



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

Email: 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

	Trustee name	Dates acted if not for whole year
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

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



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Empathos Foundation

1201971

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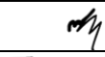

Receipts and payments accounts

For the period from	2/16/2023	To	4/5/2024
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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 £
A1 Receipts					
	-	-	-	-	-
Fundraising	3,442	-	-	3,442	-
Sponsorship	275	-	-	275	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	3,692	-	-	3,692	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	3,717	-	-	3,717	-
A3 Payments					
Telephone, Internet and Postage	163	-	-	163	-
Grants and Donations	218	-	-	218	-
Insurance	277	-	-	277	-
Cost of fundraising events	165	-	-	165	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	823	-	-	823	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	823	-	-	823	-
Net of receipts/(payments)	2,894	-	-	2,894	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	2,894	-	-	2,894	-

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	Bank Balance	2,894	-	-
		-	-	-
		-	-	-
	Total cash funds	2,894	-	-
	(agree balances with receipts and payments account(s))	OK	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
			Mahdi Sadeghi	08/02/2026
			Sabrina Shahid	08/02/2026