

Meeting title:	Trust Board					
Date of the meeting:	14 August 2025					
Title:	South Asian Heritage Month					
Report presented by:	Clare Teeney, Chief People Officer					
Report written by:	Sandy Zavery, Head of EDI					
Action – this paper is for:	Decision/Approval		Assurance	x	Update	x
Where this report has been discussed previously						

To your knowledge, does the report provide assurance or mitigate any significant risks? If yes, please detail which
BAF Risks – 10-People, 1-4 “Looking after our People, developing workforce capability and a compassionate and inclusive culture”.

1. Purpose of the Report

South Asian Heritage Month (SAHM) is observed annually from mid-July to mid-August. The event was established to celebrate and commemorate the history, culture, and contributions of South Asian communities. Its aim is to educate and raise awareness about the links in history between Britain and South Asia. The month was first launched in the UK in 2019.

Dr Tanu Singhal, Consultant Obstetrician and Gynaecologist (FRCOG) will be sharing her story; My Journey as a Doctor to Multicultural Leicester.

Dr Singhal will talk about her dream to be a doctor from a very young age, as she came from a line of doctors in her family and how that shaped her desire to make a difference. She will also talk about her relocation from India to the UK, and how the change in scenery meant adapting and adjusting to new ways of working and living.

2. SAHM Roots to Routes

SAHM takes place from 18th July to 17th August 2025, and the theme this year is “Roots to Routes”, which explores the identity, migration, and belonging of South Asian people from countries including Afghanistan, Bangladesh, Bhutan, India, the Maldives, Nepal, Pakistan, and Sri Lanka.

This year’s theme offers a poetic lens into the diverse journeys that have shaped the South Asian movement. “Roots to Routes” encourages reflection on ancestral origins, the physical and emotional journeys of migration, and the evolving identities of South Asians in the UK today.

The “Roots” element of the theme pays tribute to the cultural foundations and lived experiences of earlier generations. The event invites intergenerational conversations that

honour the traditions, languages, and stories that form the backbone of South Asian identity.

The events across Leicester will highlight the rich heritage, showcasing histories, traditional music and dance, crafts, and cuisines. The exhibitions and discussions will explore a variety of historical moments such as Ugandan Asian expulsion in 1972, and the role of South Asian soldiers, connecting personal histories to larger global narratives.

The events will share the past and present through different platforms such as film screenings, panel discussions, and community-led storytelling; celebrating the dynamic contributions of South Asians to British society. The events will educate and inspire younger generations to embrace their layered identities with pride and curiosity.

At the heart, SAHM is about connection between generations, across regions, and among all communities. By reflecting on where we come from and how we got here, “Roots to Routes” reminds us of the strength found in diversity and the beauty of shared journeys.

3. Conclusion

The Trust is proud of its diverse workforce and the valuable insights it offers in delivering care that meets the needs of our diverse communities. We know that having a learned culture that shares experiences, provides better understanding; leading to better patient outcomes and a better experience for colleagues who work at UHL.

The Board are invited to welcome to Dr Singhal to share her story.