



CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From 21 June 2021
To 31 December 2022

Period start date
Period end date

Charity name: Health Assist

Charity registration number: 1197277

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	The advancement of health through education and raising awareness amongst people who are predisposed to particular conditions or diseases to help them better identify and manage such conditions and diseases and seek appropriate treatment or medical care as appropriate.
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.	Para 1.17 and 1.19	Health Assist Trustees have developed a website (healthassist.org.uk) on diseases, to raise awareness in the public so that diseases, particularly silent killers, can be picked up earlier for better treatment by their Doctor (General Practitioner or GP).
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	Health Assist Trustees confirm that they have had due regard to the Charity Commission guidance on public benefit in carrying out the activities outlined above to raise awareness in the public so that diseases can be picked up earlier for better treatment by their GP.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	
Policy on social investment including program related investment	Para 1.38	
Contribution made by volunteers	Para 1.38	Tremendous contributions have been made by the Trustees (Scientists/HealthCare Professionals) themselves, in their free time, by performing all the activities

		required to set up a new start-up disease awareness charity. They performed literature searches on various medical databases. References were found on conditions/diseases and articles (documents) were written to raise awareness in the public in simple, easy to understand language. Another of the Trustees (separate from the writer) reviewed these documents. The documents were then used by us, the Trustees, ourselves to create/develop a disease awareness website to educate the public. The development of this website was only the first phase. With this done, the website must now be maintained (second phase), in which regular updates and improvements are made on an ongoing basis.
Other		

Achievements and Performance

	SORP reference	
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.	Para 1.20	We, the Trustees, ourselves have developed a large and complex disease awareness website in an easy-to-understand language for directly educating the public. This helps people pick-up the signs and symptoms of silent killer diseases earlier and be prompted to confidently see their GP for better treatment. This results in enhanced health and quality of life in people. <i>NB</i> It is now well established in medicine that early discovery of a condition/disease and its treatment intervention leads to the prevention/mitigation of complications and the best possible outcome, and possibly even a cure with improved longevity. This is one reason why the government health policies are geared towards providing easy access to treating more patients in the GP Surgery/Pharmacy (primary care), rather than the Hospital (secondary care), where the serious/severe and advanced/complex cases can be best treated.

Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	The main achievement was the development of a comprehensive disease awareness website. This, together with various aids, such as leaflets, will augment presentations given on diseases to the
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		public.
Performance of fundraising activities against objectives set	Para 1.41	We have been looking into various methods of fundraising which were best suited for our small charity start-up.
Investment performance against objectives	Para 1.41	
Other		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	The charity's total Donation Income up to the year-end, 31.12.22, was zero. The charity's total expenditure up to the year-end, 31.12.22, for goods and services required for setting-up the new charity was £-722 in the red zone.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	The Trustees decided that upon receipt of a reasonable amount of donations, an appropriate reserve should be held so that the charity's funds can be best managed to ensure continued financial sustainability.
Amount of reserves held	Para 1.22	
Reasons for holding zero reserves	Para 1.22	
Details of fund materially in deficit	Para 1.24	The charity's total expenditure was £-722 in deficit. Raising donations should get the accounts into the black (positive territory).
Be any Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	Some funds were loaned by the Trustees to the Health Assist charity to pay for the expenses incurred in purchasing the necessary, required goods and services to help set-up this new charity.
Investment policy and objectives including any social investment policy adopted	Para 1.46	
A description of the principal risks facing the charity	Para 1.46	
Other		

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed , royal charter)	Para 1.25	Constitution - Foundation model
How is the charity constituted? (e.g unincorporated association , CIO)	Para 1.25	Charitable Incorporated Organisation (CIO)
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	Para 1.25	Charity Trustees selected/appointed according to skills, knowledge and experience required for the effective administration of this CIO charity.

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	Health Assist Standard Operating Procedures (SOPs) plus Processes & Procedures, based on the Charity Commission guidance.
The charity's organisational structure and any wider network with which the charity works	Para 1.51	CIO - Foundation model Trustees (x3): Premroy Jadubansa (ChairPerson) Hervinder Singh Osaan (Treasurer) Bhikhubhai Kalidas (Secretary)
Relationship with any related parties	Para 1.51	
Other		

Reference and Administrative details

Charity name	Health Assist
Other name the charity uses	
Registered charity number	1197277
Charity's principal address	Health Assist 71-75 Shelton Street Covent Garden London WC2H 9JQ

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Premroy Jadubansa	ChairPerson		
2	Hervinder Singh Osaan	Treasurer		
3	Bhikhubhai Kalidas	Secretary		
4				
5				
6				
7				
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13				
14				
15				
16				
17				
18				
19				
20				

Corporate trustees – names of the directors at the date the report was approved

[illegible]

Name of trustees holding title to property belonging to the charity

[illegible]

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

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Exemptions from disclosure

Reason for non-disclosure of key personnel details

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Other optional information

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Declarations

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

Signed on behalf of the charity's trustees

Signature(s)

PJadubansa

BKalidas

Full name(s)

Premroy Jadubansa

Bhikhubhai Kalidas

**Position (eg Secretary,
Chair, etc)**

Chairperson

Secretary

Date

31.10.23



CHARITY COMMISSION
FOR ENGLAND AND WALES

Health Assist

1197277

Receipts and payments accounts

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For the period
from

21-Jun-21

To

31-Dec-22

Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
Payments	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	-	-	-	-	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	-	-	-	-	-
A3 Payments					
Telephone, internet and postage	444	-	-	444	-
Printing, postage, stationery and computer supplies	13	-	-	13	-
Travel	63	-	-	63	-
Registered Charity Office Address	202	-	-	202	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	722	-	-	722	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	722	-	-	722	-
Net of receipts/(payments)	- 722	-	-	- 722	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	- 722	-	-	- 722	-

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds		-	-	-
		-	-	-
		-	-	-
	Total cash funds	-	-	-
	(agree balances with receipts and payments account(s))	Agreement Error	OK	OK
B2 Other monetary assets	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
	PJadubansa BKalidas	Premroy Jadubansa Bhikhubhai Kalidas	31.10.23 31.10.23	