South Asian Health Action known as (SAHA)

Registered Charity No. 1171789

Trustees Report and Accounts

Year ended

31st December 2025

South Asian Health Action
known as (SAHA)

Financial Accounts for the year ended
31st December 2025

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South Asian Health Action
known as (SAHA)

Officers and Advisors
31st December 2025

Chief Executive Officer	Mr Kirit Mistry
Trustees	Mr Kurun Maudgil (Resigned April 2025) Mr Dhiran Desai Shirin Shahid Neeta Rasiklal Kachhela (Treasurer)
Registered Office	South Asian Health Action c/o LGF Claremont Street Leicester LE4 7QH
Register Charity Number	1171789
Examiner	Mr Mahendra Mandalia FCCA 60A Lakes Lane Beaconsfield South Bucks HP9 2JZ
Banker	Metro Bank One Southampton Row London WC1B 5HA

South Asian Health Action
known as (SAHA)

CEO Overview
for year ended 31st December 2025

About us

SAHA is a registered charity based in Leicester, UK. Established in 2017, its purpose is to tackle health inequalities in the Health Service. We do this through awareness, advocacy and support. We Engage with, Edcate, Empower and Explore with these communities to ensure that they can make informed better health choices for themselves and their families, and work towards tackling health inadequacies in the Health Service. SAHA's activities revolve around three pivots: South Asian communities, healthy living and well-being and, taking action to transform healthcare systems, to diminish the health inqualities.

Our Mission

To achieve greater equality in the quality and cultural appropriateness of healthcare for South Asian communities by brokering critical dialogue and action between these communities and mainstream institutions.

Our Vision

South Asian communities will become more integrated into the design and delivery of healthcare leading to more intergrated, culturally appropriate and patient and community-led services.

We Engage, Educate, Empower and Explore with the Communities to ensure our missions are achieved.

Reflection and Key Achievements

South Asian Health Action (SAHA) continues to thrive as a patient, carer and community led charity to ensure South Asian patients and carers living with long term conditions, such as, but not restricted to: Diabetes, Cancer, Stroke, Respiratory, Mental Health, Organ, Blood and Stem Cell, Vaccination Awareness and other related ailments are engaged in helping to shape culturally sensitive health and social care services. Several of our Trustees have lived experience of living with long term conditions.

We continue to work as the Midlands regional lead for The Phoenix Community Trust and have become a collaborator with Nottingham Clinical Trials Unit, on the GILD Study which is supporting awareness and recruitment of South Asian Women with Gestational Diabetes.

We are delighted to have won the Creative Media Award at the Asian Media Awards 2025, for "No Stone Unturned" - Kidney Health Campaign for the South-Asian Community a collaboration with Intent Health for Alnylam Pharmaceuticals with National Kidney Federation Understanding Kidney Health in South Asian Communities

Understanding Kidney Health in South Asian Communities

We are proud of our in-house developed Toolkit which we use to train our volunteers through our Community Connectors programs. This enables and equips them to help and support people in the South Asian communities with befriending, sign-posting and other services where they need engagement due to health-related issues.

Strategic priorities

- Grow SAHA into a well-governed, effectively managed and financially sustainable Charity.

- Partner with mainstream healthcare providers to enable them to engage more actively with South Asian communities in the co-design, delivery and scrutiny of healthcare services.

- To engage with, educate and empower South Asian communities to make healthier life choices, leading to better lives and less pressure on our NHS.

- To raise awareness of health research and clinical trials, where South Asian communities are under-represented.

- To continue our work on cancer health inequalities projects, where our engagement, education, empowerment and exploration tools can lead to early diagnosis and screening of Cancer.

- To continue to work on the NHS Core 20 Plus 5 Health Inequalities project, and focus on early diagnosis and screening of Cancer, Hypertension and Respiratory / Long Covid related health issues

- We continue to grow our Cancer Community Connectors volunteers. Our good work has led to us being recognized abroad, and we are proud to have been invited to collaborate with Ziauddin University in Pakistan.

Structure, governance, management and recruitment to the board of trustees

The Charity was registered on 27th February 2017 with the Charity Commission under the charity number 1171789.

The Board of Trustees are responsible for the governance of the Charity and for ensuring the Charity pursues the objectives for which it was founded. Trustees are appointed under the terms of the charity's governing documents. At present, there are no specific policies regarding minimum or maximum length of tenure for Trustees.

The Trustees appointed a CEO to lead on the day to day operations of the Charity, project delivery and reporting, including financial management, and oversight of the budget monitoring, cash flow and ensurimg sustainable income generation for the Charity

Volunteers

Over 50 volunteers supported our work in the year. The volunteers came from all walks of life, including Patients, Carers and Health Care Community Workers from the South Asian communities.

We train, support, and celebrate the amazing work our volunteers do, knowing that their contribution is essential to fulfilling our missions. Their willingness to devote their time and expertise is invaluable. We could not have achieved what we have done over the year without our volunteers.

South Asian Health Action
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Trustees report
31st December 2025

The Trustees present their annual report with the financial statement for the year ending 31st December 2025. The Trustees' have adopted the provisions of the Statement of recommended Practice (SORP) "accounting and reporting by Charities" issued in October 2000 in preparing the annual report and financial statement of the Charity.

Principle objectives

To promote and to preserve good health and wellbeing among persons in need, especially of South Asian origin, particularly, but not exclusively, those suffering or at risk of suffering or in need of rehabilitation from long-term health conditions such as diabetes, heart disease, cancer and kidney failure, or those in need of organ and stem cell transplants.

To achieve greater equality in the quality and cultural appropriateness of healthcare for South Asian communities by brokering critical dialogue and action between these communities and mainstream institutions.

Management Committee

Trustees are the persons having responsibility for the general control and management of administration of the Charity.

Chief Executive Officer (CEO)

The Trustees have appointed the CEO to lead on the day to day operations of the Charity, project delivery and reporting, including financial management, and oversight of the budget monitoring, cash flow and ensurimg sustainable income generation for the Charity

Financial Review

The financial statements are prepared under the historical cost convention. The financial statements have been prepared in accordance with the Statement of recommended Practice, Accounting and reporting by charities (SORP) issued in October 2000, SORP Update Bulletin 1 Issued in December 2002,applicable accounting standards.

This financial year the organisation has recorded an "in year" deficit of £28,638 and our reserves stand at £191,412

Risk Management

The Trustees actively review the major risks which the charity faces on a regular basis and believe that maintaining reserves at the current levels combined with an annual review of the controls over the financial systems, will provide sufficient resources in the event of adverse conditions. The Trustees have also examined other operational and business risks faced by the charity and confirm that they have established systems to mitigate the significant risks.

Trustee's responsibilities

Law applicable to charities in England & Wales require the Trustees to prepare financial statements for each financial year which give a view of the charity's financial activities during the year and of its financial position at the end of the year. In preparing those financial statements, the Trustees should follow best practice and:

- select suitable accounting policies and apply them consistently;
- make judgments and estimates that are reasonable and prudent;
- follow the recommendation of the Charity Commission and applicable accounting standards, subject to any material departures disclosed and explained in the financial statements
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity will continue to meet its objectives.

The Trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure the financial statement comply with the Charities Act 1993. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approval

This report was approved by the Trustees and signed on their behalf.

South Asian Health Action

known as (SAHA)

Financial Accounts for the year ended

31st December 2025

Examiners Report

Independent Examiner's report to the Trustees of South Asian Health Action for the Year ended 31st December 2025.
I report on the accounts of South Asian Health Action for the year ended 31 December 2025 set out on pages 7 & 8.

Respective responsibilities of the Trustees and the examiner
South Asian Health Action (SAHA) Trustees are responsible for the preparation of the accounts.
South Asian Health Action (SAHA) Trustees consider that an audit is not required for this year (under section 43(2) of the Charities Act 1993 (the Act) and that an independent examination is needed.

It is my responsibility to:
examine the accounts (under section 43(3)(a) of the Act);

follow the procedures laid down in the General Directions given by the Charity Commission (under section 43(7) (b) of the Act;

and state whether particular matters have come to my attention.

Basis of independent examiners report
My examination was carried out in accordance with the General Directions given by the Charity Commissioners.

An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with these records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking of explanations from the Trustees concerning such matters. The procedure undertaken do not provide all the evidence that would be required in an audit and consequently, I do not express an audit opinion on the accounts.

Independent examiners statement
In connection with my examination, no matters have come to my attention:
which gives a reasonable cause to believe that, in any material respect, the requirements:
to keep accounting records in accordance with Section 41 of the Act; and to prepare the accounts which accord with the accounting records and
comply with the accounting requirements of the Act have not been met; or to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Mr Mahendra M Mandalia FCCA

60A Lakes Lane
Beaconsfield
South Bucks
HP9 2JZ

M. Mandalia

ated : 28/10/2026

South Asian Health Action
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Financial Accounts for the year ended 31st December 2025

Statement of Financial Activities

	Unrestricted Income funds £	Restricted income funds £	Endowment funds £	Total this year £	Total last year £
Incoming resources					
Incoming resources from generated funds	1,400	-	-	1,400	1,339
Voluntary income	-	-	-	-	-
Activities for generating funds	-	-	-	-	-
Investment income	-	-	-	-	-
Incoming resources from charitable activities	9,485	86,286	-	95,770	75,394
Other incoming resources	-	-	-	-	-
Total incoming resources	10,885	86,286	-	97,171	76,733
Resources expended					
Costs of Generating Funds					
Costs of generating voluntary income	-	-	-	-	-
Fundraising trading costs	-	-	-	-	-
Investment management costs	-	-	-	-	-
Charitable activities	9,818	115,178	-	124,996	141,292
Governance costs		-	-	-	-
Other resources expended	-	-	-	-	-
Total resources expended	9,818	115,178	-	124,996	141,292
Net incoming/(outgoing) resources before transfers	1,067	-28,893	-	-27,825	-64,559
Gross transfers between funds	10,560	-11,372	-	-813	-
before other recognised gains/(losses)	11,627	-40,265	-	-28,638	-64,559
Other recognised gains/(losses)					
Gains and losses on revaluation of fixed assets for the charity's own use	-	-	-	-	-
Gains and losses on investment assets	-	-	-	-	-
Net movement in funds	11,627	-40,265	-	-28,638	-64,559
Total funds brought forward	55,414	163,822	-	219,236	283,796
Total funds carried forward	67,041	123,558	-	190,599	219,236

South Asian Health Action known as (SAHA)

Financial Accounts for the year ended 31st December 2025

Balance Sheet

	Unrestricted funds £	Restricted income funds £	Endowment funds £	Total this year £	Total last year £
Fixed assets					
Tangible assets	813	-	-	813	-
	-	-	-	-	-
Investments	-	-	-	-	-
Total fixed assets	813	-	-	813	-
Current assets					
Stock and work in progress	-	-	-	-	-
Debtors	-	-	-	-	-
(Short term) investments	-	-	-	-	-
Cash at bank and in hand	67,041	123,558	-	190,599	219,236
Total current assets	67,041	123,558	-	190,599	219,236
Creditors: amounts falling due within one year	-	-	-	-	-
Net current assets/(liabilities)	67,041	123,558	-	190,599	219,236
Total assets less current liabilities	67,853	123,558	-	191,412	219,236
Creditors: amounts falling due after one year	-	-	-	-	-
charges	-	-	-	10,750	21,270
Net assets	67,853	123,558	-	180,662	197,966
Funds of the Charity					
Unrestricted funds	67,853	-	-	67,853	55,424
Designated Funds	-	-	-	-	-
Restricted income funds	-	123,558		123,558	163,822
Endowment funds	-	-	-	-	-
Total funds	67,853	123,558	-	191,412	219,246

Signed by one or two trustees on behalf of all the Trustees :

Trustee: _____ Shirin Shahid

Treasurer: _____ Neeta Rasiklal Kachhela (Treasurer)

Dated: 20/10/2026

South Asian Health Action
known as (SAHA)

Notes to the accounts
for the year ended 31 December 2025

Accounting policies

Basis of Preparation:

The financial statements are prepared under the historical cost convention. The financial statements have been prepared in accordance with the Statement of recommended Practice, Accounting and reporting by charities (SORP) issued in October 2000, SORP Update Bulletin 1 Issued in December 2002,applicable accounting standards.

Incoming Resources

Voluntary resources and donations are included in the incoming resources when they are received, except when donors' conditions have not been fulfilled, then the income is deferred. The income from fundraising ventures is shown gross, with the associated costs included in fundraising costs.

Resources Expended

Resources expended are included in the statement of financial activities on an accrual basis,. Expenditure which is directly attributed to specific activities has been included in these cost categories. Where costs are attributable to more than one activity, they have been apportioned across the cost categories on a basis consistent within the use of these resources.

Related Party Transactions

During the year, the charity used the specialist training and consultancy services of Polereus Ltd totalling £20,900
The charity's CEO, Mr Kirit Mistry, is also a director of Polereus Ltd
The transaction was undertaken at an arm's length basis and in the best interest of the charity.

The conflict of interest was fully declared; the trustees reviewed and formally approved the arrangement in accordance with the charity's governing document, ensuring that Mr Kirit Mistry, CEO took no part in the decision-making process