

## Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	01	07	2024		30	06	2025

### Section A Reference and administration details

Charity name Sapho Care

Other names charity is known by

Registered charity number (if any) 1203708

Charity's principal address 6 Aston Close

Aylesbury

Buckinghamshire

Postcode HP19 9UU

#### Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Zachariah Isaac	Trustee		
2	DR Nizam Darwesh	Chair Trustee		
3	Asfandyar Khan	Trustee		
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**Names of the trustees for the charity, if any, (for example, any custodian trustees)**

Name	Dates acted if not for whole year
Zachariac Isaac	
Nizam Muhammad Darwesh	
Asfandyar Khan	

**Names and addresses of advisers (Optional information)**

**Type of adviser                      Name                      Address**


**Name of chief executive or names of senior staff members (Optional information)**

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## Section B                      Structure, governance and management

**Description of the charity's trusts**

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	Charitable incorporated organisation
Trustee selection methods (eg. appointed by, elected by)	Appointed by trustees

**Additional governance issues (Optional information)**

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

As part of our commitment to **public health, diabetes, mental health, education, research, and other health-related issues**, we have established strong governance policies and collaborative frameworks to ensure the effective management and growth of the charity.

#### **1. Policies and Procedures for Induction & Training of Trustees**

To ensure trustees are well-equipped to fulfill their responsibilities, we have implemented a structured **induction and training program**, which includes:

- **Comprehensive Orientation:** Newly appointed trustees receive an introduction to the charity's mission, activities, legal responsibilities, and governance structure.
- **Training Sessions:** Regular workshops on charity law, financial management, risk assessment, and ethical fundraising.
- **Ongoing Development:** Trustees are encouraged to participate in external training opportunities and stay informed about developments in public health, diabetes, and mental health education.

#### **2. Organisational Structure & Wider Network**

- The charity operates under a **board of trustees**, responsible for governance and strategic decision-making.
- A **management team** oversees the implementation of programs, financial planning, and day-to-day operations.
- We collaborate with a **wider network of partners**, including:
  - **Healthcare institutions** for research and program delivery.
  - **Universities and academic bodies** for research collaboration.
  - **Local and international NGOs** working in public health and mental health sectors.
  - **Government agencies** to support policy advocacy and public health initiatives.

#### **3. Relationship with Related Parties**

- We maintain transparent and ethical relationships with **funding bodies, research institutions, corporate sponsors, and government entities**.
- Any potential conflicts of interest are managed through a **strict conflict-of-interest policy**, requiring disclosure and appropriate governance oversight.
- Trustees and key staff are required to declare any relationships with organizations that may have dealings with the charity.

#### **4. Major Risks & Risk Management Systems**

The trustees regularly assess **key risks** that could impact the charity's operations, including:

- **Financial Risks:** Ensuring diversified funding sources and maintaining strong financial controls.
- **Operational Risks:** Implementing data security, compliance monitoring, and safeguarding policies.
- **Reputational Risks:** Upholding ethical fundraising, transparent reporting, and community engagement.
- **Compliance Risks:** Adhering to Charity Commission regulations and governance best practices.

To mitigate these risks, we have established **risk management procedures**, including:

- **Regular risk assessments** conducted by trustees and senior management.
- **Financial oversight and audits** to ensure compliance with regulatory requirements.
- **Crisis response plans** to address unforeseen challenges effectively.

Through these measures, we ensure strong governance, operational efficiency, and the sustainable growth of our charitable initiatives.

Summary of the objects of the charity set out in its governing document

TO PROMOTE AND PROTECT HEALTH FOR THE PUBLIC BENEFIT, IN PARTICULAR BY PROMOTING PROJECTS TO IMPROVE HEALTH, PUBLIC HEALTH AWARENESS AND PUBLIC AWARENESS OF RESEARCH INTO HEALTH.

1. **Public Health Education:** Promoting awareness and knowledge about health-related issues.
2. **Diabetes Education:** Providing information, resources, and support to improve diabetes prevention, management, and treatment.
3. **Mental Health Education:** Raising awareness and offering educational programs to enhance mental well-being.
4. **Other Health-Related Issues:** Addressing various health concerns to improve community health outcomes.

**Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)**

### **Summary of Main Activities for Public Benefit**

In alignment with our charitable objectives, we have undertaken the following activities to promote **public health, diabetes, mental health, education, research, and other health-related issues**:

#### **1. Public Health Awareness Campaigns**

- Organized community health workshops and webinars on disease prevention, nutrition, and healthy lifestyles.
- Provided accessible educational materials on various health topics through online platforms and local outreach programs.

#### **2. Diabetes Education and Support**

- Conducted diabetes prevention and management programs, including lifestyle modification workshops.
- Developed digital resources, including videos and written guides, to improve diabetes awareness and self-care.
- Provided support and guidance for individuals living with diabetes and their caregivers.

#### **3. Mental Health Education and Advocacy**

- Delivered mental health awareness sessions to reduce stigma and improve public understanding of mental well-being.
- Partnered with professionals to offer guidance on stress management, mindfulness, and mental resilience.
- Promoted mental health resources through social media and community events.

#### **4. Health Education Initiatives**

- Designed and distributed educational content to schools, workplaces, and community groups on various health-related issues.
- Provided training sessions for healthcare professionals and community health workers to improve service delivery.

#### **5. Research and Innovation**

- Conducted and supported research on diabetes, mental health, and other public health issues to improve knowledge and treatment strategies.
- Collaborated with healthcare institutions, universities, and researchers to contribute to evidence-based healthcare solutions.
- Published findings and reports to inform healthcare policies and community interventions.

### **Public Benefit Declaration**

The trustees confirm that they have had **due regard to the guidance issued by the Charity Commission on public benefit** and have ensured that all activities undertaken align with the charity's mission to promote better health and well-being for the public.

**Additional details of objectives and activities (Optional information)**

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

In support of our mission to promote **public health, diabetes, mental health, education, research, and other health-related issues**, we also engage in the following areas:

#### **Policy on Grant making**

Our charity provides grants to support initiatives aligned with our objectives, including:

- Supporting research initiatives focused on diabetes, mental health, and other health-related issues.

#### **Policy on Programme-Related Investment (PRI)**

We consider programme-related investments that further our charitable objectives by:

- Supporting research and development efforts aimed at advancing public health knowledge and practices.
- Collaborating with academic institutions, healthcare organizations, and technology developers to drive innovation in diabetes and mental health care.

#### **Contribution Made by Volunteers**

Volunteers play a crucial role in the success of our charity, contributing through:

- Assisting in organizing and delivering health education programs and awareness campaigns.
- Supporting research efforts by collecting data, conducting surveys, and helping with analysis.
- Providing administrative and technical support for digital resources and outreach initiatives.
- Offering peer support and mentorship to individuals affected by diabetes and mental health conditions.

We deeply appreciate the dedication of our volunteers and continuously provide training and development opportunities to enhance their impact.

## Section D

## Achievements and performance

**Summary of the main achievements of the charity during the year**

**Key Achievements**

**1. Public Health Awareness & Education**

Conducted **community health campaigns** reaching over **3,287 individuals**, focusing on disease prevention, healthy lifestyles, and overall well-being.

Hosted **3 webinars and workshops** on key health topics, including nutrition, exercise, and chronic disease prevention.

Expanded our **digital health education resources**, leading to a **10% increase in online engagement**.

**2. Cancer Awareness Program**

Launched a dedicated **Cancer Awareness Initiative**, organising **5 seminars** that directly supported and educated **43 individuals**.

These sessions emphasised the importance of early detection, healthy habits, and access to local screening and support services.

**3. Diabetes Education & Support**

Implemented **diabetes awareness programs** that helped over **1,762 people** improve their understanding of prevention and management.

Produced and distributed **self-management guides** and **online educational videos** for patients and caregivers.

**4. Mental Health Advocacy & Support**

Delivered **mental health awareness campaigns** aimed at reducing stigma and promoting early intervention.

Partnered with mental health professionals to provide **counseling sessions** and **resilience workshops** for both communities and workplaces.

Expanded access to mental health resources, benefiting more than **219 individuals**.

**5. Sports, Fitness & Community Well-Being**

Introduced **weekly sports and fitness programs**, including **football, volleyball, cricket, bodyweight exercises, and jogging sessions**, engaging **over 78 participants each week**.

These programs fostered community spirit, improved physical health, and promoted regular exercise as part of a healthy lifestyle.

**6. Research & Innovation**

Conducted **2 research studies** addressing diabetes, mental health, and other key public health challenges.

Collaborated with **universities and healthcare institutions** to advance evidence-based health policies and community interventions.

Published **2 research papers and reports**, sharing findings with the medical and public health communities.

**7. Community Outreach & Volunteer Contributions**

Engaged **37 dedicated volunteers**, supporting initiatives in public education, research, and patient assistance.

Strengthened partnerships with **local healthcare providers, academic institutions, and community organisations**, expanding our collective impact.

## Section E

## Financial review

### Brief statement of the charity's policy on reserves

The charity aims to have one month's worth of expenses held in reserve when it will provide services.

### Details of any funds materially in deficit

### Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

As part of our commitment to **public health, diabetes, mental health, education, research, and other health-related issues**, we ensure that our financial resources are managed effectively to maximize public benefit.

#### 1. Principal Sources of Funds

Our charity's funding comes from a variety of sources, including:

- **Grants & Donations:** Support from governmental bodies, health organizations, and private donors.
- **Fundraising Activities:** Community events, sponsorship programs, and online crowdfunding campaigns.
- **Research & Institutional Funding:** Partnerships with universities, healthcare organizations, and research institutions.
- **Corporate Sponsorships:** Contributions from businesses aligned with our mission, supporting specific health initiatives.

#### 2. How Expenditure Has Supported Key Objectives

All expenditures have been directed towards fulfilling our core mission.

Key areas of spending include:

- **Health Education & Awareness:** Funding workshops, digital resources, and outreach programs to educate the public.
- **Diabetes & Mental Health Support:** Providing screening programs, self-management resources, and counseling services.
- **Research & Development:** Conducting studies to enhance healthcare knowledge and improve treatment strategies.
- **Volunteer & Community Engagement:** Training and supporting volunteers who contribute to our initiatives.

#### 3. Investment Policy & Ethical Considerations

- We maintain a **responsible investment policy**, ensuring that funds are managed ethically and sustainably.
- Investments are made in line with our mission, avoiding sectors that contradict public health objectives.
- We prioritize long-term financial stability while ensuring that investments support health-related and socially responsible initiatives.

Through careful financial management, we continue to expand our impact and support better health outcomes for communities.

## Section F

## Other optional information



Section G

Declaration

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

Signed on behalf of the charity's trustees

Signature(s)	<i>Z. Isaac</i>	<i>Dr. N. Darwish</i>
Full name(s)	Zachariah isaac	Dr Nizam Darwesh
Position	Trustee	Chair
Date	22/10/2025	23/10/2025



CHARITY COMMISSION  
FOR ENGLAND AND WALES

Charity Name  
Sapho Care

No  
1203708

## Receipts and payments accounts

CC16a

For the period  
from

Period start date  
01/07/2024

To

Period end date  
30/06/2025

### 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>					
Donations	610	-	-	610	5,001
Grant	-	-	-	-	3,024
Services	12,223	-	-	12,223	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	12,833	-	-	12,833	8,025
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>Total receipts</b>	12,833	-	-	12,833	8,025
<b>A3 Payments</b>					
Staff costs	9,167	-	-	9,167	5,000
Professional fees	5,174	-	-	5,174	-
Subscriptions	184	-	-	184	-
Bank Fees	39	-	-	39	-
Interest paid	7	-	-	7	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	14,570	-	-	14,570	5,000
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>Total payments</b>	14,570	-	-	14,570	5,000
<b>Net of receipts/(payments)</b>	- 1,737	-	-	- 1,737	3,025
<b>A5 Transfers between funds</b>	-	-	-	-	-
<b>A6 Cash funds last year end</b>	3,025	-	-	3,025	-
<b>Cash funds this year end</b>	1,288	-	-	1,288	3,025

### 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 account	1,288	-	-
CCXX R1 accounts (SS)	1	-	-	-

21/10/2025

	-	-	-
<b>Total cash funds</b>	<b>1,288</b>	<b>-</b>	<b>-</b>
(agree balances with receipts and payments account(s))	OK	OK	OK

**Unrestricted funds**  
to nearest £

**Restricted funds**  
to nearest £

**Endowment funds**  
to nearest £

**Details**

**B2 Other monetary assets**

	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-

**Details**

**B3 Investment assets**

	Fund to which asset belongs	Cost (optional)	Current value (optional)
		-	-
		-	-
		-	-
		-	-
		-	-

**Details**

**B4 Assets retained for the charity's own use**

	Fund to which asset belongs	Cost (optional)	Current value (optional)
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-

**Details**

**B5 Liabilities**

	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
	Zachariah Isaac	