



ANNUAL REPORT OF THE TRUSTEES & FINANCIAL STATEMENTS 2023 - 2024



Caring with Compassion, Helping with Humility, Listening with Love

Mission Statement

Introducing an innovative approach to healthcare by infusing faith-inspired, values-led care into clinical practice, resulting in prevention, healing and patient empowerment; improving health and wellbeing of the community

CONTENTS	Pages
Nishkam Healthcare Trust's Approach	4
Trustees' Report	5 to 6
Nishkam Pharmacy	7 to 9
Nishkam Dental Care	10 to 11
Nishkam Mental and Emotional Wellbeing Service	12
Events at Nishkam Healthcare Centre Phase 2	13 to 15
Nishkam Start of Life Care Project	16 to 19
Other Health Engagements	20 to 21
Trustees Responsibilities Statement	22
Independent Auditor's Report	23 to 26
Consolidated Statement of Financial Activities	27
Charity Statement of Financial Activities	28
Consolidated Statement of Financial Position	29
Charity Statement of Financial Position	30
Consolidated Cash Flow Statement	31
Notes to the Financial Statements	32 to 51

A Unique Approach

The Nishkam Healthcare Trust brings together experienced medical professionals who are passionate about serving their community. The emphasis is placed around lovingly listening to the concerns of people, and striving to address the root cause of disease through emphasis on prevention and patient empowerment, whilst still offering treatment where this is needed. The incorporation of faith-inspired values with medical care practices creates a holistic approach to healing and the long term wellbeing of the community.

Selfless service for the greater good underpins the work being delivered within the organisation. It is a self-reliant, self-helping, community-led initiative, which aims to reduce the burden upon the government and public institutions, including the NHS. It has been delivering services and collaborating with community orientated organisations in order to support the health needs of the local area at time when public institutions face the pressures of increasing patient care demands and declining resource availability.

Health professionals are expected to act and deliver with:

- Compassion
- Benevolence (inclination to perform kind, charitable acts)

- Humility and tolerance
- Altruism (selflessness)
- Professionalism and Clinical Excellence

A key part of the mind-set is to strive for 'Sarbat da Bhalla' - the goodwill, good wishes and welfare of all.

1. Values-based healthcare gives importance to the healthcare journey as well as the objective health outcomes, thereby helping to provide a holistic approach to wellbeing and the relief of sickness.
2. The ethos of volunteering encourages and enables the community to contribute to the caring for vulnerable groups including the elderly and young.
3. Builds capacity of individuals, families and local communities to be self-sufficient
4. Empowering and cultivating an interest in patients and the public to lead healthy lives through working with them on health education and ill-health prevention.
5. Caring with dignity, respect and humility for all those who need it regardless of background, race, religion or culture.

Our future model is based around an integration of services focussing on a high quality of care, delivered with compassion and benevolence.



Nishkam Healthcare Trust was registered as a charity in 2012. The Trust aims to serve the local community and address health inequalities through the approach described above. This community-led initiative provides a platform for cultural sensitivity and bespoke local healthcare solutions through collaboration with neighbouring stakeholders.

TRUSTEES REPORT

The Trustees present their report with the financial statements of the charity for the year ended 31 March 2024. The Trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015).

REFERENCE AND ADMINISTRATIVE DETAILS

Incorporation

The charitable company was incorporated on 21 December 2012

Registered Company number

08339604 (England and Wales)

Registered Charity number

1154295

Principal Address

18 -20 Soho Road Handsworth Birmingham B21 9BH

Trustees

Mr Ranjit Sondhi
Dr Brinder Singh Mahon
Prof Steve Field
Dr Sarabjit Singh Chandan
Dr Manvir Kaur Hayer
Mr Paul Warwick Jennings

Auditors

BSN Associates Limited
3B Swallowfield Courtyard
Wolverhampton Road
Oldbury, West Midlands
B69 2JG

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a charitable trust.

Risk management

The Trustees actively review the major risks which the Charity faces on a regular basis and believe that maintaining reserves at current levels, combined with an annual review of the controls over key financial systems, will provide sufficient resources in the event of adverse conditions. The Trustees have also examined other operational and business risks faced by the Charity and confirm that they have established systems to mitigate the risks.

Going concern

The accounts have been prepared on the basis of being a going concern. The Trustees confirm that they have taken into account all available information about the future for at least 12-months from the date the accounts were approved and conclude there is no uncertainty relating to going concern

Investment policy and objectives

The Charity's principal initial objective is to facilitate the provision of personalised, culturally-sensitive healthcare and its investment policy is to defray the income received in providing investment in Nishkam Pharmacy Limited and Nishkam Dental Care Limited.

The charity does not propose to build a substantial investment portfolio as the funds raised are to be expected as achieving the objectives of the charity.

Pay policy for senior staff

The directors consider the board of directors, who are the Trust's trustees, and the senior management team comprise the key management personnel of the charity of directing and controlling, running and operating the Trust on a day to day basis. All directors give of their time freely and no director received remuneration in the year.

The pay of senior staff is reviewed annually and normally increased in accordance with average earnings

OBJECTIVES AND ACTIVITIES

Significant activities

The principal activities during the year included the support of the relief of sickness and the preservation of health and wellbeing among the local community, including health screening events and health educational events.

Trustees

Ranjit Sondhi CBE, Has served extensively on national regulatory and governing bodies including the Commission for Racial Equalities, the BBC, the National Gallery, the Criminal Cases Review Commission and Guide Dogs for the Blind. He was Chair of the former Heart of Birmingham PCT, vice-chair of the former Sandwell and West Birmingham Clinical Commissioning Group (CCG), and lay member of the former Black Country and West Birmingham CCG. He is also a senior lecturer at the University of Birmingham.

Professor Steve Field CBE, Chair at Walsall Healthcare NHS Trust and a Trustee for Pathway Healthcare for Homeless People. He has served as Chief Inspector of General Practice, Primary Medical Services and Integrated Care at the Care Quality Commission (CQC). He has held several board positions in the NHS including, Deputy National Medical Director at NHS England, Regional Postgraduate Dean for NHS West Midlands and Chairman of the NHS Inclusion Health Board at the Department of Health, Chairman of The Royal College of GPs, and has been a faculty member at the Harvard Macy Institute of Harvard University in the USA. He has been awarded a number of honorary degrees and also holds academic appointments at the University of Birmingham and the University of Warwick.

Dr Brinder Singh Mahon OBE Consultant Radiologist, at the University Hospitals Birmingham NHS Foundation Trust, and CEO of the board for the Nishkam School Trust.

Dr Sarabjit Singh Chandan, MBBS A locum general practitioner, past director of a GP locum agency.

Dr Manvir Kaur Hayer MBChB, PhD Consultant nephrologist at the University of Birmingham

Mr Paul Warwick Jennings, CEO at NHS Warwickshire Has >40 years of experience across a range of NHS organisations, including critical care and services for older people, was made a Fellow of the Faculty of Public Health in 2010 for his work to address inequality in health and social care. He supported the ExtraCare

Charitable Trust, which offers unique lifestyle opportunities for care and residential home residents for ten years, with three years as Chair. He led the Chief Executive's Group for Health and Local Government across Birmingham and Solihull, and was at the forefront of a merger of three Clinical Commissioning Groups to create the largest CCG (now BSOL ICS) in England. In addition, he is the present Chair of Hospice UK, and a director at St Giles Hospice, and Welcome Wellbeing CIC.

ACHIEVEMENT AND PERFORMANCE FINANCIAL REVIEW

Reserves policy

The present level of funding is adequate to support the continuation of the current activities.

Principal funding sources

During the period the Group generated income of £1,519,611 and expensed a total of £1,676,299 leaving a deficit of £156,688.

Total reserves at the balance sheet date were £676,540, which the Trustees consider to be adequate to continue the Charity's ongoing objectives.

Public benefit

NHT carries out a wide range of activities in pursuance of its charitable aims. The trustees consider that these activities, summarised below, provide benefit both to those who attend the NHT site and the wider communities it serves. The specific benefits for the public may be summarised in the following way.

NISHKAM PHARMACY

Over the last financial year we have appointed care homes to allow us to do outreach work.

The pharmacy went through a lean sigma six process improvements approach that uses a collaborative team effort to improve performance by systematically removing operational waste and reducing process variation which benefited the department.

176 hrs of volunteer time as front house counter assistance, saving of £2,024.

22 hrs of voluntary pharmacist hours saving £660.

Nishkam Pharmacy have been working closely with OGL which has allowed us to provide inpatient treatment service by supplying medication. Further discussions are in place on how we can make a sustainable integrated model of working.

Nishkam Pharmacy continues to prioritise health promotion and work closely with the wider health team to offer health screening events with free blood pressure checks, blood glucose checks, BMI checks as well as answer general health queries on healthy lifestyle.

The pharmacy continues to grow its niche in substance abuse. The team are working closely with Crime, Grow and Live which is a national health and social charity, that helps with challenges including drugs and alcohol. This is especially important in Handsworth where there is a substantial proportion of people dependent on illicit substances and who need support to wean of this. The pharmacy is also continuing to focus on minor ailments services. In addition, the team have worked closely with local GPs in the past year linking rapid access to cardiovascular disease treatment following pharmacy blood pressure health checks in high risk/ hard to reach population.

We have purchased Nishkam Pharmacy and will be supporting them to meet targets to have a sustainable business, working with a team from a corporate organisation to a charity based.

Community Value

Participated in the king's coronation which allowed the pharmacy team to provide free blood pressure checks and blood glucose checks, serving a footfall of over 500 people to have general health checks on the day.

Working alongside university students on community placements in the dispensary, inspiring future pharmacists.



Receiving of the Keys of Nishkam Pharmacy Villa Road

Date: Thursday 31st August 2023

The pharmacy was purchased to offer further health services to local communities through delivery of pharmacy services and through working closely with local GPs for the benefit of patients.



Google Review for Both Pharmacies.



R Bz

23 reviews • 9 photos

★★★★★ 7 Jun 2023

Quick service and good advice given



sss75

Local Guide • 29 reviews • 7 photos

★★★★★ 1 Jul 2023

All good i just come get my medicine ,thats all.



Megan

16 reviews • 2 photos

★★★★★ 16 Jul 2023

Open late. Helpful over the phone, with courteous and prompt service in person.



Aijaz Hussain

10 reviews • 0 photos

★★★★★ 51 weeks ago

[No Title]

Niksham pharmacy staff is very helpful, and pharmacy situated in an excellent place and opens late Night, and i always find medicines from this pharmacy shop. thanks



Olivia

1 review

★★★★★ 9 months ago

The chemist on Villa road pharmacy called nishkam has been so good for myself they are always so kind polite and very good to all custom that passes through their doors on a daily basis



1



Sarabjit Pall

4 reviews

★★★★★ 11 months ago

Staff here work very hard to meet the needs of the challenging community. All the team have dealt with my queries professionally and are helpful. Well done to the team.



Kiran Begum

Local Guide • 15 reviews • 0 photos

★★★★★ 51 weeks ago

Nice and friendly

NISHKAM DENTAL CARE

Nishkam Dental care (NDC) is unique private health care service. A service that is run by Volunteer dentists who dedicate their time and expertise to provide high quality expert dental care for our patients. To date the team have seen 756 patients.

In line with the values of the Nishkam Healthcare Trust, NDC is a not-for-profit service and with its unique and innovative operational model, the service offers patients access to high quality dental care at a budget that suits them.

Although a fee structure does exist, patients are given the choice to contribute what they feel they can afford. Regardless of the fee contribution, the treatment is always carried out to the highest of standards.

The benefits of bilingual dental team allow accessibility to dental care, patients can communicate with the dentist which increases a sense of trust, familiarity, feeling relaxed, less anxious and to reach out to patient's needs.

As part of the Nishkam Integrated Care Model the team work alongside other healthcare professionals to highlight where poor oral health may be a sign of, or potential lead to other forms of illness such as heart disease and diabetes. Improving patients' oral health will in turn improve their overall health.

The team have served patients referred from other community-based organisations, such as Newbegin Community Trust, a place that provides a place of welcome, inclusion and social cohesion for neighbours in Winson Green and Handsworth area a rehabilitation for the homeless. This demonstrates a person-centred approach, caring with compassion doing Par-Upkar and partnership working with other organisations.

The Dental service continues to operate on the weekends only, with a team of 7 volunteers' dentist, 2 employed nurses, 1 volunteer dental nurse and 1 admin staff. The staff continue to dedicate their time and efforts to provide a very high level of care at affordable price scale in local deprived area and further more and participate in Health Awareness Day, giving general advice and care. The team's commitment and self-service is admirable, staff continuing to commute from long - distance such as London, Solihull, to Handsworth.

Nishkam Dental Care from April 2023 to March 2024	
Total number of patients seen from April 2023 to March 2024	618
Total number of Volunteer hrs from April 2023 to March 2024	352

The team continue to grow by recruiting more Dentist volunteers and continue to provide high quality expert dental care for our patients.

Dentists volunteering their time at Health Awareness programs held and with the new Start of life project delivering education sessions to expectant mums.

Feeling low or anxious?
Speak to one of our counsellors

Blood pressure checks

Free health checks

Advice about medication

Free dental advice



Minor ailments

Weight checks and dietary advice



Find out more at

www.nishkamhealthcaretrust.com

Address: 21-23 Soho Road, Birmingham

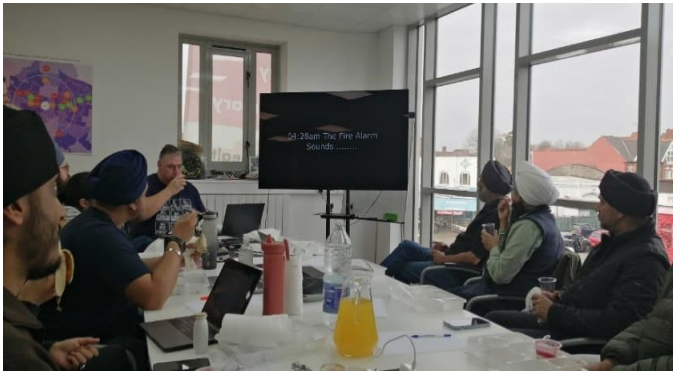
B21 9SN



Nishkam Dental Care and Villa Road Pharmacy Basic Life Support/ First Aid Training and Fire Marshall

- Nishkam dental meeting in preparation for CQC visit

- 21/01/2024



NISHKAM MENTAL AND EMOTIONAL WELLBING SERVICE

Summary

The Nishkam Mental and Emotional Wellbeing Service (NMEWS) offers low-level counselling to adults through a holistic and values-led approach. The service is delivered by two qualified counsellors (0.2 and 0.8 FTE) and is best suited to users with low level mental health needs, such as low mood, anxiety, bereavement, isolation, or low self-confidence. Between 6 and 10 free sessions are provided based on need and sessions can be delivered by phone, online, or in-person, in English, Punjabi or Urdu. If further support is required, NMEWS has established care connection pathways with local community partners providing help and referring into our service, including those dealing with finance, housing, education, welfare, benefits and employment. Such partners are the Nishkam Civic Association, Soho Road Job Centre, Birmingham and Solihull Mental Health Trust Neighbourhood Teams, Primary Care Networks/ GP Practices, and local social prescribers but to name a few.

Area Context

Operating directly on Soho Road, the busiest road in Birmingham, Nishkam Healthcare Centre recognises the superdiversity of the Soho and Handsworth areas. The local neighbourhood is 93% comprised of individuals from Black and Minority Ethnic communities. The neighbourhood falls into the 1.6% of most deprived areas across the country with a number of poor health, socioeconomic and environmental outcomes. With a low healthy life expectancy, half of older adults live below the poverty line as well as almost half of children. Poor housing conditions, job security and low levels of opportunity make it particularly difficult for communities to overcome adversity and thrive in their lives.

Below, we have shared some of the key service delivery data between 6th April 2023 to 5th April 2024:

- Received 290 referrals - both self-referrals and from external agencies - into the service. (including rejected ones)
- Provided 85 service users with free counselling.
- Provided 498 free sessions of counselling to service users.
- Average of 6 free sessions per service user, with more if required.
- Most frequent referral pathways from Pharmacy, BSMHFT Neighbourhood Teams (West Hub), GP, the Job Centre, Nishkam Civic Association, Handsworth Library and through self-referral.

Demographic Data

- 74% female and 26% male service users.
- Most frequent age of service users between 34-45, then 50-64 and then 25-30.
- Majority service users (23%) Pakistan, then Indian and then followed by Caribbean, White and Any other Black/ African background.
- Most frequent challenges around anxiety, stress, and depression.

Outcome Data

- 38% decrease and fall in severity from pre- to post-intervention for PHQ-9.
- 36% decrease and fall in severity from pre- to post-intervention for GAD-7.

The service has shown great demand for the service and potentially increase the service from 4 days to 5 days to meet the demand for the community. The NMEWS have ongoing collaboration work with local mental health agencies and stake holders as well as other initiatives to implement the Long-Term Community Mental Health Transformation Plan and also part of the Start of Life project which is part of Nishkam Integrated care model.

EVENTS AT NISHKAM HEALTHCARE CENTRE

Promoting Living-Kidney Donation Over the Year

Our volunteers participated in several health engagement events over the year to raise awareness about living kidney donation. This including ITV news coverage, creating video clips uploaded onto our website and youtube channels, as well as delivering moving talks with real patients and nurses at health awareness events.

We mainly targeted the south-Asian populations, but did engage with other groups as well.

In total, we reached >70,000 people over the year.



A visit from Dr Kieran Donnelly, Clinical lead for Organ Donation at Sandwell and West Birmingham Hospitals Trust

Children's Screening Event ELSA Study 28/ 06/ 2023

On Wednesday, 28th of June, 'Healthy children, healthy life' community event organized in collaboration with NHS and the University of Birmingham. Parents of children were invited to learn and engage in discussions about child health, ensuring a happy and healthy life prioritising child's well-being. 47 children screened.

Activities

ELSA study
Screening children, aged 3-13 years to find out their risk of developing type 1 diabetes.

Health & well-being
Session on healthy living, wellbeing and raising awareness of diabetes in children.

BMI & focus groups
Weight and height checks for your child and families can ask questions about screening for diabetes in children.

'Child Health Day'

NHS IN COLLABORATION WITH THE NISHKAM HEALTHCARE TRUST AND UNIVERSITY OF BIRMINGHAM INVITES PARENTS/CARERS OF CHILDREN TO A 'HEALTHY CHILDREN, HEALTHY LIFE' COMMUNITY EVENT

When: Wednesday 28th of June, 3 pm - 7pm
Where: Nishkam Healthcare, 21 Soho Rd, Handsworth, Birmingham B21 9SN

Handsworth Community Cohesion Day 7th May 2023

This event was organized to celebrate the King's Coronation. We undertook community health screening at this event, which was attended by several thousand people across the diverse communities of Handsworth.

We offered:

Cardiovascular health screening – BMI, BP, Blood Sugar Checks, screening for arrhythmia and basic lifestyle advice.
Dental and eye care advice
Raised awareness about mental health

Our team included: 10 GPs/ consultants, 6 pharmacists, 2 dispensers, 3 ophthalmologists/ opticians, 3 dentists, 3 other healthcare professionals and also expert patients. 18 non-clinical people supported on the day. Total Cost saving from clinical staff £22,055. Total cost saving non-clinical £216.

Summary of key findings on the day:

489 people attended for health screening on the day

299 people underwent physical health checks.

28 people attended the eye care session

26 people attended the living kidney donation talk

133 males (44%)

Average age 56 years

Ethnicity: 9 Afro-Caribbean (3%), 259 Asian (87%), 21 Caucasian (7%), 10 Ethnicity unknown (3%)

Majority of people screened were either overweight (46%) and or obese (30%).

In total 16 emergencies or urgencies requiring intervention.

3 emergency ambulances called out on the day.

13 new cases of diagnosed high blood pressure were picked up on screening, of which 4 people has severely high BP. This equated to approximately 1 in 20 people (5%) having undiagnosed high blood pressure on the day.

There were 22 cases undiagnosed sickness (undiagnosed high BP, abnormal heart rhythm or high blood sugar) requiring urgent intervention. This equated to approximately 7% of the population having an undiagnosed condition.



Lolipop – South Asian biobank service – 27/09/2023

The London Life Sciences Prospective Population Study (LOLIPOP) research study will be using Nishkam healthcare centre as a site for a research study.

The primary aim of this research is to identify the genetic, environmental and lifestyle factors influencing health and disease, including diabetes and cardiovascular disease in South Asian populations, and to use the results to improve prediction and prevention of chronic disease.

Potential participants will be South Asian (originating from India, Pakistan, Sri Lanka, Bangladesh) and European men and women aged 18-85 years.

1,699 patients seen.



Women's Health Talk – Menopause Symptoms & Living Organ Donation Awareness focus Group Event

49 women attended

6 hrs of volunteer's time



Sangat TV Launch event 18/02/2024

Promoting NMEWS and LKD

Over 300 people attended

15 hrs. of volunteer time raising awareness

About mental health, heart disease, kidney

Donation, whilst also gathering a better understanding people's of local health needs.



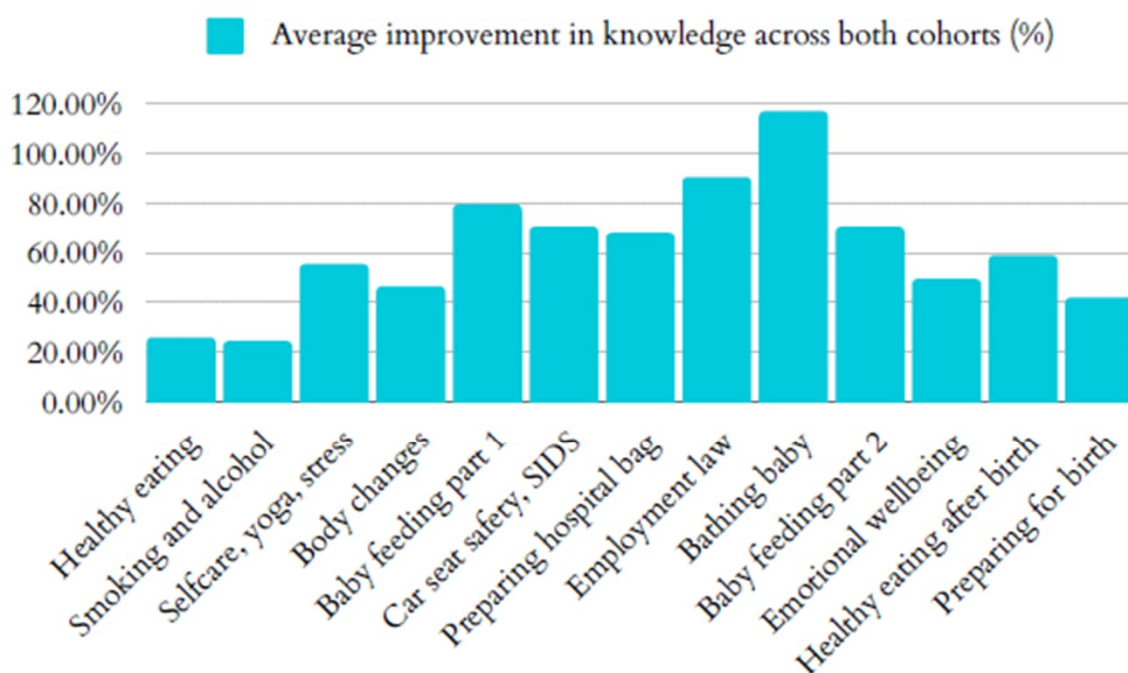
Nishkam Start of Life Care, funded by Birmingham and Solihull Integrated Care Board (BSoL ICB), provides an antenatal service for pregnant ladies offering holistic support currently over a 12-week programme throughout their pregnancy. It is an innovative programme which integrates elements of health, social and community care. Sessions are educational, interactive, and practical and range from pregnancy support, education around delivery and post-natal care.

Sessions are delivered by a wide range of professionals including midwives, nurses, pharmacists, consultants, and other doctors. Clients receive holistic one to one care, and when the need is required are referred into appropriate linked services such as family support, benefits and housing advice.

The project commenced in July 2023 and will run for a year. Over 60 women have participated so far.

Project Impact

Creation of integrated pathway between NHS and community organisations. Nishkam Start of Life Care's mission is to give every child best start of life as inspired by faith-based values and clinical knowledge, to work collaboratively within an integrated neighbourhood system to offer health and wellbeing education for start of life care and to create a safe support hub for parents and families.



368 referrals were done onwards for further support. The most common of these referrals were:

Energy redress
Essential items for children
Food & milk vouchers
Maternity grants

As of 6 March 2024, we have received 136 enquiries in total, with 69 participating mothers.

- Cohort One: 11 mums
(Programme completed 20 Dec 2023)
- Cohort Two: 20 mums
(Programme completed 7 Feb 2024)
- Cohort Three: 24 mums
(Currently on Week 5)
- Cohort Four: 14 mums
(Currently on Week 2)

Helped access to antenatal care in a deprived area

Raised awareness to high-risk pregnant women on this course

Feedback from participants:

Was the information easy to understand?
100% people asked said yes

Quality of the programme/materials:
Average score: 4.84 out of 5

Were the presenters engaging/supportive?
Average score: 4.92 out of 5

Were you at ease/felt safe in the environment at Nishkam Civic Association?
Average score: 4.975 out of 5

Overall experience of the start of life care programme:
Average score: 4.825 out of 5

Nearly 1300 volunteers hours with 15 health professionals.

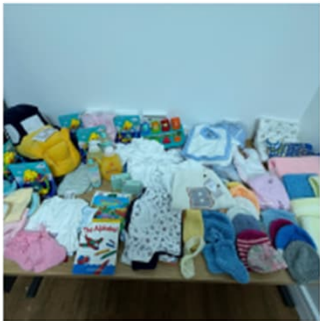
This includes:
Two pharmacists;
Two Obstetrics and Gynaecology speciality doctors;
Three infant feeding and tongue tie nurses;
One neonatal Nurse;
One midwife consultant;
One midwife;
Two dentists;
One registered counsellor psychologist;
One specialist health visitor

Regular commitment from NHS organisations to develop integrated community pathways:
Sandwell General Hospital, Birmingham
Community Healthcare, Birmingham
Women's Hospital, Change Grow Live, Birmingham
Solihull Mental Health NHS Foundation Trust, Lewisham and Greenwich NHS Trust, Nishkam Dental Care and Nishkam Mental and Emotional Wellbeing Service

Local support organisations:

Sure Start, Groundwork West Midlands, Food Justice Network, Grow Baby, Flourish-Aston Pride Health Clinic

Photos from Nishkam Start of Life Care





OTHER HEALTH ENGAGEMENTS/ MEETINGS

Online key monthly meetings with Midlands Children & Young Peoples' programme, regular updates on the start of life care programme.



**Round Table Event
January 17th 2024.**

**Birmingham City
Football Club**



**Flourish Quarterly Network
meeting
25th January 2024 – Aston
Pavilion, Aston Park, Trinity
Road, Aston Bham.**



- Meeting held on Wednesday 7th February 2024
- Attendees from Community Connexions:
- Dr. Christine Brut (Research Scientist)
- Dr. Fatima Zakia
- Discussed on how we can work in collaboration to meet the community needs, incorporating the current services, Nishkam Mental Health & Start of Life care.



- **Barjinder Singh Hamdard**
- *Managing Editor of the Punjabi newspaper Daily Ajit. He is also an ex-parliamentarian and*
- *the son of famous Punjabi journalist and writer Sadhu Singh Hamdard.*



Nishkam Healthcare Trust

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2024

Trustees' responsibilities statement

The trustees, who are also directors for the purposes of company law, are responsible for preparing the trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the charity trustees to prepare financial statements for each year which give a true and fair view of the state of affairs of the charitable company and the incoming resources and application of resources, including the income and expenditure, for that period.

In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the applicable Charities SORP;
- make judgments and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

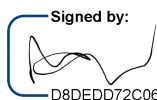
The trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the charity's transactions and disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Auditor

Each of the persons who is a trustee at the date of approval of this report confirms that:

- so far as they are aware, there is no relevant audit information of which the charity's auditor is unaware; and
- they have taken all steps that they ought to have taken as a trustee to make themselves aware of any relevant audit information and to establish that the charity's auditor is aware of that information.

The trustees' annual report and the strategic report were approved on 12 November 2024 and signed on behalf of the board of trustees by:

Signed by:

D8DEDD72C06C403...

Dr Hayer
Trustee

Nishkam Healthcare Trust

Company Limited by Guarantee

Independent Auditor's Report to the Members of Nishkam Healthcare Trust

Year ended 31 March 2024

Opinion

We have audited the financial statements of Nishkam Healthcare Trust (the 'charity') and the group for the year ended 31 March 2024 which comprise of the charity and group statement of financial activities (including income and expenditure account), the charity and group statement of financial position, statement of cash flows and the related notes, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including FRS 102 The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charity's affairs as at 31 March 2024 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice;
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charity in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charity's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Nishkam Healthcare Trust

Company Limited by Guarantee

Independent Auditor's Report to the Members of Nishkam Healthcare Trust

(continued)

Year ended 31 March 2024

Other information

The other information comprises the information included in the annual report, other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the trustees' report for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the trustees' report has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charity and its environment obtained in the course of the audit, we have not identified material misstatements in the trustees' report.

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit.

Nishkam Healthcare Trust

Company Limited by Guarantee

Independent Auditor's Report to the Members of Nishkam Healthcare Trust

(continued)

Year ended 31 March 2024

Responsibilities of trustees

As explained more fully in the trustees' responsibilities statement, the trustees (who are also the directors for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charity or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

Irregularities that result from fraud might be inherently more difficult than irregularities that result from error, which gives rise to a risk of material misstatement. We are of the opinion that the planned audit approach, the documentation and interrogation of the entity's controls means that the audit procedures carried out were capable of detecting irregularities, including fraud. We have also reviewed financial statement disclosures and tested these to supporting documentation to assess compliance with applicable laws and regulations. We have audited the risk of management override of controls, including through testing journal entries and other adjustments for appropriateness, and evaluating the business rationale of significant transactions outside the normal course of business. We have also made enquiries of entity staff in tax and compliance functions to identify any instances of non-compliance with laws and regulations and have reviewed correspondence with regulatory bodies as part of our audit procedures.

As part of an audit in accordance with ISAs (UK), we exercise professional judgment and maintain professional scepticism throughout the audit. We also:

- Identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.
 - Obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the internal control.
-

Nishkam Healthcare Trust

Company Limited by Guarantee

Independent Auditor's Report to the Members of Nishkam Healthcare Trust

(continued)

Year ended 31 March 2024

- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by the trustees.
- Conclude on the appropriateness of the trustees' use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the charity's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our auditor's report to the related disclosures in the financial statements or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of our auditor's report. However, future events or conditions may cause the charity to cease to continue as a going concern.
- Evaluate the overall presentation, structure and content of the financial statements, including the disclosures, and whether the financial statements represent the underlying transactions and events in a manner that achieves fair presentation.

We communicate with those charged with governance regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that we identify during our audit.

Use of our report

This report is made solely to the charity's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charity's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charity and the charity's members as a body, for our audit work, for this report, or for the opinions we have formed.

Hannah Justice FCA FCCA

Hannah Justice FCA FCCA (Senior Statutory Auditor)

For and on behalf of
BSN Associates Limited
Chartered accountants & statutory auditor
3B Swallowfield Courtyard
Wolverhampton Road
Oldbury
West Midlands
B69 2JG

12 November 2024

Nishkam Healthcare Trust

Company Limited by Guarantee

Consolidated Statement of Financial Activities (including income and expenditure account)

Year ended 31 March 2024

		Unrestricted funds	2024 Restricted funds	Total funds	2023 Total funds <i>Restated</i>
	Note	£	£	£	£
Income and endowments					
Donations and legacies	5	30,000	67,156	97,156	30,000
Other trading activities	6	1,419,485	–	1,419,485	1,344,747
Total income		<u>1,449,485</u>	<u>67,156</u>	<u>1,516,641</u>	<u>1,374,747</u>
Expenditure					
Raising funds: Commercial trading operations		1,456,936	–	1,456,936	1,240,001
Expenditure on charitable activities	7,8	<u>152,207</u>	<u>67,156</u>	<u>219,363</u>	<u>145,512</u>
Total expenditure		<u>1,609,143</u>	<u>67,156</u>	<u>1,676,299</u>	<u>1,385,513</u>
Share of income in associate		<u>2,970</u>	<u>–</u>	<u>2,970</u>	<u>1,343</u>
Net income/(expenditure) and net movement in funds		<u>(156,688)</u>	<u>–</u>	<u>(156,688)</u>	<u>(9,423)</u>
Reconciliation of funds					
Total funds brought forward		<u>833,228</u>	<u>–</u>	<u>833,228</u>	<u>842,651</u>
Total funds carried forward		<u>676,540</u>	<u>–</u>	<u>676,540</u>	<u>833,228</u>

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

The notes on pages 32 to 51 form part of these financial statements.

Nishkam Healthcare Trust

Company Limited by Guarantee

Charity Statement of Financial Activities (including income and expenditure account)

Year ended 31 March 2024

		2024		2023
	Unrestricted	Restricted	Total funds	Total funds
Note	funds	funds		
	£	£	£	£
Income and endowments				
Donations and legacies	54,000	67,156	121,156	348,700
Other trading activities	103,612	–	103,612	90,745
Total income	<u>157,612</u>	<u>67,156</u>	<u>224,768</u>	<u>439,445</u>
Expenditure				
Expenditure on charitable activities	<u>152,411</u>	<u>67,156</u>	<u>219,567</u>	<u>145,512</u>
Total expenditure	<u>152,411</u>	<u>67,156</u>	<u>219,567</u>	<u>145,512</u>
Net income and net movement in funds	<u>5,201</u>	<u>–</u>	<u>5,201</u>	<u>293,933</u>
Reconciliation of funds				
Total funds brought forward	630,744	–	630,744	336,811
Total funds carried forward	635,945	–	635,945	630,744

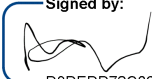
The statement of financial activities includes all gains and losses recognised in the year.
All income and expenditure derive from continuing activities.

The notes on pages 32 to 51 form part of these financial statements.

Nishkam Healthcare Trust
Company Limited by Guarantee
Consolidated Statement of Financial Position
31 March 2024

		2024	2023
	Note	£	<i>Restated</i> £
Fixed assets			
Intangible fixed assets		-	-
Tangible fixed assets	18	107,384	80,163
Investments	19	21,793	18,823
		<u>129,177</u>	<u>98,986</u>
Current assets			
Stocks		49,181	47,281
Debtors	21	137,697	267,063
Cash at bank and in hand		569,806	710,279
		<u>756,684</u>	<u>1,024,623</u>
Creditors: amounts falling due within one year	22	203,956	288,255
Net current assets		<u>552,728</u>	<u>736,368</u>
Total assets less current liabilities		681,905	835,354
Provisions		5,365	2,126
Net assets		<u>676,540</u>	<u>833,228</u>
Funds of the charity			
Unrestricted funds		676,540	833,228
Total charity funds	27	<u>676,540</u>	<u>833,228</u>

These financial statements were approved by the board of trustees and authorised for issue on 12 November 2024, and are signed on behalf of the board by:

Signed by:

D8DEDD72C06C403...

Dr Hayer
Trustee

The notes on pages 32 to 51 form part of these financial statements.

Nishkam Healthcare Trust

Company Limited by Guarantee

Charity Statement of Financial Position

31 March 2024

	Note	2024 £	2023 £
Fixed assets			
Tangible fixed assets	18	12,640	5,491
Investments	19	186,992	186,991
		<u>199,632</u>	<u>192,482</u>
Current assets			
Debtors	21	50,826	98,224
Cash at bank and in hand		434,521	462,930
		<u>485,347</u>	<u>561,154</u>
Creditors: amounts falling due within one year	22	49,034	122,892
Net current assets		<u>436,313</u>	<u>438,262</u>
Total assets less current liabilities		<u>635,945</u>	<u>630,744</u>
Net assets		<u>635,945</u>	<u>630,744</u>
Funds of the charity			
Unrestricted funds		635,945	630,744
Total charity funds		<u>635,945</u>	<u>630,744</u>

These financial statements were approved by the board of trustees and authorised for issue on 12 November 2024, and are signed on behalf of the board by:

Signed by:

D8DEDD72C06C403...

Dr Hayer
Trustee

The notes on pages 32 to 51 form part of these financial statements.

Nishkam Healthcare Trust

Company Limited by Guarantee

Consolidated Statement of Cash Flows

Year ended 31 March 2024

	2024 £	2023 £
Cash flows from operating activities		
Net income	(156,688)	(9,423)
<i>Adjustments for:</i>		
Depreciation of tangible fixed assets	14,496	13,255
Share of associate profit	(2,970)	(1,343)
Tax in subsidiaries	3,239	(677)
<i>Changes in:</i>		
Stocks	(1,900)	2,131
Trade and other debtors	129,366	(2,012)
Trade and other creditors	(84,299)	42,242
Cash generated from operations	(98,756)	44,173
Net cash (used in)/from operating activities	(98,756)	44,173
Cash flows from investing activities		
Purchase of tangible assets	(41,717)	(5,646)
Net cash used in investing activities	(41,717)	(5,646)
Net (decrease)/increase in cash and cash equivalents	(140,473)	38,527
Cash and cash equivalents at beginning of year	710,279	671,752
Cash and cash equivalents at end of year	569,806	710,279

The notes on pages 32 to 51 form part of these financial statements.

Nishkam Healthcare Trust

Company Limited by Guarantee

Notes to the Financial Statements

Year ended 31 March 2024

1. General information

The charity is a public benefit entity and a private company limited by guarantee, registered in England and Wales and a registered charity in England and Wales. The address of the registered office is 21 Soho Road, Birmingham, B21 9SN.

2. Statement of compliance

These financial statements have been prepared in compliance with FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (Charities SORP (FRS 102)) and the Companies Act 2006.

3. Accounting policies

Basis of preparation

The financial statements have been prepared on the historical cost basis, as modified by the revaluation of certain financial assets and liabilities and investment properties measured at fair value through income or expenditure.

The financial statements are prepared in sterling, which is the functional currency of the entity.

Consolidation

The financial statements consolidate the financial statements of Nishkam Healthcare Trust and all of its subsidiary undertakings.

The results of subsidiaries acquired or disposed of during the year are included from or to the date that control passes.

Going concern

There are no material uncertainties about the charity's ability to continue.

Judgements and key sources of estimation uncertainty

The preparation of the financial statements requires management to make judgements, estimates and assumptions that affect the amounts reported. These estimates and judgements are continually reviewed and are based on experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

Income tax

The charity is exempt from corporation tax on its charitable activities.

For trading subsidiaries the taxation expense represents the aggregate amount of current and deferred tax recognised in the reporting period. Tax is recognised in profit or loss, except to the extent that it relates to items recognised in other comprehensive income or directly in equity. In this case, tax is recognised in other comprehensive income or directly in equity, respectively.

Nishkam Healthcare Trust
Company Limited by Guarantee
Notes to the Financial Statements
Year ended 31 March 2024

3. Accounting policies *(continued)*

Income tax *(continued)*

Current tax is recognised on taxable profit for the current and past periods. Current tax is measured at the amounts of tax expected to pay or recover using the tax rates and laws that have been enacted or substantively enacted at the reporting date.

Deferred tax is recognised in respect of all timing differences at the reporting date. Unrelieved tax losses and other deferred tax assets are recognised to the extent that it is probable that they will be recovered against the reversal of deferred tax liabilities or other future taxable profits. Deferred tax is measured using the tax rates and laws that have been enacted or substantively enacted by the reporting date that are expected to apply to the reversal of the timing difference.

Fund accounting

Unrestricted funds are available for use at the discretion of the trustees to further any of the charity's purposes.

Restricted funds are subjected to restrictions on their expenditure declared by the donor or through the terms of an appeal, and fall into one of two sub-classes: restricted income funds or endowment funds.

Incoming resources

All incoming resources are included in the statement of financial activities when entitlement has passed to the charity; it is probable that the economic benefits associated with the transaction will flow to the charity and the amount can be reliably measured. The following specific policies are applied to particular categories of income:

- income from donations or grants is recognised when there is evidence of entitlement to the gift, receipt is probable and its amount can be measured reliably.
- legacy income is recognised when receipt is probable and entitlement is established.
- income from donated goods is measured at the fair value of the goods unless this is impractical to measure reliably, in which case the value is derived from the cost to the donor or the estimated resale value. Donated facilities and services are recognised in the accounts when received if the value can be reliably measured. No amounts are included for the contribution of general volunteers.
- income from contracts for the supply of services is recognised with the delivery of the contracted service. This is classified as unrestricted funds unless there is a contractual requirement for it to be spent on a particular purpose and returned if unspent, in which case it may be regarded as restricted.
- Commercial turnover arises from the sale of preparing, dispensing and reviewing of drugs and other clinical services. Turnover is recognised at the fair value of the consideration at the point of sale.

Nishkam Healthcare Trust

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2024

3. Accounting policies *(continued)*

Resources expended

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is classified under headings of the statement of financial activities to which it relates:

- expenditure on raising funds includes the costs of all fundraising activities, events, non-charitable trading activities, and the sale of donated goods.
- expenditure on charitable activities includes all costs incurred by a charity in undertaking activities that further its charitable aims for the benefit of its beneficiaries, including those support costs and costs relating to the governance of the charity apportioned to charitable activities.
- other expenditure includes all expenditure that is neither related to raising funds for the charity nor part of its expenditure on charitable activities.

All costs are allocated to expenditure categories reflecting the use of the resource. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs are apportioned between the activities they contribute to on a reasonable, justifiable and consistent basis.

Operating leases

Lease payments are recognised as an expense over the lease term on a straight-line basis. The aggregate benefit of lease incentives is recognised as a reduction to expense over the lease term, on a straight-line basis.

Intangible assets

Intangible assets are initially recorded at cost, and are subsequently stated at cost less any accumulated amortisation and impairment losses. Any intangible assets carried at revalued amounts, are recorded at the fair value at the date of revaluation, as determined by reference to an active market, less any subsequent accumulated amortisation and subsequent accumulated impairment losses.

Amortisation

Amortisation is calculated so as to write off the cost of an asset, less its estimated residual value, over the useful life of that asset as follows:

Computer software - evenly over its estimated useful life of five years

If there is an indication that there has been a significant change in amortisation rate, useful life or residual value of an intangible asset, the amortisation is revised prospectively to reflect the new estimates.

Tangible assets

Tangible assets are initially recorded at cost, and subsequently stated at cost less any accumulated depreciation and impairment losses. Any tangible assets carried at revalued amounts are recorded at the fair value at the date of revaluation less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

Nishkam Healthcare Trust

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2024

3. Accounting policies *(continued)*

Depreciation

Depreciation is calculated so as to write off the cost or valuation of an asset, less its residual value, over the useful economic life of that asset as follows:

Improvements to property	-	4-10% straight line
Fixtures and fittings	-	10-20% straight line and 15% reducing balance
Motor vehicles	-	15% reducing balance

Investments

Unlisted equity investments are initially recorded at cost, and subsequently measured at fair value. If fair value cannot be reliably measured, assets are measured at cost less impairment.

Investments in associates

Investments in associates accounted for in accordance with the cost model are recorded at cost less any accumulated impairment losses.

Investments in associates accounted for in accordance with the fair value model are initially recorded at the transaction price. At each reporting date, the investments are measured at fair value, with changes in fair value taken through income or expenditure. Where it is impracticable to measure fair value reliably without undue cost or effort, the cost model will be adopted.

Dividends and other distributions received from the investment are recognised as income without regard to whether the distributions are from accumulated profits of the associate arising before or after the date of acquisition.

Impairment of fixed assets

A review for indicators of impairment is carried out at each reporting date, with the recoverable amount being estimated where such indicators exist. Where the carrying value exceeds the recoverable amount, the asset is impaired accordingly. Prior impairments are also reviewed for possible reversal at each reporting date.

For the purposes of impairment testing, when it is not possible to estimate the recoverable amount of an individual asset, an estimate is made of the recoverable amount of the cash-generating unit to which the asset belongs. The cash-generating unit is the smallest identifiable group of assets that includes the asset and generates cash inflows that largely independent of the cash inflows from other assets or groups of assets.

For impairment testing of goodwill, the goodwill acquired in a business combination is, from the acquisition date, allocated to each of the cash-generating units that are expected to benefit from the synergies of the combination, irrespective of whether other assets or liabilities of the charity are assigned to those units.

Nishkam Healthcare Trust

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2024

3. Accounting policies *(continued)*

Stocks

Stocks are measured at the lower of cost and estimated selling price less costs to complete and sell. Cost includes all costs of purchase, costs of conversion and other costs incurred in bringing the stock to its present location and condition.

Provisions

Provisions are recognised when the entity has an obligation at the reporting date as a result of a past event, it is probable that the entity will be required to transfer economic benefits in settlement and the amount of the obligation can be estimated reliably. Provisions are recognised as a liability in the statement of financial position and the amount of the provision as an expense.

Provisions are initially measured at the best estimate of the amount required to settle the obligation at the reporting date and subsequently reviewed at each reporting date and adjusted to reflect the current best estimate of the amount that would be required to settle the obligation. Any adjustments to the amounts previously recognised are recognised in profit or loss unless the provision was originally recognised as part of the cost of an asset. When a provision is measured at the present value of the amount expected to be required to settle the obligation, the unwinding of the discount is recognised as a finance cost in profit or loss in the period it arises.

Financial instruments

A financial asset or a financial liability is recognised only when the entity becomes a party to the contractual provisions of the instrument.

Basic financial instruments are initially recognised at the amount receivable or payable including any related transaction costs, unless the arrangement constitutes a financing transaction, where it is recognised at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Current assets and current liabilities are subsequently measured at the cash or other consideration expected to be paid or received and not discounted.

Debt instruments are subsequently measured at amortised cost.

Defined contribution plans

Contributions to defined contribution plans are recognised as an expense in the period in which the related service is provided. Prepaid contributions are recognised as an asset to the extent that the prepayment will lead to a reduction in future payments or a cash refund.

When contributions are not expected to be settled wholly within 12 months of the end of the reporting date in which the employees render the related service, the liability is measured on a discounted present value basis. The unwinding of the discount is recognised as an expense in the period in which it arises.

4. Limited by guarantee

The charity is a company limited by guarantee. The members of the company are the trustees named on page 1. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £10 per member of the charity.

Nishkam Healthcare Trust

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2024

5. Donations and legacies

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £
Donations			
Donations	30,000	–	30,000
Grants			
Grants receivable	–	67,156	67,156
	<u>30,000</u>	<u>67,156</u>	<u>97,156</u>
	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £
Donations			
Donations	30,000	–	30,000
Grants			
Grants receivable	–	–	–
	<u>30,000</u>	<u>–</u>	<u>30,000</u>

6. Other trading activities

	Unrestricted Funds £	Total Funds 2024 £	Unrestricted Funds £	Total Funds 2023 £
Room hire	86,669	86,669	60,670	60,670
Other income	3,618	3,618	15,478	15,478
Commercial trading operations	1,329,131	1,329,131	1,268,599	1,268,599
Investment income	67	67	–	–
	<u>1,419,485</u>	<u>1,419,485</u>	<u>1,344,747</u>	<u>1,344,747</u>

7. Expenditure on charitable activities by fund type

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £
Direct costs of charitable activities	108,018	32,841	140,859
Support costs	44,189	34,315	78,504
	<u>152,207</u>	<u>67,156</u>	<u>219,363</u>
	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £
Direct costs of charitable activities	77,769	–	77,769
Support costs	67,743	–	67,743
	<u>145,512</u>	<u>–</u>	<u>145,512</u>

Nishkam Healthcare Trust

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2024

8. Expenditure on charitable activities by activity type

	Activities undertaken directly £	Grant funding of activities £	Support costs £	Total funds 2024 £	Total fund 2023 £
Direct costs of charitable activities	108,222	32,841	70,584	211,647	138,115
Governance costs	—	—	7,920	7,920	7,397
	<u>108,222</u>	<u>32,841</u>	<u>78,504</u>	<u>219,567</u>	<u>145,512</u>

9. Analysis of support costs

	Charitable activities £	Total 2024 £	Total 2023 £
Staff costs	58,975	58,975	43,877
General office	6,146	6,146	10,711
Legal and professional	3,020	3,020	3,000
Depreciation	2,443	2,443	2,758
	<u>70,584</u>	<u>70,584</u>	<u>60,346</u>

10. Analysis of grants

	2024 £	2023 £
Grants to institutions		
Nishkam Civic Association	32,841	—
Total grants	<u>32,841</u>	<u>—</u>

11. Net (Expenditure)/ income

Net (expenditure)/income is stated after charging/(crediting):		
	2024 £	2023 £
Amortisation of intangible assets	—	740
Depreciation of tangible fixed assets	<u>14,496</u>	<u>12,515</u>

12. Auditors remuneration

	2024 £	2023 £
Fees payable for the audit of the financial statements	<u>11,300</u>	<u>11,680</u>

Nishkam Healthcare Trust

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2024

13. Staff costs

The total staff costs and employee benefits for the reporting period are analysed as follows:

	2024 £	2023 £
Wages and salaries	285,950	219,178
Social security costs	13,052	8,425
Employer contributions to pension plans	5,064	3,292
	<u>304,066</u>	<u>230,895</u>

The average head count of employees during the year was 16 (2023: 14). The average number of full-time equivalent employees during the year is analysed as follows:

	2024 No.	2023 No.
Trading	14	12
Charitable activities	2	2
	<u>16</u>	<u>14</u>

No employee received employee benefits of more than £60,000 during the year (2023: Nil).

The key management of the parent charity, the Trust, comprises of the trustees who receive no remuneration for their services.

The key management personnel of the group comprise those of the Trust who receive no remuneration for their services.

14. Trustee remuneration and expenses

There were no trustees' remuneration or other benefits for the ended 31 March 2024 nor for the year ended 31 March 2023.

There were no trustees' expenses paid for the year ended 31 March 2024 nor for the year ended 31 March 2023.

15. Taxation

Taxation included in the trading subsidiaries:

	2024 £	2023 £
Current tax	-	-
Deferred tax	3,239	(677)
	<u>3,239</u>	<u>(677)</u>

Nishkam Healthcare Trust

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2024

16. Incoming resources from other activities for generating funds

The charitable trust wholly owns 100% of the share capital of the following trading subsidiaries:

Subsidiary	Country of Incorporation	Company number
Nishkam Pharmacy Limited	England and Wales	08341597
Nishkam Dental Care Limited	England and Wales	09520055
NPVR Limited	England and Wales	14764588

A summary of the financial performance of each of the subsidiaries is shown below:

Nishkam Pharmacy Limited:	2024	2023
	£	£
Turnover	1,310,996	1,225,087
Cost of sales	<u>979,695</u>	<u>872,396</u>
Gross Profit	331,301	352,691
Administration expenses	<u>417,146</u>	<u>371,149</u>
	(85,845)	(18,458)
Interest received	67	-
Interest paid	(31)	-
Other operating income	<u>12,948</u>	<u>34,451</u>
Operating Profit and Profit before Taxation	(72,861)	15,993
Tax on profit	<u>(836)</u>	<u>394</u>
Profit after tax	(73,697)	16,387
Donation to NHT	<u>24,000</u>	<u>318,700</u>
Retained in Subsidiary	<u>(97,697)</u>	<u>(302,313)</u>
The net assets and liabilities of the subsidiaries were:		
Fixed assets	63,577	62,596
Current assets	369,373	464,584
Current liabilities	<u>(177,784)</u>	<u>(175,153)</u>
Total assets less current liabilities	255,166	352,027
Provisions for liabilities	<u>(3,069)</u>	<u>(2,233)</u>
Net assets	<u>252,097</u>	<u>349,794</u>
Aggregate share capital and reserves	<u>252,097</u>	<u>349,794</u>

Nishkam Healthcare Trust

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2024

16. Incoming resources from other activities for generating funds *(continued)*

Nishkam Dental Care Limited:	2024	2023
	£	£
Turnover	24,601	26,885
Cost of sales	<u>2,511</u>	<u>8,072</u>
Gross Profit	22,090	18,813
Administration expenses	<u>16,406</u>	<u>21,482</u>
Operating Profit and Profit before Taxation	5,684	(2,669)
Tax on profit	<u>(2,403)</u>	<u>283</u>
Retained in Subsidiary	<u><u>3,281</u></u>	<u><u>(2,386)</u></u>
The net assets and liabilities of the subsidiaries were:		
Fixed assets	22,448	12,076
Current assets	19,37	26,342
Current liabilities	<u>(15,390)</u>	<u>(17,560)</u>
Total assets less current liabilities	26,435	20,858
Provisions for liabilities	<u>(2,296)</u>	<u>-</u>
Net assets	<u><u>24,139</u></u>	<u><u>20,858</u></u>
Aggregate share capital and reserves	<u><u>24,139</u></u>	<u><u>20,858</u></u>

Nishkam Healthcare Trust

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2024

16. Incoming resources from other activities for generating funds *(continued)*

NPVR Limited:	2024
	£
Turnover	-
Cost of sales	<u>-</u>
Gross Profit	-
Administration expenses	<u>70,443</u>
Operating Profit and Profit before Taxation	(70,443)
Tax on profit	-
Retained in Subsidiary	<u><u>(70,443)</u></u>
 The net assets and liabilities of the subsidiaries were:	
Fixed assets	8,719
Current assets	1
Current liabilities	<u>(79,162)</u>
Total assets less current liabilities	(70,442)
Provisions for liabilities	<u>-</u>
Net assets	<u><u>(70,442)</u></u>
Aggregate share capital and reserves	<u><u>(70,442)</u></u>

Nishkam Healthcare Trust

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2024

17. Intangible assets

Group	Computer software £
Cost	
At 1 April 2023 and 31 March 2024	<u>24,446</u>
Amortisation	
At 1 April 2023 and 31 March 2024	<u>24,446</u>
Carrying amount	
At 31 March 2024	<u>—</u>
At 31 March 2023	<u>—</u>

The charity has no intangible assets.

18. Tangible fixed assets

Group	Leasehold property improvement £	Fixtures and fittings £	Motor Vehicle £	Total £
Cost				
At 1 April 2023	114,093	77,869	9,682	201,644
Additions	<u>—</u>	<u>41,717</u>	<u>—</u>	<u>41,717</u>
At 31 March 2024	<u>114,093</u>	<u>119,586</u>	<u>9,682</u>	<u>243,361</u>
Depreciation				
At 1 April 2023	58,257	57,838	5,386	121,481
Charge for the year	<u>4,187</u>	<u>9,665</u>	<u>644</u>	<u>14,496</u>
At 31 March 2024	<u>62,444</u>	<u>67,503</u>	<u>6,030</u>	<u>135,977</u>
Carrying amount				
At 31 March 2024	<u>51,649</u>	<u>52,083</u>	<u>3,652</u>	<u>107,384</u>
At 31 March 2023	<u>55,836</u>	<u>20,031</u>	<u>4,296</u>	<u>80,163</u>

Nishkam Healthcare Trust

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2024

18. Tangible fixed assets *(continued)*

Charity	Leasehold property improvement £	Fixtures and fittings £	Total £
Cost			
At 1 April 2023	28,601	23,765	52,366
Additions	—	9,592	9,592
At 31 March 2024	28,601	33,357	61,958
Depreciation			
At 1 April 2023	23,606	23,269	46,875
Charge for the year	767	1,676	2,443
At 31 March 2024	24,373	24,945	49,318
Carrying amount			
At 31 March 2024	4,228	8,412	12,640
At 31 March 2023	4,995	496	5,491

19. Investments

Group	Investment in associate £
Share of net assets	
At 1 April 2023	18,823
Share of profit/loss	2,970
At 31 March 2024	21,793
Impairment	
At 1 April 2023 and 31 March 2024	—
Carrying amount	
At 31 March 2024	21,793
At 31 March 2023	18,823

Nishkam Healthcare Trust

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2024

19. Investments *(continued)*

Charity	Shares in group undertakings £
Cost or valuation	
At 1 April 2023	186,991
Additions	1
At 31 March 2024	186,992
Impairment	
At 1 April 2023 and 31 March 2024	—
Carrying amount	
At 31 March 2024	186,992
At 31 March 2023	186,991

All investments shown above are held at valuation.

The charity holds investments in the following undertakings all of which are registered in England and Wales:

	Type of Shares Held	% of Shares Held
Nishkam Pharmacy Limited		100
Nishkam Dental Care Limited		100
NPVR Limited		100
Nishkam Security Limited		25

20. Stocks

Group	2024 £	2023 £
Pharmaceutical products	49,181	47,281
	49,181	47,281

The charity has no stock.

Nishkam Healthcare Trust

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2024

21. Debtors

Group	2024	2023
	£	£
Trade debtors	110,757	184,319
Amounts owed by group undertakings	-	-
Prepayments and accrued income	4,641	3,794
Other debtors	22,299	78,950
	<u>137,697</u>	<u>267,063</u>
 Charity	 2024	 2023
	£	£
Trade debtors	11,787	51,555
Amounts owed by group undertakings	24,378	14,954
Prepayments and accrued income	2,661	1,594
Other debtors	12,000	30,121
	<u>50,826</u>	<u>98,224</u>

22. Creditors: amounts falling due within one year

Group	2024	2023
	£	£
Trade creditors	145,046	165,849
Amounts owed to group undertakings	-	-
Accruals and deferred income	54,616	121,589
Social security and other taxes	3,386	817
Other creditors	908	-
	<u>203,956</u>	<u>288,255</u>
 Charity	 2024	 2023
	£	£
Trade creditors	10,388	11,858
Amounts owed to group undertakings	1,500	-
Accruals and deferred income	36,310	110,844
Social security and other taxes	668	190
Other creditors	168	-
	<u>49,034</u>	<u>122,892</u>

Nishkam Healthcare Trust

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2024

23. Deferred income

Group and Charity	2024 £	2023 £
At 1 April 2023	97,186	11,970
Amount released to income	(97,186)	(11,970)
Amount deferred in year	<u>13,026</u>	<u>97,186</u>
At 31 March 2024	<u>13,026</u>	<u>97,186</u>

24. Provisions

Group	Deferred tax £
At 1 April 2023	2,126
Additions	<u>3,239</u>
At 31 March 2024	<u>5,365</u>

The charity has no provisions.

25. Deferred tax

Group

The deferred tax included in the statement of financial position is as follows:

	2024 £	2023 £
Included in provisions	<u>5,365</u>	<u>2,126</u>

The deferred tax account consists of the tax effect of timing differences in respect of:

	2024 £	2023 £
Accelerated capital allowances	<u>5,365</u>	<u>2,126</u>

The charity has no deferred tax.

26. Pensions and other post retirement benefits

Defined contribution plans

The amount recognised in income or expenditure as an expense in relation to defined contribution plans was £5,064 (2023: £3,292).

Nishkam Healthcare Trust

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2024

27. Analysis of group charitable funds

Unrestricted funds

	At 1 April 2023 £	Income £	Expenditure £	At 31 March 2024 £
General funds	833,228	1,452,455	(1,609,143)	676,540

	At 1 April 2022 £	Income £	Expenditure £	At 31 March 2023 £
General funds	842,651	1,376,090	(1,385,513)	833,228

Restricted funds

	At 1 April 2023 £	Income £	Expenditure £	At 31 March 2024 £
Start of Life Care	–	50,000	(50,000)	–
Living Well Consortium	–	2,000	(2,000)	–
Patient Carers Race Equalities Framework	–	15,156	(15,156)	–
	–	67,156	(67,156)	–

	At 1 April 2022 £	Income £	Expenditure £	At 31 March 2023 £
Start of Life Care	–	–	–	–
Living Well Consortium	–	–	–	–
Patient Carers Race Equalities Framework	–	–	–	–
	–	–	–	–

Nishkam Healthcare Trust

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2024

28. Analysis of net assets between funds

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £
Tangible fixed assets	107,384	–	107,384
Investments	21,793	–	21,793
Current assets	756,684	–	756,684
Creditors less than 1 year	(203,956)	–	(203,956)
Provisions	(5,365)	–	(5,365)
Net assets	676,540	–	676,540

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £
Tangible fixed assets	80,163	–	80,163
Investments	18,823	–	18,823
Current assets	959,467	65,156	1,024,623
Creditors less than 1 year	(223,099)	(65,156)	(288,255)
Provisions	(2,126)	–	(2,126)
Net assets	833,228	–	833,228

29. Analysis of changes in net debt

	At 1 Apr 2023 £	Cash flows £	At 31 Mar 2024 £
Cash at bank and in hand	710,279	(140,473)	569,806

30. Operating lease commitments

Group and company

The total future minimum lease payments under non-cancellable operating leases are as follows:

	2024 £	2023 £
Not later than 1 year	30,000	30,000
Later than 1 year and not later than 5 years	120,000	–
	150,000	30,000

Nishkam Healthcare Trust

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2024

31. Prior period adjustment

During the year the following adjustments have been identified to correct errors and/or amend accounting policies which have been reflected as prior year adjustments.

The investment in associates was not accounted for in accordance with the equity method of accounting as required by the SORP when consolidated accounts are prepared.

The net impact is as follows:

	£
2022	
Increase in investments	17,480
Increase in funds	17,480
2023	
Share of associate income	1,343
Increase in investments	18,823
Increase in funds	18,823

32. Related Party Transactions

During the year, the following connected parties and transactions with the group were identified:

Guru Nanak Nishkam Sewa Jatha (Birmingham) UK

An unincorporated charity in which the trustees Mohinder Singh Ahluwalia and J P S Chandan were trustees. Nishkam Healthcare Trust operates from premises at 21 Soho Road, a freehold held by Guru Nanak Nishkam Sewak Jatha (Birmingham) UK.

Nishkam Civic Association

A charity in which the trustees Mohinder Singh Ahluwalia, PS Jhutti and JPS Chandan were trustees.

Nishkam Security Limited

A 25% owned subsidiary of Nishkam Healthcare Trust.

Nishkam School Trust

A Charity in which the trustee Mohinder Singh Ahluwalia was the patron, Upkar Singh Pardesi was a trustee and governor and Shaminder Rai was a governor.

Sangat Trust

A charitable company in which Trustee Mohinder Singh Ahluwalia has been a trustee.

Nishkam Healthcare Trust

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2024

32. Related Party Transactions *(continued)*

	2024 £	2023 £
During the year the group purchased the following services:		
Nishkam Civic Association	32,841	2,688
Nishkam Security Limited	13,612	8,897
During the year, the group paid the following rent:		
Guru Nanak Nishkam Sewa Jatha (Birmingham) UK	30,000	69,198
During the year, the group received the following donations:		
Guru Nanak Nishkam Sewa Jatha (Birmingham) UK	30,000	30,000
During the year, the group provided the following services:		
Guru Nanak Nishkam Sewa Jatha (Birmingham) UK	7,519	7,451
Nishkam School Trust	1,931	856
Nishkam Civic Association	2,500	-
At the end of the year the group owed the following:		
Nishkam Security Limited	3,450	-
Nishkam School Trust	379	-
Nishkam Civic Association	2,000	-
At the end of the year the group was owed the following:		
Nishkam Civic Association	2,500	-

33. Controlling party

The Trustees consider that the charity is jointly controlled by the Trustees and there is no ultimate controlling party.