

# Trustees' Annual Report

For the year ended 31 March 2025

## 1. Reference and Administrative Details

**Charity name:** Diathlete

**Registered charity number:** 1190263

**Country of registration:** England and Wales

**Governing document:**

Diathlete is governed by its Constitution and is registered as a Charitable Incorporated Organisation (CIO).

**Trustees:**

The trustees who served during the year were responsible for the governance and strategic direction of the charity.

## 2. Opening Statement

This year, despite a slightly lower income than the previous year, Diathlete has grown as a CIO in its ability to reach and empower people living with Type 1 diabetes across the UK by improving confidence, wellbeing, and knowledge through innovative learning, online engagement and peer support.

Our trustees guide and oversee all activities, working closely with volunteers, local NHS diabetes teams, and community partners to make sure our programmes are effective, inclusive, and deliver real public benefit within the diabetes community. From workshops to online resources, every initiative has aimed to make day-to-day life with Type 1 diabetes easier, more informed, and better supported.

## 3. Review of Activities and Achievements (2024–2025)

The year ended 31 March 2025 was a **highly active and successful year** for Diathlete, with significant growth in programme delivery, geographic reach in the UK and community engagement.

## **Camp Phoenix – Adult Mental Health and Wellbeing**

In July 2024, DiAthlete delivered “**Camp Phoenix**,” a residential mental health and wellbeing camp for adults living with Type 1 diabetes.

- **Location:** Runways End Outdoor Leisure Centre, Aldershot
- **Duration:** 2 nights, 3 days
- **Participants:** 48 adults aged 18–70
- **Geographic reach:** Attendees travelled from across the UK

Camp Phoenix was designed to address a recognised gap in diabetes care, where adults often receive limited support to manage the psychological and emotional demands of living with Type 1 diabetes.

The programme combined:

- Peer support and shared lived experience
- Mental wellbeing discussions
- Practical diabetes education
- A supportive, non-clinical and sociable environment

**Participant feedback was overwhelmingly positive**, with attendees reporting reduced isolation, improved confidence and a strong desire for similar opportunities in the future. Trustees believe Camp Phoenix delivered substantial public benefit and demonstrated a clear unmet need for adult-focused mental health support in diabetes care.

## **T1D Festival – Community Engagement and Empowerment**

In October 2024, DiAthlete hosted the **T1D Festival** at **Mercedes-Benz World, Weybridge**, welcoming people of all ages living with or affected by Type 1 diabetes, including caregivers and families.

The festival included:

- Educational talks and live panel discussions
- A **Divabetica Fashion Show** celebrating confidence and visibility
- A diabetes-focused expo showcasing projects, products and initiatives
- A special guest appearance by **Roxy Horner**, supporting empowerment and positive representation

The event created a vibrant, inclusive environment where education and community connection were delivered in an engaging and accessible way.

## Diathlete Days – Game-Based Learning Workshops

Throughout the year, Diathlete delivered **Diathlete Day workshops** using **game-based learning techniques** to educate and empower young people living with Type 1 diabetes.

Workshops were delivered in collaboration with NHS diabetes teams and reached:

- Cornwall
- London x2

These sessions supported learning through play, collaboration and problem-solving, helping young people build confidence in diabetes management while fostering positive peer connections.

## Education, Research and Sector Leadership

Diathlete actively contributed to wider learning and best practice in diabetes care during the year.

Trustees and team members:

- Attended and presented work at major scientific and professional conferences, including:
  - **Diabetes Education and Camping Association (DECA) Conference (USA)**
  - **Exercise in Type One Diabetes (EXTOD) Conference (UK)**
  - **International Society of Pediatric Diabetes (ISPAD) Conference (global, held in Lisbon)**

These activities supported the charity's commitment to evidence-informed practice and knowledge sharing.

During the year, Diathlete also began the **development and illustration of a practical guide to game-based learning in diabetes care**, intended for future use by NHS teams and diabetes organisations.

## Community Outreach and Engagement

Additional activities during the year included:

- Ongoing online community support through motivational **“Diaviews”**, featuring interviews with advocates and role models
- Engagement with schools to promote understanding of Type 1 diabetes
- The charity's first **Type 1 Trek**, bringing peers together for a supportive hiking challenge at Seven Sisters in Sussex. We had 14 participants.

## 4. Financial Review

### Income

Total income for the year was **£20,315.90**, generated through:

- Grants (£9,750.00)
- Sponsorship (£7,400.00)
- Event and programme income (£2,405.00)
- Donations (£760.90)

### Expenditure

Total expenditure for the year was **£15,191.33**.

The majority of spending related directly to charitable activities, including:

- **Camp Phoenix delivery:** £9,699.45
- **Other events, workshops and outreach:** £1,132.48
- **Travel and accommodation:** £3,787.33
- **Support and governance costs:** £572.07

The trustees are satisfied that all expenditure was appropriate, proportionate and aligned with the charity's objectives.

### Reserves and Financial Position

The charity recorded a **net surplus of £5,124.57** for the year.

This surplus will be carried forward to:

- Support future delivery of Camp Phoenix
- Expand DiAthlete Day workshops
- Complete and disseminate the game-based learning guide
- Maintain a modest reserve to ensure financial sustainability
- Increase our digital footprint to support the charity's growth

## 5. Plans for Future Periods

In the coming year, the trustees intend to:

- Continue and expand Camp Phoenix
- Deliver further Diathlete Day workshops with NHS partners
- Finalise and share the game-based learning guide
- Develop additional peer-support activities and community events
- Expand the number of attendees and activities incorporated in the T1D Festival
- Strengthen partnerships and funding streams to support growth

## 6. Statement of Trustees' Responsibilities

The trustees are responsible for preparing the Trustees' Annual Report and financial statements in accordance with applicable law and regulations. The trustees confirm that they have taken reasonable steps to ensure that the charity keeps adequate accounting records and safeguards its assets.

### Signed on behalf of the trustees

**Name:** *P.Chinchilla*

**Role:** Trustee

**Date:** 03-02-26