

COMMENTARY ON THE TRUSTEES ANNUAL REPORT AND ACCOUNTS:

The Insulin Dependent Diabetes Trust

THE TRUSTEES ANNUAL REPORT

The report follows the order set out in the SORP with paragraph headings highlighting each disclosure required, including Trustee induction and training.

The report includes a risk management statement which also refers to compliance with applicable national standards. The Charity's objectives, aims, strategies and major activities undertaken are summarised in the objectives and activities section. The achievements and performance section provides detailed information about the nature of the activities undertaken, including performance information, for each of the main areas of charitable activity. These areas of charitable activity map to note 1b in the accounts.

Note: The reserves policy includes an explanation of the target level of reserves, the reserves held and the Charity's plans to increase its reserves.

The Insulin Dependent Diabetes Trust Company Information

The Insulin Dependent Diabetes Trust Limited is a company limited by guarantee and a registered Charity governed by its Memorandum and Articles of Association.

Directors and Trustees

Jenny Hirst MBE	Co-Chairman
Dr Matthew Kiln	Co-Chairman
Dr Laurence Gerlis	Medical Advisor

Other Trustees

Associate Professor Gary Adams
Carol Baker
John Birbeck
John Hutchinson
Larrane Ingram
Veronica Readman
Dr Rob Rijckborst

Secretary and Treasurer

Jenny Hirst MBE

Accountants

Paul Slater & Co, 1 Washington Street, Northampton, NN2 6NN

Bankers

Yorkshire Bank, Gold Street, Northampton

Registered Office

210 Abington Avenue, Northampton NN1 4PR

Company Number

3148360

Registered Charity Number

1058284

Insulin Dependent Diabetes Trust For The Year Ended 31st December 2015

Structure, Governance and Management

Governing Document

The organisation is a charitable company limited by guarantee, incorporated on 10 December 1995 and registered as a Charity in January 1994. The company was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association. In the event of the company being wound up members are required to contribute an amount not exceeding £5.00.

Recruitment and Appointment of Board of Trustees

The directors of the company are also charitable Trustees for the purposes of Charity law and under the company's Articles are known as members of the Board of Trustees. Under the requirements of the Memorandum and Articles of Association the members of the Board of Trustees are elected to serve for a period of three years, after which they must be re-elected at the next Annual Meeting.

Due to the nature of the work of the Charity and the importance of understanding the needs of and representing people with diabetes and their families, at no time shall the number of Trustees who are medically qualified or are allied Health Professionals exceed twenty five percent of the total number of Trustees. The Charity records the particular skills of the Trustees in order to maintain a broad mix of skills and expertise.

Trustee Training

The Trustees are familiar with the practical work of the Charity. New Trustees are encouraged to take short training sessions to familiarise themselves with:

- The responsibilities of Trustees.
- The documents and Memorandum and Articles of Association for the operations of the Charity.
- The current financial position and sources of funding of the Charity.
- The objectives and forward plans for the Charity.

Risk Management

The Trustees cannot find any major risks to which the Charity is exposed each financial year when preparing and updating the strategic plan, in particular those relating to the operations and finances of the Charity.

A risk register has been established. Procedures are in place to ensure compliance with health and safety of staff and visitors to the offices. Internal control risks are minimised by the implementation of procedures for authorisation of all transactions and projects.

Organisational Structure

A board of a maximum of 10 Trustees administers the Charity, covering policy, membership and finance. Minor day to day decisions are taken by the Co-Chairs. Modern technology enables consultations to be made quickly and easily. Major decisions on future policies are taken to the AGM for approval of members.

During 2015, the staff team consisted of two full time and two part time people with temporary staff being employed from time to time.

Martin Hirst has successfully completed his first year as Chief Executive Officer to prepare the Charity for the future and Tim Green has successfully completed his first year as Deputy Database Manager.

Tim Green and Caroline York have both attended a Health and Safety training course and Caroline York is attending a computer training course. The Charity will continue to update staff skills when required to ensure their skills and knowledge remain relevant and up to date.

Related Parties

The Charity has no financial links with any other charities or organisations. The Charity does not accept any financial assistance or sponsorship from pharmaceutical companies.

The Charity is a member of Health Action International and Jenny Hirst is an adviser to their large study looking at the global accessibility and affordability of insulin.

During 2015, the Charity has acted in an advisory capacity with Flexitol who have produced a foot care package to educate primary care Health Professionals. It has also endorsed Pomegreat, a juice drink that is sweetened by a natural product with no added sugar.

The Trust does not pass on or share members' details to any other organizations and does not use aggressive fundraising such as cold calling or mass mailings.

Objectives and Activities

The Charity's main objectives remain unchanged:

- To offer care, support and information to people with Type 1 and Type 2 diabetes and their families.
- To ensure that those people who are dependent on insulin for the treatment of their diabetes have a fully informed choice of insulin.
- To try to ensure that animal insulin continues to remain available for those who require it.
- To fund research aimed at improving the lives of people with diabetes now.
- The Trust does not pass on members' details to any other organisations and does not use aggressive fundraising methods such as cold calling or mass mailings

The main objectives of the Charity for the year focused on the need to:

- Reach more people with Type 1 and Type 2 diabetes to offer information and support.
- Help children with diabetes and their parents with the provision of information to them and to develop ways of enabling teachers to better understand the needs of children with diabetes in schools.
- To ensure widespread distribution of existing booklets to provide information and support with the aim of improving quality of life and reducing hospital admissions.
- To put into practice plans for raising funds as the Charity has already reduced costs as far as possible.
- To survey members to establish their experiences of the treatment and care they receive from the NHS.

Achieving these objectives included the following:

- Increasing the promotion of the help the Charity can offer through letters to the editors of local newspapers.
- There has been active marketing of the Parents Passport for Schools and this has resulted in a large uptake in demand for the booklet, particularly from flyers in the Times Educational Supplement.
- To continue to develop and update information leaflets on the many aspects of diabetes.
- The membership survey had an excellent response, the results were analysed by Dr Gary Adams and a report, Diabetes – Care in Crisis, was published in November 2015. It was sent to key politicians, MPs and policy makers but the response was poor.
- Continuing to market of the Trust's first book, 'Diabetes – Food, Meds and More'.
- Starting IDDT's monthly lottery in June 2015 and this has produced an income for the Charity of over £2,500. Participants are still increasing and it is expected that the lottery will produce an income of over £5,000 in 2016.
- To continue to target Health Professionals so that they receive regular information from the Charity and free information leaflets for their patients but with the introduction of payment for the delivery of over 20 copies of such publications.
- Endorsing Pomegreat juice increased our income by £6,000.

Achievements and Performance

Membership

As agreed by the Trustees, health professional membership was offered to the 15,000 Health Professionals on the database and they were informed that the Newsletters would only be sent to members. The fee is £15.00 and they receive a package of leaflets and extra free leaflets for their patients. However, the response was disappointing and during 2015 only 74 Health Professionals joined but the Charity made a saving of around £36,000 by no longer sending Newsletters and Type 2 & You to all the Health Professionals on the database.

By the end of 2015, the Charity's membership was over 17,000 the increase being primarily from editorials in local newspapers and the popularity of the booklets which are often recommended by Health Professionals to their patients.

Information provision and listening service

The Charity continues to publish a quarterly Newsletter and Type 2 & You. These are distributed to members according to their type of diabetes and to Health Professionals who have joined the Charity. There has been a gradual increase in members receiving the Newsletter and Type 2 & You electronically which is a saving on postage.

The quarterly Newsletter and Type 2 & You are the main sources of regular contact with membership. They are both published in large print and in 2015 talking versions have been placed on the website for people with visual impairment. Again the Trustees thank the readers for their unfailing help with this.

In order save funds, in 2015 there was no Conference and the AGM was held at the Kettering Park Hotel on a half day in November 2015.

Website

The Trust continues to employ a webmaster to regularly update and monitor traffic to the website. The website is being updated in order to enable it to be accessible to smart phones. Many orders for booklets and leaflets are received from the website and it continues to be a stable source of new members.

Health Professionals

As the Trustees recommended increasing the Charity's presence with Health Professionals, several Health Professional conferences were attended and various other events had 'Here to Help' leaflets in delegate Packs. This will continue in 2016.

International activities

IDDT – International maintains its links with people and groups in countries around the world. The Charity continues to offer support and information to people in other countries who need animal insulin. Providing information and support wherever people live continues to be a major role.

The Trustees thank Wockhardt UK for their commitment to the ongoing supply of bovine and porcine insulin in vials and cartridges although only one supplier of animal insulin is an unsafe and vulnerable position for the significant numbers of people who need it.

The Trust continues to have concerns that there is increasing evidence that analogue insulin's have no significant benefits over human insulin for the majority of people requiring insulin treatment and as they are considerably more expensive, the NHS is wasting many thousands of pounds. The Trust also has concerns at the recent introduction of analogue insulin's of different strengths and fears that mistakes could happen with serious consequences.

Support for people in developing countries

The Charity again collected and donated unwanted, in-date insulin and other supplies for people in developing countries who are unable to afford the high cost of insulin and the treatment they need. The Trustees thank all those who send unwanted supplies, especially the diabetes clinics around the UK who are very supportive of this initiative.

The Charity's 'sponsor a child scheme' to help with the insulin and medical costs of children at Dream Trust in India continues and the medical and educational needs of children and young people with diabetes are being supported by members. The Charity

and Dr Pendsey at Dream Trust express their gratitude to IDDT members who support needy families.

IDDT's financial position

During 2015 the Trust looked to increase income as well as trying to reduce our expenditure. The policy of being transparent with members about the need to increase income to secure the Charity's future was effective.

1. The income from legacies during 2015 was the highest annual income since the Charity formed and the Trustees are extremely grateful to all those who left a legacy to IDDT.
2. Donations from members increased significantly and those making standing order payments gradually increased throughout the year.
3. Handling charges to Health Professionals for orders of multiple copies of booklets was largely accepted and over £1,200 was raised towards delivery costs.
4. The sales of the recipe book continue and pre-Christmas sales produced a profit of over £700.00.

IDDT Research Grants

The Trust has made the decision to support one large 5 year study at Nottingham University which is investigating the action of insulin and in 2015 awarded £100,000.

Financial Review

The financial accounts are set out on the profit and loss balance sheet and the notes to the accounts. The financial statements have been prepared implementing the Statement of Recommended Practice for Accounting and Reporting by Charities by the Charity Commission for England and Wales [effective October 2000] and in accordance with the Financial reporting Standard for Smaller Entities [effective June 2002]. The Trustees consider the financial performance by the Charity during the year has been satisfactory.

The Statement of Financial Activities show net outgoing resources for the year of a revenue nature of £510,179 and net realised incoming of a capital nature of £874,770 making net overall realised outgoing resources of £364,591. The total reserves at the year end stand at £1,727,885

Principle funding sources

The principle sources of income are from legacies and voluntary donations. The Trustees are aware of the need to generate greater regular income and have taken steps to try to achieve this and are continuing to do so.

Investment Policy

Under the Memoranda and Articles of the Charity, the Charity has the power to make any investment that the Trustees see fit.

Reserves Policy

The Trustees have resolved to establish reserves to provide for future activities, and the Trustees have wide powers of investment.

Within those powers, a statement of investment principles has been set out as below. The policy on reserves is that existing assets are retained to produce income, income which is wholly utilised to support existing activities. There is no intention in the long term to either increase or reduce the capital held. The policy is justified in that it is necessary to preserve income at the present levels in order to maintain the activities of the Charity.

Details of related parties and transactions with related parties

Apart from monthly editorial fees paid to the Co-Chairman, as agreed with the Charity Commission, the Trustees receive only out of pocket expenses.

Specific changes in fixed assets of each of the funds

The Board of Trustees is satisfied that the Charity's assets are available and adequate to fulfill its obligations.

Share Capital

The company is limited by guarantee and therefore has no share capital.

In Conclusion

The Trustees are very grateful for the continued generosity of the members in making donations and especially to the increasing number of people who make regular donations through their bank. The Trustees also wish to record their gratitude to the donors of legacies and donations in memory of loved ones. Their kindness in helping other people with diabetes is very much appreciated.

The Trustees would also like to express their thanks for the continuing support and help of members and their families which provides encouragement to Trustees to continue with the aims and objectives of IDDT. This support reflects the needs of people living with diabetes to be represented by a patient/carer based Charity that understands their needs and remains independent and uninfluenced by outside financial influences.

Considering the small number of members of staff and the amount of work that is covered, the Trustees would like to thank the staff for their continued dedication and hard work during 2015.

The Trustees reaffirm their commitment and determination to try to ensure that people with diabetes and their families have the informed choices of treatment and the access to them that they deserve and need. In the light of the evidence from national audits that the care and treatment of both Type 1 and Type 2 in the NHS is not improving, the Trustees are committed to try to raise awareness of this and influence policy makers to bring about the necessary improvements.

Legal Status

The Charity is an incorporated Charity governed by memorandum and articles. There are no restrictions in the governing document on the operation of the Charity or on its investment powers, other than those imposed by general Charity law.

By order of the Trustees.

Mrs J Hirst MBE (Joint Chairperson)

The members of the Board of Trustees of the Charity during the year ended 31st December 2015 were:

**Co- Chairman Jenny Hirst MBE
 Dr Matthew Kiln**

Treasurer Acting Jenny Hirst

Medical Adviser Dr Laurence Gerlis

**Trustees Associate Professor Gary Adams
 Carol Baker
 John Birbeck
 John Hutchinson
 Larrane Ingram
 Veronica Readman
 Dr Rob Rijckborst**

All the directors of the company are also Trustees of the Charity, and their responsibilities include all the responsibilities under the Companies Act and of Trustees under the Charities Act.

The members of the Board of Trustees of the Charity at the date the report and accounts were approved were:

**Co- Chairman Jenny Hirst MBE
 Dr Matthew Kiln**

Treasurer Jenny Hirst MBE

Medical Adviser Dr Laurence Gerlis

**Trustees Associate Professor Gary Adams
 Carol Baker
 John Birbeck
 John Hutchinson
 Larrane Ingram
 Veronica Readman
 Dr Rob Rijckborst**

Bankers

**Yorkshire Bank
Gold Street
Northampton**

Reporting Accountant

Paul Slater & Co
Chartered Accountants
1 Washington Street
Kingsthorpe
Northampton
Northants
NN2 6NL

Statement of Directors and Trustees Responsibilities

Charity Law and the Companies Act require the Board to prepare financial statements for each financial year which give a true and fair view of affairs of the Charity as at the end of the financial years and of surplus or deficit of the Charity. In preparing those financial statements the Board is required to:

- select suitable accounting policies and then apply them consistently,
- make judgments and estimates that are reasonable and prudent,
- prepare financial statements on the ongoing concern basis unless it is inappropriate to presume that the Charity will continue in business,
- State where applicable accounting standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements.

The Trustees are also responsible for maintaining proper accounting records which disclose with reasonable accuracy at any time the financial position of the Charity and which are sufficient to show and explain the Charity's transactions and enable them to ensure that the financial statements comply with the Companies Act 1985. They are also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

This report was approved by the Board of Trustees on

Director and Trustee

Jenny Hirst MBE
Director and Trustee
