

THE INSULIN DEPENDENT DIABETES TRUST

England & Wales · Charity number 1058284

Details

Other names	I D D T, INDEPENDENT DIABETES TRUST
Status	Registered
Legal form	Charitable company
Company number	03148360
Registered	1996-09-26
Register	View on the Charity Commission register

Contact

Address	210 Abington Avenue Northampton NN1 4PR
Phone	01604622837
Email	enquiries@iddtinternational.org
Website	www.iddt.org

Activities

Objects: 1) RELIEVE THE NEEDS OF INSULIN USERS AND THEIR CARERS, (ESPECIALLY THOSE USERS EXPERIENCING DIFFICULTY WITH HUMAN INSULIN) BY THE PROVISION OF CARE AND SUPPORT; 2) TO ADVANCE THE EDUCATION OF PATIENTS, CARERS AND PROFESSIONAL PEOPLE LOOKING AFTER THOSE WITH DIABETES, THE DEPT OF HEALTH AND OTHER RELEVANT BODIES; 3) TO PROMOTE AND ENCOURAGE OBJECTIVE AND BALANCED RESEARCH AND SURVEYS INTO HUMAN INSULIN AND ITS EFFECTS AND TO PUBLISH THE USEFUL RESULTS OF ANY SUCH RESEARCH OR SURVEYS

Activities: education and raising awareness of diabetes and choice of insulins

Classification

- **How:** Provides Services, Provides Advocacy/advice/information, Sponsors Or Undertakes Research
- **What:** The Advancement Of Health Or Saving Of Lives
- **Who:** Children/young People, Elderly/old People, People With Disabilities

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£338,744	£675,305	-	-
2023-12-31	£424,606	£906,728	-	-
2022-12-31	£913,110	£438,709	£3,174,546	4
2021-12-31	£405,806	£479,251	-	-
2020-12-31	£410,737	£545,844	-	-

Trustees

Name	Role	Appointed
Jennifer Mary Dixon Hirst	Chair	
Abban Qayyum		2026-05-08
Dr Mabel Blades		2026-03-02
JOHN BIRBECK		
Karen Merrey		2026-03-01
Kenneth Heard		2022-01-18
gill coleman		2018-12-10

THE INSULIN DEPENDENT DIABETES TRUST

England & Wales - Charity number 1058284

Accounts

. Registered Number: 3148360

Charity Number: 1058284

THE INSULIN DEPENDENT DIABETES TRUST

TRUSTEES' REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2024

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CHARITY INFORMATION

Trustees

Mrs J M D Hirst MBE, Co-Chair
 Dr M Kiln, Co-Chair
 Mr Abban Qayyum
 Ms C Baker
 Mr J Birbeck
 Mrs G Coleman
 Mr Ken Heard
 Mrs L Ingram

Company registered number

3148360

Charity registered number

1058284

Registered office

210 Abington Avenue
 Northampton
 Northamptonshire
 NN1 4PR

Bankers

Virgin Money
 7 Gold Street
 Northampton
 NN1 1EN

Investment advisors

MPA
 98 High Street
 Henley in Arden
 B95 5BY

Accountants

Paul Slater & Co
 1 Washington Street
 Northampton
 NN2 6NN

TRUSTEES' REPORT AND FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2024

Company and banking details etc

The Trustees present their annual report together with the financial statements of the Insulin Dependent Diabetes Trust (IDDT) for the year 1 January 2024 to 31 December 2024. The Annual Report serves the purpose of both a Trustees' report and a directors' report under company law. The Trustees confirm that the Annual Report and financial statements of the charitable company comply with the current statutory requirements, the requirements of the charitable company's governing document and the provisions of the Statement of Recommended Practice (SORP) applicable to charities preparing their accounts in accordance with the Financial Reporting Standard in the UK and Republic of Ireland.

Since the Company qualifies as small under section 382 of the Companies Act 2006, the Strategic report of medium and large companies under the Companies Act 2006 (Strategic Report and Directors' regulations 2013) have been omitted.

Objectives and activities

a. Policies and objectives

In setting and planning for activities, the Trustees have given due consideration to general guidance published by the Charity Commission relating to public benefit, including the guidance 'Public benefit, running a charity (PB2)'.

b. Strategies for achieving objectives

The purposes of the charity as set out in its governing document remain unchanged:

- To continue our activities to help children and their parents.
- To reach more people with Type 1 or Type 2 diabetes through publicity.
- To try to ensure that pork insulin continues to remain available for those who require it.
- To fund research aimed at improving the lives of people with diabetes now.
- To supply information booklets to health professionals at no charge to encourage them to give the booklets to their patients so they receive information and become aware of the help IDDT can offer.

c. Activities undertaken to achieve the objectives

In view of the economic climate during the year, the financial difficulties faced by the country and people generally, the Trustees recognised that while the purposes of the charity remain the same, some of our activities to achieve the aims and objectives had to be reduced or suspended. However, to the best of our ability, the following activities were carried out:

- To reach more people with Type 1 or Type 2 diabetes to offer information and support.
- To continue our activities to help children with diabetes and their parents with the provision of information to them and to teachers to enable them to better understand the needs of children with diabetes in schools.
- To ensure widespread distribution of existing booklets to provide insight, information and support with the aim of improving quality of life and reducing hospital admissions. This includes the supply of free information booklets to healthcare professionals to encourage them to give the booklets to their patients so they receive information and become aware of the help IDDT can offer.
- Continuing the promotion of the help the Charity can offer through letters to the editors of local newspapers.
- To increase advertising of key booklets in health professional journals.
- To continue to review the GDPR regulations and to ensure that IDDT is compliant.

- During 2024, IDDT continued to collect unwanted, in-date insulin and other diabetes items to send to help people with diabetes in Ukraine. Items to the value of over £500,000 were sent to Ukraine and the unsolicited cash donations sent by members were used to help with delivery costs and purchasing of blood glucose test strips to match the donated meters.
- During the first 3 months of 2024, IDDT continued the planned Facebook advertising campaign which was executed by a Media Marketing Company. IDDT's membership increased by around 600.
- In 2023, IDDT joined the Goodwill Partnership to offer 'Make Your Will for Free' to IDDT members, not the general public. This has attracted some members to make Wills and so it was continued during 2024 and will continue in 2025.
- To continue to try to ensure that continuous glucose monitoring and flash glucose monitoring is available to everyone who wishes to use this method of monitoring glucose levels.
- To continue to develop and update information booklets. In addition, with the success of previous 'Diabetes Diaries', a Diabetes Diary for 2025 was published and again has proved popular with our members.
- The number of people in the lottery has reduced slightly but this has produced an income for the Charity of around £10,000 during 2024. A Lottery Jackpot was organised for the end of the year and it was agreed to carry this out again in 2025.
- The IDDT booklets have continued to be extremely popular with people with diabetes and healthcare professionals and they are regularly reviewed and updated. As in previous years, the booklets relating to diet 'Diabetes – Everyday Eating' and 'Diet and Diabetes' have continued to be the most popular. We have sent out in the region of 160,000 booklets during 2024.
- The number of health professionals becoming members continues to increase showing that advertising in diabetes-related journals is successful so has continued during 2024. It means that increasing numbers of people with diabetes learn about IDDT from their healthcare professionals.
- The online shop has continued to be popular and the 'diabetes-friendly' socks have attracted many people and raised valuable funds.
- IDDT funded research continued to be suspended during 2024 due to the economic climate and the need to carry out policies that enable the Trust to grow.

d. Social Investment policies

The Charity continued to operate the policies and procedures document relating to fundraising and sponsorship for the Trust approved in 2015. The interest generated continues to assist in supporting the Charity's causes.

e. Grant-making policies

The Trust has made the decision to suspend research funding to safeguard the financial future of the Charity due to the country's financial uncertainties.

f. Main activities undertaken to further the Charity's purposes for the public benefit

The Charity works hard to promote various ways people can live with diabetes and lead a fulfilled and happy life. Our booklets and newsletters all extend help and support. Our helpline offers one to one assistance, the demand for which increases as a result of the reduced numbers of General Practice face to face appointments and hospital clinic appointments being delayed or cancelled.

Achievements and performance

a. Main achievements of the Charity

The main achievements during 2024 have been as follows:

Financial

- The income from legacies and donations was lower than in 2023.

- There has been an increase in the numbers of members paying by standing order and the number of members making larger donations continued to increase during 2024.
- The Lottery income remained static during 2024.

Membership

- Membership has increased during 2024, with the Facebook advertising playing a significant role in this.
- Membership of healthcare professionals has also increased and they continued to contact IDDT for copies of booklets during 2024 and in increasing numbers.
- It was clear that during 2023 and 2024 many people are not receiving medical/nursing help or advice they need to manage their diabetes, so the Charity has received many more requests for help, information or just an opportunity to talk from both members and non-members.

Footcare

- The number of requests from people with diabetes for help in relation to footcare was significant during 2024 as many people have still been unable to have their regular foot checks. Our booklet 'Looking After Your Feet' proved particularly useful by people with diabetes and podiatrists.
- The sale of special socks and neuropads to help people care for their own feet remained steady during the year.

Booklets, Newsletters and Type 2 & You

- A major part of our work is to support people living with diabetes and we have continued to receive requests for the above during 2024.
- The Newsletter and Type 2 & You have been sent out quarterly and continue to be well received.
- As a result of the good response to the Diabetes Diary 2024, a similar Diary was published for 2025.
- Shopping List continued to be sold during 2024, and especially before Christmas, to aid people with meal planning.
- In 2024 we again produced a Christmas brochure of items for sale. This included Christmas cards and we ordered slightly less cards this year as a result of the lower sales in previous years. However, we sold out of all 2024 cards and we believe this is due to the increase in members from the Advertising Campaign of 2023/24.

IDDT Annual Event

In September 2024, IDDT held its AGM and Event which was well attended by members and their families. The group discussions were popular and the speakers were well received and the feedback from delegates was that the day was very informative and enjoyable.

It was announced that Anne Aubin and Veronica Readman had resigned as Trustees during 2024 and in this report, we have to record the gratitude owed to both Anne and Veronica for all their work and support they have given to IDDT over their years of involvement.

Since the AGM in 2024, two new Trustees have been co-opted to the Board, they are Mabel Blades and Karen Merrey and the Charity is grateful to them.

Key performance indicators

The Key performance indicators include:

- Investments
- Legacy income
- Income from members
- Membership numbers

- Numbers of members with Type 1 diabetes, Type 2 diabetes, parents, carers and healthcare professionals
- Advertising and response rates
- IDDT funded research papers published
- Social media activity.

c. Review of activities

During 2024, the healthcare professional conferences regained their popularity after the pandemic and IDDT rebooked the same conferences as before the pandemic. For the first time in November and at no cost, IDDT sponsored the Diabetes Professional Conference (DPC), the largest health professional conference. As we expected, the attendance was high as it was free for healthcare professionals to attend and the subsequent requests for our booklets was also high. However, we continued with our advertising in professional journals which also resulted in increased requests for booklets which were much appreciated.

IDDT continues to keep an international presence. Providing information and support to people with diabetes wherever they live forms an important part of the Charity's activities. In addition, the Charity continues to provide information and support to people in need of porcine insulin.

IDDT is the UK arm of Insulin for Life and since 2022 IDDT has been collecting unwanted insulin and other diabetes items to help people with diabetes in Ukraine. During 2022, supplies worth over £400,000 were delivered into Ukraine and similar amounts were supplied during 2023 and 2024. Initially, delivery was carried out by a voluntary support system set up by local and Ukrainian people, but this has become more difficult to arrange during 2024. The Trustees would like to thank the individuals and health professionals who have made these donations and also the staff for their work in dealing with the unwanted items and packing for delivery into Ukraine. This work continues in 2025.

d. Factors relevant to achieve objectives

The short and longer term aims and objectives

- The Charity continues to publish a free quarterly Newsletter and a slightly shorter version called 'Type 2 & You' for people with Type 2 diabetes not taking insulin. People with Type 2 diabetes taking insulin and tablets receive both newsletters. We encourage people to access these online, but the majority of people prefer hard copy versions.
- The aim of the Charity still is to support research in line with its' aims by funding research that investigates ways of making life easier for those who already have diabetes. However, the Trustees carried forward to 2024 their decision to put all research funding on hold to safeguard the financial future of the Charity during the present financial uncertainties.
- To maintain the Charity's independence by encouraging voluntary donations and legacy income.

e. Fundraising activities and income generation

The Charity relies on grant aid from donors identified in the accounts and the Trustees are most appreciative of this support. There are minor fundraising activities which include Christmas card sales, books, and aids to help with caring for the feet.

f. Investment policy and performance

The Trustees have resolved to establish reserves for future activities and they have wide powers of investment. The policy on reserves is that establishing assets are retained to produce income, income which is wholly used to support existing activities. There is no intention in the long-term to either increase or reduce the capital held. The policy is justified in that it is necessary to preserve income at present levels in order to maintain the activities of the Charity.

During 2024, the investments remained the same to limit income fluctuations due to the economic climate, and this justifies the policy of safeguarding the Charity's future, especially as there never are any guarantees associated with legacy income.

Financial review

a. Going concern

The operations and business activities of the Charity have been impacted by the economic climate. However, after making appropriate enquiries, the Trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing the financial statements.

b. Reserves policy

IDDT complies with Charity Commission Guidelines

IDDT has a Research and Welfare Fund

- All monies donated for research are allocated to fund research at the time of the donation/legacy, but during 2024 no legacies were donated to the research fund.
- Monies not designated for research are allocated to the General Fund for welfare purposes.
- These allocations are made at the time of receipt.

Short-term and long-term investments

We have 5 to 10 year investments. All investments have the facility for easy access to funds. These are monitored through our investment portfolio and with regular meetings with our Financial Advisers.

Cash reserves

All legacy income is paid into IDDT's Legacy account and transfers are made as/when necessary to the current account for running expenses.

Day to day income

Cash, cheques and credit cards are paid into the current account with Virgin Money. Standing order payments are paid into a Barclays Bank current account and transferred into the Virgin Money current account on a regular basis. During 2024, Barclays Bank attempted to change the account details about which we disagreed and discussions are ongoing into 2025.

Lottery income

The Lottery income is paid into a stand-alone account and the profits paid into the Virgin Money Bank current account on a regular basis.

c. Principle risks and uncertainties

The Trustees cannot find any major risks to which the Charity is exposed each financial year when preparing and updating the strategic plan, in particular those relating to operations and finances of the Charity.

A risk register has been established. Procedures are in place to ensure compliance with health and safety of staff and visitors to the offices. Internal control risks are minimised by the implementation of procedures for the authorisation for all transactions and projects.

d. Principal funding

The principal sources of income are from legacies and voluntary donations. The Trustees are aware of the need to generate regular income and are continuing to take steps to achieve this. The Trustees are very grateful for the continued generosity of the members in making donations and especially to the increasing numbers of people who make regular donations through their bank. They also wish to record their gratitude to the donors of legacies and donations in memory of loved ones for their kindness in helping other people with diabetes.

The Trustees would also like to express their thanks for the continuing support and help of members and their families which provides encouragement to the staff and Trustees to continue with the aims and objectives of IDDT. This support reflects the needs of people living with diabetes to be represented by a patient/carer-based Charity that understands their needs and remains independent and uninfluenced by outside financial influences.

Considering the small numbers of members of staff and the amount of work covered, the Trustees would like to thank the staff for their continued dedication and hard work during 2024. This was especially appreciated in the light of Martin Hirst's sick leave.

The Trustees reaffirm their commitment and determination to try to ensure that people with diabetes and their families have informed choices of treatment, and the access to them that they deserve and need. There may have been some improvements in the care and treatment of people with Type 1 and Type 2 diabetes in the NHS in some areas, but the lack of services, annual checks and face to face consultations since the pandemic along with the problems in the NHS, is of great concern. The Trustees fear that the consequences of this will be an increase in diabetic complications in people with diabetes. The Trustees are committed to try to raise awareness of this and to encourage people with diabetes to insist on receiving the care they need.

At the AGM it was reported that Anne Aubin and Veronica Readman had resigned as Trustees but welcomed the appointment of Mr Abban Qayyum as a new Trustee and it was emphasised that IDDT would benefit from new Trustees to give a broader perspective of life with diabetes.

Structure, governance and management

a. Constitution

The Insulin Dependent Diabetes Trust is registered as a charitable company limited by guarantee and was set up by a Memorandum of Association.

b. Methods of appointment or election of Trustees

The directors of the company are also charitable Trustees for the purposes of Charity law and under the company's Articles of Association are known as the Board of Trustees. Under the requirements of the Memorandum and Articles of Association the members of the Board of Trustees are elected to serve for a period of three years, after which they must be re-elected at the next Annual Meeting.

Due to the nature of the work of the Charity and the importance of understanding the needs of and representation of people with diabetes and their families, at no time shall the number of Trustees who are medically qualified or are allied health professionals exceed twenty five per cent of the total number of Trustees. The Charity records the particular skills of the Trustees in order to maintain a broad mix of skills and expertise.

c. Organisational structure and decision-making policies

A Board of a maximum of 11 Trustees administer the Charity, covering policy, membership and finances. Minor day to day decisions are taken by the Co-Chairs and Operations Manager. Modern technology enables consultations to be made easily and quickly. Major decisions on future policies are taken at the AGM for the approval of members.

During 2024, the staff team has increased slightly and the team now consists of three people on 30 hour weeks and one new member on 20 hour weeks, with temporary help being employed as necessary. The Charity will continue to update staff skills when required to ensure their skills and knowledge remain relevant and up to date. The Charity contracts out the website work, PR and press releases, IT support and day to day finances.

The Charity continued to operate the policies and procedures document relating to fundraising and sponsorship for the Trust approved in 2015.

d. Policies adopted for the induction and training of the Trustees

The Trustees are familiar with the practical work of the Charity. New Trustees are encouraged to take short training sessions to familiarise themselves with:

- The responsibilities of Trustees.
- The documents and the Memorandum and Articles of Association for the operations of the Charity.
- The current financial position and sources of funding of the Charity.
- The objectives and forward plans for the Charity.

e. Pay policy for key management personnel

IDDT has two key management personnel

- Chief Executive Officer
- Operations Manager

There is a line management structure in place.

Pay Review

The Trustees review staff salaries for the following year at their November meeting. The general principle is to give pay increases in line with inflation.

f. Related party relationships

The Charity maintains its links with people and groups in other countries around the world. The Charity continues to offer support and information to people in other countries, especially those in need of animal insulin. Providing information and support wherever people live continue to be a major role.

The Trustees wish to thank Wockhardt UK for their ongoing supply of porcine insulin in vials and cartridges. As the only known supplier in the world, IDDT is aware of the vulnerable position this is for people who need porcine insulin because of adverse effects when using synthetic GM insulins.

Plans for future periods

The Charity's strategies for achieving its' aims and objectives in the future

- The Charity continues to publish new booklets to inform and support people with diabetes and to prevent the development of complications. The need for this appears to have increased since 2022/23 as a result of people having less access to their usual healthcare team and face to face appointments.
- The Charity's aim to prevent amputations continues to be a major activity by using the booklet 'Looking After Your Feet' which highlights how people can care for their feet at home and when they should seek professional help. This is combined with selling special socks and neuropad online and through our Christmas brochure to offer a comprehensive package. There has also been collaboration with foot care specialists which has been successful.
- During 2024 the Charity also tried to encourage people to take exercise and to adopt healthy eating. This will continue during 2025.
- The website continues to be a valuable way of reaching people living with diabetes and the Charity employs a webmaster to regularly update and monitor traffic. The plan is that during 2025, the website will be redesigned. New members, orders for booklets and other items are received through the website.
- The Newsletter and Type 2 & You are available in large print for people who are visually impaired.
- The Charity will continue to attend healthcare professional conferences in order to demonstrate to healthcare professionals the available IDDT booklets they can offer to their patients.
- To continue to keep informed about the latest research and changes in government and NHS policies in order to keep our members and website visitors informed.

Statement of Trustees' responsibilities

The Trustees (who are also directors of the Company for the purposes of company law) are responsible for preparing the Trustees' report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial year. Under Company law, the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the Company and its incoming resources and application of resources, including income and expenditure, for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe methods and principles of the Charities SOR (FRS 102);
- make judgments and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards (FRS 2) have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the ongoing concern basis unless it is inappropriate to presume that the Company will continue in business.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the Company's transactions and disclose with reasonable accuracy at any time the financial position of the 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 Company and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

Disclosure of information to Accountants

Each of the persons who are Trustees at the same time when this Trustees' report is approved has confirmed that:

- so far as that Trustee is aware, there is no relevant information of which the Charity's accountants Paul Slater & Co are unaware, and
- that Trustee has taken all steps that ought to have been undertaken as a Trustee in order to be aware of any relevant information and to establish that the Charity's accountants are aware of that information.

Approved by order of the members of the Board of Trustees and signed on their behalf by:

Mrs J M D Hirst MBE

Date:

**REPORT OF THE INDEPENDENT EXAMINER TO THE TRUSTEES OF THE CHARITABLE
COMPANY ON THE ACCOUNTS FOR THE YEAR ENDED 31 DECEMBER 2024**

I report to the Trustees on my examination of the accounts of the above Charity for the year ended 31 December 2024.

Respective responsibilities of Trustees and Independent Examiner

As the Charity's Trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011.

The Trustees consider that the audit requirement of Section 144(1) of the Charities Act 2011 (the Act) does not apply, and that there is no requirement in the memorandum and articles of the Charity for the conducting of an audit, and that the accounts do not require an audit in accordance with Part 16 of the Companies Act 2006 and that no member or members have requested an audit pursuant to section 476 of the Companies Act 2006. As a consequence, the Trustees have elected that the financial statements be subject to independent examination.

I report in respect of my examination on the Trust's accounts carried out under Section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under Section 145 950 9B0 of the Act.

Basis of Examiner's Statement and scope of work undertaken

The Charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of AAT.

No matters have come to my attention in connection with the examination which gives me cause to believe that the accounting records were kept in accordance with Section 130 of the Charities Act or the accounts did not accord with the accounting records or the accounts did not comply with the applicable requirements concerning the form and contents of accounts set out in the Charities Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

Mrs T Loughran – Independent Examiner
FMAAT, MIP

1 Washington Street
Kingsthorpe
Northampton
NN2 6NN

This report was signed on

THE INSULIN DEPENDENT DIABETES TRUST

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 DECEMBER 2024

	Note	Restricted funds 2024 £	Unrestricted funds 2024 £	Total funds 2024 £	Total funds 2023 £
Income from:					
Donations & Legacies	3	0	252,125	252,125	313,515
Ukraine donations	3	0	53	53	5,755
Fundraising	4	0	8,194	8,194	4,270
Income from Investments	5	0	37,110	37,110	56,433
Other income	6	0	33,939	33,939	34,176
Gift aid	7	0	7,323	7,323	10,457
Total income		0	338,744	338,744	424,606
Expenditure on:					
Raising funds		0	20,689	20,689	6,045
Charitable activities and governance costs	8	0	654,616	654,616	900,683
Total expenditure		0	675,305	675,305	906,728
Net gains (losses) on Investments		0	65,291	65,291	131,725
Net movement in funds		0	(271,270)	(271,270)	(350,397)
Reconciliation of funds:					
Total funds brought forward		0	2,824,149	2,824,149	3,174,546
Net movement in funds		0	(271,270)	(271,270)	(350,397)
Total funds carried forward		0	2,552,879	2,552,879	2,824,149

THE INSULIN DEPENDENT DIABETES TRUST

BALANCE SHEET AS AT 31 DECEMBER 2024

	Note	2024 £	2023 £
Fixed assets			
Tangible assets	13	359,965	358,391
Investments	14	2,105,042	2,036,591
Total fixed assets		2,465,007	2,394,982
Current assets			
Stocks	15	14,370	19,249
Debtors		6,542	15,415
Cash at bank and in hand		80,491	407,843
Total current assets		101,403	442,507
Creditors: amounts falling due within one year	16	(13,531)	(13,340)
Net current assets		87,872	429,167
Total assets less current liabilities		2,552,879	2,824,149
Total net assets		2,552,879	2,824,149
Charity funds			
Unrestricted funds	17	2,552,879	2,824,149
Total charity funds		2,552,879	2,824,149

For the financial year in question the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.

No members have required the company to obtain an audit of its accounts for the year in question in accordance with section 476 of the Companies Act 2006.

The Trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and preparation of financial statements.

The financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime. The financial statements were approved and authorised for issue by the Trustees and signed on their behalf by:

Mrs J M D Hirst MBE

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2024

1. General information

The Charity is a company limited by guarantee, registered in England and Wales. The registered office is as noted in the Trustee's Report.

2. Accounting policies

2.1 Basis of preparation of financial statements

The financial statements have been prepared in accordance with the Charities SORP (FRS 102) Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and the Republic of Ireland (FRS 102) (Issued in October 2019), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

The Insulin Dependent Diabetes Trust meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

2.2 Going concern

The operations and business activities of the Charity has been impacted by the recent COVID-19 outbreak. However, after making appropriate enquiries, the Trustees have a reasonable expectation that the Company has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing the financial statements.

2.3 Income

All income is recognised once the Company has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

The recognition of income from legacies is dependent on establishing entitlement, the probability of receipt and the ability to estimate with sufficient accuracy the amount receivable. Evidence of entitlement to a legacy exists when the Company has sufficient evidence that a gift has been left to them (through knowledge of the existence of a valid Will and the death of the benefactor) and the executor is satisfied that the property in question will not be required to satisfy claims in the estate. Receipt of a legacy must be recognised when it is probable that it will be received and the fair value of the amount receivable, which will generally be the expected cash amount to be distributed to the Company, can be reliably measured.

Income tax recoverable in relation to investment income is recognised at the time the investment income is receivable.

Other income is recognised in the period in which it is receivable and to the extent the goods have been provided or on completion of the service.

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2024

2.4 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party. It is probable that a transfer of economic benefit will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is classified by activity. The costs of each activity are made up to the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributed to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources.

Expenditure on raising funds includes all expenditure incurred by the Company to raise funds for its charitable purposes and includes costs of all fundraising activities, events and non-charitable trading.

Expenditure on charitable activities is incurred on directly undertaking the activities which further the Company's objectives, as well as any associated support costs.

All expenditure is inclusive of irrecoverable VAT.

2.5 Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the Company; this is normally upon notification of the interest paid or payable by the institution with whom the funds are deposited.

2.6 Tangible fixed assets and depreciation

Tangible fixed assets costing £1,000 or more are capitalised and recognised when future economic benefits are probable and the cost or value of the asset can be measured reliably.

Tangible fixed assets are initially recognised at cost. After recognition, under the cost model, tangible fixed assets are measured at cost less accumulated depreciation and any accumulated impairment losses. All costs incurred to bring a tangible fixed asset into its intended working condition should be included in the measurement of cost.

Depreciation is charged so as to allocate the cost of tangible fixed assets less their residual value over their estimated useful lives.

Depreciation is provided on the following basis:

Office Equipment	-	20% reducing balance
Computer equipment	-	20% reducing balance

The freehold property is not depreciated as the depreciation would be immaterial.

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2024

2.7 Investments

Fixed asset investments are a form of financial instrument and are initially recognised at their transaction cost and subsequently measured at fair value at the Balance Sheet date, unless the value cannot be measured reliably in which case it is measured at cost less impairment. Investment gains and losses, whether realised or unrealised, are combined and presented as 'Gains/(Losses) on investments' in the Statement of financial activities.

2.8 Stocks

Stocks are valued at the lower of cost and net realisable value after making due allowance for obsolete and slow-moving stocks. Costs includes all direct costs.

2.9 Cash at bank and in hand

Cash at bank and in hand includes cash and short-term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

2.10 Liabilities and provisions

Liabilities are recognised when there is an obligation at the Balance Sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably.

Liabilities are recognised at the amount that the Company anticipated it will pay to settle the debt or the amount it has received as advanced payments for the goods and services it must provide.

Provisions are measured at the best estimate of the amounts required to settle the obligation.

2.11 Financial instruments

The Company only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

2.12 Pensions

The Company operates a defined contribution pension scheme and the pension charge represents the amounts payable by the Company to the fund in respect of the year.

2.13 Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Company and which have not been designated for other purposes.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the Company for particular purposes. The costs of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the Notes to the financial statements.

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2024

3. Income from donations and legacies

	Unrestricted funds 2024 £	Total funds 2024 £	<i>Total funds 2023 £</i>
Legacies			
J Rawlins	0	0	140,700
M Hazell	0	0	7,122
P Dervish	0	2,873	5,332
J Green	0	0	25,000
M Stubbins	0	0	12,123
A Pincott	0	0	4,957
J Gray	0	0	2,418
H Markwell	0	0	2,000
B Green	0	0	42,029
B Green	0	0	21,014
C Smith	0	80,000	0
J Bushnell	0	10,000	0
G Duff	0	5,000	0
J Dunhill	0	68,287	0
C Giles	0	2,000	0
M Griffiths	0	5,000	0
M Haufbauer	0	1,000	0
P Hobson	0	25,000	0
Subtotal detailed disclosure	0	199,160	262,695
Donations	0	52,068	56,300
Legacies under £1,000	0	950	275
Subtotal	0	53,018	56,575
Total	0	252,178	319,270

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2024

4. Income from other trading activities

Income from fundraising events

	Unrestricted funds 2024 £	Total funds 2024 £	<i>Total funds 2023 £</i>
Fundraising	8,194	8,194	4,270

5. Income from investments

	Unrestricted funds 2024 £	Total funds 2024 £	<i>Total funds 2023 £</i>
Investment income	37,110	37,110	56,433

6. Other income resources

	Unrestricted funds 2024 £	Total funds 2024 £	<i>Total funds 2023 £</i>
Sales of goods and lottery	32,590	32,590	28,536
Conferences/AGM	1,349	1,349	1,305
Dream Trust	0	0	4,334
	33,939	33,939	34,175

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2024

7. Gift Aid

	Unrestricted funds	Total funds	<i>Total funds</i>
	2024 £	2024 £	2023 £
Gift Aid	7,323	7,323	10,457

8. Analysis of expenditure on charitable activities

Summary by fund type

	Restricted funds 2024 £	Unrestricted funds 2024 £	Total funds 2024 £	<i>Total funds 2023 £</i>
Charitable activities	0	654,616	654,616	900,683
<i>Total 2023</i>	<i>0</i>	<i>900,683</i>	<i>900,683</i>	

9. Analysis of expenditure by activities

	Activities Undertaken Directly 2024 £	Support costs 2024 £	Total funds 2024 £	<i>Total funds 2023 £</i>
Charitable activities	575,642	78,974	654,616	900,683
<i>Total 2023</i>	<i>833,864</i>	<i>66,819</i>	<i>900,683</i>	

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2024

Analysis of direct costs

	Charitable Activities 2024	Total funds 2024	Total funds 2023
	£	£	£
Staff Costs	127,363	127,363	131,013
Private healthcare	3,679	3,679	3,137
Project Vera	4,609	4,609	3,520
Research grants returned	0	0	-9,722
Temporary staff	180	180	452
Travel, subsistence and meetings	1,624	1,624	2,166
Marketing and advertising	65,699	65,699	345,520
Research and editorial costs	53,004	53,004	50,004
Health and Safety	347	347	368
Professional indemnity costs	1,743	1,743	1,645
Website and IT	23,837	23,837	23,492
Printing costs	85,198	85,198	129,239
Direct Mail	89,261	89,261	81,493
Conference, information and meeting costs	70,901	70,901	16,489
Charitable activities - Pensions	4,148	4,148	4,080
Bookkeeping fees	3,595	3,595	3,696
Dream Trust	0	0	6,300
Equipment hire and expensed	11,257	11,257	8,969
Charges for investments	28,376	28,376	21,192
Ukraine expenditure	821	821	8,684
Consultancy fees	0	0	1,400
Legacy expense	0	0	727
	575,642	575,642	833,864

Analysis of support costs

	Charitable Activities 2024	Total funds 2024	Total funds 2023
	£	£	£
Governance salary costs	23,214	23,214	15,488
Depreciation	2,031	2,031	1,637
Legal and professional	8,625	8,625	7,813
Telephone and internet	338	338	1,253
Printing, postage and stationery	34,705	34,705	31,907
HR Training and welfare – staff	1,026	1,026	970
Rates and water charges	2,205	2,205	2,105
Bank Charges	795	795	668
Cleaning and waste management	1,109	1,109	841
Premises costs, repairs and renewals	4,926	4,926	4,137
	78,974	78,974	66,819

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2024

10. Auditors' remuneration

	2024 £	2023 £
Fees payable to the Company's auditors for the audit of the Company's annual accounts	0	0

11. Staff costs

	2024 £	2023 £
Wages and salaries	117,748	122,267
Social security costs	9,615	8,746
	127,363	131,013

The average number of persons employed by the Company during the year was as follows:

	2024 No.	2023 No.
Employees	5	4

The number of employees whose employee benefits exceeded £60,000 was:

	2024 No.	2023 No.
In the band £60,001 to £70,000	0	1

12. Trustees' remuneration and expenses

With the agreement of the Charities Commission Mrs J M D Hirst's remuneration is for extensive research, publications and editorial work. Mrs Hirst attends meetings, conferences and seminars on behalf of the Charity to lecture on the rights to retain a choice of insulins. Her continued contribution to the work of the Charity is invaluable. The value of the Trustees' remuneration and other benefits is fees of £53,004 (2023 £50,004).

During the year ended 31 December 2024, no Trustee expenses have been incurred (2023 - £NIL)

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2024

13. Tangible fixed assets

	Freehold Property £	Office Equipment £	Total £
Cost or valuation			
At 1 January 2024	351,842	57,071	408,913
Additions	0	3,605	3,605
At 31 December 2024	351,842	60,676	412,518
Depreciation			
At 1 January 2024	0	50,522	50,522
Charge for the year	0	2,031	2,031
At 31 December 2024	0	52,553	52,553
Net book value			
At 31 December 2024	351,842	8,123	359,965
At 31 December 2023	351,842	6,549	358,391

14. Fixed asset investments

	Unlisted Investments £
Cost or valuation	
Transfers between classes	2,105,042
At 31 December 2024	2,105,042
Net book value	
At 31 December 2024	2,105,042

Investment portfolios have previously been treated as current asset investments.

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2024

15. Stocks

	2024 £	2023 £
Finished goods and goods for resale	14,370	19,249

16. Creditors: Amounts falling due within one year

	2024 £	2023 £
Trade creditors	8,716	7,835
Other creditors – Pension and PAYE	4,815	5,505
	13,531	13,340

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2024

17. Statement of funds

Statement of funds – current year

	Balance at 1 January 2024 £	Income £	Expenditure £	Gains/ (Losses) £	Balance at 31 December 2024 £
Unrestricted funds					
Reserves	2,824,149	338,744	(675,305)	65,291	2,552,879
Total of funds	2,824,149	338,744	(675,305)	65,291	2,552,879

Statement of funds – prior year

	Balance at 1 January 2023 £	Income £	Expenditure £	Gains/ (Losses) £	Balance at 31 December 2023 £
Unrestricted funds					
Reserves	3,174,546	424,606	(906,728)	131,725	2,824,149
Total of funds	3,174,546	424,606	(906,728)	131,725	2,824,149

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2024

18. Analysis of net assets between funds

Analysis of net assets between funds – current year

	Restricted funds 2024 £	Unrestricted funds 2024 £	Total funds 2024 £
Tangible fixed assets	0	359,965	359,965
Fixed asset investments	0	2,105,042	2,105,042
Current assets	0	101,403	101,403
Creditors due within one year	0	13,531	13,531
Total	0	2,527,941	2,579,941

Analysis of net assets between funds – prior year

	Restricted funds 2023 £	Unrestricted funds 2023 £	Total funds 2023 £
Tangible fixed assets	0	358,391	358,391
Fixed asset investments	0	2,036,591	2,036,591
Current assets	0	442,507	442,507
Creditors due within one year	0	(13,340)	(13,340)
Total	0	2,824,149	2,824,149

19. Reconciliation of net movement in funds to net cash flow from operating activities

	2024 £	2023 £
Net income for the year (as per Statement of Financial Activities)	(271,270)	(350,397)
Adjustments for:		
Depreciation charges	2,031	1,637
Gains/(losses) on investments	65,291	131,725
Decrease/(increase) in stocks	(4,879)	8,492
Increase/(decrease) in creditors	191	(9,837)
Net cash provided by operating activities	62,634	132,017

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2024

20. Analysis of cash and cash equivalents

	2024 £	2023 £
Cash in bank	80,491	407,843
Total bank and bank equivalents	80,491	407,843

21. Analysis of changes in net debt

	At 1 January 2024 £	Cash flows £	Other non- cash changes £	At 31 December 2024 £
Cash at bank	407,843	(327,352)	0	80,491
Liquid investments	139,188	0	0	139,188
	547,031	(327,352)	0	219,679

22. Pension commitments

The Charity operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the Charity in an independently administered fund. The pension cost charge represents contributions payable by the Charity to the fund and amounted to £4,148 (2023 - £4,080).

23. Post Balance Sheet events

The Charity is confident that it has the sufficient reserves and resources to continue operating and therefore the Trustees consider it to be a going concern.

THE INSULIN DEPENDENT DIABETES TRUST

England & Wales - Charity number 1058284

Accounts

Registered Number: 3148360

Charity Number: 1058284

THE INSULIN DEPENDENT DIABETES TRUST

TRUSTEES' REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2023

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CHARITY INFORMATION

Trustees

Mrs J M D Hirst MBE, Co-Chair
 Dr M Kiln, Co-Chair
 Ms A Aubin
 Ms C Baker
 Mr J Birbeck
 Mrs G Coleman
 Mr Ken Heard
 Mrs L Ingram
 Mrs V Readman
 Mr A Qayyum

Company registered number

3148360

Charity registered number

1058284

Registered office

210 Abington Avenue
 Northampton
 Northamptonshire
 NN1 4PR

Bankers

Virgin Money
 7 Gold Street
 Northampton
 NN1 1EN

Investment advisors

MPA
 98 High Street
 Henley in Arden
 B95 5BY

Accountants

Paul Slater & Co
 1 Washington Street
 Northampton
 NN2 6NN

TRUSTEES' REPORT AND FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2023

Company and banking details etc

The Trustees present their annual report together with the financial statements of the Insulin Dependent Diabetes Trust (IDDT) for the year 1 January 2023 to 31 December 2023. The Annual Report serves the purpose of both a Trustees' report and a directors' report under company law. The Trustees confirm that the Annual Report and financial statements of the charitable company comply with the current statutory requirements, the requirements of the charitable company's governing document and the provisions of the Statement of Recommended Practice (SORP) applicable to charities preparing their accounts in accordance with the Financial Reporting Standard in the UK and Republic of Ireland.

Since the Company qualifies as small under section 382 of the Companies Act 2006, the Strategic report of medium and large companies under the Companies Act 2006 (Strategic Report and Directors' regulations 2013) have been omitted.

Objectives and activities

a. Policies and objectives

In setting and planning for activities, the Trustees have given due consideration to general guidance published by the Charity Commission relating to public benefit, including the guidance 'Public benefit, running a charity (PB2)'.

b. Strategies for achieving objectives

The purposes of the charity as set out in its governing document remain unchanged:

- To continue our activities to help children and their parents.
- To reach more people with Type 1 or Type 2 diabetes through publicity.
- To try to ensure that pork insulin continues to remain available for those who require it.
- To fund research aimed at improving the lives of people with diabetes now.
- To supply information booklets to health professionals at no charge to encourage them to give the booklets to their patients so they receive information and become aware of the help IDDT can offer.

c. Activities undertaken to achieve the objectives

In view of the economic climate during the year, the financial difficulties faced by the country and people generally, the Trustees recognised that while the purposes of the charity remain the same, some of our activities to achieve the aims and objectives had to be reduced or suspended. However, to the best of our ability, the following activities were carried out:

- To reach more people with Type 1 or Type 2 diabetes to offer information and support.
- To continue our activities to help children with diabetes and their parents with the provision of information to them and to teachers to enable them to better understand the needs of children with diabetes in schools. To ensure widespread distribution of existing booklets to provide insight, information and support with the aim of improving quality of life and reducing hospital admissions.
- To continue to supply information booklets to health professionals at no charge to encourage them to give the booklets to their patients so they receive information and become aware of the help IDDT can offer.
- Continuing the promotion of the help the Charity can offer through letters to the editors of local newspapers.
- To increase advertising of key booklets in health professional journals.
- To continue to review the GDPR regulations and to ensure that IDDT is compliant.

- During 2022, IDDT collected unwanted, in-date insulin and other diabetes items to send to help people with diabetes in Ukraine. This continued during 2023 and in the region of over £400,000 were sent to Ukraine and the unsolicited cash donations sent by members were used to help with delivery costs and purchasing of blood glucose test strips to match the donated meters.
- During 2023 IDDT planned a major advertising campaign which was executed during the months from September to December inclusive using a Media Marketing Company. This included advertising on social media, external and internal bus posters, hospitals and TV adverts. This proved very successful, especially Facebook, and IDDT's membership increased by 2,000.
- In 2023, IDDT joined the Goodwill Partnership to offer 'Make Your Will for Free' to IDDT members, not the general public. This has attracted some members to make Wills and so will be continued during 2024.
- To continue to try to ensure that continuous glucose monitoring and flash glucose monitoring is available to everyone who wishes to use this method of monitoring glucose levels.
- To continue to develop and update information booklets. In addition, with the success of previous 'Diabetes Diaries', a Diabetes Diary for 2024 was published and again has proved popular with our members.
- The number of people in the lottery has reduced slightly but this has produced an income for the Charity of around £10,000 during 2023. A Lottery Jackpot was organised for the end of the year and it successfully increased the number of players, so it was agreed to carry this out again in 2024
- The IDDT booklets have continued to be extremely popular with people with diabetes and health professionals and they have all been reviewed and updated during 2023. As in previous years, 'Diabetes – Everyday Eating', has continued to be the most popular and this year we have introduced an additional, new booklet, 'Diet and Diabetes' which has also been well received.
- The number of health professionals becoming members continues to increase showing that advertising in diabetes-related journals is successful so has continued during 2023. It means that an increasing number of people with diabetes learn about IDDT from their health professionals.
- The online shop has continued to be popular and the 'diabetes-friendly' socks have attracted many people and raised valuable funds.
- IDDT funded research continued to be suspended during 2023 due to the economic climate and to carry out policies that would enable the Trust to grow.

d. Social Investment policies

The Charity continued to operate the policies and procedures document relating to fundraising and sponsorship for the Trust approved in 2015. The interest generated continues to assist in supporting the Charity's causes.

e. Grant-making policies

The Trust has made the decision to suspend research funding to safeguard the financial future of the Charity due to the country's financial uncertainties.

f. Main activities undertaken to further the Charity's purposes for the public benefit

The Charity works hard to promote various ways people can live with diabetes and lead a fulfilled and happy life. Our booklets and newsletters all extend help and support. Our helpline offers one to one assistance, the demand for which increased during 2023 as a result of the reduced numbers of General Practice face to face appointments.

Achievements and performance

a. Main achievements of the Charity

The main achievements during 2023 have been as follows:

Financial

- The income from legacies and donations was higher than in 2022.
- There has been an increase in the numbers of members paying by standing order and the number of members making larger donations increased during 2023.
- The Lottery income reduced slightly during 2023.

Membership

- Membership has increased significantly during 2023, largely due to the success of the advertising campaign.
- Membership of healthcare professionals has also increased and they continued to contact IDDT for copies of booklets during 2023 and in increasing numbers.
- It was clear during 2023 that many people are not receiving medical/nursing help or advice they need to manage their diabetes, so the Charity has received many more requests for help, information or just an opportunity to talk from both members and non-members.

Footcare

- The number of requests from people with diabetes for help in relation to footcare was significant during 2023 as many people have still been unable to have their regular foot checks. Our booklet 'Looking After Your Feet' proved particularly useful by people with diabetes and podiatrists.
- The sale of special socks and other items to help people care for their own feet remained steady.

Booklets, Newsletters and Type 2 & You

- A major part of our work is to support people living with diabetes and we have continued to receive requests for the above during 2023.
- The Newsletter and Type 2 & You have been sent out quarterly.
- As a result of the good response to the Diabetes Diary 2023, a similar Diary was published for 2024.
- Shopping List continued to be sold during 2023, and especially before Christmas, to aid people with meal planning.
- In 2023 we again produced a Christmas brochure of items for sale. This included Christmas cards but sales have been lower than previous years.

IDDT Annual Event

In September 2023, IDDT held its' AGM and Event which was well attended by members and their families. The main outcome from the discussions was that it is difficult for IDDT to take steps nationally to try to ensure equality of care and treatment is restored and the postcode lottery of care removed because health and care decisions are made at local level. The speakers were well received and the feedback from delegates was that the day was very informative and enjoyable.

Key performance indicators

The Key performance indicators include:

- Investments
- Legacy income
- Income from members
- Membership numbers
- Numbers of members with Type 1 diabetes, Type 2 diabetes, carers and healthcare professionals

- Advertising and response rates
- IDDT funded research papers published
- Social media activity.

c. Review of activities

During 2023, the health professional conferences regained their popularity after the pandemic and IDDT rebooked the same conferences as before the pandemic. For the first time in November and at no cost, IDDT sponsored the Diabetes Professional Conference (DPC), the largest health professional conference. As we expected, the attendance was high as it was free for healthcare professionals to attend and the subsequent requests for our booklets was also high. However, we continued with our advertising in professional journals which also resulted in increased requests for booklets which were much appreciated.

IDDT continues to keep an international presence. Providing information and support to people with diabetes wherever they live forms an important part of the Charity's activities. In addition, the Charity continues to provide information and support to people in need of porcine insulin.

IDDT is the UK arm of Insulin for Life. IDDT has been collecting unwanted insulin and other diabetes items to help people with diabetes in Ukraine. During 2022, supplies worth over £400,000 were delivered into Ukraine and a similar amount were supplied during 2023. Delivery was carried out by a voluntary support system set up by local and Ukrainian people. The Trustees would like to thank the individuals and health professionals who have made these donations and also the staff for their work in dealing with the unwanted items and packing for delivery into Ukraine. This work continues in 2024.

The Charity's 'Sponsor a Child' scheme at Dream Trust in India ended during 2023 due to the difficulties of transferring funds into India. We are sad to report that the founder of Dream Trust, Dr Sharad Pendsey died during 2023 and we have sent our condolences to his wife and family. His son continues to run Dream Trust and keeps IDDT informed of their progress and activities.

d. Factors relevant to achieve objectives

The short and longer term aims and objectives

- The Charity continues to publish a free quarterly Newsletter and a slightly shorter version called 'Type 2 & You' for people with Type 2 diabetes not taking insulin. People with Type 2 diabetes taking insulin and tablets receive both newsletters. We encourage people to access these online, but the majority of people prefer hard copy versions.
- The aim of the Charity still is to support research in line with its' aims by funding research that investigates ways of making life easier for those who already have diabetes. However, the Trustees carried forward to 2023 their decision to put all research funding on hold to safeguard the financial future of the Charity during the present financial uncertainties.
- To maintain the Charity's independence by encouraging voluntary donations and legacy income.

e. Fundraising activities and income generation

The Charity relies on grant aid from donors identified in the accounts and the Trustees are most appreciative of this support. There are minor fundraising activities which include Christmas card sales, books, and aids to help with caring for the feet.

f. Investment policy and performance

The Trustees have resolved to establish reserves for future activities and they have wide powers of investment. The policy on reserves is that establishing assets are retained to produce income, income which is wholly used to support existing activities. There is no intention in the long-term to either increase or reduce the capital held. The policy is justified in that it is necessary to preserve income at present levels in order to maintain the activities of the Charity.

During 2023, the investment income fluctuated due to the economic climate, and this justifies the policy of safeguarding the Charity's future, especially as there never are any guarantees associated with legacy income.

Financial review

a. Going concern

The operations and business activities of the Charity have been impacted by the economic climate. However, after making appropriate enquiries, the Trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing the financial statements.

b. Reserves policy

IDDT complies with Charity Commission Guidelines

IDDT has a Research and Welfare Fund

- All monies donated for research are allocated to fund research at the time of the donation/legacy, but during 2023 no legacies were donated to the research fund.
- Monies not designated for research are allocated to the General Fund for welfare purposes.
- These allocations are made at the time of receipt.

Short-term and long-term investments

We have 5 to 10 year investments. All investments have the facility for easy access to funds.

These are monitored through our investment portfolio and with regular meetings with our Financial Advisers.

Cash reserves

All legacy income is paid into IDDT's Legacy account and transfers are made as/when necessary to the current account for running expenses.

Day to day income

Cash, cheques and credit cards are paid into the current account with Virgin Money. Standing order payments are paid into a Barclays Bank current account and transferred into the Virgin Money current account on a regular basis.

Lottery income

The Lottery income is paid into a stand-alone account and the profits paid into the Virgin Money Bank current account on a regular basis.

c. Principle risks and uncertainties

The Trustees cannot find any major risks to which the Charity is exposed each financial year when preparing and updating the strategic plan, in particular those relating to operations and finances of the Charity.

A risk register has been established. Procedures are in place to ensure compliance with health and safety of staff and visitors to the offices. Internal control risks are minimised by the implementation of procedures for the authorisation for all transactions and projects.

d. Principal funding

The principal sources of income are from legacies and voluntary donations. The Trustees are aware of the need to generate regular income and are continuing to take steps to achieve this. The Trustees are very grateful for the continued generosity of the members in making donations and especially to the increasing numbers of people who make regular donations through their bank. They also wish to record their gratitude to the donors of legacies and donations in memory of loved ones for their kindness in helping other people with diabetes.

The Trustees would also like to express their thanks for the continuing support and help of members and their families which provides encouragement to the Trustees to continue with the aims and objectives of IDDT. This support reflects the needs of people living with diabetes to be represented by a patient/carer-based Charity that understands their needs and remains independent and uninfluenced by outside financial influences.

Considering the small numbers of members of staff and the amount of work covered, the Trustees would like to thank the staff for their continued dedication and hard work during 2023.

The Trustees reaffirm their commitment and determination to try to ensure that people with diabetes and their families have informed choices of treatment, and the access to them that they deserve and need. There may have been some improvements in the care and treatment of Type 1 and Type 2 diabetes in the NHS in some areas, but the lack of services and annual checks since the pandemic and the problems in the NHS is of great concern. The Trustees fear that the consequences of this will be an increase in diabetic complications in people with diabetes. The Trustees are committed to try to raise awareness of this, influence policy makers to bring about the necessary improvements and to encourage people with diabetes to insist on receiving the care they need.

At the AGM it was reported that the Trustees welcomed the appointment of Mr Abban Qayyum as a new Trustee and it was emphasised that IDDT would benefit from new Trustees to give a broader perspective of life with diabetes.

Structure, governance and management

a. Constitution

The Insulin Dependent Diabetes Trust is registered as a charitable company limited by guarantee and was set up by a Memorandum of Association.

b. Methods of appointment or election of Trustees

The directors of the company are also charitable Trustees for the purposes of Charity law and under the company's Articles of Association are known as the Board of Trustees. Under the requirements of the Memorandum and Articles of Association the members of the Board of Trustees are elected to serve for a period of three years, after which they must be re-elected at the next Annual Meeting.

Due to the nature of the work of the Charity and the importance of understanding the needs of and representation of people with diabetes and their families, at no time shall the number of Trustees who are medically qualified or are allied health professionals exceed twenty five per cent of the total number of Trustees. The Charity records the particular skills of the Trustees in order to maintain a broad mix of skills and expertise.

c. Organisational structure and decision-making policies

A Board of a maximum of 11 Trustees administer the Charity, covering policy, membership and finances. Minor day to day decisions are taken by the Co-Chairs and CEO. Modern technology enables consultations to be made easily and quickly. Major decisions on future policies are taken at the AGM for the approval of members.

During 2023, the staff team has remained unchanged and the team now consists of one full time member and three part-time people with temporary help being employed as necessary. The Charity will continue to update staff skills when required to ensure their skills and knowledge remain relevant and up to date. The Charity contracts out the website work, PR and press releases, IT support and day to day finances.

The Charity continued to operate the policies and procedures document relating to fundraising and sponsorship for the Trust approved in 2015. The day to day running of the Charity is carried out by the Co-Chairs and CEO.

d. Policies adopted for the induction and training of the Trustees

The Trustees are familiar with the practical work of the Charity. New Trustees are encouraged to take short training sessions to familiarise themselves with:

- The responsibilities of Trustees.
- The documents and the Memorandum and Articles of Association for the operations of the Charity.
- The current financial position and sources of funding of the Charity.
- The objectives and forward plans for the Charity.

e. Pay policy for key management personnel

IDDT has two key management personnel

- Chief Executive Officer
- Database Manager

There is a line management structure in place.

Pay Review

The Trustees review staff salaries for the following year at their November meeting. The general principle is to give pay increases in line with inflation.

f. Related party relationships

The Charity maintains its links with people and groups in other countries around the world. The Charity continues to offer support and information to people in other countries, especially those in need of animal insulin. Providing information and support wherever people live continue to be a major role.

The Trustees wish to thank Wockhardt UK for their ongoing supply of porcine insulin in vials and cartridges. As the only known supplier in the world, IDDT is aware of the vulnerable position this is for people who need porcine insulin because of adverse effects when using synthetic GM insulins.

Plans for future periods

The Charity's strategies for achieving its' aims and objectives in the future

- The Charity continues to publish new booklets to inform and support people with diabetes and to prevent the development of complications. The need for this appears to have increased during 2023 when people had less access to their usual healthcare team and face to face appointments.
- The Charity's aim to prevent amputations continues to be a major activity by using the booklet 'Looking After Your Feet' which highlights how people can care for their feet at home and when they should seek professional help. This is combined with selling special socks and neuropad online and through our Christmas brochure to offer a comprehensive package. There has also been collaboration with foot care specialists which has been successful.
- During 2023 the Charity also tried to encourage people to take exercise and to adopt healthy eating. This will continue during 2024.
- The website continues to be a valuable way of reaching people living with diabetes and the Charity employs a webmaster to regularly update and monitor traffic. New members, orders for booklets and other items are received through the website.
- The Newsletter and Type 2 & You are available in large print for people who are visually impaired but the talking format on the website has ceased due to lack of interest.
- The Charity will continue to attend healthcare professional conferences in order to reach healthcare professionals with booklets so that they can offer them to their patients.
- To continue to keep informed about the latest research and changes in government and NHS policies in order to keep our members and website visitors informed.

Statement of Trustees' responsibilities

The Trustees (who are also directors of the Company for the purposes of company law) are responsible for preparing the Trustees' report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial year. Under Company law, the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the Company and its incoming resources and application of resources, including income and expenditure, for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe methods and principles of the Charities SOR (FRS 102);
- make judgments and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards (FRS 2) have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the ongoing concern basis unless it is inappropriate to presume that the Company will continue in business.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the Company's transactions and disclose with reasonable accuracy at any time the financial position of the 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 Company and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

Disclosure of information to Accountants

Each of the persons who are Trustees at the same time when this Trustees' report is approved has confirmed that:

- so far as that Trustee is aware, there is no relevant information of which the Charity's accountants Paul Slater & Co are unaware, and
- that Trustee has taken all steps that ought to have been undertaken as a Trustee in order to be aware of any relevant information and to establish that the Charity's accountants are aware of that information.

Approved by order of the members of the Board of Trustees and signed on their behalf by:

Mrs J M D Hirst MBE

Date:

**REPORT OF THE INDEPENDENT EXAMINER TO THE TRUSTEES OF THE CHARITABLE
COMPANY ON THE ACCOUNTS FOR THE YEAR ENDED 31 DECEMBER 2023**

I report to the Trustees on my examination of the accounts of the above Charity for the year ended 31 December 2023.

Respective responsibilities of Trustees and Independent Examiner

As the Charity's Trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011.

The Trustees consider that the audit requirement of Section 144(1) of the Charities Act 2011 (the Act) does not apply, and that there is no requirement in the memorandum and articles of the Charity for the conducting of an audit, and that the accounts do not require an audit in accordance with Part 16 of the Companies Act 2006 and that no member or members have requested an audit pursuant to section 476 of the Companies Act 2006. As a consequence, the Trustees have elected that the financial statements be subject to independent examination.

I report in respect of my examination on the Trust's accounts carried out under Section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under Section 145 950 9B0 of the Act.

Basis of Examiner's Statement and scope of work undertaken

The Charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of AAT.

No matters have come to my attention in connection with the examination which gives me cause to believe that the accounting records were kept in accordance with Section 130 of the Charities Act or the accounts did not accord with the accounting records or the accounts did not comply with the applicable requirements concerning the form and contents of accounts set out in the Charities Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

Mrs T Loughran – Independent Examiner
FMAAT, MIP

1 Washington Street
Kingsthorpe
Northampton
NN2 6NN

This report was signed on

THE INSULIN DEPENDENT DIABETES TRUST

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 DECEMBER 2023

	Note	Restricted funds 2023 £	Unrestricted funds 2023 £	Total funds 2023 £	Total funds 2022 £
Income from:					
Donations & Legacies	3	0	313,515	0	800,847
Ukraine donations	3	0	5,755	0	12,986
Fundraising	4	0	4,270	0	5,547
Income from Investments	5	0	56,433	0	30,189
Other income	6	0	34,176	0	39,268
Gift aid	7	0	10,457	0	24,273
Total income		0	424,606	0	913,110
Expenditure on:					
Raising funds		0	6,045	0	17,082
Charitable activities and governance costs	8	0	900,683	0	421,627
Total expenditure		0	906,728	0	438,709
Net gains (losses) on Investments		0	131,725	0	(322,882)
Net movement in funds		0	(350,397)	0	151,519
Reconciliation of funds:					
Total funds brought forward		0	3,427,567	0	3,276,048
Net movement in funds		0	(350,397)	0	151,519
Total funds carried forward		0	3,077,170	0	3,427,567

The Statement of financial activities includes all gains and losses recognised in the year.

The notes on pages 13 to 25 form part of these financial statement.

BALANCE SHEET AS AT 31 DECEMBER 2023

	Note	2023 £	2022 £
Fixed assets			
Tangible assets	13	358,391	359,302
Investments	14	2,036,591	1,898,191
Total fixed assets		2,394,982	2,257,493
Current assets			
Stocks	15	19,249	10,757
Debtors		15,415	0
Cash at bank and in hand		407,843	929,473
Total current assets		442,507	940,230
Creditors: amounts falling due within one year	16	(13,340)	(23,177)
Net current assets		429,167	917,053
Total assets less current liabilities		2,824,149	3,174,546
Total net assets		2,824,149	3,174,546
Charity funds			
Unrestricted funds	17	2,824,149	3,174,546
Total charity funds		2,824,149	3,174,546

For the financial year in question the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.

No members have required the company to obtain an audit of its accounts for the year in question in accordance with section 476 of the Companies Act 2006.

The Trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and preparation of financial statements.

The financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The financial statements were approved and authorised for issue by the Trustees and signed on their behalf by:

Mrs J M D Hirst MBE

Date:

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2023

1. General information

The charity is a company limited by guarantee, registered in England and Wales. The registered office is as noted in the Trustee's Report.

2. Accounting policies

2.1 Basis of preparation of financial statements

The financial statements have been prepared in accordance with the Charities SORP (FRS 102) Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and the Republic of Ireland (FRS 102) (Issued in October 2019), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

The Insulin Dependent Diabetes Trust meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

2.2 Going concern

The operations and business activities of the Charity has been impacted by the recent COVID-19 outbreak. However, after making appropriate enquiries, the Trustees have a reasonable expectation that the Company has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing the financial statements.

2.3 Income

All income is recognised once the Company has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

The recognition of income from legacies is dependent on establishing entitlement, the probability of receipt and the ability to estimate with sufficient accuracy the amount receivable. Evidence of entitlement to a legacy exists when the Company has sufficient evidence that a gift has been left to them (through knowledge of the existence of a valid Will and the death of the benefactor) and the executor is satisfied that the property in question will not be required to satisfy claims in the estate. Receipt of a legacy must be recognised when it is probable that it will be received and the fair value of the amount receivable, which will generally be the expected cash amount to be distributed to the Company, can be reliably measured.

Income tax recoverable in relation to investment income is recognised at the time the investment income is receivable.

Other income is recognised in the period in which it is receivable and to the extent the goods have been provided or on completion of the service.

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2023

2.4 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party. It is probable that a transfer of economic benefit will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is classified by activity. The costs of each activity are made up to the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributed to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources.

Expenditure on raising funds includes all expenditure incurred by the Company to raise funds for its charitable purposes and includes costs of all fundraising activities, events and non-charitable trading.

Expenditure on charitable activities is incurred on directly undertaking the activities which further the Company's objectives, as well as any associated support costs.

All expenditure is inclusive of irrecoverable VAT.

2.5 Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the Company; this is normally upon notification of the interest paid or payable by the institution with whom the funds are deposited.

2.6 Tangible fixed assets and depreciation

Tangible fixed assets costing £1,000 or more are capitalised and recognised when future economic benefits are probable and the cost or value of the asset can be measured reliably.

Tangible fixed assets are initially recognised at cost. After recognition, under the cost model, tangible fixed assets are measured at cost less accumulated depreciation and any accumulated impairment losses. All costs incurred to bring a tangible fixed asset into its intended working condition should be included in the measurement of cost.

Depreciation is charged so as to allocate the cost of tangible fixed assets less their residual value over their estimated useful lives.

Depreciation is provided on the following basis:

Office Equipment	-	20% reducing balance
Computer equipment	-	20% reducing balance

The freehold property is not depreciated as the depreciation would be immaterial.

2.7 Investments

Fixed asset investments are a form of financial instrument and are initially recognised at their transaction cost and subsequently measured at fair value at the Balance Sheet date,

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2023

unless the value cannot be measured reliably in which case it is measured at cost less impairment. Investment gains and losses, whether realised or unrealised, are combined and presented as 'Gains/(Losses) on investments' in the Statement of financial activities.

2.8 Stocks

Stocks are valued at the lower of cost and net realisable value after making due allowance for obsolete and slow-moving stocks. Costs includes all direct costs.

2.9 Cash at bank and in hand

Cash at bank and in hand includes cash and short-term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

2.10 Liabilities and provisions

Liabilities are recognised when there is an obligation at the Balance Sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably.

Liabilities are recognised at the amount that the Company anticipated it will pay to settle the debt or the amount it has received as advanced payments for the goods and services it must provide.

Provisions are measured at the best estimate of the amounts required to settle the obligation.

2.11 Financial instruments

The Company only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

2.12 Pensions

The Company operates a defined contribution pension scheme and the pension charge represents the amounts payable by the Company to the fund in respect of the year.

2.13 Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Company and which have not been designated for other purposes.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the Company for particular purposes. The costs of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the Notes to the financial statements.

Investment income, gains and losses are allocated to the appropriate fund.

THE INSULIN DEPENDENT DIABETES TRUST

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2023

3. Income from donations and legacies

	Unrestricted funds 2023 £	Total funds 2023 £	Total funds 2022 £
Legacies			
L McGrew	0	0	5,000
P Jackson	0	0	90,000
L Middleton	0	0	11,997
P Blagdurn	0	0	127,880
D Bloor	0	0	73,546
J Harris	0	0	1,000
F Webster	0	0	1,000
F Brennan	0	0	61,000
J Rawlins	140,700	140,700	140,000
D Burbage	0	0	1,791
D Clifton	0	0	78,758
D Foster	0	0	40,491
B Butler	0	0	1,000
M Hazell	7,122	7,122	50,000
P Dervish	5,332	5,332	63,750
J Green	25,000	25,000	0
M Stubbins	12,123	12,123	0
A Pincott	4,957	4,957	0
J Gray	2,418	2,418	0
H Markwell	2,000	2,000	0
B Green	42,029	42,029	0
B Green	21,014	21,014	0
Subtotal detailed disclosure	262,695	262,695	747,213
Donations	56,300	0	66,359
Legacies under £1,000	275	0	261
Subtotal	56,575	0	66,620
Total	319,270	0	813,833

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2023

4. Income from other trading activities

Income from fundraising events

	Unrestricted funds 2023 £	Total funds 2023 £	<i>Total funds 2022 £</i>
Fundraising	4,270	4,270	5,547

5. Income from investments

	Unrestricted funds 2023 £	Total funds 2023 £	<i>Total funds 2022 £</i>
Investment income	56,433	56,433	30,189

6. Other income resources

	Unrestricted funds 2023 £	Total funds 2023 £	<i>Total funds 2022 £</i>
Sales of goods and lottery	28,536	28,536	30,860
Conferences/AGM	1,305	1,305	825
Dream Trust	4,335	4,334	7,583
	34,176	34,176	39,268

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2023

7. Gift Aid

	Unrestricted funds	Total funds	<i>Total funds</i>
	2023 £	2023 £	2022 £
Gift Aid	10,457	10,457	24,273

8. Analysis of expenditure on charitable activities

Summary by fund type

	Restricted funds 2023 £	Unrestricted funds 2023 £	Total funds 2023 £	<i>Total funds 2022 £</i>
Charitable activities	0	900,683	900,683	421,627
<i>Total 2022</i>	<i>0</i>	<i>421,627</i>	<i>421,627</i>	

9. Analysis of expenditure by activities

	Activities Undertaken Directly 2023 £	Support costs 2023 £	Total funds 2023 £	<i>Total funds 2022 £</i>
Charitable activities	833,864	66,819	900,683	421,627
<i>Total 2022</i>	<i>369,208</i>	<i>52,419</i>	<i>421,627</i>	

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2023

Analysis of direct costs

	Charitable Activities 2023	Total funds 2023	Total funds 2022
	£	£	£
Staff Costs	0	131,013	119,953
Private healthcare	0	3,137	0
Project Vera	0	3,520	0
Research grants returned	0	-9,722	-114,013
Temporary staff	0	452	30
Travel and subsistence	0	2,166	651
Marketing and advertising	0	345,520	79,770
Research and editorial costs	0	50,004	41,745
Health and Safety	0	368	1,805
Professional indemnity costs	0	1,645	1,555
Website and IT	0	23,492	21,497
Printing costs	0	129,239	81,592
Direct Mail	0	81,493	69,538
Conference, information and meeting costs	0	16,489	10,682
Charitable activities - Pensions	0	4,080	3,438
Bookkeeping fees	0	3,696	4,300
Dream Trust	0	6,300	7,790
Equipment hire and expensed	0	8,969	8,695
Charges for investments	0	21,192	25,550
Ukraine expenditure	0	8,684	4,630
Consultancy fees	0	1,400	0
Legacy expense	0	727	0
	0	833,864	369,208

Analysis of support costs

	Charitable Activities 2023	Total funds 2023	Total funds 2022
	£	£	£
Governance salary costs	0	15,488	6,685
Depreciation	0	1,637	1,865
Legal and professional	0	7,813	8,850
Telephone and internet	0	1,253	677
Printing, postage and stationery	0	31,907	22,091
HR Training and welfare – staff	0	970	942
Rates and water charges	0	2,105	2,016
Bank Charges	0	668	653
Cleaning and waste management	0	841	772
Premises costs, repairs and renewals	0	4,137	7,868
	0	66,819	52,419

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2023

10. Auditors' remuneration

	2023 £	2022 £
Fees payable to the Company's auditors for the audit of the Company's annual accounts	0	0

11. Staff costs

	2023 £	2022 £
Wages and salaries	122,267	112,596
Social security costs	8,746	7,357
	131,013	119,953

The average number of persons employed by the Company during the year was as follows:

	2023 No.	2022 No.
Employees	4	4

The number of employees whose employee benefits exceeded £60,000 was:

	2023 No.	2022 No.
In the band £60,001 to £70,000	1	1

12. Trustees' remuneration and expenses

With the agreement of the Charities Commission Mrs J M D Hirst's remuneration is for extensive research, publications and editorial work. Mrs Hirst attends meetings, conferences and seminars on behalf of the Charity to lecture on the rights to retain a choice of insulins. Her continued contribution to the work of the Charity is invaluable. The value of the Trustees' remuneration and other benefits is fees of £50,004 (2022 £41,679).

During the year ended 31 December 2023, no Trustee expenses have been incurred (2022 - £NIL)

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2023

13. Tangible fixed assets

	Freehold Property £	Office Equipment £	Total £
Cost or valuation			
At 1 January 2022	351,842	55,601	407,443
Additions	0	726	726
At 31 December 2023	351,842	56,327	408,169
Depreciation			
At 1 January 2022	0	48,141	48,141
Charge for the year	0	1,637	1,637
At 31 December 2022	0	49,778	49,778
Net book value			
At 31 December 2023	351,842	6,549	358,391
At 31 December 2022	351,842	7,460	359,302

14. Fixed asset investments

	Unlisted Investments £
Cost or valuation	
Transfers between classes	2,036,591
At 31 December 2023	2,036,591
Net book value	
At 31 December 2023	2,036,591

Investment portfolios have previously been treated as current asset investments.

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2023

15. Stocks

	2023 £	2022 £
Finished goods and goods for resale	19,249	10,757

16. Creditors: Amounts falling due within one year

	2023 £	2022 £
Trade creditors	7,835	14,473
Other taxation and social security	0	0
Other creditors – Pension and PAYE	5,505	8,704
Accruals and deferred income	0	0
	13,340	23,177

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2023

17. Statement of funds

Statement of funds – current year

	Balance at 1 January 2023 £	Income £	Expenditure £	Gains/ (Losses) £	Balance at 31 December 2023 £
Unrestricted funds					
Reserves	3,174,546	424,606	(906,728)	131,725	2,824,149
Total of funds	3,174,546	424,606	(906,728)	131,725	2,824,149

Statement of funds – prior year

	Balance at 1 January 2022 £	Income £	Expenditure £	Gains/ (Losses) £	Balance at 31 December 2022 £
Unrestricted funds					
Reserves	3,023,027	913,110	(438,709)	(322,882)	3,174,546
Total of funds	3,023,027	913,110	(438,709)	(322,882)	3,174,546

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2023

18. Analysis of net assets between funds

Analysis of net assets between funds – current year

	Restricted funds 2023 £	Unrestricted funds 2023 £	Total funds 2023 £
Tangible fixed assets	0	358,391	358,391
Fixed asset investments	0	2,036,591	2,036,591
Current assets	0	442,507	442,507
Creditors due within one year	0	(13,340)	(13,340)
Total	0	2,824,149	2,824,149

Analysis of net assets between funds – prior year

	Restricted funds 2022 £	Unrestricted funds 2022 £	Total funds 2022 £
Tangible fixed assets	0	359,302	359,302
Fixed asset investments	0	1,898,191	1,898,191
Current assets	0	940,230	940,230
Creditors due within one year	0	(23,177)	(23,177)
Total	0	3,174,546	3,174,546

19. Reconciliation of net movement in funds to net cash flow from operating activities

	2023 £	2022 £
Net income for the year (as per Statement of Financial Activities)	(350,397)	151,519
Adjustments for:		
Depreciation charges	1,637	1,865
Gains/(losses) on investments	131,725	(322,882)
Decrease/(increase) in stocks	8,492	66
Increase/(decrease) in creditors	(9,837)	5,440
Net cash provided by operating activities	132,017	(315,511)

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2023

20. Analysis of cash and cash equivalents

	2023 £	2022 £
Cash in bank	407,843	929,473
Total bank and bank equivalents	407,843	929,473

21. Analysis of changes in net debt

	At 1 January 2023 £	Cash flows £	Other non- cash changes £	At 31 December 2023 £
Cash at bank	929,473	(521,630)	0	407,843
Liquid investments	139,188	0	0	139,188
	1,068,661	(521,630)	0	547,031

22. Pension commitments

The Charity operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the Charity in an independently administered fund. The pension cost charge represents contributions payable by the Charity to the fund and amounted to £4,080 (2022 - £3,438).

23. Post Balance Sheet events

The Charity is confident that it has the sufficient reserves and resources to continue operating and therefore the Trustees consider it to be a going concern.

THE INSULIN DEPENDENT DIABETES TRUST

England & Wales - Charity number 1058284

Accounts

Registered Number: 3148360

Charity Number: 1058284

THE INSULIN DEPENDENT DIABETES TRUST

TRUSTEES' REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2022

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CHARITY INFORMATION

Trustees

Mrs J M D Hirst MBE, Co-Chair
 Dr M Kiln, Co-Chair
 Ms A Aubin
 Ms C Baker
 Mr J Birbeck
 Mrs G Coleman
 Mr Ken Heard
 Mrs L Ingram
 Mrs V Readman
 Dr R Rijckborst

Company registered number

3148360

Charity registered number

1058284

Registered office

210 Abington Avenue
 Northampton
 Northamptonshire
 NN1 4PR

Non-executive director

Dr Gary Adams

Bankers

Virgin Money
 7 Gold Street
 Northampton
 NN1 1EN

Investment advisors

MPA
 98 High Street
 Henley in Arden
 B95 5BY

Accountants

Paul Slater & Co
 1 Washington Street
 Northampton
 NN2 6NN

TRUSTEES' REPORT AND FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2022

Company and banking details etc

The Trustees present their annual report together with the financial statements of the Insulin Dependent Diabetes Trust (IDDT) for the year 1 January 2022 to 31 December 2022. The Annual Report serves the purpose of both a Trustees' report and a directors' report under company law. The Trustees confirm that the Annual Report and financial statements of the charitable company comply with the current statutory requirements, the requirements of the charitable company's governing document and the provisions of the Statement of Recommended Practice (SORP) applicable to charities preparing their accounts in accordance with the Financial Reporting Standard in the UK and Republic of Ireland.

Since the Company qualifies as small under section 382 of the Companies Act 2006, the Strategic report of medium and large companies under the Companies Act 2006 (Strategic Report and Directors' regulations 2013) have been omitted.

Objectives and activities

a. Policies and objectives

In setting and planning for activities, the Trustees have given due consideration to general guidance published by the Charity Commission relating to public benefit, including the guidance 'Public benefit, running a charity (PB2)'.

b. Strategies for achieving objectives

The purposes of the charity as set out in its governing document remain unchanged:

- To continue our activities to help children and their parents.
- To reach more people with Type 1 or Type 2 diabetes through publicity.
- To try to ensure that pork insulin continues to remain available for those who require it.
- To fund research aimed at improving the lives of people with diabetes now.
- To supply information booklets to health professionals at no charge to encourage them to give the booklets to their patients so they receive information and become aware of the help IDDT can offer.

c. Activities undertaken to achieve the objectives

In view of the after effects of the Covid-19 pandemic, the financial difficulties faced by the country and people generally, the Trustees recognised that while the purposes of the charity remain the same, some of our activities to achieve the aims and objectives had to be reduced or suspended. However, to the best of our ability, the following activities were carried out:

- To reach more people with Type 1 or Type 2 diabetes to offer information and support.
- To continue our activities to help children with diabetes and their parents with the provision of information to them and to teachers to enable them to better understand the needs of children with diabetes in schools. To ensure widespread distribution of existing booklets to provide insight, information and support with the aim of improving quality of life and reducing hospital admissions.
- To continue to supply information booklets to health professionals at no charge to encourage them to give the booklets to their patients so they receive information and become aware of the help IDDT can offer.
- Continuing the promotion of the help the Charity can offer through letters to the editors of local newspapers.
- To increase advertising of key booklets in health professional journals.
- To continue to review the GDPR regulations and to ensure that IDDT is compliant.

- To continue to offer help to people in other countries who have had difficulties obtaining pork insulin due to changes in regulations and the UK leaving the EU.
- As a result of an email appeal from a person working for a charity in Ukraine, in March 2022 IDDT started to collect unwanted, in-date insulin and other diabetes items. By the end of 2022 items totalling over £400,000 were sent to Ukraine and £14,000 was donated by members to help with delivery costs and purchasing of blood glucose test strips.
- To continue to try to ensure that continuous glucose monitoring and flash glucose monitoring is available to everyone who wishes to use this method of monitoring glucose levels.
- To continue to develop and update information booklets. In addition, with the success of previous 'Diabetes Diaries', a Diabetes Diary for 2023 was published and again has proved popular with our members.
- The number of people in the lottery has reduced slightly but this has produced an income for the Charity of around £10,000 during 2022.
- The IDDT booklets, especially 'Looking After Your Feet' and 'The 9 Key Checks', have continued to be extremely popular with people with diabetes and health professionals, as many people were unable to access their usual podiatry help and annual health checks during and after the pandemic.
- The number of health professionals becoming members has also increased showing that advertising in diabetes-related journals results in more health professionals with a specific interest in diabetes becoming members.
- The online shop has continued to be popular and the 'diabetes-friendly' socks have attracted many people and raised valuable funds.
- IDDT funded research continued to be suspended during 2022 due to the economic climate.

d. Social Investment policies

The Charity continued to operate the policies and procedures document relating to fundraising and sponsorship for the Trust approved in 2015. The interest generated continues to assist in supporting the charity's causes.

e. Grant-making policies

The Trust has made the decision to suspend research funding to safeguard the financial future of the Charity due to the country's financial uncertainties.

f. Main activities undertaken to further the Charity's purposes for the public benefit

The Charity works hard to promote various ways people can live with diabetes and lead a fulfilled and happy life. Our booklets and newsletters all extend help and support. Our helpline offers one to one assistance, the demand for which increased during 2022 as a result of the reduced numbers of General Practice face to face appointments.

Achievements and performance

a. Main achievements of the Charity

The main achievements during 2022 have been as follows:

Financial

- The income from legacies was higher than in 2021.
- There has been an increase in the numbers of members paying by standing order and the number of members making larger donations increased during 2022.
- The Lottery income reduced slightly during 2022.

Membership

- Membership has decreased slightly during 2022, sadly due to a notable increase in the number of deaths. However, we have acquired significant numbers of new members and there was an increase in the last quarter of the year.

- Membership of healthcare professionals has increased as they continue to contact IDDT for multiple copies of booklets and leaflets.
- During 2022, and clearly as a result of people not receiving medical/nursing help or advice during and after the pandemic, the Charity has received many more requests for help, information or just an opportunity to talk from both members and non members.

Footcare

- The number of requests from people with diabetes for help in relation to footcare was significant during 2022 as many people have still been unable to have their regular foot checks. Our booklet 'Looking After Your Feet' proved particularly useful by people with diabetes and podiatrists.
- The sale of special socks and other items to help people care for their own feet remained steady.

Booklets, Newsletters and Type 2 & You

- A major part of our work is to support people living with diabetes and we have continued to receive requests for these during 2022.
- The Newsletter and Type 2 & You have been sent out on time, despite some working difficulties and this has clearly been appreciated by our members.
- As a result of the excellent response to the Diabetes Diary 2022, a similar Diary was published for 2023.
- Shopping List continued to be sold during 2022 to aid people with meal planning, especially before Christmas 2022.
- In 2022 we again produced a Christmas brochure of items for sale. This included Christmas cards but sales have been lower than previously, thought to be due to the postal strikes which took place during the Christmas period.

IDDT Annual Event

In October 2022, IDDT held it's AGM and Event which was well attended by members and their families. The main outcome from the discussions was that it is difficult for IDDT to take steps nationally to try to ensure equality of care and treatment is restored and the postcode lottery of care removed because health and care decisions are made at local level. Concern was also expressed that the newly formed ICSs and ICBs replacing CCGs will take time to settle in during which improvements may be delayed. The speakers were well received and the feedback from delegates was that the day was very informative and enjoyable.

Key performance indicators

The Key performance indicators include:

- Investments
- Legacy income
- Income from members
- Membership numbers
- Numbers of members with Type 1 diabetes, Type 2 diabetes, carers and healthcare professionals
- Advertising and response rates
- IDDT funded research papers published
- Social media activity.

c. Review of activities

During 2022, the health professional conferences were reinstated after the pandemic. As we expected, the attendance was not as well attended as pre-pandemic. However, our increased advertising in professional journals continued and resulted in increased requests for booklets which were much appreciated.

IDDT continues to keep an international presence, especially for people outside the UK who need to use animal insulin. This has become more difficult due to the changes in regulations, so the countries have worked together to try to rectify this. Providing information and support to people with diabetes wherever they live forms an important part of the Charity's activities.

IDDT is the UK arm of Insulin for Life, but our contacts in Tanzania remained lost and parcels still did not arrive at their destination. However, IDDT has been collecting unwanted insulin and other diabetes items during the 2022 year to help people with diabetes in Ukraine. During 2022 supplies worth over £400,000 were delivered into Ukraine by a voluntary support system set up by local and Ukrainian people. In addition, IDDT members donated £14,000 specifically to help with this project. The Trustees would like to thank the individuals and health professionals who have made these donations and also the staff for their work in dealing with the unwanted items and packing for delivery into Ukraine. This work continues in 2023.

The Charity's 'Sponsor a Child' scheme to help children and young adults at Dream Trust in India continues to flourish and the Trustees and Dr Pendsey at Dream Trust thank everyone for their continued support of families in need. Dream Trust has made financial donations to help particularly needy families during the pandemic.

d. Factors relevant to achieve objectives

The short and longer term aims and objectives

- The Charity continues to publish a free quarterly Newsletter and a slightly shorter version called 'Type 2 & You' for people with Type 2 diabetes not taking insulin. People with Type 2 diabetes taking insulin and tablets receive both newsletters. We encourage people to access these online, but the majority of people prefer hard copy versions.
- The aim of the Charity still is to support research in line with its aims by funding research that investigates ways of making life easier for those who already have diabetes. However, the Trustees have carried forward to 2022 their decision to put all research funding on hold to safeguard the financial future of the Charity during the present financial uncertainties.
- To maintain the Charity's independence by encouraging voluntary donations and legacy income.

e. Fundraising activities and income generation

The Charity relies on grant aid from donors identified in the accounts and the Trustees are most appreciative of this support. There are minor fundraising activities which include Christmas card sales, books, and aids to help with caring for the feet.

f. Investment policy and performance

The Trustees have resolved to establish reserves for future activities and they have wide powers of investment. The policy on reserves is that establishing assets are retained to produce income, income which is wholly used to support existing activities. There is no intention in the long-term to either increase or reduce the capital held. The policy is justified in that it is necessary to preserve income at present levels in order to maintain the activities of the Charity.

During 2022, the investment income fluctuated due to the economic climate, and this justifies the policy of safeguarding the Charity's future, especially as there never are any guarantees associated with legacy income.

Financial review

a. Going concern

The operations and business activities of the Charity have been impacted by the economic climate. However, after making appropriate enquiries, the Trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing the financial statements.

b. Reserves policy

IDDT complies with Charity Commission Guidelines

IDDT has a Research and Welfare Fund

- All monies donated for research are allocated to fund research at the time of the donation/legacy, but during 2022 no legacies were donated to the research fund.
- Monies not designated for research are allocated to the General Fund for welfare purposes.
- These allocations are made at the time of receipt.

Short-term investments

We invest some funds in 6 and 12 monthly Bonds in order to ensure that the Charity has rapid access to funds in case the day-to-day income is lower than expected. If this is not the case, then the Bonds are rolled over for further 6 and 12 month periods.

Long-term investments

We have 5 to 10 year investments. These are monitored through our investment portfolio and with regular meetings with our Financial Advisers. All investments have the facility for easy access to funds.

Cash reserves

All legacy income is paid into IDDT's Legacy account and transfers are made as/when necessary to the current account for running expenses.

Day to day income

Cash, cheques and credit cards are paid into the current account with Virgin Money. Standing order payments are paid into a Barclays Bank current account and transferred into the Virgin Money current account on a regular basis.

Lottery income

The Lottery income is paid into a stand-alone account and the profits paid into the Virgin Money Bank current account on a regular basis.

c. Principle risks and uncertainties

The Trustees cannot find any major risks to which the Charity is exposed each financial year when preparing and updating the strategic plan, in particular those relating to operations and finances of the Charity.

A risk register has been established. Procedures are in place to ensure compliance with health and safety of staff and visitors to the offices. Internal control risks are minimised by the implementation of procedures for the authorisation for all transactions and projects.

d. Principal funding

The principal sources of income are from legacies and voluntary donations. The Trustees are aware of the need to generate regular income and are continuing to take steps to achieve this. The Trustees are very grateful for the continued generosity of the members in making donations and especially to the increasing numbers of people who make regular donations through their bank. They also wish to record their gratitude to the donors of legacies and donations in memory of loved ones for their kindness in helping other people with diabetes.

The Trustees would also like to express their thanks for the continuing support and help of members and their families which provides encouragement to the Trustees to continue with the aims and objectives of IDDT. This support reflects the needs of people living with diabetes to be represented by a patient/carer-based Charity that understands their needs and remains independent and uninfluenced by outside financial influences.

Considering the small numbers of members of staff and the amount of work covered, the Trustees would like to thank the staff for their continued dedication and hard work during 2022.

The Trustees reaffirm their commitment and determination to try to ensure that people with diabetes and their families have informed choices of treatment, and the access to them that they deserve and need. There may have been some improvements in the care and treatment of Type 1 and Type 2 diabetes in the NHS in some areas, but the lack of services and annual checks during and after the pandemic is of great concern. The Trustees fear that the consequences of this will be an increase in diabetic complications in people with diabetes. In line with the expressed views of members at the 2022 IDDT Event, the Trustees are committed to try to raise awareness of this, influence policy makers to bring about the necessary improvements and to encourage those with diabetes to insist on receiving the care they need.

At the AGM it was reported that the Trustees welcomed the appointment of Mr Ken Heard as a new Trustee and it was emphasised that IDDT would benefit from new Trustees to give a broader perspective of life with diabetes.

Structure, governance and management

a. Constitution

The Insulin Dependent Diabetes Trust is registered as a charitable company limited by guarantee and was set up by a Memorandum of Association.

b. Methods of appointment or election of Trustees

The directors of the company are also charitable Trustees for the purposes of Charity law and under the company's Articles of Association are known as the Board of Trustees. Under the requirements of the Memorandum and Articles of Association the members of the Board of Trustees are elected to serve for a period of three years, after which they must be re-elected at the next Annual Meeting.

Due to the nature of the work of the Charity and the importance of understanding the needs of and representation of people with diabetes and their families, at no time shall the number of Trustees who are medically qualified or are allied health professionals exceed twenty five per cent of the total number of Trustees. The Charity records the particular skills of the Trustees in order to maintain a broad mix of skills and expertise.

c. Organisational structure and decision-making policies

A Board of a maximum of 11 Trustees administer the Charity, covering policy, membership and finances. Minor day to day decisions are taken by the Co-Chairs and CEO. Modern technology enables consultations to be made easily and quickly. Major decisions on future policies are taken at the AGM for the approval of members.

During 2022, some members of the staff team have changed and the team now consists of one full time member and three part-time people with temporary help being employed as necessary. The Charity will continue to update staff skills when required to ensure their skills and knowledge remain relevant and up to date. The Charity contracts out the website work, PR and press releases, IT support and day to day finances.

The Charity continued to operate the policies and procedures document relating to fundraising and sponsorship for the Trust approved in 2015. The day to day running of the Charity is carried out by the Co-Chairs and CEO.

d. Policies adopted for the induction and training of the Trustees

The Trustees are familiar with the practical work of the Charity. New Trustees are encouraged to take short training sessions to familiarise themselves with:

- The responsibilities of Trustees.
- The documents and the Memorandum and Articles of Association for the operations of the Charity.
- The current financial position and sources of funding of the Charity.
- The objectives and forward plans for the Charity.

e. Pay policy for key management personnel

IDDT has two key management personnel

- Chief Executive Officer
- Database Manager

There is a line management structure in place.

Pay Review

The Trustees review staff salaries for the following year at their November meeting. The general principle is to give pay increases in line with inflation.

f. Related party relationships

The Charity maintains its links with people and groups in other countries around the world. The Charity continues to offer support and information to people in other countries, especially those in need of animal insulin. Providing information and support wherever people live continue to be a major role.

The Trustees wish to thank Wockhardt UK for their ongoing supply of porcine insulin in vials and cartridges. As the only known supplier in the world, IDDT is aware of the vulnerable position this is for people who need porcine insulin because of adverse effects when using synthetic GM insulins.

Plans for future periods

The Charity's strategies for achieving its aims and objectives in the future

- The Charity continues to publish new booklets to inform and support people with diabetes and to prevent the development of complications. The need for this appears to have increased during 2022 when people had less access to their usual healthcare team and face to face appointments.
- The Charity's aim to prevent amputations continues to be a major activity by using the booklet 'Looking After Your Feet' which highlights how people can care for their feet at home and when they should seek professional help. This is combined with selling special socks and neuropad online and through our Christmas brochure to offer a comprehensive package. There has also been collaboration with foot care specialists which has been successful.
- During 2022 the Charity also tried to encourage people to take exercise and to adopt healthy eating. This will continue during 2023.
- The website continues to be a valuable way of reaching people living with diabetes and the Charity employs a webmaster to regularly update and monitor traffic. New members, orders for booklets and other items are received through the website.
- The Newsletter and Type 2 & You are available in large print for people who are visually impaired and the talking format is again available on the website.
- The Charity will continue to attend healthcare professional conferences in order to reach healthcare professionals with booklets so that they can offer them to their patients.
- To continue to keep informed about the latest research and changes in government and NHS policies in order to keep our members and website visitors informed.

Statement of Trustees' responsibilities

The Trustees (who are also directors of the Company for the purposes of company law) are responsible for preparing the Trustees' report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial year. Under Company law, the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the Company and its incoming resources and application of resources, including income and expenditure, for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe methods and principles of the Charities SOR (FRS 102);
- make judgments and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards (FRS 2) have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the ongoing concern basis unless it is inappropriate to presume that the Company will continue in business.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the Company's transactions and disclose with reasonable accuracy at any time the financial position of the 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 Company and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

Disclosure of information to Accountants

Each of the persons who are Trustees at the same time when this Trustees' report is approved has confirmed that:

- so far as that Trustee is aware, there is no relevant information of which the Charity's accountants Paul Slater & Co are unaware, and
- that Trustee has taken all steps that ought to have been undertaken as a Trustee in order to be aware of any relevant information and to establish that the Charity's accountants are aware of that information.

Approved by order of the members of the Board of Trustees and signed on their behalf by:

Mrs J M D Hirst MBE

Date:

**REPORT OF THE INDEPENDENT EXAMINER TO THE TRUSTEES OF THE CHARITABLE
COMPANY ON THE ACCOUNTS FOR THE YEAR ENDED 31 DECEMBER 2022**

I report to the Trustees on my examination of the accounts of the above Charity for the year ended 31 December 2022.

Respective responsibilities of Trustees and Independent Examiner

As the Charity's Trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011.

The Trustees consider that the audit requirement of Section 144(1) of the Charities Act 2011 (the Act) does not apply, and that there is no requirement in the memorandum and articles of the Charity for the conducting of an audit, and that the accounts do not require an audit in accordance with Part 16 of the Companies Act 2006 and that no member or members have requested an audit pursuant to section 476 of the Companies Act 2006. As a consequence, the Trustees have elected that the financial statements be subject to independent examination.

I report in respect of my examination on the Trust's accounts carried out under Section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under Section 145 950 9B0 of the Act.

Basis of Examiner's Statement and scope of work undertaken

The Charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of AAT.

No matters have come to my attention in connection with the examination which gives me cause to believe that the accounting records were kept in accordance with Section 130 of the Charities Act or the accounts did not accord with the accounting records or the accounts did not comply with the applicable requirements concerning the form and contents of accounts set out in the Charities Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

Mrs T Loughran – Independent Examiner
FMAAT, MIP

1 Washington Street
Kingsthorpe
Northampton
NN2 6NN

This report was signed on

THE INSULIN DEPENDENT DIABETES TRUST

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 DECEMBER 2022

	Note	Restricted funds 2022 £	Unrestricted funds 2022 £	Total funds 2022 £	Total funds 2021 £
Income from:					
Donations & Legacies	3	0	800,847	800,847	311,990
Ukraine donations	3	0	12,986	12,986	0
Fundraising	4	0	5,547	5,547	4,051
Income from Investments	5	0	30,189	30,189	20,203
Other income	6	0	39,268	39,268	64,040
Gift aid	7	0	24,273	24,273	5,522
Total income		0	913,110	913,110	405,806
Expenditure on:					
Raising funds		0	17,082	17,082	17,130
Charitable activities and governance costs	8	0	421,627	421,627	462,121
Total expenditure		0	438,709	438,709	479,251
Net gains (losses) on Investments		0	(322,882)	(322,882)	421,378
Net movement in funds		0	151,519	151,519	347,933
Reconciliation of funds:					
Total funds brought forward		0	3,276,048	3,276,048	2,928,115
Net movement in funds		0	151,519	151,519	347,933
Total funds carried forward		0	3,427,567	3,427,567	3,276,048

The Statement of financial activities includes all gains and losses recognised in the year.

The notes on pages 13 to 25 form part of these financial statement.

THE INSULIN DEPENDENT DIABETES TRUST

BALANCE SHEET AS AT 31 DECEMBER 2022

	Note	2022 £	2021 £
Fixed assets			
Tangible assets	13	359,302	360,189
Investments	14	1,898,191	2,224,770
Total fixed assets		2,257,493	2,584,959
Current assets			
Stocks	15	10,757	10,823
Debtors		0	0
Cash at bank and in hand		929,473	444,982
Total current assets		940,230	455,805
Creditors: amounts falling due within one year	16	(23,177)	(17,737)
Net current assets		917,053	438,068
Total assets less current liabilities		3,174,546	3,023,027
Total net assets		3,174,546	3,023,027
Charity funds			
Unrestricted funds	17	3,174,546	3,023,027
Total charity funds		3,174,546	3,023,027

For the financial year in question the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.

No members have required the company to obtain an audit of its accounts for the year in question in accordance with section 476 of the Companies Act 2006.

The Trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and preparation of financial statements.

The financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The financial statements were approved and authorised for issue by the Trustees and signed on their behalf by:

Mrs J M D Hirst MBE

Date:

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2022

1. General information

The charity is a company limited by guarantee, registered in England and Wales. The registered office is as noted in the Trustee's Report.

2. Accounting policies

2.1 Basis of preparation of financial statements

The financial statements have been prepared in accordance with the Charities SORP (FRS 102) Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and the Republic of Ireland (FRS 102) (Issued in October 2019), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

The Insulin Dependent Diabetes Trust meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

2.2 Going concern

The operations and business activities of the Charity has been impacted by the recent COVID-19 outbreak. However, after making appropriate enquiries, the Trustees have a reasonable expectation that the Company has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing the financial statements.

2.3 Income

All income is recognised once the Company has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

The recognition of income from legacies is dependent on establishing entitlement, the probability of receipt and the ability to estimate with sufficient accuracy the amount receivable. Evidence of entitlement to a legacy exists when the Company has sufficient evidence that a gift has been left to them (through knowledge of the existence of a valid Will and the death of the benefactor) and the executor is satisfied that the property in question will not be required to satisfy claims in the estate. Receipt of a legacy must be recognised when it is probable that it will be received and the fair value of the amount receivable, which will generally be the expected cash amount to be distributed to the Company, can be reliably measured.

Income tax recoverable in relation to investment income is recognised at the time the investment income is receivable.

Other income is recognised in the period in which it is receivable and to the extent the goods have been provided or on completion of the service.

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2022

2.4 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party. It is probable that a transfer of economic benefit will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is classified by activity. The costs of each activity are made up to the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributed to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources.

Expenditure on raising funds includes all expenditure incurred by the Company to raise funds for its charitable purposes and includes costs of all fundraising activities, events and non-charitable trading.

Expenditure on charitable activities is incurred on directly undertaking the activities which further the Company's objectives, as well as any associated support costs.

All expenditure is inclusive of irrecoverable VAT.

2.5 Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the Company; this is normally upon notification of the interest paid or payable by the institution with whom the funds are deposited.

2.6 Tangible fixed assets and depreciation

Tangible fixed assets costing £1,000 or more are capitalised and recognised when future economic benefits are probable and the cost or value of the asset can be measured reliably.

Tangible fixed assets are initially recognised at cost. After recognition, under the cost model, tangible fixed assets are measured at cost less accumulated depreciation and any accumulated impairment losses. All costs incurred to bring a tangible fixed asset into its intended working condition should be included in the measurement of cost.

Depreciation is charged so as to allocate the cost of tangible fixed assets less their residual value over their estimated useful lives.

Depreciation is provided on the following basis:

Office Equipment	-	20% reducing balance
Computer equipment	-	20% reducing balance

The freehold property is not depreciated as the depreciation would be immaterial.

2.7 Investments

Fixed asset investments are a form of financial instrument and are initially recognised at their transaction cost and subsequently measured at fair value at the Balance Sheet

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2022

date, unless the value cannot be measured reliably in which case it is measured at cost less impairment. Investment gains and losses, whether realised or unrealised, are combined and presented as 'Gains/(Losses) on investments' in the Statement of financial activities.

2.8 Stocks

Stocks are valued at the lower of cost and net realisable value after making due allowance for obsolete and slow-moving stocks. Costs includes all direct costs.

2.9 Cash at bank and in hand

Cash at bank and in hand includes cash and short-term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

2.10 Liabilities and provisions

Liabilities are recognised when there is an obligation at the Balance Sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably.

Liabilities are recognised at the amount that the Company anticipated it will pay to settle the debt or the amount it has received as advanced payments for the goods and services it must provide.

Provisions are measured at the best estimate of the amounts required to settle the obligation.

2.11 Financial instruments

The Company only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

2.12 Pensions

The Company operates a defined contribution pension scheme and the pension charge represents the amounts payable by the Company to the fund in respect of the year.

2.13 Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Company and which have not been designated for other purposes.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the Company for particular purposes.

THE INSULIN DEPENDENT DIABETES TRUST

The costs of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

Investment income, gains and losses are allocated to the appropriate fund.

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2022

3. Income from donations and legacies

	Unrestricted funds 2022 £	Total funds 2022 £	<i>Total funds 2021 £</i>
Legacies			
J Merefield	0	0	15,844
Y Bickerton	0	0	1,000
M Penver	0	0	72,065
E Harrower	0	0	1,805
D Pierce	0	0	1,000
R Eddolls	0	0	6,005
T Brown	0	0	5,000
J Northam	0	0	1,000
O Fountain	0	0	2,000
L McGrew	5,000	5,000	0
P Jackson	90,000	90,000	100,000
L Middleton	11,997	11,997	50,000
P Blagdurn	127,880	127,880	0
D Bloor	73,546	73,546	0
J Harris	1,000	1,000	0
F Webster	1,000	1,000	0
F Brennan	61,000	61,000	0
J Rawlins	140,000	140,000	0
D Burbage	1,791	1,791	0
D Clifton	78,758	78,758	0
D Foster	40,491	40,491	0
B Butler	1,000	1,000	0
M Hazell	50,000	50,000	0
P Dervish	63,750	63,750	0
Subtotal detailed disclosure	747,213	747,213	255,719
Donations	66,359	66,359	54,830
Legacies under £1,000	261	261	1,441
Subtotal	66,620	66,620	56,271

THE INSULIN DEPENDENT DIABETES TRUST

Total	813,833	813,833	311,990

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2022

4. Income from other trading activities

Income from fundraising events

	Unrestricted funds 2022 £	Total funds 2022 £	Total funds 2021 £
Fundraising	5,547	5,547	4,051

5. Income from investments

	Unrestricted funds 2022 £	Total funds 2022 £	Total funds 2021 £
Investment income	30,189	30,189	20,203

6. Other income resources

	Unrestricted funds 2022 £	Total funds 2022 £	Total funds 2021 £
Sales of goods and lottery	30,860	30,860	32,508
Conferences/AGM	825	825	978
Dream Trust	7,583	7,583	7,233
JRS Grant	0	0	23,321
	39,268	39,268	64,040

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2022

7. Gift Aid

	Unrestricted funds	Total funds	<i>Total funds</i>
	2022 £	2022 £	2021 £
Gift Aid	24,273	24,273	5,522

8. Analysis of expenditure on charitable activities

Summary by fund type

	Restricted funds 2022 £	Unrestricted funds 2022 £	Total funds 2022 £	<i>Total funds 2021 £</i>
Charitable activities	0	421,627	421,627	462,121
<i>Total 2021</i>	0	462,121	462,121	

9. Analysis of expenditure by activities

	Activities Undertaken Directly 2022 £	Support costs 2022 £	Total funds 2022 £	<i>Total funds 2021 £</i>
Charitable activities	369,208	52,419	421,627	462,121

Total 2021 414,730 47,391 462,121

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2022

Analysis of direct costs

	Charitable Activities 2022	Total funds 2022	Total funds 2021
	£	£	£
Staff Costs	119,953	119,953	107,079
Research grants returned	-114,013	-114,013	0
Temporary staff	30	30	0
Travel and subsistence	651	651	534
Marketing and advertising	79,770	79,770	59,966
Research and editorial costs	41,745	41,745	43,308
Health and Safety	1,805	1,805	864
Professional indemnity costs	1,555	1,555	1,433
Website and IT	21,497	21,497	20,885
Printing costs	81,592	81,592	70,413
Direct Mail	69,538	69,538	50,438
Conference, information and meeting costs	10,682	10,682	10,690
Charitable activities - Pensions	3,438	3,438	3,270
Bookkeeping fees	4,300	4,300	1,686
Dream Trust	7,790	7,790	12,501
Equipment hire and expensed	8,695	8,695	6,967
Charges for investments	25,550	25,550	24,696
Ukraine expenditure	4,630	4,630	0
	369,208	369,208	414,730

Analysis of support costs

	Charitable Activities 2022	Total funds 2022	Total funds 2021
	£	£	£
Governance salary costs	6,685	6,685	8,228
Depreciation	1,865	1,865	2,182
Legal and professional	8,850	8,850	11,188
Telephone and internet	677	677	686
Printing, postage and stationery	22,091	22,091	17,720
HR Training and welfare – staff	942	942	0
Rates and water charges	2,016	2,016	1,957
Bank Charges	653	653	790
Cleaning and waste management	772	772	840
Premises costs, repairs and renewals	7,868	7,868	3,800

52,419

52,419

47,391

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2022

10. Auditors' remuneration

	2022 £	2021 £
Fees payable to the Company's auditors for the audit of the Company's annual accounts	0	0

11. Staff costs

	2022 £	2021 £
Wages and salaries	109,158	92,076
Social security costs	7,357	6,309
Contribution to defined contribution pension schemes	3,438	3,270
	119,953	101,655

The average number of persons employed by the Company during the year was as follows:

	2022 No.	2021 No.
Employees	4	4

The number of employees whose employee benefits exceeded £60,000 was:

	2022 No.	2021 No.
In the band £60,001 to £70,000	1	0

12. Trustees' remuneration and expenses

With the agreement of the Charities Commission Mrs J M D Hirst's remuneration is for extensive research, publications and editorial work. Mrs Hirst attends meetings, conferences and seminars on behalf of the Charity to lecture on the rights to retain a choice of insulins. Her continued contribution to the work of the Charity is invaluable. The value of the Trustees' remuneration and other benefits is fees of £43,308 (2021 £25,263).

During the year ended 31 December 2022, no Trustee expenses have been incurred (2021 - £NIL)

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2022

13. Tangible fixed assets

	Freehold Property £	Office Equipment £	Total £
Cost or valuation			
At 1 January 2021	351,842	54,623	406,465
Additions	0	978	978
At 31 December 2022	351,842	55,601	407,443
Depreciation			
At 1 January 2021	0	46,276	46,276
Charge for the year	0	1,865	1,865
At 31 December 2022	0	48,141	48,141
Net book value			
At 31 December 2022	351,842	7,460	359,302
At 31 December 2021	351,842	8,347	360,189

14. Fixed asset investments

	Unlisted Investments £
Cost or valuation	
Transfers between classes	1,898,191
At 31 December 2022	1,898,191
Net book value	
At 31 December 2022	1,898,191

Investment portfolios have previously been treated as current asset investments.

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2022

15. Stocks

	2022 £	2021 £
Finished goods and goods for resale	10,757	10,823

16. Creditors: Amounts falling due within one year

	2022 £	2021 £
Trade creditors	14,473	13,001
Other taxation and social security	0	0
Other creditors – Pension and PAYE	8,704	4,736
Accruals and deferred income	0	0
	23,177	17,737

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2022

17. Statement of funds

Statement of funds – current year

	Balance at 1 January 2022 £	Income £	Expenditure £	Gains/ (Losses) £	Balance at 31 December 2022 £
Unrestricted funds					
Reserves	3,023,027	913,110	(438,709)	(322,882)	3,174,546
Total of funds	3,023,027	913,110	(438,709)	(322,882)	3,174,546

Statement of funds – prior year

	Balance at 1 January 2021 £	Income £	Expenditure £	Gains/ (Losses) £	Balance at 31 December 2021 £
Unrestricted funds					
Reserves	2,916,433	405,806	(720,590)	421,378	3,023,027
Total of funds	2,916,433	405,806	(720,590)	421,378	3,023,027

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2022

18. Analysis of net assets between funds

Analysis of net assets between funds – current year

	Restricted funds 2022 £	Unrestricted funds 2022 £	Total funds 2022 £
Tangible fixed assets	0	359,302	359,302
Fixed asset investments	0	1,898,191	1,898,191
Current assets	0	940,230	940,230
Creditors due within one year	0	(23,177)	(23,177)
Total	0	3,174,546	3,174,546

Analysis of net assets between funds – prior year

	Restricted funds 2021 £	Unrestricted funds 2021 £	Total funds 2021 £
Tangible fixed assets	0	360,189	360,189
Fixed asset investments	0	2,224,770	2,224,770
Current assets	0	455,805	455,805
Creditors due within one year	0	(17,737)	(17,737)
Total	0	3,023,027	3,023,027

19. Reconciliation of net movement in funds to net cash flow from operating activities

	2022 £	2021 £
Net income for the year (as per Statement of Financial Activities)	151,585	347,933
Adjustments for:		
Depreciation charges	1,865	2,182
Gains/(losses) on investments	(322,882)	421,378
Decrease/(increase) in stocks	66	731
Increase/(decrease) in creditors	5,440	(14,317)

THE INSULIN DEPENDENT DIABETES TRUST

Net cash provided by operating activities	(315,511)	409,974
	(315,511)	409,974

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2022

20. Analysis of cash and cash equivalents

	2022 £	2021 £
Cash in bank	929,473	444,982
	929,473	444,982
Total bank and bank equivalents	929,473	444,982

21. Analysis of changes in net debt

	At 1 January 2022 £	Cash flows £	Other non- cash changes £	At 31 December 2022 £
Cash at bank	444,982	484,491	0	929,473
Liquid investments	139,188	0	0	139,188
	584,170	484,491	0	1,068,661

22. Pension commitments

The Charity operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the Charity in an independently administered fund. The pension cost charge represents contributions payable by the Charity to the fund and amounted to £3,438 (2021 - £3,270).

23. Post Balance Sheet events

The Charity has been impacted post year end as a result of COVID-19. Currently the extent of the financial impact is uncertain but the Charity is confident that it has the sufficient reserves and resources to continue operating and therefore the Trustees consider it to be a going concern.

THE INSULIN DEPENDENT DIABETES TRUST

England & Wales - Charity number 1058284

Accounts

THE INSULIN DEPENDENT DIABETES TRUST

TRUSTEES' REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2021

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CHARITY INFORMATION

Trustees

Mrs J M D Hirst MBE, Co-Chair
 Dr M Kiln, Co-Chair
 Dr L Gerlis, Medical Adviser
 Ms A Aubin
 Ms C Baker
 Mr J Birbeck
 Mrs G Coleman
 Mrs L Ingram
 Mrs V Readman
 Dr R Rijckborst

Company registered number

3148360

Charity registered number

1058284

Registered office

210 Abington Avenue
 Northampton
 Northamptonshire
 NN1 4PR

Non-executive director

Dr Gary Adams

Bankers

Virgin Money
 7 Gold Street
 Northampton
 NN1 1EN

Investment advisors

MPA
 98 High Street
 Henley in Arden
 B95 5BY

Accountants

Paul Slater & Co
 1 Washington Street
 Northampton
 NN2 6NN

TRUSTEES' REPORT AND FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2021

Company and banking details etc

The Trustees present their annual report together with the financial statements of the Insulin Dependent Diabetes Trust (IDDT) for the year 1 January 2021 to 31 December 2021. The Annual Report serves the purpose of both a Trustees' report and a directors' report under company law. The Trustees confirm that the Annual Report and financial statement of the charitable company comply with the current statutory requirements, the requirements of the charitable company's governing document and the provision of the Statement of Recommended Practice (SORP) applicable to charities preparing their accounts in accordance with the Financial Reporting Standard in the UK and Republic of Ireland.

Since the Company qualifies as small under section 382 of the Companies Act 2006, the Strategic report of medium and large companies under the Companies Act 2006 (Strategic Report and Directors' regulations 2013) have been omitted.

Objectives and activities

a. Policies and objectives

In setting and planning for activities, the Trustees have given due consideration to general guidance published by the Charity Commission relating to public benefit, including the guidance 'Public benefit, running a charity (PB2)'.

b. Strategies for achieving objectives

The purposes of the charity as set out in its governing document remain unchanged:

- To continue our activities to help children and their parents.
- To reach more people with Type 1 or Type 2 diabetes through publicity.
- To try to ensure that pork insulin continues to remain available for those who require it.
- To fund research aimed at improving the lives of people with diabetes now.
- To supply information booklets to health professionals at no charge to encourage them to give the booklets to their patients so they receive information and become aware of the help IDDT can offer.

c. Activities undertaken to achieve the objectives

In view of the Covid-19 pandemic, the Trustees recognised that while the purposes of the charity remain the same, some of our activities to achieve the aims and objectives had to be reduced or suspended. However, to the best of our ability, the following activities were carried out:

- To reach more people with Type 1 or Type 2 diabetes to offer information and support.
- To continue our activities to help children with diabetes and their parents with the provision of information to them and to teachers to enable them to better understand the needs of children with diabetes in schools.
- To ensure widespread distribution of existing booklets to provide insight, information and support with the aim of improving quality of life and reducing hospital admissions.
- To continue to supply information booklets to health professionals at no charge to encourage them to give the booklets to their patients so they receive information and become aware of the help IDDT can offer.
- Continuing the promotion of the help the Charity can offer through letters to the editors of local newspapers.

- To increase advertising of key booklets in health professional journals.
- To continue to introduce and review the GDPR regulations and to ensure that IDDT is compliant.
- To continue to offer help to people in other countries who have had difficulties obtaining pork insulin due to changes in regulations and the UK leaving the EU.
- To continue to try to ensure that flash glucose monitoring is available to everyone who wishes to use this method of monitoring glucose levels.
- To continue to develop and update information leaflets. Two new booklets were produced during 2021. 'Diabetes 9 Key Checks' and 'The Importance of Sleep', the former has proved particularly popular with people with diabetes and health professionals. In addition, with the success of the 2019 and 2020 'Diabetes Diaries', a Diabetes Diary 2022 was published and again has proved very popular with our members.
- The number of people in the lottery has remained stable and this has produced an income for the Charity of around £10,000 during 2021.
- The IDDT booklets, especially 'Looking After Your Feet' have continued to be extremely popular with people with diabetes and health professionals, as many people were unable to access their usual podiatry help and annual health checks due to the pandemic.
- The number of health professionals becoming members has also increased showing that advertising in diabetes-related journals results in more health professionals with a specific interest in diabetes applying becoming members.
- The online shop has continued to be popular and the 'diabetes-friendly' socks have attracted many people and raised valuable funds.
- IDDT funded research was suspended during 2021 due to the financial uncertainty as a result of the pandemic.

d. Social Investment policies

The Charity continued to operate the policies and procedures document relating to fundraising and sponsorship for the Trust approved in 2015. The interest generated continues to assist in supporting the charities causes.

e. Grant-making policies

The Trust has made the decision to suspend research funding to safeguard the financial future of the Charity due to the financial uncertainties caused by the pandemic.

f. Main activities undertaken to further the Charity's purposes for the public benefit

The Charity works hard to promote various ways people can live with diabetes and lead a fulfilled and happy life. Our booklets and newsletters all extend help and support and our helpline offers one to one assistance.

Achievements and performance

a. Main achievements of the Charity

The main achievements during 2021 have been as follows:

Financial

- The income from legacies was lower than in 2020, not surprising as during 2021 due to the pandemic and lockdowns, dealing with house sales and solicitors were much slower than normal.
- There has been an increase in the numbers of members paying by standing order and the number of members making larger donations increased during 2021.
- The Lottery income has remained stable throughout the year.

Membership

- Membership has decreased slightly during 2021, sadly due to a notable increase in the number of deaths. However, we have acquired significant numbers of new members.

- Membership of healthcare professionals has remained constant as they continue to contact IDDT for multiple copies of booklets and leaflets, this is despite the postponement of some of some of the professional conferences IDDT usually attends.
- During 2021, and clearly as a result of people not receiving medical/nursing help or advice, the Charity has received many more requests for help, information or just an opportunity to talk from both members and none members.

Footcare

- The number of requests from people with diabetes for help in relation to footcare was significant during 2021 as many people have still been unable to have their regular foot checks due to the pandemic situation. Our booklet 'Looking After Your Feet' proved particularly useful during this time.
- The sale of special socks and other items to help people care for their own feet was also steady.

Booklets, Newsletters and Type 2 & You

- A major part of our work is to support people living with diabetes and we have continued to receive requests for these except during periods of lockdown.
- The Newsletter and Type 2 & You have been sent out on time, despite some working difficulties and this has clearly been appreciated by our members.
- As a result of the excellent response to the Diabetes Diary 2020, a similar Diary was published for 2021.
- Shopping List continued to be sold during 2021 to aid people with meal planning, especially before Christmas 2021.
- In 2021 we again produced a Christmas brochure of items for sale. This included Christmas cards which have proved very popular with our members.

IDDT Annual Event

As the pandemic restrictions were not as harsh by October 2021, we held our AGM and IDDT Event which was well attended considering the situation. The main outcome from the discussions was that IDDT should take steps to try to ensure that care and treatment is restored, that annual checks should take place and the postcode lottery of care removed. The speakers were well received and the feedback from delegates was that the day was very informative and enjoyable.

b. Key performance indicators

The Key performance indicators include:

- Investments
- Legacy income
- Income from members
- Membership numbers
- Numbers of members with Type 1 diabetes, Type 2 diabetes, carers and healthcare professionals
- Advertising and response rates
- IDDT funded research papers published
- Social media activity.

c. Review of activities

During 2021, some of the health professional conferences that the Charity usually attends were postponed due to the pandemic. As we expected, those that were held did not have as good an attendance. However, our increased advertising in professional journals continued and resulted in increased requests for booklets which were much appreciated.

IDDT continues to keep an international presence, especially for people outside the UK who need to use animal insulin. There have been increased problems in obtaining animal insulin in some countries due to changes in regulations and Brexit, so the countries have worked together to rectify this. Providing information and support to people with diabetes wherever they live forms an important part of the Charity's activities.

It is with regret that as the UK arm of Insulin for Life, IDDT has had to put a hold on collecting unwanted insulin and other diabetes items during the whole of 2021 because our contacts in Tanzania were lost and parcels did not arrive at their destination. Although it seems unlikely, we hope that this situation will improve during 2022 but the Trustees would like to thank the individuals and hospitals that have tried to make donations of unwanted items.

The Charity's 'Sponsor a Child' scheme to help children and young adults at Dream Trust in India continues to flourish and the Trustees and Dr Pendsey at Dream Trust thank everyone for their continued support of families in need. Dream Trust has made financial donations to help particularly needy families during the pandemic.

d. Factors relevant to achieve objectives

The short and longer term aims and objectives

- The Charity continues to publish a free quarterly Newsletter and a shorter version called 'Type 2 & You' for people with Type 2 diabetes not taking insulin. People with Type 2 diabetes taking insulin and tablets receive both newsletters. We encourage people to access these online, but the majority of people prefer hard copy versions.
- The aim of the of the Charity has been, and still is, to support research in line with its aims by funding research that investigates ways of making life easier for those who already have diabetes. However, the Trustees have had to take the hard decision to put all research funding on hold to safeguard the financial future of the Charity during the present financial uncertainties.
- To maintain the Charity's independence by encouraging voluntary donations and legacy income.

e. Fundraising activities and income generation

The Charity relies on grant aid from donors identified in the accounts and the Trustees are most appreciative of this support. There are minor fundraising activities which include Christmas card sales, books, aids to help with caring for the feet and Recycle for Charity.

f. Investment policy and performance

The Trustees have resolved to establish reserves for future activities and they have wide powers of investment. The policy on reserves is that establishing assets are retained to produce income, income which is wholly used to support existing activities. There is no intention in the long-term to either increase or reduce the capital held. The policy is justified in that it is necessary to preserve income at present levels in order to maintain the activities of the Charity.

During 2021, the investment income was significantly higher than the previous year due to the fluctuating economic climate, and this justifies the policy of safeguarding the Charity's future, especially as there never are any guarantees associated with legacy income.

Financial review

a. Going concern

The operations and business activities of the Charity have been impacted by the COVID-19 outbreak. However, after making appropriate enquiries, the Trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing the financial statements.

b. Reserves policy

IDDT complies with Charity Commission Guidelines

IDDT has a Research and Welfare Fund

- All monies donated for research are allocated to fund research at the time of the donation/legacy, but during 2021 no legacies were donated to the research fund.
- Monies not designated for research are allocated to the General Fund for welfare purposes.
- These allocations are made at the time of receipt.

Short-term investments

We invest some funds in 6 and 12 monthly Bonds in order to ensure that the Charity has rapid access to funds in case the day-to-day income is lower than expected. If this is not the case, then the Bonds are rolled over for further 6 and 12 month periods.

Long-term investments

We have 5 to 10 year investments. These are monitored through our investment portfolio and with regular meetings with our Financial Advisers. All investments have the facility for easy access to funds.

Cash reserves

All legacy income is paid into IDDT's Legacy account and transfers are made as/when necessary to the current account for running expenses.

Day to day income

Cash, cheques and credit cards are paid into the current account with Virgin Money. Standing order payments are paid into a Barclays Bank current account and transferred into the Virgin Money current account on a regular basis.

Lottery income

The Lottery income is paid into a stand-alone account and the profits paid into the Virgin Money Bank current account on a regular basis.

c. Principle risks and uncertainties

The Trustees cannot find any major risks to which the Charity is exposed each financial year when preparing and updating the strategic plan, in particular those relating to operations and finances of the Charity.

A risk register has been established. Procedures are in place to ensure compliance with health and safety of staff and visitors to the offices. Internal control risks are minimised by the implementation of procedures for the authorisation for all transactions and projects.

d. Principal funding

The principal sources of income are from legacies and voluntary donations. The Trustees are aware of the need to generate regular income and are continuing to take steps to achieve this. The Trustees are very grateful for the continued generosity of the members in making donations and especially to the increasing numbers of people who make regular donations through their bank. They also wish to record their gratitude to the donors of legacies and donations in memory of loved ones for their kindness in helping other people with diabetes.

The Trustees would also like to express their thanks for the continuing support and help of members and their families which provides encouragement to the Trustees to continue with the aims and objectives of IDDT. This support reflects the needs of people living with diabetes to be represented by a patient/carer-based Charity that understands their needs and remains independent and uninfluenced by outside financial influences.

Considering the small numbers of members of staff and the amount of work covered, the Trustees would like to thank the staff for their continued dedication and hard work during 2021.

The Trustees reaffirm their commitment and determination to try to ensure that people with diabetes and their families have informed choices of treatment, and the access to them, that they deserve and need. While evidence from national audits suggests that there may be some improvements in the care and treatment of Type 1 and Type 2 diabetes in the NHS, the lack of services and annual checks during the pandemic is of great concern. The Trustees fear that the consequences of this will be an increase in diabetic complications in people with diabetes. In line with the expressed views of members at the 2021 IDDT Event, the Trustees are committed to try to raise awareness of this, influence policy makers to bring about the necessary improvements and to encourage those with diabetes to insist on receiving the care they need.

At the AGM it was emphasised that IDDT would benefit from new Trustees, especially people with Type 2 diabetes to provide this experience to the Board. Several people volunteered to be considered for co-option for 2022 and existing Trustees welcomed this and agreed to consider this further.

Structure, governance and management

a. Constitution

The Insulin Dependent Diabetes Trust is registered as a charitable company limited by guarantee and was set up by a Memorandum of Association.

b. Methods of appointment or election of Trustees

The directors of the company are also charitable Trustees for the purposes of Charity law and under the company's Articles of Association are known as the Board of Trustees. Under the requirements of the Memorandum and Articles of Association the members of the Board of Trustees are elected to serve for a period of three years, after which they must be re-elected at the next Annual Meeting.

Due to the nature of the work of the Charity and the importance of understanding the needs of and representation of people with diabetes and their families, at no time shall the number of Trustees who are medically qualified or are allied health professionals exceed twenty five per cent of the total number of Trustees. The Charity records the particular skills of the Trustees in order to maintain a broad mix of skills and expertise.

c. Organisational structure and decision-making policies

A Board of a maximum of 11 Trustees administer the Charity, covering policy, membership and finances. Minor day to day decisions are taken by the Co-Chairs and CEO. Modern technology enables consultations to be made easily and quickly. Major decisions on future policies are taken at the AGM for the approval of members.

During 2021, some members of the staff team have changed and the team now consists of one full time member and two part-time people with temporary help being employed as necessary. The intention is to employ another part-time member of staff in 2022 when the pandemic situation becomes clearer. The Charity will continue to update staff skills when required to ensure their skills and knowledge remain relevant and up to date. The Charity contracts out the website work, PR and press releases, IT support and day to day finances.

The Charity continued to operate the policies and procedures document relating to fundraising and sponsorship for the Trust approved in 2015. The day to day running of the Charity is carried out by the CO-Chairs and CEO.

d. Policies adopted for the induction and training of the Trustees

The Trustees are familiar with the practical work of the Charity. New Trustees are encouraged to take short training sessions to familiarise themselves with:

- The responsibilities of Trustees.
- The documents and the Memorandum and Articles of Association for the operations of the Charity.
- The current financial position and sources of funding of the Charity.
- The objectives and forward plans for the Charity.

e. Pay policy for key management personnel

IDDT has two key management personnel

- Chief Executive Officer
- Database Manager

There is a line management structure in place.

Pay Reviews

The Trustees review staff salaries for the following year at their November meeting. The general principle is to give pay increases in line with inflation.

f. Related party relationships

The Charity maintains its links with people and groups in other countries around the world. The Charity continues to offer support and information to people in other countries, especially those in need of animal insulin. Providing information and support wherever people live continue to be a major role.

The Trustees wish to thank Wockhardt UK for their ongoing supply of porcine insulin in vials and cartridges. As the only known supplier in the world, IDDT is aware of the vulnerable position this is for people who need porcine insulin because of adverse effects when using synthetic GM insulins.

Plans for future periods

The Charity's strategies for achieving its aims and objectives in the future

- The Charity continues to publish new booklets to inform and support people with diabetes and to prevent development of complications. This was especially important during 2021 when people had little or no access to their usual healthcare team.
- The Charity's aim to prevent amputations continues to be a major activity, especially during lockdown, by using the booklet 'Looking After Your Feet' which highlights how people can care for their feet at home and when they should seek professional help. This is combined with selling special socks, Solesee and neuropad online and through our Christmas brochure to offer a comprehensive package. There has also been collaboration with foot care specialists which has been successful.
- During the pandemic restrictions, the Charity has also tried to encourage people to take exercise and to adopt healthy eating. This will continue during 2022.
- The website continues to be a valuable way of reaching people living with diabetes and the Charity employs a webmaster to regularly update and monitor traffic. New members, orders for booklets and other items are received through the website.
- The Newsletter and Type 2 & You are available in large print for people who are visually impaired and the talking format was reinstated when the readers' office re-opened after the pandemic restrictions.
- The Charity will continue to attend healthcare professional conferences in order to reach healthcare professionals with booklets so that they can offer them to their patients.
- To continue to keep informed about the latest research and changes in government and NHS policies in order to keep our members and website visitors informed.

Statement of Trustees' responsibilities

The Trustees (who are also directors of the Company for the purposes of company law) are responsible for preparing the Trustees' report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial year. Under Company law, the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the Company and its incoming resources and application of resources, including income and expenditure, for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe methods and principles of the Charities SOR (FRS 102);
- make judgments and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards (FRS 2) have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the ongoing concern basis unless it is inappropriate to presume that the Company will continue in business.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the Company's transactions and disclose with reasonable accuracy at any time the financial position of the 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 Company and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

Disclosure of information to Accountants

Each of the persons who are Trustees at the same time when this Trustees' report is approved has confirmed that:

- so far as that Trustee is aware, there is no relevant information of which the Charity's accountants Paul Slater & Co are unaware, and that Trustee has taken all steps that ought to have been undertaken as a Trustee in order to be aware of any relevant information and to establish that the Charity's accountants are aware of that information.

Approved by order of the members of the Board of Trustees and signed on their behalf by:

Mrs J M D Hirst MBE

Date:

**REPORT OF THE INDEPENDENT EXAMINER TO THE TRUSTEES OF THE
CHARITABLE COMPANY ON THE ACCOUNTS FOR THE YEAR ENDED 31
DECEMBER 2021**

I report to the Trustees on my examination of the accounts of the above Charity for the year ended 31 December 2021.

Respective responsibilities of Trustees and Independent Examiner

As the Charity's Trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011.

The Trustees consider that the audit requirement of Section 144(1) of the Charities Act 2011 (the Act) does not apply, and that there is no requirement in the memorandum and articles of the Charity for the conducting of an audit, and that the accounts do not require an audit in accordance with Part 16 of the Companies Act 2006 and that no member or members have requested an audit pursuant to section 476 of the Companies Act 2006. As a consequence, the Trustees have elected that the financial statements be subject to independent examination.

I report in respect of my examination on the Trust's accounts carried out under Section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under Section 145 950 9B0 of the Act.

Basis of Examiner's Statement and scope of work undertaken

The Charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of AAT.

No matters have come to my attention in connection with the examination which gives me cause to believe that the accounting records were kept in accordance with Section 130 of the Charities Act or the accounts did not accord with the accounting records or the accounts did not comply with the applicable requirements concerning the form and contents of accounts set out in the Charities Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

Mrs T Loughran – Independent Examiner
FMAAT, MIP

1 Washington Street
Kingsthorpe
Northampton
NN2 6NN

This report was signed on

THE INSULIN DEPENDENT DIABETES TRUST

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 DECEMBER 2021

	Note	Restricted funds 2021 £	Unrestricted funds 2021 £	Total funds 2021 £	<i>Total funds 2020 £</i>
Income from:					
Donations & Legacies	3	0	311,990	311,990	361,650
Fundraising	4	0	4,051	4,051	3,068
Income from Investments	5	0	20,203	20,203	685
Other income	6	0	64,040	64,040	38,213
Gift aid	7	0	5,522	5,522	7,121
Total income		0	405,806	405,806	410,737
Expenditure on:					
Raising funds		0	17,130	17,130	19,107
Charitable activities and governance costs	8	0	462,121	462,121	526,737
Total expenditure		0	479,251	479,251	545,844
Net gains (losses) on Investments		0	421,378	421,378	158,074
Net movement in funds		0	347,933	347,933	22,967
Reconciliation of funds:					
Total funds brought forward		0	2,928,115	2,928,115	2,905,148
Net movement in funds		0	347,933	347,933	22,967
Total funds carried forward		0	3,276,048	3,276,048	2,928,115

The Statement of financial activities includes all gains and losses recognised in the year.

The notes on pages 13 to 25 form part of these financial statement.

THE INSULIN DEPENDENT DIABETES TRUST

BALANCE SHEET AS AT 31 DECEMBER 2021

	Note	2021 £	2020 £
Fixed assets			
Tangible assets	13	360,189	358,034
Investments	14	2,224,770	1,825,076
Total fixed assets		2,584,959	2,183,110
Current assets			
Stocks	15	10,823	10,092
Debtors		0	8,800
Investments liquid	16	0	145,334
Cash at bank and in hand		444,982	601,151
Total current assets		455,805	765,377
Creditors: amounts falling due within one year	17	(17,737)	(32,054)
Net current assets		438,068	733,323
Total assets less current liabilities		3,023,027	2,916,433
Total net assets		3,023,027	2,916,433
Charity funds			
Restricted funds	18	0	0
Unrestricted funds	18	3,023,027	2,916,433
Total charity funds		3,023,027	2,916,433

The Trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and preparation of financial statements.

The financial statements have been prepared in accordance with the provisions applicable to entities subject to the small companies regime.

The financial statements were approved and authorised for issue by the Trustees and signed on their behalf by:

Mrs J M D Hirst MBE

Date:

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2021

1. General information

The charity is a company limited by guarantee, registered in England and Wales. The registered office is as noted in the Trustee's Report.

2. Accounting policies

2.1 Basis of preparation of financial statements

The financial statements have been prepared in accordance with the Charities SORP (FRS 102) Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and the Republic of Ireland (FRS 102) (Issued in October 2019), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

The Insulin Dependent Diabetes Trust meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

2.2 Going concern

The operations and business activities of the Charity has been impacted by the recent COVID-19 outbreak. However, after making appropriate enquiries, the Trustees have a reasonable expectation that the Company has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing the financial statements.

2.3 Income

All income is recognised once the Company has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

The recognition of income from legacies is dependent on establishing entitlement, the probability of receipt and the ability to estimate with sufficient accuracy the amount receivable. Evidence of entitlement to a legacy exists when the Company has sufficient evidence that a gift has been left to them (through knowledge of the existence of a valid Will and the death of the benefactor) and the executor is satisfied that the property in question will not be required to satisfy claims in the estate. Receipt of a legacy must be recognised when it is probable that it will be received and the fair value of the amount receivable, which will generally be the expected cash amount to be distributed to the Company, can be reliably measured.

Income tax recoverable in relation to investment income is recognised at the time the investment income is receivable.

Other income is recognised in the period in which it is receivable and to the extent the goods have been provided or on completion of the service.

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2021

2.4 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party. It is probable that a transfer of economic benefit will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is classified by activity. The costs of each activity are made up to the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributed to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources.

Expenditure on raising funds includes all expenditure incurred by the Company to raise funds for its charitable purposes and includes costs of all fundraising activities, events and non-charitable trading.

Expenditure on charitable activities is incurred on directly undertaking the activities which further the Company's objectives, as well as any associated support costs.

All expenditure is inclusive of irrecoverable VAT.

2.5 Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the Company; this is normally upon notification of the interest paid or payable by the institution with whom the funds are deposited.

2.6 Tangible fixed assets and depreciation

Tangible fixed assets costing £1,000 or more are capitalised and recognised when future economic benefits are probable and the cost or value of the asset can be measured reliably.

Tangible fixed assets are initially recognised at cost. After recognition, under the cost model, tangible fixed assets are measured at cost less accumulated depreciation and any accumulated impairment losses. All costs incurred to bring a tangible fixed asset into its intended working condition should be included in the measurement of cost.

Depreciation is charged so as to allocate the cost of tangible fixed assets less their residual value over their estimated useful lives.

Depreciation is provided on the following basis:

Office Equipment	-	20% reducing balance
Computer equipment	-	20% reducing balance

The freehold property is not depreciated as the depreciation would be immaterial.

2.7 Investments

Fixed asset investments are a form of financial instrument and are initially recognised at their transaction cost and subsequently measured at fair value at the Balance Sheet

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2021

date, unless the value cannot be measured reliably in which case it is measured at cost less impairment. Investment gains and losses, whether realised or unrealised, are combined and presented as 'Gains/(Losses) on investments' in the Statement of financial activities.

2.8 Stocks

Stocks are valued at the lower of cost and net realisable value after making due allowance for obsolete and slow-moving stocks. Costs includes all direct costs.

2.9 Cash at bank and in hand

Cash at bank and in hand includes cash and short-term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

2.10 Liabilities and provisions

Liabilities are recognised when there is an obligation at the Balance Sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably.

Liabilities are recognised at the amount that the Company anticipated it will pay to settle the debt or the amount it has received as advanced payments for the goods and services it must provide.

Provisions are measured at the best estimate of the amounts required to settle the obligation.

2.11 Financial instruments

The Company only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

2.12 Pensions

The Company operates a defined contribution pension scheme and the pension charge represents the amounts payable by the Company to the fund in respect of the year.

2.13 Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Company and which have not been designated for other purposes.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the Company for particular purposes. The costs of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

Investment income, gains and losses are allocated to the appropriate fund.

THE INSULIN DEPENDENT DIABETES TRUST

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2021

3. Income from donations and legacies

	Unrestricted funds 2021 £	Total funds 2021 £	Total funds 2020 £
Legacies			
A M G Devere-Holloway	0	0	1,000
J A Moore	0	0	50,918
E Harrower	0	0	15,000
M C Broker	0	0	14,417
A Skelton	0	0	4986
J B Jennings	0	0	3,488
S G Litchfield	0	0	2,501
P Jackson	100,000	100,000	200,000
J Merefield	15,844	15,844	0
Y Bickerton	1,000	1,000	0
M Penver	72,065	72,065	0
E Harrower	1,805	1,805	0
D Pierce	1,000	1,000	0
R Eddolls	6,005	6,005	0
L Middleton	50,000	50,000	0
T Brown	5,000	5,000	0
J Northam	1,000	1,000	0
O Fountain	2,000	2,000	0
Subtotal detailed disclosure	255,719	255,719	292,310
Donations	54,830	54,830	74,598
Legacies under £1,000	1,441	1,441	1,863
Subtotal	56,271	56,271	76,461
Total	311,990	311,990	368,771

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2021

4. Income from other trading activities

Income from fundraising events

	Unrestricted funds 2021 £	Total funds 2021 £	<i>Total funds 2020 £</i>
Fundraising	4,051	4,051	3,068

5. Income from investments

	Unrestricted funds 2021 £	Total funds 2021 £	<i>Total funds 2020 £</i>
Investment income	20,203	20,203	685

6. Other income resources

	Unrestricted funds 2021 £	Total funds 2021 £	<i>Total funds 2020 £</i>
Sales of goods and lottery	32,508	32,508	38,213
Conferences/AGM	978	978	0
Dream Trust	7,233	7,233	0
JRS Grant	23,321	23,321	0
	64,040	64,040	38,213

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2021

7. Gift Aid

	Unrestricted funds	Total funds	<i>Total funds</i>
	2021 £	2021 £	2020 £
Gift Aid	5,522	5,522	0

8. Analysis of expenditure on charitable activities

Summary by fund type

	Restricted funds 2021 £	Unrestricted funds 2021 £	Total funds 2021 £	<i>Total funds 2020 £</i>
Charitable activities	0	462,121	462,121	526,737
<i>Total 2020</i>	137,532	389,205	526,737	

9. Analysis of expenditure by activities

	Activities Undertaken Directly 2021 £	Support costs 2021 £	Total funds 2021 £	<i>Total funds 2020 £</i>
Charitable activities	414,730	47,391	462,121	526,737
<i>Total 2020</i>	465,879	60,858	526,737	

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2021

Analysis of direct costs

	Charitable Activities 2021	Total funds 2021	Total funds 2020
	£	£	£
Staff Costs	107,079	107,079	79,642
Research grants	0	0	137,532
Temporary staff	0	0	0
Travel and subsistence	534	534	444
Marketing and advertising	59,966	59,966	54,307
Research and editorial costs	43,308	43,308	42,468
Health and Safety	864	864	825
Professional indemnity costs	1,433	1,433	1,485
Website and IT	20,885	20,885	19,471
Printing costs	70,413	70,413	42,087
Direct Mail	50,438	50,438	51,119
Conference, information and meeting costs	10,690	10,690	2,889
Charitable activities - Pensions	3,270	3,270	3,598
Bookkeeping fees	1,686	1,686	0
Dream Trust	12,501	12,501	7,037
Equipment hire	6,967	6,967	4,394
Charges for investments	24,696	24,696	18,581
	414,730	414,730	465,879

Analysis of support costs

	Charitable Activities 2021	Total funds 2021	Total funds 2020
	£	£	£
Governance salary costs	8,228	8,228	12,086
Depreciation	2,182	2,182	1,238
Legal and professional	11,188	11,188	16,050
Telephone and internet	686	686	660
Printing, postage and stationery	17,720	17,720	18,808
HR Training and welfare – staff	0	0	3,600
Rates and water charges	1,957	1,957	1,828
Bank Charges	790	790	756
Cleaning and waste management	840	840	655
Premises repairs and renewals	3,800	3,800	5,177
	47,391	47,391	60,858

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2021

10. Auditors' remuneration

	2021 £	2020 £
Fees payable to the Company's auditors for the audit of the Company's annual accounts	0	0

11. Staff costs

	2021 £	2020 £
Wages and salaries	92,076	110,309
Social security costs	6,309	6,397
Contribution to defined contribution pension schemes	3,270	3,598
	101,655	120,304

The average number of persons employed by the Company during the year was as follows:

	2021 No.	2020 No.
Employees	4	4

The number of employees whose employee benefits (excluding employer pension costs) exceeded £60,000 was:

	2021 No.	2020 No.
In the band £60,001 to £70,000	0	0

12. Trustees' remuneration and expenses

With the agreement of the Charities Commission Mrs J M D Hirst's remuneration is for extensive research, publications and editorial work. Mrs Hirst attends meetings, conferences and seminars on behalf of the Charity to lecture on the rights to retain a choice of insulins. Her continued contribution to the work of the Charity is invaluable. The value of the Trustees' remuneration and other benefits is fees of £43,308 (2020 £25,263).

During the year ended 31 December 2021, no Trustee expenses have been incurred (2020 - £NIL)

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2021

13. Tangible fixed assets

	Freehold Property £	Office Equipment £	Total £
Cost or valuation			
At 1 January 2021	351,842	49,906	401,748
Additions	0	4,717	4,717
At 31 December 2021	351,842	54,623	406,465
Depreciation			
At 1 January 2021	0	44,458	44,458
Charge for the year	0	1,818	1,818
At 31 December 2021	0	46,276	46,276
Net book value			
At 31 December 2021	351,842	8,347	360,189
At 31 December 2020	351,842	6,192	358,034

14. Fixed asset investments

	Unlisted Investments £
Cost or valuation	
Transfers between classes	2,224,770
At 31 December 2021	2,224,770
Net book value	
At 31 December 2021	2,224,770

Investment portfolios have previously been treated as current asset investments.

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2021

15. Stocks

	2021 £	2020 £
Finished goods and goods for resale	10,823	10,092

16. Current asset investments

	2021 £	2020 £
Unlisted investment	0	0
Unlisted investments (liquid)	0	145,334
	0	145,334

17. Creditors: Amounts falling due within one year

	2021 £	2020 £
Trade creditors	13,001	18,139
Other taxation and social security	0	7,000
Other creditors – Pension and PAYE	4,736	1,048
Accruals and deferred income	0	5,867
	17,737	32,054

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2021

18. Statement of funds

Statement of funds – current year

	Balance at 1 January 2021 £	Income £	Expenditure £	Gains/ (Losses) £	Balance at 31 December 2021 £
Unrestricted funds					
Reserves	2,916,433	405,806	(720,590)	421,378	3,023,027
Total of funds	2,916,433	405,806	(720,590)	421,378	3,023,027

Statement of funds – prior year

	Balance at 1 January 2020 £	Income £	Expenditure £	Gains/ (Losses) £	Balance at 31 December 2020 £
Unrestricted funds					
Reserves	2,905,148	410,737	(557,526))	158,074	2,916,433
Total of funds	2,905,148	410,737	(557,526)	158,074	2,916,433

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2021

19. Analysis of net assets between funds

Analysis of net assets between funds – current year

	Restricted funds 2021 £	Unrestricted funds 2021 £	Total funds 2021 £
Tangible fixed assets	0	360,189	360,189
Fixed asset investments	0	2,224,770	2,224,770
Current assets	0	455,805	455,805
Creditors due within one year	0	(17,737)	(17,737)
Total	0	3,023,027	3,023,027

Analysis of net assets between funds – prior year

	Restricted funds 2020 £	Unrestricted funds 2020 £	Total funds 2020 £
Tangible fixed assets	0	358,034	358,034
Fixed asset investments	0	1,825,076	1,825,076
Current assets	0	765,377	765,377
Creditors due within one year	0	(32,054)	(32,054)
Total	0	2,916,433	2,916,433

20. Reconciliation of net movement in funds to net cash flow from operating activities

	2021 £	2020 £
Net income for the year (as per Statement of Financial Activities)	347,933	22,967
Adjustments for:		
Depreciation charges	2,182	1,238
Gains/(losses) on investments	421,378	158,074
Decrease/(increase) in stocks	731	46
Increase/(decrease) in creditors	(14,317)	9,768
Net cash provided by operating activities	409,974	169,126

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2021

21. Analysis of cash and cash equivalents

	2021 £	2020 £
Cash in hand	444,982	601,151
Total cash and cash equivalents	444,982	601,151

22. Analysis of changes in net debt

	At 1 January 2021 £	Cash flows £	Other non- cash changes £	At 31 December 2021 £
Cash at bank and in hand	601,151	(156,169)	0	444,982
Liquid investments	139,188	0	0	139,188
	740,339	(156,169)	0	584,170

23. Pension commitments

The Charity operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the Charity in an independently administered fund. The pension cost charge represents contributions payable by the Charity to the fund and amounted to £3,270 (2020 - £3,598).

24. Post Balance Sheet events

The Charity has been impacted post year end as a result of COVID-19. Currently the extent of the financial impact is uncertain but the Charity is confident that it has the sufficient reserves and resources to continue operating and therefore the Trustees consider it to be a going concern.

THE INSULIN DEPENDENT DIABETES TRUST

England & Wales - Charity number 1058284

Accounts

Registered Number: 3148360

Charity Number: 1058284

THE INSULIN DEPENDENT DIABETES TRUST

TRUSTEES' REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2020

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CHARITY INFORMATION

Trustees

Mrs J M D Hirst MBE, Co-Chair
 Dr M Kiln, Co-Chair
 Dr L Gerlis, Medical Adviser
 Ms A Aubin
 Ms C Baker
 Mr J Birbeck
 Mrs G Coleman
 Mrs L Ingram
 Mrs V Readman
 Dr R Rijckborst

Company registered number

3148360

Charity registered number

1058284

Registered office

210 Abington Avenue
 Northampton
 Northamptonshire
 NN1 4PR

Non-executive director

Dr Gary Adams

Bankers

Yorkshire Bank
 7 Gold Street
 Northampton
 NN1 1EN

Investment advisors

MPA
 98 High Street
 Henley in Arden
 B95 5BY

Accountants

Paul Slater & Co
 1 Washington Street
 Northampton
 NN2 6NN

TRUSTEES' REPORT AND FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2020

Company and banking details etc

The Trustees present their annual report together with the financial statements of the Insulin Dependent Diabetes Trust (IDDT) for the year 1 January 2020 to 31 December 2020. The Annual report serves the purpose of both a Trustees' report and a directors' report under company law. The Trustees confirm that the Annual report and financial statement of the charitable company comply with the current statutory requirements, the requirements of the charitable company's governing document and the provision of the Statement of Recommended Practice (SORP) applicable to charities preparing their accounts in accordance with the Financial Reporting Standard in the UK and Republic of Ireland.

Since the Company qualified as small under section 382 of the Companies Act 2006, the Strategic report of medium and large companies under the Companies Act 2006 (Strategic Report and Directors' regulations 2013) have been omitted.

Objectives and activities

a. Policies and objectives

In setting and planning for activities, the Trustees have given due consideration to general guidance published by the Charity Commission relating to public benefit, including the guidance 'Public benefit, running a charity (PB2)'.

b. Strategies for achieving objectives

The purposes of the charity as set out in its governing document remain unchanged:

- To continue our activities to help children and their parents.
- To reach more people with Type 1 and Type 2 diabetes through publicity.
- To try to ensure that pork insulin continues to remain available for those who require it.
- To fund research aimed at improving the lives of people with diabetes now.
- To supply information booklets to health professionals at no charge to encourage them to give the booklets to their patients so they receive information and become aware of the help IDDT can offer.

c. Activities undertaken to achieve the objectives

In view of the Covid-19 pandemic, the Trustees recognised that while the purposes of the charity remain the same, some of our activities to achieve the aims and objectives had to be reduced or suspended. However, to the best of our ability, the following activities were carried out:

- To reach more people with Type 1 and Type 2 diabetes to offer information and support.
- To continue our activities to help children with diabetes and their parents with the provision of information to them and to teachers to enable them to better understand the needs of children with diabetes in schools.
- To ensure widespread distribution of existing booklets to provide insight, information and support with the aim of improving quality of life and reducing hospital admissions.
- To continue to supply information booklets to health professionals at no charge to encourage them to give the booklets to their patients so they receive information and become aware of the help IDDT can offer.
- Continuing the promotion of the help the charity can offer through letters to the editors of local newspapers.

- To increase advertising of key booklets in health professional journals.
- To continue to introduce and review the GDPR regulations and to ensure that IDDT is compliant.
- To help people in other countries who have had difficulties obtaining pork insulin due to changes in regulations and the UK leaving the EU.
- To monitor the Brexit situation to ensure that people are not left without their essential medication.
- To continue to try to ensure that flash glucose monitoring is available to everyone who wishes to use this method of monitoring glucose levels.
- To continue to develop and update information leaflets. With the success of the 2019 'Diabetes Diary', a Diabetes Diary 2021 was published and again has proved very popular with our members. A shopping list pad to aid meal planning was also introduced and was successful.
- The number of people in the lottery has remained stable and this has produced an income for the charity of around £10,000 during 2020.
- The booklet 'Looking After Your Feet' has continued to be extremely popular with people with diabetes and health professionals. It has actively been promoted as people were unable to have their usual footcare checks due to the pandemic.
- The number of health professionals becoming members has also increased showing that advertising in diabetes-related journals results in more health professionals with a specific interest in diabetes applying becoming members.
- The online shop has increased its items and the 'diabetes-friendly' socks have attracted many people and raised valuable funds.
- IDDT funded research at Nottingham University for part of the year, this funding had to be suspended due to the significantly reduced income as a result of the pandemic.

d. Social Investment policies

The charity continued to operate the policies and procedures document relating to fundraising and sponsorship for the Trust approved in 2015. The interest generated continues to assist in supporting the charities causes.

e. Grant-making policies

The Trust has made the decision to support one large 5 year study at Nottingham University which is investigating the action of insulin. However, in the middle of 2020 this funding was suspended to safeguard the financial future of the charity due to the financial uncertainties caused by the pandemic.

f. Main activities undertaken to further the Charity's purposes for the public benefit

The Charity works hard to promote various ways people can live with diabetes and lead a fulfilled and happy life. Our booklets, leaflets and newsletters all extend help and support and our helpline offers one to one assistance.

Achievements and performance

a. Main achievements of the Charity

The main achievements during 2020 have been as follows:

Financial

- The income from legacies was significantly lower than in 2019, not surprising as the legacies during 2019 were higher than our projections. Due to the pandemic and lockdowns, dealings with house sales and solicitors were much slower than normal.

- There has been an increase in the numbers of members paying by standing order and the number of members making larger donations increased during 2020.
- The Lottery income has remained stable throughout the year with a slight increase.

Membership

- Membership has remained stable during 2020 which is an achievement considering that some activities have not taken place due to lockdowns and social distancing.
- Membership of healthcare professionals has risen as they continue to contact IDDT for multiple copies of booklets and leaflets, this is despite the postpone of the professional conferences we usually attend.

Footcare

- The number of requests from people with diabetes for help in relation to footcare was significant during 2020 as many people were unable to have their regular foot checks due to the closure of their podiatry clinics. Our booklet 'Looking After Your Feet' proved particularly useful during this time.
- The sale of special socks and other items to help people care for their own feet was also steady.

Leaflets, booklets, Newsletters and Type 2 & You

- A major part of our work is to support people living with diabetes and we have continued to receive requests for these but in smaller numbers due to lockdown.
- The Newsletters and Type 2 & You have been sent out on time, despite the working difficulties and this has clearly been appreciated by our members which justifies the expenditure.
- As a result of the excellent response to the Diabetes Diary 2020, a similar Diary was published for 2021.
- In the last quarter of 2020, a pad of pages with Shopping List was published to aid people with meal planning and this was sold before Christmas 2020.
- In 2020 we produced a Christmas brochure of items for sale. This included Christmas cards and in 2020 we sold more cards than any previous years.

b. Key performance indicators

The Key performance indicators include:

- Investments
- Legacy income
- Income from members
- Membership numbers
- Numbers of members with Type 1 diabetes, Type 2 diabetes, carers and healthcare professionals
- Advertising and response rates
- IDDT funded research papers published
- Social media activity.

c. Review of activities

During 2020, the health professional conferences that the Charity usually attends were postponed due to the pandemic and the deposits paid were held over until 2021, assuming they are able to be held in 2021. It remains to be seen whether these conferences will go ahead or whether they will be cost effective for the charity. However, our advertising in professional journals continued and resulted in requests for leaflets and booklets which were much appreciated.

IDDT continues to keep an international presence, especially for people outside the UK who need to use animal insulin. There have been increased problems in obtaining animal insulin in some countries due to changes in regulations and Brexit, so the countries have worked together to rectify this. Providing information and support to people with diabetes wherever they live forms an important part of the charity's activities.

It is with regret that as the UK arm of Insulin for Life, we have had to hold on collecting unwanted insulin and other diabetes items during the major part of 2020 to send to help people in Tanzania because during the pandemic our contacts were lost and parcels did not arrive at their destination. This is likely to continue for the foreseeable future, but the Trustees would like to thank the individuals and hospitals that have tried to make donations of unwanted items.

The charity's 'Sponsor a Child' scheme to help children and young adults at Dream Trust in India continues to flourish and the Trustees and Dr Pendsey at Dream Trust thank everyone for their continued support of families in need. Dream Trust has made financial donations to help particularly needy families during the pandemic.

d. Factors relevant to achieve objectives

The short and longer term aims and objectives

- The charity continues to publish a free quarterly Newsletter and a shorter version called 'Type 2 & You' for people with Type 2 diabetes not taking insulin. People with Type 2 diabetes taking insulin and tablets receive both newsletters. We encourage people to access these online, but the majority of people prefer hard copy versions.
- The aim of the charity has been, and still is, to support research in line with its aims by funding research that investigates ways of making life easier for those who already have diabetes. However, the Trustees had to take the hard decision to put all research funding on hold to safeguard the financial future of the charity during the uncertainties of the pandemic.
- To maintain the charity's independence by encouraging voluntary donations and legacy income, the latter being significantly reduced from 2019.

e. Fundraising activities and income generation

The Charity relies on grant aid from donors identified in the accounts and the Trustees are most appreciative of this support. There are minor fundraising activities which include Christmas card sales, books, aids to help with caring for the feet and Recycle for Charity.

f. Investment policy and performance

The Trustees have resolved to establish reserves for future activities and they have wide powers of investment. The policy on reserves is that establishing assets are retained to produce income, income which is wholly used to support existing activities. There is no intention in the long-term to either increase or reduce the capital held. The policy is justified in that it is necessary to preserve income at present levels in order to maintain the activities of the charity.

During 2020, the investment income was significantly lower than previous years due to the economic climate, again justifying this policy of safeguarding the charity's future.

Financial review

a. Going concern

The operations and business activities of the Charity has been impacted by the COVID-19 outbreak. However, after making appropriate enquiries, the Trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing the financial statements.

b. Reserves policy

IDDT complies with Charity Commission Guidelines

IDDT has a Research and Welfare Fund

- All monies donated for research are allocated to fund research at the time of the donation/legacy.
- Monies not designated for research are allocated to the General Fund for welfare purposes.
- These allocations are made at the time of receipt.

Short-term investments

We invest some funds in 6 and 12 monthly Bonds in order to ensure that the charity has rapid access to funds in case the day-to-day income is lower than expected. If this is not the case, then the Bonds are rolled over for further 6 and 12 month periods.

Long-term investments

We have 5 to 10 year investments. These are monitored through our investment portfolios and with regular meetings with our Financial Advisers. All investments have the facility for easy access to funds.

Cash reserves

All legacy income is paid into IDDT's Legacy account and transfers are made as/when necessary to the current account for running expenses.

Day to day income

Cash, cheques and credit cards are paid into the current account with the Yorkshire Bank. Standing order payments are paid into a Barclays Bank current account and transferred into the Yorkshire current account on a regular basis.

Lottery income

The Lottery income is paid into a stand-alone account and the profits paid into the Yorkshire Bank account on a regular basis.

c. Principle risks and uncertainties

The Trustees cannot find any major risks to which the charity is exposed each financial year when preparing and updating the strategic plan, in particular those relating to operations and finances of the charity.

A risk register has been established. Procedures are in place to ensure compliance with health and safety of staff and visitors to the offices. Internal control risks are minimised by the implementation of procedures for the authorisation for all transactions and projects.

d. Principal funding

The principal sources of income are from legacies and voluntary donations. The Trustees are aware of the need to generate regular income and are continuing to take steps to achieve this. The Trustees are very grateful for the continued generosity of the members in making donations and especially to the increasing numbers of people who make regular donations through their bank. They also wish to record their gratitude to the donors of legacies and donations in memory of loved ones for their kindness in helping other people with diabetes.

The Trustees would also like to express their thanks for the continuing support and help of members and their families which provides encouragement to the Trustees to continue with the aims and objectives of IDDT. This support reflects the needs of people living with diabetes to be represented by a patient/carer-based charity that understands their needs and remains independent and uninfluenced by outside financial influences.

Considering the small numbers of members of staff and the amount of work covered, the Trustees would like to thank the staff for their continued dedication and hard work during 2020.

The Trustees reaffirm their commitment and determination to try to ensure that people with diabetes and their families have informed choices of treatment, and access to them, that they deserve and need. While evidence from national audits suggests that there are some improvements in the care and treatment of Type 1 and Type 2 diabetes in the NHS, there are many improvements yet to be made. The Trustees are committed to try to raise awareness of this, influence policy makers to bring about the necessary improvements and to encourage those with diabetes to insist on receiving the care they need.

Structure, governance and management

a. Constitution

The Insulin Dependent Diabetes Trust is registered as a charitable company limited by guarantee and was set up by a Memorandum of Association.

b. Methods of appointment or election of Trustees

The directors of the company are also charitable Trustees for the purposes of charity law and under the company's Articles of Association are known as the Board of Trustees. Under the requirements of the Memorandum and Articles of Association the members of the Board of Trustees are elected to serve for a period of three years, after which they must be re-elected at the next Annual Meeting.

Due to the nature of the work of the charity and the importance of understanding the needs of and representation of people with diabetes and their families, at no time shall the number of Trustees who are medically qualified or are allied health professionals exceed twenty five per cent of the total number of Trustees. The charity records the particular skills of the Trustees in order to maintain a broad mix of skills and expertise.

c. Organisational structure and decision-making policies

A Board of a maximum of 11 Trustees administer the charity, covering policy, membership and finances. Minor day to day decisions are taken by the Co-Chairs and CEO. Modern technology enables consultations to be made easily and quickly. Major decisions on future policies are taken at the AGM for the approval of members.

During 2020, some members of the staff team have changed and the team now consists of one full time member and three part-time people with temporary help being employed as necessary. This is a reduction of one part-time member of staff compared to 2019 and this situation will be reviewed when the pandemic situation becomes clearer. The charity will continue to update staff skills when

required to ensure their skills and knowledge remain relevant and up to date. The Charity contracts out the website work, PR and press releases, IT support and day to day finances.

The charity continued to operate the policies and procedures document relating to fundraising and sponsorship for the Trust approved in 2015. The day to day running of the charity is carried out by the CO-Chairs and CEO.

d. Policies adopted for the induction and training of the Trustees

The Trustees are familiar with the practical work of the charity. New Trustees are encouraged to take short training sessions to familiarise themselves with:

- The responsibilities of Trustees.
- The documents and the Memorandum and Articles of Association for the operations of the charity.
- The current financial position and sources of funding of the charity.
- The objectives and forward plans for the charity.

e. Pay policy for key management personnel

IDDT has two key management personnel

- Chief Executive Officer
- Database Manager

There is a line management structure in place.

Pay Reviews

The Trustees review staff salaries for the following year at their November meeting. The general principle is to give pay increases in line with inflation.

f. Related party relationships

The Charity maintains its links with people and groups in other countries around the world. The charity continues to offer support and information to people in other countries, especially those in need of animal insulin. Providing information and support wherever people live continue to be a major role.

The Trustees wish to thank Wockhardt UK for their ongoing supply of porcine insulin in vials and cartridges. As the only known supplier in the world, IDDT is aware of the vulnerable position this is for people who need porcine insulin because of adverse effects when using synthetic GM insulins.

Plans for future periods

The Charity's strategies for achieving its aims and objectives in the future

- The charity's aim to prevent amputations continues to be a major activity, especially during lockdown, by using the booklet 'Looking After Your Feet' which highlights how people can care for their feet at home and when they should seek professional help. This combined with selling special socks, Solesee and neuropad online and through our Christmas brochure, offer a comprehensive package. There has also been collaboration with foot care specialists which has been successful.
- During the lockdown, the charity has also tried to encourage people to take exercise and to adopt healthy eating and this will continue during 2021.
- The website continues to be a valuable way of reaching people living with diabetes and the charity employs a webmaster to regularly update and monitor traffic. New members, orders for booklets and other items are received through the website.

- The Newsletter and Type 2 & You are available in large print for people who are visually impaired, but the online talking format has been suspended during the pandemic due to the closure of the readers' office.
- When healthcare professional conferences are able to be held again, then the charity will continue to attend in order to reach healthcare professionals with booklets and leaflets so that they can offer them to their patients.
- To continue to keep informed about the latest research and changes in government and NHS policies in order to keep our members and website visitors informed.

Statement of Trustees' responsibilities

The Trustees (who are also directors of the Company for the purposes of company law) are responsible for preparing the Trustees' report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial year. Under Company law, the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the Company and its incoming resources and application of resources, including income and expenditure, for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe methods and principles of the Charities SOR (FRS 102);
- make judgments and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards (FRS 2) have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the ongoing concern basis unless it is inappropriate to presume that the Company will continue in business.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the Company's transactions and disclose with reasonable accuracy at any time the financial position of the 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 Company and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

Disclosure of information to Accountants

Each of the persons who are Trustees at the same time when this Trustees' report is approved has confirmed that:

- so far as that Trustee is aware, there is no relevant information of which the charity's accountants Paul Slater & Co are unaware, and that Trustee has taken all steps that ought to have been undertaken as a Trustee in order to be aware of any relevant information and to establish that the charity's accountants are aware of that information.

Approved by order of the members of the Board of Trustees and signed on their behalf by:

Mrs J M D Hirst MBE

Date:

**REPORT OF THE INDEPENDENT EXAMINER TO THE TRUSTEES OF THE
CHARITABLE COMPANY ON THE ACCOUNTS FOR THE YEAR ENDED 31
DECEMBER 2020**

I report to the Trustees on my examination of the accounts of the above charity for the year ended 31 December 2020.

Respective responsibilities of Trustees and Independent Examiner

As the Charity's Trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011.

The Trustees consider that the audit requirement of Section 144(1) of the Charities Act 2011 (the Act) does not apply, and that there is no requirement in the memorandum and articles of the charity for the conducting of an audit, and that the accounts do not require an audit in accordance with Part 16 of the Companies Act 2006 and that no member or members have requested an audit pursuant to section 476 of the Companies Act 2006. As a consequence, the Trustees have elected that the financial statements be subject to independent examination.

I report in respect of my examination on the Trust's accounts carried out under Section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under Section 145 950 9B0 of the Act.

Basis of Examiner' Statement and scope of work undertaken

The Charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of AAT.

No matters have come to my attention in connection with the examination which gives me cause to believe that the accounting records were kept in accordance with Section 130 of the Charities Act or the accounts did not accord with the accounting records or the accounts did not comply with the applicable requirements concerning the form and contents of accounts set out in the Charities Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

Mrs T Loughran – Independent Examiner
FMAAT, MIP

1 Washington Street
Kingsthorpe
Northampton
NN2 6NN

This report was signed on 30 August 2021

**STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2020**

	Note	Restricted funds 2020 £	Unrestricted funds 2020 £	Total funds 2020 £	Total funds 2019 £
Income from:					
Donations & Legacies	3	0	368,771	368,771	1,152,054
Other trading activities	4	0	3,068	3,068	5,909
Investments	5	0	685	685	13,924
Other income	6	0	38,213	38,213	36,964
Total income		0	410,737	410,737	1,208,842
Expenditure on:					
Raising funds		0	19,107	19,107	24,020
Charitable activities and governance costs	7	137,532	389,205	526,737	645,068
Total expenditure		137,532	408,312	545,844	669,088
Net gains (losses) on Investments		0	158,074	158,074	217,334
Net movement in funds		(137,532)	160,499	22,967	757,088
Reconciliation of funds:					
Total funds brought forward		874,365	2,030,783	2,905,148	2,148,060
Net movement in funds		(137,532)	160,499	22,967	757,088
Total funds carried forward		736,833	2,191,282	2,928,115	2,905,148

The Statement of financial activities includes all gains and losses recognised in the year.

The notes on pages 13 to 25 form part of these financial statement.

THE INSULIN DEPENDENT DIABETES TRUST

BALANCE SHEET AS AT 31 DECEMBER 2020

	Note	2020 £	2019 £
Fixed assets			
Tangible assets	12	358,034	358,528
Investments	13	1,825,076	1,679,412
Total fixed assets		2,183,110	2,037,940
Current assets			
Stocks	14	10,092	10,138
Debtors		8,800	0
Investments	15	145,334	142,261
Cash at bank and in hand		601,151	725,413
Total current assets		765,377	877,812
Creditors: amounts falling due within one year	16	(32,054)	(22,286)
Net current assets		733,323	855,526
Total assets less current liabilities		2,916,433	2,893,466
Total net assets		2,916,433	2,893,466
Charity funds			
Restricted funds	18	736,833	874,365
Unrestricted funds	18	2,179,600	2,019,101
Total charity funds		2,916,433	2,893,466

The Trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and preparation of financial statements.

The financial statements have been prepared in accordance with the provisions applicable to entities subject to the small companies regime.

The financial statements were approved and authorised for issue by the Trustees and signed on their behalf by:

Mrs J M D Hirst MBE

Date:

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2020

1. General information

The charity is a company limited by guarantee, registered in England and Wales. The registered office is as noted in the Trustee's Report.

2. Accounting policies

2.1 Basis of preparation of financial statements

The financial statements have been prepared in accordance with the Charities SORP (FRS 102) Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and the Republic of Ireland (FRS 102) (Issued in October 2019), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

The Insulin Dependent Diabetes Trust meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

2.2 Going concern

The operations and business activities of the Charity has been impacted by the recent COVID-19 outbreak. However, after making appropriate enquiries, the Trustees have a reasonable expectation that the Company has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing the financial statements.

2.3 Income

All income is recognised once the Company has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

The recognition of income from legacies is dependent on establishing entitlement, the probability of receipt and the ability to estimate with sufficient accuracy the amount receivable. Evidence of entitlement to a legacy exists when the Company has sufficient evidence that a gift has been left to them (through knowledge of the existence of a valid Will and the death of the benefactor) and the executor is satisfied that the property in question will not be required to satisfy claims in the estate. Receipt of a legacy must be recognised when it is probable that it will be received and the fair value of the amount receivable, which will generally be the expected cash amount to be distributed to the Company, can be reliably measured.

Income tax recoverable in relation to investment income is recognised at the time the investment income is receivable.

Other income is recognised in the period in which it is receivable and to the extent the goods have been provided or on completion of the service.

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2020

2.4 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party. It is probable that a transfer of economic benefit will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is classified by activity. The costs of each activity are made up to the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributed to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources.

Expenditure on raising funds includes all expenditure incurred by the Company to raise funds for its charitable purposes and includes costs of all fundraising activities, events and non-charitable trading.

Expenditure on charitable activities is incurred on directly undertaking the activities which further the Company's objectives, as well as any associated support costs.

All expenditure is inclusive of irrecoverable VAT.

2.5 Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the Company; this is normally upon notification of the interest paid or payable by the institution with whom the funds are deposited.

2.6 Tangible fixed assets and depreciation

Tangible fixed assets costing £1,000 or more are capitalised and recognised when future economic benefits are probable and the cost or value of the asset can be measured reliably.

Tangible fixed assets are initially recognised at cost. After recognition, under the cost model, tangible fixed assets are measured at cost less accumulated depreciation and any accumulated impairment losses. All costs incurred to bring a tangible fixed asset into its intended working condition should be included in the measurement of cost.

Depreciation is charged so as to allocate the cost of tangible fixed assets less their residual value over their estimated useful lives.

Depreciation is provided on the following basis:

Office Equipment	-	20% reducing balance
Computer equipment	-	20% reducing balance

The freehold property is not depreciated as the depreciation would be immaterial.

2.7 Investments

Fixed asset investments are a form of financial instrument and are initially recognised at their transaction cost and subsequently measured at fair value at the Balance Sheet date, unless the value cannot be measured reliably in which case it is measured at cost less

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2020

impairment. Investment gains and losses, whether realised or unrealised, are combined and presented as 'Gains/(Losses) on investments' in the Statement of financial activities.

2.8 Stocks

Stocks are valued at the lower of cost and net realisable value after making due allowance for obsolete and slow-moving stocks. Costs includes all direct costs.

2.9 Cash at bank and in hand

Cash at bank and in hand includes cash and short-term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

2.10 Liabilities and provisions

Liabilities are recognised when there is an obligation at the Balance Sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably.

Liabilities are recognised at the amount that the Company anticipated it will pay to settle the debt or the amount it has received as advanced payments for the goods and services it must provide.

Provisions are measured at the best estimate of the amounts required to settle the obligation.

2.11 Financial instruments

The Company only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

2.12 Pensions

The Company operates a defined contribution pension scheme and the pension charge represents the amounts payable by the Company to the fund in respect of the year.

2.13 Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Company and which have not been designated for other purposes.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the Company for particular purposes. The costs of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

Investment income, gains and losses are allocated to the appropriate fund.

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2020

3. Income from donations and legacies

	Unrestricted funds 2020 £	Total funds 2020 £	Total funds 2019 £
Legacies			
A M G Devere-Holloway	1,000	1,000	0
J A Moore	50,918	50,918	438,759
E Harrower	15,000	15,000	218,910
M C Broker	14,417	14,417	342,412
A Skelton	4,986	4,986	28,385
J B Jennings	3,488	3,488	41,259
S G Litchfield	2,501	2,501	0
P Jackson	200,000	200,000	0
Subtotal detailed disclosure	292,310	292,310	1,055,725
Donations	74,598	74,598	69,791
Legacies under £1,000	1,863	1,863	26,529
Subtotal	76,461	76,461	96,320
Total	368,771	368,771	1,152,045

4. Income from other trading activities

Income from fundraising events

	Unrestricted funds 2020 £	Total funds 2020 £	Total funds 2019 £
Fundraising	3,068	3,068	5,909

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2020

5. Investment income

	Unrestricted funds 2020 £	Total funds 2020 £	<i>Total funds 2019 £</i>
Investment income	685	685	13,924

6. Other income resources

	Unrestricted funds 2020 £	Total funds 2020 £	<i>Total funds 2019 £</i>
Sales of goods and lottery	38,213	38,213	36,964

7. Analysis of expenditure on charitable activities

Summary by fund type

	Restricted funds 2020 £	Unrestricted funds 2020 £	Total funds 2020 £	<i>Total funds 2019 £</i>
Charitable activities	137,532	389,205	526,737	645,068
<i>Total 2019</i>	<i>156,113</i>	<i>488,955</i>	<i>645,068</i>	

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2020

8. Analysis of expenditure by activities

	Activities Undertaken Directly 2020 £	Support costs 2020 £	Total funds 2020 £	Total funds 2019 £
Charitable activities	465,879	60,858	526,737	645,068
<i>Total 2019</i>	<i>552,599</i>	<i>92,471</i>	<i>645,068</i>	

Analysis of direct costs

	Charitable Activities 2020 £	Total funds 2020 £	Total funds 2019 £
Staff Costs	98,223	98,223	105,152
Research grants	137,532	137,532	156,113
Temporary staff	0	0	1,198
Travel and subsistence	444	444	3,673
Marketing and advertising	61,344	61,344	69,733
Research and editorial costs	42,468	42,468	54,062
Health and Safety	825	825	730
Professional indemnity costs	1,485	1,485	1,022
Website and IT	23,865	23,865	22,712
Printing costs	42,087	42,087	59,229
Direct Mail	51,119	51,119	51,608
Conference, information and meeting costs	2,889	2,889	25,451
Legal and professional	0	0	1,914
Charitable activities	3,598	3,598	0
	465,879	465,879	552,597

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2020

Analysis of support costs

	Charitable Activities 2020 £	Total funds 2020 £	Total funds 2019 £
Staff costs	12,086	12,086	19,147
Depreciation	1,238	1,238	1,423
Legal and professional	16,050	16,050	26,977
Telephone and internet	660	660	685
Printing, postage and stationery	18,808	18,808	24,221
HR Training and welfare – staff	3,600	3,600	817
Rates and water charges	1,828	1,828	1,761
Bank Charges	756	756	1,219
Cleaning and waste management	655	655	1,001
Premises repairs and renewals	5,177	5,177	15,220
	60,858	60,858	92,471

9. Auditors' remuneration

	2020 £	2019 £
Fees payable to the Company's auditors for the audit of the Company's annual accounts	0	9,000

10. Staff costs

	2020 £	2019 £
Wages and salaries	110,309	124,217
Social security costs	6,397	8,567
Contribution to defined contribution pension schemes	3,598	3,198
	120,304	135,982

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2020

The average number of persons employed by the Company during the year was as follows:

	2020 No.	2019 No.
Employees	4	5

The number of employees whose employee benefits (excluding employer pension costs) exceeded £60,000 was:

	2020 No.	2019 No.
In the band £60,001 to £70,000	0	1

11. Trustees' remuneration and expenses

With the agreement of the Charities Commission Mrs J M D Hirst's remuneration is for extensive research, publications and editorial work. Mrs Hirst attends meetings, conferences and seminars on behalf of the Charity to lecture on the rights to retain a choice of insulins. Her continued contribution to the work of the Charity is invaluable. The value of the Trustees' remuneration and other benefits is fees of £25,263 (2019 £44,150).

During the year ended 31 December 2020, no Trustee expenses have been incurred (2019 - £NIL)

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2020

12. Tangible fixed assets

	Freehold Property £	Office equipment £	Total £
Cost or valuation			
At 1 January 2020	351,842	49,906	401,748
Additions	0	744	744
At 31 December 2020	351,842	50,650	402,492
Depreciation			
At 1 January 2020	0	43,220	43,220
Charge for the year	0	1,238	1,238
At 31 December 2020	0	44,458	44,458
Net book value			
At 31 December 2020	351,842	6,192	358,034
At 31 December 2019	351,842	6,686	358,528

13. Fixed asset investments

	Unlisted Investments £
Cost or valuation	
Transfers between classes	1,825,076
At 31 December 2020	1,825,076
Net book value	
At 31 December 2020	1,825,076

Investment portfolios have previously been treated as current asset investments.

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2020

14. Stocks

	2020 £	2019 £
Finished goods and goods for resale	10,092	10,138

15. Current asset investments

	2020 £	2019 £
Unlisted investment	0	0
Unlisted investments (liquid)	145,334	142,261
	145,334	142,261

16. Creditors: Amounts falling due within one year

	2020 £	2019 £
Trade creditors	18,139	9,152
Other taxation and social security	7,000	2,835
Other creditors	1,048	660
Accruals and deferred income	5,867	9,639
	32,054	22,286

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2020

17. Statement of funds

Statement of funds – current year

	Balance at 1 January 2020 £	Income £	Expenditure £	Gains/ (Losses) £	Balance at 31 December 2020 £
Unrestricted funds					
Reserves	2,030,783	410,737	(419,994)	158,074	2,179,600
Restricted funds					
Restricted funds	874,365	0	(137,532)	0	736,833
Total of funds	2,905,148	410,737	(557,526)	158,074	2,916,433

Statement of funds – prior year

	Balance at 1 January 2019 £	Income £	Expenditure £	Gains/ (Losses) £	Balance at 31 December 2019 £
Unrestricted funds					
Reserves	1,117,582	1,208,842	(524,657)	217,334	2,019,101
Restricted funds					
Restricted funds	1,030,478	0	(156,113)	0	874,365
Total of funds	2,148,060	1,208,842	(680,770)	217,334	2,893,466

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2020

18. Analysis of net assets between funds

Analysis of net assets between funds – current year

	Restricted funds 2020 £	Unrestricted funds 2020 £	Total funds 2020 £
Tangible fixed assets	0	358,034	358,034
Fixed asset investments	0	1,825,076	1,825,076
Current assets	736,833	28,544	765,377
Creditors due within one year	0	(32,054)	(32,054)
Total	736,833	2,179,600	2,916,433

Analysis of net assets between funds – prior year

	Restricted funds 2019 £	Unrestricted funds 2019 £	Total funds 2019 £
Tangible fixed assets	0	358,528	358,528
Fixed asset investments	0	1,679,412	1,679,412
Current assets	874,365	3,447	877,812
Creditors due within one year	0	(22,286)	(22,286)
Total	874,365	2,019,101	2,893,466

19. Reconciliation of net movement in funds to net cash flow from operating activities

	2020 £	2019 £
Net income for the year (as per Statement of Financial Activities)	22,967	757,088
Adjustments for:		
Depreciation charges	1,238	1,423
Gains/(losses) on investments	(158,074)	(217,334)
Decrease/(increase) in stocks	46	(352)
Increase/(decrease) in creditors	9,768	(5,665)
Net cash provided by operating activities	(124,055)	535,160

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2020

20. Analysis of cash and cash equivalents

	2020 £	2019 £
Cash in hand	601,151	725,413
Total cash and cash equivalents	601,151	725,413

21. Analysis of changes in net debt

	At 1 January 2020 £	Cash flows £	Other non- cash changes £	At 31 December 2020 £
Cash at bank and in hand	725,413	(124,262)	0	601,151
Liquid investments	142,261	0	(3,073)	139,188
	867,674	(124,262)	(3,073)	740,339

22. Pension commitments

The Charity operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the Charity in an independently administered fund. The pension cost charge represents contributions payable by the Charity to the fund and amounted to £3,598 (2019 - £3,198).

23. Post Balance Sheet events

The Charity has been impacted post year end as a result of COVID-19. Currently the extent of the financial impact is uncertain but the Charity is confident that it has the sufficient reserves and resources to continue operating and therefore the Trustees consider it to be a going concern.