

# EMPATHOS FOUNDATION

England & Wales · Charity number 1201971

## Details

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**Other names** AFGHAN MEDICAL FOUNDATION, Empathos

**Status** Registered

**Legal form** CIO

**Registered** 2023-02-16

**Register** [View on the Charity Commission register](#)

## Contact

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**Address** Third Floor  
210 Borough High Street  
London  
SE1 1JA

**Phone** 07376269307

**Email** [info@empathos.co.uk](mailto:info@empathos.co.uk)

**Website** [www.empathos.co.uk](http://www.empathos.co.uk)

## Activities

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**Objects:** (1) THE ADVANCEMENT OF EDUCATION IN PARTICULAR BY PROVIDING EDUCATIONAL AND OTHER FORMS OF SUPPORT AND SERVICES TO ASPIRING AND CURRENT MEDICAL AND OTHER HEALTHCARE STUDENTS IN THE UNITED KINGDOM ESPECIALLY STUDENTS FROM A WIDENING PARTICIPATION BACKGROUND. (2) THE RELIEF OF POVERTY IN THE UK AND INTERNATIONALLY BY PROVIDING: GRANTS, ITEMS OR SERVICES TO INDIVIDUALS IN NEED AND CHARITIES OR OTHER ORGANISATIONS WORKING TO RELIEVE POVERTY.

**Activities:** THE ADVANCEMENT OF EDUCATION IN PARTICULAR BY PROVIDING EDUCATIONAL AND OTHER FORMS OF SUPPORT AND SERVICES TO ASPIRING AND CURRENT HEALTHCARE STUDENTS ESPECIALLY STUDENTS FROM A WIDENING PARTICIPATION BACKGROUND in UK. THE RELIEF OF POVERTY IN THE UK AND INTERNATIONALLY BY PROVIDING: GRANTS, ITEMS OR SERVICES TO INDIVIDUALS IN NEED AND CHARITIES OR OTHER ORGANISATIONS WORKING TO RELIEVE POVERTY.

## Classification

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- **How:** Makes Grants To Organisations, Provides Advocacy/advice/information, Acts As An Umbrella Or Resource Body
- **What:** General Charitable Purposes, Education/training, Disability, The Prevention Or Relief Of Poverty
- **Who:** Children/young People, Elderly/old People, People With Disabilities, People Of A Particular Ethnic Or Racial Origin, Other Charities Or Voluntary Bodies, The General Public/mankind

## Geography

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- Throughout England

## Finances

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Period end	Income	Expenditure	Assets	Employees
2025-04-05	£8,045	£5,042	-	-
2024-04-05	£2,583	£798	-	-

## Trustees

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Name	Role	Appointed
Dr Mahdi Sadeghi	Chair	2023-02-16
Dr Sabrina Shahid		2023-02-16
Hafsa Amir		2023-12-30

**EMPATHOS FOUNDATION**

England & Wales - Charity number 1201971

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# Accounts

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**CHARITY COMMISSION**  
FOR ENGLAND AND WALES

## **Trustees' Annual Report for the period**

**From 6<sup>th</sup> April 2024 (Period start date) To 5<sup>th</sup> April 2025 (Period end date) Charity**

**Name:** Empathos Foundation

**Charity registration number:** 1201971

**Name of Trustees:** Hafsa Amir, Mahdi Sadeghi, Sabrina Shahid

**Address:** Third floor, 210 Borough High St, London SE1 1JA

**Bank:** Lloyds Bank

**Website:** [www.empathos.co.uk](http://www.empathos.co.uk)

**Email:** [info@empathos.co.uk](mailto:info@empathos.co.uk)

Empathos Foundation is a CIO Foundation constitution. Mahdi Sadeghi, Sabrina Shahid and Hafsa Amir are trustees of Empathos Foundation during this period.

### **Objectives and Activities**

Empathos Foundation's purposes, as set out in its governing document, are:

- (1) The advancement of education by providing educational and other forms of support and services to aspiring and current medical and other healthcare students in the United Kingdom, especially students from a widening participation background.
- (2) The relief of poverty in the UK and internationally by providing grants, items or services to individuals in need and to charities or other organisations working to relieve poverty.

As part of its objectives, Empathos Foundation undertook in summary the following activities during the period:

#### (1) Advancement of education

- Delivered a range of free widening participation initiatives to support aspiring healthcare students in accessing higher education, including Insight to Healthcare events, mock Multiple Mini Interview preparation, and an essay competition, attracting over 500 registrations.
- Delivered free teaching sessions for medical students mapped to written and clinical examinations (including the UKMLA), attracting over 1,000 registrations, delivered in a range of formats to maximise accessibility and engagement.

#### (2) Relief of poverty

- Delivered initiatives and fundraising activity, attracting approximately 180 registrations, including an annual project to support vulnerable people experiencing homelessness through the packaging and distribution of essential items.

### **Achievements and Performance:**

In line with the charity’s objects (the advancement of education and the relief of poverty), the trustees are proud that Empathos Foundation has delivered activities in line with our objectives. Namely, this includes wide-ranging programme of activity for aspiring and current medical and other healthcare students in the United Kingdom, with a particular focus on supporting learners from widening participation backgrounds. Over the period, the charity recorded in excess of 1,000 medical student registrations for free teaching sessions mapped to the UKMLA and clinical examinations, delivered in a range of formats designed to maximise reach, engagement and educational benefit. The trustees are also proud of the charity’s work to support aspiring healthcare students’ access to higher education through free widening participation initiatives, including Insight to Medicine events, structured preparation for Multiple Mini Interviews (MMIs), and essay competitions, with over 500 registrations from aspiring applicants.

The trustees are equally proud of the charity’s contribution to the relief of poverty. During the period, Empathos Foundation recorded around 180 registrations across welfare-focused initiatives, including a Winter Aid Appeal to assist vulnerable people experiencing homelessness through the packaging and provision of essential items and practical support.

The charity aims to continue their academic and welfare projects in line with their governing document.

## **Financial Review**

The charity recorded total income of £8,045 for this financial period, primarily generated through fundraising initiatives, with total expenditure of £5,042, resulting in a surplus of £3,003. The trustees have assessed the charity’s need for reserves in accordance with Charity Commission guidance and have determined that unrestricted reserves should be maintained at a level sufficient to cover running and operational costs. They are confident that future income, supported by planned activities such as fundraising events and sponsorships, will be adequate to meet the charity’s ongoing needs and objectives for the next financial year. All members of the charity contribute their time on an unpaid voluntary basis.

## **Names of the charity trustees who manage the charity within this financial period**

	Trustee name	Dates acted if not for whole year
1	Mahdi Sadeghi	
2	Sabrina Shahid	
3	Hafsa Amir	

## **Declarations**

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

### **Signed on behalf of the charity’s trustees**

Signature	Mahdi	Sabrina	Hafsa
Full Name	Mahdi Sadeghi	Sabrina Shahid	Hafsa Amir
Position	Trustee	Trustee	Trustee
Date	08/02/2026	08/02/2026	08/02/2026



CHARITY COMMISSION  
FOR ENGLAND AND WALES

Empathos Foundation 1201971

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For the period from 4/6/2024 To 5/4/2025

## Receipts and payments accounts


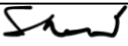

### Section A Receipts and payments

	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 £
<b>A1 Receipts</b>					
Fundraising	6,511	-	-	6,511	-
Sponsorship	275	-	-	275	-
Other receipts (refunds & reimbursements)	1,259	-	-	1,259	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>8,045</b>	<b>-</b>	<b>-</b>	<b>8,045</b>	<b>-</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>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A3 Payments</b>					
Cost of fundraising events	4,413	-	-	4,413	-
Website / IT / Online services	264	-	-	264	-
Insurance	365	-	-	365	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>5,042</b>	<b>-</b>	<b>-</b>	<b>5,042</b>	<b>-</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>5,042</b>	<b>-</b>	<b>-</b>	<b>5,042</b>	<b>-</b>
<b>of receipts/(payments)</b>	<b>3,003</b>	<b>-</b>	<b>-</b>	<b>3,003</b>	<b>-</b>
<b>A5 Transfers between funds</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Cash funds last year end</b>	<b>2,894</b>	<b>-</b>	<b>-</b>	<b>2,894</b>	<b>-</b>
<b>Cash funds this year end</b>	<b>5,897</b>	<b>-</b>	<b>-</b>	<b>5,897</b>	<b>-</b>

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

Categories	Details	Unrestricted funds	Restricted funds	Endowment funds
<b>B1 Cash funds</b>	Bank Balance	to nearest £ 5,897	to nearest £ -	to nearest £ -
		-	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>5,897</b>	<b>-</b>	<b>-</b>
	(agree balances with receipts and payments account(s))	OK	OK	OK
		Unrestricted funds	Restricted funds	Endowment funds
<b>B2 Other monetary assets</b>	Details	to nearest £ -	to nearest £ -	to nearest £ -
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
<b>B3 Investment assets</b>	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
<b>B4 Assets retained for the charity's own use</b>	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
<b>B5 Liabilities</b>	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
	Mahdi Sadeghi	08/02/2026
	Sabrina Shahid	08/02/2026
	Hafsa Amir	08/02/2026

**EMPATHOS FOUNDATION**

England & Wales - Charity number 1201971

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# Accounts

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**CHARITY COMMISSION**  
FOR ENGLAND AND WALES

## **Trustees' Annual Report for the period**

**From 16/02/2023 (Period start date) To 05/04/2024 (Period end date)**

**Charity name:** Empathos Foundation

**Charity registration number:** 1201971

**Name of Trustees:** Hafsa Amir, Mahdi Sadeghi, Sabrina Shahid

**Address:** The Stowe Centre, 258 Harrow Road, London, W2 5ES, United Kingdom

**Bank:** Lloyds Bank

**Website:** [www.empathos.co.uk](http://www.empathos.co.uk)

**Email:** [info@empathos.co.uk](mailto:info@empathos.co.uk)

Empathos Foundation is a CIO Foundation constitution. Mahdi Sadeghi and Sabrina Shahid were founders and are Trustee of Empathos Foundation and Hafsa Amir was recruited via trustee interviews.

### **Objectives and Activities**

Empathos Foundation's purpose as set out within our governing document are:

(1) The advancement of education in particular by providing educational and other forms of support and services to aspiring and current medical and other healthcare students in the United Kingdom, especially students from a widening participation background.

(2) The relief of poverty in the UK and internationally by providing: grants, items or services to individuals in need and charities or other organisations working to relieve poverty.

The main activities undertaken to meet our purpose includes:

(1) Widening participation initiatives for aspiring healthcare students:

- Organised two workshop insight sessions to offer an overview of healthcare careers.
- Delivered two interview support sessions to help students prepare for healthcare admissions.
- Created two opportunities to gain research experience through essay competitions focused on healthcare topics.

(2) Relief of Poverty:

- Provided a grant to the UK-registered charity Human Relief Mission to support an international humanitarian aid project.

The trustees confirm that they have had regard to the Charity Commission's guidance on public benefit when planning and conducting the charity's activities.

### **Achievements and Performance:**

- Supported over five hundred aspiring healthcare students in applications and insight to healthcare by running free sessions aimed at students from disadvantaged (widening participation) backgrounds.
- Distribution humanitarian aid to people for the relief of poverty via a UK registered charity delivery partner.

The charity aims to continue their academic and welfare projects in line with their governing document.

## **Financial Review**

The charity recorded a net income of £3,717 for this financial period, primarily generated through fundraising initiatives, with net expenditure amounting to £823. The trustees have assessed the charity's need for reserves in accordance with Charity Commission guidance and have determined that unrestricted reserves should be maintained at a level sufficient to cover running and operational costs. They are confident that future income, supported by planned activities such as fundraising events and sponsorships, will be adequate to meet the charity's ongoing needs and goals for the next financial year. All members of the charity contribute their time on an unpaid voluntary basis.

## **Names of the charity trustees who manage the charity within this financial period**

	<b>Trustee name</b>	<b>Dates acted if not for whole year</b>
1	Mahdi Sadeghi	
2	Sabrina Shahid	
3	Haasher Monib	16/02/2023 – 30/12/2023
4	Hafsa Amir	30/12/2023 – Current
5	Ibrahim Toufiq	30/12/2023 – 31/03/2024

## **Declarations**

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

### **Signed on behalf of the charity's trustees**

<b>Signature</b>	<b>Mahdi</b>	<b>Sabrina</b>	<b>Hafsa</b>
<b>Full Name</b>	Mahdi Sadeghi	Sabrina Shahid	Hafsa Amir
<b>Position</b>	Trustee	Trustee	Trustee
<b>Date</b>	05/02/2025	05/02/2025	05/02/2025



CHARITY COMMISSION  
FOR ENGLAND AND WALES

Empathos Foundation 1201971

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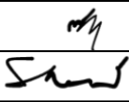
## Receipts and payments accounts

For the period from 2/16/2023 To 4/5/2024

### 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>					
	-	-	-	-	-
Fundraising	3,442	-	-	3,442	-
Sponsorship	275	-	-	275	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>3,692</b>	<b>-</b>	<b>-</b>	<b>3,692</b>	<b>-</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>3,717</b>	<b>-</b>	<b>-</b>	<b>3,717</b>	<b>-</b>
<b>A3 Payments</b>					
Telephone, Internet and Postage	163	-	-	163	-
Grants and Donations	218	-	-	218	-
Insurance	277	-	-	277	-
Cost of fundraising events	165	-	-	165	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>823</b>	<b>-</b>	<b>-</b>	<b>823</b>	<b>-</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>823</b>	<b>-</b>	<b>-</b>	<b>823</b>	<b>-</b>
<b>Net of receipts/(payments)</b>	<b>2,894</b>	<b>-</b>	<b>-</b>	<b>2,894</b>	<b>-</b>
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
<b>Cash funds this year end</b>	<b>2,894</b>	<b>-</b>	<b>-</b>	<b>2,894</b>	<b>-</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>	Bank Balance	2,894	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>2,894</b>	<b>-</b>	<b>-</b>
	(agree balances with receipts and payments account(s))	OK	OK	OK
<b>B2 Other monetary assets</b>	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
<b>B3 Investment assets</b>	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
<b>B4 Assets retained for the charity's own use</b>	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
<b>B5 Liabilities</b>	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
		Mahdi Sadeghi Sabrina Shahid		08/02/2026
				08/02/2026