



Trustees' Annual Report

For the period 1 April 2023 – 31 March 2024

Charity Registration Number: **1202194**

Charity Type: **Charity Incorporated Organisation (CIO)**

Chair's Statement

AskMyDoc CIO – Trustees' Annual Report 2023/24

It is with great pride that I present this year's Chair's Statement for AskMyDoc. Over the past year, our organisation has significantly strengthened its role as a trusted community health partner, addressing health inequalities through education, screening, and collaborative outreach. Our mission—to improve health outcomes for underserved and ethnically diverse communities—has been demonstrated in both the breadth and depth of our activities across Greater Manchester, Lancashire, and Merseyside.

AskMyDoc has continued to deliver community-led, culturally informed health education, focusing on key issues such as menopause, cardiovascular disease, stress, and mental health—particularly where these disproportionately affect ethnic minority communities.

Throughout 2023–2024, AskMyDoc delivered targeted menopause awareness sessions in Blackburn and Manchester, alongside preventative initiatives such as community blood pressure checks through the CEPA pilot. Cardiovascular health education was prioritised through large-scale mosque-based events and screening activities supported by medical students.

Mental health, especially among men, remained a key focus, with seminars addressing stigma, early intervention, and access to support delivered in partnership with local health and community organisations.

In parallel, AskMyDoc strengthened its national impact by contributing to professional development and health inequality reduction. This included conference presentations, strategic engagement with Greater Manchester health leaders, and a major NHS and council masterclass on ethnic minority health and social determinants of inequality.

Finally, AskMyDoc invested in developing future healthcare professionals by offering students practical community-based experience, enhancing cultural competence, and building confidence through workshops and collaborative screening initiatives.

Chair of Trustees

AskMyDoc CIO

1. Reference and Administrative Details

Charity name: AskMyDoc
Charity number: 1202194
Registered address: As registered with the Charity Commission

TRUSTEES

Bushra Choudhry	Syeda Farah Farzana	Enam-UI Haque
Sabir Hussain	Hina Qamar Saddiqi	Yasmin Samir
Akmal Shakoor		

2. Structure, Governance and Management

AskMyDoc is a Charity Incorporated Organisation governed by its trustees. The trustees are responsible for directing the affairs of the charity and ensuring it operates in accordance with its constitution, charity law, and best practice.

Each trustee acts in good faith to further the charity's purposes and exercises reasonable care and skill, taking account of any specialist knowledge or professional experience.

Trustee Recruitment

Trustees are appointed by resolution at trustee meetings. Individuals are selected based on the skills, experience, and knowledge required for effective governance. All trustees must:

- Be aged 16 or over
- Be eligible under the charity's constitution
- Confirm acceptance of their role before acting

3. Objectives and Activities

Charitable Purposes

AskMyDoc promotes health awareness and tackles health inequalities among ethnic minority communities across the UK through:

- Community health education and awareness
- Volunteer and student training
- Advice and resources for communities and healthcare providers
- Development of health-related projects and programmes

4. Review of Activities and Achievements (2023/24)

During the reporting period, AskMyDoc delivered a broad programme of community engagement, professional education, and preventative health activities, including:

COMMUNITY HEALTH EDUCATION & AWARENESS EVENTS

1. Women's Health & Menopause Awareness

- **May 2023 – Blackburn**
Menopause education session led by Dr Naylea Choudry, focusing on:
 - Symptom management
 - Early identification
 - Culturally sensitive support pathways
- **March 2024 – Northmoor Community Centre**
Menopause awareness session combined with CEPA blood pressure checks, delivered in collaboration with University of Manchester medical students, led by Yasmin and Bushera.

2. Cardiovascular Health, Stress & Screening

- **July 2023 – Oldham Central Mosque**
Community heart health event on cardiovascular disease prevention and lifestyle management, delivered by Dr Akmal Shakoor and Dr Ahmed.
- **December 2023 – Didsbury Mosque**
CEPA pilot: Community blood pressure screening delivered with University of Manchester medical students, facilitated by Bushera, Yasmin, and Enam.
- **March 2024 – Northmoor Community Centre**
Stress awareness session combined with CEPA blood pressure checks, delivered in collaboration with University of Manchester medical students.

3. Men's Mental Health

- **August 2023 – Oldham**

Men's mental health seminar delivered in partnership with **Pennine Care NHS Foundation Trust** and **Ghazali Trust**, led by **Dr Akmal Shakoor**.

Focus areas:

- Reducing stigma
- Encouraging early help-seeking
- Signposting to local support services

HEALTH INEQUALITIES & PROFESSIONAL EDUCATION

4. Academic & NHS Workforce Development

- **May 2023 – University of Liverpool**

Presentation on tackling health inequalities at the "Inequalities in Healthcare" conference, hosted by Liverpool BME Medics; delivered by Dr Enam.

- **January 2023 – GM Integrated Care Board**

Presentation to Jane Pilkington, Director of Population Health, on advancing health education and population health priorities; delivered by Akmal, Bushera, and Enam.

- **January 2024 – Manchester Health & Care Commissioning**

AskMyDoc masterclass on ethnic minority health and health inequalities, delivered to NHS and local authority staff by Dr Enam Haque.

5. Student & Early-Career Training

November 2023 – Students' Union

Interactive training workshop for students delivered by **Bushera, Enam, and Yasmin**, covering:

- Community engagement
- Health inequalities
- Practical clinical skills

5. Public Benefit

AskMyDoc's activities during 2023/24 delivered clear and measurable public benefit fully aligned with our charitable objectives to advance health, reduce inequalities, and improve health literacy in underserved communities.

6. Impact

The charity's work resulted in:

- Increased health awareness in ethnically diverse communities
- Expanded community blood pressure screening
- Reduced stigma around menopause and men's mental health
- Strengthened partnerships with NHS bodies, universities, mosques, and community organisations
- Enhanced student and volunteer engagement in community health

7. Looking Forward

These achievements reflect AskMyDoc's strategic focus on equity, accessibility, and empowerment.

Our partnerships—with mosques, community centres, universities, NHS organisations, and local authorities—continue to grow stronger, enabling us to reach communities with vital health education, who may otherwise face barriers to care.

In 2024-2025, we will continue to:

- Expand community screening and education programmes (CEPA)
- Strengthen NHS and community partnerships
- Grow volunteer and student training initiatives
- Secure sustainable funding to scale impact
- Strengthen our data-driven approach to reducing health disparities.

We remain committed to ensuring that every individual, regardless of background, has the knowledge and support needed to live a healthier life.

8. Financial Review

Income and Expenditure Summary for the ended 31 March 2024

Total income for the year was **£932.00**, with total expenditure of **£255.34**, resulting in a **net surplus of £676.66**.

Funding Sources

- Trustee donations: £470.00
- Services: £462.00

Funds were used for web hosting, room hire, and event-related costs in furtherance of the charity's objectives.

9. Assets, Reserves and Liabilities

At the year end the charity had **no liabilities or outstanding debts**.
The charity does not currently operate a formal reserves policy.

10. Trustees' Responsibilities Statement

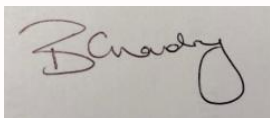
The trustees confirm that they have complied with their duties under the **Charities Act 2011**, including having due regard to public benefit guidance.

The trustees confirm that **no serious incidents** occurred during the year requiring reporting to the Charity Commission.

11. Approval

Approved by the Board of Trustees.

Chair:



Date: 28/01/26

Statement of Financial Activities For the year ended 31 March 2024

AskMyDoc

Charity Registration Number: 1202194

The charity has no restricted funds. All income and expenditure relate to unrestricted funds.

INCOME AND EXPENDITURE

Unrestricted Funds (£)

Income from donations and contributions

Trustee donations / contributions	470.00
Services Delivered	462.00

Total income	932.00
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Expenditure on charitable activities

Website	62.09
Student Event	105.25
Room hire	88.00

Total expenditure	255.34
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Net Income for the year	676.66
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BALANCE SHEET

As at 31 March 2024

	£
Current assets	
Cash at bank	9,200.54
Total assets	9,200.54
Current liabilities	
None	—
Net assets	9,200.54
Funds of the Charity	
	£
Unrestricted funds brought forward at 1 April 2023	9,200.54
Net income for the year	676.66
Unrestricted funds carried forward at 31 March 2024	9,877.20

Notes to the Accounts

For the year ended 31 March 2024

1. Status of the charity

The charity is a **Charitable Incorporated Organisation (CIO)** and is governed by its constitution.

2. Basis of preparation

The accounts have been prepared on a **receipts and payments basis** in accordance with the **Charities Act 2011** and the **Charity Commission guidance for Charitable Incorporated Organisations**.

3. Funds

All funds held by the charity are **unrestricted**.

4. Fixed Asset

Assets with an individual cost of less than £1,000 are treated as de minimis and are expensed as incurred.

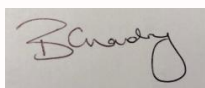
4. Trustee remuneration and expenses

No trustee received remuneration or other benefits during the year.

Trustees were reimbursed **£65.95** for expenses properly incurred in carrying out the charity's activities.

Approval

The accounts were approved by the trustees and authorized



Signed on behalf of the trustees:

Name: Bushera Choudry

Position: Trustee

28/01/2026