HARROW
MONITORING GROUP

advocating inclusion so everyone can access - and shape - the services they need
https://harrowmonitoringgroup.uk/about/ contact harrowmonitoringgroupuk@gmail.com

26 September 2026

Professor Aamer Sarfraz
President
Association of Pakistani Physicians and Surgeons of the United Kingdom

Dear Professor Sarfraz

Health inequalities and the role of APPS UK in British communities

I write on behalf of Harrow Monitoring Group (HMG), an independent community-based public-interest organisation. We examine the effectiveness and accessibility of public services, including healthcare, through the principles of governance, transparency, accountability and assurance. Our interest includes the experiences of British people of Pakistani heritage, both as patients and as health professionals.

Our interest in health is reflected in work published on HMG's publications page. We have examined whether North West London's place-based partnerships explain how they will address the causes of health inequalities and give communities a meaningful voice. We have also written to the Health Secretary about safeguarding, equitable access and local accountability as NHS commissioning arrangements expand, and questioned Our Future Health about how participation by under-represented communities will translate into benefits for their care. These examples show why we are interested in APPS UK's experience of both the health workforce and the communities it serves.

Our attention has been drawn to your Facebook post about the APPS UK delegation's meeting with the Pakistan High Commissioner. We commend your organisation's interest in strengthening healthcare, training and medical education in Pakistan. We also noted that APPS UK describes itself as a platform for Pakistani-British doctors, dentists and allied health professionals, and lists raising health awareness in UK communities among its objectives. We would therefore welcome a better understanding of its work on healthcare in the United Kingdom.

There are questions on which your members' clinical and community experience could be particularly valuable. Census evidence shows that people identifying as Muslim were nearly four times as likely to live in overcrowded homes as the population of England and Wales overall. The Centre for Mental Health has also drawn attention to inequalities in Muslim people's access to and experience of mental health support. These findings concern Muslim communities across many ethnic backgrounds; they should not be treated as figures for British Pakistanis specifically. They do, however, reinforce the need to understand how housing,

income, language, discrimination and the design of services can affect health and access to care. Office for National Statistics

We would be interested to know how APPS UK draws on the experience of its members to identify barriers faced by British-Pakistani patients, including in prevention, long-term condition management and mental health care. Does the association engage with NHS bodies, public health teams and community organisations on culturally responsive services, and does it gather evidence about where patients' needs are being missed? We would also welcome your perspective on the professional experiences of clinicians of Pakistani heritage, including whether they encounter barriers to progression or opportunities to contribute to decisions about service design.

Harrow would be one of the valuable places for such a discussion. Its diverse communities make it especially important that health information is accessible, that patients can seek help with confidence, and that services listen to people whose experiences may be obscured in broad population averages. HMG would welcome any examples of UK work APPS UK has undertaken, and your views on where an independent community organisation could usefully draw attention to gaps in access, care or accountability.

We hope this letter opens a constructive exchange. Your organisation's work in Pakistan is commendable, and we would be pleased to learn more about how its expertise is also being applied to the health and care of communities here in the United Kingdom.

In keeping with HMG's usual practice of conducting its public-interest work openly, this letter will be placed in the public domain.

Looking forward to hearing from you.

All good wishes

Husain Akhtar
Coordinator
Harrow Monitoring Group
[*also, former inspector of school, Ofsted, and former councillor, London Borough of Harrow*]