

THE SOUTH ASIAN HEALTH FOUNDATION (U.K.)

(Registered Charity No. 1073178)



ANNUAL TRUSTEES REPORT 2023-2024

Trustees' Annual Report 2023-2024

Governing Document

Trust Deed

Charity constitution

Trustees incorporated as a body

Charity Address

39 Westfield Road, Edgbaston, Birmingham, B15 3QE

Bankers

Santander and Lloyds

Patrons

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

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

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

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

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

Trustees during year 2023-2024

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

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

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

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

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

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

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

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

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

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

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

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

Objectives

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

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

Structure of SAHF

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

- Current Chairpersons and group members are:-

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

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

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

Ethnicity and Health

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

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

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

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

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

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

NICE

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

Wider Stakeholder Contributions:

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

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

Medical Student Bursaries

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

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

The successful student is:

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

Fellows

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

Events

➤ 8th Annual Diabetes Ramadan Conference

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

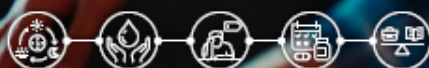
Speakers included eminent Professors, Consultants, GPs, Specialist dietitian, Pharmacist and an Islamic Religious Scholar, all with an interest in Diabetes and Ramadan. The conference addressed the issues around the religious basis of fasting, the epidemiology of diabetes in Ramadan along with the risk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

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

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

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

Health Needs in Ramadan: A Healthcare Approach



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

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

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

Our Sponsors:



Exhibitor:



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



**SOUTH ASIAN HEALTH
FOUNDATION**

REGISTERED CHARITY NO: 1073178









➤ 24th SAHF Annual Conference

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

24th SAHF Global Annual Conference



Closing the Health Inequalities Gap: The SAHF Legacy

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



Day 1: Thursday 12th October 2023

TIME	TITLE OF TALK	SPEAKER
08:00 - 08:45	Registrations and exhibition	
08:45 - 08:50	Chair's introduction	
08:50 - 09:00	SAHF perspective	Professor Kiran Patel
09:00 - 09:20	Rising to the challenge: Diabetes UK Perspective	Dr Carol Homden
09:20 - 09:40	NHS Diabetes Perspective	Professor Jonathan Valabhji
09:40 - 10:00	Latest research around tackling ethnic health inequalities	Dr Chaand Nagpaul
10:00 - 10:10	Q & A	All above
10:10 - 10:40	Platinum Sponsor Symposium: What's new in cholesterol management? Applying guidelines and the new QOF to manage CV risk. <small>Novartis has provided funding for this educational activity, however SAHF has retained full editorial control including formulation of agenda, contents and selection of speakers.</small>	Dr Prashanth Patel
10:40 - 11:10	Refreshments and exhibition viewing	
11:10 - 12:00	Use of technology in South Asians: Learnings from India	Dr Manoj Chawla
	Use of technology in South Asians: UK Perspective	Professor Pratik Choudhary
12:00 - 12:30	Physical activity and ethnic differences in sedentary behaviour	Professor Tom Yates
12:30 - 13:30	Lunch and poster presentations	
13:30 - 14:05	Platinum Sponsor Symposium - Lilly The Importance of Good Glycaemic Control in Type 2 Diabetes <small>This is a sponsored symposium slot organised and funded by Lilly. PP-13-08-2198 • September 2023</small>	Professor Sam Seidu Dr Shahzada Khan (chair)
14:05 - 14:50	Masterclass Rotation 1	
The Composers' Suite	1. Lipid's optimisation workshop <small>Workshop funded by Novartis</small>	Dr Pankaj Gupta and Dr Aneesha Chauhan
Fry Suite	2. Importance of Weight Management in Type 2 Diabetes <small>This is a sponsored workshop organised and funded by Lilly. PP-13-08-2198 • September 2023</small>	Professor Vinod Patel
Pevsner	3. South Asian Diet and Diabetes "What's hot and what's not"	Salma Mehar and Sheena Bhageerutti
Lloyd Suite	4. Practical Discussions on Delivering Person-Centred care for South Asian patients with Type 2 Diabetes <small>Sponsored promotional workshop developed & funded by the Boehringer Ingelheim (BI) & Lilly Alliance for UK NCPs. BI and Lilly Alliance products will be discussed. NP-08-102861 October 2023</small>	Alia Gilani and Professor Wasim Hanif
The Composers' Suite	5. Link between rheumatic diseases, diabetes and cardiovascular disease	Dr Arumugam Moorthy and Dr Leher Gumber
14:50 - 14:55	Change around time	
14:55 - 15:40	Masterclass Rotation 2	
The Composers' Suite	1. Lipid's optimisation workshop <small>Workshop funded by Novartis</small>	Dr Pankaj Gupta and Dr Aneesha Chauhan
Fry Suite	2. Importance of Weight Management in Type 2 Diabetes <small>This is a sponsored workshop organised and funded by Lilly. PP-13-08-2198 • September 2023</small>	Professor Vinod Patel
Pevsner	3. South Asian Diet and Diabetes "What's hot and what's not"	Salma Mehar and Sheena Bhageerutti
Lloyd Suite	4. Practical Discussions on Delivering Person-Centred care for South Asian patients with Type 2 Diabetes <small>Sponsored promotional workshop developed & funded by the Boehringer Ingelheim (BI) & Lilly Alliance for UK NCPs. BI and Lilly Alliance products will be discussed. NP-08-102861 October 2023</small>	Alia Gilani and Professor Wasim Hanif
The Composers' Suite	5. Link between rheumatic diseases, diabetes and cardiovascular disease	Dr Arumugam Moorthy and Dr Leher Gumber
15:40 - 16:00	Refreshments and exhibition viewing	
16:00 - 16:30	Cardiorenal risk based-management in T2DM: the latest standard of care <small>This is a promotional symposium sponsored and organised by AstraZeneca</small>	Dr Mujahid Saeed and Dr Syed Gillani
16:30 - 17:00	Lifetime achievement award presentation and award ceremony: Trials and Tribulations of Ideas for Improving Diabetes Care: My Life in Acronyms	Professor Vinod Patel
17:00 - 17:30	Recommendations on Time in Range for Monitoring Glucose Levels in People with Diabetes: An Indian Perspective	Dr Shashank Joshi
17:30 - 17:35	Chair's closing remarks	

Day 2: Friday 13th October 2023

TIME	TITLE OF TALK	SPEAKER
08:00 - 09:00	Registration and exhibition viewing	
09:00 - 09:30	Precision Treatment of Type 2 Diabetes— Can Clinical Phenotypes Help Optimize Therapy Choice?	Dr John Dennis
09:30 - 10:00	Dementia – diagnosis and management in South Asian people	Dr Naaheed Mukadam
10:00 - 10:30	Obesity Management and Type 2 Diabetes	Dr Jonathan Hazlehurst
10:30 - 11:00	Accelerating Research to Transform Kidney Health	Sandra Currie
11:00 - 11:10	Our Future Health and opportunities to reduce health inequalities through research.	Professor Raghbir Ali
11:10 - 11:30	Refreshments	
11:30 - 12:00	The role of SGLT2is in addressing CKD in Type 2 diabetes <small>This session is organised and sponsored by Menarini for UK healthcare professionals only. Concomitant Prescribing Information and adverse event reporting (UK) https://bit.ly/menarino-pi (Northern Ireland) https://bit.ly/UK2424 September 2023 PP-16-UK-0515</small>	Professor Smeeta Sinha
12:00 - 12:40	Debate: Precision medicine vs. contemporary evidence based medicine	Dr Shivani Misra and Professor Paul Franks
12:40 - 13:10	Diabetes UK Tackling Inequalities Commission: Emerging Findings	Professor Linda Bauld
13:10 - 13:40	"Same same but different" - PCOS experiences and outcomes in South Asians compared to the rest of the world.	Dr Punith Kempegowda
13:40 - 13:45	Chair's concluding remarks	
13:45	Lunch and departure	



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

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



➤ **Publications**

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

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

How to manage diabetes during Ramadan



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

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



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



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

REGISTERED CHARITY NO: 1073778

January 2024 | PP-ENDO-UK-0258

➤ **South Asian Health Foundation Activity**

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

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

➤ **DVD**

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

➤ **Walk in the Park Community Event**

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

➤ **Media and Communications**

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

Future activities

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

Final Remarks

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

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

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

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

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

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



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

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

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



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

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

Accounting Policies

General

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

Summary of Net Assets by Funds

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

Expenditure

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

Notes to the Accounts

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



@SouthAsianHF



www.sahf.org.uk



info@sahf.org.uk

THE SOUTH ASIAN HEALTH FOUNDATION (U.K.)

(Registered Charity No. 1073178)



ANNUAL TRUSTEES REPORT 2023-2024

Trustees' Annual Report 2023-2024

Governing Document

Trust Deed

Charity constitution

Trustees incorporated as a body

Charity Address

39 Westfield Road, Edgbaston, Birmingham, B15 3QE

Bankers

Santander and Lloyds

Patrons

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

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

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

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

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

Trustees during year 2023-2024

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

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

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

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

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

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

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

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

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

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

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

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

Objectives

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

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

Structure of SAHF

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

- Current Chairpersons and group members are:-

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

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

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

Ethnicity and Health

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

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

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

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

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

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

NICE

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

Wider Stakeholder Contributions:

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

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

Medical Student Bursaries

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

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

The successful student is:

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

Fellows

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

Events

➤ 8th Annual Diabetes Ramadan Conference

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

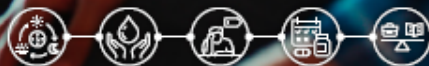
Speakers included eminent Professors, Consultants, GPs, Specialist dietitian, Pharmacist and an Islamic Religious Scholar, all with an interest in Diabetes and Ramadan. The conference addressed the issues around the religious basis of fasting, the epidemiology of diabetes in Ramadan along with the risk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

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

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

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

Health Needs in Ramadan: A Healthcare Approach



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

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

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

Our Sponsors:



Exhibitor:



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



REGISTERED CHARITY NO: 1073178









➤ 24th SAHF Annual Conference

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

24th SAHF Global Annual Conference

Closing the Health Inequalities Gap: The SAHF Legacy

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




Day 1: Thursday 12th October 2023

TIME	TITLE OF TALK	SPEAKER
08:00 - 08:45	Registrations and exhibition	
08:45 - 08:50	Chair's introduction	
08:50 - 09:00	SAHF perspective	Professor Kiran Patel
09:00 - 09:20	Rising to the challenge: Diabetes UK Perspective	Dr Carol Homden
09:20 - 09:40	NHS Diabetes Perspective	Professor Jonathan Valabhji
09:40 - 10:00	Latest research around tackling ethnic health inequalities	Dr Chaand Nagpaul
10:00 - 10:10	Q & A	All above
10:10 - 10:40	Platinum Sponsor Symposium: What's new in cholesterol management? Applying guidelines and the new QOF to manage CV risk. <small>Novartis has provided funding for this educational activity, however SAHF has retained full editorial control including formulation of agenda, contents and selection of speakers.</small>	Dr Prashanth Patel
10:40 - 11:10	Refreshments and exhibition viewing	
11:10 - 12:00	Use of technology in South Asians: Learnings from India	Dr Manoj Chawla
	Use of technology in South Asians: UK Perspective	Professor Pratik Choudhary
12:00 - 12:30	Physical activity and ethnic differences in sedentary behaviour	Professor Tom Yates
12:30 - 13:30	Lunch and poster presentations	
13:30 - 14:05	Platinum Sponsor Symposium - Lilly The Importance of Good Glycaemic Control in Type 2 Diabetes <small>This is a sponsored symposium slot organised and funded by Lilly. PP-13-08-2198 • September 2023</small>	Professor Sam Seidu Dr Shahzada Khan (chair)
14:05 - 14:50	Masterclass Rotation 1	
The Composers' Suite	1. Lipid's optimisation workshop <small>Workshop funded by Novartis</small>	Dr Pankaj Gupta and Dr Aneesha Chauhan
Fry Suite	2. Importance of Weight Management in Type 2 Diabetes <small>This is a sponsored workshop organised and funded by Lilly. PP-13-08-2198 • September 2023</small>	Professor Vinod Patel
Pevsner	3. South Asian Diet and Diabetes "What's hot and what's not"	Salma Mehar and Sheena Bhageerutti
Lloyd Suite	4. Practical Discussions on Delivering Person-Centred care for South Asian patients with Type 2 Diabetes <small>Sponsored promotional workshop developed & funded by the Boehringer Ingelheim (BI) & Lilly Alliance for UK NCPs. BI and Lilly Alliance products will be discussed. NP-08-102863 October 2023</small>	Alia Gilani and Professor Wasim Hanif
The Composers' Suite	5. Link between rheumatic diseases, diabetes and cardiovascular disease	Dr Arumugam Moorthy and Dr Leher Gumber
14:50 - 14:55	Change around time	
14:55 - 15:40	Masterclass Rotation 2	
The Composers' Suite	1. Lipid's optimisation workshop <small>Workshop funded by Novartis</small>	Dr Pankaj Gupta and Dr Aneesha Chauhan
Fry Suite	2. Importance of Weight Management in Type 2 Diabetes <small>This is a sponsored workshop organised and funded by Lilly. PP-13-08-2198 • September 2023</small>	Professor Vinod Patel
Pevsner	3. South Asian Diet and Diabetes "What's hot and what's not"	Salma Mehar and Sheena Bhageerutti
Lloyd Suite	4. Practical Discussions on Delivering Person-Centred care for South Asian patients with Type 2 Diabetes <small>Sponsored promotional workshop developed & funded by the Boehringer Ingelheim (BI) & Lilly Alliance for UK NCPs. BI and Lilly Alliance products will be discussed. NP-08-102863 October 2023</small>	Alia Gilani and Professor Wasim Hanif
The Composers' Suite	5. Link between rheumatic diseases, diabetes and cardiovascular disease	Dr Arumugam Moorthy and Dr Leher Gumber
15:40 - 16:00	Refreshments and exhibition viewing	
16:00 - 16:30	Cardiorenal risk based-management in T2DM: the latest standard of care <small>This is a promotional symposium sponsored and organised by AstraZeneca</small>	Dr Mujahid Saeed and Dr Syed Gillani
16:30 - 17:00	Lifetime achievement award presentation and award ceremony: Trials and Tribulations of Ideas for Improving Diabetes Care: My Life in Acronyms	Professor Vinod Patel
17:00 - 17:30	Recommendations on Time in Range for Monitoring Glucose Levels in People with Diabetes: An Indian Perspective	Dr Shashank Joshi
17:30 - 17:35	Chair's closing remarks	

Day 2: Friday 13th October 2023

TIME	TITLE OF TALK	SPEAKER
08:00 - 09:00	Registration and exhibition viewing	
09:00 - 09:30	Precision Treatment of Type 2 Diabetes— Can Clinical Phenotypes Help Optimize Therapy Choice?	Dr John Dennis
09:30 - 10:00	Dementia – diagnosis and management in South Asian people	Dr Naaheed Mukadam
10:00 - 10:30	Obesity Management and Type 2 Diabetes	Dr Jonathan Hazlehurst
10:30 - 11:00	Accelerating Research to Transform Kidney Health	Sandra Currie
11:00 - 11:10	Our Future Health and opportunities to reduce health inequalities through research.	Professor Raghbir Ali
11:10 - 11:30	Refreshments	
11:30 - 12:00	The role of SGLT2is in addressing CKD in Type 2 diabetes <small>This session is organised and sponsored by Menarini for UK healthcare professionals only. Concomitant Prescribing Information and adverse event reporting (UK) https://bit.ly/menarino-pi (Northern Ireland) https://bit.ly/UK2424 September 2023 PP-UK-UK-0515</small>	Professor Smeeta Sinha
12:00 - 12:40	Debate: Precision medicine vs. contemporary evidence based medicine	Dr Shivani Misra and Professor Paul Franks
12:40 - 13:10	Diabetes UK Tackling Inequalities Commission: Emerging Findings	Professor Linda Bauld
13:10 - 13:40	"Same same but different" - PCOS experiences and outcomes in South Asians compared to the rest of the world.	Dr Punith Kempegowda
13:40 - 13:45	Chair's concluding remarks	
13:45	Lunch and departure	

Platinum Sponsors



Gold Sponsors



Silver Sponsor



Bronze Sponsor



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

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



➤ **Publications**

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

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

How to manage diabetes during Ramadan



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

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



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



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

REGISTERED CHARITY NO: 1073778

January 2024 | PP-ENDO-UK-0258

➤ **South Asian Health Foundation Activity**

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

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

➤ **DVD**

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

➤ **Walk in the Park Community Event**

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

➤ **Media and Communications**

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

Future activities

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

Final Remarks

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

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

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

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

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

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



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

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

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



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

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

Accounting Policies

General

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

Summary of Net Assets by Funds

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

Expenditure

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

Notes to the Accounts

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



@SouthAsianHF



www.sahf.org.uk



info@sahf.org.uk



Section A

Independent Examiner's Report

Report to the trustees

Charity Name
South Asian Health Foundation

On accounts for the year
ended

31 March 2023

Charity no
(if any)

1073178

Set out on pages

22-24

(remember to include the page numbers of additional sheets)

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

Responsibilities and
basis of report

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

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

Independent
examiner's statement

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

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

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

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

Signed:

Date:

25/01/2025

Name:

Manesha Patel

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

FBP FCA (ICAEW)

Address:

17 Nicolson Road, Loughborough, Leicestershire, LE11 3SD

Section B**Disclosure**

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

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

--