

THE SOUTH ASIAN HEALTH FOUNDATION (U.K.)

(Registered Charity No. 1073178)



ANNUAL TRUSTEES REPORT 2022-2023

Trustees' Annual Report 2022-2023

Governing Document

Trust Deed

Charity constitution

Trustees incorporated as a body

Charity Address

39 Westfield Road, Edgbaston, Birmingham, B15 3QE

Bankers

Santander and Lloyds

Patrons

Lord Naren Patel Kt has held several esteemed positions including Chair of the National Patient Safety Agency, Chair of the Specialist Training Authority, Chairman of the Clinical Standards Board for Scotland and Chairman of the Specialist Training Authority in Scotland, in addition to holding a life peerage in The House of Lords. He has also held the prestigious positions of President of the Royal College of Obstetrics and Gynaecology and Chairman of the Academy of Royal Medical Colleges.

Professor Ajay Shah is the British Heart Foundation Professor of Cardiology at King's College, London. He is one of the most respected academics and clinicians in the international cardiology community and has an inspirational record of academic achievement. In addition, he has been elected to the Fellowship of the European Society of Cardiology and the Academy of Medical Sciences.

Professor Raj Bhopal CBE is Emeritus Professor of Public Health at Edinburgh University, Fellow of the Faculty of Public Health Medicine and the Royal College of Physicians of Edinburgh. He is an expert in, and internationally respected leader of health research in ethnic minority communities. He was bestowed the first SAHF Global Lifetime Achievement award in 2009 for services to the field of Ethnicity in Health.

Dr Kamran Abbasi is Editor-in-Chief of the British Medical Journal and also editor at the Journal of the Royal Society of Medicine. He is also an acclaimed medical journalist and has written for the Health Foundation, one of numerous other contributions too extensive to list here.

Dr Rashmi Shukla CBE was Public Health England Regional Director, Midlands when she retired. She was a National Director in the PHE transition team, to support the transfer of public health functions from PCTs to local authorities. Her national roles included being Co-chair for the Sexual Health Forum with Baroness Joyce Gould and being an active member of the NIHR Public Health Programme Advisory Board.

Trustees during year 2022-2023

Professor Kiran C R Patel (Chairman of Trustees) graduated from Cambridge University in 1993 and currently has several roles and responsibilities. He works as a Consultant Cardiologist (with a subspecialist interest in heart failure and device therapy) and is Chief Medical Officer and Deputy CEO at University Hospitals of Coventry and Warwickshire. He holds Honorary Chairs at the Universities of Warwick and Coventry. In 2008 he was elected a Fellow of the Royal College of Physicians, one of the youngest Fellows of the College.

He started consultant life at Sandwell and West Birmingham NHS trust and having spent only 3 years as a Consultant, was appointed as a Clinical Lead for the West Midlands Strategic Health Authority, where he developed strong partnerships between Public Health, primary care and acute care. He was regional Clinical Director for the QIPP (Quality, innovation, productivity and prevention) programme for the Strategic Health Authority. He was then seconded to oversee the NHS transition as Medical Director for Primary care in West Mercia before a period as Medical Director at Good Hope hospital and then moved to his current role. He is also regional representative for the International Health Group of the Department of Health in England and continues as regional representative for the invasive cardiology clinical reference group for specialised commissioning.

He was founder member and continues to be Chair of the South Asian Health Foundation. He was trustee to the UK Health Forum 2003-2012. The expertise gleaned from both the NHS and voluntary sectors, led to him advising the Public Health Foundation of India on developing healthcare systems in 2009-10 and informing the ministerial briefing for the UN Summit on non-communicable disease in 2011. Back home in the UK, he has worked with NICE, where he has been involved in formulating 4 guidelines. In 2009, he was invited to be a speaker at the RCP dialogue on clinical contributions and solutions to Social Determinants of health. He has published and lectured widely on a national and international scale, not only in the field of cardiology, but more widely on social determinants, health systems and healthcare strategy.

He has also contributed to several other regional, national and international boards and committees too numerous to list, demonstrating that when a clinician puts his or her mind to being more than a frontline clinician, they can achieve and contribute much more than medical school has taught them.

Professor Wasim Hanif is a Consultant Diabetologist in Birmingham and also an esteemed academic in the field of ethnicity and diabetes. He also serves on several national bodies, including the National Institute for Health and Clinical Excellence Technology Appraisal group. He is currently Chair of the SAHF Diabetes group and leads several highly successful community health promotion and education programmes in that capacity. Internationally, Wasim also is engaged with the Prevent India programme based in Hyderabad and is a global leader in the field of Ramadan and diabetes.

Professor Kamlesh Khunti CBE is Professor of Primary Care Diabetes and Vascular Medicine, University of Leicester, UK. He leads a research group undertaking research into the early identification and interventions in people with diabetes. His work has influenced national and international guidelines on screening and management of people with diabetes. He is Director of East Midlands CLAHRC and Co-Director for the South East Midlands Diabetes Research Network, Co-Director of a Clinical Trial Unit. He is a principal investigator on several major studies. He is currently an advisor to the Department of Health's National Screening Committee on Vascular Risk, Clinical Advisor for the Diabetes NICE-led QOF Panel, Secretary of the Primary Care Study Group of the European Society of Diabetes (EASD), and member of the International Diabetes Federation Working Group on Diabetes Screening Risk Scores. He is Co-Director of the Diabetes MSc at Leicester University and the BMJ Diabetes Diploma. He is past Chair of the Department of Health-RCGP Committee on Classification of Diabetes and Chair of the NICE Guidelines on Prevention of Diabetes.

Professor Vinod Patel is Director of Clinical Skills and the Diabetes Masters Programme at Warwick Medical School at the University of Warwick. He is also Consultant Physician in Endocrinology and Diabetes, Acute Medicine and Medical Obstetrics at the George Eliot Hospital NHS Trust. His main interest is the application of clinical evidence into practical diabetes care to improve patient experience, reduce diabetes complications and prevent diabetes. He has created e:learning modules on diabetes for the BMJ Masterclasses in Diabetes. The clinical skills teaching methods have been incorporated into a textbook by Oxford University Press and 17 videos for world-wide use. His work within his own diabetes department, in partnership with Apnee Sehat (Community Interest Community), was awarded the NHS England Diabetes Innovation Prize in 2015. His diabetes department is very active in research. His colleague, Dr Saravanan was recently awarded a large MRC grant to pursue his work in Diabetes and Pregnancy. This work will be carried out in India, UK and Kenya.

Professor Amitava Banerjee is Professor of Cardiology at the Farr Institute of Health Informatics at University College London. In addition to general cardiology, he has special interest in heart failure and atrial fibrillation, and also the role of informatics and electronic health records in delivering better patient care. Ami has been a Trustee of the South Asian Health Foundation since 2014 and has been an active member of the Cardiovascular Working Group.

Dr Amal Lad is a GP trainee based in West Midlands. He is passionate about using creative approaches to improving health awareness within the South Asian community. From his participation in the NHS Clinical Entrepreneur Programme, he has developed the "Meducasian" project which is a collaboration between health care professionals and local communities to break the stigma surrounding mental illness. Aside from being a doctor, Amal is a keen musician and has produced music for a number of film and theatre projects.

Ranjit Dhillon is a cardiac nurse specialist based in Birmingham. She has an established career in cardiac rehabilitation and in 2016 joined a team establishing England's first familial hyperlipidaemia service for comprehensive assessment and cascade screening in the West Midlands.

Dr Sarah Ali is a Consultant in Endocrinology, Diabetes and General Medicine at Royal Free London NHS Foundation Trust. She is the Clinical Lead for the Barnet Diabetes Community Service and the Diabetes Antenatal Service. She is a committee member as a Consultant Diabetologist for the National Institute for Health and Care Excellence (NICE) Diabetes guidelines update and works on a number of diabetes research and national projects, including a NHS England project on the delivery of Diabetes in the PCN. She is additionally a Trustee for the South Asian Health Foundation. Her specialist interests include diabetes in South Asians, health inequalities in the BAME communities, the delivery of high-quality Community diabetes care, diabetes in pregnancy and diabetes in Ramadan, with publications in these fields.

Dr Harpreet Sood is a Clinical Advisor for the COVID-19 Vaccine programme, a GP and a board member at Health Education England. Harpreet is currently a NHS primary care doctor in London and a digital health expert. Harpreet also sits on the board of Health Education England, a £4.5bn organisation training and developing 160,000 staff across the NHS, where his focus is on developing digital and data science skills for the workforce.

Objectives

The Charity's objects ("the objects") are "to relieve or assist in efforts to relieve persons living in the U.K., particularly those of South Asian origin, who are experiencing conditions of sickness, hardship or distress in particular by supporting organizations; implementing and establishing developmental projects which serve the needs of those persons and improve their conditions of need."

Chairman of Trustees Report: A Review of Activities, Achievements and Development Plans

Structure of SAHF

The formal operational policy originally approved and adopted by SAHF at the AGM in December 2006 was renewed in 2018 and continues to be the charity's operating procedure. This policy covers important areas such as conflicts of interest which are essential to safeguard SAHF against in light of the interaction it has in an advisory capacity to several bodies. The policy underwent minor revisions to its travel policy in light of the need for continued restraint in the current economic climate.

- Current Chairpersons and group members are:-

Diabetes Group	
Professor Wasim Hanif (Chair)	Professor Vinod Patel
Prof Kamlesh Khunti (Chair)	Professor Kiran Patel
Dr Sri Bellary	Dr Mohammed Roshan
Professor Sudhesh Kumar	Dr Kamal Ali
Professor Nita Forouhi	Dr Rahul Nayar
Dr Sailesh Sankar	Professor Paramjit Gill
Dr Ateeq Syed	Dr Sukhdev Singh

Musculoskeletal Working Group	
Dr Ash Samanta	Dr Leher Gumber
Dr Kaushik Chaudhuri	
Dr Moorthy	
Dr Kanta Kumar	

Ethnicity and Health

Since 2001, SAHF has decided to direct the majority of the work of the charity towards the field of ethnicity and health, to fill a void and meet a need in the UK. The following strategies continue to form the priority areas of work for the SAHF.

1. To promote improvements in the quality of, and access to, healthcare and health promotion in South Asians.
2. To promote research that leads to the above objectives
3. To act as an advocacy group and advisory body

The aims are defined as SAHF needing to practically strive to achieve success in the following areas:-

- To act as a strategic think tank and provide leadership in policy and health advocacy for professionals and patients

- To promote health and provide education and resources to both healthcare professionals and patients.
- Aim to improve access to services by highlighting areas of need and potential improvement
- To facilitate the development of a network of healthcare professionals to disseminate information and improve cohesive working
- To promote high quality research and to facilitate research and dissemination of research findings wherever possible.

The impact of good health extends far beyond mental and physical well-being. Good health contributes to ameliorating social disadvantage for both the individual and consequently the community. The expertise present within the Board of Patrons and Trustees enables SAHF to address issues concerning ethnic minority healthcare in all tiers of society from Government policy to a grass roots level. In the field of research, the charity aims to ‘catalyse’ and facilitate collaboration rather than undertake research directly in the arena of ethnic health. It aims to commission work where a need is identified. The charity has undertaken a responsibility not only to obtain information, but also to disseminate it to the general public. We continue to develop and promote health interventions in collaboration with the Department of Health, Diabetes UK and the British Heart Foundation, as well as numerous other Governmental and non-governmental organisations such as the Diabetes and Ramadan Foundation.

Although in the past decade SAHF has hosted several specialty groups, in 2018 a decision was made by trustees to focus its efforts in areas where there was a clear healthcare need coupled to strength in leadership. We have therefore focussed efforts in 2022-23 to diabetes and cardiovascular disease and also supported the establishment of a musculoskeletal working group.

NICE

SAHF and its members have contributed to over 120 NICE guidelines to date, ranging from Chairmanship of guidelines groups and technology appraisal committee membership, to stakeholder input. In 2007, Prof Kiran Patel and Dr Rubin Minhas also appeared before the Health Select Committee as external experts on the investigation into NICE and advised how the voluntary sector could work transparently and effectively with industry and NICE. In 2010, SAHF contributed to consultations on the changing roles and responsibilities of NICE. Prof Wasim Hanif has served on the Technology Appraisal Committee in 2010-13 and Dr Minhas served on the Technology Appraisals committee and also Chaired the Familial Hyperlipidaemia guideline. From 2021-23 Professor Kiran Patel serves as the NHS member on the Technology Appraisal appeals committee.

Wider Stakeholder Contributions:

SAHF continues to work collaboratively with many organizations, just a sample of which are listed below:

- Government Health Committees
- Dept of health e.g. South Asian CHD toolkit

- Kings Fund
- NICE Guideline groups and appraisal committees
- UK Health Forum
- British Medical Journal (South Asia Awards)
- British Heart Foundation
- Diabetes and Ramadan Alliance
- Men’s Health Forum
- British Cardiovascular Society
- British Society of Rheumatology
- British Society of Gastroenterology
- Multiple Sclerosis Society
- NHS England
- Nuffield Council of Bioethics
- NGO Forum
- National electronic library for health
- British Cardiovascular Society
- Diabetes UK
- Silver Star Appeal
- APNA NHS
- CHIEF – Community Health Involvement & Empowerment Forum
- British Transplant Society
- UK National Kidney Federation
- Commonwealth Foundation
- World Health Organisation
- International forum on Smokeless Tobacco
- Scottish Youth Forum
- SANSKAR Canada
- Centre for Ethnic Health Research
- International Diabetes Federation
- JDRF

Medical Student Bursaries

Each year SAHF competitively awards at least one and usually two medical student elective bursaries. These are awarded to students with a view to helping the students to undertake a period of study and experiential learning in a field of medicine relating to south Asian healthcare. We encourage students to deliver papers at a national meeting and invite them to our annual conference to present either as a poster or oral presentation. We continue to have strong applications and this year we awarded 2 bursaries to medical students.

The two successful students are:

Kieron Young	Reconstructive and Aesthetic Surgery (Singapore)
Devaki Nimalan	Paediatrics & Emergency Medicine (Vietnam)

Fellows

SAHF supported several fellows this year, having developed a scheme which offered mentoring and personal development to trainees and professionals from a variety of healthcare backgrounds. Many produced projects and publications such as infographics to promote health and well being across communities. The scheme is in its early days but is well liked by the fellows and enables senior healthcare professionals to develop the next generation of professionals.

Events

➤ **Annual Diabetes Ramadan Conference**

On Thursday 2nd March, 2023 the South Asian Health Foundation (SAHF) together with the [British Islamic Medical Association](http://www.daralliance.org) (BIMA) Diabetes and Ramadan Alliance (www.daralliance.org), held the 7th Annual Diabetes in Ramadan Conference in person in London. Over 100 delegates joined, ranging from secondary care Consultants, GPs, practice nurses, pharmacists, and researchers to scientists and lay patient and public representatives. The aims of the conference were to highlight the best care of Muslim patients with diabetes who wish to fast in Ramadan, as well as being a forum to discuss the latest evidence in diabetes care during Ramadan and potential research opportunities. The conference was titled 'Safer Ramadan Fasting: the role of new technologies' and included various presentations including 'Role of Technology in Ramadan; the Dubai Experience', 'Use of closed loops in Ramadan' and 'Raising awareness of Ramadan nutrition pack'.

Speakers included eminent Professors, Consultants, GPs, Specialist dietitian, Pharmacist and an Islamic Religious Scholar, all with an interest in Diabetes and Ramadan. The conference addressed the issues around the religious basis of fasting, the epidemiology of diabetes in Ramadan along with the risk of complications, the latest UK and International Diabetes Federation Guidelines for managing diabetes in Ramadan, latest research publications and the views of religious scholars on fasting in Ramadan.

The eight annual conference will take place in February, 2024. In keeping with previous conferences key national and international speakers are being secured to deliver presentations. <https://www.sahf.org.uk/events/sahf-dar-8th-annual-ramadan-conference>

The Lifetime Achievement Award (presented annually at the SAHF Ramadan Annual Conference), was this year bestowed upon Professor Wasim Hanif who presented his work on '*Diabetes, and his journey into the research world*'.

Programme: SAHF DaR 7th Ramadan Conference (2nd March 2023)

TIME	TITLE OF TALK	SPEAKER
08:30 - 09:30	Registration	
09.30 - 09.40	Chair's introduction	Professor Wasim Hanif / Professor Mohamed Hassanein / Professor Kamlesh Khunti
09.40 - 10.10	Keynote address: Recovering from the pandemic for the diverse community	Professor Dame Clare Gerada
10.10 - 10.35	Role of Technology in Ramadan; the Dubai Experience	Professor Mohamed Hassanein
10:35 - 11:00	The Changing Landscape of Technology in Type 1 Diabetes	Dr. Reza Zaidi
11.00 - 11.30	Symposia - Cardiorenal disease in type 2 diabetes: a paradigm shift in management This is a promotional symposium sponsored and organised by AstraZeneca.	Professor Vinod Patel
11.30 - 11:50	Break	
11:50 - 12:15	Use of closed loops in Ramadan	Dr Sufyan Hussain
12:15 - 12:40	Use of remote glucose monitoring	Professor Ali Karamat
12:40 - 13:05	Ramadan fasting: update on recommendations for patients with cardiovascular disease	Dr Mohammed Khanji
13:05 - 14:00	Lunch Break	
14:00 - 14:45	Lifetime Achievement Award	Professor Wasim Hanif
14:45 - 15:20	'In Practice' Masterclasses: Rotation 1	
	1. Pre-Ramadan education in the digital era	Rahab Hashim
	2. Raising awareness of Ramadan nutrition pack	Nusrat Kausar
15:20 - 15:55	'In Practice' Masterclasses: Rotation 2	
	3. Optimising medication for Ramadan	Hanadi Alkhdher and Alia Gilani
	4. Ramadan and women's health	Dr Samara Afzal
14:45 - 15:55	Train the Trainer	Professor Mohamed Hassanein / Salma Mehar
15:55 - 16:20	Case based discussions on clinical management using the BIMA Ramadan Compendium	Dr Nazim Ghouri and Dr Salman Waqar
16:20 - 16:30	Chair's concluding remarks	Professor Wasim Hanif / Professor Vinod Patel

The sponsoring companies have had no input into the conference agenda, speaker selection or presentations with the exception of the symposium session, for which the respective company are fully responsible.

Our Sponsors:



AstraZeneca has provided a sponsorship grant towards this independent Programme. AstraZeneca has had no editorial input into or control over the agenda, content development or choice of speakers, nor opportunity to influence except for the AstraZeneca sponsored symposia presentations.

 www.sahf.org.uk
 @SouthAsianHF
 info@sahf.org.uk





➤ **23rd SAHF Annual Conference**

The 23rd annual diabetes conference took place on Thursday 13th and Friday 14th October, 2022 both in person in Birmingham and hybrid. This year, the theme was '*Tackling Inequalities in diabetes care in a post-pandemic world*'. The conference covered tailored, expert advice on managing the various aspects of diabetes and cardiovascular disease in the South Asian population during a global pandemic.

The Road Ahead:

Tackling inequalities in diabetes care in a post-pandemic world

Thursday 13th and Friday 14th October, 2022
National Conference Centre, Coventry Road, Solihull, B92 0EJ, UK

Day 1: Thursday 13th October 2022

TIME	TITLE OF TALK	SPEAKER
08:30 - 09:30	Registrations and exhibition	
09:30 - 09:35	Chair's welcome:	Professor Wasim Hanif & Professor Kamlesh Khunti
09:35 - 09:40	SAHF perspective	Professor Kiran Patel
09:40 - 10:00	Learning from COVID	Professor Kamlesh Khunti & Dr Harpreet Sood
10:00 - 10:30	New updates on diabetic neuropathy/painful neuropathy	Dr Dinesh Selvarajah
10:30 - 11:00	To what extent are different ethnicities represented in recruitment to, enrolment in, follow-up from and reporting of UK-based randomised controlled trials testing COVID-19 vaccines and therapeutic interventions?	Dr Mayur Murali, Dr Leher Gumber, Dr Hannah Jethwa, Divolka Ganesh (SAHF Fellows)
11:00 - 11:15	Break	
11:15 - 11:45	Heart failure phenotypes, diagnosis, investigations and management	Professor Prithwish Banerjee
11:45 - 12:15	How to Achieve Equity and Global Representative Population in Diabetes Research	Professor Wasim Hanif
12:15 - 12:45	Lipid disturbances and their unique features in South Asians, including management strategies. Including - What does FH look like in SAs? A phenotype of high HDL levels - what does it mean?	Dr Pankaj Gupta
12:45 - 13:45	Lunch Break	
13:45 - 14:30	eGFR is dipping, clock is ticking This session has been organised and funded by AstraZeneca	Dr Vijayan Suresh
14:35 - 15:10	Masterclass rotation 1	
	1. SA barriers to HEALTH incl sociopsychological aspects?	Dr Shivani Misra & Professor Vinod Patel. With Deepa Lad & Sheena Bhageerutti
	2. Nephropathy - features and management	Dr Paul Cockwell
	3. PCOS - commoner than we think	Dr Harpal Randeve
15:10 - 15:45	Masterclass rotation 2	
	4. Mental Health and wellbeing of the workforce, the current challenges and effective solutions	Dr Sridevi Kalidindi
	5. Better births - how good perinatal and prenatal DM care is vital to improving BME birth outcomes	Professor Ponnusamy Saravanan
	6. Current barriers to HRT use in South Asian women	Dr Sarah Ali & Dr Samara Afzal
15:45 - 16:00	Break	
16:00 - 16:30	Changing the trajectory of type 2 diabetes through early multifactorial treatment This session has been organised and funded by Novo Nordisk	Alia Gilani
Lifetime achievement award		
16:30 - 17:30	Presentation and award ceremony	Award receiver: Dr Shashank Joshi
17:30 - 17:35	Wrap up day 1	Professor Wasim Hanif & Professor Kamlesh Khunti

Day 2: Friday 14th October 2022

TIME	TITLE OF TALK	SPEAKER
08:30 - 09:00	Registrations and exhibition	
09:00 - 09:30	Time Dependent Eating, Insulin and Time in Range: an update/ lessons learnt from recent trials This promotional symposium has been organised and funded by Sanofi	Dr Amar Puttanna
09:30 - 09:50	Diabetes UK perspective	Chris Askew
09:50 - 10:10	NHS diabetes perspective	Professor Jonathan Valabhji
10:10 - 10:20	Discussion	Chris Askew and Professor Jonathan Valabhji
10:20 - 10:50	Type 1 Diabetes and Technology Update	Professor Pratik Choudhary & Dr Ali Karamat
10:50 - 11:15	Debate: How to improve longevity in South Asians: Drugs versus Lifestyle	Professor Wasim Hanif & Professor Vinod Patel
11:15 - 11:30	Break	
11:30 - 12:00	Race inequalities in medicine - its impact on doctors and patients: what needs to be done?	Dr Kamran Abbasi & Dr Chaand Nagpaul
12:00 - 12:30	Diabetes UK Health Inequalities workshop and recommendations	Dr Elizabeth Robertson
12:30 - 12:50	Diabetes and Breast Cancer in South Asians	Dr Sarah Ali & Dr Sagar Sharma
12:50 - 12:55	Closing statements	Professor Wasim Hanif & Professor Kamlesh Khunti

To register for the conference go to: <https://sahf.wufoo.com/forms/m793klx11gz8s7/>

OUR SPONSORS

Platinum Sponsor	Silver Sponsors	Bronze Sponsor	Sponsors
	  		  

 www.sahf.org.uk
 [@SouthAsianHF](https://twitter.com/SouthAsianHF)
 info@sahf.org.uk

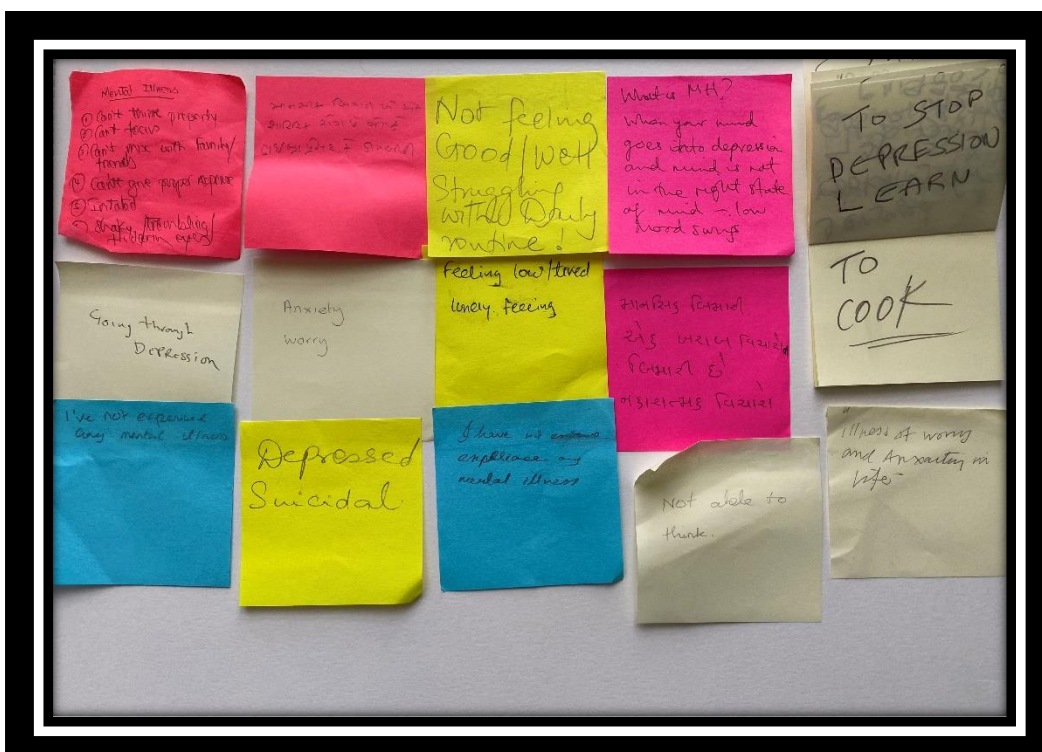

**SOUTH ASIAN HEALTH
FOUNDATION**

The Lifetime Achievement Award (presented annually at the SAHF Annual Conference), was this year bestowed upon Dr Shashank Joshi who presented his work on 'My Journey in Diabetes Care and Metabolic Medicine from 1997 in Mumbai, India'



➤ **Chai and Chat Mental Health Event**

We hosted an interactive talk discussing mental health and how we can keep our minds healthy after the pandemic. The session covered common problems such as depression and anxiety and we talked about the steps we can take to look after our mental health.



➤ **South Asian Health Foundation Activity**

Over the last couple of years, SAHF’s reputation and reach have dramatically increased as demonstrated by the number of support requests we have received year on year.

The support requests came from other Universities, community groups, NHS Trusts, charity groups and industry partners and have varied in nature.

➤ **DVD**

Meri Baatein/Inner Voices DVD, launched at the annual conference in October 2016, continued to be used at community engagement meetings to great effect. ‘Meri Baatein’ or Inner Voices captures real conversations of people with diabetes, as reflected upon themselves. SAHF continues to distribute copies of this excellent health promotion DVD.

➤ **Walk in the Park Community Event**

We continued to host, socially distanced, community based health promotion with our ‘walk in the park’ events to encourage physical exercise and to improve health and to significantly reduce risk of illnesses such as Type 2 diabetes, heart disease, stroke or cancer. Dr Amal Lad has been exemplary in leading this community activity and every week, leads a community walk event in Walsall, come rain or shine. These efforts were all the more important due to the pandemic and outdoor spaces being deemed safe.

➤ **Media and Communications**

 TWITTER: @SouthAsianHF	 YOUTUBE: SAHFUK	 WEBSITE: www.sahf.org.uk	 Instagram: southasianhf
---	--	--	--

Future activities

- Celebrate SAHF's 25th Anniversary in 2024.
- Forge links across the health and social care spectrum to address health inequality
- Continue addressing areas of need in delivering high quality community grassroots education sessions
- Raise funds for SAHF through industry and community engagement
- Source funding for Educational resources for Mental Health Awareness
- Source funding for Ramadan Patient Guidance
- Bespoke Event in May 2024
- Update the '*Diabetes UK and SAHF recommendations on diabetes research priorities for British South Asians*'
- Engage with BAME (Black, Asian and Minority Ethnic Communities)
- Develop Musculoskeletal working group and Respiratory working group
- Develop Mental Health Working Group

Final Remarks

The South Asian Foundation's resilience stands out in an environment where numerous health charities fade away shortly after inception. It's a remarkable milestone to announce the forthcoming 25th Annual Conference in 2024, particularly amid substantial economic challenges. Over the years, our conferences have consistently attracted top-tier international and national experts in South Asian Health, drawing participants from both statutory and voluntary sectors.

Our strategy is strategically honed, focusing on translating research insights into clinical practice and enhancing Healthcare Professional education. To address critical concerns, particularly in Mental Health, we're evolving to become more proactive in specialized areas. Mental Health remains a significant issue within the South Asian Community, demanding dedicated time and concerted efforts to alleviate its burden.

Our work could not continue were it not for the dedication and commitment of our trustees and working group members, who continue to devote time and energy to the objectives of SAHF. In doing so, SAHF impart education and guidance to healthcare professionals, patients and carers not only in the UK but globally, thus improving the health and wellbeing of populations prone to health inequality.



SOUTH ASIAN HEALTH
FOUNDATION



@SouthAsianHF



www.sahf.org.uk



info@sahf.org.uk

SAHF Annual Report 2022/2023
V2. Jan 2024