



**CHARITY COMMISSION**  
FOR ENGLAND AND WALES

## **Trustees' Annual Report for the period**

**From** 01/04/2021 **Period start date** **To** 01/04/2022 **Period end date**

**Charity name:** DiAthlete

**Charity registration number:** 1190 263

## **Objectives and Activities**

	SORP reference	
Summary of the purposes of the charity has set out in its governing document	Para 1.17	<p>DiAthlete's purposes have been set out to promote and protect the physical and mental health of people living with diabetes, in particular (but not exclusively) by:</p> <ul style="list-style-type: none"><li>(i) Supporting young adults with type-1 diabetes to emotionally accept their condition, grow in independence of self-management and advance as patient advocates to support others living with diabetes;</li><li>(ii) Providing schools with information about the impact and differing types of diabetes, to support acceptance for school students living with type-1 diabetes and to tackle the incidence of type-2 diabetes;</li><li>(iii) Improving the quality of healthcare professionals, consultations by providing training sessions for medical teams, based on patient's feedback and perspectives;</li></ul>

		<p>(iv) Creating an international advocacy network of patient champions and patient organisation's to support local diabetes communities; and</p> <p>(v) Financially assisting local diabetes communities in lower income countries;</p> <p>(b) To advance the education of people with diabetes and those who care for them, healthcare professionals and the general public, in all areas relating to diabetes, in particular (but not exclusively) by:</p> <p>(i) providing community workshops and seminars for patients in sociable environments;</p> <p>(ii) promoting diabetes education to young people living with type-1 diabetes through practical and engaging methods of education; and</p> <p>(iii) operating media campaigns to provide accurate information about all types of diabetes.</p>
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	<p>With the COVID-19 pandemic ongoing throughout this period, DiAthlete has acted on virtual channels to host workshops for the type 1 diabetes (T1D) community (inclusive of people with T1D, caregivers and health professionals); inviting guest speakers to share their experiences and advice to the attending community on set topics, and collaborating with NHS and HSC diabetes teams to invite their patients to attend. DiAthlete held 14 online workshops, each being free to attend, during this period.</p> <p>Furthermore, DiAthlete utilised social media channels during this period to provide supportive information across multiple topic areas of life with</p>

		<p>diabetes, this included: diabetes and exercise, nutrition, travel, socialising, transition from paediatric healthcare to adult healthcare, guidance for parents and caregivers, advancing diabetes health technologies, diagnosis.</p> <p>As we were limited in starting up as a charity during the COVID-19 pandemic, our 2021-2022 activities were online based, however, we are now advancing plans for practical events including educational camps for 2022/2023.</p>
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	<p>All the trustees of DiAthlete have read the Commission's public benefit guidance, and in managing the affairs of the CIO, have regard to it in exercising any duties and/or powers to which the guidance is relevant. DiAthlete maintains monthly trustee meetings to assess our plans and duties.</p>

### **Additional information (optional)**

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	No grants were made in this period.
Policy on social investment including program related investment	Para 1.38	The DiAthlete trustees have not considered any social investment at present. Should any Social Investment be considered the Trustees will seek advice and develop policy in accordance with commission guidelines.
Contribution made by volunteers	Para 1.38	DiAthlete received support from volunteers to develop projects such as social media campaigns and online workshops in this period. DiAthlete appreciates and welcomes support from volunteers, providing where applicable skills, efforts and community value to our mission.
Other		

## **Achievements and Performance**

	SORP reference	
--	----------------	--

<p>Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.</p>	<p>Para 1.20</p>	<p>14 online educational workshops were operated in the months from April to December 2021, with an average of 55 participants in each workshop attending.</p> <p>Topics such as diabetes and exercise guidance, diabetes and nutrition support, and diabetes and socialising (travel, alcohol and relationships) were covered. This was to the benefit and help to families of children with type 1 diabetes, and adults living with the condition.</p> <p>A total of 687 people registered to our workshops in this period. The workshops were held virtually on Zoom platforms.</p> <p>The purpose of these workshops were to:</p> <ul style="list-style-type: none"> <li>• utilise effective, online ways of connecting and supporting people with diabetes during the pandemic</li> <li>• provide educational material on set topics for each workshop DiAthlete hosted</li> <li>• invite a core guest speaker – a celebrity, positive role model and/or lead health professional – to share their experience to the attendees on the set topic for each workshop</li> <li>• provide breakout room experiences for the attendees to meet other people with diabetes in common as either patients or caregivers</li> <li>• share about the purpose and existence of our new charity to the attendees</li> <li>• Advance the education of Health Teams to Patients by setting up workshops in a non-clinical environment to support education in a more relatable platform</li> </ul> <p>DiAthlete managed monthly social media activities throughout this period, with each month having a set supportive topic to share content and information about, utilising platforms of Facebook and Instagram to conduct 'Live' sessions, 'Stories' and media 'Posts' to provide personal stories associated to the topics of the month,</p>
--	------------------	--

		<p>in addition to helpful information regarding those topics. A standout feature was during the Tokyo Olympic Games, in which DiAthlete interviewed and shared frequent content with people living with diabetes who take part in sporting activities, to share their advice and core messages to empower others with diabetes.</p> <p>In May 2021, during the bombings of the Gaza Strip, the DiAthlete trustees chaired an essential meeting that invited the Ministry of Health in the Gaza strip, the World Health Organization (WHO), Diabetes Palestine, the International Diabetes Federation and the International Diabetes Federation Middle East and North Africa region representatives, and other organisations of relevance including Insulin for Life, Life for a Child and T1International. In addition, DiAthlete also invited Mohamed Sayem, a person living with type 1 diabetes in the Gaza strip, and his connections of fellow people with diabetes in Gaza, to the meeting for a first-hand account of their healthcare concerns for access to crucial medications such as insulin. The resulting outcome of chairing this meeting led to the WHO being able to take action through communication with Mr Sayem, the Ministry of Health in Gaza and Diabetes Palestine, to provide to the Gaza Strip a continuation of diabetes medical essentials including insulin vials, syringes and blood glucose monitoring equipment and test strips to those in need.</p>
--	--	---

#### **Additional information (optional)**

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	<p>In this period, DiAthlete has produced positive achievements to our set objectives, in further consideration to the fact that until March 2022, we have not been able to open our charity bank account to receive donations. In working in this period without donation budget / funding supplied, DiAthlete has achieved results through the COVID-19 pandemic by utilising the online social networking channels and our communication bases, working closely</p>
-------------------------------------	-----------	--

		<p>with diabetes health teams and through the trustees holding frequent meetings to plan online activities, produce helpful content and virtual events.</p> <p>DiAthlete's 14 workshops across the UK audience have reached adults and young adults living with type 1 diabetes, caregivers / parents impacted by diabetes in their family, and healthcare teams, achieving our target to support these areas of diabetes care with tailored workshop topics to each group. Our media campaigns have effectively and continuously provided tips, advice and encouragement to the diabetes community in this period, as our objectives set out to achieve.</p> <p>The trustees look forward to advancing with plans now that DiAthlete officially has a charity bank account approved and opened, where we can thus produce more local community initiatives and events in face to face settings as we initially intended to achieve, in addition to continuing our online support of the diabetes community.</p>
Performance of fundraising activities against objectives set	Para 1.41	<p>In this period, we have been unable to fundraise / receive any donations as we was not with a charity bank account registered. Now that this has been approved in 2022 with Lloyds Bank, in this new fiscal year DiAthlete intends to advance on fundraising projects and campaigns to help the CIO to provide more local events and opportunities for people living with diabetes.</p>
Investment performance against objectives	Para 1.41	<p>As mentioned above, due to not having a charity bank account set up with the trustees in this period, we were unable to act on any financial areas in this period; however, any investments at this stage for the CIO are not applicable.</p>
Other		

## Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	<p>At the end of this period, the DiAthlete CIO has £0.00 in our charity bank account, without any expense outgoings.</p> <p>Our charity account was opened in March 2022 with Lloyds Bank. As this is DiAthlete's first year as a registered CIO, we cannot compare this to other years gone by; however, the trustees expect to see advanced financial capabilities through donations and projects in the coming year.</p>
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	DiAthlete maintains a reserve to cover fluctuations in profit and loss. Substantial donations or surpluses may be kept in reserve until a useful purpose can be found for them e.g hosting a community workshop to support a diabetes health team and their local patients.
Amount of reserves held	Para 1.22	There is no policy regarding reserves, but Trustees are agreed that ideally, reserves should be in the region of 12 months running costs.
Reasons for holding zero reserves	Para 1.22	Not applicable
Details of fund materially in deficit	Para 1.24	None
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	None

### Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	<b>N/A</b>
Investment policy and objectives including any social investment policy adopted	Para 1.46	<b>N/A</b>
A description of the principal risks facing the charity	Para 1.46	<b>N/A</b>

Other		

## Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Charitable Incorporated Organisation (CIO) Association Constitution
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	Charitable Incorporated Organisation (CIO)
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	<p>Eligibility for trusteeship (at DiAthlete)</p> <p>(a) Every charity trustee must be a natural person.</p> <p>(b) No individual may be appointed as a charity trustee of the CIO: if he or she is under the age of 16 years; or</p> <p>if he or she would automatically cease to hold office under the provisions of clause</p> <p>(c) there would be disqualification from acting as a charity trustee by virtue of sections 178-180 of the Charities Act 2011 (or any statutory re-enactment or modification of that provision)</p> <p>(d) No one is entitled to act as a charity trustee whether on appointment or on any reappointment until he or she has expressly acknowledged, in whatever way the charity trustees decide, his or her acceptance of the office of charity trustee.</p> <p>(e) Every charity trustee should have a personal connection with type 1 diabetes (a patient living with it, a family member, a spouse or civil</p>



		<p>partner, or having worked in diabetes healthcare)</p> <p>(f) Number of charity trustees</p> <p>(i) There must be at least three charity trustees. If the number falls below this minimum, the remaining trustee or trustees may act only to call a meeting of the charity trustees, or appoint a new charity trustee.</p> <p>(ii) There is no maximum number of charity trustees that may be appointed to the CIO.</p>
--	--	---

### **Additional information (optional)**

You may choose to include further statements where relevant about:

<p>Policies and procedures adopted for the induction and training of trustees</p>	<p>Para 1.51</p>	<p>All the trustees of DiAthlete must read the Commission's public benefit guidance, and in managing the affairs of the CIO, have regard to it in exercising any duties and/or powers to which the guidance is relevant.</p> <p>Apart from the first charity trustees, every trustee must be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees.</p> <p>In selecting individuals for appointment as charity trustees, the charity trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO.</p> <p>The charity trustees will make available to each new charity trustee, on or before his or her first appointment:</p> <p>a copy of the current version of this constitution; and a copy of the CIO's latest Trustees' Annual Report and statement of accounts</p> <p>Calling meetings</p> <p>(a) Any charity trustee may call a meeting of the</p>
---	------------------	---

		<p>charity trustees.</p> <p>(b) Subject to that, the charity trustees shall decide how their meetings are to be called, and what notice is required.</p> <p>(c) Chairing of meetings</p> <p>The charity trustees may appoint one of their number to chair their meetings and may at any time revoke such appointment. If no-one has been so appointed, or if the person appointed is unwilling to preside or is not present within 10 minutes after the time of the meeting, the charity trustees present may appoint one of their number to chair that meeting.</p> <p>(d) Procedure at meetings</p> <p>(e) No decision shall be taken at a meeting unless a quorum is present at the time when the decision is taken. The quorum is two charity trustees, or the number nearest to one third of the total number of charity trustees, whichever is greater, or such larger number as the charity trustees may decide from time to time. A charity trustee shall not be counted in the quorum present when any decision is made about a matter upon which he or she is not entitled to vote.</p> <p>(f) Questions arising at a meeting shall be decided by a majority of those eligible to vote.</p> <p>(4) Participation in meetings by electronic means</p> <p>(g) A meeting may be held by suitable electronic means agreed by the charity trustees in which each participant may communicate with all the other participants.</p> <p>(h) Any charity trustee participating at a meeting by suitable electronic means agreed by the charity trustees in which a participant or participants may communicate with all the other participants shall qualify as being present at the meeting.</p> <p>(i) Meetings held by electronic means must comply with rules for meetings, including chairing and the taking of minutes.</p> <p>(2) Membership of the CIO</p> <p>(a) The members of the CIO shall be its charity trustees for the time being. The only persons eligible to be members of the CIO are its charity trustees.</p>
--	--	--

		<p>Membership of the CIO cannot be transferred to anyone else.</p> <p>(b) Any member and charity trustee who ceases to be a charity trustee automatically ceases to be a member of the CIO.</p>
The charity's organisational structure and any wider network with which the charity works	Para 1.51	<p>DiAthlete hosts a 'Connected Network' of NHS and HSC diabetes health teams, in which the diabetes teams who submit their agreement to be a member of this network (no costs associated) can receive opportunities to hear from and engage with other diabetes teams across the UK, and partner with DiAthlete to operate events to support their patients, in addition to receiving supportive materials and flyers for their clinics and services from DiAthlete. In this period, 7 diabetes teams agreed to join the 'DiAthlete Connected Network' including the paediatric diabetes teams at Ealing Hospital, Croydon Health, James Cook Hospital, Southern Trust in Northern Ireland, Warwick Hospital, Good Hope Hospital, Royal Cornwall Hospital.</p>
Relationship with any related parties	Para 1.51	N/A
Other		

## Reference and Administrative details

Charity name	Diathlete
Other name the charity uses	
Registered charity number	<b>1190263</b>
Charity's principal address	Shoals Hook House, Shoals Hook Lane, Haverfordwest, SA61 2XN

--	--

## Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Gavin Charles Griffiths	Chair	Whole period	
2	Tracy Charlotte Power		Whole period	
3	Jennifer Dunn		Whole period	
4	Sara Thomas	Treasurer	Whole period	
5	Simran Bal		Appointed 1 November 2021	
6	Paula Chinchilla Ortega		Appointed 1 November 2021	
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Corporate trustees - names of the directors at the date the report was approved

Director name		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	
--------------	-----------------------------------	--



## Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	N/A
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	N/A
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	N/A

### Additional information (optional)

#### Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

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

--

## Exemptions from disclosure

Reason for non-disclosure of key personnel details

--

## Other optional information


--

## Declarations

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

Signed on behalf of the charity's trustees

Signature(s)

		
---	--	--

Full name(s)

Gavin Charles Griffiths

Position (eg  
Secretary, Chair, etc)

Chair Trustee

Date

01 / 04 / 2022