

**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 31<sup>st</sup> 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 : 5<sup>th</sup> 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	Unrestricted funds	Restricted income funds	Endowment funds	Total this year	Total last year
			£	£	£	£	£
			F01	F02	F03	F04	F05
<b>Incoming resources (Note 3)</b>							
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	-	-	-	-	-
<b>Total incoming resources</b>		S06	5,313	249,578	-	254,891	100,766
<b>Resources expended (Notes 4-8)</b>							
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	-	-	-	-	-
<b>Total resources expended</b>		S13	3,970	34,569	-	38,539	33,322
<b>Net incoming/(outgoing) resources before transfers</b>		S14	1,344	215,009	-	216,352	67,444
<b>Gross transfers between funds</b>		S15	-	-	-	-	-
<b>Net incoming/(outgoing) resources before other recognised gains/(losses)</b>		S16	1,344	215,009	-	216,352	67,444
<b>Other recognised gains/(losses)</b>							
Gains and losses on revaluation of fixed assets for the charity's own use		S17	-	-	-	-	-
Gains and losses on investment assets		S18	-	-	-	-	-
<b>Net movement in funds</b>		S19	1,344	215,009	-	216,352	67,444
<b>Total funds brought forward</b>		S20	399	67,045	-	67,444	-
<b>Total funds carried forward</b>		S21	1,742	282,054	0	283,796	67,444

## Section B Balance sheet

	Note	Unrestricted funds £ F01	Restricted income funds £ F02	Endowment funds £ F03	Total this year £ F04	Total last year £ F05
<b>Fixed assets</b>						
Tangible assets (Note 9)	B01	-	-	-	-	-
	B02	-	-	-	-	-
Investments (Note 10)	B03	-	-	-	-	-
<b>Total fixed assets</b>	B04	-	-	-	-	-
<b>Current assets</b>						
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	-
<b>Total current assets</b>	B09	1,401	282,394	-	283,796	-
<b>Creditors: amounts falling due within one year</b> (Note 12)	B10	-	-	-	-	-
<b>Net current assets/(liabilities)</b>	B11	1,401	282,394	-	283,796	-
<b>Total assets less current liabilities</b>	B12	1,401	282,394	-	283,796	-
<b>Creditors: amounts falling due after one year</b> (Note 12)	B13	-	-	-	-	-
Provisions for liabilities and charges	B14	-	21,570	-	21,570	-
<b>Net assets</b>	B15	1,401	260,824	-	262,226	-
<b>Funds of the Charity</b>						
Unrestricted funds	B16	50,977			50,977	-
	B17	-			-	-
Restricted income funds (Note 13)	B18		211,248		211,248	-
Endowment funds (Note 13)	B19	7		-	-	-
<b>Total funds</b>	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.

**Incoming Resources**

Voluntary resources and donations are included 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**

<b>Recognition of incoming resources</b>	These are included in the Statement of Financial Activities (SoFA) when: <ul style="list-style-type: none"> <li>the charity becomes entitled to the resources;</li> <li>the trustees are virtually certain they will receive the resources; and</li> <li>the monetary value can be measured with sufficient reliability.</li> </ul>
<b>Incoming resources with related expenditure</b>	Where incoming resources have related expenditure (as with fundraising or contract income) the incoming resources and related expenditure are reported gross in the SoFA.
<b>Grants and donations</b>	Grants and donations are only included in the SoFA when the charity has unconditional entitlement to the resources.
<b>Tax reclaims on donations and gifts</b>	Incoming resources from tax reclaims are included in the SoFA at the same time as the gift to which they relate.
<b>Contractual income and performance related grants</b>	This is only included in the SoFA once the related goods or services have been delivered.
<b>Gifts in kind</b>	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.
<b>Donated services and facilities</b>	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.
<b>Volunteer help</b>	The value of any voluntary help received is not included in the accounts but is described in the trustees' annual report.
<b>Investment income</b>	This is included in the accounts when receivable.
<b>Investment gains and losses</b>	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**

<b>Liability recognition</b>	Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to pay out resources.
<b>Governance costs</b>	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.
<b>Grants with performance conditions</b>	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.
<b>Grants payable without performance conditions</b>	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.
<b>Support Costs</b>	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**

<b>Tangible fixed assets for use by charity</b>	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.
<b>Investments</b>	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.
<b>Stocks and work in progress</b>	These are valued at the lower of cost or market value.

**POLICIES ADOPTED  
ADDITIONAL TO OR  
DIFFERENT FROM THOSE  
ABOVE**

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

**Note 3 Analysis of incoming resources**

*Incoming resources may be further analysed if this would help the reader of the accounts.*

	Analysis	Restricted	Unrestricted	Total This Year £	Last year £
Voluntary income	Donations, Legacies, Fundraising		2,944	2,944	6,191
	Fees for Charitable Services			-	1,800
	<b>Total</b>	-	2,944	2,944	7,991
Activities for generating funds				-	-
				-	-
				-	-
				-	-
	<b>Total</b>	-	-	-	-
Investment income				-	-
				-	-
				-	-
				-	-
	<b>Total</b>			-	-

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

**Note 4 Analysis of resources expended**

*Resources expended may be further analysed if this would help the reader of the accounts.*

	Analysis	Restricted	Unrestricted	This year £	Last year £
Costs of generating voluntary income	Sky Diving		540	540	-
				-	-
				-	-
				-	-
	<b>Total</b>		540	540	-
Fundraising trading costs	Nil			-	-
				-	-
				-	-
				-	-
	<b>Total</b>			-	-
Investment management costs	Nil			-	-
				-	-
				-	-
	<b>Total</b>			-	-
Charitable activities	Insurance		66	66	-
	Rent & Venue Hire	4,665	560	5,225	-
	Travel, Subsistence & Hospitality	2,638	883	3,527	-
	Advertising & PR	1,705	365	2,070	-
	Consultancy	8,420		8,420	-
	Professional Speakers	845	141	987	-
	Gratuities	1,055		1,055	-
	Memberships		417	417	-
	Project workers	10,094		10,094	-
	Web Site / IT	3,890		3,890	-
	Operating & Office Stationery	1,258	971	2,229	-
				-	-
	<b>Total</b>	34,569	3,430	37,999	-
Governance costs	Nil			-	-
				-	-
				-	-
	<b>Total</b>	-	-	-	-



**SOUTH ASIAN  
HEALTH ACTION**

ENGAGE – EDUCATE – EMPOWER – EXPLORE

## **SAHA Chair's Report for year ended 31<sup>st</sup> 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 31<sup>st</sup> 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**