



Charitable Incorporated Organisation registered in England and Wales 1190 263

## **Annual Report and Financial Statements**

For Financial Year beginning 6 April 2022 – 5 April 2023

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## **Administrative Details**

### **Board of Trustees:**

Paula Chinchilla (Treasurer in this financial term)

Simran Bal

Tracy Power

Sara Thomas (resigned 1 October 2022)

Jennifer Dunn (resigned 1 August 2022)

### **Charity Registration Number:**

1190 263

### **Main Contact Address:**

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Surrey

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## **Trustee's Report**

The trustees present the annual report together with the financial statements of DiAthlete Charitable Incorporated Organisation (CIO) for the year ended 1 April 2023.

### **Introduction**

Following our CIO registration in 2020 and amidst the challenges posed by the COVID-19 pandemic, the financial year 2022-2023 marked our first full year of face-to-face projects and financial engagement in supporting the Type 1 diabetes community.

As a small charity with a small number of trustees at its core, our grassroots mission is to provide sociable approaches to diabetes education and promote mental wellbeing among those living with and managing this condition around the clock. Our objective is unique and necessary, when considering the growing want for support across the diabetes online community (particularly in the cases of adults and caregivers who have children diagnosed with Type 1 diabetes) and yet there are very few, sociable, interactive and relatable opportunities which exist both across the UK and worldwide. The majority of events that do exist outside of our charity are often very formal, with high-level medical terminologies, in a conference format. So our benefit to the public as a charity is in breaking this area down, through providing peer-to-peer opportunities, with holistic and engaging approaches to learn in an informal and comfortable environment – empowering people with Type 1 diabetes in their daily lives managing this condition independently.

We acknowledge a change in trustees during this financial year and, at the outset of this report, the appointment of Martin Ryan in 2024 as our new treasurer. We note with regret a delay in submitting our return and accounts as scheduled as a result of these changes and this new onboarding.

### **Key Success Points**

In 2022-2023, our notable achievements include:

- Financing the development of a Type 1 diabetes awareness media documentary. With the support of our vendor, Praxima, and partnering sponsors, this documentary delves into the evolving landscape of diabetes healthcare, highlighting advancements in mobile health technologies and Hybrid Closed Loop systems in diabetes treatment in the UK, while addressing the ‘post code lottery’ impact on healthcare, and global disparities in access to these innovations. We anticipate that this documentary will offer an insightful and relatable perspective on life with Type 1 diabetes to a wider audience.
- The successful return of face-to-face workshops in collaboration with NHS or HSC paediatric diabetes teams. In October 2022, we partnered with James Cook Hospital in Northallerton to host a DiAthlete Day with Game Based Learning activities taking place for patients of the hospital with Type 1 diabetes in a sports hall setting, in addition to a coffee chat session with parents and carers. Between February and March 2023, we conducted four DiAthlete workshops for families and youth living with Type 1 diabetes in Newry and Craigavon, Northern Ireland, through the paediatric diabetes team of the HSC Southern Trust. These Game Based Learning activities provide a platform for individuals to interact with peers facing similar challenges and

participate in engaging educational sessions about their condition. The positive impact of these workshops, particularly in rural areas, underscores our progress and underscores our commitment to supporting the Type 1 diabetes community.

- In supporting adults with Type 1 diabetes, in November we hosted a 5km running meet up event in Danson Park, Bexley and supported in the same day a Type 1 diabetes awareness campaign held at Kings Cross station in London.
- Attending the International Diabetes Federation's World Diabetes Congress to share about our work, and through meetings that took place at the congress held in Lisbon, laying the foundations for delivering an annual summer camp for adults living with Type 1 diabetes in the next financial year.

## **Governance**

DiAthlete's trustees are committed to fulfilling our governance responsibilities, which include regular briefings in monthly virtual trustee meetings. We are pleased to report compliance with significant legal requirements, including the Data Protection Act 2018, with no data breaches reported for 2022/23.

## **Financial Review**

During our inaugural year actively trading as a CIO, our total income amounted to GBP £18,229, derived from donations and trading activities. Our total outgoing for the same period was GBP £16,551, covering expenses related to charitable workshop facilitation, event hosting, and marketing expenditures.

## **Future Plans**

As we look ahead, our focus remains on empowering and supporting the Type 1 diabetes community in the UK. Our plans for the upcoming year include partnering with hospital teams to host more Game Based Learning events, organising and executing the first adult camp in Aldershot during the summer, and continuing the production of our documentary project.

## **Risk Management**

The trustees have reviewed the major risks to which DiAthlete is exposed. While we recognise the importance of financial stability and need to secure donations, especially as a new charity, we are optimistic about leveraging future donor support and exploring opportunities for Gift Aid. Our commitment to robust governance and adherence to legal requirements remains unwavering.

**Signed on behalf of the Board of Trustees to DiAthlete**



**Paula Chinchilla**

Treasurer 2022-2023, Trustee Member of DiAthlete

## **Structure, Governance and Management Description of charity's trusts:**

The charity is constituted as a Charitable Incorporated Organisation (CIO) with an active governing document that our trustee members must read, acknowledge and follow.

### **1. Trustee selection methods and eligibility for trusteeship (at DiAthlete)**

- (a) Every charity trustee must be a natural person.
- (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 if he or she would automatically cease to hold office under the provisions of clause
- (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)
- (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.
- (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 partner, or having worked in diabetes healthcare)
- (f) Number of charity trustees:
  - (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.
  - (ii) There is no maximum number of charity trustees that may be appointed to the CIO.

### **2. Additional Trustee information:**

- (a) 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.
  - (b) 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.
  - (c) 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. The charity trustees will make available to each new charity trustee, on or before his or her first appointment: a copy of the current version of this constitution; and a copy of the CIO's latest Trustees' Annual Report and statement of accounts
- Calling meetings.
- (i) Any charity trustee may call a meeting of the charity trustees.
  - (ii) Subject to that, the charity trustees shall decide how their meetings are to be called, and what notice is required.

(d) Chairing of meetings: 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.

(e) Procedure at meetings

(f) 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.

(g) Questions arising at a meeting shall be decided by a majority of those eligible to vote. (4) Participation in meetings by electronic means

(h) 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.

(i) 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.

(j) Meetings held by electronic means must comply with rules for meetings, including chairing and the taking of minutes.

### **3. Membership of the CIO**

(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. Membership of the CIO cannot be transferred to anyone else.

(b) Any member and charity trustee who ceases to be a charity trustee automatically ceases to be a member of the CIO.

## **Financial Review**

Review of the Charity's Financial Position at the end of 5<sup>th</sup> April 2023:

We finished the year with a total of **GBP £1,678.57** in our charity account.

## **Statement of Financial Activities**

Total Incomings April 2022 – April 2023: **+GBP £18,229.16**

<b>Type of Income</b>	<b>Items of Income</b>	<b>Total Income Amount</b>
Charitable Activities	Event sponsorships	£16,000
Donations	Individuals (Gift Aid not claimed)	£2037.48
Government Grants	N/A	£0
Investments	N/A	£0
Trading Activities	Merchandise	£191.68
Other	N/A	£0

Total Outgoings from April 2022 – April 2023: **-GBP £16,550.59**

<b>Type of Expenditure</b>	<b>Items of Expenditure</b>	<b>Total Outgoing Amount</b>
Event / Project expenses	Transportation to events; accommodations at events, refreshments and victuals for team or volunteers at events; vendors to complete an event/project supporting job;	£12,329.41
Marketing and Media	Promotion of Events; Social Media management / campaigns, ads; monthly Canva Membership; graphic designs; Printed flyers, posters, leaflets; new logo designs; Website; Website assets	£3794.49
Team and Charity Meetings	Monthly Zoom membership; Team Transportation to meetings; Conference Registrations; Meeting Accommodations or Refreshments	£311.89
Administrative Expenses	Postage, Virtual Office	£114.80

## **April 2022 – March 2023 Monthly Expenditure Breakdown:**

### **April 2022:**

Money in: £0

Types of Income: N/A

Money out: £0

Types of Expenditure: N/A

### **May 2022:**

Money in: £0

Types of Income: N/A

Money out: £0

Types of Expenditure: N/A

### **June 2022:**

Money in: £0

Types of Income: N/A

Money out: £0

Types of Expenditure: N/A

### **July 2022:**

Money in: £0

Types of Income: N/A

Money out: £0

Types of Expenditure: N/A

### **August 2022:**

Money in: £15,010

#### Types of Income:

Charitable Activities: +15000

Donations: +10

Gov Grants: +0

Trading Activities: +0

Money out: £0



Types of Expenditure:

N/A

**September 2022:**

Money in: £2027.48

Types of Income:

Charitable Activities: +0

Donations: +2027.48

Gov Grants: +0

Trading Activities: +0

Money out: £21.98

Types of Expenditure:

Marketing and Media: - 21.98

Team and Charity Meetings: - 0

Event and Project expenses: - 0

Administrative: - 0

**October 2022:**

Money in: £0

Types of Income: N/A

Money out: £9448.41

Types of Expenditure:

Marketing and Media: - 653.48

Team and Charity Meetings: - 28.78

Event and Project expenses: - 8766.15

Administrative: - 0

**November 2022:**

Money in: £1000

Types of Income:

Charitable Activities: + 1000

Donations: +0

Gov Grants: +0

Trading Activities: +0

Money out: £965.71

Types of Expenditure:

Marketing and Media: - 141.26

Team and Charity Meetings: - 14.39

Event and Project expenses: - 810.06

Administrative: -0

**December 2022:**

Money in: £0

Types of Income: N/A

Money out: £805.79

Types of Expenditure:

Marketing and Media: - 10.99

Team and Charity Meetings: - 93.60

Event and Project expenses: - 701.20

Administrative: -0

**January 2023:**

Money in: £0

Types of Income: N/A

Money out: £423.52

Types of Expenditure:

Marketing and Media: - 336.20

Team and Charity Meetings: - 14.39

Event and Project expenses: - 45.98

Administrative: - 26.95

**February 2023:**

Money in: £0

Types of Income: N/A

Money out: £3,363.54

Types of Expenditure:

Marketing and Media: - 2000.00

Team and Charity Meetings: - 14.39

Event and Project expenses: - 1260.30

Administrative: - 87.85

**March 2023:**

Money in: £191.68

Types of Income:

Charitable Activities: +0

Donations: +0

Gov Grants: +0

Trading Activities: +191.68

Money out: £1522.64

Types of Expenditure:

Marketing and Media: -630.58

Team and Charity Meetings: - 146.34

Event and Project expenses: -745.72

Administrative: - 0

## Notes to the Financial Statements

1. The CIO's principal source of funding in 2022-2023 was through its Charitable activities, which included funding partnerships, media engagement, and public registrations.
2. The principal risks facing the charity include rising costs to host events (e.g., expenditures in venues and/or booking activities, providing refreshments) and the charity's current reliance on agreements with financial partners. It is essential for the charity to explore avenues for additional support in the next fiscal year, including the option to attract more donors and seek Gift Aid support. However, the charity's cost-effective approach to providing peer-to-peer engagement in grassroots settings (utilizing local contacts and facilities such as leisure centres and partnering with hospital teams) has proven successful. Additionally, the strategic growth across social media platforms to increase brand awareness has been a positive advancement, effectively reaching more communities and achieving higher event attendance and registrations.
3. 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, such as hosting a community workshop to support a diabetes health team and their local patients.
4. There is currently no formal policy regarding reserves, but Trustees are in agreement that ideally, reserves should be in the region of 12 months of running costs.