

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	Co-Chairman
Dr Matthew Kiln	Co-Chairman
Dr Laurence Gerlis	Medical Advisor

Other Trustees

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

Secretary and Treasurer

Jenny Hirst

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 2013**

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 £1.00.

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 9 trustees administer 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 2013 there was a management structure in place. There was a staff of three full time people and two part time people. Temporary staff also had to be employed from time to time. Training of the staff and updating their skills takes place as and 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.

IDDT was an affiliate of the James Lind Alliance, an organisation investigating ways that patients and clinicians can identify gaps in research that are important to both parties. This ended in February 2013 when the James Lind Alliance ceased to function independently. IDDT is also a member of Health Action International.

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 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.
- Reach health professionals treating people with diabetes so that they are aware of the availability of animal insulins.
- Help children with diabetes and their parents with the provision of information to them and to teachers so that they better understand the needs of children with diabetes in schools.
- To ensure widespread distribution of existing booklets and the newly developed booklet 'Type 1 – know the facts' and the 'Passport for Diabetes in Care Settings' aimed at reducing hospital admissions and better care for the vulnerable group of people with diabetes in care.
- To raise funds to support our work.

Achieving these objectives included the following:

- increasing the promotion of the help the charity can offer through letters to the editors of local newspapers.

- To prepare a new recipe book to be published in 2014 to raise funds.
- To run a Study Day for health professionals to raise funds.
- To continue to develop and update information leaflets on the many aspects of diabetes.
- To target health professionals so that they receive regular information from the charity and free information leaflets for their patients and pay for the delivery of such publications.
- Working with other organisations as necessary.

Achievements and Performance

Increase in membership

By the end of 2013, the charity's membership had increased to over 30,000 with the increases in membership being primarily from editorials in local newspapers and the popularity of the booklet 'Diabetes – Everyday Eating', often recommended by health professionals to their patients, the availability of IDDT free information booklets and leaflets and the attendance at health care professional conferences.

Information provision and listening service

The charity continues to publish a quarterly Newsletter, Type 2 & You and the Parents Bulletin. These are distributed to members according to their type of diabetes and to health professionals with a special interest in diabetes. In order to save on postage costs, this year foreign only receive the Newsletter and Type 2 & You electronically. UK members have been encouraged to receive the publications electronically and the numbers doing so has slowly increased.

The quarterly Newsletter, Type 2 & You and the Parents Bulletin are the main sources of regular contact with membership and health professionals. The Newsletter and Type 2 & You are both published in large print and on tape for people with visual impairment and the Trustees again thank the readers for their unfailing help with this. From 2014 the tape versions will be replaced by 'talking' publications on the website.

In order save funds, in 2013 there was no Annual Conference and the AGM was held in October 2013 in Northampton. It was attended by 35 people and there was a group discussion led by Dr Gary Adams.

Website

The Trust continues to employ a webmaster to regularly update and monitor traffic to the website. The website receives increasing traffic and many orders for booklets and leaflets are received this way. It is also a stable source of new members.

Health professionals

The charity continued to advertise in some nursing journals and had stands at the RCN Congress and the Primary Care conference. These were a great success but in view of the need to reduce costs, it was agreed that in 2014 the charity should only have stands at the Primary Care conference and a Nursing in Practice Conference in Doncaster.

International activities

IDDT – International maintains its links with people and groups in countries around the world. There are still people from other countries desperately searching for affordable sources of animal insulin as the UK is the only country with easily accessible pork and beef insulin's. The charity has offered support and information to people in other countries. 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 serious concerns about the lack of evidence of the long-term safety of insulin analogues and their potential for carcinogenic effects. The Trust also has 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, yet they are very significantly more expensive than human insulin and therefore the NHS is wasting many thousands of pounds.

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 number of people supporting 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 2013 due to the economic climate the Trustees agreed that there was, and still is, a need try to reduce our expenditure to create a more secure future for the Trust. The continued growth in membership, increases the Trusts costs so during the year we were transparent with the membership and ask for their help and the following actions took place:

1. Members were asked to increase their donations particularly donating by regular standing order. These have slowly increased throughout the year.
2. Encouragement to members to receive mailings electronically and all hard copies were sent in plastic not paper envelopes.
3. Handling charges to health professionals for orders of multiple copies of booklets and leaflets were introduced.
4. The first pilot study day for health professionals was held in November 2013 in Kettering and it was agreed to hold a further pilot study day in a more residential area.
5. Work began on a new recipe book to be sold for profit.

IDDT Research Grants

The Trust limited the period of time during 2013 that research grants were available due to lack of legacies for research, the majority being for welfare. Many of the applications

received are not in line with the Trust's policy and therefore have not been accepted. In 2013, the Trust funded:

- ▶ A study 'Does the source and type of insulin alter skeletal muscle sensitivity, glucose uptake and receptor function in cultures myotubes? A grant of £10,000 was awarded to the University of Stirling.

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 £480,800 and net realised incoming of a capital nature of £566,144 making net overall realised outgoing resources of £85,344. The total reserves at the year end stand at £1,572,075.

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.

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.

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. Signed.....

Mrs J Hirst (Joint Chairperson)

The members of the Board of Trustees of the Charity during the year ended 31st December 2013 were:

Co- Chairman	Jenny Hirst Dr Matthew Kiln
Treasurer	Acting Jenny Hirst
Medical Adviser	Dr Laurence Gerlis
Trustees	Dr 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**
 Dr Matthew Kiln

Treasurer **Jenny Hirst**

Medical Adviser **Dr Laurence Gerlis**

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

Bankers

Yorkshire Bank
Gold Street
Northampton

Accountants

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

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
Director and Trustee
