

# DiAthlete Charity Report

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**April 2023 – April 2024**

## 1. Introduction

### 1.1 About.

DiAthlete is a Charitable Incorporated Organisation (CIO) registered in the UK (Charity No. 1190263), dedicated to supporting individuals living with Type 1 diabetes. Our mission is to educate, encourage, and empower the Type 1 diabetes community, focusing on mental wellbeing and engagement through game-based learning activities and peer-to-peer support events.

### 1.2 Trustees

Paula Chinchilla (treasurer), Simran Bal and Tracy Power are the active trustees for the charity, alongside Gavin Griffiths as the founder and shadow trustee. Jenni Dunn and Sara Thomas will be standing down from their positions as trustees, due to family commitments. We are seeking two new board members to join our team moving forward.

## 2. Activities and Achievements

### 2.1. DiAthlete Days

DiAthlete Days are our signature game-based learning workshops designed for young people with Type 1 diabetes and their caregivers. These events provide interactive sessions to enhance diabetes education and peer support.

In 2023, we collaborated with three NHS and HSC paediatric diabetes teams to host DiAthlete Days:

- **Southern Trust, Northern Ireland** – Events in Newry and Craigavon, supporting different age groups and their caregivers.
- **Royal Devon and Exeter Paediatric Diabetes Team** – Event at Exeter Chief's Rugby Stadium, with tailored sessions for under 12s and 12-16-year-olds.
- **Young Adults Meet-Up, London** – A peer support gathering for 16 young adults under 30 at Bushy Park, Hampden.

### 2.2. Camp Phoenix

Our 2023 summer camp for adults with Type 1 diabetes was held in Aldershot, attended by 37 individuals. The camp provided a unique space for peer connection, education, and psychological support. Activities included discussions on diabetes management integrated into practical experiences such as archery (target management) and kayaking (balancing life and diabetes). Feedback was overwhelmingly positive, with two participants deciding to transition to insulin pump therapy as a result of peer interactions.

### 2.3. T1D Festival

On 14 October 2023, we hosted the inaugural **T1D Festival** in Greenwich. This groundbreaking event combined education, awareness, and entertainment:

- Featured panels with healthcare professionals and patient advocates.
- International collaboration with the Sonia Nabeta Foundation (Africa), Meethi Zindagi (Pakistan), and Yog Dayan Foundation (India).
- Live music performances by Emma Langford and X Factor semi-finalist Amelia Lily.

- A unique festival setting underneath the Royal Naval College, promoting diabetes awareness in an engaging, social environment.

## 2.4. Trends on Thames – a Fundraising and Advocacy Challenge

From February to March 2024, charity founder Gavin Griffiths undertook an endurance challenge, covering the length of the River Thames through running, walking, and cycling. The challenge raised **£1,500** for future community projects. During this initiative, DiAthlete trustees presented awards to Mohammed Seyem (for his advocacy efforts in Gaza) and Shelley Bennett (for founding Circle D, a long-standing diabetes support group in Kent).

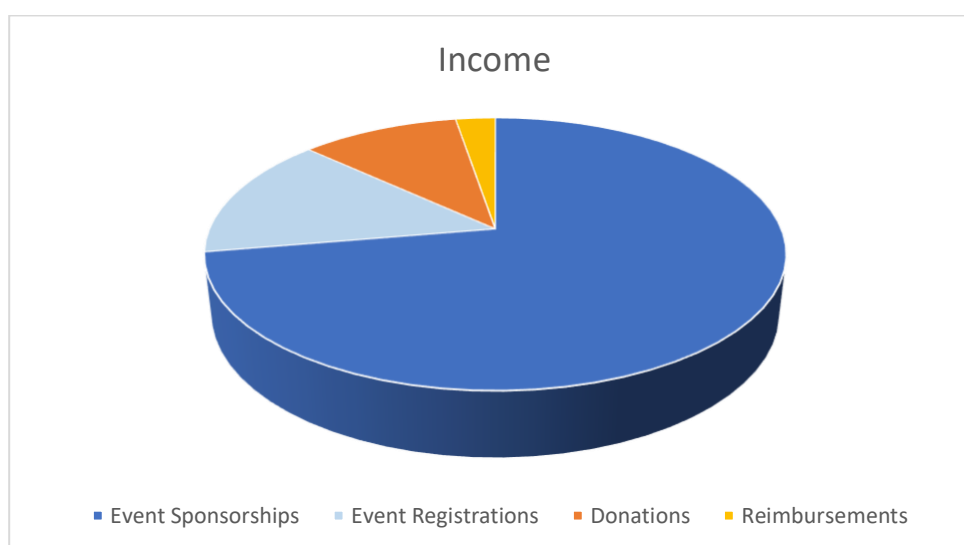
## 3. Future Plans

- **Expansion of DiAthlete Days:** Increasing partnerships with NHS teams to deliver more interactive educational events across the UK.
- **Game-Based Learning Guide:** Publishing a resource for diabetes teams and community groups to enhance peer-support engagement.
- **Continuation of Camp Phoenix:** Maintaining the only UK-based camp for adults with Type 1 diabetes, and expanding its reach.
- **Growth of T1D Festival:** Developing this unique event into an annual feature.
- **Enhanced Online Presence:** Recruiting additional volunteers or trustees to expand DiAthlete’s digital engagement by increasing our reach through interviews (“Diaviews”) and online campaigns, and improving our communication methods with administrative skills.

## 4. Financial Summary

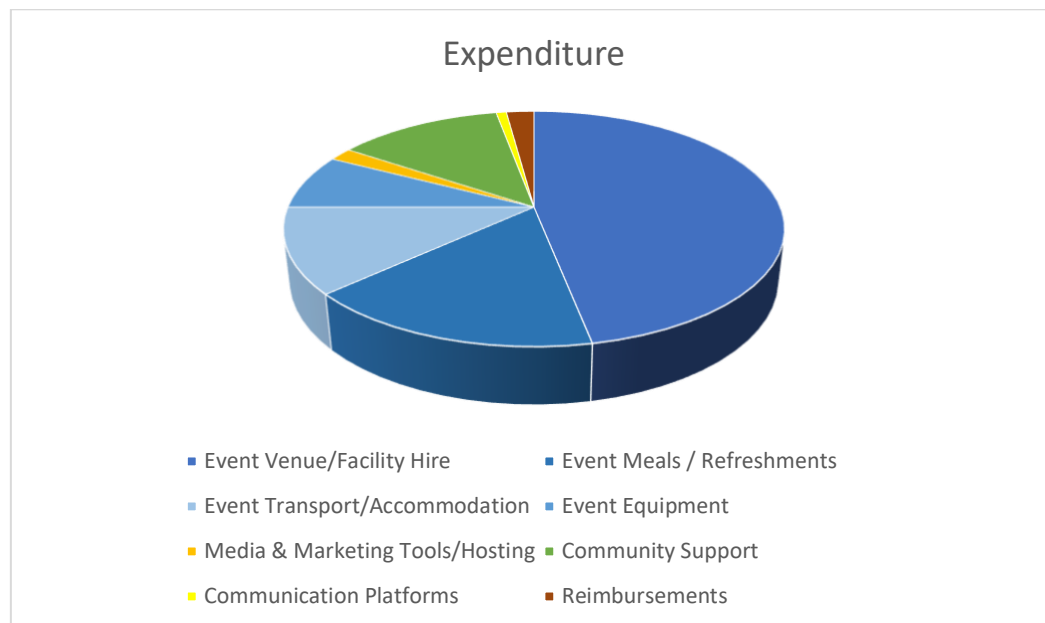
### 4.1. Income

- **Total Income Received:** £24,826.39
- **Breakdown:**
  - **Events:**
    - Registrations (Camp Phoenix & T1D Festival): £3,613.71
    - Sponsorships: £17,950.00
  - **Donations:** £2,609.59
  - **Reimbursements/Other:** £653.09



### 4.2. Expenditure

- **Total Outgoing:** £23,856.01
- **Breakdown:**
  - **Events:**
    - Venue and Facility Hire: £11,187.99
    - Refreshments and Meals: £3,902.17
    - Accommodation & Transport for Volunteers/Guest Speakers: £2,800.21
    - Equipment: £1,814.00
  - **Media & Marketing:** £428.73 (social media, promotional materials, web hosting)
  - **Community Support:** £3,030.00 (donations to Sonia Nabeta Foundation, Yog Dhyan Foundation, and Meethi Zindagi)
  - **Communications:** £187.08 (Zoom meetings, project discussions)
  - **Reimbursements:** £507.83 (team travel and participant refunds)



#### 4.3. Net Profit

- Total Income (£24,826.39) – Total Outgoing (£23,856.01) = **£968.38**

## 5. Conclusion

DiAthlete has successfully expanded its reach in supporting the Type 1 diabetes community through innovative and engaging community events. The strong feedback from attendees of our summer camp for adults, and to our first T1D Festival indicates we achieved a positive impact on people's lives and mental wellbeing in managing diabetes. We aim to grow our initiatives in the direction we have opened in 2023-2024, providing further education, encouragement, and empowerment for those living with Type 1 diabetes.