

Diabetes Research and Wellness Foundation
(A Company Limited by Guarantee)

Charity Number: 1070607
Company Number: 03496304

Financial Statements
For the year ended
31-Dec-22

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Diabetes Research and Wellness Foundation

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Diabetes Research & Wellness Foundation

Diabetes Research and Wellness Foundation (DRWF)

(A Company Limited by Guarantee)

REPORT & FINANCIAL STATEMENTS

For the year ended 31 December 2022

Registered Charity Number: 1070607

Company Number: 03496304



Megan, who has Type 1 diabetes, conquered her fear of heights by abseiling the Spinnaker Tower, Portsmouth to raise awareness and funds for DRWF. Here she is with Dad, Simon, who has type 2 diabetes.

THANK YOU! To everyone who has donated, volunteered their time, or undertaken an activity to support us. Your contribution makes all the difference, meaning that we can carry out awareness, educational programmes and research funding activities to ensure that people with diabetes are *'Staying well until a cure is found...'* **THANK YOU!** for being part of a powerful community who are intent on investing in a brighter future for all people with diabetes **#StrongerTogether**

Message from our Co-Founder & Chairman – Michael Gretschel



After two very challenging years, we were keen to resume our community activities, with the year seeing the return of our residential T1 Family Camp, the first since 2019, as well as continuing our virtual Camp in the Cloud. We were able to run three Diabetes Wellness Days in the South, Midlands, and Northeast, and whilst all of these activities were well-attended, there was still an understandable nervousness about coming together after a prolonged period of isolation.

There is no doubt that the whole nation has been affected by the pandemic, but it was arguably a more challenging time for people living with diabetes and other long-term conditions. It was wonderful to be able to reconnect and renew our support in person, to see familiar faces and meet new friends from across the diabetes community, sharing stories of hope and determination.

Whilst we started the year with a renewed energy, it was clear that there would be ongoing challenges. Our hearts went out to the people of Ukraine as war was declared in March, and we were pleased to be able to join forces with local groups by making a modest contribution of warm clothing, diabetes awareness items and hypo treatments.

As inflation soared and the cost of living rose rapidly, it was clear that we would have to remain adaptable and flexible in our beneficiary programmes. In times of financial uncertainty and pressure, it is often people living with health challenges who are impacted the most, so we were keen to ensure that we continued to meet the most important needs. The fundraising landscape remains very challenging and whilst we endeavour to navigate these pressures, we continue to focus on diversifying our income streams to ensure that we are robust and fit for purpose and continue to make a difference to the everyday lives of people with diabetes.

Relying almost entirely on voluntary and fundraised income, none of our work would be possible without our amazing donors and supporters who make us what we are. We are truly grateful to every individual who has contributed to the continued success of the charity, helping us to ensure that people with diabetes are *'Staying well until a cure is found...'*

Finally, as we approach our 25th anniversary year, we must thank our staff, advisory board members and volunteers. It is because of the hard work, commitment, and tenacity that we have been able to help more people than ever before.

Thank you.

Mike Gretschel
March 2023

Report of the trustees for the year ended 31st December 2022

The trustees are pleased to present their report and message from the Chairman together with audited financial statements for the year ended 31st December 2022.

The financial statements comply with the Charities Act 2011; the Companies Act 2006; the Memorandum and Articles of Association and are prepared in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102 Charities SORP) (effective from 1st January 2015).

Our purpose, aims and activities

The objects of the charity are:

- To assist in the relief of persons with diabetes and any similar or related diseases or conditions
- To raise public awareness about diabetes and any similar or related diseases or conditions, their incidence, causes, treatment, avoidance, and relief

The focus of our work

Having had two years of very little community interaction over 2020/21 due to the pandemic, it was heartening in the early part of 2022 to see an initial surge of interest in returning to in-person events and activities. This was somewhat short-lived however, due to the increasing cost of living with rapidly rising inflation and soaring energy prices, as well as a groundswell of support in response to the Ukraine war.

Whilst our initial focus was understandably on stabilising our financial position having come through what has been described as ‘the perfect storm’, it has been uppermost in our minds that financial uncertainty, rising costs, loss of jobs and increasing poverty all have a significant effect on both physical and mental health. Even more so when living with a chronic long-term condition, such as diabetes.

We saw numerous news articles and reports during the year about the significant increase in numbers of people needing to use food banks, with an upward trajectory of people not being able to access healthy or nutritious foods. Healthy eating is important for everyone but especially so for people living with diabetes as it is central to maintaining blood glucose control in order to reduce the risk of complications, some of which can be debilitating, life limiting and life threatening.

Deprivation is associated with higher levels of obesity and physical inactivity which can negatively impact on all aspects of health and increase the risk of Type 2 diabetes. Financial uncertainty also increases social isolation and causes significant stress which can lead to depression. All of which can impact on blood glucose levels; diabetes management and ultimately lead to poorer health outcomes.

Our priority in 2022 was to remain visible and accessible to everyone affected by diabetes that needed our help. Supported self-management of diabetes is central to reducing the risks associated with complications and therefore our aim was to do more to understand need and provide information and educational support programmes that provide the practical tools to support and encourage a pro-active approach to good self-care. We consider that those with the greatest knowledge of their condition will have a better understanding of the disease and will be better equipped to have an impact on the progression of their diabetes and any associated complications. Our Diabetes Wellness activities, both in the community and virtual, provide a great platform for meeting people sharing similar health concerns, making new friends, and building peer support networks, all of which serve to reduce isolation and enhance both the physical and psychosocial management of diabetes. A much-needed resource in

these difficult times, whilst the research we fund continues to improve our understanding of diabetes, it's treatment, management, and cure **#StayingWellUntilaCureIsFound...**

Demonstrating public benefit

The trustees confirm that they have referred to the general guidance set out by Charity Commission on public benefit. The trustees are satisfied that the Charity's activities meet the principles of public benefit, defined as providing an identifiable benefit/s to the public, or section of the public, and know of no detriment or harm that may be caused as a result of these activities, which are clearly set out throughout this report.

Volunteers

As a small team delivering numerous activities, we rely on the support of volunteers who participate by helping with administrative tasks in our office; delivering diabetes awareness and information materials; undertake user involvement exercises to help steer and develop our programme activities; support our educational events and community fundraising programme or sit on one of our expert panels for research or information review. The number of volunteers fluctuates each year but is crucial to helping us spread the word about the work we do and to support local and national community fundraising initiatives. Aside from our Trustees, we have an Editorial Advisory Board and a Research Advisory Board. These are panels of diabetes clinicians and scientists, and other relevant professionals, all of whom offer their time and expertise voluntarily to ensure that we meet the high standards required of us through our Association of Medical Research Charities (AMRC) accreditation and our commitment to producing clinically evidenced health and social care information. We wholeheartedly thank all of our volunteers for their time, expertise and commitment which helps us raise awareness to the charity, maximise income and maintain high standards of work.

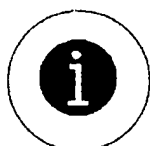
Measuring Impact

We use a mixed methods approach to monitor and evaluate our activities in order to ensure that they remain true to purpose and achieve desired outcomes. Stakeholders and beneficiaries are involved in these evaluation processes to ensure the continued relevance, quality, accessibility, and effectiveness of activities. We also undertake independent evaluation with specialist partners for specific projects where impartial opinion and/or additional expertise is required.

We keep people with diabetes at the heart of what we do. Beneficiaries and supporters are involved in numerous ways to ensure that our support and resources are relevant, accessible and meet needs, helping to steer our research priorities and programme activities.

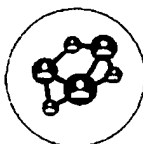
Activities & Achievements in 2022

Awareness, information & support



INFORMATION REACH: Our direct mail programme played a key part in our communications strategy during 2022, enabling us to stay connected with key audiences who do not routinely engage with online channels. We distributed 442,040 campaign packs in 2022 an increase of around 13% on the previous year. The health information contained within each campaign is targeted at beneficiaries who could act on the information, either in a preventative way (type 2 diabetes) or to inform and support those living with diabetes (all types), in their self-management of the condition. Whilst maintaining relationships with existing supporters of our appeals, we also reached out to higher volumes of prospective beneficiaries and supporters of the charity during 2022. We had an average campaign response rate of 7.3% across 4 streams resulting in over 32,170 responses from across the country. We know from experience that it is likely that many more opened and read the appeal but chose not to make direct contact with us at that time.

Historically, we have seen numbers of people respond to communications that have been distributed many months, or even years, before as they have held onto the information provided for future reference. These campaigns also act as a stewardship tool, helping us to stay connected with long-standing supporters of the charity.



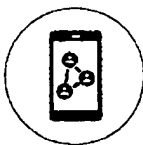
Health Unlocked Forum: The DRWF Diabetes forum within Health Unlocked provides a 'safe space' for people with diabetes to share their experiences, gain support and make a difference to others too. In 2022, the volume of members increased by 33, meaning that all time membership increased by 6.5% to 6,042 in the year. The volume of 'active' contributors declined slightly from 2021 by 9%, at 422, with people spending an average time of 04.26 minutes on the forum. This had increased in the year by almost 14%. Our forum enables people to access online resources and tools, as well as the support of others experiencing similar health issues, all of which has been shown to improve health outcomes.



WEBSITE: We launched a new website in 2022 and expected that there would be a lull in traffic/engagement for a period of time, however this did not begin to rise again when expected. There are multiple reasons for this. Firstly, a Google algorithm update at the end of 2021 made DRWF drop down the search rankings a little. This was closely followed by a more major update to the Google search algorithms at the exact time that we launched the new site. These two things happening simultaneously has proven challenging to our SEO, also affecting our AdWords campaigns. Therefore, website page views were down 24.5% over 2021 at 314,760 and the total number of unique users was down 32.29% at 182,410. A lot of work has gone into improving our SEO and in getting AdWords working more effectively, and traffic is increasing again but it is a gradual increase which is somewhat due to the resources available to us at this time. These are disappointing figures for 2022 having seen a significant upward trajectory in 2020, with a natural decline in 2021 following the spike of online activity due to the pandemic, and plan to rectify this situation in 2023.



LIVING WITH DIABETES PODCASTS & VIDEOS: We continued to produce our Living with Diabetes podcasts in 2022 which provides another channel through which to access interesting and educational diabetes content. Whilst these channels are still very much a work in progress, we have had reasonably good engagement during the year with 2,659 views/listens. We aim to develop these channels during 2023.



SOCIAL MEDIA CHANNELS: In 2022 we continued our efforts to raise awareness of our activities and services to more people through social media campaigns with most engagement being seen through our Facebook page. Our sponsored Facebook content reached over 2.4 million people, up 45% over 2021, and had 7,780,382 impressions. This increase was achieved with an identical budget in 2022 and 2021. Our Tweets received 209,900 impressions and our Instagram page reached 91,403 people, up 48% over 2021.



DIABETES WELLNESS NEWS: We distributed 103,471 copies of our newsletter, Diabetes Wellness News, to subscribers, healthcare professionals and regular givers. This is a 10% decrease in the circulation numbers of 2021. Much of this reduction is related to deceased notifications received from subscribers in the year due to the demographic of this channel of support. The newsletter is distributed to annual subscribers and on a complimentary basis to healthcare providers who share the information with their patient communities. On a quarterly basis the circulation is boosted as we focus on the research element of our work and send a copy to our regular givers. It is difficult to accurately predict the true readership of the newsletter but through anecdotal evidence, it is much wider than those who have specifically requested to receive it and is seen as a stewardship tool to maintain engagement with a variety of different supporter and beneficiary audiences. We intend to change the frequency from monthly to quarterly distribution in 2023 as we work towards meeting the needs of existing supporters of this resource, as well as take DWN online.



Quality in Care Diabetes – award winning Diabetes Wellness events

Diabetes structured education aims to provide people with diabetes with the knowledge and confidence to self-manage a long-term condition effectively. The offer of structured education across the country has improved over more recent years. However, the rates of attendance are still very low and vary widely.

For the past 23 years, we have provided an annual programme of Diabetes Wellness events. We work with diabetes, and related healthcare professionals to facilitate workshops that provide relevant, up-to-date, evidence-based information covering all aspects of diabetes and related health. Delegates choose the sessions and talks that they attend meaning that they create their own agenda for the day, improving engagement and supporting better outcomes. These events bring together a wealth of information, expertise, and peer support under one roof, with the aim of inspiring and empowering people with diabetes in their self-care.

Our Diabetes Wellness Days were acknowledged by the Quality in Care (QIC) Diabetes awards in 2017, when we won the Judges Special Award category. The Judges commented -

"The Diabetes Research and Wellness Foundation have put together a brilliant education support programme with excellent outcomes. The events are clearly user focused, providing an opportunity for peer support, and re-engaging those users who have missed out on a structured education. The programme offers huge value to future users and has great potential to reach other areas of the UK."

Network Rail – Wellbeing Wednesday



In July 2022, we were invited to host Network Rail's Wellbeing Wednesday programme, which saw 805 live and on-demand listens to our interviews and 5-minute diabetes video tips.

Diabetes Wellness Events in 2022 –

In 2022, we were able to return to in-person events, hosting three **Diabetes Wellness Days** in the South, Midlands and North-East, along with a residential **Diabetes Wellness Family Camp** for families of children with type 1 diabetes, and a virtual **T1 Camp in the Cloud**.



Diabetes Wellness Days –

Three events held in the South, Midlands and Northeast of England enabled us to provide educational support to **355 people living with type 1 and type 2 diabetes**.

These events provide an interactive programme of workshops and talks, grouped around a vibrant exhibition hub where delegates can meet healthcare and industry partners offering essential diabetes diagnostics and other products and support services. They also provide a wonderful opportunity to talk to diabetes and related healthcare professionals about all aspects of life with diabetes, as well as make new friends and connections. All of which empower self-management and improve health outcomes.



Diabetes Wellness Family Camp

62



Our first residential Camp since 2019. We received 37 family applications (134 individuals) and had to close the online application process early due to demand. We had 60 individual places available and following triage, offered 62 places to 18 families. Eleven families (43 individuals) remained on the waiting list. All families were offered places on the Autumn virtual **Camp in the Cloud**.

"I gained time to be with my family without having to constantly think about food- carbs, quantity, gluten/non gluten."

The feedback from attendees was overwhelmingly positive and we received essential critique as to how we could improve the parental discussion session, with more structure and smaller group sizes, to steer our next residential Camp offering.

"I made lots of new friends with diabetes which is important to me because sometimes I feel like the odd one out. We relaxed into camp after a very short space of time, and we managed to reconnect as a family but genuinely chatting to other caregivers, mums and dads dealing with the same things and being able to laugh about it with people who really know what you're living through. We all feel completely refreshed and less overwhelmed and just not so alone."

Depressed Hopeful Shy Apprehensive stressed Alone Frustrated Bored failing Uncertain Isolated busy Curious Angry Restricted Lonely sad Tired Burnt Scared defeated Challenging Fuming Moody Annoyed Twitthy Wary Desperate Independent Unsure Anticipation Concerned Overwhelmed Enthusiastic Positive Happy Nervous Anxious Worried

Feelings after attending Camp...

Virtual Camp in the Cloud



Virtual Camp was introduced during the pandemic, and due to its success and accessibility, we have decided to keep this going all the while there is an appetite for attendance.

We had anticipated that we could accommodate between 120 – 150 online attendees and were overwhelmed with the initial response, which saw 55 families (198 individuals) register their interest. The nature of an online event increases attrition rates. Thirty-nine (39) families went on to complete a full application; 37 families (140 individuals) were offered places; 35 families (135 individuals) attended on the day.

A full programme of online activities was offered, with a box of arts and crafts, and other materials, supplied beforehand to make the day as interactive and fun as possible. The final session of the day gave the parents an opportunity to relax and discuss diabetes as a small group along with DRWF staff and participate in a quiz.

"My child was diagnosed during covid, so it has been a hard lonely time."

"My daughter was diagnosed with type one diabetes in April 2020 at the beginning of the first lockdown. She has missed out on the opportunity to meet other children with her condition as the hospital cannot run its normal family events. As a family only one parent can attend hospital appointments with Ophelia which is not ideal when she wants both parents there to support her. She started school in September 2020. Although the training was brilliant it's been challenging not being able to meet with staff and care givers properly. All my children have experienced disruption due to Covid. The eldest three have missed a significant amount of school and my baby had been unable to go to baby groups."

Feedback was overwhelmingly positive, with families stating that covid-19 had been a huge challenge, and incredibly isolating particularly for those that were diagnosed in 2020/21.

"It was valuable to know there are other families out there dealing with the same condition. We enjoyed completing some of the activities together. My daughter felt special receiving the gifts in the box. My husband and I found the parent talk useful and interesting. The comic book activity and coding were great. The bingo was a good ice breaker activity."



**Diabetes
Professional
Care - DPC**

Diabetes Professional Care

For the 7th consecutive year, DRWF was the registration sponsor of Diabetes Professional Care (DPC), an event that provides free to access CPD accredited education for healthcare professionals delivering diabetes care. Almost 5000

healthcare professionals, from across the primary and secondary care spectrum, attended the event over the course of 2 days, benefitting from an educational programme facilitated by multi-disciplinary teams. The event was opened with a keynote session from Professor Partha Kar OBE, National Specialist Advisor Diabetes, NHS England and Professor Jonathan Valabhji, National Clinical Director for Diabetes and Obesity, NHS England and Improvement. We ran pre and post event surveys with registered healthcare practitioners to gauge awareness of DRWF and the information resources that we have available free of charge to support onward diabetes care of people with all types of diabetes. Of all registrations, we had a 3% response rate (147 respondents), which has helped to inform our future marketing and distribution plans of our health and social care information.

Research Funding Programme

Each year, we issue Calls for Applications in respect of our 3-year Clinical, Non-Clinical and Pump Priming awards.

DRWF Fellowships provide the necessary funding to support Early Career Researchers (ECR) which is vitally important to ensure that clinical and scientific talent stays and develops within the diabetes medical research community. ECR's represent a young and diverse research population, and provide a constant flow of talent, new ideas and new skills. Some of them will go on to be the senior diabetes researchers of the future, so with very few funding awards available to this vital community, the DRWF awards are lucrative and well positioned to attract the best and brightest young researchers.



Our Pump Priming stream is a proof-of concept funding channel, which aims to produce translational pilot study data that goes on to leverage higher value, longer term funding from other organisations to take the research conducted to the next level.

The DRWF annual funding round is offered through open competition, and as such, enables funded researchers to access support for both indirect and direct costs of research via the Charity Research Support Fund (CRSF) and NIHR Clinical Research Networks AcoRD agreement.

Institutional and discretionary awards are available when funds allow. Contract funding of key personnel within the DRWF Human Islet Isolation Facility at the Churchill Hospital, Oxford is subject to proposal and reviewed on a multi-year rolling contract basis.

DRWF is a member of the Association of Medical Research Charities (AMRC), a membership body representing the leading medical and health research charities who deliver high-quality research that saves and improves lives. Working with member charities and partners, AMRC aims to support voluntary sector effectiveness and advance medical research by developing best practice, providing information and guidance, improving public dialogue about research and science, and influencing government.

As a member, we subscribe to AMRC's criteria for the use of peer review for allocating funding and support AMRC position statements on the payment of indirect costs in universities and the use of animals in medical research which seeks to replace, refine and reduce the use of animals (3Rs) in research.

We operate a rigorous peer review process by which our Research Advisory Board (RAB), clinical and scientific experts in the field of diabetes and related health, assess applications and reports to ensure that only the highest quality and most effective research, carried out using good or best practice methodologies, receives DRWF funding.



Claire Levy – living with T2 Diabetes

"Funding research into new treatments and new technologies has transformed the lives of people living with all forms of diabetes, including myself as someone with Type 2 Diabetes. DRWF has funded some amazing research over the last 24 years, made possible by the very generous donations of our supporters, which has really advanced our knowledge of the different types of diabetes and how to manage and treat it. We will only find a cure through research and your gift could make all the difference."



2022 Professor David Matthews Non-Clinical Fellowship

We received 8 pre-applications for funding, from which 5 full applications were submitted and subsequently invited to interview. The Board of Trustees reviewed and approved the RAB's funding recommendation in December.

Dr Ana Victoria Garfield, University College London, £128,663.95 over 2 years.



Understanding how diabetes and hyperglycaemia causes cognitive decline, dementia, and abnormal brain structure. An integrated genetic epidemiological and deep phenotyping approach to disentangle pathways and interplay of risk factors.

"Dementia is one of the most feared diabetes complications. While risks are elevated in people with diabetes, glucose lowering trials are disappointing, Mendelian randomisation is a genetic tool which can help uncover true causal relationships, as genes are randomly distributed at birth and not influenced by external risk factors. Using this, I show that diabetes itself is not causally related to dementia. I now want to use this tool to identify which diabetes related factor is the true culprit, in large datasets which include measures of cognition, brain structural damage and dementia. There are four potential explanations: i) processes underlying diabetes e.g., insulin resistance, ii) associated metabolic disturbances, e.g., amino acids, iii) associated risk factors e.g., blood pressure (BP), iv) risk factors upstream of diabetes e.g., obesity. By identifying true causal determinants, I can then pinpoint interventions to be tested in clinical trials to reduce dementia risk in diabetes."



Islet Cell Research & Transplant

DRWF has made a considerable contribution to the funding of islet cell research and transplant in the UK and around the world. The DRWF Human Islet Isolation Facility at Churchill Hospital, Oxford plays a pivotal role in providing islets for research and transplant as part of a national treatment programme, the clinical element of which is funded by the NHS.

Three personnel are funded within the facility (around 30% of facility staff):

- Lab Manager
- Deputy Facility Manager (post doc researcher)
- Islet Transplant Administrator

During the year, we renewed our commitment to the Deputy Facility manager post, offering the continuation of 1 year's funding. Ordinarily, these posts are funded for between 3-5 years, giving continuity and stability to the individual post holders and wider facility/teams. This is vitally important to ensure sustainability of expertise within the research group, given that this facility works on rotation to isolate islet cells for human transplant, as well as supply islets for research across the UK and Europe. On this occasion, and as the post was vacant at the time of review, we erred on the side of caution given the ongoing challenges of fundraising activity. By making the commitment, the university were able to proceed with recruitment and we intend to review the ongoing financial commitment in 2023 when the post has been filled.

Impact report from the Director of the DRWF Islet Isolation Facility Churchill Hospital, Oxford by Professor Paul Johnson

During the pandemic, the University closed many of its research facilities for various periods of time. This limited research activity, but the team continued to be research active whenever it was possible. Whilst official lockdown

restrictions had become less robust in late 2021 and into 2022, many hospitals and research facilities maintained their own restrictions to support their recovery from the significant impact of the pandemic.

The Oxford team continues to be one of only 3 clinical islet isolation facilities in the UK (one of only 2 in England and Wales) which remains on an alternate weekly isolation rota with King's in London. Between April 2021 and March 2022, the team undertook 23 clinical islet allo-isolations from a wide range of pancreas donors, with 64% of isolations achieving transplantable yields with 30% of isolations being distributed to transplantation to the islet transplant centres around the UK. The outcomes for this 12-month period match international standards. The clinical islet transplant programme has expanded in this time and is now transplanting for the Bristol catchment area, as well as transplanting islet patients for the Royal Free. A new satellite clinic in Leicester is also planned.

The NHS-commissioned total pancreatectomy with islet auto-transplantation (TPIAT) programme for chronic pancreatitis continues to develop. Islet isolation for these fibrotic pancreases is difficult but the team has achieved good results and have also been evaluating some novel modifications to the isolation protocol, which they hope to promote internationally. Clinical outcomes are encouraging, and they are now in the process of applying for NHS-commissioning for TPIAT in children, which Oxford is well placed to provide.

The DRWF Isolation Facility in Oxford continues to provide human islets for research to a network of type 1 and type 2 diabetes researchers around the UK. The team has now provided 15.1 million islet equivalents (IEQ) (the international standardised way of counting islets) from 86 islet preparations that have resulted in over 46 peer reviewed research publications. A new initiative with NHSBT, the *'Increasing the Number of Organs Available for Research'* (INOAR) is now established enabling organs from donors with diabetes to now be retrieved routinely from across the UK for research purposes.

The Oxford DRWF Islet Isolation leads the 'Islet Platform' for the related Quality in Organ Donation (QUOD) with responsibility for isolating and distributing islets for research from these rare pancreases.

In November 2022, DRWF released a short film sharing impact stories around diagnosis and life with Type 1 and Type 2 diabetes, showcasing the difference that an islet transplant makes to quality of life and independence. Professor Johnson contributed to this film along with an islet transplant recipient. The film can be viewed at <https://www.drwf.org.uk/drwf-research/our-heroes/>

How we raised our money in 2022

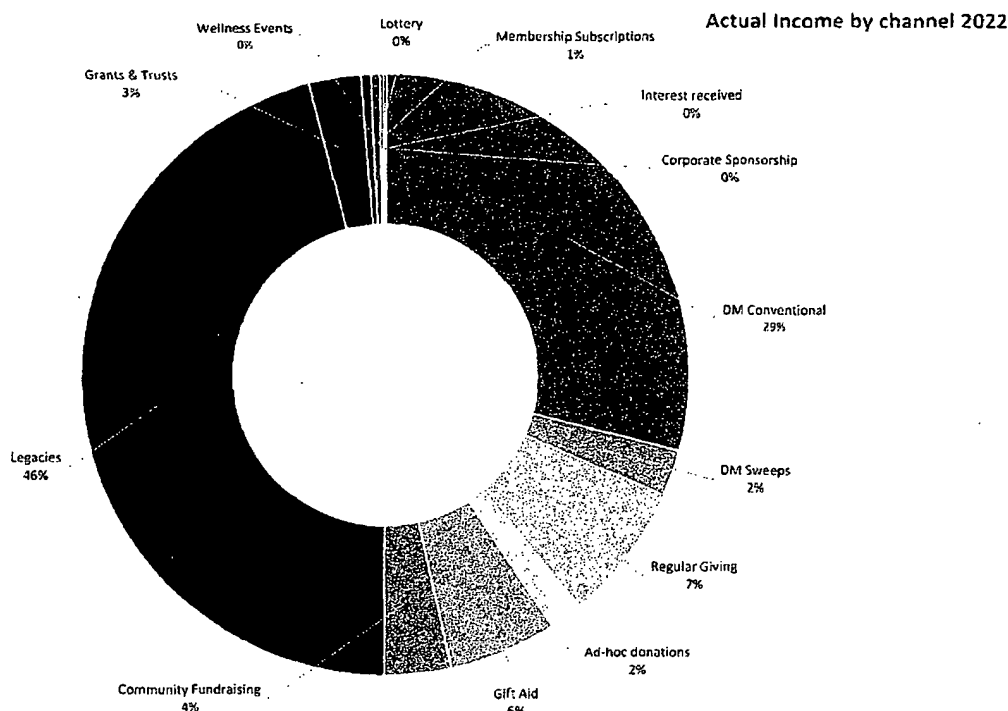
Our approach to fundraising – The Trustees are aware of their responsibility and accountability to ensure that the charity fundraises legally, responsibly, and effectively.

Our plan for 2022 was to maintain focus on building resilience and sustainability for the future through succession planning, diversification of income streams and delivery of purposeful programs that continue to meet the ever-changing needs of people with diabetes.

In the hope of returning to more normal levels of activity in 2022, we set our sights on an ambitious income expectation to support diversification of our fundraising activities. This is key to support future sustainability.

Whilst we had hoped to see pre-pandemic behaviours return in 2022, the Ukraine War, rising inflation and cost of living challenges, had a big impact throughout the year.

These challenges affected our actual income in the year which was £1,765,756 a shortfall of 4% on our budget expectation of £1,836,508. However, income was 5% higher than FYE 2021. This was mainly due to high levels of legacy bequests received in the year and an increase of reach via our direct mail programme.



Corporate Partnerships:

We do not endorse products, but we will support initiatives that increase awareness to DRWF and our activities, and where there is an appropriate message, product, or service for people with diabetes. To this end, we have worked to explore meaningful partnership and corporate sponsorship opportunities, where there is a synergy in mission, vision, and values. Any potential partnership is assessed for feasibility, compatibility with our own objectives, and risk to ensure there is no detrimental effect to our reputation or fundraising potential. Robust risk assessment supports our desire to only engage in suitable and best value partnerships. Detailed discussion and negotiation ensure that the aims of both parties are complementary and mutually beneficial. This maintains transparency and integrity in all partnerships.

Professional Fundraisers:

Whilst we use the services of fundraising consultants, as and when needed, to advise on some of our activities, we did not work with a professional fundraiser during the year. Commercial participation agreements are in place where necessary.

YOU make all the difference!

As a charity that exists almost entirely, at this time, on voluntary donations and fundraised income, we are always humbled and heartened by the support that we receive.

Here is a snapshot of some of the community activities that took place in 2022 that helped raise awareness of diabetes, the charity, and its services, as well as vital funds to support all of our charitable activities -

MEGAN MANAGED BRILLIANTLY...

Spotting the signs of diabetes early could save lives.

A young woman who nearly died from undiagnosed type 1 diabetes is campaigning to save the lives of others by raising awareness of the symptoms while fundraising for DRWF.

Megan Jansen overcame her fear to abseil more than 550 feet down Portsmouth's iconic Spinnaker Tower to celebrate the fact she's still alive after defying a deadly complication from undiagnosed type 1 diabetes just over five years ago.

Megan hoped her participation in this challenge would help to raise awareness of the symptoms to save the lives of other young people and children.

"Knowing the symptoms of diabetes is lifesaving and had it not been for the intensive care unit team at Torbay Hospital in Torquay I would have lost my life in 2016," warned Megan, 22.

"I think DRWF has a great understanding of how devastating a diagnosis of diabetes can be and their attitude towards wellbeing has helped me become more confident in myself."

Simon Jansen, Megan's father who has type 2 diabetes joined his daughter in the abseil for DRWF. He added: *"I am so proud and grateful to have been 'roped in' to abseil the Spinnaker Tower to support my daughter's efforts to raise money for DRWF.*

Megan said: *"Diabetes is not just as simple as controlling your glucose levels and DRWF has helped people develop healthy relationships with their diabetes. The abseil was exhilarating and so important for me to constantly challenge myself. Even more exciting was that my dad chose to take up a place as well, especially as he is living with type 2 diabetes."*

"One more thing – please remember if you're struggling with your diabetes, reach out to DRWF and make the most of the incredible support networks that they can provide. Do not let your diabetes get in the way of what you want to achieve, whether it be a big abseil, a work goal or a personal life goal. Living with diabetes does not define you.

Megan Jansen

KATIE, BOOTS ON RUNNING FOR DIABETES...

In February half term 2022, shortly after his eighth birthday, Eddie was admitted to the Royal Surrey County Hospital where he was diagnosed with Type 1 Diabetes. We'd been worried about him for a while as he'd been unwell and lost a lot of weight. The diagnosis was a horrible shock to the whole family, and we immediately tried to work out 'why' 'what' 'when' and 'how'. The care we received that week from the paediatric diabetes team was incredible. We found ourselves on a steep learning curve attempting to process how this autoimmune disease affects the body, test blood glucose levels through finger pricks and, learning how to deal with often scary 'hypos and hypers'. We were taught how to give Eddie multiple daily insulin injections (practicing on Brian the Satsuma!). Once home from hospital we had to determine how to fit this care into Eddie's incredibly active life and we began the 24/7 juggle of managing exercise, food, stress, medication, technology, and BG levels.



Eddie has been through so much. His first question whilst in A&E was 'Mummy, how long will I have this for?' The realisation that this condition wouldn't go away like a cold or chicken pox was something hard to break to him.

DRWF was one of the first online resources we found to educate ourselves on the practicalities of T1D. Their mission of **'Staying well until a cure is found'** resonates as this is how we choose to support Eddie in his day-to-day life. We are committed to making sure that T1D won't ever stop him from being involved in anything he wants to be part of. We not only support but want to be involved in future research and development that strives to find a cure and before that, the more seamless management of diabetes.

Eddie is passionate about athletics and being active. He was so keen to get back to his track sessions at the Young Athletes Club after coming out of hospital that I stood trackside with him in the dark, in the rain, throwing jelly babies in his mouth every time he ran past me. After 18 minutes of his first session back at Young Athletes Club we had to come off as he had a dangerously low 'hypo'. He cried, I cried, frustrated at how unfair 'stupid diabetes' was but he went back the following week stronger and more determined than ever not to let T1D stop him.

Katie Boots, mummy to Eddie and London Marathon runner for DRWF

DANCE FOR DIABETES, in collaboration with FunKidz Dance

Schoolchildren in Portsmouth took part in collaborative event between DRWF and Dance School Funkidz Dance Limited.

A fundraising playground dance event across three schools in Portsmouth raised more than £9,000 for DRWF.

The Dance for Diabetes event was organised by DRWF in partnership with Portsmouth-based Dance School Funkidz Dance Limited, owned and managed by Samantha Collins.

Throughout the month of May each participating school was given a fun dance routine to learn from a series of videos.



This was done during school hours and worked into lessons where appropriate; whilst being made available on school platforms to practice at home.

More than 1,500 children aged between 4 and 11 years old (School years R to 6) took part raising a total of £9,209. All sponsorship monies raised were split equally between DRWF and the participating school.

The partnership had five aims: promote physical and mental wellbeing; develop new skills; nurture new and existing friendships; offer an introduction to dance; and to raise funds for charity.

Samantha Collins and DRWF Head of Community Fundraising, Tim Green, visited all participating schools to perform the dance in the playground alongside all teachers and school staff. It was a fantastic celebration of keeping active, collaborating with friends, and having fun!

Every participating child received a certificate; with special class certificates being awarded to those that demonstrated most improved confidence; most improved performance; and highest-class fundraiser.

Samantha said: "A lot of children love dancing but don't always find it easy to fit in with the structure of a dance school environment. In my experience dance also comes with a lot of additional costs such as costumes and footwear. I wanted to strip this back and do something that is just about being themselves, feeling comfortable, wearing their own clothes, and using their feet! An experience I feel gives children such a confidence boost that really helps their development and social skills."

"Working alongside DRWF is so important to me as it is a condition that not only impacts my family directly but affects so many of our children's families too. Diabetes is a lifelong condition that is something we don't speak about enough, so I am thrilled to be able to raise awareness and funds by organising this danceathon."

Fundraising Regulator: We are a levy-paying member of the Fundraising Regulator and subscribe to the associated fundraising codes of practice. The charity suppresses individual supporter records against the Mailing Preference Service, Telephone Preference Service, and the Fundraising Preference Service, which helps to ensure that we do not approach individuals who have expressly requested that we do not contact them. During the year, we were notified of 23 FPS requests, which are suppressed from all contact, 9% higher than received in 2021.

Complaints: The charity has a published complaints procedure, available on its website, and endeavours to respond to enquiries and complaints within the stated timeframe. Most contacts tend to be a request to opt-out of charity communications by existing supporters and we monitor the basis on which people request this i.e., content of appeal, volume of contact; type of contact; method of contact to inform our campaigns with the aim of reducing any perception of unreasonable intrusion, persistent approach or undue pressure to support. We didn't receive any complaints about our fundraising practices during the year.

GDPR and Data Protection: We are committed to protecting the personal information and privacy of individuals that we engage with and comply with relevant legislation and codes of practice, whilst carrying out our essential work of raising awareness of diabetes, providing information and support, and raising funds. Our privacy policy, published at drwf.org.uk sets out how we capture, process, manage and retain personal information.

Financial Review

Principal income streams in the year were direct mail campaigns; regular giving via direct debit; legacy income and gift aid associated with voluntary donations.

Income and expenditure are monitored on a weekly basis with budgets/forecasts adjusted accordingly.

Income:

Total income was £1,765,756. This was 4% lower than budgeted income (£1,836,508) but an increase of 5% on income received in 2021 (£1,686,061). Voluntary donations including gift aid receipts at £812,809 was up by 13.5% on 2021 (£715,671). Legacy income, having been budgeted for on a 3-year average (less 1 unusually large legacy), was £808,983 which was 47% higher than budget; 7% lower than received in 2021 (£868,611).

Expenditure:

Total expenditure was £2,030,351 which was 9% below budget (£2,235,970), this was an increase of 7% on expenditure in 2021 (£1,900,422). At year-end we had a deficit of £264,595. This was 34% less than we had budgeted for (-£399,462), 23% higher than the deficit recorded in 2021 (£-214,361).

Direct charitable expenditure was 81p in every £1 spent (84p in 2021).

Government Grants

The charity claimed £43,319 from the Government's Covid Medical Research Charity Support Fund (BEIS) to support early career researchers. The charity made use of the Government's Kickstart Scheme to fund digital jobs for six months for 16 to 24-year-olds on Universal Credit. £4,912 was claimed under this scheme.

Investment Policy

Under the Memorandum and Articles of Association, the charity has the power to invest in any way the trustees see fit. The trustees, in order to minimise risk and having regard to the liquidity requirements of the charity, and to the reserves policy, have historically operated a policy of keeping available funds in a higher interest-bearing deposit account seeking to achieve a rate of deposit interest which matches or exceeds inflation as measured by the retail prices index.

The trustees have regularly reviewed opportunities to increase investment return from short-term, easy access, options bearing in mind the desire to ensure that we can react quickly to appropriate requests for additional research support as they arise.

The trustees are also conscious of on-going cash-flow requirements during a challenging time where historical fundraising methods are raising less income and where new methods of fundraising are being tested at higher cost.

All things considered, the trustees believe it appropriate to continue to explore investment opportunities as they present themselves, with a view to maximising return on its deposits.

With interest rates rising in 2022, the Board felt it important to consider whether there was opportunity to deposit surplus cash into short-term, higher interest-bearing bank accounts to maximise return. To this end, the charity opened a CAF (Charities Aid Foundation) Charity Deposit Platform account, provided by Flagstone, which gives access to around 80 notice and fixed term accounts with 20+ banks. The interest rates offered via this platform are better than can be obtained by the charity approaching the banks individually. Accounts created on the Flagstone platform with onshore UK banks provide the same FSCS protection as if the deposit had been placed directly with that bank. An annual management fee of 0.225% of account balance is charged. This platform will be set-up in 2023.

Reserves Policy

To safeguard the need for sufficient funds to cover on going management, administration, and support costs, as well as respond to further grant requests that might arise, the Board aims to maintain unrestricted, free reserves at a level that equals 3-6 months of operating and charitable expenditures, which equates to between £474,894 and £949,788.

During financial year 2022, total expenditure was £2,030,351. Allowing for adjustments and forward research commitments, the charity's expenditures for financial year 2023 are likely to be in the region of £1,899,576. At 31st December 2022, the charity held free reserves (unrestricted reserves less fixed assets) of £2,501,975. This is the equivalent of approximately 15.8 months operating and charitable expenditures.

The trustees are committed to strengthening existing income streams whilst diversifying fundraising activities to reduce reliance on single sources. It is accepted that this will take investment in activities where the accuracy of predicting response rates, in terms of volume or value of gift, will be more challenging in the first instance.

Current reserves, whilst in excess of those anticipated, will enable us to navigate these more challenging times whilst diversifying income generation and developing the charity's objective activities, for future sustainability.

Going concern

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern. The trustees have made this assessment for a period of at least one year from the date of the approval of these financial statements having considered known commitments, forecasts and projections and possible pressures on income generation. After making these considerations, the trustees conclude that there is a reasonable expectation that the charitable company has adequate resources to continue in operational existence for the foreseeable future. The charitable company therefore continues to adopt the going concern basis in preparing the financial statements.

Our focus in 2022 and beyond

The pandemic showed us the need to be agile, integrated, and adaptive in our approach. The past couple of years have been incredibly challenging and with the ongoing cost of living crisis we need, more than ever, to be resourceful and innovative in our approach.

We are experiencing rising costs in all of our charitable and fundraising activities due to inflation, at the same time our individual donors are reviewing their own outgoings and tightening their belts; and corporate partnership and grant funding opportunities are in short supply and all the more competitive. Ironically, at this time of financial uncertainty for everyone, more people than ever are turning to charities for their support.

As we approach our 25th anniversary in 2023, we are intent on reversing the negative impact that both the pandemic and the current economic climate have had on our ability to diversify and develop our fundraising portfolio and deliver Wellness programmes that meet the needs of the diabetes community and the healthcare professionals that look after them.

Our focus is very much on ensuring that we have the necessary funds to build a resilient and sustainable organisation that can meet the ongoing, and ever-changing, needs of our beneficiaries.

To do this effectively, we plan to –

- Restructure our supporter database to ensure that we are taking a personalised approach to stewardship of our beneficiaries and donors recognising that there are increasing financial pressures on our supporters; we anticipate that recruitment of new supporters will be more difficult, so retention and good stewardship of existing supporters is ever more important.
- Review our current Wellness Programme activities to ensure that they meet need and deliver impactful outcomes whilst maximising opportunity for DRWF to engage in partnerships that deliver revenue and benefit for all parties.
- Effect organisational change within the charity to create cost-efficiencies and make for an organisation that can navigate the ongoing challenges and is robust and fit for the future.

Reference and Administrative Details

Charity Number:	1070607
Company number:	03496304
Registered Office:	Building 1000 Langstone Park Havant, Hampshire PO9 1SA Tel: 023 92 637808 Website: drwf.org.uk
Trustees & Directors:	Mr W. Michael Gretschel (Chairman) Mr John Alahouzos Mrs Valerie Hussey Mr Jeffrey Harab (retired April 2022) Mr Steve Jones (elected October 2019) Dr Shivani Misra (elected January 2020) Mr Christian Gretschel (elected May 2022)
Chief Executive:	Mrs Sarah Tutton (Bone)

Advisers

Bankers:	Barclays Bank Plc 1 Churchill Place London E14 5HP
Solicitors:	Blake Morgan LLP New Kings Court Tollgate Chandlers Ford Eastleigh SO53 3LG
Secretary:	Blake Morgan Company Secretary Services
Auditors:	6 th Floor, 9 Appold Street LONDON EC2A 2AP

Structure, Governance & Management

Governing Document - The Diabetes Research and Wellness Foundation, also known as DRWF, is a registered charitable company (Registered Charity No. 1070607 and Company No 03496304) limited by guarantee and governed by its Memorandum and Articles of Association dated 15 January 1998 and amended by special resolutions passed on 15th June 1998, 2nd December 2001 and 24th April 2005.

Recruitment & Appointment of Trustees - The charity trustees are also the directors of the company for the purposes of company law.

As dictated by the charity's Articles of Association, directors are appointed by the Company Members. Any person desiring to be admitted to the membership of the company is required to apply in writing. No person shall be admitted until approved by resolution passed in accordance with the Articles of Association by the existing members, who hold absolute discretion as to the admission of any person.

The Trustees of the charity, being mindful that the board should offer a diversity of skills to fulfil statutory and fiduciary duties, are open to recommendations for new board members.

The business and medical/health related skills within the existing board member pool are supported by personal experience of diabetes, which assists the board in ensuring that objective activities meet beneficiary need.

Additionally, the board is supported in its decision-making processes by a Research Advisory Board, which has an independent Chairman. The RAB members review applications and make recommendation for research funding awards. An Editorial Advisory Board provides support to the provision of health and social care information. Both boards are made up of clinicians, scientists and other 'experts' in the field of diabetes and related health and strengthen the services that the charity offers its beneficiaries.

All board members are subject to 'conflict of interest' policies and processes.

Trustee Induction and Training – Newly elected Trustees receive an Induction Pack that outlines the role and responsibilities of the Trustee, along with a history of the structure and purpose of the charity.

The pack includes a copy of the governing document and contact details of all board members. There is also an outline of the Chairman of the Board's role and responsibilities along with details of the executive officer taking responsibility for the daily management of the charity. Trustees are required to comply with the eligibility requirements set out by Charity Commission and to review and update an annual Register of Interests.

Trustees are kept up to date with various governance publications and notices from appropriate professional advisory memberships. Additionally, trustees might be advised of appropriate governance courses that they may benefit from attending to ensure diversity and continuity of knowledge and skills within the Board.

Newly elected trustees are invited to attend a Review Meeting with the chair, after an agreed time lapse, in order to feedback their first impressions and address any concerns. Trustees are actively encouraged to participate in the charity's outreach programme of educational events.

Organisation - The strategic direction and policy of the charity is the responsibility of the Board of Trustees. During 2022 six trustees served on the Board, from a variety of professional backgrounds relevant to the work of the charity. The Board meets routinely throughout the year post-quarter end to review activities and management accounts. Additional meetings are organised as required. Historically, the Board would meet at least once per year in person however this changed during the Covid-19 pandemic due to travel restrictions, with all meetings being held virtually. This continued during 2022 and there were no meetings in-person during the year.

The Chief Executive carries out the daily operations of the charity and is responsible to the Board of Trustees.

Connected & Related Parties – DRWF co-operates on several intellectual matters including sharing articles and reports with the Diabetes Research and Wellness Foundation Inc., a 501C3 Not for Profit Company operating in the United States; Association pour la recherche sur le diabete (A-rd) in France; Insamlingsstiftelsen Diabetes Wellness Network Sverige (Sweden); Diabetes Wellness Suomi (Finland) and Diabetes Wellness Norge (Norway). These organisations are completely autonomous and independent with no legal connections.

- Mr. W. Michael Gretschel is the Chairman of the Board of Trustees of the Diabetes Research and Wellness Foundation and is the volunteer President of the Diabetes Research and Wellness Foundation Inc (USA) but does not serve on its board of directors. He is also a Board member of A-rd (France), DWNS (Sweden), DWS (Finland) and DWN (Norway).
- Mr. John Alahouzos is the Chairman of the Diabetes Research and Wellness Foundation Inc (USA) and serves on the Board of Trustees of the Diabetes Research and Wellness Foundation. He also is a Board member of A-rd (France), DWNS (Sweden), DWS (Finland) and DWN (Norway).
- Mrs. Valerie Hussey sits on the Board of Trustees of Diabetes Research & Wellness Foundation and is also an 'alternate member' on the Board of DWNS (Sweden).
- The Chief Executive of the Diabetes Research & Wellness Foundation, Sarah Tutton, sits on the Board of DWN (Norway).

Links between these independent organisations, has proved invaluable to the charity in helping to strengthening it's international presence, for the purpose of supporting diabetes research programmes and global awareness activities.

A Register of Interests for Board Members and Key Management Personnel is maintained and reviewed on an annual basis.

Remuneration Policy for senior staff - The Trustees, who are also the directors, and the Chief Executive Officer comprise the key management personnel of the charity in charge of directing and controlling, running and operating the charity on a day-to-day basis.

All trustees give their time freely and no trustee received remuneration in the year. Details of trustees' expenses and related party transactions are disclosed in note 13 to the accounts.

The salary of all staff, including the chief executive officer, is reviewed annually and normally increased in accordance with average earnings. In view of the nature of the charity, its size and structure, the trustees undertake a benchmarking exercise, using online research/tools, comparing the charity's salaries against pay levels offered for similar roles within other charities and companies.

The benchmark is the mid-point of the range paid for these similar roles with consideration given to workload, level of responsibility, anticipated rate of inflation and other published research on third sector rates of pay.

The charity considers that its remuneration policy –

- Ensures delivery of the charity's objectives
- Attracts and retains a motivated workforce with the skills and expertise necessary to ensure organisational effectiveness.
- Is equitable and coherent across the organisation.
- Reflects the purposes, aims and values of the charity.
- Ensures that pay levels and pay increases are appropriate in the context of the interests of our beneficiaries.

Risk Management – The Trustees have examined the major strategic, business, reputational and operational risks that the charity faces. This involves identifying specific risks; assessing their likelihood of occurrence and potential impact; determining what steps could be taken to mitigate those risks and delegating responsibility to key staff for overseeing management of the associated controls. The risk register is reviewed annually to ensure the adequacy of internal control mechanisms.

Our approach to risk assessment and management is evidenced across the organisation and throughout our activities. The risk register was formally scored by all trustees in early December and resulting risks discussed at a Board meeting held on 22nd December.

The Board considers that the major risks facing the charity at present, are –

- Fundraising and dependency on single income streams
- Competition
- Business continuity

The past few years have been incredibly challenging for all charities, with clear impact on fundraising activities and attrition in channels that, historically, have been very solid in their return. The charity is focused on diversifying activities to reduce reliance on unpredictable or single income streams with our Core Fundraising Group meeting monthly to review and develop strategy and operational plans to support this.

The fundraising landscape is highly competitive at present, with more charities than ever applying for grant funding; individual donors reviewing their financial commitments because of the rising cost of living; and legacy income, which is an entirely unpredictable income source, contributing a higher percentage than ever of our overall income.

We are mindful that fluctuations in income could impact on our ability to deliver direct charitable activities, and so remain agile in our approach to protect our aims and objectives. We are monitoring income and expenditure very closely and endeavour to scale back expenditure in line with income generation where possible.

The trustees consider that the Charity has robust internal procedures, systems and processes and believe that risk assessment is embedded throughout the organisation.

Trustees' responsibilities in relation to the financial statements – The trustees, who are also directors of Diabetes Research and Wellness Foundation for the purposes of company law, are responsible for preparing the trustees' annual report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice.)

Company law requires trustees to prepare financial statements for each financial year that give a true and fair view of the state of the affairs of the charitable company and of the outgoing resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently.
- observe the methods and principles in the Charities SORP.
- make judgements and estimates that are reasonable and prudent.
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements.
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In so far as the trustees are aware:

- there is no relevant audit information of which the charitable company's auditor is unaware; and
- the trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditor is aware of that information.

Auditors – Moore Kingston Smith LLP have indicated their willingness to continue in office and are deemed to be reappointed in accordance with section 487(2) of the Companies Act 2006.

Small Company Exemption – This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

On Behalf of the Trustees



Michael Gretschel Chairman

08 / 06 / 2023

Dated

INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF DIABETES RESEARCH & WELLNESS FOUNDATION

Opinion

We have audited the financial statements of Diabetes Research & Wellness Foundation ('the company') for the year ended 31 December 2022 which comprise the Statement of Financial Activities, the Summary Income and Expenditure Account, the Balance Sheet, the Cash Flow Statement and notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including FRS 102 'The Financial Reporting Standard Applicable in the UK and Republic of Ireland' (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 December 2022 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's Responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The other information comprises the information included in the annual report, other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information contained within the annual report. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements, or our knowledge obtained in the course of the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the trustees' annual report for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the trustees' annual report has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the company and its environment obtained in the course of the audit, we have not identified material misstatements in the trustees' annual report.

We have nothing to report in respect of the following matters where the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; [or]
- we have not received all the information and explanations we require for our audit. [or]
- the trustees were not entitled to prepare the financial statements in accordance with the small companies' regime and take advantage of the small companies exemption in preparing the trustees' annual report and from preparing a strategic report.

Responsibilities of trustees

As explained more fully in the trustees' responsibilities statement set out on page 24, the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Auditor's Responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

As part of an audit in accordance with ISAs (UK) we exercise professional judgement and maintain professional scepticism throughout the audit. We are also:

- Identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from

error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.

- Obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purposes of expressing an opinion on the effectiveness of the charitable company's internal control.
- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by the trustees.
- Conclude on the appropriateness of the trustees' use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the charitable company's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our auditor's report to the related disclosures in the financial statements or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of our auditor's report. However, future events or conditions may cause the charitable company to cease to continue as a going concern.
- Evaluate the overall presentation, structure and content of the financial statements, including the disclosures, and whether the financial statements represent the underlying transactions and events in a manner that achieves fair presentation.

We communicate with those charged with governance regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that we identify during our audit.

Explanation as to what extent the audit was considered capable of detecting irregularities, including fraud

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below.

The objectives of our audit in respect of fraud, are to identify and assess the risks of material misstatement of the financial statements due to fraud; to obtain sufficient appropriate audit evidence regarding the assessed risks of material misstatement due to fraud, through designing and implementing appropriate responses to those assessed risks; and to respond appropriately to instances of fraud or suspected fraud identified during the audit. However, the primary responsibility for the prevention and detection of fraud rests with both management and those charged with governance of the charitable company.

Our approach was as follows:

- We obtained an understanding of the legal and regulatory requirements applicable to the charitable company and considered that the most significant are the Companies Act 2006, the Charities Act 2011, the Charity (FRS102) SORP, and UK financial reporting standards as issued by the Financial Reporting Council
- We obtained an understanding of how the charitable company complies with these requirements by discussions with management and those charged with governance.
- We assessed the risk of material misstatement of the financial statements, including the risk of material misstatement due to fraud and how it might occur, by holding discussions with management and those charged with governance.
- We inquired of management and those charged with governance as to any known instances of non-compliance or suspected non-compliance with laws and regulations.

- Based on this understanding, we designed specific appropriate audit procedures to identify instances of non-compliance with laws and regulations. This included making enquiries of management and those charged with governance and obtaining additional corroborative evidence as required.

There are inherent limitations in the audit procedures described above. We are less likely to become aware of instances of non-compliance with laws and regulations that are not closely related to events and transactions reflected in the financial statements. Also, the risk of not detecting a material misstatement due to fraud is higher than the risk of not detecting one resulting from error, as fraud may involve deliberate concealment by, for example, forgery or intentional misrepresentations, or through collusion.

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to any party other than the charitable company and charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.

Moore Kingston Smith LLP

Neil Finlayson (Senior Statutory Auditor)

for and on behalf of Moore Kingston Smith LLP, Statutory Auditor

Date: 8 June 2023

6th Floor
9 Appold Street
London
EC2A 2AP

Diabetes Research and Wellness Foundation
Statement of Financial Activities (Incorporating the Summary Income and Expenditure Account)
For the year ended 31 December 2022

		Unrestricted Funds £	Restricted Funds £	2022 TOTAL £	Unrestricted Funds £	Restricted Funds £	2021 TOTAL £
Income	Note						
Donations and Legacies	2	1,536,268	51,984	1,588,252	1,530,774	15,286	1,546,060
Charitable Activities	3	149,478	-	149,478	119,664	-	119,664
Other Charitable Trading Activities	4	12,865	-	12,865	15,219	-	15,219
Investments		2,704	-	2,704	250	-	250
Income from Charitable Activities		1,701,315	51,984	1,753,299	1,665,907	15,286	1,681,193
Other Income	5	12,457	-	12,457	4,868	-	4,868
Total Income		1,713,772	51,984	1,765,756	1,670,775	15,286	1,686,061
Expenditure On:							
Raising Funds	6	390,936	-	390,936	311,127	-	311,127
Charitable Activities	7	1,572,554	66,861	1,639,415	1,589,295	-	1,589,295
Other		-	-	-	-	-	-
		1,963,490	66,861	2,030,351	1,900,422	-	1,900,422
Net Income		(249,718)	(14,877)	(264,595)	(229,647)	15,286	(214,361)
Transfer between Funds	20	-	-	-	-	-	-
Net Movement in Funds		(249,718)	(14,877)	(264,595)	(229,647)	15,286	(214,361)
Total Funds brought forward		2,751,693	23,542	2,775,235	2,981,340	8,256	2,989,596
Total funds carried forward at 31 December 2022		2,501,975	8,665	2,510,640	2,751,693	23,542	2,775,235

There were no recognised gains or losses other than the deficit reported for the financial year. All activities in the year relate to continuing operations.

The accompanying notes form an integral part of these financial statements.

Diabetes Research and Wellness Foundation
Balance Sheet
As at 31 December 2022

	Note	2022 £	2022 £	2021 £	2021 £
Fixed Assets					
Tangible Assets	16				
			5,841		6,535
Current Assets					
Debtors	17	1,205,599		541,825	
Cash at bank and in hand		<u>1,703,863</u>		<u>2,708,728</u>	
		2,909,462		3,250,553	
Creditors : Amounts falling due within one year	18	<u>(404,663)</u>		<u>(481,853)</u>	
Net Current Assets			<u>2,504,799</u>		<u>2,768,700</u>
Total Net Assets			<u><u>2,510,640</u></u>		<u><u>2,775,235</u></u>
Reserves					
Restricted Fund	20		8,665		23,542
General Reserve	20		<u>2,501,975</u>		<u>2,751,693</u>
			<u><u>2,510,640</u></u>		<u><u>2,775,235</u></u>

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime within Part 15 of the companies Act 2006 and with the Financial Reporting Standard FRS 102 SORP (effective January 2015)

The financial statements were approved, and authorised for distribution, by the Trustees on 08/06/2023 and signed on their behalf by:



..... Trustee
Michael Gretschel

The accompanying notes form an integral part of these financial statements

Company number: 03496304

Diabetes Research and Wellness Foundation
Statement of Cash Flows
For the year ended 31 December 2022

	Note		2022 £	2021 £
Cash used in Operating Activities	24		(1,005,546)	(448,411)
Cash Flows from Investing Activities		Interest on Bank Deposit	2,704	250
		Fixed Assets	<u>(2,023)</u>	<u>(4,016)</u>
			681	(3,766)
Cash Flows from Financing Activities			0	0
Change in cash and cash equivalents in the year			<u>(1,004,865)</u>	<u>(452,177)</u>
Cash and cash equivalents brought forward 1st January			2,708,728	3,160,905
Cash and cash equivalents at 31st December 2022			<u><u>1,703,863</u></u>	<u><u>2,708,728</u></u>

Diabetes Research and Wellness Foundation
Notes to the Financial Statements
For the year ended 31 December 2022

1 Accounting Policies

The financial statements have been prepared in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102). The Charitable Company is a public benefit company for the purposes of FRS 102 and therefore the Charity also prepared its financial statements in accordance with the Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (The FRS 102 Charities SORP), the Companies Act 2006 and the Charities Act 2011.

The trustees have assessed whether the use of the going concern basis is appropriate and have considered possible events or conditions that might cast significant doubt on the ability of the charity to continue as a going concern. The trustees have made this assessment for a period of at least one year from the date of approval of the financial statements. In particular the trustees have considered the charity's forecasts and projections and have taken account of pressures on donations income. After making enquiries the trustees have concluded that there is a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. The charity therefore continues to adopt the going concern basis in preparing its financial statements.

The financial statements are prepared in sterling, which is the functional currency of the company. Monetary amounts in these financial statements are rounded to the nearest pound. The financial statements have been prepared on the historical cost convention, modified to include certain financial instruments at fair value. The principal accounting policies adopted are set out below.

Critical accounting estimates and areas of judgement

In the view of the trustees in applying the accounting policies adopted, no judgements were required that have a significant effect on the amounts recognised in the financial statements nor do any estimates or assumptions made carry a significant risk of material adjustment in the next financial year.

The principal accounting policies of the company are set out below:

Income

Income is included on an accruals basis except that donations under gift aid together with the associated income tax recoveries are credited as income when the donations are received. Membership Subscriptions are apportioned across the membership subscription period.

Legacies

Legacies are recognised following probate and once there is sufficient evidence that receipt is probable and the amount of the legacy receivable can be measured reliably. Where entitlement to a legacy exists but there is uncertainty as to its receipt or the amount receivable, details are disclosed as a contingent asset until the criteria for income recognition are met.

Public Donations and Gifts-in-Kind

Incoming resources in the form of Gifts-in-Kind are included in the Statement of Financial Activities only when assets donated to the charity are distributed. Gifts-in-Kind are donations of commodities directly usable in charitable programmes, such as food, blankets, books, agricultural and medical supplies. The Charity has an internationally recognised and accepted monitoring programme in place to ensure that commodities are appropriately valued at wholesale or less, culturally appropriate for the designated programme, and can be both properly shipped and distributed gratis to the designated beneficiaries.

Gift Aid Repayments

Income from gift aid repayment claims is only included for claims which have been submitted for tax periods ending on or before the year end and when the receipt of this income is certain.

Diabetes Research and Wellness Foundation
Notes to the Financial Statements (Continued)
For the year ended 31 December 2022

1 Accounting Policies (continued)

Expenditure

Expenditure, which is charged on an accruals basis, is allocated between:

- expenditure incurred directly in the effort to raise voluntary contributions (cost of generating funds);
- expenditure incurred directly to the fulfilment of the charity's objectives (charitable expenditure);

Charitable expenditure comprises all the expenditure incurred by the charity in meeting its charitable objectives and is further analysed between:

- grants payable in the furtherance of the charity's objectives
- costs of activities in furtherance of the charity's objectives
- support costs of the charity

Cost Apportionment

Where items of expenditure involve more than one cost category these costs have been apportioned on a reasonable basis as determined by the trustees. One particular area where the cost is material to the charity is in the production and distribution of direct mailings.

One of the purposes of the mail shot is to develop a database of names of people with a particular interest in the activities of the charity and its charitable objects. It is held that individuals who make a £10 or greater donation, in response to the mailing, have a degree of interest in diabetes. They are interested because they suffer from diabetes, know somebody who does or could themselves be at risk of developing the condition. These are precisely the people whom the charity is trying to help and consequently they receive the benefits of the educational material provided by the charity. These high interest individuals constitute 25% of the total responses; so the charity allocates 25% of the cost of the mailing to costs in furtherance of the charity's objects.

Furthermore the remaining expenditure has been allocated on the basis of whether the educational content of the individual mailing is significantly high enough so as to be material. When this holds true the remaining cost of the mailing is allocated on a pro-rata basis comparing the educational content (costs in furtherance of the charity's objects) to the fund raising content (costs of generating funds). The educational content is determined by the amount of text and space on each mailing that is dedicated to material of an educational nature.

Telemarketing expenditure is allocated in a consistent manner with mailings, as described above, hence the charity allocates 25% of the cost of the telemarketing calls to costs in furtherance of the charity's objectives, with the remaining expenditure allocated on the basis of whether the time spent during the telephone call is in accordance with the charity's objects or otherwise.

Fund raising expenditure i.e. Text that may induce a donation from the recipient, is allocated upon the basis of the volume of the text and space that is not related to text of an educational nature.

Support costs comprise all other overhead costs for the running of the charity as an organisation.

Fund Accounting

Designated funds are unrestricted funds earmarked by the Trustees for particular purposes. The aim and use of each fund is set out in the notes to the financial statements.

Unrestricted funds are donations and other incoming resources received or generated for expenditure on the general objectives of the charity.

Restricted funds are donations received from a donor who has specified a particular area of the charity's work to which the donation should be allocated.

Diabetes Research and Wellness Foundation
Notes to the Financial Statements (Continued)
For the year ended 31 December 2022

1 Accounting Policies (continued)

Grants Payable

Grants are recognised when they become due for payment. Included within the Statement of Financial Activities is the cost of grant instalments that are payable to charitable organisations / individuals in accordance with the charity's governing instruments, together with any grants payable for the year, but not paid by the year end date. The value of grants awarded which are subject to the completion of a future year's performance is disclosed as a Financial Commitment in Note 18.

Tangible Fixed Assets and Depreciation

Depreciation is calculated to write down the cost less estimated residual value of all tangible fixed assets held for charity use by equal annual instalments over their expected useful economic lives. The rates generally applicable are:

Office equipment, fixtures and fittings	5-7 years straight line
---	-------------------------

All tangible fixed assets costing more than £250 are capitalised at their cost to the charity.

Foreign Currencies

Transactions in foreign currencies are translated at the exchange rate ruling at the date of the transaction. Monetary assets and liabilities in foreign currencies are translated at the rates of exchange ruling at the balance sheet date. All exchange differences are dealt with through the statement of financial activities.

Leasing Commitments

Rentals payable under operating leases are charged against income on a straight line basis over the lease term.

Other Financial Instruments

i. Cash and cash equivalents

Cash and cash equivalents include cash at banks and in hand and short term deposits with a maturity date of three months or less.

ii. Debtors and Creditors

Debtors and creditors receivable or payable within one year of the reporting date are carried at their at transaction price. Debtors and creditors that are receivable or payable in more than one year and not subject to a market rate of interest are measured at the present value of the expected future receipts or payment discounted at a market rate of interest.

Diabetes Research and Wellness Foundation
Notes to the Financial Statements (Continued)
For the year ended 31 December 2022

2	Donations and Legacies	2022 £	2021 £			
	Donations	759,181	654,919			
	Lottery Programme	8,518	8,605			
	Legacies Received	820,553	882,536			
		<u>1,588,252</u>	<u>1,546,060</u>			
	Included in the above are restricted donations of £51,984 (2022: £15,286)					
3	Charitable Activities	2022 £	2021 £			
	Grants Received	48,231	20,548			
	Gift Aid Receipts	101,247	99,116			
		<u>149,478</u>	<u>119,664</u>			
4	Other Charitable Trading Activities	2022 £	2021 £			
	Membership Subscriptions	9,336	10,223			
	Event Fees and Sponsorship	3,529	4,996			
		<u>12,865</u>	<u>15,219</u>			
5	Other income	2022 £	2021 £			
	Miscellaneous Income	12,457	4,868			
		<u>12,457</u>	<u>4,868</u>			
6	Fund Raising Costs	2022 £	2021 £			
	Caging	185,106	139,103			
	Carriers	2,086	1,064			
	Computer Charges	5,811	5,489			
	Lettershop and Data	6,353	10,183			
	Postage and Shipping	42,000	34,346			
	Printing	6,153	7,996			
	Publicity	1,533	2,286			
	Marketing Costs	3,025	100			
	Community Fundraising	16,259	7,439			
	Mail Pack Premiums	31,949	15,491			
	Lottery Costs	3,847	3,866			
	Staff Costs (see Note 12)	72,089	70,353			
	Sweepstake Winners	14,725	13,411			
		<u>390,936</u>	<u>311,127</u>			
7	Charitable Activities	2022 Direct Expenditure (Note 10) £	2022 Grants Awards (Note 8) £	2022 Gifts in Kind (Note 9) £	2022 Support Costs (Note 11) £	2022 Total £
	Research into the Relief of Diabetes	-	275,857	-	402,394	678,251
	Raising Public Awareness of Diabetes	961,164	-	-	-	961,164
		<u>961,164</u>	<u>275,857</u>	<u>-</u>	<u>402,394</u>	<u>1,639,415</u>
		2021 Direct Expenditure (Note 10) £	2021 Grants Awards (Note 8) £	2021 Gifts in Kind (Note 9) £	2021 Support Costs (Note 11) £	2021 Total £
	Research into the Relief of Diabetes	-	372,177	-	397,316	769,493
	Raising Public Awareness of Diabetes	819,802	-	-	-	819,802
		<u>819,802</u>	<u>372,177</u>	<u>-</u>	<u>397,316</u>	<u>1,589,295</u>

Diabetes Research and Wellness Foundation
Notes to the Financial Statements (Continued)
For the year ended 31 December 2022

8 Grant Awards	2022 £	2021 £
University of Oxford	133,024	122,386
University of Exeter (previously Kings's College London) – Non Clinical Fellowship 2018		64,978
Cardiff University - Non Clinical Fellowship 2021	59,563	64,978
Association pour la Recherche sur la Diabete	200	900
University of Exeter - 2021 Pump Priming Award		19,989
University of Exeter - 2021 Pump Priming Award		20,000
University of Oxford - 2021 Pump Priming Award		19,985
University of Roehampton - 2021 Pump Priming Award		20,000
Nottingham Trent University - 2021 Pump Priming Award		19,760
Newcastle University - 2021 Pump Priming Award		19,962
University of East Anglia - Clinical Fellowship 2021	72,418	
University College London - Non Clinical Fellowship 2022	10,722	
	<hr/> 275,927	<hr/> 372,938
Less: Unclaimed grants written back	(70)	(761)
	<hr/> <u>275,857</u>	<hr/> <u>372,177</u>

Diabetes Research and Wellness Foundation
Notes to the Financial Statements (Continued)
For the year ended 31 December 2022

9 Gifts-in-Kind

The following donations made during the year were claimed as Gifts-in-Kind and are valued in accordance with current market conditions prevailing when the gift was made.

Number of Shipments	Gifts-in-Kind value	Shipping Costs	2022 Total	2021 Total
-	-	-	-	-
-	-	-	-	-

10 Direct Charitable Expenditure

	2022 £	2021 £
Staff Costs (see Note 12)	396,767	378,118
Postage	203,382	163,383
Printing	68,803	87,870
Publicity	11,726	15,183
Mail Pack Premiums	194,318	119,918
Educational Events	49,752	18,141
Carriers	12,684	8,241
Grant Costs	2,083	819
Lettershop and Data	21,649	28,129
	<u>961,164</u>	<u>819,802</u>

11 Support Costs

	2022 £	2021 £
Other Staff Costs	2,048	2,051
Professional Costs	16,755	29,665
Management Charge	159,771	141,810
Office Expenses	66,995	84,748
Establishment Expenses	47,123	43,881
Bank Charges and Interest Paid	3,984	3,444
Foreign Exchange (Loss)	5,265	3,998
Depreciation	2,717	2,281
Irrecoverable VAT	72,333	65,877
Amounts paid to Auditors	22,284	15,022
Company Secretarial Fees	350	350
Other Overhead Costs	2,769	4,189
	<u>402,394</u>	<u>397,316</u>

Support Costs are allocated to the Charitable expenditure of the charity in proportion to the direct cost of the activity

12 Wages and Salaries

	2022 £	2021 £
Wages and Salaries	419,928	404,366
Social Security Costs	35,139	31,241
Pension Costs	13,789	12,864
	<u>468,856</u>	<u>448,471</u>

The key management personnel of the charity are the Trustees and the CEO. The total amount paid for key management personnel was £72,124 (2021: £70,339).

	2022 No.	2021 No.
The number of higher paid employees was in the band:		
£60,000 - £70,000	1	1

Pension contributions payable for the above individual was £2,776 (2021: £2,722).

The average number of full-time equivalent employees during the year was 12.9 (2021: 12.5).

Diabetes Research and Wellness Foundation
Notes to the Financial Statements (Continued)
For the year ended 31 December 2022

13 Payments to Trustees

No trustee or person with a family or business connection with a trustee, received remuneration in the year, directly or indirectly, from the charity.

Trustee Expenses for Travel and Meeting Costs were £nil (2021: £nil) of which £nil (2021: £nil) was reimbursed directly to nil (2021: nil) Trustees.

14 Surplus of Income over Expenditure	2022	2021
	£	£
The surplus of income over expenditure is stated after charging:		
Auditors' Remuneration:		
- Audit Fee relating to the Financial Year	21,090	15,500
- In respect of non audit services	1,140	1,965
Operating Lease rentals		
- Plant & Machinery	1,824	3,081
- Other Assets	24,090	28,000
Foreign Exchange Loss	5,265	3,998
Depreciation	<u>2,717</u>	<u>2,281</u>

15 Taxation

The company, being a registered charity, is not liable for corporation tax in respect of its operations for the year.

16 Tangible Fixed Assets for Charity Use

	Office equipment, fixtures and fittings
	£
Cost	
At 1 January 2022	35,004
Additions in Year	2,023
Disposals in Year	-
At 31 December 2022	<u>37,027</u>
Depreciation	
At 1 January 2022	28,469
Provided in the year	2,717
Eliminated on Disposal	-
At 31 December 2022	<u>31,186</u>
Net Book Value	
At 31 December 2022	<u>5,841</u>
At 31 December 2021	<u>6,535</u>

17 Debtors	2022	2021
	£	£
Trade Debtors	1,920	6,000
Other Debtors	19,144	25,013
Prepayments and Accrued Income	<u>1,184,535</u>	<u>510,812</u>
	<u>1,205,599</u>	<u>541,825</u>

All Debtors except prepayments are financial instruments and are measured at settlement value

Diabetes Research and Wellness Foundation
Notes to the Financial Statements (Continued)
For the year ended 31 December 2022

18 Creditors : Amounts falling due within one year

	2022 £	2021 £
Trade Creditors	124,587	71,390
Grants Payable (see below)	210,955	336,236
Accruals and Deferred Income	54,852	61,650
Tax and Social Security	14,269	12,577
Other Creditors	-	-
	<u>404,663</u>	<u>481,853</u>

Included within other creditors is a pension creditor of Enil (2021: Enil)

All Creditors except deferred Income are financial instruments and are measured at settlement value

Reconciliation of Grants Payable:

Commitments at 1 January 2022	336,236	205,741
Grants Payable for the Year (see Note 8)	275,857	372,177
Grants Paid during Year	<u>(401,138)</u>	<u>(241,682)</u>
	<u>210,955</u>	<u>336,236</u>

In addition to the amounts committed and accrued noted above, the trustees have also authorised the continuation of certain grants which are subject to the recipient fulfilling certain conditions. The details of these further commitments can be found in Note 22.

19 Deferred Income

	2022 £	2021 £
Deferred Income B/FWD 1st January 2022	5,972	4,040
Released to Income in Year	(5,972)	(4,040)
Income Deferred In Year	3,360	5,972
Deferred Income C/FWD 31st December 2022	<u>3,360</u>	<u>5,972</u>

Deferred Income comprises:

- Newsletter Membership Subscriptions which are renewable annually on a rolling 12 monthly basis
- Event Registration and Exhibition Fees received in advance of the event taking place
- Restricted Grants Received that will not be utilised until future periods

20 Reserves

	Balance at 1 January 2022 £	Transfer from General Reserve In Year £	Income in Year £	Expenditure in Year £	Net Movement in Year £	Balance at 31 December 2022 £
Restricted Fund relating to Diabetes Research	-	-	43,319	(43,319)	-	-
Restricted Fund relating to The Big Give Christmas Challenge	23,042	-	8,665	(23,042)	(14,377)	8,665
Restricted Fund relating to Diabetes Wellness Day Hartlepool	500	0	-	(500)	(500)	-
Designated Growth Fund	150,000	(150,000)	-	-	(150,000)	-
General Reserve	<u>2,601,693</u>	<u>150,000</u>	<u>1,713,772</u>	<u>(1,963,490)</u>	<u>(99,718)</u>	<u>2,501,975</u>
	<u>2,775,235</u>	<u>-</u>	<u>1,765,756</u>	<u>(2,030,351)</u>	<u>(264,595)</u>	<u>2,510,640</u>
	Balance at 1 January 2021 £	Transfer from General Reserve In Year £	Income in Year £	Expenditure in Year £	Net Movement in Year £	Balance at 31 December 2021 £
Restricted Fund relating to Diabetes Research	-	-	-	-	-	-
Restricted Fund relating to The Big Give Christmas Challenge	8,256	-	14,786	-	14,786	23,042
Restricted Fund relating to Diabetes Wellness Day Hartlepool	-	-	500	-	500	500
Designated Growth Fund	150,000	-	-	-	-	150,000
General Reserve	<u>2,831,340</u>	<u>-</u>	<u>1,670,775</u>	<u>(1,900,422)</u>	<u>(229,647)</u>	<u>2,601,693</u>
	<u>2,989,596</u>	<u>-</u>	<u>1,686,081</u>	<u>(1,900,422)</u>	<u>(214,361)</u>	<u>2,775,235</u>

During 2022 the charity participated in the Big Give Christmas Challenge 2022 to raise funds for the 2023 programme of Educational Events. The funds received in the year was £8,665 (2021 £14,786).

Net Assets by Fund

	Unrestricted £	Restricted £	Total £
Tangible Assets	5,841	-	5,841
Current Assets	2,909,797	8,665	2,909,482
Current Liabilities	<u>(404,663)</u>	<u>-</u>	<u>(404,663)</u>
	<u>2,501,975</u>	<u>8,665</u>	<u>2,510,640</u>

Diabetes Research and Wellness Foundation
Notes to the Financial Statements (Continued)
For the year ended 31 December 2022

21 Payments to Connected Charities

Connected Charity	Nature of Relationship	2022		2021		Nature of Transactions
		£ Total transactions in the year	£ Balance at the year end	£ Total transactions in the year	£ Balance at the year end	
Diabetes Research and Wellness Foundation Inc.	1	159,771	-	141,810	-	Management charges in relation to the sharing of articles and staff.
Association Pour La Recherche Sur La Diabete	2	200	-	900	-	This grant was made to assist with the funding of the Association's awareness and educational programmes.

Nature of Relationships

- 1 Diabetes Research and Wellness Foundation Inc. is completely separate and independent with no legal connections, but Mr. John Alahouzos sit on the Board of Trustees of the associated charity in the United States.
- 2 Association Pour La Recherche Sur La Diabete is completely separate and independent with no legal connections, but Mr W.M. Gretschei, Mr J. Alahouzos and Mr J. Harab (resigned 24th April 2022) sit on the Board of Trustees of the associated charity in France.

Further details regarding the relationship can be found in the Trustees Report.

22 Financial Commitments

The charity has financial commitments of £621,775 (2021: £575,884) for grants authorised but not accrued as expenditure for the year ended 31 December 2022, as they are subject to the recipient fulfilling certain conditions. The amounts payable are as follow:

	2022 £	2021 £
Payable in 2022	-	248,667
Payable in 2023	381,522	221,995
Payable in 2024	218,006	105,222
Payable in 2025	22,247	-
	<u>621,775</u>	<u>575,884</u>

23 Operating Leases

At 31st December 2022, the charity has commitments under operating leases as follows:

	2022 £ Within one Year	2022 £ Two to Five Years	2021 £ Within one Year	2021 £ Two to Five Years
Land and Buildings	28,000	21,633	28,000	49,633
Other Assets	2,946	3,946	2,946	4,598
Total	<u>30,946</u>	<u>25,579</u>	<u>30,946</u>	<u>54,231</u>

The charity's office lease commenced 9th October 2018 with a term of six years at a rent of £28,000.25 p.a. with two discounted periods of 10 months each, during which the rent payable was reduced by 50%. At the landlord's request the charity moved to a different office in the same location on 31st January 2023 with a new lease of 3 years and a discounted period of 3 months during which the rent payable was £nil.

24 Reconciliation of Net Movement in Funds to Net Cash Flow from Operating Activities

	2022 £	2021 £
Net Movement in Funds - Surplus/(Deficit)	(284,595)	(214,361)
Add back Depreciation Charge	2,717	2,281
Deduct Interest Income shown in Investing Activities	(2,704)	(250)
Decrease (Increase) in Debtors	(663,774)	(402,360)
Increase (Decrease) in Creditors	(77,190)	166,279
Net Cash used in Operating Activities	<u>(1,005,546)</u>	<u>(448,411)</u>

25 Members' Liability

The Foundation is a company limited by guarantee. On the event of winding up, the member's (5) (2021 - 5) liability is limited to £1.