

SOUTH ASIAN HEALTH ACTION

England & Wales · Charity number 1171789

Details

Other names SOUTH ASIAN HEALTH ORGANISATION (SAHO)

Status Registered

Legal form CIO

Registered 2017-02-27

Register [View on the Charity Commission register](#)

Contact

Address South Asian Health Action
c/o LGF
Claremont Street
Leicester
LE4 7QH

Phone 07940516666

Email support@sahauk.org

Website <https://sahauk.org>

Activities

Objects: TO PROMOTE AND TO PRESERVE GOOD HEALTH AND WELLBEING AMONG PERSONS IN NEED, ESPECIALLY OF SOUTH ASIAN ORIGIN, PARTICULARLY, BUT NOT EXCLUSIVELY, THOSE SUFFERING OR AT RISK OF SUFFERING OR IN NEED OF REHABILITATION FROM LONG-TERM HEALTH CONDITIONS SUCH AS DIABETES, HEART DISEASE, CANCER AND KIDNEY FAILURE, OR THOSE IN NEED OF ORGAN TRANSPLANTS, BY MEANS OF, BUT NOT EXCLUSIVELY:(I) THE PROVISION OR ASSISTANCE IN THE PROVISION OF SUPPORT, PRACTICAL ADVICE, TRAINING, HEALTH EDUCATION AND SERVICES FOR TREATMENT AND HEALTHY RECREATION, SUCH AS EXERCISE CLASSES FOR THE BENEFIT OF THE SAID PERSONS AND THEIR CARERS;(II) THE PROVISION OR ASSISTANCE IN THE PROVISION OF EDUCATION AMONG THE GENERAL PUBLIC AND ORGANISATIONS ON ALL ASPECTS RELATING TO LONG-TERM HEALTH CONDITIONS AND THEIR PREVENTION OR MANAGEMENT IN WAYS THOUGHT FIT BY THE TRUSTEES;(III) THE PROVISION OR ASSISTANCE IN THE PROVISION OF EDUCATION AMONG THE GENERAL PUBLIC AND ORGANISATIONS ON ALL ASPECTS RELATING TO ORGAN AND TISSUE DONATIONS IN WAYS THOUGHT FIT BY THE TRUSTEES.

Activities: The South Asian Health Action (SAHA) charity seeks to empower the South Asian communities to make better health choices that could lead to better lifestyles. We will Engage with, Educate and Empower

patients, carers and community leads to promote knowledge and better health lifestyle.

Classification

- **How:** Provides Buildings/facilities/open Space, Provides Services, Provides Advocacy/advice/information, Acts As An Umbrella Or Resource Body, Other Charitable Activities
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives, Disability, Economic/community Development/employment, Human Rights/religious Or Racial Harmony/equality Or Diversity, Other Charitable Purposes
- **Who:** Children/young People, Elderly/old People, People With Disabilities, People Of A Particular Ethnic Or Racial Origin, Other Charities Or Voluntary Bodies, Other Defined Groups, The General Public/mankind

Geography

- India
- Brent
- Brighton And Hove
- Coventry City
- Derby City
- Ealing
- Harrow
- Leeds City
- Leicester City
- Leicestershire
- Warwickshire

Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£76,733	£141,293	-	-
2023-12-31	£254,891	£38,539	-	-
2022-12-31	£100,766	£33,322	-	-
2021-12-31	£51,060	£5,631	-	-
2020-12-31	£3,561	£560	-	-

Trustees

Name	Role	Appointed
Dhiren Desai Mr		2023-07-01
NEETA RASIKLAL KACHHELA		2017-02-27
Shirin Shahid		2023-07-01

SOUTH ASIAN HEALTH ACTION

England & Wales - Charity number 1171789

Accounts

South Asian Health Action

Trustees Report and Accounts

Year ended

31st December 2024



**Registered Charity No.
1171789**

South Asian Health Action

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The following pages do not form part of the Statutory Accounts

South Asian Health Action

Officers and advisers

CEO

Kirit Mistry

TRUSTEES

Mr Kurun Maudgil

Mr Dhiran Desai

Shirin Shahid

Neeta Rasiklal Kachhela

REGISTERED OFFICE

South Asian Health Action

c/o LGF

Claremont Street

Leicester LE4 7QH

REGISTERED CHARITY NUMBER

1171789

PRINCIPAL BANKER

Metro Bank

One Southampton Row

London

WC1B 5HA

INDEPENDENT EXAMINER

Mr Mahendra Mandalia FCCA

60A Lakes Lane

Beaconsfield

South Bucks

HP9 2JZ

South Asian Health Action

Trustees report

The Trustees present their annual report with the financial statement for the year ending 31st December 2024. The Trustees have adopted the provisions of the Statement of recommended Practice (SORP) "accounting and reporting by Charities" issued in October 2000 in preparing the annual report and financial

Principle objectives

To promote and to preserve good health and wellbeing among persons in need, especially of South Asian origin, particularly, but not exclusively, those suffering or at risk of suffering or in need of rehabilitation from long-term health conditions such as diabetes, heart disease, cancer and kidney failure, or those in need of

Management Committee

The CEO is responsible for the strategic business of the Charity, from being the front public face, primary leader, fundraiser, operational lead, and works closely with the Trustees and team for the general control and management of administration of the Charity.

Financial position

The Statement of Financial Activities shows net Expenditure over Income for the year of -£64,559 and our reserves stand at £219,236

Risk Management

The trustees actively review the major risks which the charity faces on a regular basis and believe that maintaining reserves at the current levels combined with an annual review of the controls over the financial systems, will provide sufficient resources in the event of adverse conditions. The trustees have also examined

Trustee's responsibilities

Law applicable to charities in England & Wales require the trustees to prepare financial statements for each financial year which give a view of the charity's financial activities during the year and of its financial position at the end of the year. In preparing those financial statements, the trustees should follow best

- select suitable accounting policies and apply them consistently;
- make judgments and estimates that are reasonable and prudent;
- follow the recommendation of the Charity Commission and applicable accounting standards, 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 to meet its objectives.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure the financial statement comply with the Charities Act 1993. They are also responsible for safeguarding the assets of the charity and

Independent Examiner

The Independent Examiner for this year is Mr Mahendra Mandalia FCCA, 60A Lakes Lane, Beaconsfield South Bucks, HP9 2JZ

Approval

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

South Asian Health Action

Independent Examiner's report to the Trustees of South Asian Health Action Year ended 31 December 2024

I report on the accounts of South Asian Health Action for the year ended 31 December 2024 set out on pages 6 to 7

Respective responsibilities of the Trustees and the Examiner

South Asian Health Action (SAHA) trustees are responsible for the preparation of the accounts.

South Asian Health Action (SAHA) trustees consider that an audit is not required for this year (under section 43(2) of the Charities Act 1993 (the Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts (under section 43(3)(a) of the Act);
- follow the procedures laid down in the General Directions given by the Charity Commission (under section 43(7) (b) of the Act; and
- 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 the accounting records kept by the charity and a comparison of the accounts presented with these records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking of explanations from the trustees concerning such matters. The procedure undertaken do not provide all the evidence that would be required in an audit and consequently, I do not express an audit opinion on the accounts.

Independent examiner's statement

In connection with my examination, no matters have come to my attention:

- (1) which gives a reasonable cause to believe that, in any material respect, the requirements:
 - to keep accounting records in accordance with Section 41 of the Act; and
 - to prepare the accounts which accord with the accounting records and comply with the accounting requirements of the Act have not been met; or
- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Mr Mahendra M Mandalia FCCA

60A Lakes Lane
Beaconsfield
South Bucks
HP9 2JZ

Dated : 15th January 2026

South Asian Health Action
Statement of Financial Activities
For the year ended 31st December 2024

South Asian Health Action		11/1/89	CC17a
Annual accounts for the period			
Period start date	01/01/2024	To Period end date 31/12/2024	

Section A **Statement of financial activities**

Recommended categories by activity	Details of own analysis	Note	Restricted			Total this year	Total last year
			Unrestricted funds	Income funds	Endowment funds		
			€	€	€	€	€
			F01	F02	F03	F04	F05
Incoming resources (Note 3)							
Incoming resources from generated funds							
Voluntary income		S01	10,509	66,225	-	78,733	254,891
Activities for generating funds		S02	-	-	-	-	-
Investment income		S03	-	-	-	-	-
Incoming resources from charitable activities		S04	-	-	-	-	-
Other incoming resources		S05	-	-	-	-	-
Total incoming resources		S06	10,509	66,225	-	76,733	254,891
Resources expended (Notes 4-8)							
Costs of Generating Funds							
Costs of generating voluntary income		S07	-	-	-	-	640
Fundraising racing costs		S08	-	-	-	-	-
Investment management costs		S09	-	-	-	-	-
Charitable activities		S10	6,072	135,221	-	141,293	37,999
Governance costs		S11	-	-	-	-	-
Other resources expended		S12	-	-	-	-	-
Total resources expended		S13	6,072	135,221	-	141,293	38,539
Net incoming/(outgoing) resources before transfers		S14	4,437	68,996	-	64,558	216,352
Gross transfers between funds		S15	-	-	-	-	-
Net incoming/(outgoing) resources before other recognised gains/(losses)		S16	4,437	-68,996	-	-64,438	216,352
Other recognised gains/(losses)							
Gains and losses on revaluation of fixed assets for the charity's own use		S17	-	-	-	-	-
Gains and losses on investment assets		S18	-	-	-	-	-
Net movement in funds		S19	4,437	-68,996	-	-64,559	216,352
Total funds brought forward		S20	50,977	232,818	-	283,795	87,444
Total funds carried forward		S21	55,414	163,822	-	219,236	283,795


South Asian Health Action


Balance Sheet as at 31-12-2024

Section B Balance sheet

	Note	Restricted			Total this year £ F04	Total last year £ F05
		Unrestricted funds £ F01	Income funds £ F02	Endowment funds £ F03		
Fixed assets						
Tangible assets (Note 9)	B01	-	-	-	-	
	B02	-	-	-	-	
Investments (Note 10)	B03	-	-	-	-	
Total fixed assets	B04	-	-	-	-	
Current assets						
Stock and work in progress	B05	-	-	-	-	
Debtors (Note 11)	B06	-	-	-	-	
(Short term) investments	B07	-	-	-	-	
Cash at bank and in hand	B08	55,414	163,822	-	219,236	
Total current assets	B09	55,414	163,822	-	219,236	
Creditors: amounts falling due within one year (Note 12)	B10	-	-	-	-	
Net current assets/(liabilities)	B11	55,414	163,822	-	219,236	
Total assets less current liabilities	B12	55,414	163,822	-	219,236	
Creditors: amounts falling due after one year (Note 12)	B13	-	-	-	-	
Provisions for liabilities and charges	B14	-	-	-	21,570	
Net assets	B15	55,414	163,822	-	219,236	
Funds of the Charity						
Unrestricted funds	B16	55,414			50,977	
Designated funds	B17	-			-	
Restricted income funds (Note 13)	B18		163,822		211,248	
Endowment funds (Note 13)	B19			-	-	
Total funds	B20	55,414	163,822	-	262,226	

The financial statements were approved by the Trustees and signed on its behalf.

Trustee:  Name Shirin Shafiq

Treasurer:  Name Neeta Kachhela

Dated: 29/12/2025

South Asian Health Action

Notes to the accounts

for the year ended 31 December 2024

Accounting policies

Basis of Preparation:

The financial statements are 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 (SORP) issued in October 2000, SORP Update Bulletin 1 Issued in December 2002, applicable accounting standards.

Incoming Resources

Voluntary resources and donations are include in incoming resources when they are received, except when donors' conditions have not been fulfilled, then the income is deferred. The income from fundraising ventures is shown gross, with the associated costs included in fundraising costs.

Resources Expended

in these cost categories. Where costs are attributable to more than one activity, they have been apportioned across the cost categories on a basis consistent within the use of these resources.



SAHA Chairs Report for year ended 31st December 2024

Reflection from the Board of Trustees:

Established in 2017, South Asian Health Action (SAHA) seeks to enable and empower South Asian communities to make informed choices about their health and wellbeing and, seek their active participation in addressing some of the systemic inadequacies in healthcare affecting these communities. SAHA's activities revolve around three pivots: South Asian communities, healthy living and well-being and, taking action to transform healthcare systems

Our mission/vision

South Asian communities will become more integrated into the design and delivery of healthcare leading to more anti-racist, culturally appropriate and patient and community-led services.

We Engage, Educate, Empower and Explore with the Communities to ensure our missions are achieved.

SAHA continues to thrive as a patient, carer and community led charity to ensure South Asian patients and carers living with long term conditions are engaged in helping to shape culturally sensitive health and social care services.

As per the previous year, the personal health challenges of our office bearers have resulted in the reporting delays, which are now being addressed.

During the year under review our Charity continues to support South Asian Patients, Carers and Communities to promote and preserve good health and well-being.

We also focused on building capacity of our volunteers through our Community Connectors programs, who then were equipped to help and support people in the Communities.

We present our annual report together with the financial statements of SAHA for the year ended 31st December 2024. We confirm that the annual report and financial statements of the Charity comply with the current statutory requirements, the requirements of the Charity's governing document, and the provision of the Statements of Recommended Practice (SORP).

Strategic priorities:

1. Partner with mainstream healthcare providers to enable them to engage more actively with South Asian communities in the co-design, delivery and scrutiny of healthcare services.

2. To raise awareness of health research and clinical trials due to the under representation of South Asian communities.
3. To continue to work with the NHS on addressing health inequalities projects.

Board of Trustees

The Charity is governed by a Board of Trustees. Trustees during the year were as follows:

Krit Mistry resigned August 2023

Neeta Kachhela

Shirin Shahid

Karun Maudgil

Dhiren Desai

Volunteers

Over 50 volunteers supported our work in the year. The volunteers came from all walks of life, including Patients, Carers and Health Care Community Workers from the South Asian communities.

We train, support, and celebrate the amazing work our volunteers do, knowing that their contribution is essential to fulfilling our missions. Their willingness to devote their time and expertise for free is incredible; we could not have achieved what we have done over the year without our volunteers.

Responsibility statement

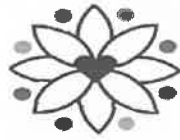
The financial statements have been prepared in accordance with the Charities Commission's regulations.

The Trustees are responsible for keeping proper accounting records that are sufficient to show and explain the Charity's transactions and disclosing with reasonable accuracy the financial position of the Charity. They are also responsible for safeguarding the assets of the charity and hence for taking responsible steps for the prevention and detection of fraud and other irregularities.

SOUTH ASIAN HEALTH ACTION

England & Wales - Charity number 1171789

Accounts



**SOUTH ASIAN
HEALTH ACTION**
ENGAGE – EDUCATE – EMPOWER – EXPLORE

Trustees Report and Accounts
Year ended
31st December 2023

Registered Charity No.
1171789

South Asian Health Action

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South Asian Health Action
Officers and advisers

TRUSTEES

Kirit Mistry
Mr Kurun Maudgil
Mr Dhiran Desai
Shirin Shahid
Neeta Rasiklal Kachhela

REGISTERED OFFICE

South Asian Health Action
c/o LGF
Claremont Street
Leicester LE4 7QH

REGISTERED CHARITY NUMBER 1171789

PRINCIPAL BANKER

Metro Bank
One Southampton Row
London
WC1B 5HA

INDEPENDENT EXAMINER

Mr Mahendra Mandalia FCCA
60A Lakes Lane
Beaconsfield
South Bucks
HP9 2JZ

South Asian Health Action
Trustees report

The Trustees present their annual report with the financial statement for the year ending 31st December 2023. The Trustees have adopted the provisions of the Statement of recommended Practice (SORP) "accounting and reporting by Charities" issued in October 2000 in preparing the annual report and financial statement of the charity.

Principle objectives

To promote and to preserve good health and wellbeing among persons in need, especially of South Asian origin, particularly, but not exclusively, those suffering or at risk of suffering or in need of rehabilitation from long-term health conditions such as Diabetes, Heart Disease, Cancer and Kidney failure, or those in need of organ transplants, by means of, but not exclusively: (i) the provision or assistance in the provision of support, practical advice, training and health education; (ii) the provision or assistance in the provision of education among the general public and organisations on all aspects relating to long-term health conditions and their prevention or management; (iii) the provision or assistance in the provision of education among the general public and organisations on all aspects relating to organ and tissue donations.

Management Committee

Trustees are the persons having responsibility for the general control and management of administration of the Charity.

Financial position

The Statement of Financial Activities shows net Income for the year of £283,796 and our reserves stand at £262,226

Risk Management

The trustees actively review the major risks which the charity faces on a regular basis and believe that maintaining reserves at the current levels combined with an annual review of the controls over the 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 significant risks.

Trustee's responsibilities

Law applicable to charities in England & Wales require the trustees to prepare financial statements for each financial year which give a view of the charity's financial activities during the year and of its financial position at the end of the year. In preparing those financial statements, the trustees should follow best practice and:

- make judgments and estimates that are reasonable and prudent;
- follow the recommendation of the Charity Commission and applicable accounting standards, 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 to meet its objectives.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure the financial statement comply with the Charities Act 1993. 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.

Independent Examiner

The Independent Examiner for this year is Mr Mahendra Mandalia FCCA, 60A Lakes Lane, Beaconsfield South Bucks, HP9 2JZ

Approval

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

South Asian Health Action

Independent Examiner's report to the Trustees of South Asian Health Action Year ended 31 December 2023

I report on the accounts of South Asian Health Action for the year ended 31 December 2023 set out on pages 6 to 7

Respective responsibilities of the trustees and the examiner

South Asian Health Action (SAHA) trustees are responsible for the preparation of the accounts.
South Asian Health Action (SAHA) trustees have appointed me to independently examine their accounts

It is my responsibility to:

- examine the accounts (under section 43(3)(a) of the Act);
- follow the procedures laid down in the General Directions given by the Charity Commission (under section 43(7) (b) of the Act; and
- 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 the accounting records kept by the Charity and a comparison of the accounts presented with these records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking of explanations from the trustees concerning such matters. The procedure undertaken does not provide all the evidence that would be required in an audit and consequently, I do not express an audit opinion on the accounts.

Independent examiner's statement

In connection with my examination, no matters have come to my attention:

- (1) which gives a reasonable cause to believe that, in any material respect, the requirements:
 - to keep accounting records in accordance with Section 41 of the Act; and
 - to prepare the accounts which accord with the accounting records and comply with the accounting requirements of the Act have not been met; or
- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Mr Mahendra M Mandalia FCCA

60A Lakes Lane
Beaconsfield
South Bucks
HP9 2JZ

Dated: 5th December 2025

South Asian Health Action
Statement of Financial Activities
For the year ended 31st December 2023



Section A Statement of financial activities

Recommended categories by activity	Details of own analysis	NOTE	Restricted			Total this year	Total last year
			Unrestricted funds	income funds	Endowment funds		
			£	£	£	£	£
			F01	F02	F03	F04	F05
Incoming resources (Note 3)							
Incoming resources from generated funds			-	-	-	-	-
Voluntary income		S01	5,313	249,578	-	254,891	7,991
Activities for generating funds		S02	-	-	-	-	-
Investment income		S03	-	-	-	-	-
Incoming resources from charitable activities		S04	-	-	-	-	92,775
Other incoming resources		S05	-	-	-	-	-
Total incoming resources		S06	5,313	249,578	-	254,891	100,766
Resources expended (Notes 4-8)							
Costs of Generating Funds			-	-	-	-	-
Costs of generating voluntary income		S07	540	-	-	540	-
Fundraising trading costs		S08	-	-	-	-	-
Investment management costs		S09	-	-	-	-	-
Charitable activities		S10	3,430	34,569	-	37,999	33,322
Governance costs		S11	-	-	-	-	-
Other resources expended		S12	-	-	-	-	-
Total resources expended		S13	3,970	34,569	-	38,539	33,322
Net incoming/(outgoing) resources before transfers		S14	1,344	215,009	-	216,352	67,444
Gross transfers between funds		S15	-	-	-	-	-
Net incoming/(outgoing) resources before other recognised gains/(losses)		S16	1,344	215,009	-	216,352	67,444
Other recognised gains/(losses)							
Gains and losses on revaluation of fixed assets for the charity's own use		S17	-	-	-	-	-
Gains and losses on investment assets		S18	-	-	-	-	-
Net movement in funds		S19	1,344	215,009	-	216,352	67,444
Total funds brought forward		S20	399	67,045	-	67,444	-
Total funds carried forward		S21	1,742	282,054	0	283,796	67,444

Section B Balance sheet

	Note	Restricted			Total this year £	Total last year £
		Unrestricted funds	income funds	Endowment funds		
		£	£	£		
		F01	F02	F03	F04	F05
Fixed assets						
Tangible assets (Note 9)	B01	-	-	-	-	-
	B02	-	-	-	-	-
Investments (Note 10)	B03	-	-	-	-	-
Total fixed assets	B04	-	-	-	-	-
Current assets						
Stock and work in progress	B05	-	-	-	-	-
Debtors (Note 11)	B06	-	-	-	-	-
(Short term) investments	B07	-	-	-	-	-
Cash at bank and in hand	B08	1,401	282,394	-	283,796	-
Total current assets	B09	1,401	282,394	-	283,796	-
Creditors: amounts falling due within one year (Note 12)	B10	-	-	-	-	-
Net current assets/(liabilities)	B11	1,401	282,394	-	283,796	-
Total assets less current liabilities	B12	1,401	282,394	-	283,796	-
Creditors: amounts falling due after one year (Note 12)	B13	-	-	-	-	-
Provisions for liabilities and charges	B14	-	21,570	-	21,570	-
Net assets	B15	1,401	260,824	-	262,226	-
Funds of the Charity						
Unrestricted funds	B16	50,977			50,977	-
	B17	-			-	-
Restricted income funds (Note 13)	B18		211,248		211,248	-
Endowment funds (Note 13)	B19	7		-	-	-
Total funds	B20	50,977	211,248	-	262,226	-

Signed by one or two trustees on behalf of all the trustees

	Signature	Print Name	Date of approval
Trustee		Kirit Mistry	17/11/2025
Trustee		Shirin Shahid	17/11/2025

South Asian Health Action
Notes to the accounts
for the year ended 31 December 2023

Basis of Preparation:

The financial statements are 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 (SORP) issued in October 2000, SORP Update Bulletin 1 Issued in December 2002, applicable accounting standards.

In coming Resources

Voluntary resources and donations are include in incoming resources when they are received, except when donors' conditions have not been fulfilled, then the income is deferred. The income from fundraising ventures is shown gross, with the associated costs included in fundraising costs.

Resources Expended

Resources expended are included in the statement of financial activities on an accrual basis. Expenditure which is directly attributed to specific activities has been included in these cost categories. Where costs are attributable to more than one activity, they have been apportioned across the cost categories on a basis consistent within the use of these resources.

Note 1 Basis of preparation

This section should be completed by all charities.

1.1 Basis of accounting

These accounts have been prepared on the basis of historic cost (except that investments are shown at market value) in accordance with:

- Accounting and Reporting by Charities -- Statement of Recommended Practice (SORP 2005);
- and with* Accounting Standards;
- or Financial Reporting Standards for Smaller Enterprises (FRSSE);
- and with the Charities Act.

[** except for the following].

Give details in this box if a different standard has been followed.

* - Tick as appropriate:

- if all relevant disclosures shown in the pack have been given then please tick "Accounting Standards";
- if disclosures completed in these accounts have been restricted to those required by the FRSSE, then please tick "Financial Reporting Standards for Smaller Enterprises (FRSSE)".

** - If no departures from the chosen standards have been made then delete these words; otherwise give details of any changes in the boxes.

1.2 Change in basis of accounting

There has been no change to the accounting policies (valuation rules and methods of accounting) since last year (§ except for the following).

*Give details in this box of any material changes that have been made.
Please note that 2022 accounts were prepared on "Cash Accounting basis".
2023 accounts are prepared on "Accruals basis"*

§ if no changes have been made to accounting policies then delete these words.

1.3 Changes to previous accounts

No changes have been made to accounts for previous years (§§ except for the following).

*Give details in this box of any material changes that have been made.
N/A*

Section C **Notes to the accounts** (cont)

Note 2 **Accounting policies**

This standard list of accounting policies has been applied by the charity except for those deleted. Where a different or additional policy has been adopted then this is detailed in the box below.

INCOMING RESOURCES

Recognition of incoming resources	These are included in the Statement of Financial Activities (SoFA) when: <ul style="list-style-type: none"> • the charity becomes entitled to the resources; • the trustees are virtually certain they will receive the resources; and • the monetary value can be measured with sufficient reliability.
Incoming resources with related expenditure	Where incoming resources have related expenditure (as with fundraising or contract income) the incoming resources and related expenditure are reported gross in the SoFA.
Grants and donations	Grants and donations are only included in the SoFA when the charity has unconditional entitlement to the resources.
Tax reclaims on donations and gifts	Incoming resources from tax reclaims are included in the SoFA at the same time as the gift to which they relate.
Contractual income and performance related grants	This is only included in the SoFA once the related goods or services have been delivered.
Gifts in kind	Gifts in kind are accounted for at a reasonable estimate of their value to the charity or the amount actually realised. Gifts in kind for sale or distribution are included in the accounts as gifts only when sold or distributed by the charity. Gifts in kind for use by the charity are included in the SoFA as incoming resources when receivable.
Donated services and facilities	These are only included in incoming resources (with an equivalent amount in resources expended) where the benefit to the charity is reasonably quantifiable, measurable and material. The value placed on these resources is the estimated value to the charity of the service or facility received.
Volunteer help	The value of any voluntary help received is not included in the accounts but is described in the trustees' annual report.
Investment income	This is included in the accounts when receivable.
Investment gains and losses	This includes any gain or loss on the sale of investments and any gain or loss resulting from revaluing investments to market value at the end of the year.

EXPENDITURE AND LIABILITIES

Liability recognition	Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to pay out resources.
Governance costs	Include costs of the preparation and examination of statutory accounts, the costs of trustee meetings and cost of any legal advice to trustees on governance or constitutional matters.
Grants with performance conditions	Where the charity gives a grant with conditions for its payment being a specific level of service or output to be provided, such grants are only recognised in the SoFA once the recipient of the grant has provided the specified service or output.
Grants payable without performance conditions	These are only recognised in the accounts when a commitment has been made and there are no conditions to be met relating to the grant which remain in the control of the charity.
Support Costs	Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, eg allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.

ASSETS

Tangible fixed assets for use by charity	These are capitalised if they can be used for more than one year, and cost at least £500. They are valued at cost or a reasonable value on receipt.
Investments	Investments quoted on a recognised stock exchange are valued at market value at the year end. Other investment assets are included at trustees' best estimate of market value.
Stocks and work in progress	These are valued at the lower of cost or market value.

POLICIES ADOPTED ADDITIONAL TO OR DIFFERENT FROM THOSE ABOVE



SOUTH ASIAN HEALTH ACTION

ENGAGE – EDUCATE – EMPOWER – EXPLORE

SAHA Chair's Report for year ended 31st December 2023

Reflection from the Chair of the Board of Trustees:

South Asian Health Action is a patient, carer and community led charity to ensure South Asian patients and carers living with long term conditions are engaged in helping to shape culturally sensitive health and social care services. Some of our Trustees are also living with long term conditions.

Unfortunately, all of our office bearers of our Charity have had several challenges during this period, mainly due to ill health, major road accident and personal health challenges, which has resulted in the reporting delays.

During the year under review our Charity continued to support South Asian Patients, Carers and Communities living with health conditions such as Diabetes, Cancer, Respiratory, Mental Health, Organ, Blood and Stem Cell, Covid-19 vaccine hesitancy and other related ailments.

We have over the course of this year formed strong partnerships and collaboration with many national and local organisations, such as Macmillan, Roche, NHS Race Health Observatory, NHS England and NHS Leicester, Leicestershire Rutland, NHS Core 20 Plus 5, Health Inequalities Project, Leicester City Council Public Health, University Hospitals of Leicester, National Voices and Equality Health and other such organisations.

We also support other charities such as Loros, Diabetes UK and other local community and faith led organisations.

We focused on recruiting and training new volunteers through our community connectors programs, who then were equipped to help and support people in the South Asian communities.

We present our annual report together with the financial statements of South Asian Health Action for the year ended 31st December 2023. We confirm that the annual report and financial statements of the charity comply with the current statutory requirements, the requirements of the Charity's governing document, and the provision of the Statements of Recommended Practice (SORP).

Structure & Governance

Established in 2017, the Board of Trustees are responsible for the governance of the Charity and for ensuring the Charity pursues the objectives for which it was founded. Trustees are appointed under the terms of the charity's governing documents.

Board of Trustees

The Charity is governed by a Board of Trustees. Trustees during the year were as follows:

Kirit Mistry
Neeta Kachhela
Shirin Shahid
Karun Maudgil
Dhiren Desai

At present, there are no specific policies regarding minimum or maximum length of tenure for Trustees.

SAHA seeks to enable and empower South Asian communities to make informed choices about their health and wellbeing and, seek their active participation in addressing some of the systemic inadequacies in healthcare affecting these communities. SAHA's activities revolve around three pivots: South Asian communities, healthy living and well-being and, taking action to transform healthcare systems.

Our mission

To achieve greater equality in the quality and cultural appropriateness of healthcare for South Asian communities by brokering critical dialogue and action between these communities and mainstream institutions.

Our vision

South Asian communities will become more integrated into the design and delivery of healthcare services, leading to more non-discriminatory, culturally appropriate and patient and community-led services.

We Engage, Educate, Empower and Explore with the communities to ensure our missions are achieved.

Engage:

- To engage with South Asian communities to influence attitudes and behaviours about healthy living
- To engage with mainstream institutions to articulate the healthcare needs, concerns and aspirations of South Asian communities

Educate:

- To facilitate health education activities to help people with long term conditions
- To dialogue critically with mainstream institutions to ensure that they have greater understandings about the healthcare needs

Empower:

- To empower our communities to take greater control over their healthcare choices and articulate their needs
- To enable and empower mainstream institutions to develop more inclusive services by partnering up, co-creating and co-designing healthcare services with South Asian communities

Explore:

- To seek the participation and engagement of South Asian communities in healthcare research
- To ensure that mainstream institutions adopt participatory and evidence-based research approaches and involve our communities in decisions about the design and delivery of healthcare services

Strategic priorities:

1. Grow SAHA into a well-governed, effectively managed and financially sustainable Charity.
2. Partner with mainstream healthcare providers to enable them to engage more actively with South Asian communities in the co-design, delivery and scrutiny of healthcare services.
3. To educate and empower South Asian communities to make healthier life choices.
4. To raise awareness in local communities about the significance of organ and tissue donation with the South Asian communities.
5. Work with the NHS regarding health inequalities.

Volunteers

Our pool of volunteer base is increasing on an on-going basis. The volunteers come from all walks of life, including Patients, Carers and Health Care Community Workers from the South Asian communities.

We train, support, and celebrate the amazing work our volunteers do, knowing that their contribution is essential to fulfilling our missions. Their willingness to devote their time and expertise for free is incredible; we could not have achieved what we have done over the year without our volunteers.

Responsibility statement

The financial statements have been prepared in accordance with the Charity Commission's regulations.

During the financial year, a review and in accordance with our governing documents, the Board of Trustees unanimously agreed and approved the reclassification of projects to reflect our current financial position. All the projects were fully delivered and completed.

The Trustees are responsible for keeping proper accounting records that are sufficient to show and explain the Charity's transactions and disclose with reasonable accuracy the financial position of the Charity. They are also responsible for safeguarding the assets of the charity and hence for taking responsible steps for the prevention and detection of fraud and other irregularities.



Kirit Mistry
Chair of Trustees

SOUTH ASIAN HEALTH ACTION

England & Wales - Charity number 1171789

Accounts



SOUTH ASIAN HEALTH ACTION

ENGAGE ~ EDUCATE ~ EMPOWER ~ EXPLORE

Accounts for the period 1st January 2022 to 31st December 2022

We await the Auditors' report.

For your information, we follow the Cash Accounting process and not Accruals accounting.

We received two sources of income during the later part of the year (£46,000) which the bulk of it will be carried forward to 2023. Without this additional income our net income base would have been in the region of £21,000.

Auditors are very expensive, and we would like advice on whether an audit is actually required for 2022?

If not, this would save the charity a lot of money and then we will need to get the accounts audited in 2023 which is now only 2 months remaining.

Could you kindly advise if you do require us to Audit our 2022 accounts bearing the 2 projects income that we received later on in the year, but the bulk of this has been spent in 2023.

We will be auditing our 2023 accounts which are due to be submitted to you in a few months time

Also Our annual report will follow.

Kind regards

Neeta Kachhela (Treasurer)



Receipts and payments accounts

For the period from	Period start date 1/1/2022	To	Period end date 12/31/2022
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donations, Legacies, Fundraising	6,191	-	-	6,191	573
Grants / Projects	-	89,225	-	89,225	33,529
Fees for Charitable Services	1,800	3,550	-	5,350	
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total(Gross income for AR)	7,991	92,775	-	100,766	34,102
<i>Income c/fwd from 2021</i>	<i>7,465</i>	<i>37,964</i>		<i>45,429</i>	
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	7,991	92,775	-	100,766	34,102
A3 Payments					
Operating Costs - Insurance / Memberships	195		-	195	143
Operating Costs - other (travel, postage, zoom fees, printing, Advertising & Marketing etc)	2,969		-	2,969	58
Delivery of projects	1,880	18,309	-	20,189	5,430
Operating Costs - Consultancy		5,620	-	5,620	-
Operating Costs - Rent	-	4,350	-	4,350	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	5,044	28,279	-	33,323	5,631
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	5,044	28,279	-	33,323	5,631
Net of receipts/(payments)	2,947	64,496	-	67,443	28,471
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	2,947	64,496	-	67,443	28,471

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Balance b/fwd from 2021	7,465	37,964	-
	Net cash after expenditure 2022	2,947	64,496	-
	Less cash b/fwd from 2021	- 7,465	- 37,964	-
	Total cash funds	2,947	64,496	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets	N/A	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets	N/A		-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use	N/A		-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities	N/A		-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	NEETA KACHHELA	10/26/2023

Income Analysis

Year	TOTAL Restricted Income	TOTAL Unrestricted Income	TOTAL
C/fwd from Previous Year	37,964	7,465	45,429
2022	54,810	526	55,336
TOTAL	92,774	7,991	100,766

Please note that when we put in budgets for grants we put in for our Charity's running. Hence once all projects have been delivered and the grant giver's Returns have been received, the balance of the grant becomes "Unrestricted" funds for the use of SAHA as its on-going income.

*costs, time etc
completed and accepted, the remaining
g running costs*

Your Transactions

Date	Transaction	Transaction Amount	Running Balance
18 NOV 22	FT223224BQQT Outward Faster Payment Mr C J Rathod	-224.84	69,057.05
18 NOV 22	saha uk web host FT22322WN953 Outward Faster Payment Mr C J Rathod	-113.50	68,943.55
26 NOV 22	sahabannerdonation FT22329HXVDS Outward Faster Payment Keval Sachdev	-1,500.00	67,443.55
19 JAN 23	saha social media Card Purchase GBR	-11.26	67,432.29
17 JAN 23	TESCO STORES 6369 LEICESTER GBR		
17 JAN 23	TESCO STORES 6369 BACS20230119117670 BACS Payment Received LEICS LEICESTERSHI 92390007280	3,333.00	70,765.29
24 JAN 23	SOUTH ASIAN HEALTH Card Purchase GBR	-14.14	70,751.15
20 JAN 23	KP SUPERMARKET LEICESTER GBR		
20 JAN 23	KP SUPERMARKET		
24 JAN 23	Card Purchase GBR	-75.00	70,676.15
21 JAN 23	TESCO STORES 5662 LEICESTER GBR		

W YEAR
in 2023
to
ec 2023

67,443.55
erd

24 JAN 23

Card Purchase

-75.00

GBR

21 JAN 23

TESCO STORES 5662

LEICESTER

GBR

Page 5 of 8

Bank PLC is registered in England and Wales, company number 04195788. Registered office: One Southampton Row, London WC1R 4BH. Where authorised by the Prudential Regulation Authority and the Financial Conduct Authority. Where authorised by the Prudential Regulation Authority. Where authorised by the Prudential Regulation Authority. Where authorised by the Prudential Regulation Authority.

METRO BANK

Running Balance

69,057.05

68,943.56

67,443.55 ✓

*end of Jan 16
bc 22*

67,432.29

70,765.29

70,751.15

0 70,676.15

70,676.15

0
Form submitted by the Prudential Regulation Authority and approved by the



Receipts and payments accounts

For the period from	Period start date 1/1/2022	To	Period end date 12/31/2022
---------------------	-------------------------------	----	-------------------------------

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donations, Legacies, Fundraising	6,191	-	-	6,191	573
Grants / Projects	-	89,225	-	89,225	33,529
Fees for Charitable Services	1,800	3,550	-	5,350	
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total(Gross income for AR)	7,991	92,775	-	100,766	34,102
<i>Income c/fwd from 2021</i>	<i>7,465</i>	<i>37,964</i>		<i>45,429</i>	
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	7,991	92,775	-	100,766	34,102
A3 Payments					
Operating Costs - Insurance / Memberships	195		-	195	143
Operating Costs - other (travel, postage, zoom fees, printing, Advertising & Marketing etc)	2,969		-	2,969	58
Delivery of projects	1,880	18,309	-	20,189	5,430
Operating Costs - Consultancy		5,620	-	5,620	-
Operating Costs - Rent	-	4,350	-	4,350	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	5,044	28,279	-	33,323	5,631
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	5,044	28,279	-	33,323	5,631
Net of receipts/(payments)	2,947	64,496	-	67,443	28,471
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	2,947	64,496	-	67,443	28,471

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
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	Net cash after expenditure 2022	2,947	64,496	-
	Less cash b/fwd from 2021	- 7,465	- 37,964	-
	Total cash funds	2,947	64,496	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets	N/A	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets	N/A		-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use	N/A		-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities	N/A		-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	NEETA KACHHELA	10/26/2023

Income Analysis

Year	TOTAL Restricted Income	TOTAL Unrestricted Income	TOTAL
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*costs, time etc
completed and accepted, the remaining
g running costs*

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Date	Transaction	Transaction Amount	Running Balance
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W YEAR
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67,443.55
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LEICESTER

GBR

Page 5 of 8

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METRO BANK

Running Balance

69,057.05

68,943.56

67,443.55 ✓

*end of Jan 16
bc 22*

67,432.29

70,765.29

70,751.15

0 70,676.15

70,676.15

0
Form submitted by the Prudential Regulation Authority and approved by the

SOUTH ASIAN HEALTH ACTION

England & Wales - Charity number 1171789

Accounts



SOUTH ASIAN HEALTH ACTION

ENGAGE ~ EDUCATE ~ EMPOWER ~ EXPLORE

Re: Charity Number 1171789

Trustees Report with the Financial Accounts for the year 1st January 2021 to 31st December 2021

May I apologise that the final Trustees report will be submitted in due course
In the meantime, I am attaching the Receipts and Payments Accounts submission

On behalf of Kirit Mistry
Chair of South Asian Health Action
22/11/22



Receipts and payments account

For the period from	Period start date 01/01/2021	To
----------------------------	---------------------------------	-----------

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £
A1 Receipts			
Donations, Legacies, Fundraising	573	-	-
Grants / Projects	-	33,529	-
Fees for Charitable Services	-	-	-
C/Fwd from previous year - do not include here	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
Sub total (Gross income for AR)	573	33,529	-
A2 Asset and investment sales, (see table).			
	-	-	-
	-	-	-
Sub total	-	-	-
Total receipts	573	33,529	-
A3 Payments			
Operating Costs - Insurance	143	-	-
Operating Costs - other (postage, zoom fees, printing etc)	58	-	-
Operating costs for projects	-	5,430	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
Sub total	201	5,430	-
A4 Asset and investment purchases, (see table)			
	-	-	-
	-	-	-
Sub total	-	-	-
Total payments	201	5,430	-
Net of receipts/(payments)	372	28,099	-

A5 Transfers between funds	-	-	-
A6 Cash funds last year end	-	-	-
<i>Cash funds this year end</i>	372	28,099	-

Section B Statement of assets and liabilities at the end of

Categories	Details	Unrestricted funds to nearest £
B1 Cash funds	Balance b/fwd from 2020	7,093
	Net cash after expenditure 2021	372
		-
	Total cash funds	7,465
	(agree balances with receipts and payments account(s))	Agreement Error
	Unrestricted funds to nearest £	
B2 Other monetary assets	Details	
	N/A	-
		-
		-
		-
		-
	-	
B3 Investment assets	Details	Fund to which asset belongs
	N/A	
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs
	N/A	
B5 Liabilities	Details	Fund to which liability relates
	N/A	

Signed by one or two trustees on behalf of all the trustees

Signature

Print N

NEETA KA

o (if any)
171789

ounts

Period end date
12/31/2021

CC16a



Total funds

Last year

to the nearest £

to the nearest £

573	261
33,529	-
-	3,300
-	-
-	-
-	-
-	-
-	-
34,102	3,561

-	
-	-
-	-

34,102	3,561
--------	-------

143	143
58	417
5,430	-
-	-
-	-
-	-
-	-
-	-
-	-
5,631	560

-	
-	
-	-

5,631	560
-------	-----

28,471	3,001
--------	-------

-	-
-	-
28,471	3,001

the period

Restricted funds

to nearest £

9,865
28,099
-
37,964

Endowment funds

to nearest £

-
-
-
-

Agreement Error

OK

Restricted funds

to nearest £

-
-
-
-
-
-

Endowment funds

to nearest £

-
-
-
-
-
-

Cost (optional)

-
-
-
-
-

Current value (optional)

-
-
-
-
-

Cost (optional)

-
-
-
-
-
-
-
-
-

Current value (optional)

-
-
-
-
-
-
-
-
-

Amount due (optional)

-
-

When due (optional)

-	
-	
-	

name	Date of approval
CHHELA	11/22/2022



**SOUTH ASIAN
HEALTH ACTION**
ENGAGE ~ EDUCATE ~ EMPOWER ~ EXPLORE

Re: Charity Number 1171789

Auditors report not applicable for the Financial Accounts for the year 1st January 2021 to 31st December 2021

On behalf of Kirit Mistry

Chair of South Asian Health Action

22/11/22

SOUTH ASIAN HEALTH ACTION

England & Wales - Charity number 1171789

Accounts

Trustees Report 2019 & 2020

Engage, Educate, Empower

We are a Patient, Carer and Community led charity, supporting the South Asian Community with health challenges to empower them to make better health choices.

About Us

South Asian Health Action (SAHA) are a growing charity based in Leicester, UK. We seek to engage with, educate and empower the South Asian community on health challenges facing the community so that they can make better health choices. Our current focus is diabetes, kidney disease, organ, blood, and stem cell donations. We aim to shape local, regional, and national health policies.

Our future goal is to become the UK's leading patient and community led health care charity, facilitating awareness and change amongst the South Asian community.

Our Three Goals

Engage

- We aim to create a discussion with our communities to facilitate change in attitudes, behaviour, and health.

Educate

- To facilitate the provision of education amongst our communities on all aspects relating to long-term health conditions and their prevention or management.

Empower

- To empower our communities by providing them with the support and information they need to maintain good health and wellbeing through practical advice, training, and health education.

What We Do

Diabetes:

SAHA runs a monthly support group for people from South Asian communities with Type 1, Type 2 and pre-Diabetes. We welcome carers and family members to attend as well. We meet on the second Tuesday of every month at Santosh Community Centre (2a Wingfield Street, LE4 5DS) 7pm to 9pm. We also carry out Risk Assessments for Type 2 Diabetes to help members of the community find out how at risk they are of developing Type 2 Diabetes.

Kidney Disease:

We raise awareness of kidney disease with a focus around increasing living kidney donation within South Asian communities. We have produced a living kidney transplant videos to demonstrate the need with South Asian communities. We have produced a video targeted at Hindu, Sikh, and Muslim communities to meet their culturally sensitive needs. You can find this on our YouTube channel (search for us using 'South Asian Health Action')

Organ Donation:

We have set up Hindus, Sikh, and Muslims Embrace Organ Donation Awareness Campaigns, where we organise events and drives to increase the number of South Asian people registered on the NHS Organ Donor.

If you would like to join our team of volunteers to help *Engage, Educate* and *Empower* our communities please email us at southasianhealthaction@gmail.com. Or if you are a recipient, donor or a donor family and want to become a Community Ambassadors or share your story we would welcome your support so get in touch with us.

Blood Donation

We work with NHS Blood to help increase blood donations from South Asian Communities.

Stem Cell Donation

We raise awareness about blood cancer and blood disorders and help with specific stem cell drives by taking stem cell samples on behalf of the NHS Blood and Transplant.

Mental Health and Well Being

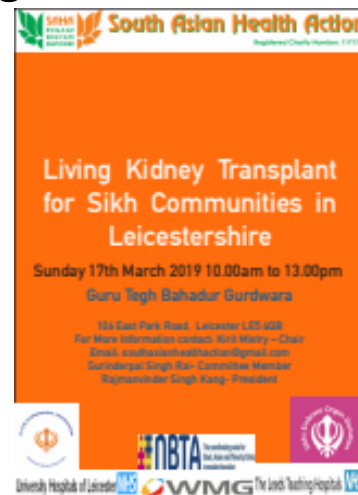
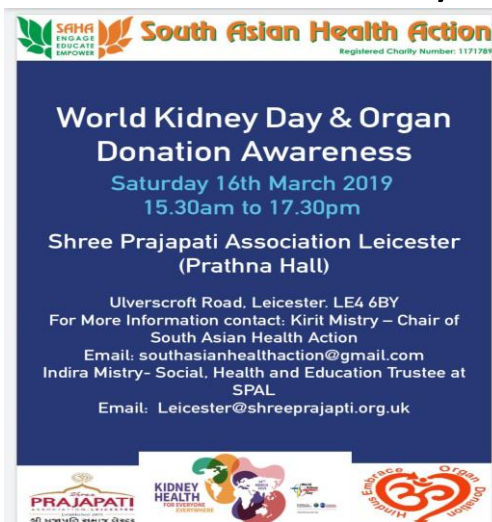
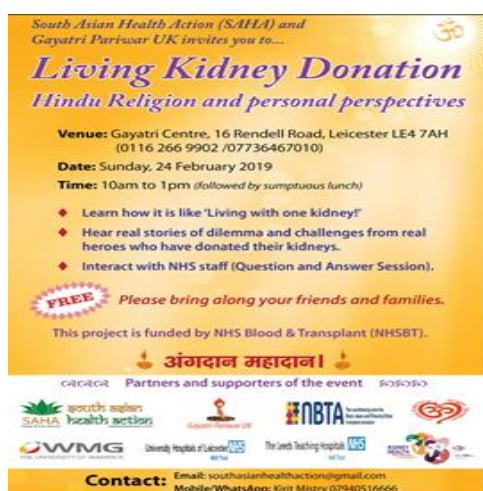
We have worked in partnership with community organisations to tackle the stigma of mental health and tackle mental health stigma in south Asian communities and work with service providers to provide culturally sensitive and competent services.

Saha has continued to develop from strength to strength and achieved the following outcomes:

1. SAHA have continued to promote our Hindus, Sikhs and Muslims Embrace Organ Donation Campaigns and work in partnership with faith community organisation.



2. Created a Living Kidney Project for the Hindu and Sikh community which resulted in an educational video being produced with our Community Ambassadors this project was in partnership with University Hospitals of Leicester, Leeds Teaching Hospital, Warwickshire University with funding support from NHSBT. We organised 3 community engagement events to raise awareness of the Video and Project with Hindu and Sikh Community Organisations.



3. We have continued to develop our team of volunteers and now have created a SAHA Leicester team covering Midlands, SAHA Leeds team covering Yorkshire with members from Lancashire and SAHA London.



4. Community Engagement Events and Presentations have been our focus to raise more awareness of Organ, Blood and Stem Cell Donation



Awareness of Blood donation for Mahila Milan 25th September 2019

- Kirit Mistry – NHSBT Organ Donation Ambassador
- Chair South Asian Health Action
- Lead for Hindus Embrace Organ Donation awareness Campaign
- Member of Jain Hindu Organ Donation (JHOD) Steering Group



Organ Donation for Hindu Communities in Belgrave Leicester

On the day

- The Gift of life – A story from real life donors
- Saving and creating life – The story of a real life donor recipient
- International perspective – Talks from Dr Sunil Shroff Founder of the Mohan Foundation
- A Hindu perspective on Organ Donation – Talks from Lalitbhai Dave
- Organ donation and Kidney Disease in South Asian Communities – Talks from Dr Sunil Daga
- First Live Transplant and Media Engagement – Talks from Rajesh Sivaprakasam- Transplant Surgeon
- Q and A with the specialist panel

Saturday 11th May 2019 10.00am to 2.00pm

Belgrave Neighbourhood Centre, Rothley Street, Leicester, LE4 6LF

For More Information contact: Kirit Mistry – Organ Donation Community Engagement Lead & Event Lead & Chair of South Asian Health Action on 07940516666 and Anand Patel – Joint Event Lead and Project Manager Santosh Community Centre on 0116 2669577



SOUTH ASIAN HEALTH ACTION

PRESENTS

DIABETES AWARENESS LIFESTYLE MANAGEMENT

14TH JUNE 2020

ZOOM SESSION : 2:00 - 4:00 PM



EXERCISE



DIET



WEIGHT LOSS

SPECIALIST FROM INDIA

DR. SANJAY BHAGDE
MBBS & DIABETOLOGIST

DT. BHUMIKA SHARMA
DIETICIAN / NUTRITIONIST

FOR BOOKINGS CONTACT MR. KIRIT MISTRY
07940516666 | southasianhealthaction@gmail.com

SHREE SANATAN MANDIR (Leicester, UK)
Invites you to special live webinar on **OJAS LIFE**
Live from India by **Shri Atulbhai Shah (Founder of Ojas Life)**
Topic: IMPROVING IMMUNITY
Date: Sunday, 26th July 2020
Time: 2.00 pm to 3.30 pm followed by Q & A
A programme inspired by: **Shree Chaitanya Yog Sadhna Kendra**
For registration please contact:
84, Weymouth Street, LE4 6FQ
E-mail: sanatanmandir1@gmail.com
contact:01162661402



19th June 2020

South Asian Health Action supports **World Sickle Cell Day**



Sickle cell disorder is a long term inherited blood condition that affects approximately 15,000 people in the UK

Find out more here:
www.sicklecellsociety.org/wscd/



We aim to raise awareness and encourage donations for **Sickle Cell Disease** by spreading information on social media

#BAMEMindsMatter
#WorldSickleCellDay



14th June 2020
South Asian Health Action join the campaign for **World Blood Donor Day**

SAVE BLOOD, SAVE LIVES

For more information, visit www.Blood.co.uk or call 0300 123 23 23

For support, visit SouthAsianHealthAction.org

#SaveBloodSaveLives
#WorldBloodDonorDay
Give blood



ADHAR Mental Health Charity

18TH JULY - 17TH AUGUST 2020

HINDU COUNCIL UK

SAHA health action

Yes I donate ORGAN DONATION

South Asian Health Action in partnership with ZTCC Pune, Hindu Council UK and Adhar Project are organising the first national screening of **PHIR ZINDAGI - LIFE CONTINUES** Join us to help raise awareness of Organ Donation and Law Change

Date/Time: 15th August 2020: 14:00 - 17:00
For booking for this zoom event contact Kirit Mistry - Chair South Asian Health Action by Whatsapp: 07940516666 or email: southasianhealthaction@gmail.com

Phir Zindagi..
Life continues...

This is a free event but donations are welcome as South Asian Health Action is a charity.

ZTCC praj foundation Polarew

COVID-19, Diabetes & Kidney Health Awareness for South Asian Communities

Join South Asian Health Action and Hindu Council UK for South Asian Heritage Month

Date: Saturday 25th July, starting at 13:30
Link to Zoom call will be sent out prior to event. For booking enquiries, email: southasianhealthaction@gmail.com or call 07940516666

Programme Outline:

- 13:30: Join the Zoom Call (Link will be sent out prior to event)
- 13:45: Welcome from **Rajnish Kashyap** - General Secretary of Hindu Council UK.
- 13:55: Welcome and Introduction from **Kirit Mistry** - Chair and Founder of South Asian Health Action & Regional Director of Hindu Council UK
- 14:05: Key messages for South Asian Communities regarding COVID-19 from **Dr Hina Trivedi** - GP & Diabetes Specialist at Leicester City NHS
- 14:20: An Indian Perspective on Diabetes Awareness from **Dr Sanjay Bhadge** - MBBS & Diabetologist
- 15:20: Kidney Awareness in South Asian Communities from **Dr Suni Daga** - Honorary SAHA Medical Advisor & Nephrologist
- 16:00: Questions & Answers with Panel
- 16:40: Closing words & Thanks from **Neeta Kachhela** - SAHA Trustee
- 16:45: End of event.

18TH JULY - 17TH AUGUST 2020

HINDU COUNCIL UK

SAHA health action

NHS Leicester City Clinical Commissioning Group

5. International Partnership and awareness in Mumbai – India
Our Chair were invited to give a presentation on SAHA work in UK and explore future Collaboration.

Rotary Club Of Navi Mumbai Sunrise Kharghar
MOHAN Foundation, Mumbai
Punjabi Cultural & Welfare Association, Kharghar

Give Life, Live Life...!

AWARENESS TALKS - ORGAN DONATION

Speakers :-

- 1) Mr. KIRIT MISTRY
" Ambassador for organ donation in U.K. "
- 2) Dr. SUNIL KUTTY,
" Apollo Hospital-Navi Mumbai "

Wednesday, 30th January 2019
Utkarsha Hall, Sect-12, Kharghar, Navi Mumbai

Rtn M Prakash, President | Rtn K V Chandrasekhra, Secretary | Rtn. Bhal Shekhar Chilana, Project In-charge

Can Be Donated

HEART, LIVER, KIDNEYS, PANCREAS, SMALL INTESTINE



6. International Partnership with Indian Transplant Team at the World Transplant Games in Newcastle UK and explore future Collaboration.



7. Supporting Launch of the Ang Dhann Karo with Lehmer HussainPuri Bhangra Singer from Punjab India & UK Artists as part of Natasha Organ Donation Awareness



8. Organ Donation Law Change in England 15th May 2020
Through SAHA Medical Advisor Dr Sunil Daga and Medical Colleagues we promoted key messages in 9 South Asian Languages.

9. SAHA also happy to support BLM movement.



Forward Plan for 2021:

1. Build Capacity of workforce so we can grow the charity as we have continued to work with our team of committed Trustees and Volunteers.
2. Continue to develop South Asian Community Ambassadors in Leicester, Leeds, and London.
3. Work on Raising awareness of Long-Term Health Conditions supporting South Asian Patients, Carers and Communities.
4. Explore Collaboration and Partnerships with Local, Regional, National and International Organisations to continue to champion our work as a patient, carer and community led charity and focus on community engagement, patient public involvement, advocacy, research and influencing Health Policy.
5. Work on our key themes Organ, Blood, Stem Cell and Mental Health.

Contact Us

Head Office Base Leicester with Regional Ambassadors in Leeds and London

10 Haddon Street

Leicester

LE2 0GG

Email us at: southasianhealthaction@gmail.com

[Website: https://: southasianhealthaction.org.uk](https://southasianhealthaction.org.uk)

Or follow us on social media:

Twitter: @SAHealthAction Facebook **Page:** @SouthAsianHealthActionSAHA

Instagram: @southasianhealthaction **YouTube:** SouthAsian Health Action

