

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

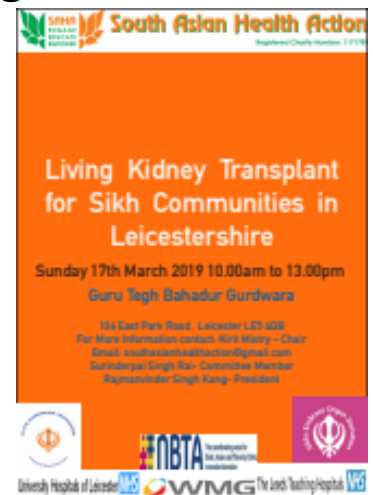
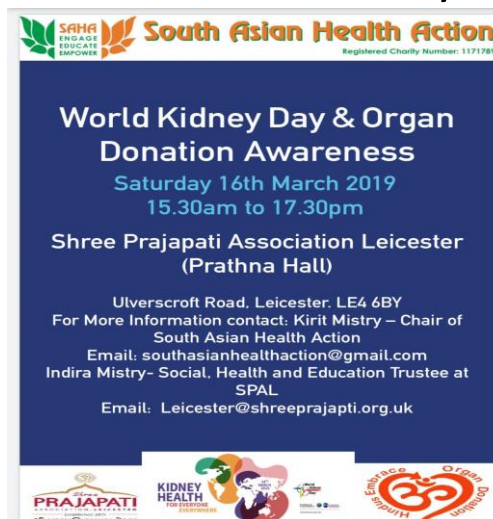
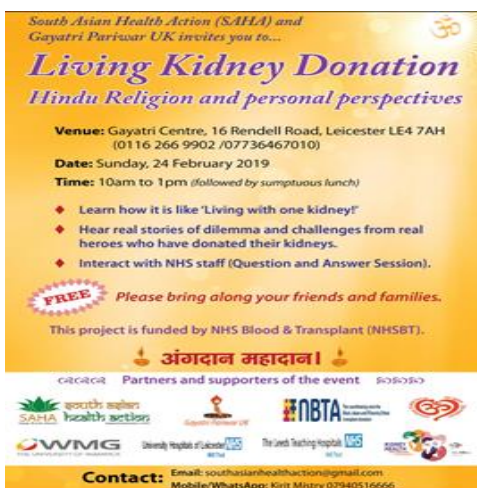
We have worked in partnership with community organisations to tackle the stigma of mental health and tackle mental health stigma in south Asian communities and work with service providers to provide culturally sensitive and competent services.

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 Lalithbhai 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

Registered Charity Number: 1171789

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



19th June 2020

South Asian Health Action supports
World Sickle Cell Day



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



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

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...
A film by Sunjay Bhadga
Life continues...

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

ZTCC **praj foundation** **Polaris**

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 Bhadga** - 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

Donate Organs Save Lives



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 Lehmbur 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



South Asian Health Action			Charity No (if any)	1171789	CC39a
Annual accounts for the period					
Period start date	01/01/2020	To	Period end date	31/12/2020	

Section A Statement of financial activities

Descriptions by natural category	Note	Restricted			Total this year	Total last year
		Unrestricted funds	income funds	Endowment funds		
		£	£	£	£	£
		F01	F02	F03	F04	F05
Incoming resources (Note 3)						
Donations, legacies and Grants		261			261	1,446
Fees for charitable services	N3	1,800	1,500		3,300	12,374
		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
Total incoming resources	S01	2,061	1,500	-	3,561	13,820
Resources expended (Notes 4-7)						
Insurance		143			143	152
Cost of fundraising events					-	1,058
Telephone, Web, Postage & Stationery		417			417	131
Legal and Professional fees					-	233
Donations and Grants	N4				-	8,891
		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
Total resources expended	S02	560	-	-	560	10,465
Net incoming/(outgoing) resources before transfers	S03	1,501	1,500	-	3,001	3,355
Gross transfers between funds	S04			-	-	
Net incoming/(outgoing) resources before other recognised gains/(losses)	S05	1,501	1,500	-	3,001	3,355
Other recognised gains/(losses)						
Gains and losses on revaluation of fixed assets for the charity's own use	S06	-	-	-	-	-
Gains and losses on investment assets	S07	-	-	-	-	-
Net movement in funds	S08	1,501	1,500	-	3,001	3,355
Total funds brought forward	S09	5,592	8,365	-	13,957	10,602
Total funds carried forward	S10	7,093	9,865	-	16,958	13,957