



Annual Report 2025 Calendar 2026



Working Together
Celebrating Research Partnerships

Welcome
خوش آمدید
ਜੀ ਆਇਆਂ ਨੂੰ
स्वागत
स्वागत
ਸੁਆਗਤ

Report from our Chairperson and CEO

We are pleased to welcome our stakeholders to this year's report, marking another impactful and challenging year for Dhek Bhal in 2024/25. Under the strong governance of our Board of Trustees, we continued to deliver targeted, culturally sensitive services to South Asian communities across Bristol and South Gloucestershire, with a clear focus on health, wellbeing, and lifelong opportunities.

Strategic Growth and Partnerships

This year saw the strengthening of our existing services and the formation of meaningful new partnerships. We were proud to collaborate with academic institutions such as the University of Bristol and UWE, healthcare organisations like Sirona Care & Health, and peer community groups including the Chinese Community Wellbeing Society and Black Carers. Dhek Bhal is often described as a “lighthouse” for our community — a beacon guiding people to vital services. Our partnerships reflect this, ensuring inclusivity, accessibility, and relevance for the communities we serve. We also continued to value the voices of our service users, embedding their feedback into service design and delivery.

Key Initiatives and Collaborative Projects

NIHR Dementia Research Project

In partnership with Professor Richard Cheston (UWE), we joined a cross-community research initiative to improve dementia diagnosis and support for South Asian, Chinese, and Caribbean communities in Bristol. The project aims to reduce stigma, improve access through self-referral pathways, and establish clearer post-diagnosis support standards. Manazzar Siddique was appointed Community Researcher in March 2025.

DREAM Sleep Intervention Study

Led by Dr. Sunny Chan (UWE), this 8-week project explored dyadic mind-body interventions to relieve sleep disturbances in individuals with dementia and their carers, with Dhek Bhal supporting recruitment and delivery.

Health Qigong Workshops

In collaboration with the Chinese Community Wellbeing Society, we ran Health Qigong sessions to promote physical and mental wellbeing, improve sleep, and encourage mild physical activity — blending cultural approaches with inclusive health practices.

Dementia Awareness and Film Projects

Dhek Bhal worked with Sirona Care & Health and Bristol Dementia Wellbeing Service to improve access to culturally appropriate dementia services. A collaborative film project with Cat Jameson and the University of Bristol showcased lived experiences and raised awareness within the community, with screenings held in April 2025 and more planned.

Accessible Health Leaflets

We supported consultations on developing user-friendly health information leaflets tailored to people with limited English or learning disabilities. These materials, rich in visuals and minimal text, aim to improve engagement and accessibility.

Oral Health and Dementia – ‘My Smile’ Project

We collaborated on the ‘My Smile’ research initiative, exploring how oral health impacts brain health in dementia patients, further demonstrating the value of inclusive clinical research with communities.

Fastball – dementia diagnosis project

We welcomed a visit from the Fastball team – from the Universities of Bath and Bristol – to show Dhek Bhal members a new tool for early dementia diagnosis that does not require verbal or written tests and hear member's views on this.

Tales of Two Cities - project

Dhek Bhal are a partner with the Universities of Bristol and Bradford, on an engagement project supporting new connections between Dhek Bhal and South Asian communities in Bradford (Khidmat Centre and Bradford Dementia Hub). We are sharing and learning about sustainable engagement and partnership in dementia research.

Community Advocacy and Support

We continued to support our service users with essential services, including assisting with Bristol City Council's financial review assessment forms — a growing challenge due to digital-only processes. Our advocacy has become more vital than ever for non-English speakers and digitally excluded individuals.

Recognition, Trust and Workforce Excellence

Our staff remain the heart of our organisation. Their resilience, dedication, and compassion have helped us deliver high-quality, person-centred care in the face of ongoing pressures — from paperwork and inspections to emotional challenges when service users pass away.

We are committed to fostering a positive, inclusive workplace culture, enabling us to attract and retain diverse talent and build a sustainable workforce for the future.

Looking Ahead

As we move into 2025/26, we are excited by growing interest from both local and national partners eager to collaborate on health and wellbeing projects. We will continue advocating for marginalised voices, closing service gaps, and driving forward inclusive research that improves quality of life — especially for those in later life.

We remain committed to building a strong, sustainable, and community-led organisation — one that earns the continued trust and respect of the people we serve and the partners we work with.

Thank you to our dedicated staff team, trustees, our partners, and our community for your ongoing support and belief in our mission.



Tariq Khan,
Chairperson

Zehra Haq,
CEO

Fastball Research

We wish to thank Dhek Bhal for the warm welcome and interest in our dementia research projects. Your questions and enthusiasm always inspire us and we look forward to continuing our partnership with you.

Julie Clayton, public involvement and engagement lead in dementia studies, University of Bristol





JANUARY 2026



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

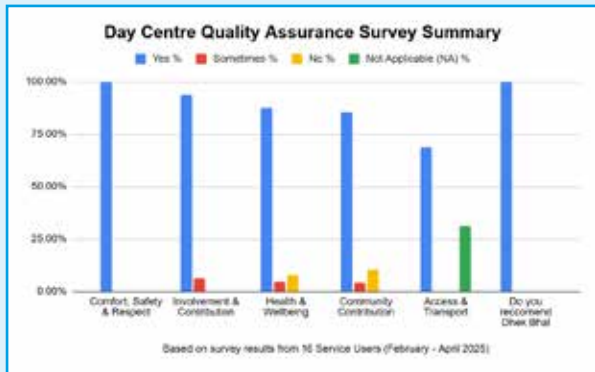
Sunday

			New Year's Day 1	2	3	4
5	† Epiphany 6	7	8	9	10	11
12	13	14	15	☾ Lailat al Miraj 16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Dhek Bhal provides essential social interaction in a culturally familiar setting, clients feel connected and understood, Dhek Bhal creates a safe, happy space for them to connect with their peers. I would like to thank and congratulate all your staff for delivering such a valued service to our communities. Sarwat Manzur, Bristol City Council, Community Interpreter

Quality Assurance Report on Dhek Bhal Services

Undertaken by an independent volunteer, Adarsh Yadav, a PhD student at the University of Exeter.



Dhek Bhal are a valued supplier of outreach provision and day services for the South Asian Community in Bristol. We look forward to continuing this important relationship.

Tim Rabone, Bristol City Council



FEBRUARY 2026



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

						1
2	 Lailat Al Bara'a 3	4	5	6	7	8
9	10	11	12	13	 St Valentine's Day 14	 Maha Shivaratri  Parinirvana 15
16	Chinese New Year 17	 Ramadan begins  Ash Wednesday 18	19	20	21	22
23	24	25	26	27	28	

It's always a pleasure to work with Zehra and her team at Dhek Bhal. Their commitment to supporting their clients is matched by an energy, efficiency and enthusiasm which is inspiring. Rik Cheston, University of the West of England (UWE)

Partnerships



Sirona Health Inclusion Services were delighted to partner with Dhek Bhal to provide information on available therapy services and hospital discharge pathways. We shared resources on ways to enhance independence. The Dhek Bhal Elders Group offered invaluable insights into barriers to accessing services, which are now helping to shape the future design and delivery of our care.

Jude Watkins, Occupational Therapist, Sirona, NHS



Thank you so much for inviting me to the AGM on Monday. What a wonderful celebration of all the impressive work that Dhek Bhal does. And of course, I was absolutely delighted to be featured in the calendar. I see this as a huge affirmation of our partnership. On behalf of the University of Bristol, I'd like to say how much we value and appreciate our ongoing friendship and collaboration.

Julie Clayton, Public Involvement and Engagement Lead in Dementia Studies, University of Bristol





MARCH 2026



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

						1
2	3	4 Holi Hola Mohalla	5	6	7	8
9	10	11	12	13	14	15
16 Lailat al-Qadr	17	18	19 Ramadan ends	20 Eid al Fitr	21 Naw-Ruz	22
23	24	25	26	27	28	29 Palm Sunday
30	31					

Partnerships

As a stroke researcher, I found it invaluable working collaboratively with Dhek Bhal. I always find the support and enthusiasm they bring to any collaborative opportunity is amazing. I am grateful for the relationship we have that has fostered over years of working together. Thank you for your support and I look forward to our ongoing work.

Dr Praveen Kumar, Associate Professor in Stroke Rehabilitation, UWE



We have continued to work together with Dhek Bhal over the past two years to make health research more diverse and inclusive.

Together we have made a guide to making patient leaflets for health research trials easier to understand; the MAPLE Project

Cat Jameson, University of Bristol Patient and Public Involvement Coordinator



Musculoskeletal information and advice stall at our Health and Wellbeing Day



The MAPLE Project team



APRIL 2026



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

		1	† Maundy Thursday 2	† Good Friday Public Holiday 3	4	† Easter Sunday 5
† Easter Monday Public Holiday 6	7	8	9	10	11	12
13	✠ Vaisakhi ॐ 14	15	16	17	18	19
20	✠ First Day of Ridvan 21	22	23	24	25	26
27	28	29	30			

Inspired by the Women's Group's planter designs from 2024, RWA and its partners also created three new balcony planters, which were on display this summer. Helen Jacobs, RWA (Royal West of England Academy)

Activities in partnership with the RWA



© Alice Hendy Photography

The RWA Art Gallery has artists and artworks to share, so this year we had artist Brândușa Rotaru (Shika) working with Dhek Bhal Men's Group to create artistic interpretations of special recipes, ingredients, and foods that are important to us, from foods in childhood to food we cook now. The beautiful drawings and words in different languages were put together in frames and shown to the public in the More Than Memory exhibition at RWA.

Helen Jacobs, RWA Art Gallery



Women creating a Dhek Bhal flag with the RWA



The More Than Memory exhibition at RWA



MAY 2026



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
Early May Bank Holiday 4	5	6	7	8	9	Mother's Day 10
11	12	13	14	15	16	17
18	19	20	21	22	23	 Declaration of Bab 24
 First Day of Hajj Spring Bank Holiday 25	26	 Eid Al Adha 27	28	 Ascension of Baha'u'llah 29	30	31

You can eat Muli with any meal, it's good for digestion. You can feel it doing good for your digestion – you feel it going down, like a chilli, it tingles. Dhek Bhal Men's Group, More Than Memory Exhibition

Staff Training



Training with Dhek Bhal is always a pleasure. It strengthens our ties to the Bristol community and deepens our understanding of health and social care challenges. As a fellow charity, we're proud to support others in the sector by sharing knowledge and resources.

Lucy Kirikman, St Monica's Trust

JUNE 2026

Monday

Tuesday

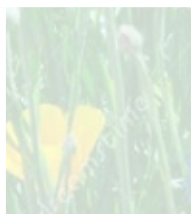
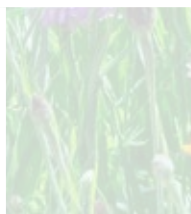
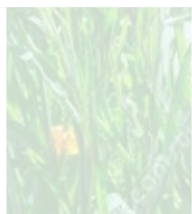
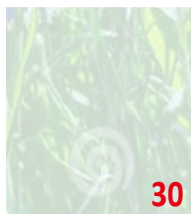
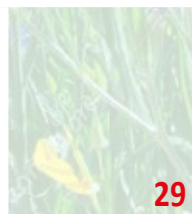
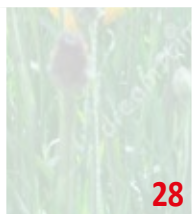
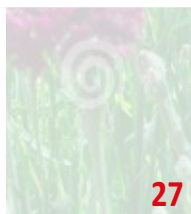
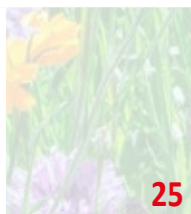
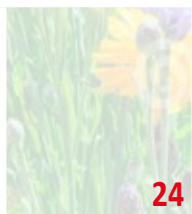
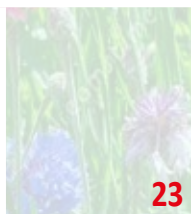
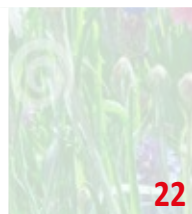
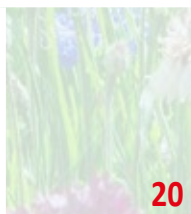
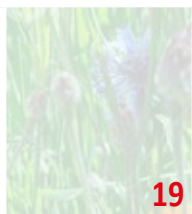
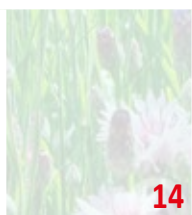
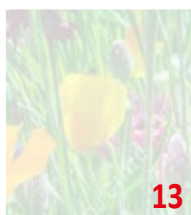
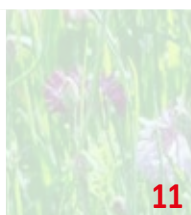
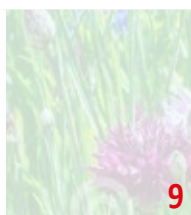
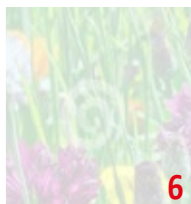
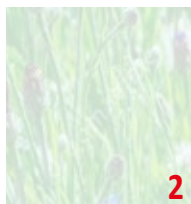
Wednesday

Thursday

Friday

Saturday

Sunday



Activities



Partnership working is vital. It allows organisations to share knowledge, experiences, and resources while fostering mutual understanding between communities. It creates opportunities to exchange ideas, learn from each other, and promote best practices, all of which spark innovation and enhance service delivery.

Emily Choi, Chinese Wellbeing Society

Mug painting and planting workshops with the Chinese Wellbeing Society





JULY 2026



Monday

Tuesday

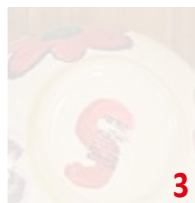
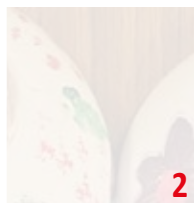
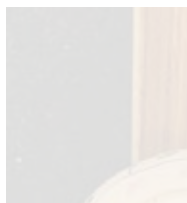
Wednesday

Thursday

Friday

Saturday

Sunday



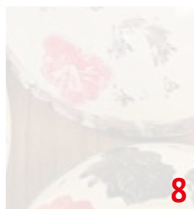
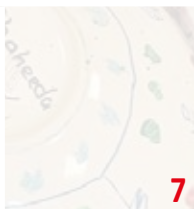
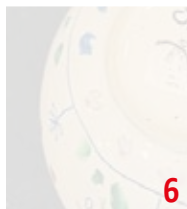
1

2

3

4

5



6

7

8

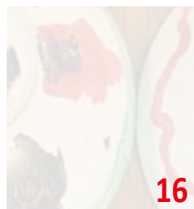
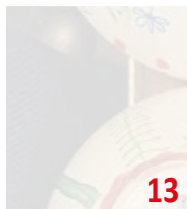
9



10

11

12



13

14

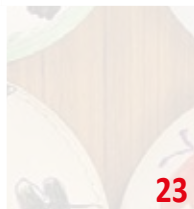
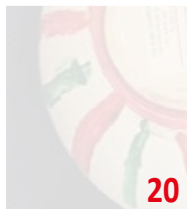
15

16

17

18

19



20

21

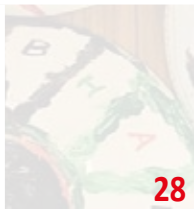
22

23

24

25

26



27

28

29

30

31

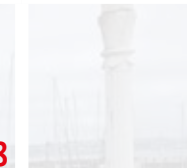
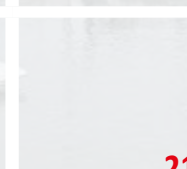
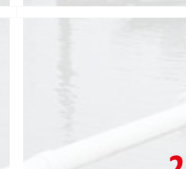
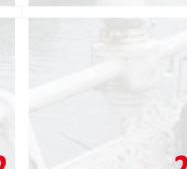
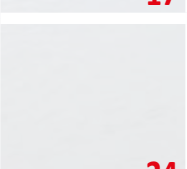
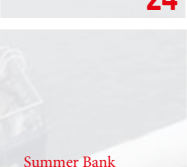
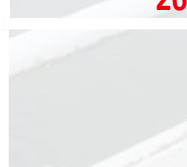
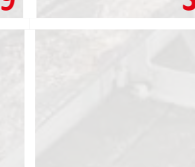
Dhek Bhal Health and Wellbeing Day

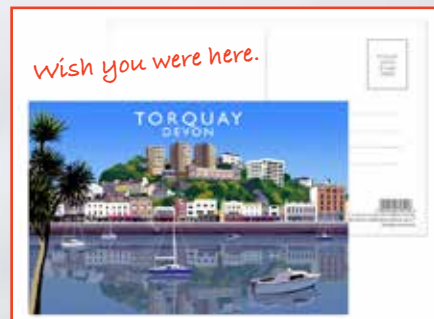




AUGUST 2026



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	 2
 3	 4	 5	 6	 7	 8	 9
 10	 11	 12	 13	 14	 15	 16
 17	 18	 19	 20	 21	 22	 23
 24	 Mawlid al-Nabi  25	 26	 27	 28	 29	 30
 Summer Bank Holiday  31						



Postcards from...

Holidays and Day Trips





SEPTEMBER 2026



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Annual General Meeting 2024



Our AGM speaker for 2024
Peaches Golding, OBE CStJ
Lord-Lieutenant of Bristol



OCTOBER 2026



Monday

Tuesday

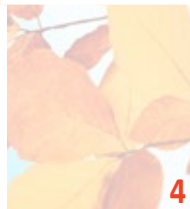
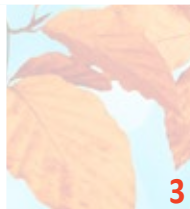
Wednesday

Thursday

Friday

Saturday

Sunday

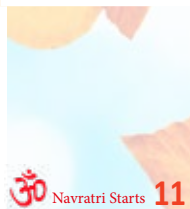
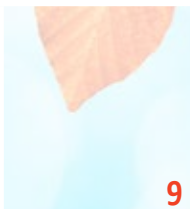


1

2

3

4



5

6

7

8

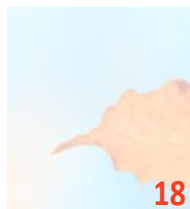
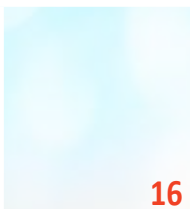
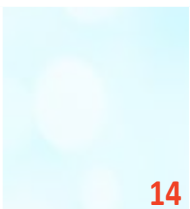
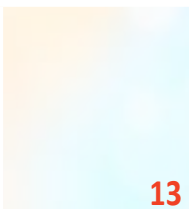
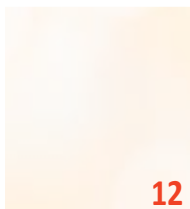
9

10



Navratri Starts

11



12

13

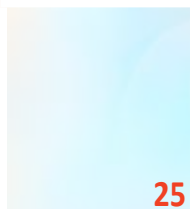
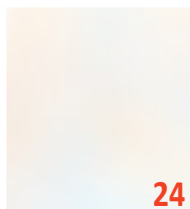
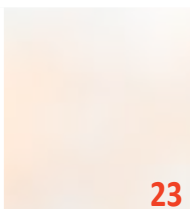
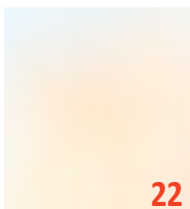
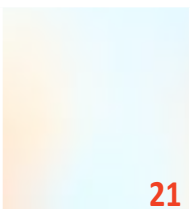
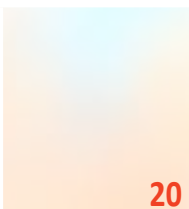
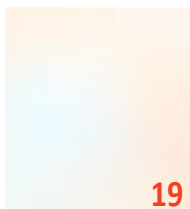
14

15

16

17

18



19

20

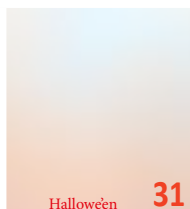
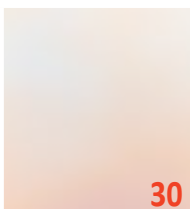
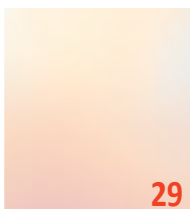
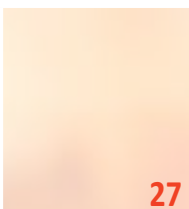
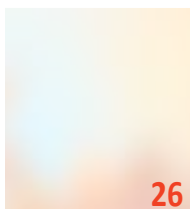
21

22

23

24

25



26

27

28

29

30

Halloween

31

Dhek Bhal Staff and Volunteers

OFFICE STAFF

Chief Executive: Zehra Haq

Homecare/ Admin & Personnel

Manager: Naheed Kausar

Daycentre Manager: Sophia Dar

Senior Finance Officer: Mudassar Siddique

Finance Officer: Shakeel Anjum

Projects Worker: Sahdia Hussain

Home Services Officer: Azmeena Haq

Administration Assistant:

Nelema Miah

Community Researcher: Manazzar Siddique

DAYCENTRE AND DOMICILIARY STAFF

Abdun Noor
Affana Zaheer
Farhana Yasmin
Farzana A Sahi
Farzana Kausar
Fozia Noreen
Ghazala Masood
Harcharann Kasbia
Hasina Begum
Irum Mukhtar
Jamila I Butt
Khaldi Bi
Kuldeep Kaur

Maryam Rafique
Maureen Doran
Naghma Bibi
Najma Parveen
Naseem Akhtar
Naseem Firdous
Nasim Unar
Naureen Riaz
Nazmin Begum
Nida Sayeed
Nighat Mughal
Nirmala Singh
Nudrat Nasir
Rehana Kousar
Rizwana Abbassi
Rowshon Ara Begum

Safina Tariq
Sahira Kalsoom
Samreen Zafar
Satnam Kaur
Shafreen Riaz
Shaheda Khanom
Shazia Noreen
Sidra Ahmad
Sobia Shaffi

VOLUNTEERS

Douglas Ellis
Adarsh Yadav
Parveen Akhtar





NOVEMBER 2026



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday



All Saints Day 1

2

3

4

Guy Fawkes Night

5

6

7



Diwali

8

9



Birth of Bab

10



Birth of
Baha'u'llah

11

12

13

14

15

16

17

18

19

20

21

22

23



Birthday of
Guru Nanak



Martyrdom of
Guru Tegh
Bahadur

24

25



Day of the
Covenant

26

27

28

29

30

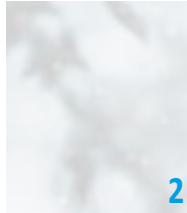
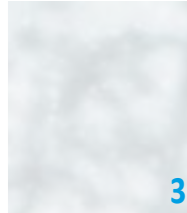
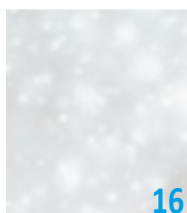
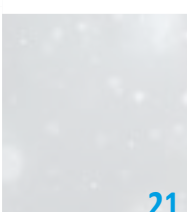
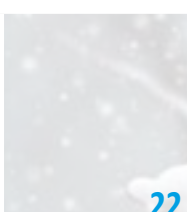
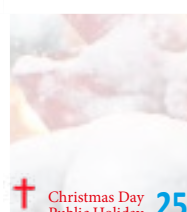
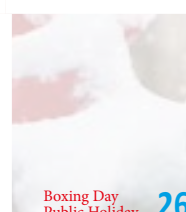
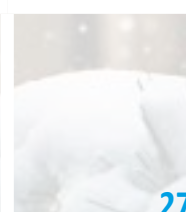
A big thank you to our Trustees and Funders:

Tariq Khan– Chairperson
Shameem Sajid - Treasurer
Najma Zahoor - Secretary
Shamim Sulaiman - Womens Group Rep.
Sheila Kaur - Womens Group Rep.
Mohammed Younas Ghauri - Mens Group Rep

Naveed Faqir - Home Care Rep
Jatinder Kaur – Independent
Dr Mishell Sajid - Independent
Shazia Yunus - Independent
Rehana Findlay - Independent
Consultant - Mohammad Ikram-ul Haq

Bristol and South Gloucestershire Councils, John James Foundation, University of the West of England, University of Bristol, National Institute for Health and Care Research



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	 1	 2	 3	 4	 5	 6
 7	 8	 9	 10	 11	 12	 13
 14	 15	 16	 17	 18	 19	 20
 21	 22	 23	 Christmas Eve24	 †Christmas Day Public Holiday25	 Boxing Day Public Holiday26	 27
 28	 29	 30	 New Year's Eve31			

Financial Summary

**Statement of Financial Activities
(including income and expenditure
account)
for Period ended 31st March 2025**

			2025	2024
	Unrestricted	Restricted		
	Funds	Funds	Total Funds	Total Funds
	£	£	£	£
Income and endowments				
Donations and Legacies	-	55,669	55,669	37,555
Charitable activities	777,859	-	777,859	647,435
Investment income	7,178	-	7,178	6,385
Total income	785,037	55,669	840,706	691,375
Expenditure				
Expenditure on raising funds:				
Costs of raising donations and legacies	(13,993)	-	(13,993)	(13,229)
Expenditure on charitable activities	(768,358)	(40,455)	(808,813)	(669,090)
Total Expenditure	(782,351)	(40,455)	(822,806)	(682,319)
Net Income (expenditure) and net movement in funds	2,686	15,214	17,900	9,056
Reconciliation of funds				
Total funds brought forward	416,379	11,011	427,390	418,334
Total funds carried forward	419,065	26,225	445,290	427,390

This statement of financial activities includes all gains and losses recognised in the year.
All income and expenditure derive from continuing activities.

Statement of Financial Position

31st March 2025

	2025	2024
	£	£
Fixed assets		
Tangible fixed assets	2,021	2,731
Current assets		
Debtors	50,427	35,294
Cash at bank and in hand	<u>503,885</u>	<u>465,737</u>
	554,312	501,031
Creditors: amounts falling due within one year	<u>(111,043)</u>	<u>(76,372)</u>
Net current assets	443,269	424,659
Total assets less current liabilities	445,290	427,390
Funds of the charity		
Restricted funds	26,225	9,905
Unrestricted funds	419,065	417,485
Total charity funds	445,290	427,390

Statement by the Trustees

These accounts are a summary of information extracted from Dhek Bhal's financial statements, which were approved by the Trustees on 14th November 2025. This summarised account may not contain sufficient information to allow for a full understanding of the financial affairs of the charity. For further information, the full accounts, the Auditors Report on these accounts and the Trustees Annual Report should be consulted. Copies of these can be obtained from Dhek Bhal on request.

BANK DETAILS:

Bristol City Office (A) Branch
45-49 Broadmead
Bristol
BS1 3HA

AUDITORS:

Roberts & Co.
Chartered Accountants



DHEK BHAL

43 Ducie Road

Barton Hill

Bristol

BS5 0AX

Tel: 0117 9146671 / 9146672

E-mail: dhekbhal@yahoo.co.uk

Website: www.dhekbhal.org.uk

ANNUAL REPORT DESIGN:

Carrie Hitchcock

carriehitch@gmail.com

Front cover image ID 395883265

© Vadym Medvediev | Dreamstime.com



Dhek Bhal works and campaigns with and for South Asian people to promote their health and social wellbeing in Bristol and South Gloucestershire

Registered Charity No.: 10700115

Registered Company No.: 3472146

Our Core Values:

Empowerment

Dignity

Respect

Independence

Individual

Development

Choices

Information

Designing
of services

