CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From **1 January 2025** **Period start date**
To **31 December 2025** **Period end date**

Charity name: Health Assist

Charity registration number: 1197277

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	The advancement of health through education and raising awareness amongst people who are predisposed to particular conditions or diseases to help them better identify and manage such conditions and diseases and seek appropriate treatment or medical care as appropriate.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	Health Assist Trustees have developed a website (healthassist.org.uk) on diseases to raise awareness in the public so that diseases, particularly silent killers, can be picked up earlier for better treatment by their Doctor.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	Health Assist Trustees confirm that they have had due regard to the Charity Commission guidance on public benefit in carrying out the activities outlined above to raise awareness in the public so that diseases can be picked up earlier for better treatment by their Doctor.

Additional information (optional)
You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	
Policy on social investment including program related investment	Para 1.38	
Contribution made by volunteers	Para 1.38	The Trustees (Scientists & Healthcare Professionals have contributed by performing the activities required to maintain this disease awareness charity.

		They carried out literature searches on various medical databases. They found references on conditions/diseases and wrote updated articles (documents) to raise awareness among the general public in simple, easy to understand language. Another of the Trustees (separate from the writer) reviewed these documents. The documents were then used by us, the Trustees, ourselves to update our disease awareness website to educate the public. The website is being maintained on an ongoing basis.
Other		

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	We, the Trustees, ourselves have developed a large and complex disease awareness website in an easy-to-understand language for directly educating the public. We now maintain this to help people pick up the signs and symptoms of conditions/diseases early and be prompted to confidently see their Doctor for better treatment outcomes. This results in enhanced health and quality of life in people. *NB* It is now well established in medicine that early diagnosis of a condition/disease and its prompt treatment intervention leads to the prevention/mitigation of complications and the best possible outcome, and possibly even a cure with improved longevity. This is one reason why the government health policies are gearing towards providing easy access to treating more patients in the GP Surgery/Pharmacy (primary care), rather than in the Hospital (secondary care), where the serious/severe and advanced/complex cases can be best treated. The feedback received from visitors to our website was very positive. They found the technical medical information translated into simple, easy-to-understand language to be of great help and assistance.

Additional information (optional)
You may choose to include further statements where relevant about:

	Para 1.41	The main achievement was the maintenance of a comprehensive disease awareness website. This, together with

Achievements against objectives set		various aids, such as leaflets, will augment presentations given on diseases to the public.
Performance of fundraising activities against objectives set	Para 1.41	We have been looking into various methods of fundraising which would be best suited for our small charity.
Investment performance against objectives	Para 1.41	
Other		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	The charity's total Donation Income to the year-end, 31.12.25, was zero. The charity's total expenditure to the year-end, 31.12.25, for goods and services required for maintaining the charity was £-648 in the red (negative territory).
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	The Trustees have decided that upon receipt of a reasonable amount of donations, an appropriate reserve should be held, so that the charity's funds can be best managed to ensure continued financial sustainability.
Amount of reserves held	Para 1.22	
Reasons for holding zero reserves	Para 1.22	
Details of fund materially in deficit	Para 1.24	The charity's total expenditure was £-648 in deficit. Raising donations should get the accounts into the black (positive territory).
Be any Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	

Additional information (optional)
You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	Some funds were loaned by the Trustees to the Health Assist charity to pay for the expenses incurred in purchasing the necessary goods and services to help maintain this relatively new charity.
Investment policy and objectives including any social investment policy adopted	Para 1.46	
A description of the principal risks facing the charity	Para 1.46	
Other		

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Constitution - Foundation model
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	Charitable Incorporated Organisation (CIO)
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Charity Trustees selected/appointed according to skills, knowledge and experience required for the effective administration of this CIO charity.

Additional information (optional)
You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	Health Assist Standard Operating Procedures (SOPs) plus Processes & Procedures, based on the Charity Commission guidance.
The charity's organisational structure and any wider network with which the charity works	Para 1.51	CIO - Foundation model Trustees (x3): Premroy Jadubansa (ChairPerson) Hervinder Singh Osaan (Treasurer) Bhikhubhai Kalidas (Secretary)
Relationship with any related parties	Para 1.51	
Other		

Reference and Administrative details

Charity name	Health Assist
Other name the charity uses	
Registered charity number	1197277
Charity's principal address	Health Assist 71-75 Shelton Street Covent Garden London WC2H 9JQ

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	Premroy Jadubansa	ChairPerson		
2	Hervinder Singh Osaan	Treasurer		
3	Bhikhubhai Kalidas	Secretary		
4				
5				
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16				
17				
18				
19				
20				

Corporate trustees – names of the directors at the date the report was approved

Director name		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

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

Exemptions from disclosure

Reason for non-disclosure of key personnel details

Other optional information

Declarations

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

Signed on behalf of the charity's trustees

Signature(s)	PJadubansa	BKalidas
Full name(s)	Premroy Jadubansa	Bhikhubhai Kalidas
Position (eg Secretary, Chair, etc)	Chairperson	Secretary

Date	15.10.26

CHARITY COMMISSION FOR ENGLAND AND WALES

Health Assist	1197277

Receipts and payments accounts

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For the period from	01-Jan-25	To	31-Dec-25

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					
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total *(Gross income for AR)*	-	-	-	-	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	-	-	-	-	-
A3 Payments					
Telephone, internet and postage	532	-	-	532	-
Printing, postage, stationery and computer supplies	-	-	-	-	-
Travel	-	-	-	-	-
Registered Charity Office Address	116	-	-	116	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	648	-	-	648	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	
	-	-	-	-	
Sub total	-	-	-	-	-
Total payments	648	-	-	648	-
Net of receipts/(payments)	- 648	-	-	- 648	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	- 648	-	-	- 648	-

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

B1 Cash funds

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
		-	-	-
		-	-	-
		-	-	-
	Total cash funds	-	-	-
	(agree balances with receipts and payments account(s))	Agreement Error	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
PJadubansa	Premroy Jadubansa	15.10.26
Bkalidas	Bhikhubhai Kalidas	**15.10.26**