

Registered Charity Number: 1177942

ARIAN TELEHEAL

Annual Report and Financial Statements

For the Year Ended 30 April 2025

ARIAN TELEHEAL

Report and Accounts Contents

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ARIAN TELEHEAL

REFERENCE AND ADMINISTRATIVE DETAILS

For the year ended 30 April 2025

Status

The organisation is a CIO -Foundation Registered on 12 April 2018. It commenced its charitable activities on 19 July 2018. (Charity registration 1177942).

Governing Document

Arian Teleheal is constituted as a charitable trust with the Charity Commission. The constitution was adopted on the 12th of April 2018.

Trustees

The Trustees who served during the year and since the year-end were as follows:

Mr Masood Soorie

Mr Sami Ullah Khan

Mr Fazale Hadi Wardag

Charity Number 1177942

Registered and Principal Office

Suite 151
2 Old Brompton Road
London
SW7 3DQ

Bankers CAF Bank Ltd.

ARIAN TELEHEAL

Trustees Report

For the year ended 30 April 2025

This report has been prepared in accordance with the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities" issued in February 2005 and the Charities Act 2011.

Arian Teleheal is a UK registered international charity which enables medics working in low resource settings to consult with expert clinicians from across the world by using everyday technology such as smartphones, instant messaging, and video chat. We provide advice on major specialties, in particular in emergency care. We have expanded our work to provide culturally sensitive mental health support to clinicians and professionals as well as to displaced and traumatised communities in the UK and in low resource settings.

Our work also includes advocating for the policies, strategies and narratives that promote the physical and emotional wellbeing of refugees and other vulnerable migrants, publicly and amongst policy makers and donor organisations.

How Do We Work?

1. Emergency care - medics in low resource settings who want advice from specialists contact our case management team 24/7 by instant messaging or video chat. Their patient's case is then allocated to an appropriate specialist (or specialists), who will review it and then discuss it or reply by instant messaging or video chat. The local medic then considers the advice to help them treat their patient. We provide advice for emergency cases, mostly within hours, helping save countless lives each year. We advise in both emergency situations and on complex cases, where specialist advice could help a clinician in low resource setting. Our doctors use everyday technology such as smartphones, rather than expensive telemedicine equipment, because of the areas in which the local doctors are based, and to maximise the availability of our volunteer doctors.
2. Mental health support and training to staff – we support the mental well-being of clinicians and professionals who are exposed to traumatic and distressing experiences, such as those working with displaced people, through our virtual seminars led by our mental health specialists and lived experience experts.
3. Mental health support to displaced communities – We provide mental health support to displaced people in the UK in partnership with local authorities, the NHS and community organisations. Our dedicated lived experience of migration and mental health sessions are delivered to staff and communities across the UK.
4. Advocacy for vulnerable and displaced people – we advocate for the policies, strategies and narratives that promote the physical and emotional well-being of people caught in conflict and in low-resource settings, as well as of displaced people. We do this publicly through media, social media, public conferences and events.
5. National and international collaboration – we work closely with national and international healthcare, academic and humanitarian organisations to enhance our objectives, including with the World Health Organisation, the UN Refugee Agency and other UN organisations, Cambridge and Oxford universities.

What Impact Have We Made?

Emergency care – our volunteer specialists have contributed to saving the lives of many men, women and children in low-resource settings and continue to do so on a regular basis. Clinicians from several Emergency Departments and Intensive Care Units in Afghanistan are connected to our specialist volunteer network, independently, without any involvement or influence of the current government. They receive emergency care and mental health support from our expert volunteers. A previous survey concluded that “dozens of lives were saved” and that local medics found our work “hugely supportive and educational”.

Mental health support and training to staff – we support the mental well-being of clinicians and professionals who are exposed to traumatic and distressing experiences, such as those working with displaced people, through our virtual seminars led by our mental health specialists and lived experience experts. We have provided support to medics in low-resource settings as well as to multi-agency professionals who work with displaced communities in the UK.

Mental health support to displaced communities – We provide mental health support to displaced people in the UK in partnership with local authorities, the NHS and community organisations. Our dedicated lived experience of migration and mental health support sessions are delivered to staff and communities across several local authorities in the UK.

Advocacy for vulnerable and displaced people – we have advocated for the policies, strategies and narratives that promote the physical and emotional well-being of people caught in conflict and in low-resource settings as well as of displaced people. We have done this through media, social media, public conferences and events.

The impact of our advocacy and policy work in support of people caught in conflict and displacement is reflected in the wide-ranging media interviews given by our CEO Dr Arian and through his social media content that has reached millions of people as well as his participation at national and international conferences and high-level meetings attended by policy makers, government, non-profit and for-profit organisations across the world.

Research presentation and publication

Through our dedicated mental health work, we have worked closely with academics and students from Cambridge, Oxford, Manchester universities and the NHS to study engagement with diverse communities and the development of culturally sensitive digital mental health tools and approaches.

Our work has been presented at numerous local, regional, national and international conferences and meetings.

Collaboration and advisory

We collaborate with a range of carefully chosen partners in multi-agency projects, using our expertise and learning to help improve healthcare across the world, especially through innovative use of readily available technology. This includes acting as an advisory consultancy to governments and international organisations in digital health, governance, and inclusion and providing advice on how to establish, launch and scale-up systems, especially as applied to emergency care and mental health, to build the resilience and capacity of local healthcare systems and make them more inclusive of refugees and other vulnerable people.

We have collaborated with the WHO, UN Refugee Agency and other UN organisations, the NHS, UK local authorities, and third sector organisations to enhance our objectives.

Objectives

Arian Teleheal serves for the public benefit, the relief and assistance of people in need in any part of the world who are the victims of war, natural disaster or catastrophe by supplying them with medical and general well-being assistance, including in the form of clinical advice through digital health, including telehealth, and teaching.

For the purposes of this clause, "telehealth" is a method of communicating clinical advice, information, and education to people in need and medics by phone, text, voice call, FaceTime, etc.

We have always and will continue to take our responsibilities to ensure that our charitable activities contribute significantly to the lives of those we work with.

We work with other charitable and government organisations to improve existing healthcare systems for those in need.

We promote health and well-being education and disease prevention programmes with a view to relieving health inequality.

We advocate for and raise awareness about the physical, mental, and social well-being rights of those in need.

STRUCTURE, GOVERNANCE AND MANAGEMENT

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

The Charity is registered as a charity and is governed by its constitution. The board of trustees administer the charity. The trustees meet three times a year, and there are committees covering finance and Personnel.

The trustees are responsible for setting general policy, finalising and approving the annual plan and budget, monitoring the charity and taking major decisions about the strategic direction of the charity and any capital expenditure.

A Chief Executive is appointed by the trustees to manage the day-to-day operations of the charity. To facilitate effective operations, the Chief Executive has delegated authority, within the terms of delegation approved by the trustees, for operational matters including finance, employment and performance-related activity.

Risk Management

The Board of trustees have assessed the major risks to which the charity is exposed, particularly those related to the operations and finances of the charity. These risks are formally documented and regularly reviewed, and the trustees are satisfied that systems are in place to mitigate the charity's exposure to significant risk. The charity is also seeking to recruit additional trustees so that our beneficiaries can benefit from further perspectives.

Statement of Trustees Responsibilities

The Trustees are aware that Company law requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the Charity and of its incoming resources and application of resources, including its income and expenditure for that period. In preparing those financial statements, the directors are required to

- Select suitable accounting policies and then apply them consistently.
- Observe the methods and principles of the charities' SORP.
- Make judgments and estimates that are reasonable and prudent.
- State whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements.
- Prepare the financial statements on a going concern basis unless it is inappropriate to presume that the company will continue in business.

The Trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the Charity and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by order of the board of trustees on 24th February 2026 and signed on its behalf by:

Fazale Wardag

Fazale Wardag (Feb 25, 2026 21:04:40 GMT)

Mr Fazale Hadi Wardag

Trustee

Independent Examiner's Report for the year ended 30 April 2025

We report on the accounts for the year ended 30 April 2025, set out on pages eight to eleven.

Respective responsibilities of trustees and examiners

The charity's trustees are responsible for the preparation of the financial statements. The charity's trustees consider that an audit is not required for this year (under Section 144(2) of the Charities Act 2011 (the 2011 Act)) and that an independent examination is required.

It is our responsibility to:

- examine the financial statements under Section 145 of the 2011 Act
- to follow the procedures laid down in the General Directions given by the Charity Commission (under Section 149(5)(b) of the 2011 Act); and
- to state whether particular matters have come to our attention.

Basis on the independent examiner's report

Our examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the financial statements presented with those records. It also includes consideration of any unusual items or disclosures in the financial statements, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the financial statements present a 'true and fair view' and the report is limited to those matters set out in the statements below.

Independent examiner's statement

In connection with our examination, no matter has come to our attention:

- 1) Which gives us reasonable cause to believe that, in any material respect, the requirement
 - to keep accounting records in accordance with Section 130 of the 2011 Act; and
 - to prepare the financial statement which accords with the accounting records and complies with the accounting requirements of the 2011 Act.have not been met; or
- 2) To which, in our opinion, attention should be drawn in order to enable a proper understanding of the financial statements to be reached.

AQ Accountants Limited

133 West Hendon Broadway,

London,

NW9 7DY.

Date: 24/02/2026

ARIAN TELEHEALStatement of Financial Activities
for the year ended 30 April 2025

				2025	2024
		Unrestricted Funds	Restricted Funds		
Incoming Resources	Notes	£	£	£	£
<i>Activities in furtherance of the charity's objects:</i>					
Donations	2	162,638	-	162,638	31,283
Total Incoming Resources		162,638	-	162,638	31,283
Resources Expended					
Fundraising and advocacy	3	58,431	-	58,431	28,940
Administration expenditure	5	1,139	-	1,139	4,989
Governance costs	6	580	-	580	580
Total Resources Expended		60,150	-	60,150	34,509
Net Income/(Deficit)		102,488	-	102,488	(3,226)
Total funds brought forward		1,262	-	1,262	4,488
Total funds carried forward		103,750	-	103,750	1,262

All of the above results are derived from continuing activities. There were no other recognised gains or losses other than those stated above.

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Balance Sheet

As at 30 April 2025

	Notes	£	2025 £	2024 £
Current Assets:				
Cash at bank and in hand			106,020	2,254
Creditors: amounts falling due within one year		(2,270)		(992)
Net Current Assets			103,750	1,262
Total Assets less Current Liabilities:			103,750	1,262
Unrestricted funds			103,750	1,262
Total Charity Funds			103,750	1,262

The financial statements were approved by the Board of Trustees on 24th February 2026, and were signed on its behalf by:

Fazale Wardag
[Fazale.Wardag \(Feb 25, 2026 21:04:40 GMT\)](#)

Mr Fazale Hadi Wardag

Trustee

The notes on pages 11 to 12 form part of the part of these financial statements

ARIAN TELEHEAL

Notes to the Financial Statements

for the year ended 30 April 2025

Note 1: Accounting Policies

Accounting convention

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

Incoming Resources

Incoming resources represents grants and donations from Local Authorities and other charitable bodies (on an accruals basis), together with donations and contributions to costs from participants and other interested parties.

Deferral of incoming Resources

Grants received during the year which relate to future periods are deferred to those future periods but are shown on the face of the statement of financial activities in accordance with the SORP.

Resources Expended

Resources expended are allocated to the particular activity where the cost relates directly to that activity. However, the cost of the overall direction and administration on each activity, comprising the salary and overhead cost of the central function, is apportioned equally across the board.

Note 2: Donations and similar incoming resources

	Unrestricted	<u>2025</u>	<u>2024</u>
Donations	162,638	162,638	31,283

Note 3-5: Resources Expended

	<u>2025</u>	<u>2024</u>
Fundraising and advocacy	58,431	21,940
Administration expenditure	1,139	4,989

Note 6: Governance Costs

Accountancy	580	580
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Notes to the Financial Statements

For the year ended 30 April 2025

7. Trustees' remuneration and benefits

There were no trustees' remuneration or other benefits for the year ended 30 April 2025.

Trustees' expenses

There were no trustees' expenses paid for the year ended 30 April 2025.

8. Financial commitments

As of 30 April 2025, the charity had no annual commitments: Nil

9. Related Parties

There were no transactions with related parties during the period.

9. Other matters

The CEO's remunerations have been capped to a maximum of £80,000 (depending on the level of funding) in a year as agreed by the trustees.







Charity Number 1177942 - 2025

Final Audit Report

2026-02-25

Created:	2026-02-25
By:	AQ Accountants (aman@aqaccountants.co.uk)
Status:	Signed
Transaction ID:	CBJCHBCAABAAwmyLcJvE-Cs6tjaGb7tAvvLWf3yoLqIt

"Charity Number 1177942 - 2025" History

-  Document created by AQ Accountants (aman@aqaccountants.co.uk)
2026-02-25 - 11:39:35 AM GMT
-  Document emailed to arian.teleheal@gmail.com for signature
2026-02-25 - 11:39:40 AM GMT
-  Email viewed by arian.teleheal@gmail.com
2026-02-25 - 11:56:07 AM GMT
-  Signer arian.teleheal@gmail.com entered name at signing as Fazale Wardag
2026-02-25 - 9:04:38 PM GMT
-  Document e-signed by Fazale Wardag (arian.teleheal@gmail.com)
Signature Date: 2026-02-25 - 9:04:40 PM GMT - Time Source: server
-  Agreement completed.
2026-02-25 - 9:04:40 PM GMT