and management	Professor Prithwish Banerjee
11:45 - 12:15	How to Achieve Equity and Global Representative Population in Diabetes Research	Professor Wasim Hanif
12:15 - 12:45	Lipid disturbances and their unique features in South Asians, including management strategies. Including - What does FH look like in SAs? A phenotype of high HDL levels - what does it mean?	Dr Pankaj Gupta
12:45 - 13:45	Lunch Break	
13:45 - 14:30	eGFR is dipping, clock is ticking This session has been organised and funded by AstraZeneca	Dr Vijayan Suresh
14:35 - 15:10	Masterclass rotation 1	
	1. SA barriers to HEALTH incl sociopsychological aspects?	Dr Shivani Misra & Professor Vinod Patel. With Deepa Lad & Sheena Bhageerutti
	2. Nephropathy - features and management	Dr Paul Cockwell
	3. PCOS - commoner than we think	Dr Harpal Randeve
15:10 - 15:45	Masterclass rotation 2	
	4. Mental Health and wellbeing of the workforce, the current challenges and effective solutions	Dr Sridevi Kalidindi
	5. Better births - how good perinatal and prenatal DM care is vital to improving BME birth outcomes	Professor Ponnusamy Saravanan
	6. Current barriers to HRT use in South Asian women	Dr Sarah Ali & Dr Samara Afzal
15:45 - 16:00	Break	
16:00 - 16:30	Changing the trajectory of type 2 diabetes through early multifactorial treatment This session has been organised and funded by Novo Nordisk	Alia Gilani
Lifetime achievement award		
16:30 - 17:30	Presentation and award ceremony	Award receiver: Dr Shashank Joshi
17:30 - 17:35	Wrap up day 1	Professor Wasim Hanif & Professor Kamlesh Khunti

Day 2: Friday 14th October 2022

TIME	TITLE OF TALK	SPEAKER
08:30 - 09:00	Registrations and exhibition	
09:00 - 09:30	Time Dependent Eating, Insulin and Time in Range: an update/ lessons learnt from recent trials This promotional symposium has been organised and funded by Sanofi	Dr Amar Puttanna
09:30 - 09:50	Diabetes UK perspective	Chris Askew
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10:50 - 11:15	Debate: How to improve longevity in South Asians: Drugs versus Lifestyle	Professor Wasim Hanif & Professor Vinod Patel
11:15 - 11:30	Break	
11:30 - 12:00	Race inequalities in medicine - its impact on doctors and patients: what needs to be done?	Dr Kamran Abbasi & Dr Chaand Nagpaul
12:00 - 12:30	Diabetes UK Health Inequalities workshop and recommendations	Dr Elizabeth Robertson
12:30 - 12:50	Diabetes and Breast Cancer in South Asians	Dr Sarah Ali & Dr Sagar Sharma
12:50 - 12:55	Closing statements	Professor Wasim Hanif & Professor Kamlesh Khunti

To register for the conference go to: <https://sahf.wufoo.com/forms/m793klx11gz8s7/>

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 SOUTH ASIAN HEALTH
FOUNDATION

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➤ **South Asian Health Foundation Activity**

Over the last couple of years, SAHF’s reputation and reach have dramatically increased as demonstrated by the number of support requests we have received year on year.

The support requests came from other Universities, community groups, NHS Trusts, charity groups and industry partners and have varied in nature.

➤ **DVD**

Meri Baatein/Inner Voices DVD, launched at the annual conference in October 2016, continued to be used at community engagement meetings to great effect. ‘Meri Baatein’ or Inner Voices captures real conversations of people with diabetes, as reflected upon themselves. SAHF continues to distribute copies of this excellent health promotion DVD.

➤ **Walk in the Park Community Event**

We continued to host, socially distanced, community based health promotion with our ‘walk in the park’ events to encourage physical exercise and to improve health and to significantly reduce risk of illnesses such as Type 2 diabetes, heart disease, stroke or cancer. Dr Amal Lad has been exemplary in leading this community activity and every week, leads a community walk event in Walsall, come rain or shine. These efforts were all the more important due to the pandemic and outdoor spaces being deemed safe.

➤ **Media and Communications**

 TWITTER: @SouthAsianHF	 YOUTUBE: SAHFUK	 WEBSITE: www.sahf.org.uk	 Instagram: southasianhf
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Future activities

- Celebrate SAHF's 25th Anniversary in 2024.
- Forge links across the health and social care spectrum to address health inequality
- Continue addressing areas of need in delivering high quality community grassroots education sessions
- Raise funds for SAHF through industry and community engagement
- Source funding for Educational resources for Mental Health Awareness
- Source funding for Ramadan Patient Guidance
- Bespoke Event in May 2024
- Update the '*Diabetes UK and SAHF recommendations on diabetes research priorities for British South Asians*'
- Engage with BAME (Black, Asian and Minority Ethnic Communities)
- Develop Musculoskeletal working group and Respiratory working group
- Develop Mental Health Working Group

Final Remarks

The South Asian Foundation's resilience stands out in an environment where numerous health charities fade away shortly after inception. It's a remarkable milestone to announce the forthcoming 25th Annual Conference in 2024, particularly amid substantial economic challenges. Over the years, our conferences have consistently attracted top-tier international and national experts in South Asian Health, drawing participants from both statutory and voluntary sectors.

Our strategy is strategically honed, focusing on translating research insights into clinical practice and enhancing Healthcare Professional education. To address critical concerns, particularly in Mental Health, we're evolving to become more proactive in specialized areas. Mental Health remains a significant issue within the South Asian Community, demanding dedicated time and concerted efforts to alleviate its burden.

Our work could not continue were it not for the dedication and commitment of our trustees and working group members, who continue to devote time and energy to the objectives of SAHF. In doing so, SAHF impart education and guidance to healthcare professionals, patients and carers not only in the UK but globally, thus improving the health and wellbeing of populations prone to health inequality.

SOUTH ASIAN HEALTH FOUNDATION (UK)
STATEMENT OF FINANCIAL ACTIVITIES
YEAR ENDED 31 MARCH 2023

	Unrestricted £	Restricted £	2023 Total £	2022 Total £
Income from:				
Donations	143,233	-	143,233	115,408
Other	512	-	512	21
Total Income	143,745	-	143,745	115,429
Expenditure on:				
Charitable activities	(127,639)	-	(127,639)	(109,980)
Total Expenditure	(127,639)	-	(127,639)	(109,980)
Net income	16,106	-	16,106	5,449
Reconciliation of Funds				
Total funds brought forward	174,198	79,797	253,995	248,546
Total funds carried forward	190,304	79,797	270,101	253,995



Professor K C R Patel - Chairman
Signed on behalf of the Board of Trustees

SOUTH ASIAN HEALTH FOUNDATION (UK)
BALANCE SHEET AS AT 31 MARCH 2023

	<u>2023</u>	<u>2022</u>
	£	£
Fixed Assets	1,774	1,767
Current Assets		
Cash at Bank	<u>270,101</u>	<u>253,995</u>
	271,875	255,762
Creditors – Amounts falling due within one year	<u>(1,774)</u>	<u>(1,767)</u>
Net Current Assets	270,101	253,995
Funds		
Unrestricted Funds	79,797	79,797
Restricted Funds	<u>190,304</u>	<u>174,198</u>
	270,101	253,995



Professor K C R Patel - Chairman
Signed on behalf of the Board of Trustees

SOUTH ASIAN HEALTH FOUNDATION (UK)
NOTES TO THE ACCOUNTS - 31 MARCH 2022

Accounting Policies

General

The Financial Statements have been prepared under the Historical Cost Convention and in accordance with the applicable accounting standards and the charities SORP (Statement of Recommended Practice: 'Accounting by Charities').

Summary of Net Assets by Funds

	Unrestricted Funds	Restricted Funds	Total
Net Current Assets	£190,304	£79,797	£270,101

Expenditure

	2023
Core Activities	£96,193
Administrative Expenses	£19,393
Conference Travel Expenses	£8,024
IT Expenses	£4,029
Total	£127,639

Notes to the Accounts

1. Depreciation policy: 25% depreciation is charged to Core Work.
2. Creditors represent an accrual for expenses.
3. £19,393 (2022: £15,750) was spent on administrator support for the charity.
4. During the year, £nil (2022: £nil) was spent on expenses for Trustees, for conference travel.



@SouthAsianHF



www.sahf.org.uk



info@sahf.org.uk

SAHF Annual Report 2022/2023
V2. Jan 2024



Section A Independent Examiner's Report

**Report to the trustees/
members of**

Charity Name
South Asian Health Foundation

**On accounts for the year
ended**

31 March 2023

**Charity no
(if any)**

1073178

Set out on pages

18-20

(remember to include the page numbers of additional sheets)

**Responsibilities and basis
of report**

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended **31/03/2023**.

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent examiner's
statement**

I have completed my examination. I confirm that no material matters have come to my attention (other than that disclosed below *) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

* Please delete the words in the brackets if they do not apply.

Signed:

Manesha Patel

Date:

28/01/2024

Name:

Manesha Patel

**Relevant professional
qualification(s) or body (if
any):**

FBP FCA (ICAEW)

Address:

17 Nicolson Road, Loughborough, Leicestershire, LE11 3SD

Section B

Disclosure

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

**Give here brief details of
any items that the
examiner wishes to
disclose.**

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THE SOUTH ASIAN HEALTH FOUNDATION

England & Wales - Charity number 1073178

Accounts

THE SOUTH ASIAN HEALTH FOUNDATION (U.K.)

(Registered Charity No. 1073178)



ANNUAL TRUSTEES REPORT 2021-2022

Trustees' Annual Report 2021-2022

Governing Document

Trust Deed

Charity constitution

Trustees incorporated as a body

Charity Address

39 Westfield Road, Edgbaston, Birmingham, B15 3QE

Bankers

Santander and Lloyds

Patrons

Lord Naren Patel Kt has held several esteemed positions including Chair of the National Patient Safety Agency, Chair of the Specialist Training Authority, Chairman of the Clinical Standards Board for Scotland and Chairman of the Specialist Training Authority in Scotland, in addition to holding a life peerage in The House of Lords. He has also held the prestigious positions of President of the Royal College of Obstetrics and Gynaecology and Chairman of the Academy of Royal Medical Colleges.

Professor Ajay Shah is the British Heart Foundation Professor of Cardiology at King's College, London. He is one of the most respected academics and clinicians in the international cardiology community and has an inspirational record of academic achievement. In addition, he has been elected to the Fellowship of the European Society of Cardiology and the Academy of Medical Sciences.

Professor Raj Bhopal CBE is Emeritus Professor of Public Health at Edinburgh University, Fellow of the Faculty of Public Health Medicine and the Royal College of Physicians of Edinburgh. He is an expert in, and internationally respected leader of health research in ethnic minority communities. He was bestowed the first SAHF Global Lifetime Achievement award in 2009 for services to the field of Ethnicity in Health.

Dr Kamran Abbasi is Editor-in-Chief of the British Medical Journal and also editor at the Journal of the Royal Society of Medicine. He is also an acclaimed medical journalist and has written for the Health Foundation, one of numerous other contributions too extensive to list here.

Dr Rashmi Shukla CBE was Public Health England Regional Director, Midlands when she retired. She was a National Director in the PHE transition team, to support the transfer of public health functions from PCTs to local authorities. Her national roles included being Co-chair for the Sexual Health Forum with Baroness Joyce Gould and being an active member of the NIHR Public Health Programme Advisory Board.

Trustees during year 2021-2022

Professor Kiran C R Patel (Chairman of Trustees) graduated from Cambridge University in 1993 and currently has several roles and responsibilities. He works as a Consultant Cardiologist (with a subspecialist interest in heart failure and device therapy) and is Chief Medical Officer and Deputy CEO at University Hospitals of Coventry and Warwickshire. He holds Honorary Chairs at the Universities of Warwick and Coventry. In 2008 he was elected a Fellow of the Royal College of Physicians, one of the youngest Fellows of the College.

He started consultant life at Sandwell and West Birmingham NHS trust and having spent only 3 years as a Consultant, was appointed as a Clinical Lead for the West Midlands Strategic Health Authority, where he developed strong partnerships between Public Health, primary care and acute care. He was regional Clinical Director for the QIPP (Quality, innovation, productivity and prevention) programme for the Strategic Health Authority. He was then seconded to oversee the NHS transition as Medical Director for Primary care in West Mercia before a period as Medical Director at Good Hope hospital and then moved to his current role. He is also regional representative for the International Health Group of the Department of Health in England and continues as regional representative for the invasive cardiology clinical reference group for specialised commissioning.

He was founder member and continues to be Chair of the South Asian Health Foundation. He was trustee to the UK Health Forum 2003-2012. The expertise gleaned from both the NHS and voluntary sectors, led to him advising the Public Health Foundation of India on developing healthcare systems in 2009-10 and informing the ministerial briefing for the UN Summit on non-communicable disease in 2011. Back home in the UK, he has worked with NICE, where he has been involved in formulating 4 guidelines. In 2009, he was invited to be a speaker at the RCP dialogue on clinical contributions and solutions to Social Determinants of health. He has published and lectured widely on a national and international scale, not only in the field of cardiology, but more widely on social determinants, health systems and healthcare strategy.

He has also contributed to several other regional, national and international boards and committees too numerous to list, demonstrating that when a clinician puts his or her mind to being more than a frontline clinician, they can achieve and contribute much more than medical school has taught them.

Professor Wasim Hanif is a Consultant Diabetologist in Birmingham and also an esteemed academic in the field of ethnicity and diabetes. He also serves on several national bodies, including the National Institute for Health and Clinical Excellence Technology Appraisal group. He is currently Chair of the SAHF Diabetes group and leads several highly successful community health promotion and education programmes in that capacity. Internationally, Wasim also is engaged with the Prevent India programme based in Hyderabad and is a global leader in the field of Ramadan and diabetes.

Professor Kamlesh Khunti CBE is Professor of Primary Care Diabetes and Vascular Medicine, University of Leicester, UK. He leads a research group undertaking research into the early identification and interventions in people with diabetes. His work has influenced national and international guidelines on screening and management of people with diabetes. He is Director of East Midlands CLAHRC and Co-Director for the South East Midlands Diabetes Research Network, Co-Director of a Clinical Trial Unit. He is a principal investigator on several major studies. He is currently an advisor to the Department of Health's National Screening Committee on Vascular Risk, Clinical Advisor for the Diabetes NICE-led QOF Panel, Secretary of the Primary Care Study Group of the European Society of Diabetes (EASD), and member of the International Diabetes Federation Working Group on Diabetes Screening Risk Scores. He is Co-Director of the Diabetes MSc at Leicester University and the BMJ Diabetes Diploma. He is past Chair of the Department of Health-RCGP Committee on Classification of Diabetes and Chair of the NICE Guidelines on Prevention of Diabetes.

Professor Vinod Patel is Director of Clinical Skills and the Diabetes Masters Programme at Warwick Medical School at the University of Warwick. He is also Consultant Physician in Endocrinology and Diabetes, Acute Medicine and Medical Obstetrics at the George Eliot Hospital NHS Trust. His main interest is the application of clinical evidence into practical diabetes care to improve patient experience, reduce diabetes complications and prevent diabetes. He has created e:learning modules on diabetes for the BMJ Masterclasses in Diabetes. The clinical skills teaching methods have been incorporated into a textbook by Oxford University Press and 17 videos for world-wide use. His work within his own diabetes department, in partnership with Apnee Sehat (Community Interest Community), was awarded the NHS England Diabetes Innovation Prize in 2015. His diabetes department is very active in research. His colleague, Dr Saravanan was recently awarded a large MRC grant to pursue his work in Diabetes and Pregnancy. This work will be carried out in India, UK and Kenya.

Dr Amitava Banerjee is Professor of Cardiology at the Farr Institute of Health Informatics at University College London. In addition to general cardiology, he has special interest in heart failure and atrial fibrillation, and also the role of informatics and electronic health records in delivering better patient care. Ami has been a Trustee of the South Asian Health Foundation since 2014 and has been an active member of the Cardiovascular Working Group.

Dr Amal Lad is a GP trainee based in West Midlands. He is passionate about using creative approaches to improving health awareness within the South Asian community. From his participation in the NHS Clinical Entrepreneur Programme, he has developed the "Meducasian" project which is a collaboration between health care professionals and local communities to break the stigma surrounding mental illness. Aside from being a doctor, Amal is a keen musician and has produced music for a number of film and theatre projects.

Ranjit Dhillon is a cardiac nurse specialist based in Birmingham. She has an established career in cardiac rehabilitation and in 2016 joined a team establishing England's first familial hyperlipidaemia service for comprehensive assessment and cascade screening in the West Midlands.

Dr Sarah Ali is a Consultant in Endocrinology, Diabetes and General Medicine at Royal Free London NHS Foundation Trust. She is the Clinical Lead for the Barnet Diabetes Community Service and the Diabetes Antenatal Service. She is a committee member as a Consultant Diabetologist for the National Institute for Health and Care Excellence (NICE) Diabetes guidelines update and works on a number of diabetes research and national projects, including a NHS England project on the delivery of Diabetes in the PCN. She is additionally a Trustee for the South Asian Health Foundation. Her specialist interests include diabetes in South Asians, health inequalities in the BAME communities, the delivery of high-quality Community diabetes care, diabetes in pregnancy and diabetes in Ramadan, with publications in these fields.

Dr Harpreet Sood is a Clinical Advisor for the COVID-19 Vaccine programme, a GP and a board member at Health Education England. Harpreet is currently a NHS primary care doctor in London and a digital health expert. Harpreet also sits on the board of Health Education England, a £4.5bn organisation training and developing 160,000 staff across the NHS, where his focus is on developing digital and data science skills for the workforce.

Objectives

The Charity's objects ("the objects") are "to relieve or assist in efforts to relieve persons living in the U.K., particularly those of South Asian origin, who are experiencing conditions of sickness, hardship or distress in particular by supporting organizations; implementing and establishing developmental projects which serve the needs of those persons and improve their conditions of need."

Chairman of Trustees Report: A Review of Activities, Achievements and Development Plans

Structure of SAHF

The formal operational policy originally approved and adopted by SAHF at the AGM in December 2006 was renewed in 2018 and continues to be the charity's operating procedure. This policy covers important areas such as conflicts of interest which are essential to safeguard SAHF against in light of the interaction it has in an advisory capacity to several bodies. The policy underwent minor revisions to its travel policy in light of the need for continued restraint in the current economic climate.

- Current Chairpersons and group members are:-

Diabetes Group	
Professor Wasim Hanif (Chair)	Professor Vinod Patel
Prof Kamlesh Khunti (Chair)	Professor Kiran Patel
Dr Sri Bellary	Dr Mohammed Roshan
Professor Sudhesh Kumar	Dr Kamal Ali
Professor Nita Forouhi	Dr Rahul Nayar
Dr Sailesh Sankar	Professor Paramjit Gill
Dr Ateeq Syed	Dr Sukhdev Singh

Cardiovascular Group	
Dr Mahendra Patel (Chair)	Dr Justin Zaman
Dr Amitava Banerjee	Prof Kiran Patel
Professor Raj Bhopal	Professor Paramjit Gill
Sr Ranjit Dhillon	

Ethnicity and Health

Since 2001, SAHF has decided to direct the majority of the work of the charity towards the field of ethnicity and health, to fill a void and meet a need in the UK. The following strategies continue to form the priority areas of work for the SAHF.

1. To promote improvements in the quality of, and access to, healthcare and health promotion in South Asians.
2. To promote research that leads to the above objectives
3. To act as an advocacy group and advisory body

The aims are defined as SAHF needing to practically strive to achieve success in the following areas:-

- To act as a strategic think tank and provide leadership in policy and health advocacy for professionals and patients

- To promote health and provide education and resources to both healthcare professionals and patients.
- Aim to improve access to services by highlighting areas of need and potential improvement
- To facilitate the development of a network of healthcare professionals to disseminate information and improve cohesive working
- To promote high quality research and to facilitate research and dissemination of research findings wherever possible.

The impact of good health extends far beyond mental and physical well-being. Good health contributes to ameliorating social disadvantage for both the individual and consequently the community. The expertise present within the Board of Patrons and Trustees enables SAHF to address issues concerning ethnic minority healthcare in all tiers of society from Government policy to a grass roots level. In the field of research, the charity aims to ‘catalyse’ and facilitate collaboration rather than undertake research directly in the arena of ethnic health. It aims to commission work where a need is identified. The charity has undertaken a responsibility not only to obtain information, but also to disseminate it to the general public. We continue to develop and promote health interventions in collaboration with the Department of Health, Diabetes UK and the British Heart Foundation, as well as numerous other Governmental and non-governmental organisations.

Although in the past decade SAHF has hosted several specialty groups, in 2018 a decision was made by trustees to focus its efforts in areas where there was a clear healthcare need coupled to strength in leadership. We have therefore focussed efforts in 20-21 to diabetes and cardiovascular disease but due to the pandemic, we also allocated significant resource and effort to the pandemic.

NICE

SAHF and its members have contributed to over 120 NICE guidelines to date, ranging from Chairmanship of guidelines groups and technology appraisal committee membership, to stakeholder input. In 2007, Prof Kiran Patel and Dr Rubin Minhas also appeared before the Health Select Committee as external experts on the investigation into NICE and advised how the voluntary sector could work transparently and effectively with industry and NICE. In 2010, SAHF contributed to consultations on the changing roles and responsibilities of NICE. Prof Wasim Hanif has served on the Technology Appraisal Committee in 2010-13 and Dr Minhas served on the Technology Appraisals committee and also Chaired the Familial Hyperlipidaemia guideline.

Wider Stakeholder Contributions:

SAHF continues to work collaboratively with many organizations, just a sample of which are listed below:

- Government Health Committees
- Dept of health e.g. South Asian CHD toolkit
- Kings Fund
- NICE Guideline groups and appraisal committees
- UK Health Forum

- British Medical Journal (South Asia Awards)
- British Heart Foundation
- Diabetes and Ramadan Alliance
- Men's Health Forum
- British Cardiovascular Society
- British Society of Rheumatology
- British Society of Gastroenterology
- Multiple Sclerosis Society
- NHS England
- Nuffield Council of Bioethics
- NGO Forum
- National electronic library for health
- British Cardiovascular Society
- Diabetes UK
- Silver Star Appeal
- APNA NHS
- CHIEF – Community Health Involvement & Empowerment Forum
- British Transplant Society
- UK National Kidney Federation
- Commonwealth Foundation
- World Health Organisation
- International forum on Smokeless Tobacco
- Scottish Youth Forum
- SANSKAR Canada
- Centre for Ethnic Health Research
- International Diabetes Federation

Medical Student Bursaries

Each year SAHF competitively awards at least one and usually two medical student elective bursaries. These are awarded to students with a view to helping the students to undertake a period of study and experiential learning in a field of medicine relating to south Asian healthcare. We encourage students to deliver papers at a national meeting and invite them to our annual conference to present either as a poster or oral presentation. We continue to have strong applications and this year we awarded 2 bursaries to medical students.

Fellows

SAHF supported several fellows this year, having developed a scheme which offered mentoring and personal development to trainees and professionals from a variety of healthcare backgrounds. Many produced projects and publications such as infographics to promote health and well being across communities. The scheme is in its early days but is well liked by the fellows and enables senior healthcare professionals to develop the next generation of professionals.

Events

➤ Annual Diabetes Ramadan Conference

On Wednesday 2nd March, 2022 the South Asian Health Foundation (SAHF) together with the Diabetes and Ramadan Alliance (www.daralliance.org), held the 6th Annual Diabetes in Ramadan Conference both in person in Birmingham and Hybrid. Over 300 delegates joined, ranging from secondary care Consultants, GPs, practice nurses, pharmacists, and researchers to scientists and lay patient and public representatives. The aims of the conference were to highlight the best care of Muslim patients with diabetes who wish to fast in Ramadan, as well as being a forum to discuss the latest evidence in diabetes care during Ramadan and potential research opportunities.

Speakers included eminent Professors, Consultants, GPs, Specialist dietitian, Pharmacist and an Islamic Religious Scholar, all with an interest in Diabetes and Ramadan. The conference addressed the issues around the religious basis of fasting, the epidemiology of diabetes in Ramadan along with the risk of complications, the latest UK and International Diabetes Federation Guidelines for managing diabetes in Ramadan, latest research publications and the views of religious scholars on fasting in Ramadan.

The seventh annual conference will take place in March 2023. In keeping with previous conferences key national and international speakers are being secured to deliver presentations.

Looking to the future: Working together to improve diabetes care in Ramadan



AGENDA: SAHF and DaR's 6th Ramadan Conference on Wednesday 2nd March 2022

TIME	TITLE OF TALK	SPEAKER
08:30 - 09:30	Registration	
09:30 - 09:40	Chair's introduction	Professor Wasim Hanif / Professor Kamlesh Khunti
09:40 - 10:10	Plenary 1: Update on latest studies and therapies	Professor Wasim Hanif
10:10 - 10:40	Sanofi Symposium	Dr Amar Puttanna
10:40 - 11:00	Break	
11:00 - 11:30	Plenary 2: Covid-19 and Ethnic Minorities	Professor Kamlesh Khunti
11:30 - 12:00	Plenary 3: Panel Discussion "Risk Calculators in Ramadan and their application to special populations: How good are they?"	Dr Mujahid Saeed, Rahab Hashim, Dr Ateeq Syed, Dr Mohammad Alhadj Ali
12:00 - 12:30	Plenary 4: Ramadan fasting: recommendations for patients with cardiovascular disease	Dr Nazim Ghouri and Dr Mohammed Y Khanji
12:30 - 13:30	Lunch Break	
13:30 - 14:00	Astrazeneca Symposium: Implementing new NICE T2D and CKD recommendations for cardiovascular and renal protection - what are your options?	Dr Mujahid Saeed and Dr Saqib Mughal
14:00 - 14:30	Plenary 5: Exercise and Ramadan	Professor Jason Gill and Professor Monem Jemni
14:30 - 15:00	Plenary 6: Interventions to improve vaccine uptake in the Muslim population	Dr Suman Prinjha
15:00 - 15:15	Break	
15:15 - 15:45	Plenary 7: Management of pregnancy in Ramadan	Dr Ali Karamat and Dr Sarah Ali
15:45 - 16:15	Lifetime Achievement Award: To fast or not fast? How to better quantify for fasting risk?	Dr Mohamed Hassanein
16:15 - 16:30	Chair's concluding remarks	Professor Wasim Hanif

The sponsoring companies have had no input into the conference agenda, speaker selection or presentations with the exception of the symposium sessions, for which the respective company are fully responsible.



www.sahf.org.uk
@SouthAsianHF
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REGISTERED CHARITY NO: 1073178



➤ **22nd SAHF Annual Conference**

The 22nd annual diabetes conference took place on Thursday 14th and Friday 15th October, 2021 both in person and hybrid. This year, the theme was about addressing '**Reducing inequalities post-Covid: challenges, solutions and clinical messages**'. The conference covered tailored, expert advice on managing the various aspects of diabetes and cardiovascular disease in the South Asian population during a global pandemic.

Day 1: Thursday 14th October 2021

TIME	TITLE OF TALK	SPEAKER
08.15 - 09.00	Registration with tea and coffee	
09.00 - 09.10	Session 1: Chair's introduction	Professor Wasim Hanif & Professor Vinod Patel
09.10 - 09.50	Diabetes UK perspective on post Covid challenges and inequalities and NHS Diabetes perspective	Sir Peter Dixon & Professor Jonathan Valabhji
09:50 – 10:20	Plenary 1: Preparing for future natural disasters: lessons learned from the COVID-19 pandemic	Professor Kiran Patel & Dr Harpreet Sood
10.20 - 10.35	Break	
10:35 - 11:05	Keynote Lecture: How can we plan for the next pandemic?	Professor Martin McKee
11:05 - 11:35	Plenary 2: Vaccine Uptake and Hesitancy	Dr Raghiv Ali & Dr Sarah Ali
11:35 - 12:15	Astrazeneca Symposium: New era in the treatment of CKD in patients with and without diabetes	Professor Vinod Patel, Dr Vijayan Suresh & Dr Naresh Kanumilli
12:15 - 13:15	Lunch Break/poster presentations	
13:15 - 13:40	Plenary 3: Long COVID- the long tail of the pandemic and its implications for chronic disease management	Professor Ami Banerjee
13:40 - 14:20	'In Practice' Masterclasses Rotation 1	
	1. COVID-19 and healthcare workers	Dr Anil Jain, Dr Manish Pareek & Dr Atiya Kamal
	2. Vitamin D (should people be taking it, should people not be taking it, and what should the dose be?)	Dr Ambrish Mithal & Professor Susan Lanham-New
	3. Type 2 diabetes in Youth-epidemiology, risk factors and management	Dr Shivani Misra & Dr Srikanth Bellary
14:20 - 15:00	'In Practice' Masterclasses Rotation 2	
	1. Type 2 diabetes in Youth-epidemiology, risk factors and management (Repeat from Rotation 1)	Dr Shivani Misra & Dr Srikanth Bellary
	2. Different ethnicity subgroup – looking at differences between South Asian Groups	Professor Wasim Hanif & Professor Kamlesh Khunti
	3. Priorities in managing diabetes in a multi-ethnic population in the recovery phase	Professor Vinod Patel, Dr Amar Puttanna & Dr Naresh Kanumilli
15:00 - 15.15	Break	
15.15 -15:45	Plenary 4: How evidence based medicine is translated globally/disseminating evidence based medicine during a pandemic	Dr Kamran Abbasi
15:45 - 16:15	Novo Nordisk Symposium: Diabetes - Acute Backlog Challenge through COVID-19 and beyond	Dr Amrit Lamba
16:15 - 17:00	Plenary 5: SAHF Fellows Talk	Dr Ganesh Sathanapally, Dr Amal Lad & Dr Shaan Sahota
17:00 - 17:10	Wrap up day 1	Professor Vinod Patel

Day 2: Friday 15th October 2021

TIME	TITLE OF TALK	SPEAKER
08.15 - 09.00	Registration with tea and coffee	
09.00 - 09.10	Session 1: Chair's introduction	Professor Wasim Hanif & Professor Vinod Patel
09.10 - 09.40	Plenary 6: Global perspective on disparities during Covid - Lessons learnt	Professor Nikhil Tandon
09.40 - 10.10	Abbott Symposium: Maximising remote consultations by introducing Flash Glucose Monitoring	Dr Muhammed Ali Karamat
10.10 - 10.35	Break	
10.35 - 11:15	Debate: Ethnicity or geography: what matters more for health inequalities	Professor Partha Kar & Dr Habib Naqvi
11:15 - 11:45	Plenary 7: Real World Studies to Explore Diabetes-Cancer Risk Dynamics in Different Ethnicities	Professor Sanjoy Paul
11:45 - 12:45	Lifetime Achievement Award: Diabetes, ethnicity, nutrition and prevention: a journey of discovery	Professor Nita Forouhi
12:45 - 13:00	Chair's concluding remarks	Professor Wasim Hanif & Professor Vinod Patel

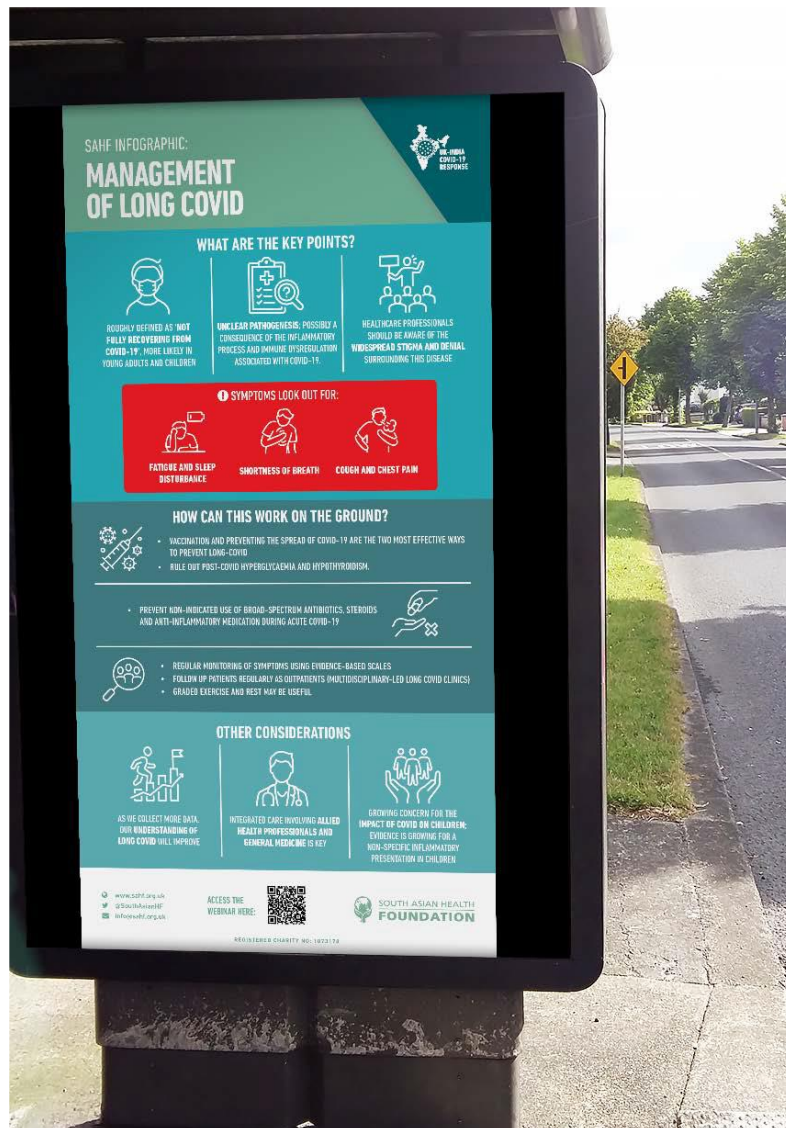
The Lifetime Achievement Award (made annually at the SAHF Annual Conference), was this year bestowed upon Professor Nita Forouhi who presented her work on '*Diabetes, ethnicity, nutrition and prevention: a journey of discovery*'.

Professor Nita Forouhi is a physician scientist and Programme Leader of the [Nutritional Epidemiology programme](#) of the MRC Epidemiology Unit at the University of Cambridge. Nita Forouhi's research is focused on the link between diet, nutrition and the risk of diabetes, obesity and related disorders. Her major research interests include:

- Nutritional epidemiology, identifying dietary factors that can elevate or mitigate the risk of developing type 2 diabetes
- Developing and using improved methods to assess diet, including the use of objectively measured nutritional biomarkers and metabolomics approaches
- Promoting methodological knowledge in dietary assessment through developing web-based projects
- To contribute to an understanding of the drivers, barriers and facilitators of healthy dietary choices
- Understanding between-population differences in cardio-metabolic health, including variation by ethnicity
- Global nutrition and health

- South Asian Health Foundation and The Centre for Ethnic Health Research have created a number of tier summaries in South Asian languages.

National restriction rules were replaced with a regionally-differentiated approach, where different tiers of restrictions apply in different parts of the country. Summaries of these rules were created in Bengali, Hindi, Punjabi and Urdu highlighting the key points of current tiers. View on [website](#).



➤ **Research project activity**
Mental Health & COVID-19 Project

SAHF supported research exploring the impact of COVID-19 on the mental health of people living in Leicester with a focus on the South Asian community, with the use of online surveys, the main priority was to collect information about experiences with mental health during and after lockdown restrictions. A series of focus groups were planned. The SAHF Mental Health working group including junior doctors and psychologists met on a regular basis to discuss ideas and adapt the project to evolving restrictions with COVID-19.

➤ **Infographics**

With the involvement of members of our mental health working group we created a series of infographics to be shared at the Chai & Chat events and on social media. These infographics share information and tips on common mental health problems.

SOUTH ASIAN HEALTH FOUNDATION INFOGRAPHIC

General tips to improve your Mental Health and Well-being

1. Connect with others
 Talking to others and building good relationships can improve your mental wellbeing by:

- Helping you feel like you belong and improve your self-worth and confidence
- Giving you a chance to share positive experiences with people you trust
- Providing emotional support and allow you to support others

2. Be physically active
 Being active and moving your body is not only great for your health and fitness but it helps your mental wellbeing by:

- Improving your self-esteem
- Helping you to set goals or challenges and achieve them, which helps you build your confidence
- Changes the chemical balance in your brain to help positively change your mood

3. Learn new skills
 Learning new skills can improve your mental wellbeing by:

- Boosting your self-confidence and self-esteem
- Helping you to build a sense of purpose
- Helping you to connect with others

Learning new skills does not have to take too much time out of your day. You can try a new recipe for dinner or read a new book.

4. Give to others
 Small acts of giving and kindness can help improve your mental wellbeing by:

- Creating positive feelings and a sense of reward
- Giving you a feeling of purpose and self-worth
- Helping you connect with other people

You can give back in many ways, some of which include:

- Saying thank you to someone
- Asking friends, family or colleagues how they are doing
- Spending time with friends or family who are going through a hard time
- Offering to help someone
- Volunteering in your community

5. Pay attention to the present moment (mindfulness)
 Being present and being in the moment can improve your mental wellbeing. This includes your thoughts and feelings, your body and the world around you. This is also known as "mindfulness".

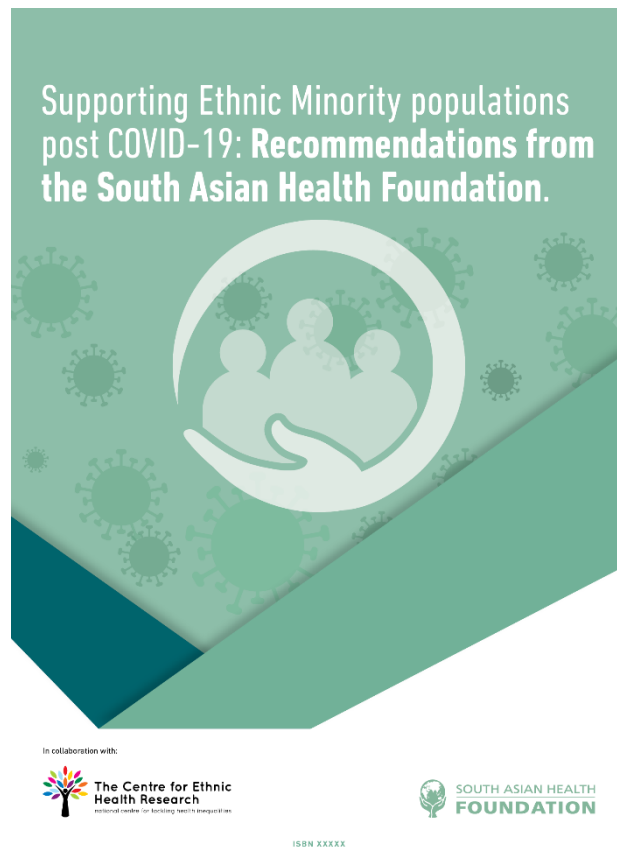
Mindfulness can help you enjoy life more and understand yourself better. It can positively change the way you feel about life and how you approach challenges. Some ways you can be mindful include:

- Take some deep breaths
- Doing some yoga
- Going for walks or being outside in nature

➤ **Publications**

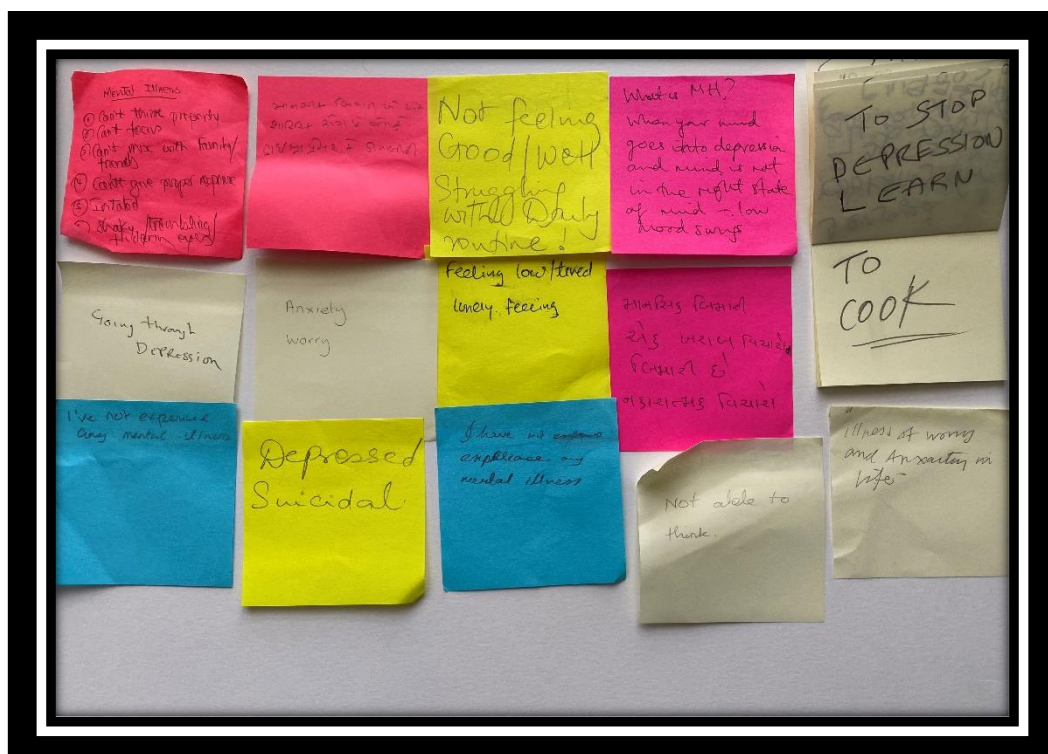
Supporting Ethnic Minority Populations Post Covid-19: Recommendations from the South Asian Health Foundation

This review provides an overview of evidence on the long-term impacts of Covid-19, and of the disruption to healthcare and economic systems. It also makes much needed recommendations on how best to manage this impact for ethnic minority populations in the short and medium term. [View review](#)



➤ **Chai and Chat Mental Health Event**

We hosted an interactive talk discussing mental health and how we can keep our minds healthy after the pandemic. The session covered common problems such as depression and anxiety and we talked about the steps we can take to look after our mental health.



➤ **South Asian Health Foundation Activity**

Over the last couple of years, SAHF’s reputation and reach have dramatically increased as demonstrated by the number of support requests we have received year on year.

The support requests came from other Universities, community groups, NHS Trusts, charity groups and industry partners and have varied in nature.

➤ **DVD**

Meri Baatein/Inner Voices DVD, launched at the annual conference in October 2016, continued to be used at community engagement meetings to great effect. ‘Meri Baatein’ or Inner Voices captures real conversations of people with diabetes, as reflected upon themselves. SAHF continues to distribute copies of this excellent health promotion DVD.

➤ **Walk in the Park Community Event**

We continued to host, socially distanced, community based health promotion with our ‘walk in the park’ events to encourage physical exercise and to improve health and to significantly reduce risk of illnesses such as Type 2 diabetes, heart disease, stroke or cancer. Dr Amal Lad has been exemplary in leading this community activity and every week, leads a community walk event in Walsall, come rain or shine. These efforts were all the more important due to the pandemic and outdoor spaces being deemed safe.

➤ **Media and Communications**

 TWITTER: @SouthAsianHF	 YOUTUBE: SAHFUK	 WEBSITE: www.sahf.org.uk	 Instagram: southasianhf
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Future activities

- Forge links across the health and social care spectrum to address health inequality
- Continue addressing areas of need in delivering high quality community grassroots education sessions
- Raise funds for SAHF through industry and community engagement
- Source funding for Educational resources for Mental Health Awareness
- Bespoke Event in January/February 2023
- Update the *'Diabetes UK and SAHF recommendations on diabetes research priorities for British South Asians'*
- Engage with BAME (Black, Asian and Minority Ethnic Communities)
- Develop Musculoskeletal working group and Respiratory working group

Final Remarks

The South Asian Foundation continues to flourish in an environment that has seen many health charities ceasing to exist after only a few years in existence. It is truly a point for celebration that the 23rd Annual Conference will run in 2022, at a time when there is significant economic challenge for the charity. Our conferences have always attracted the highest calibre of international and national experts on South Asian Health and participants from statutory and voluntary sectors. Our strategy has been developed and we will focus our effort on the application of research findings into clinical practice and Healthcare Professional education. We will need to become more proactive in certain specialist areas of work such as Mental Health. These are significant issues amongst the South Asian Community and require considerable time and effort to reduce the burden of Mental Health.

Our work could not continue were it not for the dedication and commitment of our trustees and working group members, who continue to devote time and energy to the objectives of SAHF. In doing so, SAHF impart education and guidance to healthcare professionals, patients and carers not only in the UK but globally, thus improving the health and wellbeing of populations prone to health inequality.

SOUTH ASIAN HEALTH FOUNDATION (UK)
STATEMENT OF FINANCIAL ACTIVITIES
YEAR ENDED 31 MARCH 2022

	Unrestricted £	Restricted £	2022 Total £	2021 Total £
Income from:				
Donations	115,408	-	115,408	79,488
Other	21	-	21	364
Total Income	115,429	-	115,429	79,852
Expenditure on:				
Charitable activities	(109,980)	-	(109,980)	(35,028)
Total Expenditure	(109,980)	-	(109,980)	(35,028)
Net income	5,449	-	5,449	44,824
Reconciliation of Funds				
Total funds brought forward	168,749	79,797	248,546	203,722
Total funds carried forward	174,198	79,797	253,995	248,546



Professor K C R Patel - Chairman
Signed on behalf of the Board of Trustees

SOUTH ASIAN HEALTH FOUNDATION (UK)
BALANCE SHEET AS AT 31 MARCH 2022

	<u>2022</u>	<u>2021</u>
	£	£
Fixed Assets	1,767	188
Current Assets		
Cash at Bank	<u>253,995</u>	<u>248,546</u>
	255,762	248,734
Creditors – Amounts falling due within one year	<u>(1,767)</u>	<u>(188)</u>
Net Current Assets	253,995	248,546
Funds		
Unrestricted Funds	79,797	168,749
Restricted Funds	<u>174,198</u>	<u>79,797</u>
	253,995	248,546



Professor K C R Patel - Chairman
Signed on behalf of the Board of Trustees

SOUTH ASIAN HEALTH FOUNDATION (UK)
NOTES TO THE ACCOUNTS - 31 MARCH 2022

Accounting Policies

General

The Financial Statements have been prepared under the Historical Cost Convention and in accordance with the applicable accounting standards and the charities SORP (Statement of Recommended Practice: 'Accounting by Charities').

Summary of Net Assets by Funds

	Unrestricted Funds	Restricted Funds	Total
Net Current Assets	£174,198	£79,797	£253,995

Expenditure

	2022
Core Activities	£92,566
Administrative Expenses	£15,750
Conference Travel Expenses	£451
IT Expenses	£1,213
Total	£109,980

Notes to the Accounts

1. Depreciation policy: 25% depreciation is charged to Core Work.
2. Creditors represent an accrual for expenses.
3. £15,750 (2021: £11,970) was spent on administrator support for the charity.
4. During the year, £nil (2021: £nil) was spent on expenses for Trustees, for conference travel.



SOUTH ASIAN HEALTH
FOUNDATION



[@SouthAsianHF](#)



www.sahf.org.uk



info@sahf.org.uk

SAHF Annual Report 2021/2022
V2.0 Dec 2022



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Charity Name
South Asian Health Foundation

**On accounts for the year
ended**

31 March 2022

**Charity no
(if any)**

1073178

Set out on pages

20-22

remember to include the page numbers of additional sheets.

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended **31/03/2022**.

**Responsibilities and
basis of report**

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

**Independent
examiner's statement**

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

I have completed my examination. I confirm that no material matters have come to my attention (other than that disclosed below *) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

** Please delete the words in the brackets if they do not apply.*

Signed:

Date: 26/01/2023

Name: Manesha Patel

**Relevant professional
qualification(s) or body
(if any):**

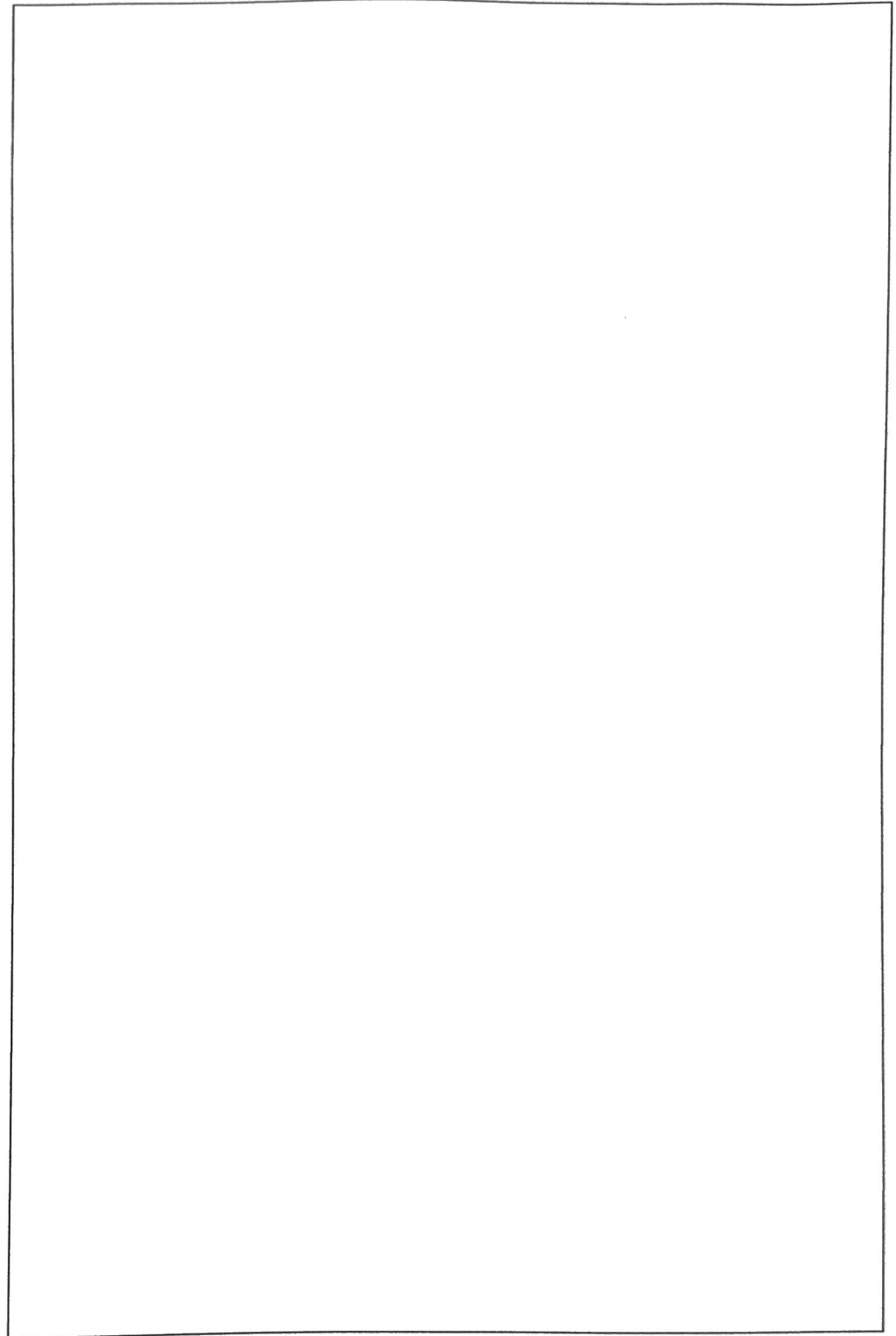
ACA (ICAEW)

Address:

17 Nicolson Road, Loughborough, Leicestershire, LE11 3SD

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.



THE SOUTH ASIAN HEALTH FOUNDATION

England & Wales - Charity number 1073178

Accounts

THE SOUTH ASIAN HEALTH FOUNDATION (U.K.)

(Registered Charity No. 1073178)



ANNUAL TRUSTEES REPORT 2020-2021

Trustees' Annual Report 2020-2021

Governing Document

Trust Deed

Charity constitution

Trustees incorporated as a body

Charity Address

39 Westfield Road, Edgbaston, Birmingham, B15 3QE

Bankers

Santander and Lloyds

Patrons

Lord Naren Patel Kt has held several esteemed positions including Chair of the National Patient Safety Agency, Chair of the Specialist Training Authority, Chairman of the Clinical Standards Board for Scotland and Chairman of the Specialist Training Authority in Scotland, in addition to holding a life peerage in The House of Lords. He has also held the prestigious positions of President of the Royal College of Obstetrics and Gynaecology and Chairman of the Academy of Royal Medical Colleges.

Professor Ajay Shah is the British Heart Foundation Professor of Cardiology at King's College, London. He is one of the most respected academics and clinicians in the international cardiology community and has an inspirational record of academic achievement. In addition, he has been elected to the Fellowship of the European Society of Cardiology and the Academy of Medical Sciences.

Professor Raj Bhopal CBE is Professor of Public Health at Edinburgh University, Fellow of the Faculty of Public Health Medicine and the Royal College of Physicians of Edinburgh. He is an expert in, and internationally respected leader of health research in ethnic minority communities. He was bestowed the first SAHF Global Lifetime Achievement award in 2009 for services to the field of Ethnicity in Health.

Dr Kamran Abbasi is South Asia Editor of the British Medical Journal and also editor at the Journal of the Royal Society of Medicine. He is also an acclaimed medical journalist and has written for the Health Foundation, one of numerous other contributions too extensive to list here.

Dr Rashmi Shukla CBE is Public Health England Regional Director, Midlands. She was a National Director in the PHE transition team, to support the transfer of public health functions from PCTs to local authorities. Her national roles include being Co-chair for the Sexual Health Forum with Baroness Joyce Gould and being an active member of the NIHR Public Health Programme Advisory Board.

Trustees during year 2020-2021

Professor Kiran C R Patel (Chairman of Trustees) graduated from Cambridge University in 1993 and currently has several roles and responsibilities. He works as a Consultant Cardiologist (with a subspecialist interest in heart failure and device therapy) and is Chief Medical Officer at University Hospitals of Coventry and Warwickshire. He holds Honorary Chairs at the Universities of Warwick and Coventry. In 2008 he was elected a Fellow of the Royal College of Physicians, one of the youngest Fellows of the College.

He started consultant life at Sandwell and West Birmingham NHS trust and having spent only 3 years as a Consultant, was appointed as a Clinical Lead for the West Midlands Strategic Health Authority, where he developed strong partnerships between Public Health, primary care and acute care. He was regional Clinical Director for the QIPP (Quality, innovation, productivity and prevention) programme for the Strategic Health Authority. He was then seconded to oversee the NHS transition as Medical Director for Primary care in West Mercia before a period as Medical Director at Good Hope hospital and then moved to his current role. He is also regional representative for the International Health Group of the Department of Health in England and continues as regional representative for the invasive cardiology clinical reference group for specialised commissioning.

He was founder member and continues to be Chair of the South Asian Health Foundation. He was trustee to the UK Health Forum 2003-2012. The expertise gleaned from both the NHS and voluntary sectors, led to him advising the Public Health Foundation of India on developing healthcare systems in 2009-10 and informing the ministerial briefing for the UN Summit on non-communicable disease in 2011. Back home in the UK, he has worked with NICE, where he has been involved in formulating 4 guidelines. In 2009, he was invited to be a speaker at the RCP dialogue on clinical contributions and solutions to Social Determinants of health. He has published and lectured widely on a national and international scale, not only in the field of cardiology, but more widely on social determinants, health systems and healthcare strategy.

He has also contributed to several other regional, national and international boards and committees too numerous to list, demonstrating that when a clinician puts his or her mind to being more than a frontline clinician, they can achieve and contribute much more than medical school has taught them.

Professor Wasim Hanif is a Consultant Diabetologist in Birmingham and also an academic in the field of ethnicity and diabetes. He also serves on several national bodies, including the National Institute for Health and Clinical Excellence Technology Appraisal group. He is currently Chair of the SAHF Diabetes group and leads several highly successful community health promotion and education programmes in that capacity. Internationally, Wasim also is engaged with the Prevent India programme based in Hyderabad and is a global leader in the field of Ramadan and diabetes.

Professor Kamlesh Khunti is Professor of Primary Care Diabetes and Vascular Medicine, University of Leicester, UK. He leads a research group undertaking research into the early identification and interventions in people with diabetes. His work has influenced national and international guidelines on screening and management of people with diabetes. He is Director of East Midlands CLAHRC and Co-Director for the South East Midlands Diabetes Research Network, Co-Director of a Clinical Trial Unit. He is a principal investigator on several major studies. He is currently an advisor to the Department of Health's National Screening Committee on Vascular Risk, Clinical Advisor for the Diabetes NICE-led QOF Panel, Secretary of the Primary Care Study Group of the European Society of Diabetes (EASD), and member of the International Diabetes Federation Working Group on Diabetes Screening Risk Scores. He is Co-Director of the Diabetes MSc at Leicester University and the BMJ Diabetes Diploma. He is past Chair of the Department of Health-RCGP Committee on Classification of Diabetes and Chair of the NICE Guidelines on Prevention of Diabetes.

Professor Vinod Patel is Director of Clinical Skills and the Diabetes Masters Programme at Warwick Medical School at the University of Warwick. He is also Consultant Physician in Endocrinology and Diabetes, Acute Medicine and Medical Obstetrics at the George Eliot Hospital NHS Trust. His main interest is the application of clinical evidence into practical diabetes care to improve patient experience, reduce diabetes complications and prevent diabetes. He has created e:learning modules on diabetes for the BMJ Masterclasses in Diabetes. The clinical skills teaching methods have been incorporated into a textbook by Oxford University Press and 17 videos for world-wide use. His work within his own diabetes department, in partnership with Apnee Sehat (Community Interest Community), was awarded the NHS England Diabetes Innovation Prize in 2015. His diabetes department is very active in research. His colleague, Dr Saravanan was recently awarded a large MRC grant to pursue his work in Diabetes and Pregnancy. This work will be carried out in India, UK and Kenya.

Dr Amitava Banerjee is an Honorary Consultant in Cardiology at the Farr Institute of Health Informatics in August 2015. In addition to general cardiology, he has special interest in heart failure and atrial fibrillation, and also the role of informatics and electronic health records in delivering better patient care. Ami has been a Trustee of the South Asian Health Foundation since 2014 and has been an active member of the Cardiovascular Working Group.

Professor Paramjit Gill is Professor of General Practice at the University of Warwick and practices in a deprived, diverse practice in Coventry. He is engaged in inter-disciplinary research encompassing methodologies from both the quantitative and qualitative paradigms. The thread cross cutting this is the promotion of research excellence in primary care by addressing health inequalities, particularly amongst the migrant communities; and evidence-based health care and its application to health care delivery.

Dr Amal Lad is a GP trainee based in West Midlands. He is passionate about using creative approaches to improving health awareness within the South Asian community. From his participation in the NHS Clinical Entrepreneur Programme, he has developed the "Meducasian" project which is a collaboration between health care professionals and local communities to break the stigma surrounding mental illness. Aside from being a doctor, Amal is a keen musician and has produced music for a number of film and theatre projects.

Ranjit Dhillon is a cardiac nurse specialist based in Birmingham. She has an established career in cardiac rehabilitation and in 2016 joined a team establishing England's first familial hyperlipidaemia service for comprehensive assessment and cascade screening in the West Midlands.

Dr Sarah Ali is a Consultant in Endocrinology, Diabetes and General Medicine at Royal Free London NHS Foundation Trust. She is the Clinical Lead for the Barnet Diabetes Community Service and the Diabetes Antenatal Service. She is a committee member as a Consultant Diabetologist for the National Institute for Health and Care Excellence (NICE) Diabetes guidelines update and works on a number of diabetes research and national projects, including a NHS England project on the delivery of Diabetes in the PCN. She is additionally a Trustee for the South Asian Health Foundation. Her specialist interests include diabetes in South Asians, health inequalities in the BAME communities, the delivery of high-quality Community diabetes care, diabetes in pregnancy and diabetes in Ramadan, with publications in these fields.

Dr Harpreet Sood is a Clinical Advisor for the COVID-19 Vaccine programme, a GP and a board member at Health Education England. Harpreet is currently a NHS primary care doctor in London and a digital health expert. Harpreet also sits on the board of Health Education England, a £4.5bn organisation training and developing 160,000 staff across the NHS, where his focus is on developing digital and data science skills for the workforce.

Kiran Sehmi is the Director of National and Regional Public Health programmes at the Royal Society for Public Health.

Objectives

The Charity's objects ("the objects") are "to relieve or assist in efforts to relieve persons living in the U.K., particularly those of South Asian origin, who are experiencing conditions of sickness, hardship or distress in particular by supporting organizations; implementing and establishing developmental projects which serve the needs of those persons and improve their conditions of need."

Chairman of Trustees Report: A Review of Activities, Achievements and Development Plans

Structure of SAHF

The formal operational policy originally approved and adopted by SAHF at the AGM in December 2006 was renewed in 2018 and continues to be the charity's operating procedure. This policy covers important areas such as conflicts of interest which are essential to safeguard SAHF against in light of the interaction it has in an advisory capacity to several bodies. The policy underwent minor revisions to its travel policy in light of the need for continued restraint in the current economic climate.

- Current Chairpersons and group members are:-

Diabetes Group	
Professor Wasim Hanif (Chair)	Professor Vinod Patel
Prof Kamlesh Khunti (Chair)	Prof Kiran Patel
Dr Sri Bellary	Dr Mohammed Roshan
Prof Sudhesh Kumar	Dr Kamal Ali
Prof Nita Forouhi	Dr Rahul Nayar
Dr Sailesh Sankar	Dr Paramjit Gill
Dr Ateeq Syed	Dr Sukhdev Singh

Cardiovascular Group	
Dr Mahendra Patel (Chair)	Dr Justin Zaman
Dr Amitava Banerjee	Prof Kiran Patel
Prof Raj Bhopal	Prof Paramjit Gill
Sr Ranjit Dhillon	

Ethnicity and Health

Since 2001, SAHF has decided to direct the majority of the work of the charity towards the field of ethnicity and health, to fill a void and meet a need in the UK. The following strategies continue to form the priority areas of work for the SAHF.

1. To promote improvements in the quality of, and access to, healthcare and health promotion in South Asians.
2. To promote research that leads to the above objectives
3. To act as an advocacy group and advisory body

The aims are defined as SAHF needing to practically strive to achieve success in the following areas:-

- To act as a strategic think tank and provide leadership in policy and health advocacy for professionals and patients

- To promote health and provide education and resources to both healthcare professionals and patients.
- Aim to improve access to services by highlighting areas of need and potential improvement
- To facilitate the development of a network of healthcare professionals to disseminate information and improve cohesive working
- To promote high quality research and to facilitate research and dissemination of research findings wherever possible.

The impact of good health extends far beyond mental and physical well-being. Good health contributes to ameliorating social disadvantage for both the individual and consequently the community. The expertise present within the Board of Patrons and Trustees enables SAHF to address issues concerning ethnic minority healthcare in all tiers of society from Government policy to a grass roots level. In the field of research, the charity aims to ‘catalyse’ and facilitate collaboration rather than undertake research directly in the arena of ethnic health. It aims to commission work where a need is identified. The charity has undertaken a responsibility not only to obtain information, but also to disseminate it to the general public. We continue to develop and promote health interventions in collaboration with the Department of Health, Diabetes UK and the British Heart Foundation, as well as numerous other Governmental and non-governmental organisations.

Although in the past decade SAHF has hosted several specialty groups, in 2018 a decision was made by trustees to focus its efforts in areas where there was a clear healthcare need coupled to strength in leadership. We have therefore focussed efforts in 20-21 to diabetes and cardiovascular disease but due to the pandemic, we also allocated significant resource and effort to the pandemic.

NICE

SAHF and its members have contributed to over 120 NICE guidelines to date, ranging from Chairmanship of guidelines groups and technology appraisal committee membership, to stakeholder input. In 2007, Prof Kiran Patel and Dr Rubin Minhas also appeared before the Health Select Committee as external experts on the investigation into NICE and advised how the voluntary sector could work transparently and effectively with industry and NICE. In 2010, SAHF contributed to consultations on the changing roles and responsibilities of NICE. Prof Wasim Hanif has served on the Technology Appraisal Committee in 2010-13 and Dr Minhas served on the Technology Appraisals committee and also Chaired the Familial Hyperlipidaemia guideline.

Wider Stakeholder Contributions:

SAHF continues to work collaboratively with many organizations, just a sample of which are listed below:

- Government Health Committees
- Dept of health e.g. South Asian CHD toolkit
- Kings Fund
- NICE Guideline groups and appraisal committees
- UK Health Forum

- British Medical Journal (South Asia Awards)
- British Heart Foundation
- Diabetes and Ramadan Alliance
- Men's Health Forum
- British Cardiovascular Society
- British Society of Rheumatology
- British Society of Gastroenterology
- Multiple Sclerosis Society
- NHS England
- Nuffield Council of Bioethics
- NGO Forum
- National electronic library for health
- British Cardiovascular Society
- Diabetes UK
- Silver Star Appeal
- APNA NHS
- CHIEF – Community Health Involvement & Empowerment Forum
- British Transplant Society
- UK National Kidney Federation
- Commonwealth Foundation
- World Health Organisation
- International forum on Smokeless Tobacco
- Scottish Youth Forum
- SANSKAR Canada
- Centre for Ethnic Health Research
- International Diabetes Federation

Medical Student Bursaries

Each year SAHF competitively awards at least one and usually two medical student elective bursaries. These are awarded to students with a view to helping the students to undertake a period of study and experiential learning in a field of medicine relating to south Asian healthcare. We encourage students to deliver papers at a national meeting and invite them to our annual conference to present either as a poster or oral presentation. We continue to have strong applications and this year we awarded 2 bursaries to medical students.

Events

➤ Annual Diabetes Ramadan Conference

On Thursday 25th March 2020, the South Asian Health Foundation (SAHF) together with the Diabetes and Ramadan Alliance (www.daralliance.org), held the 5th Annual Diabetes in Ramadan Conference virtually due to the Covid-19 Pandemic. Over 550 delegates joined, ranging from secondary care Consultants, GPs, practice nurses, pharmacists, and researchers

to scientists and lay patient and public representatives. The aims of the conference were to highlight the best care of Muslim patients with diabetes who wish to fast in Ramadan, as well as being a forum to discuss the latest evidence in diabetes care during Ramadan and potential research opportunities.

Speakers included eminent Professors, Consultants, GPs, Specialist dietitian, Pharmacist and an Islamic Religious Scholar, all with an interest in Diabetes and Ramadan. The conference addressed the issues around the religious basis of fasting, the epidemiology of diabetes in Ramadan along with the risk of complications, the latest UK and International Diabetes Federation Guidelines for managing diabetes in Ramadan, latest research publications and the views of religious scholars on fasting in Ramadan.

The sixth annual conference will take place in March 2022. In keeping with previous conferences key national and international speakers are being secured to deliver presentations.



Fasting during the Holy month of Ramadan constitutes as one of the five pillars of the Muslim faith. Patients with medical conditions are exempted, including many with diabetes, but a large number continue to fast as a part of cultural norm contravening religious and medical advice. The aim of this conference is focusing on enhancing delivery of diabetes care in Ramadan through a series of presentations, with a focus on COVID-19.

To mark the publication of the IDF-DAR Diabetes and Ramadan Practical Guidelines 2021, the International Diabetes Federation (IDF) and the Diabetes and Ramadan (DAR) International Alliance are hosting a series of online workshops

> EXPERTS INCLUDE:



Dr Mohamed Hassanein
Dubai Hospital and Cardiff University



Prof Wasim Hanif
University Hospital Birmingham



Dr Ateeq Syed
Heart of England NHS Foundation Trust



Prof Tahseen Chowdhury
Royal London Hospital



Dr Sarah Ali
Royal Free London NHS Foundation Trust



Dr Mohammad Alhadj Ali
Cardiff University

[REGISTER FREE HERE](#)

Sponsored by:



In partnership with:



South Asian Health Foundation have received funding to support the delivery of their conference from their sponsors. The sponsors have not had any input into any arrangements or content.

www.sahf.org.uk

[@SouthAsianHF](https://twitter.com/SouthAsianHF)

info@sahf.org.uk

➤ Train the Trainer

On Friday 9th April, the South Asian Health Foundation (SAHF) together with the Diabetes and Ramadan Alliance (www.daralliance.org) and International Diabetes Federation (IDF) held a Train the Trainer workshop.



The slide features a blue header with the title 'DaR Train the Trainer Workshop'. Below the header, the agenda is presented in a table format with three columns: time slots, topics, and speakers. The time slots are listed in UK Time (02:00 PM) and CET (03:00 PM). The topics include an introduction to TTT and DAR Global Survey 2021, Type 1 Diabetes, Basal Insulin & GLP1RA, Mix Insulin, MF & SGLT2, OHG including SU & Basal Insulin, Pregnancy, Panel Discussion, and a closing session. The speakers listed are Mohamed Hassanein, Wasim Hanif, Muhammad Ali Karamat, Mujahid Saeed, Sarah N Ali, Ateeq Syed, TBC, and Wasim Hanif.

DaR Train the Trainer Workshop		
<i>UK Time (02:00 PM) CET (03:00 PM)</i>		
02:00 - 02:05 PM	Intro to TTT and DAR Global Survey 2021	Mohamed Hassanein Wasim Hanif
	Moderator: Wasim Hanif	
02:05 - 02:20 PM	Type 1 Diabetes	Muhammad Ali Karamat
02:20 - 02:35 PM	Basal Insulin & GLP1RA	Mujahid Saeed
02:35 - 02:50 PM	Mix Insulin, MF & SGLT2	Sarah N Ali
02:50 - 03:05 PM	OHG including SU & Basal Insulin	Ateeq Syed
03:05 - 03:20 PM	Pregnancy	TBC
03:20 - 03:40 PM	Panel Discussion	
03:40 PM	Close	Wasim Hanif



➤ **SAHF Annual Conference**

The 21st annual diabetes conference took place on Thursday 15th October virtually due to the Covid-19 Pandemic. This year, the theme was about addressing **Diabetes and MultiMorbidity, Challenges and Education in a Global Pandemic**. The conference covered tailored, expert advice on managing the various aspects of diabetes and cardiovascular disease in the South Asian population during a global pandemic.



**SOUTH ASIAN HEALTH
FOUNDATION**

21st SAHF Global Virtual Conference
Diabetes and Multimorbidity, Challenges and Education in a Global Pandemic
Thursday, 15th October 2020

SCHEDULE

<p>11:00 – 11:10 Chair's welcome (SAHF perspective) Professor Kiran Patel</p> <p>11:10 – 11:30 Diabetes "Language Matters" Professor Partha Kar</p> <p>11:30 – 11:50 Diabetes UK perspective Mr Chris Askew</p> <p>11:50 – 12:10 NHS diabetes perspective Professor Jonathan Valabhji</p> <p>12:10 – 12:30 Panel Discussion Professor Jonathan Valabhji Professor Partha Kar</p> <p>12:30 – 12:50 Latest update on Trials Dr Amar Puttanna</p> <p>12:50 – 13:10 20 minute Break</p> <p>13:10 – 13:45 Are GLP1RA the second line drug of choice for South Asians? Dr Abd Tahrani Symposium Sponsored by Novo Nordisk</p>	<p>13:45 – 14:15 COVID 19: Ethnicity and Mental Health Dr Sridevi Kalidindi</p> <p>14:15 – 14:45 NASH/NAFLD in relation to T2DM Professor Philip Newsome</p> <p>14:45 – 15:15 Low carbohydrate diet versus low calorie diet Professor Nita Forouhi</p> <p>15:15 – 15:45 Novel Insights from recent CVOTS Dr Thomas Barber</p> <p>15:45 – 16:10 25 minute Break</p> <p>16:10 – 16:45 Ethnicity and COVID 19 Professor Wasim Hanif Symposium Sponsored by Abbott</p> <p>16:45 – 16:50 Introduction: Lifetime Achievement Award Professor Wasim Hanif Professor Kamlesh Khunti</p> <p>16:50 – 17:50 Lifetime Achievement Award Dr Sonia Anand, Canada</p> <p>17:50 – 18:00 Closing statements Professor Kamlesh Khunti Professor Wasim Hanif</p>
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SPONSORS

<p><small>GOLD SPONSOR</small></p> 	<p><small>SILVER SPONSOR</small></p> 	<p><small>NAPP</small></p> 	<p><small>AstraZeneca</small></p> 
			

FREE REGISTRATION
Now Open at
www.skillpaw.com/webinar/sahf2020



The Lifetime Achievement Award (made annually at the SAHF Annual Conference), was this year bestowed upon Professor Sonia Anand who presented her work on ‘**Diabetes in South Asians: Harnessing Ancient and Modern Knowledge into Action**’.

Dr Sonia Anand is Professor in the Department of Medicine, and the Director of the Population Genomics Program, at McMaster, Canada. She is also a vascular medicine specialist at Hamilton Health Sciences and McMaster University. Dr. Anand holds the Canada Research Chair in Ethnic Diversity and Cardiovascular Disease and the Heart and Stroke Foundation of Ontario/Michael G. DeGroot Chair in Population Health Research. Her present research focuses upon the environmental and genetic determinants of vascular disease in populations of varying ancestral origin, women and cardiovascular disease.

Dr. Anand received a Doctor of Medicine from McMaster in 1992, Internal Medicine Training at McMaster and a Fellowship of the Royal College of Physicians and Surgeons of Canada in 1996. She further received her Master’s in Clinical Epidemiology at McMaster in 1996 and Ph.D. in Health Research Methodology at McMaster in 2002. Her current research includes leading cohort studies including two birth cohorts - one among South Asian women of the greater Toronto area and the second among Indigenous women from the Six Nations Reserve. Further she is a co-PI of the Canadian Alliance of Health Hearts and Minds cohort study funded by the Canadian Partnership Against Cancer and Heart and Stroke Foundation of Canada. Her work is widely published amongst academic journals, and in 2019 she was inducted as a Fellow to the Canadian Academy of Health Sciences.



SAHF and COVID-19 Vaccine Webinar

Webinar building on the SAGE findings and talking about vaccine uptake and hesitancy in ethnic minority populations held on Tuesday 9th February.

SAHF AND COVID-19 VACCINE WEBINAR

Tuesday 9th February, 2021
17:30 – 19:00

➤ **OBJECTIVE: TO BUILD ON THE SAGE FINDINGS AND TALK ABOUT VACCINE UPTAKE AND HESITANCY IN ETHNIC MINORITY POPULATIONS.**

1. What are the key findings and UK Government response.
2. What actions can be taken to overcome barriers and how we can mobilise communities and engage at grassroot levels.
3. Share innovative examples for community and faith leaders and healthcare professionals to drive uptake in challenged areas

CHAIR:
Dr Kamran Abbasi
South Asian Health Foundation

➤ SPEAKERS:



Nadhim Zahawi MP
Minister for COVID-19 Vaccine Deployment



Dr Atiya Kamal
Senior Lecturer in Health, Psychology, Birmingham City University



Lilu Wheeler
Project Manager/ Public contributor for NIHR



Professor Deenan Pillay
Professor of Virology, UCL



Professor Kamlesh Khunti
University of Leicester and SAHF Trustee



Dr Harpreet Sood
GP and SAHF Trustee
Also joined by



Dr Emily Lawson
National SRO Vaccine Deployment, NHS England

Please join us on this video conference with your Q&A. We will be joined by Minister Zahawi and an expert panel to answer questions on vaccine rollout and uptake.

➤ Register free here: <https://sahf-covid-19-vaccine.eventbrite.co.uk>

www.sahf.org.uk
[@SouthAsianHF](https://twitter.com/SouthAsianHF)
info@sahf.org.uk



REGISTERED CHARITY NO: 1073178



SAHF hosted a series of seven UK-India COVID-19 webinars from the South Asian Health Foundation, Academic Health Science Network (AHSN Network) and Learn with Nurses, sharing NHS experiences of COVID-19 specifically regarding supporting healthcare workers mental wellbeing needs, with health and care professionals in other countries. The webinars:

- Covid remote monitoring and management at home
- Hospital and ICU Management of Covid-19
- Hospitals – Managing Covid-19: Logistics and Operations
- Prevention, Diagnosis and Early Management of Covid-19
- Mental Wellbeing and Support for Healthcare Workers
- Management of Long-Covid
- Palliative Care and Covid-19

Fellowships

The SAHF Fellowship is a new opportunity for healthcare professionals from all backgrounds to develop their understanding of health inequalities within the UK South Asian community. It is a unique programme where successful applicants will gain education, mentorship and networking whilst developing a community engagement project. SAHF successfully recruited 35 Fellows in 2020-21 and supported the fellows to develop ideas and initiatives across a wide range of areas related to health inequity, with a view to presenting outputs at the 2021 SAHF conference.

South Asian Health Foundation

2021 Call for SAHF Fellowship Applications

The SAHF Fellowship is a new opportunity for healthcare professionals from all backgrounds to develop their understanding of health inequalities within the UK South Asian community. It is a unique programme where successful applicants will gain education, mentorship and networking whilst developing a community engagement project.

Key Dates:

Deadline for applications: 6th December 2020
Interviews: 7th – 20th December

For further information please contact: ganesh.sathanapally@nhs.net



The pilot cohort of SAHF Associate Fellows hosted an evening of presentations and discussions on Mental Health in the times of Coronavirus on 17th June, 2021.

UK-India COVID-19 Response Webinar Series Infographics

As part of the response to the COVID-19 crisis, infographics have been created by SAHF Associate Fellows. Infographics help summarise medical literature and reduce the cognitive load on readers.

SAHF INFOGRAPHIC: MENTAL WELLBEING AND SUPPORT FOR HEALTHCARE WORKERS

WHAT ARE THE KEY POINTS?

- THE COVID-19 PANDEMIC IS SIGNIFICANTLY IMPACTING THE MENTAL HEALTH OF HEALTHCARE PROFESSIONALS
- THE BURDEN PLACED ON HEALTHCARE STAFF NEEDS TO BE RECOGNISED BY BOTH FRONT-LINE HEALTHCARE WORKERS AND THE MANAGERIAL AND SUPPORT TEAMS
- PEP INTERVENTIONS (EMOTIONAL FIRST AID) INTERVENTION (BRAIN MODEL AND PHYSICAL RESOURCES)
- WHEN ORGANISING SUPPORT, ALL ASPECTS OF THE WELLBEING OF HEALTHCARE SHOULD BE ADDRESSED

WHAT TO LOOK OUT FOR IN SOMEONE STRUGGLING WITH THEIR MENTAL HEALTH:

- SLEEP DISTURBANCE
- FEELING HELPLESS OR HOPELESS
- FEELING IRRITABLE AND ANGRY
- FEELING DETACHED FROM WORK

HOW CAN THIS WORK ON THE GROUND?

- A PSYCHOLOGICAL NEEDS ASSESSMENT CAN HELP IDENTIFY THE VARYING MENTAL HEALTH NEEDS OF DISTINCT STAFF GROUPS. EARLY SUPPORT SHOULD INCLUDE:
 - PHYSICAL SUPPORT: FOOD, ADEQUATE HYDRATION, REST SPACES, PPE, ADEQUATE BREAKS
 - MENTAL HEALTH SUPPORT: BUDDY SYSTEMS, CONFIDENTIAL SAFE SPACES AND HELPLINESS PROGRAMMES
- LOW LEVEL PSYCHOLOGICAL INTERVENTIONS SHOULD SUFFICE BUT A SMALL PROPORTION MAY NEED REFERRAL TO SPECIALIST MENTAL HEALTH SERVICES
- LEARNING SHOULD BE SUPPORTED (E.G. DE-ESCALATION TECHNIQUES, BREAKING BAD NEWS PRACTICE AND CRITICAL CARE TEACHING) IN ORDER TO PREPARE HEALTH CARE PROFESSIONALS FOR DIFFICULT SITUATIONS

OTHER CONSIDERATIONS

- WE ARE ALL HUMAN: HEALTHCARE PROFESSIONALS NEED TO BE REMINDED THAT IT IS IMPOSSIBLE TO SAVE EVERYONE
- CONTINUED LONG-TERM PSYCHOLOGICAL SUPPORT WILL NEED TO BE ORGANISED ON LOCAL AND NATIONAL SCALES
- ONE SIZE DOES NOT FIT ALL: SUPPORT NEEDS TO BE FLEXIBLE IN ORDER TO ALLOW PEOPLE TO ACCESS IT WITH A COMBINATION OF FACE-TO-FACE AND VIRTUAL SUPPORT

SAHF INFOGRAPHIC: HOSPITAL AND ICU MANAGEMENT OF COVID-19

WHAT ARE THE KEY POINTS?

- SATURATIONS <93% ON ROOM AIR AND/OR A RESPIRATORY RATE >24 INDICATES MODERATE DISEASE AND REQUIRES ADMISSION
- VENOUS THROMBOEMBOLISM PROPHYLAXIS IS AN IMPORTANT ASPECT OF MANAGEMENT
- HYPERGLYCAEMIA IS COMMON IN THOSE HOSPITALISED WITH COVID-19 AND IS ASSOCIATED WITH POORER OUTCOMES
- DEKAMETHASONE, TOCILIZUMAB AND DACTINIB HAVE AN EVIDENCE BASE TO SUPPORT THEIR USE IN SOME SETTINGS

HOW CAN THIS WORK ON THE GROUND?

- LOW-DOSE CORTICOSTEROIDS SHOULD BE GIVEN TO PATIENTS WITH AN OXYGEN REQUIREMENT, AND HAS BEEN PROVEN TO REDUCE MORTALITY
- ALL PATIENTS SHOULD BE SCREENED FOR HYPERGLYCAEMIA SO IT CAN BE IDENTIFIED AND TREATED. PATIENTS WITH KNOWN DIABETES NEED BOTH GLUCOSE AND KETONE LEVELS MONITORING.
- DISEASE SEVERITY AFFECTS THE ANTICOAGULATION DOSE RECOMMENDED
- CHOICE OF VENTILATORY SUPPORT OFFERED CAN BE DEPENDANT ON STAFFING, AVAILABILITY OF EQUIPMENT AND OXYGEN SUPPLY

OTHER CONSIDERATIONS

- PATIENTS WITH HYPERGLYCAEMIA DURING ADMISSION THAT ARE NOT KNOWN TO BE DIABETIC SHOULD HAVE A REPEAT HBA1C TWO TO THREE MONTHS AFTER DISCHARGE.
- RENAL FAILURE IS ASSOCIATED WITH POOR PROGNOSIS, INSENSIBLE LOSSES AND AMBIENT TEMPERATURE SHOULD BE TAKEN INTO CONSIDERATION TO AVOID DEHYDRATION
- THE EVIDENCE BASE FOR TREATMENT OF COVID-19 IS CONSTANTLY EVOLVING, AND SO USE OF LIVE GUIDELINES MAY HELP CLINICIANS KEEP UP TO DATE.

SAHF INFOGRAPHIC: COVID REMOTE MONITORING AND MANAGEMENT AT HOME

WHAT ARE THE KEY POINTS?

- CLINICIANS NEED TO BE WAARY OF ASYMPTOMATIC SILENT HYPOXIA, WHICH IS A POOR PROGNOSTIC MARKER.
- ROUGHLY 4 OUT OF 5 PATIENTS WILL HAVE MILD DISEASE, AND ASYMPTOMATICALLY SYMPTOMATIC ADMISSIONS SHOULD BE AVOIDED.
- WHEN MANAGING PATIENTS REMOTELY REMEMBER TO ENCOURAGE HYDRATION.

SYMPTOMS LOOK OUT FOR:

- SIGNIFICANT SHORTNESS OF BREATH
- SATURATIONS CONSISTENTLY UNDER 92%
- CHEST PAIN
- SEVERE MYALGIA

HOW CAN THIS WORK ON THE GROUND?

A ROBUST REMOTE MONITORING SYSTEM, USING A COMBINATION OF REGULAR PATIENT DOMETRY LOGS AND CLOSE TELEPHONE FOLLOW UP HAS BEEN SHOWN TO:

- IDENTIFY SICK PATIENTS EARLY
- KEEP ASYMPTOMATIC PATIENTS HOME
- PROMOTE EARLY DISCHARGE, FREED UP HOSPITAL BEDS.

PATIENTS ON OXYGEN CAN GO HOME, BUT HAVE TO BE CAREFULLY SELECTED AND REGULARLY FOLLOWED UP FOR SATURATIONS AND RED FLAGS.

PATIENTS WILL NEED TO BE GIVEN APPROPRIATE ADVICE ABOUT THEIR FUTURE HEALTH, INCLUDING:

- WHEN TO SEEK HOSPITAL ADMISSION
- WHEN THEY WILL HAVE FOLLOW UP

OTHER CONSIDERATIONS

- PATIENT TRUST AND BELIEF IN THEIR REMOTE MONITORING SYSTEM IS KEY TO SUCCESS
- ASYMPTOMATICALLY SYMPTOMATIC PATIENTS DO NOT NEED AGGRESSIVE IMAGING/MANAGEMENT
- WIDESPREAD MISINFORMATION CAN WORSEN PATIENT AND CLINICIAN ANXIETY

www.sahf.org.uk | ACCESS THE WEBINAR HERE: [QR CODE] | SOUTH ASIAN HEALTH FOUNDATION | REGISTERED CHARITY NO: 1473174

SAHF INFOGRAPHIC: HOSPITALS – MANAGING COVID-19: LOGISTICS AND OPERATIONS

WHAT ARE THE KEY POINTS?

MEASURE:

- NUMBER OF COVID VS NON-COVID EMERGENCY PRESENTATIONS
- BEDS AVAILABLE, INCLUDING ICU BEDS
- RESOURCES AVAILABLE, IE OXYGEN AND PPE
- STAFF AVAILABLE, BOTH FRONTLINE STAFF AND STAFF THAT CAN BE REALLOCATED WITH SUPPORT

MAXIMISE CAPACITY:

- SCALE UP ACUTE BEDS, AND SUPPORT CLINICAL STAFF IN THEIR MOVE TO THE FRONTLINE
- EARLY SENIOR REVIEWS LEAD TO APPROPRIATE ESCALATION OF PATIENT CARE / EARLY DISCHARGES
- THEATRES NOT IN USE CAN BE USED FOR ICU BEDS

OPTIMISE PATIENT FLOW:

- RAPID TESTING IS CRUCIAL TO SAFE PATIENT TRIAGING
- HAVE PLANS IN PLACE FOR SURGES IN CASES
- USE REMOTE MONITORING SERVICES TO FACILITATE EARLY DISCHARGE FOR APPROPRIATE PATIENTS

HOW CAN THIS WORK ON THE GROUND?

TESTING AND PROCUREMENT:

- SUPPLY OF PPE, VENTILATORS AND DIALYSIS MACHINES SHOULD BE ORGANISED PROACTIVELY
- SCALING UP TESTING NUMBERS AND REDUCING TEST TURNAROUND TIME WILL SUPPORT PROACTIVE PLANNING

INFRASTRUCTURE PLANNING:

- REGULAR MEETINGS WITH MEDICAL AND OPERATIONAL STAFF TO PROACTIVELY IDENTIFY ISSUES
- PATIENTS SHOULD BE TRIAGED IN ASSESSMENT AREAS, AND MANAGED ON COVID-NEGATIVE WARD
- TO PREVENT CROSS-INFECTION
- SCALE BACK NON-EMERGENCY SERVICES IF NECESSARY TO SUPPORT THE FRONTLINE

HUMAN RESOURCE AND STAFF PLANNING:

- PRACTICAL WORKFORCE SUPPORT: ENSURE A FRAMEWORK IS IN PLACE FOR STAFF SUPPORT.
 - TRAVEL AND ACCOMMODATION
 - PSYCHOLOGICAL SUPPORT
 - ROSTERING TO ENSURE CLINICAL STAFF DO NOT BURN OUT AT THE FRONTLINE
 - REGULAR AND CLEAR COMMUNICATION ON HOSPITAL BED STATUS AND MANAGEMENT
- TRAINING:
 - ENSURE GUIDELINES ARE EASILY AVAILABLE TO STAFF
 - RESERVE TRAINING, WITH CLOSE SUPERVISION AND SUPPORT OF STAFF NEW TO ACUTE CARE
 - INFECTION CONTROL TRAINING FOR STAFF

OTHER CONSIDERATIONS

- IMPORTANT TO ADVISE THE PUBLIC THAT NON-COVID CARE FOR EMERGENCIES IS STILL AVAILABLE. CLEAR PUBLIC MESSAGING IS KEY.
- RUNNING ELECTIVE CANCER SERVICES DURING COVID:
 - CONTINUE TO RUN DISEASE LOW-RISK CARE THAT DOESN'T REQUIRE PROLONGED ADMISSION AND INTERVENTIVE CARE TREATMENT
 - DECENTRALISE SERVICES TO INCREASE CAPACITY WHERE POSSIBLE. PROVIDE CLOSE OVERSIGHT AND TRAINING
 - MAKE ADJUSTMENTS TO DOSING (CONSIDER HYPOFRACTONATED REGIMENS) AND DELIVERY (ORAL TREATMENT WHEN POSSIBLE)
 - TELECONSULTATIONS REDUCE FOLLOW UP BURDEN ON STAFF AND ARE EASIER FOR PATIENTS

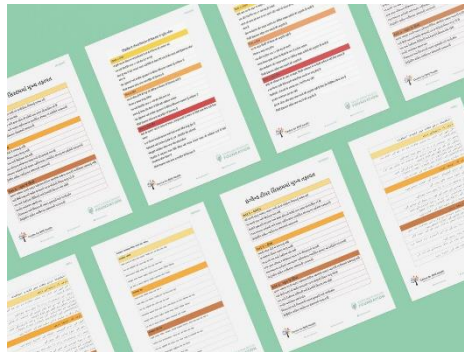
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COVID-19 in Black, Asian and Minority Ethnic populations: Undoubtedly, the majority of SAHF activity in 20-21 related to responding to the COVID-19 pandemic. Trustees worked hard to generate ‘An evidence review and recommendations from SAHF’ which was shared across the globe and informed significant initiatives and research. We developed new recommendations to protect BAME communities from the disproportionate impact of COVID-19 have been issued to help “close the gap” in health inequality. The recommendations are based on the most updated evidence.



COVID-19 Lockdown Tiers in South Asian Languages

We translated the COVID-19 Tier System into a variety of languages to get the right information to these communities. This was just one example of how SAHF generated multi-lingual advice as soon as it was produced in order to save lives and support communities.



COVID-19 Infographics in different Languages

We created infographics to help summarise 'Factors associated with COVID-19 transmission and mortality' and 'Prevention and protection of the South Asian Communities from COVID-19' in a variety of languages to get the right information to these communities.



Ramadan and COVID-19 vaccine hesitancy—a call for action

The Islamic month of fasting, Ramadan, begins around April 12, 2021. In 2020, Ramadan coincided with the beginning of the COVID-19 pandemic, moving what is a month of communal prayers and social gatherings into the era of virtual prayers. 2021 brings further challenges with ongoing virtual prayers and a global vaccination programme. For 1.9 billion Muslims worldwide, Ramadan coinciding with the vaccination programmes crucially means that their vaccinations might be offered during this time. With ongoing concerns of vaccine hesitancy among minority ethnic populations,¹ could Ramadan impede successful vaccination roll-out?

Ramadan fasts require Muslims to abstain from food and drink during daylight hours (exemptions include ill-health). Fasting during Ramadan also requires "refraining from anything enters the body cavities".² Although for most people, this term applies only to nutrition or medicine entering the gastrointestinal tract or brain, some reluctance to receiving vaccinations is anticipated during Ramadan.

To date, there is little global information surrounding vaccination hesitancy during this Islamic month of fasting; historically, vaccination programmes have not been rolled out with such urgency. During the west African Ebola epidemic, a study³ in Guinea showed a high overall acceptability of vaccination during Ramadan by Muslim scholars (80%), but a significantly lower acceptance in the general Muslim population (40%). Furthermore, a boycott of the polio vaccination campaign in three states in Nigeria following misinformation was resolved when Nigerian religious leaders received assurance about vaccine safety, subsequently confirming its acceptability to the communities.⁴

Growing concerns around uptake of the COVID-19 vaccine during Ramadan are focused on whether the injection invalidates the fast, any possible side-effects, and whether people have to break the fast. Therefore, there is an urgent need for a global call for action to reduce vaccine hesitancy.

The public and health-care professionals need to be made aware of the announcements by Muslim scholars advising that the COVID-19 vaccine is permissible during Ramadan, without invalidating the fast. The statement, made in March, 2021, from the president of Two Holy Mosques in Saudi Arabia, should allay any religious concerns.⁵

Ebola and polio vaccination programmes highlight the key role that religious leaders play in promoting acceptability and education of their communities towards vaccination during Ramadan. Religious leaders should use Friday prayer sermons to promote the acceptance of vaccines, dispelling myths with worshippers.

Despite these efforts, some people still do not wish to be vaccinated during fasting hours. A solution to this problem would be to extend vaccination times outside of fasts, such as during special Ramadan nightly prayers, Taraweeh. Using mosques as vaccination sites would allow vaccinations to occur during Ramadan, including in non-fasting hours. Concerns about vaccine-related side-effects and requiring to break the fast should be addressed and weighed against the serious morbidity related to COVID-19. Vaccinations are the greatest tool to aid the world back to normality, and to the gradual return of celebrating festivals and future Ramadans.

KK is a director at the University of Leicester Centre for Black Minority Ethnic Health, chair of the Ethnicity Subgroup of the Scientific Advisory Group for Emergencies (SAGE), and a member of Independent SAGE. All other authors declare no competing interests.

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*Sarah N Ali, Wasim Haniff, Kiran Patel, Kamlesh Khurshi, on behalf of the South Asian Health Foundation, UK sarah.ali@sahf.org



Published Online
April 7, 2021
[https://doi.org/10.1016/S0140-6736\(21\)00779-0](https://doi.org/10.1016/S0140-6736(21)00779-0)

Royal Free London NHS Foundation Trust, London NW3 2QG, UK (SNA); University Hospitals Birmingham, Birmingham, UK (WP); University Hospitals Coventry and Warwickshire NHS Trust, Warwick Medical School, University of Warwick, Coventry, UK (KP); Diabetes Research Centre (KK), and the Centre for Black Minority Health (KK), University of Leicester, Leicester, UK

- 1 Scientific Advisory Group for Emergencies. Factors influencing COVID-19 vaccine uptake among minority ethnic groups. 17 December 2020. Jan 25, 2021. <https://www.gov.uk/government/publications/factors-influencing-covid-19-vaccine-uptake-among-minority-ethnic-groups-17-december-2020> (accessed March 13, 2021).
- 2 Bhanji UJ. The fast of fasting in the Hanafi madhab. July 31, 2010. <https://islampaq.org/hanafi/seekingguidance-hanafi/32700> (accessed March 13, 2021).
- 3 Puffer-Srnadz N, Ouedraogo R, D'Artenio E, et al. Vaccination and blood sampling acceptability during Ramadan fasting months: a cross-sectional study in Conakry, Guinea. *Vaccine* 2012; 30: 2569-74.
- 4 Ghina I, Willett C, Dadat I, Larson HJ. Listening to the rumours: what the northern Nigeria polio vaccine boycott can tell us ten years on. *Glob Public Health* 2013; 8: 1138-50.
- 5 Sharifain H. COVID-19 vaccine does not invalidate the fast during Ramadan. *Abdul Rehman Al Sudais*. March, 2021. <https://www.haramainsharfa.com/2021/03/covid-19-vaccine-does-not-invalidate-fast.html> (accessed March 10, 2021).

Submissions should be made via our electronic submission system at <http://ees.elsevier.com/thelancet/>

Review |  Free Access |

Managing People with Diabetes Fasting for Ramadan During the COVID-19 Pandemic: A South Asian Health Foundation Update

S. Hanif, S. N. Ali, M. Hassanein, K. Khunti, W. Hanif

First published: 25 April 2020 | <https://doi.org/10.1111/dme.14312> | Citations: 12

 Rapid response to:

Covid-19: Countries rally to support India through “storm that has shaken the nation”

BMJ 2021 ; 373 doi: <https://doi.org/10.1136/bmj.n1086> (Published 26 April 2021)

Cite this as: *BMJ* 2021;373:n1086

Read our latest coverage of the coronavirus pandemic

Article

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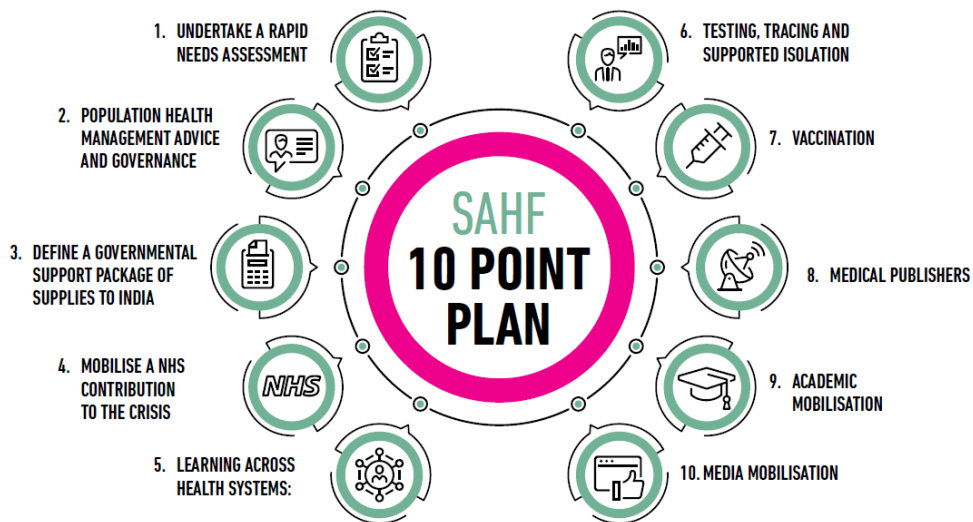
Rapid Response:

Open letter from Trustees of South Asian Health Foundation. COVID-19: Call to action on global inequalities











27 April 2021
Amitava Banerjee

The Covid-19 Crisis in India

South Asian Health Foundation launches a call to action and a step change in collaboration to build on the excellent global effort during the pandemic.



SAHF 10 POINT PLAN

- 
1. UNDERTAKE A RAPID NEEDS ASSESSMENT: we must support the Indian government to identify needs and then mobilise our governmental and non-governmental agencies to meet that need.
- 
2. POPULATION HEALTH MANAGEMENT ADVICE AND GOVERNANCE: we must develop guidance to support the Indian government to stop the wave of spread across India and south Asia.
- 
3. DEFINE A GOVERNMENTAL SUPPORT PACKAGE OF SUPPLIES TO INDIA: the DH, UKTI and NHS must generate a coordinated offer of support.
- 
4. MOBILISE A NHS CONTRIBUTION TO THE CRISIS:
 - The UK has a significant south Asian diaspora supporting its healthcare system, many of whom will be seeking information and updates and also wanting to know how they can help
 - Could NHS organisations enable diaspora to support the effort and how?
 - Can NHS leadership consider if and how its workforce can contribute to the global health crisis.
 - We recommend NHS leadership meets urgently to scope potential offers of support from NHS organisations and arms length bodies whilst scoping and mitigating consequent risks to NHS capacity and capability.
- 
5. LEARNING ACROSS HEALTH SYSTEMS: all health systems must share learning as a global community:
 - We have learned a great deal at pace throughout the pandemic.
 - We have learned about how the coronavirus behaves, how we can prevent infection, how we can treat hospitalised patients and how we can organise health system responses to the pandemic in different health systems.
 - We have learned about the health inequity of COVID-19 infection and the destruction and devastation it leaves in its path.
 - We know that the management of non communicable diseases is vital in both the pre and post COVID worlds.
 - It is time to disseminate and share our learning with vigour.
- 
6. TESTING, TRACING AND SUPPORTED ISOLATION:
 - The scale of testing required in all economies is vast, but in south Asian countries, it is imperative that testing along with measures to isolate and quarantine, reaches the entire population.
 - Rurality and deprivation pose significant challenges and every effort must be made to address these challenges in order to reduce risk for the most vulnerable.
 - The economic consequence of isolation and quarantine poses a specific series of issues in healthcare economies where universal healthcare is not fully achievable.
 - The risk of impoverishment through either out of pocket expenditure for healthcare, or economic inactivity consequent to isolation and quarantine, requires partnership between governmental and non-governmental agencies
- 
7. VACCINATION:
 - Support the global COVAX initiative to use principles of global health equity to ensure procurement and utilisation are driven by need.
 - Every effort across countries and industry must be made to avoid impediment to production, procurement, distribution and administration.
 - Support vaccination programmes and share learning from countries where scale and pace has been delivered e.g. UK, Israel
- 
8. MEDICAL PUBLISHERS: we call upon international journal editors to raise the profile of health needs and generate impetus for support across government organisations. This will build upon the excellent contributions of the publishing world and academic communities to date. If there are moral and ethical debates to be had, let us have them now and generate action to save lives now rather than regret missed opportunity.
- 
9. ACADEMIC MOBILISATION: it is time to collate, synthesise and share learning for direct utilisation by clinicians and institutions in India. We must collate the guidelines and guidance from within the NHS and share it.
- 
10. MEDIA MOBILISATION: media sources have a responsibility to ensure factual information is conveyed to the public. We encourage all Asian media sources to ensure appropriate and evidenced information is conveyed to the public both in the UK and across Asia.

The South Asian Health Foundation (UK) Guidelines for Managing Diabetes during Ramadan: 2020 Update

Hanif W, Patel V, Ali SN, Karamat A, Saeed M, Hassanein M, Syed A, Chowdhury TA, Farooqi A, Khunti K

➤ **DVD**

Meri Baatein/Inner Voices DVD, launched at the annual conference in October 2016, continued to be used at community engagement meetings to great effect. 'Meri Baatein' or Inner Voices captures real conversations of people with diabetes, as reflected upon themselves. SAHF continues to distribute copies of this excellent health promotion DVD.

➤ **Walk in the Park Community Event**

We continued to host community based health promotion with our 'walk in the park' events to encourage physical exercise and to improve health and to significantly reduce risk of illnesses such as Type 2 diabetes, heart disease, stroke or cancer. Dr Amal Lad has been exemplary in leading this community activity and every week, leads a community walk event in Walsall, come rain or shine. These efforts were all the more important due to the pandemic and outdoor spaces being deemed safe.

➤ Media and Communications

 TWITTER: @SouthAsianHF	 YOUTUBE:	 WEBSITE: www.sahf.org.uk	 Instagram: southasianhf
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Future activities

- Forge links across the health and social care spectrum to address health inequality
- Continue addressing areas of need in delivering high quality community grassroots education sessions
- Raise funds for SAHF through industry and community engagement
- Source funding for Educational resources for Mental Health Awareness
- Bespoke Event in January/February 2021
- Updating the '*Diabetes UK and SAHF recommendations on diabetes research priorities for British South Asians*'
- Engaging with BAME (Black, Asian and Minority Ethnic Communities)

Final Remarks

This year was dominated by the pandemic and SAHF played a significant role in the UK and global response from the 3rd sector. The South Asian Foundation continues to flourish in an environment that has seen many health charities ceasing to exist after only a few years in existence. It is truly a point for celebration that the 22nd Annual Conference will run in 2021, at a time when there is significant economic challenge for the charity. Our conferences have always attracted the highest calibre of international and national experts on South Asian Health and participants from statutory and voluntary sectors. Our strategy has been developed and we will focus our effort on the application of research findings into clinical practice and Healthcare Professional education. We will need to become more proactive in certain specialist areas of work such as Mental Health. These are significant issues amongst the South Asian Community and require considerable time and effort to reduce the burden of Mental Health.

Our work could not continue were it not for the dedication and commitment of our trustees and working group members, who continue to devote time and energy to the objectives of SAHF. In doing so, SAHF impart education and guidance to healthcare professionals, patients and carers not only in the UK but globally, thus improving the health and wellbeing of populations prone to health inequality.

SOUTH ASIAN HEALTH FOUNDATION (UK)
STATEMENT OF FINANCIAL ACTIVITIES
YEAR ENDED 31 MARCH 2021

	Unrestricted £	Restricted £	2021 Total £	2020 Total £
Income from:				
Donations	79,488	-	79,488	192,311
Other	364	-	364	799
Total Income	79,852	-	79,852	193,110
Expenditure on:				
Charitable activities	(35,028)	-	(35,028)	(152,204)
Total Expenditure	(35,028)	-	(35,028)	(152,204)
Net income	44,824	-	44,824	40,906
Reconciliation of Funds				
Total funds brought forward	123,925	79,797	203,722	162,815
Total funds carried forward	168,749	79,797	248,546	203,722



Professor K C R Patel - Chairman
Signed on behalf of the Board of Trustees

SOUTH ASIAN HEALTH FOUNDATION (UK)
BALANCE SHEET AS AT 31 MARCH 2021

	<u>2021</u>	<u>2020</u>
	£	£
Fixed Assets	188	250
Current Assets		
Cash at Bank	<u>248,546</u>	<u>203,722</u>
	248,734	203,972
Creditors – Amounts falling due within one year	<u>(188)</u>	<u>(250)</u>
Net Current Assets	248,546	203,722
Funds		
Unrestricted Funds	168,749	123,925
Restricted Funds	<u>79,797</u>	<u>79,797</u>
	248,546	203,722



Professor K C R Patel - Chairman
Signed on behalf of the Board of Trustees

SOUTH ASIAN HEALTH FOUNDATION (UK)
NOTES TO THE ACCOUNTS - 31 MARCH 2020

Accounting Policies

General

The Financial Statements have been prepared under the Historical Cost Convention and in accordance with the applicable accounting standards and the charities SORP (Statement of Recommended Practice: 'Accounting by Charities').

Summary of Net Assets by Funds

	Unrestricted Funds	Restricted Funds	Total
Net Current Assets	£168,749	£79,797	£248,546

Expenditure

	2020
Core Activities	£15,673
Administrative Expenses	£11,970
Conference Travel Expenses	£4,927
IT Expenses	£2,458
Total	£35,028

Notes to the Accounts

1. Depreciation policy: 25% depreciation is charged to Core Work.
2. Creditors represent an accrual for expenses.
3. £11,970 (2020: £12,667.50) was spent on administrator support for the charity.
4. During the year, £nil (2019: £219) was spent on expenses for Trustees, for conference travel.



SOUTH ASIAN HEALTH
FOUNDATION



@SouthAsianHF



www.sahf.org.uk



info@sahf.org.uk

SAHF Annual Report 2020/2021
V1.0 December 2021

THE SOUTH ASIAN HEALTH FOUNDATION (U.K.)

(Registered Charity No. 1073178)



ANNUAL TRUSTEES REPORT 2020-2021

Trustees' Annual Report 2020-2021

Governing Document

Trust Deed

Charity constitution

Trustees incorporated as a body

Charity Address

39 Westfield Road, Edgbaston, Birmingham, B15 3QE

Bankers

Santander and Lloyds

Patrons

Lord Naren Patel Kt has held several esteemed positions including Chair of the National Patient Safety Agency, Chair of the Specialist Training Authority, Chairman of the Clinical Standards Board for Scotland and Chairman of the Specialist Training Authority in Scotland, in addition to holding a life peerage in The House of Lords. He has also held the prestigious positions of President of the Royal College of Obstetrics and Gynaecology and Chairman of the Academy of Royal Medical Colleges.

Professor Ajay Shah is the British Heart Foundation Professor of Cardiology at King's College, London. He is one of the most respected academics and clinicians in the international cardiology community and has an inspirational record of academic achievement. In addition, he has been elected to the Fellowship of the European Society of Cardiology and the Academy of Medical Sciences.

Professor Raj Bhopal CBE is Professor of Public Health at Edinburgh University, Fellow of the Faculty of Public Health Medicine and the Royal College of Physicians of Edinburgh. He is an expert in, and internationally respected leader of health research in ethnic minority communities. He was bestowed the first SAHF Global Lifetime Achievement award in 2009 for services to the field of Ethnicity in Health.

Dr Kamran Abbasi is South Asia Editor of the British Medical Journal and also editor at the Journal of the Royal Society of Medicine. He is also an acclaimed medical journalist and has written for the Health Foundation, one of numerous other contributions too extensive to list here.

Dr Rashmi Shukla CBE is Public Health England Regional Director, Midlands. She was a National Director in the PHE transition team, to support the transfer of public health functions from PCTs to local authorities. Her national roles include being Co-chair for the Sexual Health Forum with Baroness Joyce Gould and being an active member of the NIHR Public Health Programme Advisory Board.

Trustees during year 2020-2021

Professor Kiran C R Patel (Chairman of Trustees) graduated from Cambridge University in 1993 and currently has several roles and responsibilities. He works as a Consultant Cardiologist (with a subspecialist interest in heart failure and device therapy) and is Chief Medical Officer at University Hospitals of Coventry and Warwickshire. He holds Honorary Chairs at the Universities of Warwick and Coventry. In 2008 he was elected a Fellow of the Royal College of Physicians, one of the youngest Fellows of the College.

He started consultant life at Sandwell and West Birmingham NHS trust and having spent only 3 years as a Consultant, was appointed as a Clinical Lead for the West Midlands Strategic Health Authority, where he developed strong partnerships between Public Health, primary care and acute care. He was regional Clinical Director for the QIPP (Quality, innovation, productivity and prevention) programme for the Strategic Health Authority. He was then seconded to oversee the NHS transition as Medical Director for Primary care in West Mercia before a period as Medical Director at Good Hope hospital and then moved to his current role. He is also regional representative for the International Health Group of the Department of Health in England and continues as regional representative for the invasive cardiology clinical reference group for specialised commissioning.

He was founder member and continues to be Chair of the South Asian Health Foundation. He was trustee to the UK Health Forum 2003-2012. The expertise gleaned from both the NHS and voluntary sectors, led to him advising the Public Health Foundation of India on developing healthcare systems in 2009-10 and informing the ministerial briefing for the UN Summit on non-communicable disease in 2011. Back home in the UK, he has worked with NICE, where he has been involved in formulating 4 guidelines. In 2009, he was invited to be a speaker at the RCP dialogue on clinical contributions and solutions to Social Determinants of health. He has published and lectured widely on a national and international scale, not only in the field of cardiology, but more widely on social determinants, health systems and healthcare strategy.

He has also contributed to several other regional, national and international boards and committees too numerous to list, demonstrating that when a clinician puts his or her mind to being more than a frontline clinician, they can achieve and contribute much more than medical school has taught them.

Professor Wasim Hanif is a Consultant Diabetologist in Birmingham and also an academic in the field of ethnicity and diabetes. He also serves on several national bodies, including the National Institute for Health and Clinical Excellence Technology Appraisal group. He is currently Chair of the SAHF Diabetes group and leads several highly successful community health promotion and education programmes in that capacity. Internationally, Wasim also is engaged with the Prevent India programme based in Hyderabad and is a global leader in the field of Ramadan and diabetes.

Professor Kamlesh Khunti is Professor of Primary Care Diabetes and Vascular Medicine, University of Leicester, UK. He leads a research group undertaking research into the early identification and interventions in people with diabetes. His work has influenced national and international guidelines on screening and management of people with diabetes. He is Director of East Midlands CLAHRC and Co-Director for the South East Midlands Diabetes Research Network, Co-Director of a Clinical Trial Unit. He is a principal investigator on several major studies. He is currently an advisor to the Department of Health's National Screening Committee on Vascular Risk, Clinical Advisor for the Diabetes NICE-led QOF Panel, Secretary of the Primary Care Study Group of the European Society of Diabetes (EASD), and member of the International Diabetes Federation Working Group on Diabetes Screening Risk Scores. He is Co-Director of the Diabetes MSc at Leicester University and the BMJ Diabetes Diploma. He is past Chair of the Department of Health-RCGP Committee on Classification of Diabetes and Chair of the NICE Guidelines on Prevention of Diabetes.

Professor Vinod Patel is Director of Clinical Skills and the Diabetes Masters Programme at Warwick Medical School at the University of Warwick. He is also Consultant Physician in Endocrinology and Diabetes, Acute Medicine and Medical Obstetrics at the George Eliot Hospital NHS Trust. His main interest is the application of clinical evidence into practical diabetes care to improve patient experience, reduce diabetes complications and prevent diabetes. He has created e:learning modules on diabetes for the BMJ Masterclasses in Diabetes. The clinical skills teaching methods have been incorporated into a textbook by Oxford University Press and 17 videos for world-wide use. His work within his own diabetes department, in partnership with Apnee Sehat (Community Interest Community), was awarded the NHS England Diabetes Innovation Prize in 2015. His diabetes department is very active in research. His colleague, Dr Saravanan was recently awarded a large MRC grant to pursue his work in Diabetes and Pregnancy. This work will be carried out in India, UK and Kenya.

Dr Amitava Banerjee is an Honorary Consultant in Cardiology at the Farr Institute of Health Informatics in August 2015. In addition to general cardiology, he has special interest in heart failure and atrial fibrillation, and also the role of informatics and electronic health records in delivering better patient care. Ami has been a Trustee of the South Asian Health Foundation since 2014 and has been an active member of the Cardiovascular Working Group.

Professor Paramjit Gill is Professor of General Practice at the University of Warwick and practices in a deprived, diverse practice in Coventry. He is engaged in inter-disciplinary research encompassing methodologies from both the quantitative and qualitative paradigms. The thread cross cutting this is the promotion of research excellence in primary care by addressing health inequalities, particularly amongst the migrant communities; and evidence-based health care and its application to health care delivery.

Dr Amal Lad is a GP trainee based in West Midlands. He is passionate about using creative approaches to improving health awareness within the South Asian community. From his participation in the NHS Clinical Entrepreneur Programme, he has developed the "Meducasian" project which is a collaboration between health care professionals and local communities to break the stigma surrounding mental illness. Aside from being a doctor, Amal is a keen musician and has produced music for a number of film and theatre projects.

Ranjit Dhillon is a cardiac nurse specialist based in Birmingham. She has an established career in cardiac rehabilitation and in 2016 joined a team establishing England's first familial hyperlipidaemia service for comprehensive assessment and cascade screening in the West Midlands.

Dr Sarah Ali is a Consultant in Endocrinology, Diabetes and General Medicine at Royal Free London NHS Foundation Trust. She is the Clinical Lead for the Barnet Diabetes Community Service and the Diabetes Antenatal Service. She is a committee member as a Consultant Diabetologist for the National Institute for Health and Care Excellence (NICE) Diabetes guidelines update and works on a number of diabetes research and national projects, including a NHS England project on the delivery of Diabetes in the PCN. She is additionally a Trustee for the South Asian Health Foundation. Her specialist interests include diabetes in South Asians, health inequalities in the BAME communities, the delivery of high-quality Community diabetes care, diabetes in pregnancy and diabetes in Ramadan, with publications in these fields.

Dr Harpreet Sood is a Clinical Advisor for the COVID-19 Vaccine programme, a GP and a board member at Health Education England. Harpreet is currently a NHS primary care doctor in London and a digital health expert. Harpreet also sits on the board of Health Education England, a £4.5bn organisation training and developing 160,000 staff across the NHS, where his focus is on developing digital and data science skills for the workforce.

Kiran Sehmi is the Director of National and Regional Public Health programmes at the Royal Society for Public Health.

Objectives

The Charity's objects ("the objects") are "to relieve or assist in efforts to relieve persons living in the U.K., particularly those of South Asian origin, who are experiencing conditions of sickness, hardship or distress in particular by supporting organizations; implementing and establishing developmental projects which serve the needs of those persons and improve their conditions of need."

Chairman of Trustees Report: A Review of Activities, Achievements and Development Plans

Structure of SAHF

The formal operational policy originally approved and adopted by SAHF at the AGM in December 2006 was renewed in 2018 and continues to be the charity's operating procedure. This policy covers important areas such as conflicts of interest which are essential to safeguard SAHF against in light of the interaction it has in an advisory capacity to several bodies. The policy underwent minor revisions to its travel policy in light of the need for continued restraint in the current economic climate.

- Current Chairpersons and group members are:-

Diabetes Group	
Professor Wasim Hanif (Chair)	Professor Vinod Patel
Prof Kamlesh Khunti (Chair)	Prof Kiran Patel
Dr Sri Bellary	Dr Mohammed Roshan
Prof Sudhesh Kumar	Dr Kamal Ali
Prof Nita Forouhi	Dr Rahul Nayar
Dr Sailesh Sankar	Dr Paramjit Gill
Dr Ateeq Syed	Dr Sukhdev Singh

Cardiovascular Group	
Dr Mahendra Patel (Chair)	Dr Justin Zaman
Dr Amitava Banerjee	Prof Kiran Patel
Prof Raj Bhopal	Prof Paramjit Gill
Sr Ranjit Dhillon	

Ethnicity and Health

Since 2001, SAHF has decided to direct the majority of the work of the charity towards the field of ethnicity and health, to fill a void and meet a need in the UK. The following strategies continue to form the priority areas of work for the SAHF.

1. To promote improvements in the quality of, and access to, healthcare and health promotion in South Asians.
2. To promote research that leads to the above objectives
3. To act as an advocacy group and advisory body

The aims are defined as SAHF needing to practically strive to achieve success in the following areas:-

- To act as a strategic think tank and provide leadership in policy and health advocacy for professionals and patients

- To promote health and provide education and resources to both healthcare professionals and patients.
- Aim to improve access to services by highlighting areas of need and potential improvement
- To facilitate the development of a network of healthcare professionals to disseminate information and improve cohesive working
- To promote high quality research and to facilitate research and dissemination of research findings wherever possible.

The impact of good health extends far beyond mental and physical well-being. Good health contributes to ameliorating social disadvantage for both the individual and consequently the community. The expertise present within the Board of Patrons and Trustees enables SAHF to address issues concerning ethnic minority healthcare in all tiers of society from Government policy to a grass roots level. In the field of research, the charity aims to ‘catalyse’ and facilitate collaboration rather than undertake research directly in the arena of ethnic health. It aims to commission work where a need is identified. The charity has undertaken a responsibility not only to obtain information, but also to disseminate it to the general public. We continue to develop and promote health interventions in collaboration with the Department of Health, Diabetes UK and the British Heart Foundation, as well as numerous other Governmental and non-governmental organisations.

Although in the past decade SAHF has hosted several specialty groups, in 2018 a decision was made by trustees to focus its efforts in areas where there was a clear healthcare need coupled to strength in leadership. We have therefore focussed efforts in 20-21 to diabetes and cardiovascular disease but due to the pandemic, we also allocated significant resource and effort to the pandemic.

NICE

SAHF and its members have contributed to over 120 NICE guidelines to date, ranging from Chairmanship of guidelines groups and technology appraisal committee membership, to stakeholder input. In 2007, Prof Kiran Patel and Dr Rubin Minhas also appeared before the Health Select Committee as external experts on the investigation into NICE and advised how the voluntary sector could work transparently and effectively with industry and NICE. In 2010, SAHF contributed to consultations on the changing roles and responsibilities of NICE. Prof Wasim Hanif has served on the Technology Appraisal Committee in 2010-13 and Dr Minhas served on the Technology Appraisals committee and also Chaired the Familial Hyperlipidaemia guideline.

Wider Stakeholder Contributions:

SAHF continues to work collaboratively with many organizations, just a sample of which are listed below:

- Government Health Committees
- Dept of health e.g. South Asian CHD toolkit
- Kings Fund
- NICE Guideline groups and appraisal committees
- UK Health Forum

- British Medical Journal (South Asia Awards)
- British Heart Foundation
- Diabetes and Ramadan Alliance
- Men's Health Forum
- British Cardiovascular Society
- British Society of Rheumatology
- British Society of Gastroenterology
- Multiple Sclerosis Society
- NHS England
- Nuffield Council of Bioethics
- NGO Forum
- National electronic library for health
- British Cardiovascular Society
- Diabetes UK
- Silver Star Appeal
- APNA NHS
- CHIEF – Community Health Involvement & Empowerment Forum
- British Transplant Society
- UK National Kidney Federation
- Commonwealth Foundation
- World Health Organisation
- International forum on Smokeless Tobacco
- Scottish Youth Forum
- SANSKAR Canada
- Centre for Ethnic Health Research
- International Diabetes Federation

Medical Student Bursaries

Each year SAHF competitively awards at least one and usually two medical student elective bursaries. These are awarded to students with a view to helping the students to undertake a period of study and experiential learning in a field of medicine relating to south Asian healthcare. We encourage students to deliver papers at a national meeting and invite them to our annual conference to present either as a poster or oral presentation. We continue to have strong applications and this year we awarded 2 bursaries to medical students.

Events

➤ Annual Diabetes Ramadan Conference

On Thursday 25th March 2020, the South Asian Health Foundation (SAHF) together with the Diabetes and Ramadan Alliance (www.daralliance.org), held the 5th Annual Diabetes in Ramadan Conference virtually due to the Covid-19 Pandemic. Over 550 delegates joined, ranging from secondary care Consultants, GPs, practice nurses, pharmacists, and researchers

to scientists and lay patient and public representatives. The aims of the conference were to highlight the best care of Muslim patients with diabetes who wish to fast in Ramadan, as well as being a forum to discuss the latest evidence in diabetes care during Ramadan and potential research opportunities.

Speakers included eminent Professors, Consultants, GPs, Specialist dietitian, Pharmacist and an Islamic Religious Scholar, all with an interest in Diabetes and Ramadan. The conference addressed the issues around the religious basis of fasting, the epidemiology of diabetes in Ramadan along with the risk of complications, the latest UK and International Diabetes Federation Guidelines for managing diabetes in Ramadan, latest research publications and the views of religious scholars on fasting in Ramadan.

The sixth annual conference will take place in March 2022. In keeping with previous conferences key national and international speakers are being secured to deliver presentations.



Fasting during the Holy month of Ramadan constitutes as one of the five pillars of the Muslim faith. Patients with medical conditions are exempted, including many with diabetes, but a large number continue to fast as a part of cultural norm contravening religious and medical advice. The aim of this conference is focusing on enhancing delivery of diabetes care in Ramadan through a series of presentations, with a focus on COVID-19.

To mark the publication of the IDF-DAR Diabetes and Ramadan Practical Guidelines 2021, the International Diabetes Federation (IDF) and the Diabetes and Ramadan (DAR) International Alliance are hosting a series of online workshops

> EXPERTS INCLUDE:

	Dr Mohamed Hassanein Dubai Hospital and Cardiff University		Prof Wasim Hanif University Hospital Birmingham		Dr Ateeq Syed Heart of England NHS Foundation Trust
	Prof Tahseen Chowdhury Royal London Hospital		Dr Sarah Ali Royal Free London NHS Foundation Trust		Dr Mohammad Alhadj Ali Cardiff University

[REGISTER FREE HERE](#)

Sponsored by:



In partnership with:



South Asian Health Foundation have received funding to support the delivery of their conference from their sponsors. The sponsors have not had any input into any arrangements or content.

www.sahf.org.uk

[@SouthAsianHF](https://twitter.com/SouthAsianHF)

info@sahf.org.uk

➤ **Train the Trainer**

On Friday 9th April, the South Asian Health Foundation (SAHF) together with the Diabetes and Ramadan Alliance (www.daralliance.org) and International Diabetes Federation (IDF) held a Train the Trainer workshop.



The image shows a slide titled "DaR Train the Trainer Workshop" with a blue and light blue background. It contains a table of the workshop agenda, including time slots, topics, and speakers. The time slots are listed in UK Time (02:00 PM) and CET (03:00 PM). The topics range from an introduction to the TTT and DAR Global Survey 2021 to a panel discussion and a closing session. The speakers listed include Mohamed Hassanein, Wasim Hanif, Muhammad Ali Karamat, Mujahid Saeed, Sarah N Ali, Ateeq Syed, and TBC.

UK Time (02:00 PM) CET (03:00 PM)	Topic	Speaker
02:00 - 02:05 PM	Intro to TTT and DAR Global Survey 2021 Moderator: Wasim Hanif	Mohamed Hassanein Wasim Hanif
02:05 - 02:20 PM	Type 1 Diabetes	Muhammad Ali Karamat
02:20 - 02:35 PM	Basal Insulin & GLP1RA	Mujahid Saeed
02:35 - 02:50 PM	Mix Insulin, MF & SGLT2	Sarah N Ali
02:50 - 03:05 PM	OHG including SU & Basal Insulin	Ateeq Syed
03:05 - 03:20 PM	Pregnancy	TBC
03:20 - 03:40 PM	Panel Discussion	
03:40 PM	Close	Wasim Hanif



➤ **SAHF Annual Conference**

The 21st annual diabetes conference took place on Thursday 15th October virtually due to the Covid-19 Pandemic. This year, the theme was about addressing **Diabetes and MultiMorbidity, Challenges and Education in a Global Pandemic**. The conference covered tailored, expert advice on managing the various aspects of diabetes and cardiovascular disease in the South Asian population during a global pandemic.



**SOUTH ASIAN HEALTH
FOUNDATION**

21st SAHF Global Virtual Conference
Diabetes and Multimorbidity, Challenges and Education in a Global Pandemic
Thursday, 15th October 2020

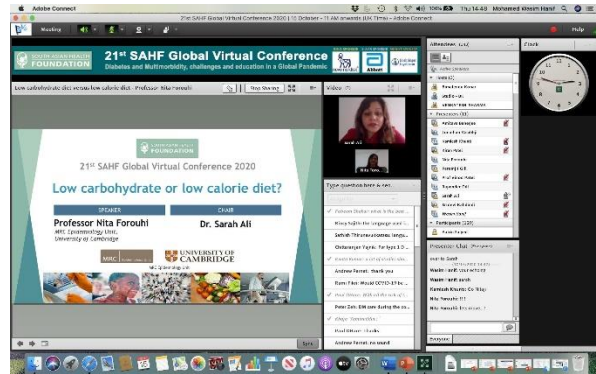
SCHEDULE

<p>11:00 – 11:10 Chair's welcome (SAHF perspective) Professor Kiran Patel</p> <p>11:10 – 11:30 Diabetes "Language Matters" Professor Partha Kar</p> <p>11:30 – 11:50 Diabetes UK perspective Mr Chris Askew</p> <p>11:50 – 12:10 NHS diabetes perspective Professor Jonathan Valabhji</p> <p>12:10 – 12:30 Panel Discussion Professor Jonathan Valabhji Professor Partha Kar</p> <p>12:30 – 12:50 Latest update on Trials Dr Amar Puttanna</p> <p>12:50 – 13:10 20 minute Break</p> <p>13:10 – 13:45 Are GLP1RA the second line drug of choice for South Asians? Dr Abd Tahrani Symposium Sponsored by Novo Nordisk</p>	<p>13:45 – 14:15 COVID 19: Ethnicity and Mental Health Dr Sridevi Kalidindi</p> <p>14:15 – 14:45 NASH/NAFLD in relation to T2DM Professor Philip Newsome</p> <p>14:45 – 15:15 Low carbohydrate diet versus low calorie diet Professor Nita Forouhi</p> <p>15:15 – 15:45 Novel Insights from recent CVOTS Dr Thomas Barber</p> <p>15:45 – 16:10 25 minute Break</p> <p>16:10 – 16:45 Ethnicity and COVID 19 Professor Wasim Hanif Symposium Sponsored by Abbott</p> <p>16:45 – 16:50 Introduction: Lifetime Achievement Award Professor Wasim Hanif Professor Kamlesh Khunti</p> <p>16:50 – 17:50 Lifetime Achievement Award Dr Sonia Anand, Canada</p> <p>17:50 – 18:00 Closing statements Professor Kamlesh Khunti Professor Wasim Hanif</p>
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SPONSORS

<p><small>GOLD SPONSOR</small></p> 	<p><small>SILVER SPONSOR</small></p> 	<p><small>NAPP</small></p> 	<p><small>AstraZeneca</small></p> 
			

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Now Open at
www.skillpaw.com/webinar/sahf2020



The Lifetime Achievement Award (made annually at the SAHF Annual Conference), was this year bestowed upon Professor Sonia Anand who presented her work on ‘**Diabetes in South Asians: Harnessing Ancient and Modern Knowledge into Action**’.

Dr Sonia Anand is Professor in the Department of Medicine, and the Director of the Population Genomics Program, at McMaster, Canada. She is also a vascular medicine specialist at Hamilton Health Sciences and McMaster University. Dr. Anand holds the Canada Research Chair in Ethnic Diversity and Cardiovascular Disease and the Heart and Stroke Foundation of Ontario/Michael G. DeGroot Chair in Population Health Research. Her present research focuses upon the environmental and genetic determinants of vascular disease in populations of varying ancestral origin, women and cardiovascular disease.

Dr. Anand received a Doctor of Medicine from McMaster in 1992, Internal Medicine Training at McMaster and a Fellowship of the Royal College of Physicians and Surgeons of Canada in 1996. She further received her Master’s in Clinical Epidemiology at McMaster in 1996 and Ph.D. in Health Research Methodology at McMaster in 2002. Her current research includes leading cohort studies including two birth cohorts - one among South Asian women of the greater Toronto area and the second among Indigenous women from the Six Nations Reserve. Further she is a co-PI of the Canadian Alliance of Health Hearts and Minds cohort study funded by the Canadian Partnership Against Cancer and Heart and Stroke Foundation of Canada. Her work is widely published amongst academic journals, and in 2019 she was inducted as a Fellow to the Canadian Academy of Health Sciences.



SAHF and COVID-19 Vaccine Webinar

Webinar building on the SAGE findings and talking about vaccine uptake and hesitancy in ethnic minority populations held on Tuesday 9th February.

SAHF AND COVID-19 VACCINE WEBINAR

Tuesday 9th February, 2021
17:30 – 19:00

➤ **OBJECTIVE: TO BUILD ON THE SAGE FINDINGS AND TALK ABOUT VACCINE UPTAKE AND HESITANCY IN ETHNIC MINORITY POPULATIONS.**

1. What are the key findings and UK Government response.
2. What actions can be taken to overcome barriers and how we can mobilise communities and engage at grassroot levels.
3. Share innovative examples for community and faith leaders and healthcare professionals to drive uptake in challenged areas

CHAIR:
Dr Kamran Abbasi
South Asian Health Foundation

➤ SPEAKERS:

 <p>Nadhim Zahawi MP Minister for COVID-19 Vaccine Deployment</p>	 <p>Dr Atiya Kamal Senior Lecturer in Health, Psychology, Birmingham City University</p>	 <p>Lilu Wheeler Project Manager/ Public contributor for NIHR</p>
 <p>Professor Deenan Pillay Professor of Virology, UCL</p>	 <p>Professor Kamlesh Khunti University of Leicester and SAHF Trustee</p>	 <p>Dr Harpreet Sood GP and SAHF Trustee Also joined by Dr Emily Lawson National SRO Vaccine Deployment, NHS England</p>

Please join us on this video conference with your Q&A. We will be joined by Minister Zahawi and an expert panel to answer questions on vaccine rollout and uptake.

➤ **Register free here:** <https://sahf-covid-19-vaccine.eventbrite.co.uk>

www.sahf.org.uk
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info@sahf.org.uk

 **SOUTH ASIAN HEALTH FOUNDATION**

REGISTERED CHARITY NO: 1073178



SAHF hosted a series of seven UK-India COVID-19 webinars from the South Asian Health Foundation, Academic Health Science Network (AHSN Network) and Learn with Nurses, sharing NHS experiences of COVID-19 specifically regarding supporting healthcare workers mental wellbeing needs, with health and care professionals in other countries. The webinars:

- Covid remote monitoring and management at home
- Hospital and ICU Management of Covid-19
- Hospitals – Managing Covid-19: Logistics and Operations
- Prevention, Diagnosis and Early Management of Covid-19
- Mental Wellbeing and Support for Healthcare Workers
- Management of Long-Covid
- Palliative Care and Covid-19

Fellowships

The SAHF Fellowship is a new opportunity for healthcare professionals from all backgrounds to develop their understanding of health inequalities within the UK South Asian community. It is a unique programme where successful applicants will gain education, mentorship and networking whilst developing a community engagement project. SAHF successfully recruited 35 Fellows in 2020-21 and supported the fellows to develop ideas and initiatives across a wide range of areas related to health inequity, with a view to presenting outputs at the 2021 SAHF conference.

South Asian Health Foundation

2021 Call for SAHF Fellowship Applications

The SAHF Fellowship is a new opportunity for healthcare professionals from all backgrounds to develop their understanding of health inequalities within the UK South Asian community. It is a unique programme where successful applicants will gain education, mentorship and networking whilst developing a community engagement project.

Key Dates:

Deadline for applications: 6th December 2020
Interviews: 7th – 20th December

For further information please contact: ganesh.sathanapally@nhs.net



The pilot cohort of SAHF Associate Fellows hosted an evening of presentations and discussions on Mental Health in the times of Coronavirus on 17th June, 2021.

UK-India COVID-19 Response Webinar Series Infographics

As part of the response to the COVID-19 crisis, infographics have been created by SAHF Associate Fellows. Infographics help summarise medical literature and reduce the cognitive load on readers.

SAHF INFOGRAPHIC: MENTAL WELLBEING AND SUPPORT FOR HEALTHCARE WORKERS

WHAT ARE THE KEY POINTS?

- THE COVID-19 PANDEMIC IS SIGNIFICANTLY IMPACTING THE MENTAL HEALTH OF HEALTHCARE PROFESSIONALS
- THE BURDEN PLACED ON HEALTHCARE STAFF NEEDS TO BE RECOGNISED BY BOTH FRONT-LINE HEALTHCARE WORKERS AND THE MANAGERIAL AND SUPPORT TEAMS
- PEP INTERVENTIONS (EMOTIONAL FIRST AID) INTERVENTION (BRAIN MODEL AND PHYSICAL RESOURCES)
- WHEN ORGANISING SUPPORT, ALL ASPECTS OF THE WELLBEING OF HEALTHCARE SHOULD BE ADDRESSED

WHAT TO LOOK OUT FOR IN SOMEONE STRUGGLING WITH THEIR MENTAL HEALTH:

- SLEEP DISTURBANCE
- FEELING HELPLESS OR HOPELESS
- FEELING IRRITABLE AND ANGRY
- FEELING DETACHED FROM WORK

HOW CAN THIS WORK ON THE GROUND?

- A PSYCHOLOGICAL NEEDS ASSESSMENT CAN HELP IDENTIFY THE VARYING MENTAL HEALTH NEEDS OF DISTINCT STAFF GROUPS. EARLY SUPPORT SHOULD INCLUDE:
 - PHYSICAL SUPPORT: FOOD, ADEQUATE HYDRATION, REST SCHEDULES, PPE, ADEQUATE BREAKS
 - MENTAL HEALTH SUPPORT: BUBBY SYSTEMS, CONFIDENTIAL SAFE SPACES AND HELPLINE PROGRAMMES
- LOW LEVEL PSYCHOLOGICAL INTERVENTIONS SHOULD SUFFICE BUT A SMALL PROPORTION MAY NEED REFERRAL TO SPECIALIST MENTAL HEALTH SERVICES
- LEARNING SHOULD BE SUPPORTED (E.G. DE-ESCALATION TECHNIQUES, BREAKING BAD NEWS PRACTICE AND CRITICAL CARE TEACHING) IN ORDER TO PREPARE HEALTH CARE PROFESSIONALS FOR DIFFICULT SITUATIONS

OTHER CONSIDERATIONS

- WE ARE ALL HUMAN: HEALTHCARE PROFESSIONALS NEED TO BE REMINDED THAT IT IS IMPOSSIBLE TO SAVE EVERYONE
- CONTINUED LONG-TERM PSYCHOLOGICAL SUPPORT WILL NEED TO BE ORGANISED ON LOCAL AND NATIONAL SCALES
- ONE SIZE DOES NOT FIT ALL: SUPPORT NEEDS TO BE FLEXIBLE IN ORDER TO ALLOW PEOPLE TO ACCESS IT WITH A COMBINATION OF FACE-TO-FACE AND VIRTUAL SUPPORT

SAHF INFOGRAPHIC: HOSPITAL AND ICU MANAGEMENT OF COVID-19

WHAT ARE THE KEY POINTS?

- SATURATIONS <93% ON ROOM AIR AND/OR A RESPIRATORY RATE >24 INDICATES MODERATE DISEASE AND REQUIRES ADMISSION
- VENOUS THROMBOEMBOLISM PROPHYLAXIS IS AN IMPORTANT ASPECT OF MANAGEMENT
- HYPERGLYCAEMIA IS COMMON IN THOSE HOSPITALISED WITH COVID-19 AND IS ASSOCIATED WITH POORER OUTCOMES
- DEKAMETHASONE, TOCILIZUMAB AND DACTINIB HAVE AN EVIDENCE BASE TO SUPPORT THEIR USE IN SOME SETTINGS

HOW CAN THIS WORK ON THE GROUND?

- LOW-DOSE CORTICOSTEROIDS SHOULD BE GIVEN TO PATIENTS WITH AN OXYGEN REQUIREMENT, AND HAS BEEN PROVEN TO REDUCE MORTALITY
- ALL PATIENTS SHOULD BE SCREENED FOR HYPERGLYCAEMIA SO IT CAN BE IDENTIFIED AND TREATED. PATIENTS WITH KNOWN DIABETES NEED BOTH GLUCOSE AND KETONE LEVELS MONITORING.
- DISEASE SEVERITY AFFECTS THE ANTICOAGULATION DOSE RECOMMENDED
- CHOICE OF VENTILATORY SUPPORT OFFERED CAN BE DEPENDANT ON STAFFING, AVAILABILITY OF EQUIPMENT AND OXYGEN SUPPLY

OTHER CONSIDERATIONS

- PATIENTS WITH HYPERGLYCAEMIA DURING ADMISSION THAT ARE NOT KNOWN TO BE DIABETIC SHOULD HAVE A REPEAT HBA1C TWO TO THREE MONTHS AFTER DISCHARGE.
- RENAL FAILURE IS ASSOCIATED WITH POOR PROGNOSIS, INSENSIBLE LOSSES AND AMBIENT TEMPERATURE SHOULD BE TAKEN INTO CONSIDERATION TO AVOID DEHYDRATION
- THE EVIDENCE BASE FOR TREATMENT OF COVID-19 IS CONSTANTLY EVOLVING, AND SO USE OF LIVE GUIDELINES MAY HELP CLINICIANS KEEP UP TO DATE.

SAHF INFOGRAPHIC: COVID REMOTE MONITORING AND MANAGEMENT AT HOME

WHAT ARE THE KEY POINTS?

- CLINICIANS NEED TO BE WAARY OF ASYMPTOMATIC SILENT HYPOXIA, WHICH IS A POOR PROGNOSTIC MARKER.
- ROUGHLY 4 OUT OF 5 PATIENTS WILL HAVE MILD DISEASE, AND ASYMPTOMATICALLY SYMPTOMATIC ADMISSIONS SHOULD BE AVOIDED.
- WHEN MANAGING PATIENTS REMOTELY REMEMBER TO ENCOURAGE HYDRATION.

SYMPTOMS LOOK OUT FOR:

- SIGNIFICANT SHORTNESS OF BREATH
- SATURATIONS CONSISTENTLY UNDER 92%
- CHEST PAIN
- SEVERE MYALGIA

HOW CAN THIS WORK ON THE GROUND?

A ROBUST REMOTE MONITORING SYSTEM, USING A COMBINATION OF REGULAR PATIENT COMETRY LOGS AND CLOSE TELEPHONE FOLLOW UP HAS BEEN SHOWN TO:

- IDENTIFY SICK PATIENTS EARLY
- KEEP ASYMPTOMATIC PATIENTS HOME
- PROMOTE EARLY DISCHARGE, FREING UP HOSPITAL BEDS.

PATIENTS ON OXYGEN CAN GO HOME, BUT HAVE TO BE CAREFULLY SELECTED AND REGULARLY FOLLOWED UP FOR SATURATIONS AND RED FLAGS.

PATIENTS WILL NEED TO BE GIVEN APPROPRIATE ADVICE ABOUT THEIR FUTURE HEALTH, INCLUDING:

- WHEN TO SEEK HOSPITAL ADMISSION
- WHEN THEY WILL HAVE FOLLOW UP

OTHER CONSIDERATIONS

- PATIENT TRUST AND BELIEF IN THEIR REMOTE MONITORING SYSTEM IS KEY TO SUCCESS
- ASYMPTOMATICALLY SYMPTOMATIC PATIENTS DO NOT NEED AGGRESSIVE IMAGING/MANAGEMENT
- WIDESPREAD MISINFORMATION CAN WORSEN PATIENT AND CLINICIAN ANXIETY

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SAHF INFOGRAPHIC: HOSPITALS – MANAGING COVID-19: LOGISTICS AND OPERATIONS

WHAT ARE THE KEY POINTS?

MEASURE:

- NUMBER OF COVID VS NON-COVID EMERGENCY PRESENTATIONS
- BEDS AVAILABLE, INCLUDING ICU BEDS
- RESOURCES AVAILABLE, IE OXYGEN AND PPE
- STAFF AVAILABLE, BOTH FRONTLINE STAFF AND STAFF THAT CAN BE REALLOCATED WITH SUPPORT

MAXIMISE CAPACITY:

- SCALE UP ACUTE BEDS, AND SUPPORT CLINICAL STAFF IN THEIR MOVE TO THE FRONTLINE
- EARLY SENIOR REVIEWS LEAD TO APPROPRIATE ESCALATION OF PATIENT CARE / EARLY DISCHARGES
- THEATRES NOT IN USE CAN BE USED FOR ICU BEDS

OPTIMISE PATIENT FLOW:

- RAPID TESTING IS CRUCIAL TO SAFE PATIENT TRIAGING
- HAVE PLANS IN PLACE FOR SURGES IN CASES
- USE REMOTE MONITORING SERVICES TO FACILITATE EARLY DISCHARGE FOR APPROPRIATE PATIENTS

HOW CAN THIS WORK ON THE GROUND?

TESTING AND PROCUREMENT:

- SUPPLY OF PPE, VENTILATORS AND DIALYSIS MACHINES SHOULD BE ORGANISED PROACTIVELY
- SCALING UP TESTING NUMBERS AND REDUCING TEST TURNAROUND TIME WILL SUPPORT PROACTIVE PLANNING

INFRASTRUCTURE PLANNING:

- REGULAR MEETINGS WITH MEDICAL AND OPERATIONAL STAFF TO PROACTIVELY IDENTIFY ISSUES
- PATIENTS SHOULD BE TRIAGED IN ASSESSMENT AREAS, AND MANAGED ON COVID-NEGATIVE WARD
- TO PREVENT CROSS-INFECTION
- SCALE BACK NON-EMERGENCY SERVICES IF NECESSARY TO SUPPORT THE FRONTLINE

HUMAN RESOURCE AND STAFF PLANNING:

- PRACTICAL WORKFORCE SUPPORT: ENSURE A FRAMEWORK IS IN PLACE FOR STAFF SUPPORT.
 - TRAVEL AND ACCOMMODATION
 - PSYCHOLOGICAL SUPPORT
 - ROSTERING TO ENSURE CLINICAL STAFF DO NOT BURN OUT AT THE FRONTLINE
 - REGULAR AND CLEAR COMMUNICATION ON HOSPITAL BED STATUS AND MANAGEMENT
- TRAINING:
 - ENSURE GUIDELINES ARE EASILY AVAILABLE TO STAFF
 - RESERVE TRAINING, WITH CLOSE SUPERVISION AND SUPPORT OF STAFF NEW TO ACUTE CARE
 - INFECTION CONTROL TRAINING FOR STAFF

OTHER CONSIDERATIONS

- IMPORTANT TO ADVISE THE PUBLIC THAT NON-COVID CARE FOR EMERGENCIES IS STILL AVAILABLE. CLEAR PUBLIC MESSAGING IS KEY.
- RUNNING ELECTIVE CANCER SERVICES DURING COVID:
 - CONTINUE TO RUN DETAILED, LOW-RISK CARE THAT DOESN'T REQUIRE PROLONGED ADMISSION AND INTERVENTIVE CARE TREATMENT.
 - DECENTRALISE SERVICES TO INCREASE CAPACITY WHERE POSSIBLE. PROVIDE CLOSE OVERSIGHT AND TRAINING
 - MAKE ADJUSTMENTS TO DOSING (CONSIDER HYPOFRACTONATED REGIMENS) AND DELIVERY (ORAL TREATMENT WHEN POSSIBLE)
 - TELECONSULTATIONS REDUCE FOLLOW UP BURDEN ON STAFF AND ARE EASIER FOR PATIENTS

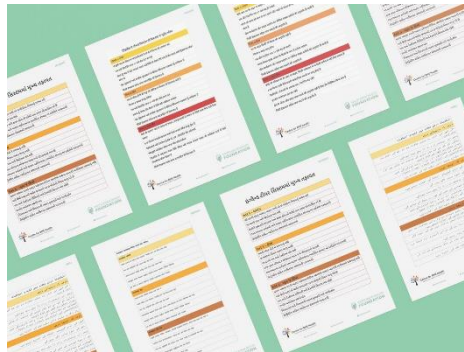
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COVID-19 in Black, Asian and Minority Ethnic populations: Undoubtedly, the majority of SAHF activity in 20-21 related to responding to the COVID-19 pandemic. Trustees worked hard to generate ‘An evidence review and recommendations from SAHF’ which was shared across the globe and informed significant initiatives and research. We developed new recommendations to protect BAME communities from the disproportionate impact of COVID-19 have been issued to help “close the gap” in health inequality. The recommendations are based on the most updated evidence.



COVID-19 Lockdown Tiers in South Asian Languages

We translated the COVID-19 Tier System into a variety of languages to get the right information to these communities. This was just one example of how SAHF generated multi-lingual advice as soon as it was produced in order to save lives and support communities.



COVID-19 Infographics in different Languages

We created infographics to help summarise 'Factors associated with COVID-19 transmission and mortality' and 'Prevention and protection of the South Asian Communities from COVID-19' in a variety of languages to get the right information to these communities.



Ramadan and COVID-19 vaccine hesitancy—a call for action

The Islamic month of fasting, Ramadan, begins around April 12, 2021. In 2020, Ramadan coincided with the beginning of the COVID-19 pandemic, moving what is a month of communal prayers and social gatherings into the era of virtual prayers. 2021 brings further challenges with ongoing virtual prayers and a global vaccination programme. For 1.9 billion Muslims worldwide, Ramadan coinciding with the vaccination programmes crucially means that their vaccinations might be offered during this time. With ongoing concerns of vaccine hesitancy among minority ethnic populations,¹ could Ramadan impede successful vaccination roll-out?

Ramadan fasts require Muslims to abstain from food and drink during daylight hours (exemptions include ill-health). Fasting during Ramadan also requires "refraining from anything enters the body cavities".² Although for most people, this term applies only to nutrition or medicine entering the gastrointestinal tract or brain, some reluctance to receiving vaccinations is anticipated during Ramadan.

To date, there is little global information surrounding vaccination hesitancy during this Islamic month of fasting; historically, vaccination programmes have not been rolled out with such urgency. During the west African Ebola epidemic, a study³ in Guinea showed a high overall acceptability of vaccination during Ramadan by Muslim scholars (80%), but a significantly lower acceptance in the general Muslim population (40%). Furthermore, a boycott of the polio vaccination campaign in three states in Nigeria following misinformation was resolved when Nigerian religious leaders received assurance about vaccine safety, subsequently confirming its acceptability to the communities.⁴

Growing concerns around uptake of the COVID-19 vaccine during Ramadan are focused on whether the injection invalidates the fast, any possible side-effects, and whether people have to break the fast. Therefore, there is an urgent need for a global call for action to reduce vaccine hesitancy.

The public and health-care professionals need to be made aware of the announcements by Muslim scholars advising that the COVID-19 vaccine is permissible during Ramadan, without invalidating the fast. The statement, made in March, 2021, from the president of Two Holy Mosques in Saudi Arabia, should allay any religious concerns.⁵

Ebola and polio vaccination programmes highlight the key role that religious leaders play in promoting acceptability and education of their communities towards vaccination during Ramadan. Religious leaders should use Friday prayer sermons to promote the acceptance of vaccines, dispelling myths with worshippers.

Despite these efforts, some people still do not wish to be vaccinated during fasting hours. A solution to this problem would be to extend vaccination times outside of fasts, such as during special Ramadan nightly prayers, Taraweeh. Using mosques as vaccination sites would allow vaccinations to occur during Ramadan, including in non-fasting hours. Concerns about vaccine-related side-effects and requiring to break the fast should be addressed and weighed against the serious morbidity related to COVID-19. Vaccinations are the greatest tool to aid the world back to normality, and to the gradual return of celebrating festivals and future Ramadans.

KK is a director at the University of Leicester Centre for Black Minority Ethnic Health, chair of the Ethnicity Subgroup of the Scientific Advisory Group for Emergencies (SAGE), and a member of Independent SAGE. All other authors declare no competing interests.

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*Sarah N Ali, Wasim Haniff, Kiran Patel, Kamlesh Khurli, on behalf of the South Asian Health Foundation, UK sarah.ali@sahf.org



Published Online
April 7, 2021
[https://doi.org/10.1016/S0140-6736\(21\)00779-0](https://doi.org/10.1016/S0140-6736(21)00779-0)

Royal Free London NHS Foundation Trust, London NW3 2QG, UK (SNA); University Hospitals Birmingham, Birmingham, UK (WP); University Hospitals Coventry and Warwickshire NHS Trust, Warwick Medical School, University of Warwick, Coventry, UK (KP); Diabetes Research Centre (KK), and the Centre for Black Minority Health (KK), University of Leicester, Leicester, UK

- 1 Scientific Advisory Group for Emergencies. Factors influencing COVID-19 vaccine uptake among minority ethnic groups. 17 December 2020. Jan 25, 2021. <https://www.gov.uk/government/publications/factors-influencing-covid-19-vaccine-uptake-among-minority-ethnic-groups-17-december-2020> (accessed March 13, 2021).
- 2 Bhanji UJ. The fast of fasting in the Hanafi madhab. July 31, 2010. <https://islampaq.org/hanafi/seekingguidance-hanafi/32700> (accessed March 13, 2021).
- 3 Puffer-Srnadz N, Ouedraogo R, D'Artenio E, et al. Vaccination and blood sampling acceptability during Ramadan fasting months: a cross-sectional study in Conakry, Guinea. *Vaccine* 2012; **30**: 2569-74.
- 4 Ghina I, Willett C, Dadat I, Larson HJ. Listening to the rumours: what the northern Nigeria polio vaccine boycott can tell us ten years on. *Glob Public Health* 2013; **8**: 1138-50.
- 5 Sharifain H. COVID-19 vaccine does not invalidate the fast during Ramadan. *Abdul Rehman Al Sudais*. March, 2021. <https://www.haramainsharfa.com/2021/03/covid-19-vaccine-does-not-invalidate-fast.html> (accessed March 10, 2021).

Submissions should be made via our electronic submission system at <http://ees.elsevier.com/thelancet/>

Review |  Free Access |

Managing People with Diabetes Fasting for Ramadan During the COVID-19 Pandemic: A South Asian Health Foundation Update

S. Hanif, S. N. Ali, M. Hassanein, K. Khunti, W. Hanif

First published: 25 April 2020 | <https://doi.org/10.1111/dme.14312> | Citations: 12

 Rapid response to:

Covid-19: Countries rally to support India through “storm that has shaken the nation”

BMJ 2021 ; 373 doi: <https://doi.org/10.1136/bmj.n1086> (Published 26 April 2021)

Cite this as: *BMJ* 2021;373:n1086

Read our latest coverage of the coronavirus pandemic

Article

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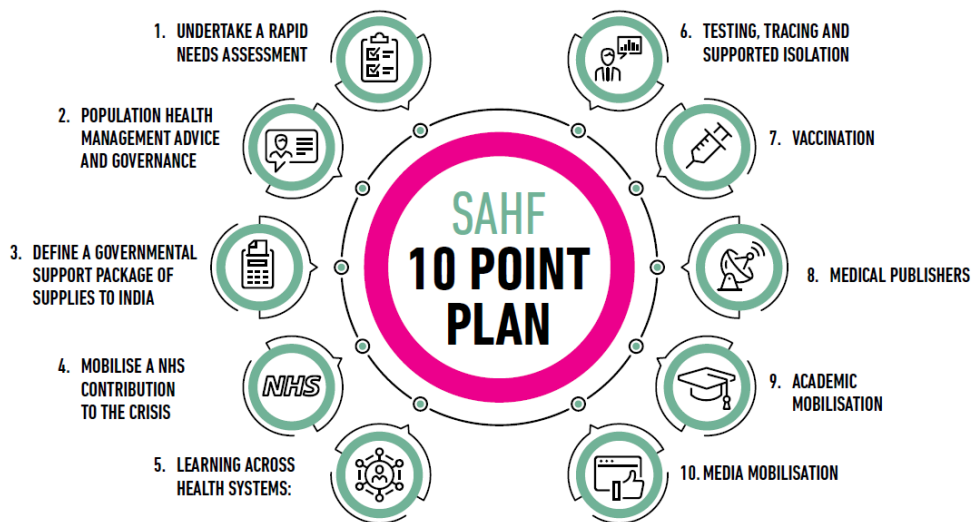
Rapid Response:

Open letter from Trustees of South Asian Health Foundation. COVID-19: Call to action on global inequalities











27 April 2021
Amitava Banerjee

The Covid-19 Crisis in India

South Asian Health Foundation launches a call to action and a step change in collaboration to build on the excellent global effort during the pandemic.



SAHF 10 POINT PLAN

- 
1. UNDERTAKE A RAPID NEEDS ASSESSMENT: we must support the Indian government to identify needs and then mobilise our governmental and non-governmental agencies to meet that need.
- 
2. POPULATION HEALTH MANAGEMENT ADVICE AND GOVERNANCE: we must develop guidance to support the Indian government to stop the wave of spread across India and south Asia.
- 
3. DEFINE A GOVERNMENTAL SUPPORT PACKAGE OF SUPPLIES TO INDIA: the DH, UKTI and NHS must generate a coordinated offer of support.
- 
4. MOBILISE A NHS CONTRIBUTION TO THE CRISIS:
 - The UK has a significant south Asian diaspora supporting its healthcare system, many of whom will be seeking information and updates and also wanting to know how they can help
 - Could NHS organisations enable diaspora to support the effort and how?
 - Can NHS leadership consider if and how its workforce can contribute to the global health crisis.
 - We recommend NHS leadership meets urgently to scope potential offers of support from NHS organisations and arms length bodies whilst scoping and mitigating consequent risks to NHS capacity and capability.
- 
5. LEARNING ACROSS HEALTH SYSTEMS: all health systems must share learning as a global community:
 - We have learned a great deal at pace throughout the pandemic.
 - We have learned about how the coronavirus behaves, how we can prevent infection, how we can treat hospitalised patients and how we can organise health system responses to the pandemic in different health systems.
 - We have learned about the health inequity of COVID-19 infection and the destruction and devastation it leaves in its path.
 - We know that the management of non communicable diseases is vital in both the pre and post COVID worlds.
 - It is time to disseminate and share our learning with vigour.
- 
6. TESTING, TRACING AND SUPPORTED ISOLATION:
 - The scale of testing required in all economies is vast, but in south Asian countries, it is imperative that testing along with measures to isolate and quarantine, reaches the entire population.
 - Rurality and deprivation pose significant challenges and every effort must be made to address these challenges in order to reduce risk for the most vulnerable.
 - The economic consequence of isolation and quarantine poses a specific series of issues in healthcare economies where universal healthcare is not fully achievable.
 - The risk of impoverishment through either out of pocket expenditure for healthcare, or economic inactivity consequent to isolation and quarantine, requires partnership between governmental and non-governmental agencies
- 
7. VACCINATION:
 - Support the global COVAX initiative to use principles of global health equity to ensure procurement and utilisation are driven by need.
 - Every effort across countries and industry must be made to avoid impediment to production, procurement, distribution and administration.
 - Support vaccination programmes and share learning from countries where scale and pace has been delivered e.g. UK, Israel
- 
8. MEDICAL PUBLISHERS: we call upon international journal editors to raise the profile of health needs and generate impetus for support across government organisations. This will build upon the excellent contributions of the publishing world and academic communities to date. If there are moral and ethical debates to be had, let us have them now and generate action to save lives now rather than regret missed opportunity.
- 
9. ACADEMIC MOBILISATION: it is time to collate, synthesise and share learning for direct utilisation by clinicians and institutions in India. We must collate the guidelines and guidance from within the NHS and share it.
- 
10. MEDIA MOBILISATION: media sources have a responsibility to ensure factual information is conveyed to the public. We encourage all Asian media sources to ensure appropriate and evidenced information is conveyed to the public both in the UK and across Asia.

The South Asian Health Foundation (UK) Guidelines for Managing Diabetes during Ramadan: 2020 Update

Hanif W, Patel V, Ali SN, Karamat A, Saeed M, Hassanein M, Syed A, Chowdhury TA, Farooqi A, Khunti K

➤ **DVD**

Meri Baatein/Inner Voices DVD, launched at the annual conference in October 2016, continued to be used at community engagement meetings to great effect. 'Meri Baatein' or Inner Voices captures real conversations of people with diabetes, as reflected upon themselves. SAHF continues to distribute copies of this excellent health promotion DVD.

➤ **Walk in the Park Community Event**

We continued to host community based health promotion with our 'walk in the park' events to encourage physical exercise and to improve health and to significantly reduce risk of illnesses such as Type 2 diabetes, heart disease, stroke or cancer. Dr Amal Lad has been exemplary in leading this community activity and every week, leads a community walk event in Walsall, come rain or shine. These efforts were all the more important due to the pandemic and outdoor spaces being deemed safe.

➤ Media and Communications

 TWITTER: @SouthAsianHF	 YOUTUBE:	 WEBSITE: www.sahf.org.uk	 Instagram: southasianhf
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Future activities

- Forge links across the health and social care spectrum to address health inequality
- Continue addressing areas of need in delivering high quality community grassroots education sessions
- Raise funds for SAHF through industry and community engagement
- Source funding for Educational resources for Mental Health Awareness
- Bespoke Event in January/February 2021
- Updating the '*Diabetes UK and SAHF recommendations on diabetes research priorities for British South Asians*'
- Engaging with BAME (Black, Asian and Minority Ethnic Communities)

Final Remarks

This year was dominated by the pandemic and SAHF played a significant role in the UK and global response from the 3rd sector. The South Asian Foundation continues to flourish in an environment that has seen many health charities ceasing to exist after only a few years in existence. It is truly a point for celebration that the 22nd Annual Conference will run in 2021, at a time when there is significant economic challenge for the charity. Our conferences have always attracted the highest calibre of international and national experts on South Asian Health and participants from statutory and voluntary sectors. Our strategy has been developed and we will focus our effort on the application of research findings into clinical practice and Healthcare Professional education. We will need to become more proactive in certain specialist areas of work such as Mental Health. These are significant issues amongst the South Asian Community and require considerable time and effort to reduce the burden of Mental Health.

Our work could not continue were it not for the dedication and commitment of our trustees and working group members, who continue to devote time and energy to the objectives of SAHF. In doing so, SAHF impart education and guidance to healthcare professionals, patients and carers not only in the UK but globally, thus improving the health and wellbeing of populations prone to health inequality.

SOUTH ASIAN HEALTH FOUNDATION (UK)
STATEMENT OF FINANCIAL ACTIVITIES
YEAR ENDED 31 MARCH 2021

	Unrestricted £	Restricted £	2021 Total £	2020 Total £
Income from:				
Donations	79,488	-	79,488	192,311
Other	364	-	364	799
Total Income	79,852	-	79,852	193,110
Expenditure on:				
Charitable activities	(35,028)	-	(35,028)	(152,204)
Total Expenditure	(35,028)	-	(35,028)	(152,204)
Net income	44,824	-	44,824	40,906
Reconciliation of Funds				
Total funds brought forward	123,925	79,797	203,722	162,815
Total funds carried forward	168,749	79,797	248,546	203,722



Professor K C R Patel - Chairman
Signed on behalf of the Board of Trustees

SOUTH ASIAN HEALTH FOUNDATION (UK)
BALANCE SHEET AS AT 31 MARCH 2021

	<u>2021</u>	<u>2020</u>
	£	£
Fixed Assets	188	250
Current Assets		
Cash at Bank	<u>248,546</u>	<u>203,722</u>
	248,734	203,972
Creditors – Amounts falling due within one year	<u>(188)</u>	<u>(250)</u>
Net Current Assets	248,546	203,722
Funds		
Unrestricted Funds	168,749	123,925
Restricted Funds	<u>79,797</u>	<u>79,797</u>
	248,546	203,722



Professor K C R Patel - Chairman
Signed on behalf of the Board of Trustees

SOUTH ASIAN HEALTH FOUNDATION (UK)
NOTES TO THE ACCOUNTS - 31 MARCH 2020

Accounting Policies

General

The Financial Statements have been prepared under the Historical Cost Convention and in accordance with the applicable accounting standards and the charities SORP (Statement of Recommended Practice: 'Accounting by Charities').

Summary of Net Assets by Funds

	Unrestricted Funds	Restricted Funds	Total
Net Current Assets	£168,749	£79,797	£248,546

Expenditure

	2020
Core Activities	£15,673
Administrative Expenses	£11,970
Conference Travel Expenses	£4,927
IT Expenses	£2,458
Total	£35,028

Notes to the Accounts

1. Depreciation policy: 25% depreciation is charged to Core Work.
2. Creditors represent an accrual for expenses.
3. £11,970 (2020: £12,667.50) was spent on administrator support for the charity.
4. During the year, £nil (2019: £219) was spent on expenses for Trustees, for conference travel.



SOUTH ASIAN HEALTH
FOUNDATION



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SAHF Annual Report 2020/2021
V1.0 December 2021



Section A

Independent Examiner's Report

Report to the trustees/
members of

Charity Name
The South Asian Health Foundation (U.K.)

On accounts for the year
ended

31 March 2021

Charity no
(if any)

1073178

Set out on pages

23-25

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/03/2021.

Responsibilities and
basis of report

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent
examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

** Please delete the words in the brackets if they do not apply.*

Signed:

Date:

20/01/2022

Name:

Manesha Patel

Relevant professional
qualification(s) or body
(if any):

ACA (ICAEW)

Address:

17 Nicolson Road, Loughborough, Leicestershire, LE11 3SD

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Section B

Disclosure

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

Large empty rectangular box for providing details of items to be disclosed.