

THE SOUTH ASIAN HEALTH FOUNDATION (U.K.)

(Registered Charity No. 1073178)



ANNUAL TRUSTEES REPORT 2021-2022

Trustees' Annual Report 2021-2022

Governing Document

Trust Deed

Charity constitution

Trustees incorporated as a body

Charity Address

39 Westfield Road, Edgbaston, Birmingham, B15 3QE

Bankers

Santander and Lloyds

Patrons

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

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

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

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

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

Trustees during year 2021-2022

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

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

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

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

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

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

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

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

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

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

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

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

Objectives

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

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

Structure of SAHF

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

- Current Chairpersons and group members are:-

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

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

Ethnicity and Health

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

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

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

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

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

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

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

NICE

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

Wider Stakeholder Contributions:

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

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

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

Medical Student Bursaries

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

Fellows

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

Events

➤ Annual Diabetes Ramadan Conference

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

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

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

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



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

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

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



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



REGISTERED CHARITY NO: 1073178



➤ **22nd SAHF Annual Conference**

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

Day 1: Thursday 14th October 2021

TIME	TITLE OF TALK	SPEAKER
08.15 - 09.00	Registration with tea and coffee	
09.00 - 09.10	Session 1: Chair's introduction	Professor Wasim Hanif & Professor Vinod Patel
09.10 - 09.50	Diabetes UK perspective on post Covid challenges and inequalities and NHS Diabetes perspective	Sir Peter Dixon & Professor Jonathan Valabhji
09.50 - 10.20	Plenary 1: Preparing for future natural disasters: lessons learned from the COVID-19 pandemic	Professor Kiran Patel & Dr Harpreet Sood
10.20 - 10.35	Break	
10.35 - 11.05	Keynote Lecture: How can we plan for the next pandemic?	Professor Martin McKee
11.05 - 11.35	Plenary 2: Vaccine Uptake and Hesitancy	Dr Raghav Ali & Dr Sarah Ali
11.35 - 12.15	Astrazeneca Symposium: New era in the treatment of CKD in patients with and without diabetes	Professor Vinod Patel, Dr Vijayan Suresh & Dr Naresh Kanumilli
12.15 - 13.15	Lunch Break/poster presentations	
13.15 - 13.40	Plenary 3: Long COVID- the long tail of the pandemic and its implications for chronic disease management	Professor Ami Banerjee
13.40 - 14.20	'In Practice' Masterclasses Rotation 1	
	1. COVID-19 and healthcare workers	Dr Anil Jain, Dr Manish Pareek & Dr Atiya Kamal
	2. Vitamin D (should people be taking it, should people not be taking it, and what should the dose be?)	Dr Ambrish Mithal & Professor Susan Lanham-New
	3. Type 2 diabetes in Youth-epidemiology, risk factors and management	Dr Shivani Misra & Dr Srikanth Bellary
14.20 - 15.00	'In Practice' Masterclasses Rotation 2	
	1. Type 2 diabetes in Youth-epidemiology, risk factors and management (Repeat from Rotation 1)	Dr Shivani Misra & Dr Srikanth Bellary
	2. Different ethnicity subgroup – looking at differences between South Asian Groups	Professor Wasim Hanif & Professor Kamlesh Khunti
	3. Priorities in managing diabetes in a multi-ethnic population in the recovery phase	Professor Vinod Patel, Dr Amar Puttanna & Dr Naresh Kanumilli
15.00 - 15.15	Break	
15.15 - 15.45	Plenary 4: How evidence based medicine is translated globally/ disseminating evidence based medicine during a pandemic	Dr Kamran Abbasi
15.45 - 16.15	Novo Nordisk Symposium: Diabetes - Acute Backlog Challenge through COVID-19 and beyond	Dr Amrit Lamba
16.15 - 17.00	Plenary 5: SAHF Fellows Talk	Dr Ganesh Sathanapally, Dr Amal Lad & Dr Shaan Sahota
17.00 - 17.10	Wrap up day 1	Professor Vinod Patel

Day 2: Friday 15th October 2021

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

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

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

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

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

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




➤ Research project activity Mental Health & COVID-19 Project

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

➤ Infographics


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



SOUTH ASIAN HEALTH FOUNDATION

INFOGRAPHIC


General tips to improve your Mental Health and Well-being



1. Connect with others

Talking to others and building good relationships can improve your mental wellbeing by:


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



2. Be physically active

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

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




3. Learn new skills

Learning new skills can improve your mental wellbeing by:

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

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





4. Give to others

Small acts of giving and kindness can help improve your mental wellbeing by:

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

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

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







5. Pay attention to the present moment (mindfulness)

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

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

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

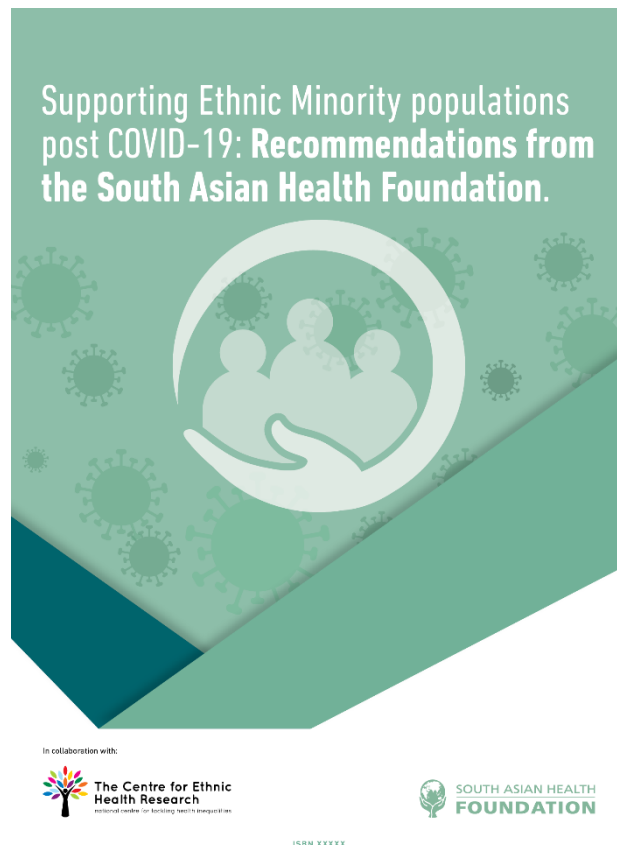


➤ Publications

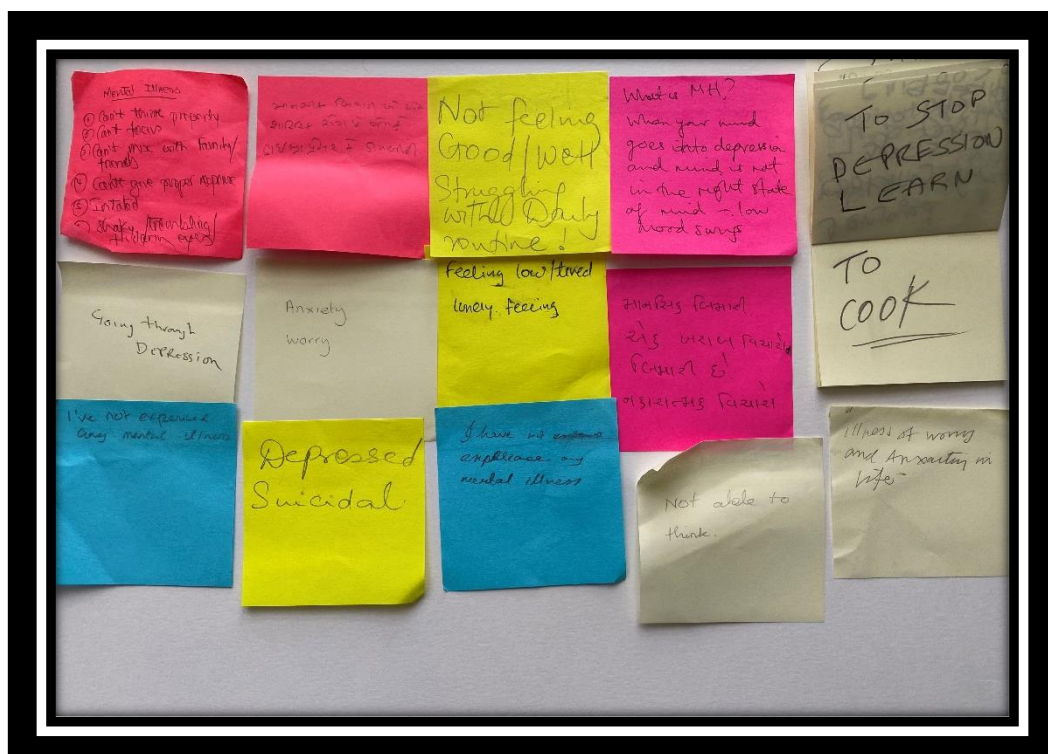
Supporting Ethnic Minority Populations Post Covid-19: Recommendations from the South Asian Health Foundation

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



➤ Chai and Chat Mental Health Event

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



➤ **South Asian Health Foundation Activity**

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

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





➤ **DVD**

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

➤ **Walk in the Park Community Event**

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

➤ **Media and Communications**

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

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

Final Remarks

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

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

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

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



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

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

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



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

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

Accounting Policies

General

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

Summary of Net Assets by Funds

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

Expenditure

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

Notes to the Accounts

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



SOUTH ASIAN HEALTH
FOUNDATION



@SouthAsianHF



www.sahf.org.uk



info@sahf.org.uk

SAHF Annual Report 2021/2022
V2.0 Dec 2022



CHARITY COMMISSION FOR ENGLAND AND WALES

Independent examiner's report on the accounts

Section A

Independent Examiner's Report

Report to the trustees/
members of

Charity Name
South Asian Health Foundation

On accounts for the year
ended

31 March 2022

Charity no
(if any)

1073178

Set out on pages

20-22

remember to include the page numbers of additional sheets.

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

Responsibilities and
basis of report

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

Independent
examiner's statement

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

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

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

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

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

Signed:

Date: 26/01/2023

Name: Manesha Patel

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

ACA (ICAEW)

Address:

17 Nicolson Road, Loughborough, Leicestershire, LE11 3SD

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

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