



CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From 6th April 2024 (Period start date) To 5th 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

Email: 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


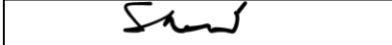
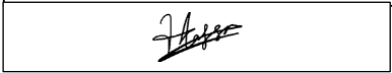
Section A Receipts and payments

| | 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 £ |
| A1 Receipts | | | | | |
| Fundraising | 6,511 | - | - | 6,511 | - |
| Sponsorship | 275 | - | - | 275 | - |
| Other receipts (refunds & reimbursements) | 1,259 | - | - | 1,259 | - |
| | - | - | - | - | - |
| | - | - | - | - | - |
| | - | - | - | - | - |
| Sub total (Gross income for AR) | 8,045 | - | - | 8,045 | - |
| A2 Asset and investment sales, (see table). | | | | | |
| | - | - | - | - | - |
| | - | - | - | - | - |
| Sub total | - | - | - | - | - |
| Total receipts | - | - | - | - | - |
| A3 Payments | | | | | |
| Cost of fundraising events | 4,413 | - | - | 4,413 | - |
| Website / IT / Online services | 264 | - | - | 264 | - |
| Insurance | 365 | - | - | 365 | - |
| | - | - | - | - | - |
| | - | - | - | - | - |
| | - | - | - | - | - |
| | - | - | - | - | - |
| | - | - | - | - | - |
| Sub total | 5,042 | - | - | 5,042 | - |
| A4 Asset and investment purchases, (see table) | | | | | |
| | - | - | - | - | - |
| | - | - | - | - | - |
| Sub total | - | - | - | - | - |
| Total payments | 5,042 | - | - | 5,042 | - |
| of receipts/(payments) | 3,003 | - | - | 3,003 | - |
| A5 Transfers between funds | - | - | - | - | - |
| Cash funds last year end | 2,894 | - | - | 2,894 | - |
| Cash funds this year end | 5,897 | - | - | 5,897 | - |

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

| Categories | Details | Unrestricted funds | Restricted funds | Endowment funds |
|---|---|---------------------------------|-----------------------|--------------------------|
| B1 Cash funds | Bank Balance | to nearest £ 5,897 | to nearest £ - | to nearest £ - |
| | | - | - | - |
| | | - | - | - |
| | | - | - | - |
| | Total cash funds (agree balances with receipts and payments account(s)) | 5,897 OK | - OK | - OK |
| | Unrestricted funds | Restricted funds | Endowment funds | |
| B2 Other monetary assets | Details | to nearest £ - | to nearest £ - | 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 |
|  | Hafsa Amir | 08/02/2026 |