

FRIENDS OF DIABETES INTERNATIONAL

England & Wales · Charity number 1169887

Details

Other names FRIENDS OF DIABETES SIERRA LEONE AND UK, FODSL UK

Status Registered

Legal form CIO

Registered 2016-10-25

Register [View on the Charity Commission register](#)

Contact

Address 43 Lympstone Gardens
Peckham
London
SE15 1BJ

Phone 07445295317

Email salome.hydes@fodsl.org

Website <http://www.fodint.org>

Activities

Objects: THE OBJECTS OF THE CIO ARE: 1. TO PROVIDE RELIEF TO PERSONS OF ALL AGES WHO BY THEIR CONDITION ARE AFFECTED BY DIABETES, THROUGH THE FOLLOWING ACTIVITIES: A) THE PROVISION OF SUPPORT, ADVICE AND INFORMATION TO IMPROVE THEIR HEALTH AND WELL BEING AND LEAD A NORMAL LIFE. B) TO PROVIDE TRAINING FOR THOSE AFFECTED BY THE CONDITION SO THAT THEY CAN BECOME INDEPENDENT. 2. TO ADVANCE THE EDUCATION OF THE GENERAL PUBLIC IN ALL AREAS RELATING TO DIABETES. NOTHING IN THIS CONSTITUTION SHALL AUTHORIZE AN APPLICATION OF THE PROPERTY OF THE CIO FOR THE PURPOSES WHICH ARE NOT CHARITABLE IN ACCORDANCE WITH [SECTION 7 OF THE CHARITIES AND TRUSTEES INVESTMENT (SCOTLAND) ACT 2005] AND [SECTION 2 OF THE CHARITIES ACT (NORTHERN IRELAND) 2008].

Activities: Friends of Diabetes International is currently running a Healthy Eating and Living options Project (HEALOP). This project will encourage and support African and Caribbean people living in Southwark to adopt and maintain healthy lifestyles, particularly weights to prevent or reduce the incident of type 2 diabetes. It is funded by Awards for All- The national Lottery Fund.

Classification

- **How:** Provides Other Finance, Provides Services, Provides Advocacy/advice/information
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives, Disability
- **Who:** The General Public/mankind

Geography

- Sierra Leone
- Lambeth
- Southwark

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	-	-	-	-
2024-03-31	-	-	-	-
2023-03-31	-	-	-	-
2022-03-31	£0	£0	-	-
2021-03-31	£0	£0	-	-
2020-03-31	£0	£0	-	-
2019-03-31	£21	£12,260	-	-
2018-03-31	£2,095	£1,915	-	-

Trustees

Name	Role	Appointed
SALOME HYDES	Chair	2017-04-28
Alpha Alim Sesay		2018-04-24
MARIAMA WITT BAH		2018-04-24
Nima Conteh		2017-07-07

FRIENDS OF DIABETES INTERNATIONAL

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Accounts



Trustees' Annual Report for the period

Period start date

From

Period end date

To

Day
01
Month
April
Year
2020

Day
31
Month
March
Year
2021

Section A

Reference and administration details

Charity name

Friends of Diabetes International

Other names charity is known by

Registered charity number (if any)

1169887

Charity's principal address

43 Lympstone Gardens

Bird in Bush Road

London

Postcode

SE15 1BJ

Names of the charity trustees who manage the charity

Trustee name

Office (if any)

Dates acted if not for whole year

TAR

Name of person (or body) entitled to appoint trustee (if any)

Mrs Salome Hydes
Chairperson
Membership 1

Mrs Nima Conteh
Secretary
Membership 2

Mrs Mariama Bah
Treasurer
Membership 3

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Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name
Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser

Name

Address

Name of chief executive or names of senior staff members (Optional information)

Section B Structure, governance and management

Description of the charity's trusts

	Type of governing document (eg. trust deed, constitution)
CIO Constitution	
	How the charity is constituted (eg. trust, association, company)
CIO	
	Trustee selection methods (eg. appointed by, elected by)
By members at annual general meeting	

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

Induction procedure. New Trustees undergo an orientation day to brief them on their legal obligations and the aims and objectives of the charity, the content of the Constitution, the committee and decision-making processes, the strategy and financial performance of the charity.

Run mostly by volunteers.

Network with other diaspora organisations, i.e. AEMRN

None

The Trustees have a risk management strategy, which comprises:

- An annual review of the risks the charity may face;
- The establishment of systems and procedures to mitigate those risks identified in the review; and
- The implementation of procedures designed to minimise any potential impact on the charity should those risks materialise

Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

Objects are:

1. To provide relief to persons of all ages who by their condition are affected by diabetes, through the following activities:

- a) The provision of support, advice and information to improve their health and well-being and lead a normal life.

b) To provide training for those affected by the condition so that they can become independent.

2. To advance the education of the general public in all areas relating to diabetes.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Due to the Covid-19 pandemic a lot of the charity projects were not able to go ahead, instead we delivered all of our outreach work through online platforms such as VOS UK and Zoom.

In 2020, the charity delivered the Black History Month Project. Using Zoom we were able to engage with residents of Peckham to speak about the different health issues that are prevalence to BAME and how they could prevent themselves from them. Eg-diabetes and hypertension.

The Charity also worked with the British Nutrition Foundation. Enlightening our participants about having 5 a day portions of fruits and vegetables, drinking plenty of water- 6-8 glasses daily, the importance of breakfast, getting active and setting a goal to achieve all these during the healthy eating week.

The charity celebrated World Diabetes Day November 14th.

Due to the Covid-19 pandemic, the charity used Zoom to carry out outreach work in faith groups and raised public diabetes awareness sessions online.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Friends of Diabetes International has a dedicated team of skilled volunteers drawn from diverse backgrounds. We are grateful for the invaluable support of our volunteers who are at the forefront of service provision. We have volunteers who support our online activities, community campaigns and give virtual advice, guidance and befriending ZOOM sessions on Diabetes.

Our volunteers say they love the work they do for the charity as each of them has a family member that suffers from diabetes. They have passion for what they do and also learn about the condition and how they could teach their immediate families about prevention. This year has been especially unique where they were able to give virtual testimonies of their experiences of caring for family members with diabetes during a global pandemic.

Section D

Achievements and performance

Summary of the main achievements of the charity during the year

Outcomes / result of projects delivered including Black History Month, Online Community Outreach, Healthy Eating Week and World Diabetes Day.

The charity was able to use new communication methods such as ZOOM and VOS UK to educate participants about diabetes and how to prevent themselves. At the end of these virtual sessions they were able to discuss about steps they were going to take to prevent themselves from diseases in breakout rooms and interaction emojis on screen. They informed the volunteers that the knowledge and skills they have acquired will enable them to change their attitudes towards food and drinks that put them at risk of developing not only diabetes but other non-communicable diseases.

The charity was able to use social media to promote and reach out to communities that have high prevalence of diabetes, educating them about the Types of Diabetes, Risks, Complications and management.

The charity was part of the global diabetes awareness which takes place in over 200 countries world- wide. We are the first charity to commemorate World Diabetes Day using Zoom in Sierra Leone.

We raise diabetes awareness and promote diabetes health virtually in communities in Sierra Leone.

All these virtual activities are undertaken by the charity to bring change and mind set to participants regarding their health and wellbeing.

Section E

Financial review

Brief statement of the charity's policy on reserves

The Board of Trustees has reviewed the reserve policy of the organisation and will do so annually. The decision on the level of reserve depends on the level of unrestricted funds available. They decided that the current level of reserve should be maintained at least at a level equivalent to approximately three months' expenditure.

The trustees consider that reserves at this level will ensure that, in the event of any significant drop in the organisation's funding, they will be able to continue with current activities while consideration is given to ways in which additional funds may be raised.

Details of any funds materially in deficit

NA

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

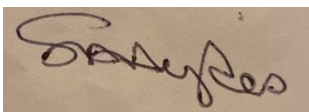
Due to the Covid-19 pandemic no income and expenditure was used since all activities took place on ZOOM and VOS UK which are online platforms that were free of use. These virtual platforms allowed Friends of Diabetes International to support the key objectives of the charity.

Section G Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)



Full name(s)

Salome Hydes

Position (eg Secretary, Chair, etc)

Chair

Date

30/05/22

CASH FLOW FORECAST April 2020 - March 2021

	04/20	05/20	06/20
INCOMING FUNDS			
Brought forward	£0.00	£0.00	£0.00
Grants	£0.00	£0.00	£0.00
LBS Consortium	£0.00	£0.00	£0.00
Membership / Donations	£0.00	£0.00	£0.00
Fundraising activities	£0.00	£0.00	£0.00
Sponsorship	£0.00	£0.00	£0.00
Bank Interest	£0.00	£0.00	£0.00
Total Incoming Fund (A)	£0.00	£0.00	£0.00

EXPENDITURE

Premises	£0.00	£0.00	£0.00
Utilities	£0.00	£0.00	£0.00
Insurance	£0.00	£0.00	£0.00
Stationery	£0.00	£0.00	£0.00
Travel expenses	£0.00	£0.00	£0.00
Training	£0.00	£0.00	£0.00
Telephone / Internet	£0.00	£0.00	£0.00
Internet + Prints	£0.00	£0.00	£0.00
Printing	£0.00	£0.00	£0.00
Marketing / publicity	£0.00	£0.00	£0.00
Audit	£0.00	£0.00	£0.00
AGM	£0.00	£0.00	£0.00
Total Outgoing Fund (B)	£0.00	£0.00	£0.00
A-B	£0.00	£0.00	£0.00
Closing Balance B/F	£0.00	£0.00	£0.00
Closing Balance C/F	£0.00	£0.00	£0.00

01/21	02/21	03/21	Total
£0.00	£0.00	£0.00	£0.00
£0.00	£0.00	£0.00	£0.00
£0.00	£0.00	£0.00	£0.00
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