

Charity number: 1178646

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**TANZANIA UK HEALTHCARE DIASPORA ASSOCIATION (TUHEDA)**

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**UNAUDITED ACCOUNTS**  
**FOR THE YEAR ENDED 5 APRIL 2024**

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**Prepared By:**

Swan Accounting Services  
Accounting & Business Consultancy  
FFOF25A  
CEME Innovation Centre  
Rainham  
RM13 8EU

**FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 5 APRIL 2024**

**TRUSTEES**

Dr Fii PENDAELI  
Dr Nasibu MWANDE  
Dr Hamza HASSAN  
Dr Gideon Gabriel MLAWA  
Dr Mohamed SALIM  
Dr Leila Iddi RUSHAMBA

**REGISTERED OFFICE**

518 Raymond Postgate Court  
1 Tawney Road  
SE28 8DS

**CHARITY NUMBER**

1178646

**ACCOUNTANTS**

Swan Accounting Services  
Accounting & Business Consultancy  
FFOF25A  
CEME Innovation Centre  
Rainham  
RM13 8EU

ACCOUNTS  
FOR THE YEAR ENDED 5 APRIL 2024

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**TRUSTEES' REPORT**  
**FOR THE YEAR ENDED 5 APRIL 2024**

The trustees present their report and accounts for the year ended 5 April 2024

**PRINCIPAL ACTIVITIES**

The principal activity of the charity in the year under review was THE RELIEF OF SICKNESS AND THE PRESERVATION OF HEALTH OF PEOPLE IN THE UNITED KINGDOM AND TANZANIA BY: I) ORGANISING CONFERENCES, SEMINARS AND TRAINING FOR HEALTH PROFESSIONALS AND THE PUBLIC. II) ENABLING THE EXCHANGE OF MEDICAL EXPERTISE AND KNOWLEDGE BETWEEN THE UNITED KINGDOM AND TANZANIA. III) PROVIDING OR ASSISTING IN THE PROVISION OF MEDICAL EQUIPMENT IN TANZANIA. .

**STRUCTURE GOVERNANCE AND MANAGEMENT**

structure and governance text goes here

The report was prepared in accordance with the special provisions within Part 15 of the Companies Act 2006.

This report was approved by the Board of Trustees on

Dr Hamza

Chair

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**TANZANIA UK HEALTHCARE DIASPORA ASSOCIATION (TUHEDA)**

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**Statement of Financial Activities  
for the year ended 5 April 2024**

			2024
	Unrestrict ed funds	Restricted funds	Total
	£	£	£
<b>Income</b>			
Income from generated funds			
Donations and legacies	45,055	-	45,055
<b>Total Income and endowments</b>	<b>45,055</b>	<b>-</b>	<b>45,055</b>
<b>Expenses</b>			
Costs of generating funds			
Expenditure on Charitable activities	34,756	-	34,756
<b>Total Expenses</b>	<b>34,756</b>	<b>-</b>	<b>34,756</b>
<b>Net gains on investments</b>			
<b>Net Income</b>	<b>10,299</b>	<b>-</b>	<b>10,299</b>
<b>Gains/(losses) on revaluation of fixed assets</b>			
<b>Net movement in funds:</b>			
<b>Net income for the year</b>	<b>10,299</b>	<b>-</b>	<b>10,299</b>
Total funds brought forward	(10,808)	-	(10,808)
<b>Net funds carried forward</b>	<b>(509)</b>	<b>-</b>	<b>(509)</b>

This statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities

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**TANZANIA UK HEALTHCARE DIASPORA ASSOCIATION (TUHEDA)**

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**BALANCE SHEET AT 5 APRIL 2024**

	Notes	2024 £
<b>CURRENT ASSETS</b>		
Cash at bank and in hand		41
		<u>41</u>
<b>CREDITORS: Amounts falling due within one year</b>	3	<u>550</u>
<b>NET CURRENT LIABILITIES</b>		<u>(509)</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>		<u>(509)</u>
<b>CAPITAL AND RESERVES</b>		
<b>Unrestricted funds</b>	5	
General fund		<u>(509)</u>
		<u><u>(509)</u></u>

For the year ending 5 April 2024 the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

**Approved by the board of trustees on and signed on their behalf by**

Dr Hamza HASSAN

Trustees

**NOTES TO THE ACCOUNTS  
FOR THE YEAR ENDED 5 APRIL 2024**

**1. ACCOUNTING POLICIES**

**1a. Basis Of Accounting**

The accounts have been prepared under the historical cost convention.

The accounts have been prepared in accordance with FRS102 - The Financial Reporting Standard applicable in the UK and Republic of Ireland and the Companies Act 2006 and the requirements of the Statement of Recommended Practice, Accounting and Reporting by Charities.

**1b. Incoming Resources**

All incoming resources are included on the Statement of Financial Activities when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy.

**1c. Resources Expended**

Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

**1d. Allocation And Apportionment Of Costs**

All costs relate to the single activity of the charitable company and are recognised accordingly.

**1e. Fund Accounting**

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Designated funds are funds set aside by the trustees out of unrestricted general funds for the specific future purposes or projects.

**2. EMPLOYEES**

	<b>2024</b>	
	<b>No.</b>	<b>No.</b>
Average number of employees	-	

**3. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	<b>2024</b>
	<b>£</b>
Other creditors	550
	<u>550</u>

**4. UNRESTRICTED FUNDS**

	Brought forward	Incoming resource	Outgoing resource	Transfers	Carried forward
	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
General fund	(10,808)	45,055	(34,756)	-	(509)
	<u>(10,808)</u>	<u>45,055</u>	<u>(34,756)</u>	<u>-</u>	<u>(509)</u>

**6. RESTRICTED FUNDS**

	Brought forward	Incoming resource	Outgoing resource	Transfers	Carried forward
	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
	<u>          </u>	<u>          </u>	<u>          </u>	<u>          </u>	<u>          </u>



Incoming Resources  
for the year ended 5 April 2024

2024

£

Incoming resources

Incoming resources from generated funds

45,055

45,055

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**TANZANIA UK HEALTHCARE DIASPORA ASSOCIATION (TUHEDA)**

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**Expenses**  
**for the year ended 5 April 2024**

**2024**

**£**

**Expenses**

**Costs of generating funds**

**Charitable Activities**

Accommodation & Hotel Cost	15,605
Travel Cost	9,035
Refresments	3,258
Accountancy fees	550
Printing	428
Telephone	183
Webinars	3,452
Sundry expenses	986
	<u>33,497</u>

**Governance Costs**

Seminars	1,259
	<u>1,259</u>
	<u>34,756</u>

## TRUSTEES REPORT 2023.24

**The following are the major activities in the financial year 2023.24**

### **I. Report on Mental Health Seminars**

#### **1. Introduction:**

This report outlines the 12 seminars conducted by TUHEDA focused on mental health for Black, Asian, and Minority Ethnic (BAME) communities in London. These seminars were designed to raise awareness, educate, and foster conversations around mental health challenges, while providing resources and support tailored to the needs of BAME individuals.

#### **2. Objectives:**

The primary objectives of the seminars were:

- To raise awareness of mental health issues within BAME communities in London.
- To challenge the stigma surrounding mental health in these communities.
- To provide accessible information and support services.
- To empower individuals by creating a safe space for discussion.
- To highlight cultural considerations when approaching mental health care in BAME populations.

#### **3. Overview of Seminars:**

A total of 12 seminars were held over the past six months, reaching an estimated 400 attendees. These seminars were spread across various locations in London, with a special focus on communities with a high percentage of BAME individuals. The seminars were delivered both in-person and virtually to ensure maximum participation.

#### **4. Topics Covered:**

The content of each seminar was carefully crafted to address the unique needs and challenges of the attendees. Key topics included:

- **Understanding Mental Health:** Definitions, symptoms, and how mental health affects daily life.
- **Cultural Sensitivity in Mental Health Care:** How cultural background impacts mental health and care-seeking behaviours.
- **Reducing Stigma:** Open discussions on mental health, challenging myths, and sharing personal stories.
- **Accessing Support and Resources:** Information on mental health services available in the community.
- **Coping Mechanisms and Resilience:** Practical strategies for managing stress, anxiety, and depression.
- **Youth and Mental Health:** Addressing the mental health needs of young people in BAME communities.
- **Mental Health in the Workplace:** Discussion of workplace mental health, discrimination, and support systems.

- **Mental Health and chronic condition such as Diabetes**

## 5. Key Activities:

- **Workshops:** Participants engaged in interactive sessions where they could express their concerns and learn practical coping strategies.
- **Guest Speakers:** Experts in mental health, cultural studies, and community leaders shared insights on the intersection of culture and mental well-being.
- **Q&A Sessions:** Each seminar provided time for attendees to ask questions anonymously, fostering an open dialogue.
- **Resource Distribution:** Attendees received informational booklets, contacts for local mental health services, and links to online resources.

## 6. Attendee Feedback:

Feedback was collected through surveys at the end of each seminar. Some key findings include:

- **Satisfaction Rate:** 85% of attendees expressed satisfaction with the content and delivery of the seminars.
- **Increased Awareness:** 90% of participants reported a better understanding of mental health after attending.
- **Cultural Relevance:** 87% felt that the seminars addressed their cultural needs and made them feel seen and heard.
- **Actionable Knowledge:** 80% of attendees indicated they felt more confident in seeking help for themselves or others.

## 7. Challenges Encountered:

While the seminars were largely successful, some challenges were noted:

- **Language Barriers:** Some attendees faced difficulties in fully engaging with the material due to language barriers.
- **Stigma and Reluctance:** Despite efforts to reduce stigma, some participants expressed reluctance to openly discuss mental health.
- **Access to Resources:** Some individuals reported difficulties in accessing mental health services due to affordability or lack of awareness.

## 8. Recommendations for Future Seminars:

To build on the success of these seminars, the following recommendations are made:

- **Increase Language Accessibility:** Provide materials and interpreters in multiple languages to better serve diverse communities.
- **Enhance Post-Seminar Support:** Follow-up support sessions or check-ins could help attendees continue their mental health journey.
- **Broaden Outreach Efforts:** Target more community hubs and involve local leaders to encourage attendance and participation.
- **Online Platforms:** Expanding the virtual seminar offerings would allow individuals who are unable to attend in person to benefit from the sessions.

## 9. Conclusion:

The 12 mental health seminars for BAME communities in London were an essential step in promoting mental well-being and reducing stigma. The positive feedback and engagement demonstrate the need for ongoing education and support tailored to the unique needs of these communities. With continued investment and support, we can further empower individuals to prioritize their mental health and seek the help they need. We would like to take this opportunity to thank Lottery Community Grant for their support in this project.

## **II. UK African Health Summit**

### **1. Introduction**

The UK African Health Summit 2023 was a pivotal event aimed at addressing pressing health challenges in Africa and exploring collaborative solutions to enhance the continent's healthcare systems. In this context, the Tanzania United Healthcare Development Association (TUHEDA) played an integral role in facilitating the participation of the Tanzanian delegation, contributing significantly to the success of the summit.

This report outlines TUHEDA's involvement in the summit, the role it played in supporting the Tanzanian delegation, and the key outcomes of their participation.

### **2. Background on the UK African Health Summit 2023**

The UK African Health Summit, held annually, brings together policymakers, health professionals, industry leaders, and stakeholders from across Africa and the UK to discuss and implement strategies aimed at improving healthcare systems in African countries. The 2023 edition was particularly focused on tackling health inequalities, improving access to healthcare services, and promoting sustainable health solutions for African nations.

The summit provided an important platform for dialogue between African countries and international partners, with a focus on the exchange of knowledge, technology, and resources to improve public health infrastructure and systems in Africa.

### **3. TUHEDA's Role in the Summit**

TUHEDA is a non-governmental organization that focuses on healthcare development, particularly in Tanzania. The organization has been at the forefront of advocating for better healthcare systems and has played a key role in fostering partnerships and collaborations between local and international stakeholders.

TUHEDA members presented at 2023 Africa-UK Health Summit in one of the breakout diaspora sessions as well as the session on the role Tanzania UK Health Alliance

For the UK African Health Summit 2023, TUHEDA's involvement centred around:

- **Coordinating the Tanzanian Delegation:** TUHEDA organized and coordinated the participation of key Tanzanian healthcare professionals, government representatives, and relevant stakeholders to attend the summit. Their presence was critical for presenting Tanzania's healthcare needs, as well as exploring potential partnerships with international entities.
- **Facilitating the High Commissioner's Attendance:** One of the highlights of the summit was the attendance of the Tanzanian High Commissioner. TUHEDA worked

closely with the Tanzanian Embassy in the UK to ensure the High Commissioner's participation, which underscored the importance of the summit to Tanzania's healthcare policy development.

- **Engaging in Bilateral Discussions:** TUHEDA facilitated discussions between Tanzanian delegates and international health leaders, with a focus on establishing partnerships that could enhance the country's healthcare infrastructure, improve access to medical supplies, and address critical health issues such as maternal and child health.

#### **4.The Tanzanian Delegation's Key Participation and Outcomes**

The Tanzanian delegation, which included government officials, healthcare professionals, and representatives from TUHEDA, took part in various panel discussions, workshops, and networking events throughout the summit. Key outcomes of the delegation's participation included:

- **Strengthening Diplomatic and Health Partnerships:** The presence of the High Commissioner and key delegates helped to strengthen diplomatic ties between the UK and Tanzania, particularly in the area of healthcare cooperation.
- **Knowledge Sharing:** Tanzanian delegates actively participated in knowledge-sharing sessions where they presented Tanzania's healthcare priorities, challenges, and successes. This engagement provided valuable insights into how other countries have approached similar health issues, particularly in low-resource settings.
- **Collaborative Projects and Funding Opportunities:** The summit opened doors for Tanzanian stakeholders to engage with potential donors, international NGOs, and health organizations interested in supporting Tanzania's healthcare sector. Several discussions led to follow-up meetings with the aim of securing funding and expertise for healthcare projects in Tanzania.

#### **5.The Role of the High Commissioner**

The Tanzanian High Commissioner played a pivotal role at the summit, serving as both a diplomatic and healthcare ambassador for Tanzania. Their attendance helped to elevate Tanzania's profile in the international healthcare space. The High Commissioner delivered a keynote address, emphasizing Tanzania's commitment to improving its healthcare system and the importance of international collaboration in achieving sustainable health development.

The High Commissioner also participated in high-level discussions with UK officials, international health leaders, and representatives from other African nations, advocating for the inclusion of Tanzania in global health initiatives and emphasizing the country's specific healthcare needs.

#### **6.Conclusion**

TUHEDA's active involvement in the UK African Health Summit 2023, particularly in facilitating the participation of the Tanzanian delegation and the High Commissioner, was a significant contribution to the advancement of Tanzania's healthcare agenda on the international stage. The summit not only provided a platform for sharing knowledge and experiences but also paved the way for future collaborations and partnerships that will benefit Tanzania's healthcare sector.

As a result of this participation, Tanzania is poised to benefit from enhanced international support, better healthcare solutions, and stronger ties with global health partners, all of which are essential for the country's long-term health development.

## **7.Recommendations**

Moving forward, TUHEDA should continue to leverage such platforms to strengthen Tanzania's presence in global health dialogues, while also facilitating the development of specific health programs that address the unique needs of the Tanzanian population.

## **III. Visit & Training in Zanzibar**

### **1. Team Members:**

- Dr. Nasibu Mwande
- Dr. Daniel Leach
- Mrs. Tania Leach
- Mrs. Nicola Jenkins
- Mr. John Stratford

We visited Zanzibar with two main objectives:

- a) To deliver hands-on basic trauma care training. Trauma is causing many young lives to be lost and is depleting the workforce for the state. Our goal was to enhance the local healthcare staff's knowledge on how to safely manage acute trauma patients, with the motto "First, do no harm."
- b) To install a high-fidelity simulation manikin. We delivered the manikin early last year, but due to unavoidable circumstances, we were unable to install it at that time.

All activities took place at the State University of Zanzibar (SUZA), where the medical simulation laboratory is located.

We arrived on June 4, 2023, and were met by Dr. Ali Yusuf, who escorted us to our accommodation in Stone Town. Although we were eager to get started, our host suggested we rest on the 4th. On June 5, we went to SUZA to begin our mission.

We were impressed by the new simulation laboratory, which was equipped with newer manikins. It was clean and well-organized, and we saw huge potential for scaling up skills training.

After inspecting the skills laboratory, we moved to the seminar room to meet our trainees. The selection of participants from various healthcare cadres was commendable. This approach is key for team building and sustainability, as it brings staff to the same level, allowing them to speak the same language and learn together. There were doctors and nurses from different health facilities across Zanzibar.

While Dr. Mwande, Dr. Leach, and Mrs. Leach were finalizing the plan for the week in the seminar room, Mr. Stratford and Mrs. Jenkins were busy working on Rajab, the Sim-man. We had to ensure everything was set up and ready to go for the next day.

## **2.Training Content:**

The training primarily consisted of hands-on activities. We began with a brief introductory lecture, followed by skills and clinical scenario sessions. Each candidate had the opportunity to practice.

We introduced the concept of teamwork during the sessions.

## **3. Output:**

- 43 staff members from different cadres were trained.

## **4. Outcome:**

- Feedback from participants indicated that 85% felt more competent in diagnosing various conditions as a result of this training.

## **5. Challenges:**

- Local organization was disjointed, resulting in lost hours.
- Frequent interruptions.
- Delegates were given very short notice.
- Long speeches were a problem.
- There were no timely food and drink arrangements.
- People kept popping in and out for other reasons, even though the rooms were allocated for training.
- Timekeeping issues.

Despite these challenges, we had a successful visit.

- The manikin was installed and immediately used for the training.
- One sim lab trainee was trained and will be supported long-term.
- The feedback from delegates was very positive, and they look forward to the next session.

There is tremendous potential to change lives through this initiative

## **IV. Report on TUHEDA Project Supporting Tanzanian Health professionals Pursuing Courses and PLAB Exams for GMC Registration in the UK**

### **1. Introduction**

The TUHEDA (Tanzania UK Health Diaspora Association) project aims to support Tanzanian medical professionals seeking to further their education and career development in the UK. This initiative focuses on assisting doctors in undertaking various medical courses and those preparing for the Professional and Linguistic Assessments Board (PLAB) exams to gain General Medical Council (GMC) registration in the UK. The goal of the project is to enhance the skills and knowledge of Tanzanian doctors, enabling them to contribute effectively to the healthcare system both in Tanzania and globally.



## 2. Project Overview

In the financial year 2023-2024, TUHEDA has provided significant support to a total of 32 Tanzanian medical professionals. The support was aimed at individuals who were either pursuing further medical qualifications, enrolling in medical training courses, or preparing for the PLAB exams required for GMC registration. This report outlines the key details, activities, and outcomes of this initiative.

## 3. Objectives of the Project

The primary objectives of the TUHEDA project supporting Tanzanian doctors include:

- a) To provide assistance to Tanzanian doctors who wish to pursue medical courses or take the PLAB exams for GMC registration in the UK.
- b) To ensure Tanzanian doctors are equipped with the necessary knowledge, skills, and credentials to practice medicine in the UK, ultimately enabling them to contribute more effectively to the healthcare systems in both the UK and Tanzania.
- c) To strengthen the relationship between Tanzanian medical professionals and healthcare institutions in the UK through knowledge exchange and collaboration.

### d) **Support Provided**

The support provided by TUHEDA included the following key areas:

- **Guidance and Mentorship:** TUHEDA provided personalized mentorship to help Tanzanian doctors navigate the UK medical registration process, including advising them on study materials, exam preparation, and application procedures.
- **Accommodation and Travel Assistance:** For those traveling to the UK to undertake their courses or exams, TUHEDA helped with accommodation arrangements and, in some cases, travel support.
- **Networking and Collaboration:** TUHEDA facilitated networking opportunities with UK-based healthcare professionals and institutions to foster collaboration, knowledge sharing, and potential employment opportunities.

## 4. Beneficiaries

A total of 32 medical professionals were supported in the 2023-2024 financial year. These individuals came from various backgrounds, including general practitioners, specialists, and those seeking further training in specific medical fields. The majority of beneficiaries were preparing for the PLAB exams, while others pursued advanced courses in different specialties including Phd level.

## 5. Outcomes and Impact

The impact of the TUHEDA project has been significant, both for the individual beneficiaries and for the broader Tanzanian healthcare sector. Some key outcomes include:

- a) **Successful PLAB Exam Candidates:** all doctors who received support successfully passed their PLAB exams and are now in the process of obtaining their GMC registration. This achievement opens doors for them to practice medicine in the UK and gain invaluable experience that can be brought back to Tanzania.
- b) **Increased Knowledge and Skills:** Doctors who pursued further courses gained specialized knowledge and skills that will enhance their ability to provide high-quality care in Tanzania's healthcare system.

- c) **Stronger UK-Tanzania Medical Ties:** The support program has fostered stronger connections between Tanzanian doctors and UK healthcare institutions, which will facilitate future collaborations in medical education, training, and research.
- d) **Career Development:** Many of the doctors have reported significant professional growth through the training and mentorship received, leading to increased career prospects in both the UK and Tanzania.

## 6. Challenges

Despite the positive outcomes, there were some challenges faced during the implementation of the project:

- **Limited Financial Resources:** Although the project has provided significant support, demand for assistance exceeded the available funds.
- **Logistical Difficulties:** Coordinating travel and accommodation arrangements for the doctors, especially during busy periods, presented some logistical challenges.
- **Visa and Immigration Issues:** Some beneficiaries faced challenges in obtaining the necessary visas and permissions to travel to the UK, causing delays in their courses and exam schedules.

## 7. Future Plans

In response to the successes and challenges encountered, TUHEDA plans to expand its support for Tanzanian doctors in the future. Some of the initiatives for the upcoming year include:

- **Increasing Financial Support:** Efforts will be made to secure additional funding to support more doctors and cover a wider range of training opportunities.
- **Enhancing Mentorship Programs:** The mentorship component will be strengthened to provide more comprehensive support throughout the entire process, from exam preparation to post-exam career advice.
- **Collaborating with UK Medical Institutions:** TUHEDA aims to build further partnerships with UK medical schools and hospitals to facilitate seamless entry for Tanzanian doctors into the UK healthcare system.

## 8. Conclusion

The TUHEDA project has made a positive and lasting impact on Tanzanian doctors seeking to expand their professional opportunities in the UK. By providing financial, logistical, and mentorship support, TUHEDA has enabled 32 doctors in the financial year 2023-2024 to advance their careers, obtain GMC registration, and bring valuable knowledge and experience back to Tanzania. The project has also strengthened the relationship between Tanzanian healthcare professionals and their counterparts in the UK, creating opportunities for further collaboration and growth. With plans to expand and build upon this success, TUHEDA is poised to continue playing a vital role in the professional development of Tanzanian medical professionals.