

## **SAHF Fellowship**

South Asian Health Foundation (SAHF) is a registered charity founded in 1999 to promote good health in the UK's South Asian communities. There are significant health disparities in the UK, with particularly worse outcomes in minority ethnic populations; in recent government publications (such as the Race Disparity Audit and PHOF Health Equity report) Pakistani, Black African and Bangladeshi groups were found to have the highest rates of infant mortality, childhood obesity and poverty, as well as the lowest rates of satisfaction with healthcare services and lowest disability free life expectancy.

The SAHF mission is to assist persons living in the U.K., particularly those of South Asian origin, who are experiencing conditions of sickness, hardship or distress. SAHF is comprised of a number of distinguished Professors, Consultants and leaders in the medical profession. SAHF Patrons include Kamran Abbasi (Editor of Journal of the Royal Society of Medicine) and Lord Narendra Patel.

To date, SAHF has produced a number of guidelines and policies (including a review and recommendations regarding COVID-19 in minority ethnic populations), catalysed high quality research as well as providing community engagement with education and resources delivered at a grassroots level.

SAHF propose the formation of a group of junior doctors and allied healthcare professionals (i.e. 'SAHF Fellows') passionate about addressing and contributing to a discussion on ethnic health inequalities.

There would be numerous advantages to a SAHF Fellowship, namely:

- **MENTORSHIP** - opportunity for involvement in research and academic projects with leading professors
- **DEVELOPMENT** - holding a leadership role in association with a national organisation. The development of leadership skills through community outreach, as well as the opportunity to have a positive impact on disadvantaged communities
- **EDUCATION** - opportunity to attend regular seminars led by SAHF trustees
- **NETWORKING** - the opportunity to have a role in the development of and influence the direction of a novel team of medical professionals. The opportunity to have access to the SAHF network, an influential group of researchers that contribute to national policies.

We envisage that the roles and responsibilities of a SAHF Fellow would involve the following:

- **PARTICIPATION** - Attend and actively participate in monthly SAHF Junior Forum meetings (e.g. online meetings during COVID-19 pandemic).
- **COMMUNITY ENGAGEMENT** - Participate in community outreach, engaging with and promoting good health amongst those suffering from inequalities in healthcare access and outcomes. Promote and disseminate SAHF work, helping local communities access important resources e.g. The South Asian Health Foundation (UK) Guidelines for Managing Diabetes during Ramadan. We would support fellows to develop their own community engagement projects. Fellows would be supported to present their projects at conferences e.g. SAHF Annual Global Conference (international conference)
- **EDUCATION** – Contribute to discussions on ethnic health inequalities, including the organisation of seminars where appropriate.

As a project in its grassroots stages, the above is likely to change and evolve with time and as we gain experience as a group. SAHF are looking for passionate, motivated individuals and welcome those with fresh ideas for the direction of this group. The initial commitment would be for 1 year, following which membership will be reviewed. We estimate that the work-load would approximate to 1-2 days per month including meetings. SAHF Fellows would be expected to produce a 1000 word reflective essay at the end of the year, describing their achievements and their development.

To apply, please submit a CV and covering letter (maximum 300 words) to [ganesh.sathanapally@nhs.net](mailto:ganesh.sathanapally@nhs.net)

Please endeavour to answer the following questions in your covering letter:

- Why you would like a SAHF Fellowship
- What you could bring to the team
- What you would like to get from the experience

SAHF has a number of working groups that can mentor juniors with a passion in the relevant fields, please refer to these at the bottom of the application form and indicate any interests in your application.

Deadline for applications:

Interviews:

### **SAHF Working Groups**

- **CANCER**
  - The Cancer Working Group was set up to tackle areas of inequality in cancer prevention, diagnosis and treatment in the UK's South Asian Community.
- **CARDIOVASCULAR**
  - The Cardiovascular working Group of the South Asian Health Foundation seeks to promote improvements in cardiovascular health, disease and healthcare in South Asians where these are found to be inferior to other segments of the population.
- **CHILD HEALTH**
  - The children's working group of the South Asian Health Foundation is a recent addition to the portfolio of working groups. It developed from a recognition that raising awareness of issues related to child health and improving outcomes for children are essential if we wish to effect the health and wellbeing of our adult populations in years to come.
- **COMMUNITY ENGAGEMENT**
  - SAHF's newest working group was created in response to the huge demand for our SACHE Campaigns of community education. The Community Engagement Working Group acts as a hub for good practice in health education in the UK's South Asian Community. We are always keen to hear about successful projects and initiatives.

- **DIABETES**
  - The Diabetes Working Group was set up to tackle areas of inequalities in diabetes prevention, diagnosis and treatment in the UK's South Asian Community. The group undertakes a wide range of activities from a hugely successful annual conference, annual Diabetes in Ramadan conference to community health education campaigns.
  
- **GASTROINTESTINAL**
  - The SAHF Gastrointestinal Working Group (GIWG) focusses on promoting improvements in the quality of, and access to, digestive and liver healthcare and health promotion in South Asians and other ethnic minorities. These include diseases of the: oesophagus, stomach, gallstones, liver and bowel, including conditions as varied as viral hepatitis, alcohol and other liver diseases, inflammatory bowel and coeliac disease, and cancers of the gastrointestinal tract.
  
- **MENTAL HEALTH**
  - The Mental Health Working Group was set up to highlight areas of inequalities in the Mental Health in the UK's South Asian Community.
  
- **MUSCULOSKELETAL WORKING GROUP**
  - The Musculoskeletal Working Group was set up to highlight areas of inequalities in the prevention, diagnosis and treatment of Musculoskeletal disorders in the UK's South Asian Community.