

# Trustees' annual report for the period



**CHARITY COMMISSION**  
FOR ENGLAND AND WALES

Period start date       Period end date

Charity name  Charity No (if any)

## Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	<p>1) The relief of sickness and preservation and protection of health in the United Kingdom, in particular by:</p> <p>a) The provision of healthcare projects for the local community;</p> <p>b) Educating and raising awareness of health matters;</p> <p>c) Educating and training the common on the appropriate use of medical and non-medical equipment for saving lives and First Aid management.</p> <p>2) The Advancement of Sikh Religion for the public benefit in the United Kingdom</p>
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	Please see attached reports
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	The purpose and objectives stated above are based on the guidance issued by the Charity Commission and our declared aims to deliver those for public benefit

## Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	

Policy on grant making	Para 1.38	We are grateful to honorable members volunteers to provide health education to the public.
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Policy on social investment including program related investment	Para 1.38	N/A
Contribution made by volunteers	Para 1.38	Medical members volunteered their service to provide free health workshops viz BP Diabetes heart checks & education and Health seminars on Zoom free of cost. These have been well supported.
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	<p>1. Dr Mrs Surinder Narula as a committee member of SDDA UK with responsibility for wellbeing carried out during the period-3 activities to report:</p> <p>-</p> <p>A) Health Education</p> <p>B) General Well Being and Relaxation</p> <p>C) Punjabi / Religious Education scope.</p> <p>A) Health talks to promote Medical knowledge both for public and medical profession were arranged on zoom since April 2020 ,in particularly during the report period Audience joined both from all over UK and India Format was display of slides , talk by speaker &amp; interaction by audience to ask questions . The topics arranged were --</p> <p>a) 15th January 2022 -- Knee pain -Mr S Gokhale Consultant trauma and Orthopedic Surgeon</p> <p>b) 12th February 2022 -- The loss &amp; coping strategies by Mrs U Das M.A. Psychology.</p> <p>c) 14th May 2022 Acid &amp; Peptic acid disease - Dr V Goel consultant Physician Gastroenterology</p> <p>d) 20th August Heart Disease &amp; Stroke -Prevention &amp; Treatments -Consultant Dr Inderpal S Grover</p> <p>e) 8<sup>th</sup> October 2022- Skin Cancer Prevention- Dr Sukh Ryatt Consultant Plastic Surgeon.</p> <p>f) 26<sup>th</sup> Nov 22 – Dementia and Memory Problems: Dr Pravir Shankar Prasad – Consultant Pschogeriatrics</p> <p>B) General Well Being and Relaxation—Yoga followed by sharing knowledge among participants on certain current topics to improve interest in life especially in advancing years. During the above period of report, the sessions were held at 10 am every Thursday for one hour yoga and</p>

		<p>knowledge sharing. See Details in attached report.</p> <p>D) Punjabi/Religious Education scope in the UK and India.</p> <p>2.Dr HS Sahni represented SDDA UK on Strategic Equality Diversity and Inclusion Advisory Forum (SEDIA) of GMC.</p> <p>Dr Sahni attended three meetings of SEDIA in this reporting year. These meetings were interactive. See attached report from Dr HS Sahni</p>
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### Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Achievements against objectives set	Para 1.41	
Performance of fundraising activities against objectives set	Para 1.41	
Investment performance against objectives	Para 1.41	
Other		<p>Hello Dr Sahni</p> <p>This email is to acknowledge and thank for all the help , support and guidance provided by Sikh Doctors and Dentists Association especially Dr Parminder Sahni , Dr Amar Singh Ranote, Dr Gurpreet Singh Kalra , Dr Sukhpal Singh Gill and Dr Jheeta in my medical career ranging from help with accommodation, emotional support and guidance with career ever since I began my medical journey in the UK in September , 2021 as an Indian Medical Graduate</p> <p>I was helped and supported throughout by the association and the above mentioned doctors since I was preparing for my PLAB 2 exam in December 2021 and throughout the year 2022. The association is always available for support for all new international doctors like me whenever we need.</p> <p>I passed my Plab2 exam in 2021 , gained GMC registration with license to practice in January 2022, started with a job as a medical SHO in University</p>

		<p>Hospitals Birmingham and will soon begin my Internal Medicine Training in UHB from August 2023.</p> <p>Thanks and kind regards Dr Ranvir Singh Kalra</p> <p>08/07/2023</p>
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## Financial Review

	SORP reference	
Review of the charity's financial position at the end of the period	Para 1.21	<p>period 10.01.22 to 10.01.23 Total receipts £1,615.0 , total payments £1,140 , cash at bank on 10.01.2023 £12,809.00</p> <p>See Treasurer's rept</p>

Statement explaining the policy for holding reserves stating why they are held	Para 1.22	We do not have capital expenses but do spend on hiring a hall for our AGM every year. We spent only £1,140 towards face masks and expenses for meetings. Our current bank balance is moderate enough for our needs.
Amount of reserves held	Para 1.22	N/A
Reasons for holding zero reserves	Para 1.22	No capital expenses as mainly voluntary service
Details of fund materially in deficit	Para 1.24	Nil
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	None

### Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
The charity's principal sources of funds (including any fundraising)	Para 1.47	Membership fee accumulated over the years.
Investment policy and objectives including any social investment policy adopted	Para 1.46	N/A
A description of the principal risks facing the charity	Para 1.46	None
Other		N/A

### Structure, Governance and Management

Type of governing document (trust deed, royal charter)	Para 1.25	Constitution approved by Charity Commission was adopted by SDDA UK on 20.12.2021.
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How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	Charitable Incorporated Organization with voting members other than Charity Trustees (Association Model)
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	<p>At time of application for gaining charity status and subsequent approval 3 caretaker trustees were appointed by the serving executive committee (minimum corm 6).</p> <p>At 1st AGM on 19/11/2022 since procuring Charity status on 20.12.2021, three caretaker trustees retired. Three new trustees were appointed as per approved constitution.</p> <p>Every year there will be roll over of one trustee at AGM held in November each year now on. These are appointed by unanimous decision by all attending members.</p>

### Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organizational structure and any wider network with which the charity works	Para 1.51	The charity is run by management committee of executive committee consisting of six members overseen by of three Trustees. The Health Workshops and Education are run voluntarily by the medical members with support from Gurdwara/s (Sikh temple)
Relationship with any related parties	Para 1.51	none
Other		

## Reference and Administrative details

Charity name	Sikh Doctors and Dentist Association UK.
Other name the charity uses	SDDA UK
Registered charity number	1197410
Charity's principal address	Dr Sukhpal Singh Gill, President SDDA UK  Stroud Practice  Bentley Health centre  Churchill Road, Walsall  WS2 0BA

### Names of the charity trustees who manage the charity

	Trustee Name	Office (if any)	Dates acted if not for the whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Dr H.S.Narula	Senior Trustee	From 19/11/2022	Executive committee
2	Dr H.S.Sahni	Trustee 2 (new)	From 19/11/2022	as above on 19/11/22
3	Dr M.S.Kalkat	Trustee 3	From 19/11/2022	as above 19/11/22


## Reference and Administrative details

(cont)

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

Director name		
	N/A	

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	
	NOT APPLICABLE	

## Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	NOT APPLICABLE
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

Liaison Officer 19.11.22	Dr Parmindar Kaur Sahni	20 Redlake Drive Stourbridge, DY9 0RX

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

## Exemptions from disclosure

### Reason for non-disclosure of key personnel details

NONE

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Other optional information

N/A
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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)		
Full name(s)	Dr Harmohan Sigh Narula	
Position (eg Secretary, Chair, etc)	Senior Trustee	
Date	16/10/2022	

## Treasurers report

SDDA receipts and payments accounts for accounting period 10.01.22 to 10.01.23

### Receipts

Automated donations: £660

AGM donations: £995

Total receipts: £1615

### Payments

AGM venue: £1140

Total payments: £1140

Net of Receipts: £475

Assets at 10.01.23

Cash at bank: £12809