

BRITISH INDIAN PSYCHIATRIC ASSOCIATION



ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31st March 2022

Charity Commission for England
and Wales Registration Number
1169838

BRITISH INDIAN PSYCHIATRIC

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REFERENCE AND ADMINISTRATIVE DETAILS

Board of Trustees

President	Dr Ananta Dave
President	Dr Bhavana Chawda
Honorary Secretary	Dr Donna Arya
Treasurer	Dr Ashwani Kapila
Immediate Past President	Dr Santosh Mudholkar

Executive Committee 2021 - 2022

Dr Ananta Dave
Dr Donna Arya
Dr Harinder Bains
Prof Kam Bhui
Dr Bhavana Chawda
Dr Sri Kalidindi
Dr Ashwani Kapila
Dr Arun Kishore
Dr Trupti Koli
Dr Sridevi Sira Mahalingappa
Dr Venkatesh Malipathil
Dr Mano Manoharan
Dr Sweta Mittal
Dr Santosh Mudholkar
Dr Ramneesh Puri
Dr Ranga Rao
Dr Sita Ratna

REFERENCE AND ADMINISTRATIVE DETAILS

Registered office British Indian Psychiatric Association
c/o Hallbrookes
(Accountancy) Ltd. 14
Elstow Road
Bedford
MK42 9LA

Telephone 07954 170083

Website www.bipa.org.uk

**Charity Commission for England
and Wales Registration Number**

1169838

Independent Examiner/Accountant Hallbrookes (Accountancy) Ltd.
14 Elstow
Road
Bedford
MK42 9LA
Email: services@hallbrookes.com

TRUSTEES REPORT FOR THE YEAR ENDED 31 MARCH 2022

The Trustees present their report along with the financial statements for the year ended 31 March 2022.

Structure, Governance and Management

The British Indian Psychiatric Association (BIPA) was incorporated on 21 October 2016 as a Charitable Incorporated Organisation (CIO), at which date it took over the charitable activities of the British Indian Psychiatric Association, an unincorporated body, which was established in 1984.

The Board of Trustees is the governing body of the BIPA, which meets periodically to consider how income should be raised and how monies should be expended to further the BIPA's charitable objectives.

The Executive Committee is a sub-committee of the Board of Trustees, and has delegated powers regarding matters pertaining to education and training, but the Board of Trustees retains full decision-making powers.

The Trustees and the Members of the Executive Committee are required to attend regular training, where their responsibilities are explained and they receive a copy of the BIPA's constitution.

The Trustees and the Members of the Executive Committee who were in office at 31 March 2022 and who served throughout the year are shown on pages 1 to 2.

Principal activities and objects

The objects of the BIPA are to protect and promote good health amongst people with mental illness or intellectual disability, in particular those from the black and minority ethnic communities. This is achieved by:

- advancing education in mental health through training and research;
- working with statutory bodies, healthcare professionals and other organisation to assist in the improvement of mental healthcare provision.

The Trustees have referred to the Charity Commission's general guidance on public benefit when reviewing the BIPA's aims and objectives, and in planning its future activities. The Trustees are satisfied that all standards of the BIPA's activities come under the overarching goal of improving mental health for all, and contribute toward the benefit of the public as a whole.

Highlights of the Year 2021/2022

All our academic programmes and CPD events are based on our strategic priorities. Given the pandemic, early on the organisation worked to hold the meetings virtually, including plans for the Annual General Meeting in July 2020 to be held virtually. The EC and Trustee meetings were also held virtually. Face-to-face community and charitable activities did not occur during the pandemic.

Professor Mala Rao, Public Health Consultant, as Specialist Advisor to BIPA, in December 2020 provided expertise in public mental health to support BIPA in its work on health inequalities. All the Executive Members of BIPA provided extraordinary support to the organisation in the pandemic.

BIPA continues to grow, albeit slowly, and has developed a good reputation for working in collaboration with the Royal College of Psychiatrists and the Diaspora Group within the Royal College, and playing its part in establishing anti-racist policies and supporting International Medical Graduates.

BIPA Secretary's report:

In 2021-2022 BIPA has had another good year under the inspiring leadership of Dr Ananta Dave as President. The officers, trustees, executive elected committee members, and opt-in executive members have all worked hard to support the President in her leadership for yet another productive year.

Some of the activities are as below:

1. Dr Ananta Dave joined a podcast "You are not alone" presented by the Psychiatric Trainees Committee (PTC), discussing her early experiences as an International Medical Graduate (IMG) and how this has shaped her role as a current leader and educator in psychiatry.
2. At the ANCIPS (Annual National Conference of Indian Psychiatric Society) 2022 in Visakhapatnam on 24.3.22 - 26.03.22:
 - Dr Ananta Dave presented a session entitled "The Impact of Covid-19 on children and families- What can mental health services do?"
 - At the BIPA Session in ANCIPS, Dr Manomani Manoharan, Dr Sita Ratna and Prof. Subodh Dave gave a presentation entitled "Aiming for Excellence in Mental Health Care Through Education and Early Intervention". Their individual topics were:
 - 1) "Melodies and Mums Research Project" by Dr Mano Manoharan
 - 2) "ASD and Early Intervention in Psychosis in Young People under 18 years" by Dr Sita Ratna
 - 3) "Transforming the Psychiatry Curriculum" by Prof. Subodh Dave.
 - Dr Seshagiri Rao Nimmagadda presented a talk on forensic psychiatry in a separate session at the conference.
3. Dr Arun Kishore represented BIPA at a one-day workshop in Kerala state in India entitled "Supporting Doctors in Need" at the charity event called "Accept Support Help Another".
4. International medical graduates face a variety of problems/challenges when looking to start to practise in the UK. Dr Arun Kishore, as lead member for IMG work, started one-to-one mentoring, group mentoring and Trust champions with the aim to recruit a doctor from each Trust to provide advice, guidance, information and opportunities for international doctors looking to practise in the UK, with the aim to create and distribute a comprehensive, easy-to-follow guide.

WEBINARS AND CONFERENCES:

- 1) The Royal College of Psychiatrists' Volunteering and International Psychiatry Special Interest group hosted a webinar open for all healthcare professionals called "Psychological First Aid" on 27th May 2021. Dr Bhavana Chawda, Vice President of BIPA, presented a well-received "COVID in India - What we can do to help" session.
- 2) The BIPA Spring Conference (virtual) was entitled "Neuroscience, Arts and Culture", which received very good feedback.
- 3) Professor Alka Ahuja, Consultant Child and Adolescent Psychiatrist, has been honoured with an MBE for services to NHS Wales during the pandemic for instituting digital teleservices and rapidly ensuring the delivery of services in February 2021.
- 4) Professor Subodh Dave and Dr Ananta Dave contributed as workstream leads and chapter/article authors for the Bridging the Gap series published by BAPIO to address differential attainment in the medical profession.
- 5) Dr Sridevi Sira Mahalingappa and other BIPA members helped with the 4th year Nottingham medical students who missed clinical placements due to Covid-19 by facilitating psychiatric OSCEs for them.
- 6) Dr Sridevi Sira Mahalingappa, Dr Roshelle Ramkisson, Dr Shevonne Matheiken, Dr Anu Priya, Dr Raka Maitra, Dr Rupal Dave, Dr Bhargavi Chatterjee, and Dr Nandini Chakraborty were among the 25 amazing women psychiatrists that The Royal College of Psychiatry Women and mental health SPIG highlighted at marked their 25th anniversary in March 2021.
- 7) Dr Ananta Dave was appointed as honorary Assistant Professor at University of Nottingham in February 2021.
- 8) BIPA media engagement team - BIPA had its 1000th twitter follower in March 2021.
- 9) Prof Kam Bhui, one of our co-opted members on the BIPA EC, and his team at the Department of Psychiatry at Oxford University have won a prestigious £24 million UKRI research grant towards improving adolescent mental health and wellbeing in March 2021.

HONOURABLE MENTIONS:

- 1) BIPA fondly remembered Professor Bhaumik on his first death anniversary in November 2020. Prof. Bhaumik contributed immensely for diversity and helping IMGs achieve their potential. He passed away on 9th November 2019 and this anniversary is an occasion to celebrate and remember his enormous contributions with humility and gratitude.
- 2) BIPA EC (Executive Committee) has been busy in drafting the BIPA strategy and the IMG charter, and ensuring that the core values are embedded in the strategy and inform the operational working of the charity as an organisation. Dr Arun Kishore, who is the EC lead member for IMG work, has started a WhatsApp group to discuss and develop a BIPA strategy to support IMGs. People who are interested to join may please contact us at: enquiries@bipa.org.uk
- 3) We would like to appreciate all the efforts by various unsung heroes that form the BIPA family for their continued dedication towards this branch of Medicine, Psychiatry, that we call our own.

Dr Ananta Dave retired as President on 2 October 2022 and Dr Bhavana Chawda was appointed President on the same day.

This report is read and approved by the BIPA Officers.

Dr Bhavana Chawda
President, BIPA
6 March 2023

Financial Review

These are the fifth accounts since our incorporation as a CIO. The CIO acquired the business, assets and liabilities of the previously unincorporated body on 21 October 2016.

The Trustees' view is that the overall performance of the charity has improved this year. Expenditure exceeded income in the year resulting in a deficit of £2,686 (2021: £1,814) which has been deducted from reserves brought forward from previous years.

Risk Management

The Board of Trustees is aware of the need to consider risks affecting the BIPA and its day-to-day operation. The Trustees were satisfied that systems and internal controls are in place to manage exposure to major risks.

Reserve Policy

The BIPA intends to maintain an adequate general reserve to meet its continuing charitable obligations and day to day working capital requirements. Reserves, in this context, are those funds that are freely available for the BIPA's general purposes. At 31 March 2022, the balance of the general reserve was £52,298 (2021: £54,984).

Trustees' Responsibilities

The Trustees are responsible for preparing the Trustees' Report and the financial statements in accordance with the applicable law and the Statement of Recommended Practice for charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland.

The Trustees have a general responsibility for taking such steps and are reasonably open to them to safeguard the assets of the BIPA and to prevent and detect fraud and

Statement of Financial Activities
For the year ended 31st March 2022

INCOME AND EXPENDITURE

		<u>Unrestrict</u> <u>ed</u> <u>Fund</u> <u>31st</u> <u>March</u> <u>202</u> <u>2</u> <u>£</u>	<u>Restrict</u> <u>ed</u> <u>Fund</u> <u>31st</u> <u>March</u> <u>2022</u> <u>£</u>	<u>Total</u> <u>Fund</u> <u>31st</u> <u>March</u> <u>2022</u> <u>£</u>	<u>Total</u> <u>Fund</u> <u>31st</u> <u>March</u> <u>2021</u> <u>£</u>
	<u>Notes</u>				
<u>Incoming Resources</u>					
Donations and legacies					
Income from donations and legacies	(2)	15,468	0	15,468	4,181
Investment income	(3)	0	0	0	0
Total Incoming Resources		15,468	0	15,468	4,181
Resources Expended					
Expenditure on raising funds		0	0	0	0
Charitable activities: (includes governance costs)		18,154	0	18,154	2,367
Total Resources Expended	(4)	18,154	0	18,154	2,367
Net movements in funds		(2,686)	0	(2,686)	1,814
Funds at 31st March 2021		54,984	0	54,984	53,170
Total Funds at 31st March 2022	(7)	52,298	0	52,298	54,984

other irregularities. They also have a general statutory responsibility to prepare annual accounts.

In preparing the attached accounts, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Statement of Recommended Practice (Accounting and Reporting by Charities) – the Charities’ SORP (FRS 102);
- make judgements and 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; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the BIPA will continue in operation.

The Trustees also have responsibility for keeping adequate accounting records that are sufficient to show and explain the BIPA's transactions and disclose with reasonable accuracy at any time the financial position of the organisation and enable them to ensure that the financial statements comply with the Charities' SORP.

This report was approved by the trustees on 6 March 2023 and signed on their behalf.

(Chairperson)
Dr Bhavana Chawda.
Date 06.03.2023

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2022

I report on the accounts of the British Indian Psychiatric Association for the year ended 31st March 2022.

Respective responsibilities of Trustees and Examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year (under section 144 of the Charities Act 2011) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts (under section 145 of the 2011 Act);
- to follow the procedures laid down in the general directions given by the Charity Commissioners (under section 145(5)(b) of the 2011 Act); and
- to state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the general directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and the seeking of explanation from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and, consequently, I do not provide an audit opinion on the view given by the accounts.

Independent examiner's statement

In connection with my examination, no material matter has come to my attention 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
- 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) Regulation 2008

other than any requirements 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.

.....
Fomon Singh FFA, FIPA, FAIA, MAAT
Independent Examiner
Hallbrookes
(Accountancy) Ltd 14
Elstow Road
Bedford
MK42
9LA

Statement of Financial Activities
For the year ended 31st March 2022

INCOME AND EXPENDITURE

		<u>Unrestrict</u> <u>ed</u> <u>Fund</u> <u>d</u> <u>31st</u> <u>March</u> <u>202</u> <u>2</u> <u>£</u>	<u>Restrict</u> <u>ed</u> <u>Fund</u> <u>d</u> <u>31st</u> <u>March</u> <u>2022</u> <u>£</u>	<u>Total</u> <u>Fund</u> <u>31st</u> <u>March</u> <u>2022</u> <u>£</u>	<u>Total</u> <u>Fund</u> <u>31st</u> <u>March</u> <u>2021</u> <u>£</u>
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.....					

Balance Sheet as at 31st March 2022

	<u>Notes</u>	<u>31st March</u> <u>202</u> <u>2</u> <u>£</u>	<u>31st March</u> <u>202</u> <u>1</u> <u>£</u>
<u>Current Assets</u>			
Cash at Bank and in Hand		53,273	55,534
<u>Creditors: amounts due within one year</u>	(6)		
Accruals and other creditors		(975)	(1,550)
Net Current Assets		52,298	54,984
Net Assets		<hr/> <hr/> <u>52,298</u>	<hr/> <hr/> <u>54,984</u>
<u>Financed by:</u>			
General Funds		52,298	54,984
Restricted Funds		0	0
<u>Total Funds</u>	(7)	<hr/> <hr/> <u>52,298</u>	<hr/> <hr/> <u>54,984</u>

These Financial Statements were approved by the Trustees
on 06.03.2023 and were signed by:

(Chairperson)

Name Bhavana Chawda

(Treasurer)

Name Ashwani Kapila

NOTES to the Financial Statements for the year ended 31/03/2022

(1) ACCOUNTING POLICIES

Basis of preparation

These accounts (financial statements) have been prepared under the historical cost convention. The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011. The accounts (financial statements) have been prepared to give a “true and fair” view and have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a “true and fair view”.

Incoming Resources

Incoming resources are recognised in the statement of financial activities when entitlement has passed to the charity and the amounts are certain and measurable. Any incoming resources received that relate exclusively to future periods are deferred on the Balance Sheet.

Resources Expended

Expenditure is recognised in the statement of financial activities when a liability is incurred or increased without a commensurate increase in recognised assets or a reduction in liabilities. All expenditure is accounted on an accruals basis.

Allocation of Costs

Direct Activity Costs comprise those costs that contribute directly to an activity and are allocated to the relevant activity.

Support Costs comprise those costs that are necessary to deliver an activity but in themselves do not produce or deliver an activity.

Governance Costs are those costs incurred to meet statutory and constitutional requirements. Funds

- (a) Unrestricted funds, which are credited to the Income and Expenditure accounts are normally expendable at the discretion of the management.
- (b) Restricted funds, which are for specific purpose declared by the donors and are credited to the Income and Expenditure account when received and debited to the same account when paid.
- (c) Designated funds represent funds set aside by the trustees for specific purposes.

BRITISH INDIAN PSYCHIATRIC

Taxation

The organisation is exempt from tax on its charitable activities. The organisation is a charity and any surplus of incomes is ploughed back into the reserves for charitable purposes, so the activities are not subject to corporation tax.

Notes to the Accounts

For the year ended 31st March 2022

	<u>2022</u>	<u>2021</u>
(2) <u>Donations</u>	<u>£</u>	<u>£</u>
Donations & Subscriptions	2,375	205
Sponsorship	2,170	2,960
Conference	<u>10,923</u>	<u>1,016</u>
	-	<u>4,181</u>
	<u>15,468</u>	
(3) <u>Income from investments</u>		
Bank Interest Received	0	0
	<u>0</u>	<u>0</u>
<u>TOTAL</u>	<u>15,468</u>	<u>4,181</u>