

# **Sikh Doctors and Dentists Association UK Trustees' Annual Report**

**For the year ended 2024 - 2025**

**Charity name:** Sikh Doctors and Dentists Association U.K.

**Charity number:** 1197410

**Registered address:** Stroud Practice, Bentley Health Centre, Churchill Road, Walsall, WS2 0BA

**Trustees:** Dr Maninder Singh Kalkat, Dr Sukhpal Singh Gill, Dr Harcharan Sahni

**Principal contact:** Dr Sukhpal Singh Gill

## **Structure, Governance and Management**

The Sikh Doctors and Dentists Association UK ("SDDA UK") is a registered charity governed by its Constitution. The Association is directed by a Board of Trustees, all of whom are healthcare professionals who serve on a voluntary basis.

Trustees meet regularly to:

- Review charitable activities and public benefit
- Ensure compliance with Charity Commission guidance
- Oversee finances and risk management
- Ensure that all activities advance the charity's stated aims

Trustees receive no remuneration. Conflicts of interest are declared and managed in accordance with best governance practice.

## **Objectives**

The charitable purposes of SDDA UK are:

1. **To advance the education of the public and members of the community** in the prevention, diagnosis and treatment of sickness and disease, and other medically related matters.
2. **To preserve and protect good health** among the public and members of the Sikh community.
3. **To advance religious education** in accordance with the teachings of the Sikh Gurus.

The Trustees confirm that they have had due regard to the Charity Commission's guidance on public benefit and that all activities described in this report were undertaken to further these purposes.

## Summary of Activities and Achievements

During the reporting period, SDDA UK delivered a programme of activities across **health education, community wellbeing, interfaith engagement, addiction recovery, and public health advocacy**.

These activities were designed to reach both the Sikh community and the wider public, with particular focus on reducing health inequalities, improving health literacy, and ensuring culturally sensitive healthcare engagement.

## Detailed Review of Activities

### A. Health Promotion and Disease Prevention

#### Cardiovascular Disease Education – 5 April

A public cardiovascular health education session was delivered by **Dr Dilsher Singh** at **Guru Nanak Gurdwara, Stratford Road**. The session focused on:

- Heart disease prevention
- Lifestyle risk factors
- Early diagnosis and screening

This directly advanced the charity's aims in disease prevention and health education.

#### Palliative Care Conference – 9 May

**Dr D Singh** represented SDDA UK at a national palliative care conference, contributing to **interfaith dialogue** with Hindu, Jewish, Muslim and Christian faith leaders.

The session addressed:

- End-of-life care
- Cultural sensitivity
- Ethical challenges in medicine

This promoted inclusive healthcare, improved professional awareness, and supported community cohesion.

### B. Public Policy and Ethical Advocacy

#### BBC Input on Assisted Dying Bill – 14 May

**Dr Gurpreet Khaira** provided expert commentary on the BBC on behalf of Sikh healthcare professionals, offering insight into:

- Ethical challenges faced by doctors
- Sikh perspectives on assisted dying
- The need for robust parliamentary debate

This contributed to informed public discourse on a major health policy issue.

## **C. Religious and Community Engagement**

### **Parliamentary Launch of the Gurdwara Handbook – 14 July**

SDDA UK was represented by **Dr Narula and Dr Bindra** at the Parliamentary launch of the Sikh Gurdwara Handbook. This event:

- Brought together Sikh charities nationally
- Strengthened faith-based collaboration
- Promoted understanding of Sikh religious institutions

This directly supported the charity's objective to advance religious education.

## **D. Addiction Recovery and Mental Wellbeing**

### **Support for Sikh Recovery Retreat Campaign – 5 January**

SDDA UK supported a national campaign aimed at addressing **alcohol misuse within Sikh communities**.

This activity:

- Targeted a major public health issue
- Reduced stigma
- Promoted recovery and wellbeing

It directly contributed to preserving health and preventing disease.

## **E. Physical Health and Lifestyle Promotion**

### **Cycling Expedition – 4 May**

Led by **Dr Jastinder Singh, Mr Maninder Kalkat and Dr Dhodi**, this initiative promoted:

- Physical fitness
- Mental resilience
- Community bonding

This aligned with SDDA UK's preventative health and lifestyle medicine aims.

## **F. First Aid and Community Safety**

### **Nagar Kirtan Medical Cover – Guru Nanak Gurdwara, Caldmore**

SDDA UK provided trained medical volunteers to support the annual Sikh religious procession, delivering:

- First aid
- Emergency medical response

This protected the health and safety of thousands of members of the public and participants.

## **Use of Digital and Media Platforms**

SDDA UK continues to use **broadcast and digital platforms** to amplify public health messages, including:

- National media (BBC)
- Social media (Facebook)
- Community and faith-based networks

This extends reach beyond physical events and supports health education at scale.

## **Impact and Outcomes**

Across the year:

- Hundreds of people directly benefited from education, screening, first aid, and advice
- Thousands more were reached via media and community networks
- Increased awareness was seen in cardiovascular health, palliative care, addiction recovery, and ethical medical issues

Feedback showed improved confidence in:

- Managing long-term conditions
- Seeking help early
- Engaging with healthcare professionals in culturally appropriate settings

## **Financial Review**

The charity is funded through:

- Voluntary contributions from members
- Donations and small grants from supporters

Expenditure was primarily directed towards:

- Community health events
- Medical equipment and first-aid provision
- Educational activities

Trustees ensure that funds are used prudently and in direct support of the charity's objectives.

## **Plans for the Future**

SDDA UK will continue to focus on:

- Expanding health promotion across new Gurdwaras and community venues

- Developing a **Lifestyle Medicine Questionnaire** to personalise community interventions
- Increasing focus on **oral health** as part of systemic disease prevention
- Strengthening partnerships with other faith and community organisations

The Trustees are satisfied that SDDA UK continues to deliver **clear, measurable public benefit**, particularly for underserved and minority communities. The charity remains financially responsible, ethically grounded, and operationally effective.

The Association is well-positioned to expand its impact in the coming year, combining medical expertise, faith-based engagement, and community trust to improve health outcomes.



CHARITY COMMISSION  
FOR ENGLAND AND WALES

Sikh Doctors and Dentists Association (UK)	1197410
--	---------

CC16a

## Receipts and payments accounts

For the period from	Period start date 10.01.24	To	Period end date 10.01.25
------------------------	-------------------------------	----	-----------------------------

### Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
<b>A1 Receipts</b>					
Automated donations	1,020	-	-	1,020	720
AGM donations	1,185	-	-	1,185	480
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>2,205</b>	<b>-</b>	<b>-</b>	<b>2,205</b>	<b>1,200</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>2,205</b>	<b>-</b>	<b>-</b>	<b>2,205</b>	<b>1,200</b>
<b>A3 Payments</b>					
Dr Print - banner	300	-	-	300	-
Nishkam Civic Association - agm venue	783	-	-	783	-
	-	-	-	-	1,265
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>1,083</b>	<b>-</b>	<b>-</b>	<b>1,083</b>	<b>1,265</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>1,083</b>	<b>-</b>	<b>-</b>	<b>1,083</b>	<b>1,265</b>
<b>Net of receipts/(payments)</b>	<b>1,122</b>	<b>-</b>	<b>-</b>	<b>1,122</b>	<b>- 65</b>
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
<b>Cash funds this year end</b>	<b>1,122</b>	<b>-</b>	<b>-</b>	<b>1,122</b>	<b>- 65</b>

## 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 £
<b>B1 Cash funds</b>		-	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	13,696	-	-
	(agree balances with receipts and payments account(s))	Agreement Error	OK	OK
<b>B2 Other monetary assets</b>		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
<b>B3 Investment assets</b>			-	-
			-	-
			-	-
			-	-
			-	-
<b>B4 Assets retained for the charity's own use</b>			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
<b>B5 Liabilities</b>			-	
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	