

(CHARITY No: 1190835)

**SABZGAMAN BESKI
CHARITY ACCOUNTS
FOR YEAR ENDED 31st MARCH 2025**



West One Associates
Business-Corporate
Accountants & Consultants

Sabzgaman Beski

REGISTERED CHARITY NUMBER: 1190835

Independent Examiner's Report to the Trustees of 'Sabzgaman Beski'

I report to the Society's Trustees on my examination of the accounts of the 'Sabzgaman Beski' for the year ended 31 March 2025, which is set out on pages 1 to 6.

Respective responsibilities of trustees and examiner:

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

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- to state whether particular matters have come to my attention.

Basis of independent examiner's statement:

My examination was carried out in accordance with 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 accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the 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 accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

In connection with my examination, no matter has come to my attention to indicate that:

- accounting records have not been kept in accordance with section 130 of the 2011 Charities Act;
- the accounts do not accord with such records;
- where accounts are prepared on an accruals basis, whether they fail to comply with relevant accounting requirements, or are not consistent with the Charities SORP (FRS102)

Mr ABID ALI KHAN
MBA, FCCA
Independent Examiner

Date: 23rd December 2025



West One Associates Ltd
Accountants & Tax Consultants
Wonea House, 2 Richmond Road
Isleworth TW7 7BL 0207 183 6935

Trustees' Annual Report for the period 1st April 2024 to 31st March 2025 for the Charity Commission for England and Wales

Charity name: Sabzgaman Beski

Charity No: 1190835

Objectives and activities

Summary of the purposes of the charity as set out in its governing document

The objects of the Charity are, for the public benefit

- i. to relieve terminally ill patients at hospices and health settings with a view to improving their quality of life by providing funding or equipment to facilitate the provision of recognised evidence-based acupuncture and massage therapies.
- ii. to promote the conservation protection and improvement of the physical and natural environment, in particular but without limitation by planting trees; and
- iii. advancing education of the general public in topics relating to health and wellbeing and environmental conservation.

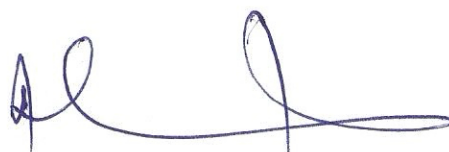
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.

1. The charity continued to receive regular monthly donations from dedicated supporters, demonstrating sustained public engagement with the charity's aims. Throughout the financial year, the charity maintained consistent support from regular donors including medical professionals and local businesses, reflecting ongoing commitment to the charity's objectives (i-iii).
2. In August 2024, the charity received multiple donations totaling £1,020 in celebration of the Chair's birthday, demonstrating community support for the charity's mission. These funds will be used to further the charity's aims in supporting terminally ill patients, environmental conservation, and public education in health and wellbeing.
3. In March 2025, the charity received a substantial donation of £2,100 from supporters, which will enable the charity to expand its activities in support of terminally ill patients in hospices and health settings, in line with aim (i) of the charity.
4. The charity made a charitable grant of £1,000 to SS John & Elizabeth in July 2024 to support end-of-life care services, fulfilling aim (i) of the charity by directly benefiting terminally ill patients.

Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit

The Trustees can confirm that they have had regard to the guidance issued by the Charity Commission on public benefit.

Achievements and performance



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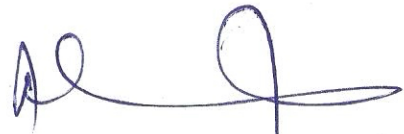
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.

1. The charity successfully maintained a stable base of regular donors throughout the financial year, with consistent monthly donations totaling £2,880, demonstrating sustained public engagement with the charity's aims of supporting terminally ill patients, environmental conservation, and health education (aims i-iii).
2. A charitable grant of £1,000 was awarded to SS John & Elizabeth Hospice in July 2024, directly supporting the provision of care for terminally ill patients and fulfilling aim (i) of the charity. This grant contributed to improving the quality of life for hospice patients through enhanced care services.
3. The charity received exceptional support from the wider community, with one-off donations totaling £3,909.66 during the year. This included a significant donation of £2,100 in March 2025, reflecting growing awareness and support for the charity's mission among the public.
4. The charity's financial position strengthened considerably during the year, with net income of £9,389.66 enabling the charity to build reserves for future charitable activities. The closing balance of £84,094.87 provides a strong foundation for expanding the charity's work in supporting terminally ill patients, environmental conservation, and public education in the coming year.
5. The charity continued to promote awareness of its objectives through sustained engagement with regular supporters, fulfilling aim (iii) of advancing education in topics relating to health, wellbeing and environmental conservation.

Financial Review

Review of the charity's financial position at the end of the period

Payments	
Charitable grant to SS John & Elizabeth	-£1,000.00
Total Payments	-£1,000.00
Receipts	
-----	-----
Monthly Direct Debits	£3,600.00
Regular Monthly Donations	£2,880.00
Single Donations	£3,909.66
Total Receipts (Gross income for AR)	£10,389.66
Net Position	
-----	-----
Opening Balance (31 March 2024)	£74,925.21
Add: Total Receipts	£10,389.66
Less: Total Payments	-£1,000.00
Closing Balance (14 March 2025)	£84,094.87
Liabilities	
-----	-----
Description	Amount


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Payments	
None	£0.00
Assets	
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Description	Amount
Cash at bank	£84,094.87
Total	£84,094.87

The charity has experienced a strong financial year, with total income of £10,389.66 exceeding total expenditure of £1,000.00, resulting in a net surplus of £9,389.66. This has increased the charity's reserves to £84,094.87, providing a solid foundation for future charitable activities.

The income comprised regular monthly direct debits from Besk Women's Care Ltd (£3,600), consistent monthly donations from three regular supporters (£2,880), and various one-off donations (£3,909.66) including a substantial gift of £2,100 received in March 2025.

The charity made one charitable grant during the year of £1,000 to SS John & Elizabeth Hospice, directly fulfilling the charity's primary aim of relieving terminally ill patients. The Trustees plan to increase charitable giving in the coming financial year, utilizing the accumulated reserves to make a more substantial impact in line with the charity's objectives.

Structure, Governance and Management

Type of governing document

Sabzgaman Beski has a constitution (Date last amended 27/07/2020) as its governing document.

How is the charity constituted?

Sabzgaman Beski is a Charitable Incorporated Organisation ("the CIO"). The principal office of the CIO is in England.

Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees

As Sabzgaman Beski was only incorporated in August 2020, the current Trustees are the first Trustees.

Provision for Trustee selection is set out in section 10 of the constitution, which states:

"10. Appointment of charity trustees

(1) Apart from the first charity trustees, every trustee must be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees.

(2) In selecting individuals for appointment as charity trustees, the charity trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO."

Reference and Administrative details

Charity Name: Sabzgaman Beski

Other name the charity uses: None

Registered charity number: 1190835

Charity's principal address: 40 Bramshill Gardens, London, NW5 1JH, England.



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Names of the charity trustees who manage the charity

The first charity trustees are as follows, and are appointed for the following terms:

1. Dr Shohreh Beski, Chair
2. Dr Farhad Aref-Adib
3. Dr Mehrnoosh Aref-Adib
4. Dr Benjamin Lamb, Treasurer
5. Dr Golnar Aref-Adib
6. Ms Rosalind Durant, Secretary
7. Dr Iain Oswald
8. Dr Foroutan Parand
9. Mr Camron Aref-Adib
10. Dr Theresa Freeman-Wang

Corporate trustees – names of the directors at the date the report was approved: None

Name of trustees holding title to property belonging to the charity: None

Funds held as custodian trustees on behalf of others

None

Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

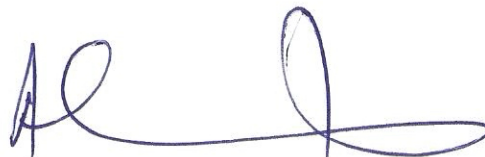
Full name: Dr Shohreh Beski

Position: Chair

Date: [To be completed upon signature]

Dr Shohreh Beski

22nd December 2025



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