

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.

IDF-DAR GUIDELINE BEST TIPS WORKSHOP (SANOFI AND SERVIER) AND SAHF AND DAR ANNUAL DIABETES IN RAMADAN CONFERENCE

12:00 – 17:00 (GMT) Thursday 25th March, 2021

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 Alhadi Ali Cardiff University

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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.

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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.

DaR Train the Trainer Workshop		
UK Time (02:00 PM) CET (03:00 PM)		
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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
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DIABETES

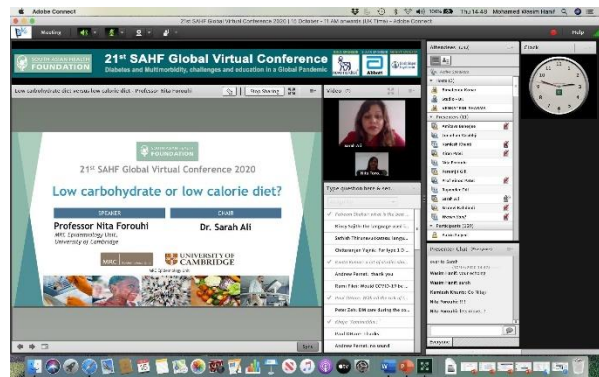


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Dr Sonia Anand is Professor in the Department of Medicine, and the Director of the Population Genomics Program, at McMaster, Canada. She is also a vascular medicine specialist at Hamilton Health Sciences and McMaster University. Dr. Anand holds the Canada Research Chair in Ethnic Diversity and Cardiovascular Disease and the Heart and Stroke Foundation of Ontario/Michael G. DeGroote 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>

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 **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

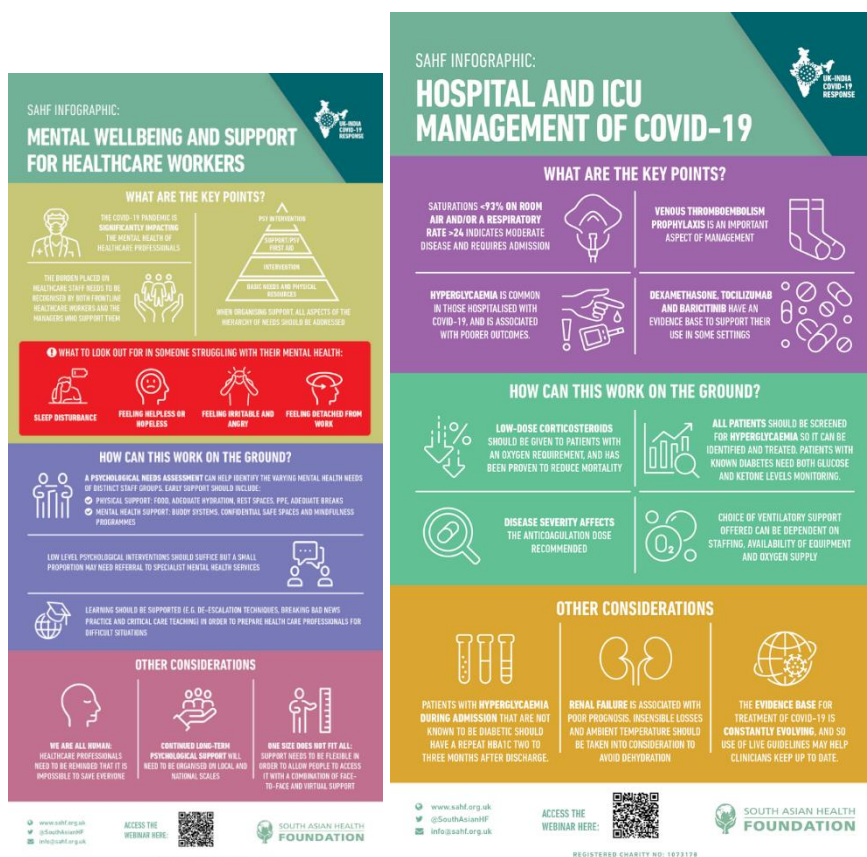
For further information please contact: ganesh.sathanapally@nhs.net



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:
COVID REMOTE MONITORING AND MANAGEMENT AT HOME

WHAT ARE THE KEY POINTS?

- CLINICIANS NEED TO BE WARY 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 DUMETRY 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 MANAGEMENT
- WIDESPREAD MISINFORMATION CAN WORSEN PATIENT AND CLINICIAN ANXIETY

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ACCESS THE
WEBINAR HERE:



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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 ITU 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
- SAFELY SENIOR REVIEWERS LEAD TO APPROPRIATE ESCALATION OF PATIENT CARE / EARLY DISCHARGES
- THEATRES NOT IN USE CAN BE USED FOR ITU 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
- ROTATION 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 INTENSIVE CARE TREATMENT
 - DECENTRALISE SERVICES TO INCREASE CAPACITY WHERE POSSIBLE. PROVIDE CLOSE OVERSIGHT AND TRAINING
 - MAKE ADJUSTMENTS TO DOSING (CONSIDER HYPOFRACTIONATED REGIMENS) AND DELIVERY (ORAL TREATMENT WHEN POSSIBLE)
 - TELECONSULTATIONS REDUCE FOLLOW UP BURDEN ON STAFF AND ARE EASIER FOR PATIENTS

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SOUTH ASIAN HEALTH
FOUNDATION

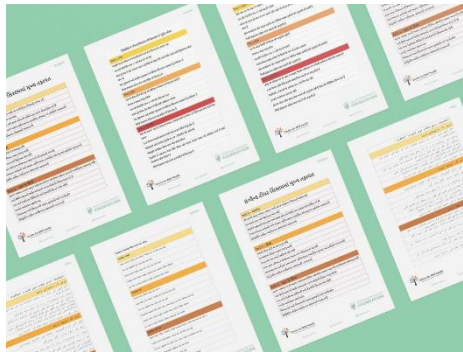
REGISTERED CHARITY NO: 1073178

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 entering the body cavities". 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 study² 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.³

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.⁴

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.

KKK 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 Khunti, on behalf of the South Asian Health Foundation, UK
sarah.ali6@nhs.net

Royal Free London NHS Foundation Trust, London NW3 2QG, UK (SNA); University Hospitals Birmingham, Birmingham, UK (WPH); 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 15, 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 Bhui L. The fast of fasting in the Hanafi madhhab, July 31, 2010. <https://islampaq.org/hanafi/en/religious-guidance-hanafi/32700> (accessed March 13, 2021).
- 3 Puffer-Smaida N, Ouadraogo R, D'Armenio 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 Ghinai L, Willett C, Dadali 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 Sharifan H. COVID-19 vaccine does not invalid the fast during Ramadan. <https://www.haramainsharfa.com/2021/03/covid-19-vaccine-does-not-invalid-fast.html> (accessed March 10, 2021).



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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

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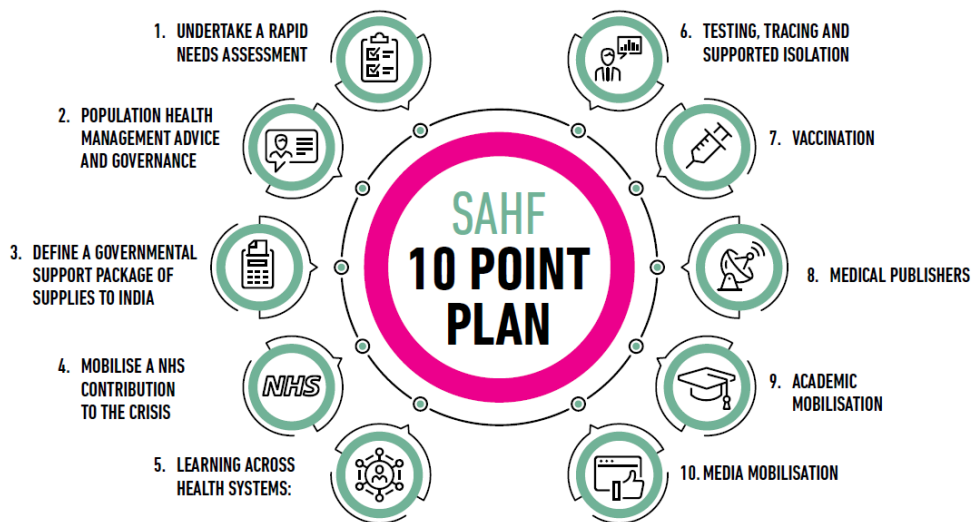
Rapid Response:

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.

IDF-DAR GUIDELINE BEST TIPS WORKSHOP (SANOFI AND SERVIER) AND SAHF AND DAR ANNUAL DIABETES IN RAMADAN CONFERENCE

12:00 – 17:00 (GMT) Thursday 25th March, 2021

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 Alhadi Ali
Cardiff University

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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.

DaR Train the Trainer Workshop		
UK Time (02:00 PM) CET (03:00 PM)		
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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DIABETES

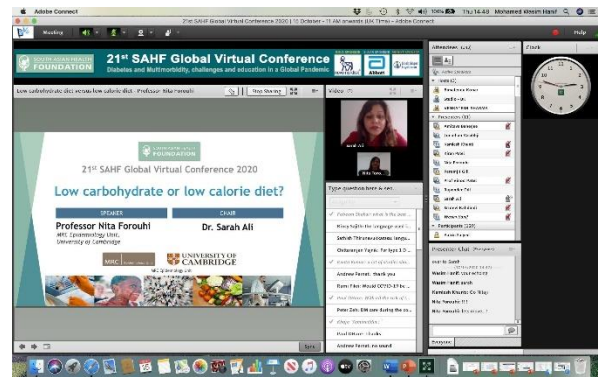


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Dr Sonia Anand is Professor in the Department of Medicine, and the Director of the Population Genomics Program, at McMaster, Canada. She is also a vascular medicine specialist at Hamilton Health Sciences and McMaster University. Dr. Anand holds the Canada Research Chair in Ethnic Diversity and Cardiovascular Disease and the Heart and Stroke Foundation of Ontario/Michael G. DeGroote 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
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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

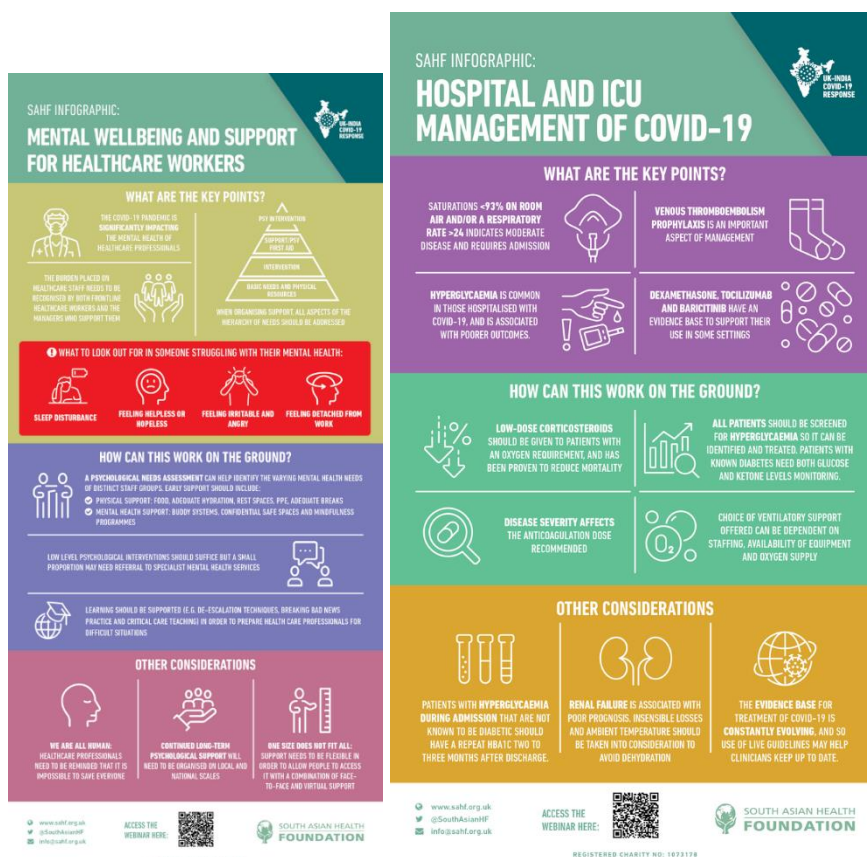
For further information please contact: ganesh.sathanapally@nhs.net

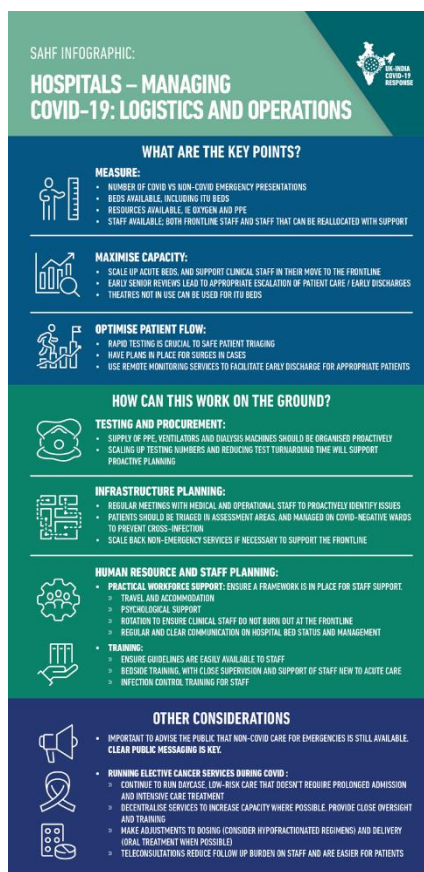
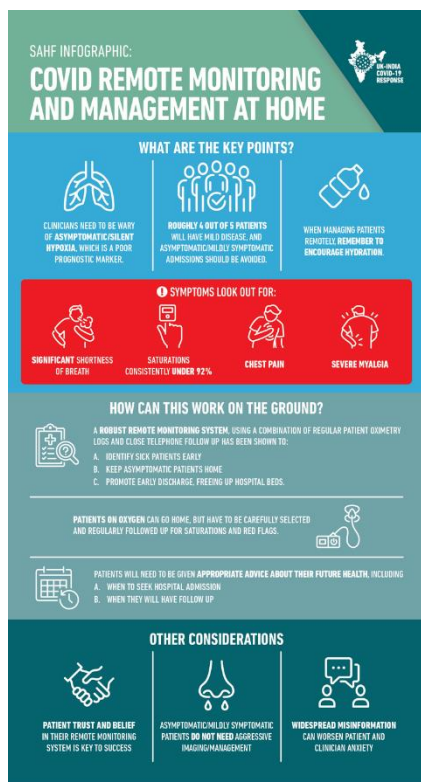


The pilot cohort of SAHF Associate Fellows hosted an evening of presentations and discussions on Mental Health in the times of Coronavirus on 17th June, 2021.

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.



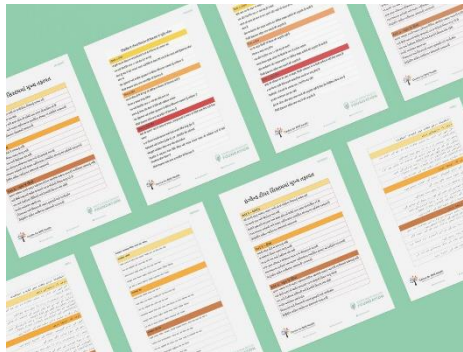


COVID-19 in Black, Asian and Minority Ethnic populations: Undoubtedly, the majority of SAHF activity in 20-21 related to responding to the COVID-19 pandemic. Trustees worked hard to generate 'An evidence review and recommendations from SAHF' which was shared across the globe and informed significant 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 entering the body cavities". 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 study² 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.³

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.⁴

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.

KKK 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 Khunti, on behalf of the South Asian Health Foundation, UK
sarah.ali6@nhs.net

Royal Free London NHS Foundation Trust, London NW3 2QG, UK (SNA); University Hospitals Birmingham, Birmingham, UK (WPH); 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 15, 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 Bhui UJ. The fast of fasting in the Hanafi madhhab, July 31, 2010. <https://islampaq.org/hanafis/enquiries/hanafis/32700> (accessed March 13, 2021).
- 3 Puffer-Smaadja N, Ouadraogo R, D'Armenio 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 Ghinai I, Willett C, Dadali 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 Sharifian H. COVID-19 vaccine does not invalid the fast during Ramadan. <https://www.haramainsharfa.com/2021/03/covid-19-vaccine-does-not-invalid-fast.html> (accessed March 10, 2021).



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April 7, 2021
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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

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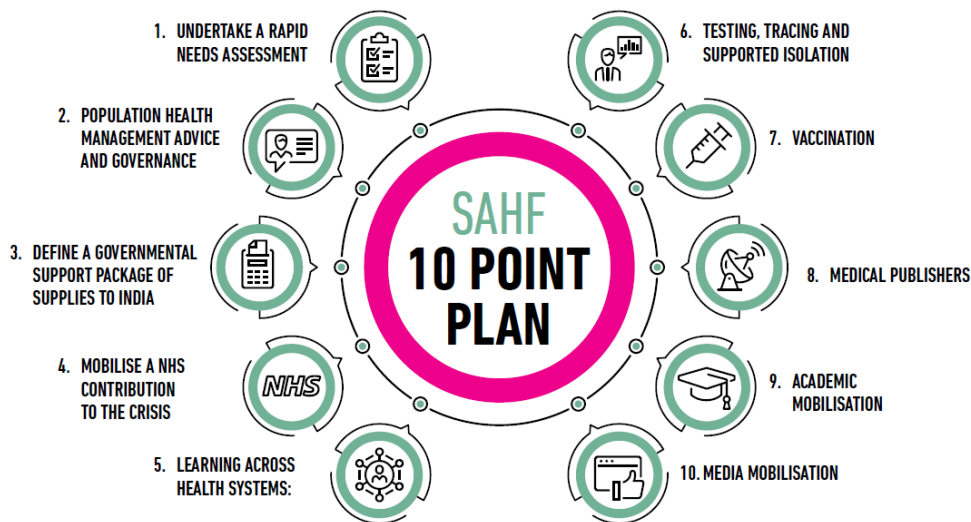
Open letter from Trustees of South Asian Health Foundation. COVID-19: Call to action on global inequalities

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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info@sahf.org.uk

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

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.