

Registered Number: 3148360

Charity Number: 1058284

THE INSULIN DEPENDENT DIABETES TRUST

TRUSTEES' REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2022

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CHARITY INFORMATION

Trustees

Mrs J M D Hirst MBE, Co-Chair
Dr M Kiln, Co-Chair
Ms A Aubin
Ms C Baker
Mr J Birbeck
Mrs G Coleman
Mr Ken Heard
Mrs L Ingram
Mrs V Readman
Dr R Rijckborst

Company registered number

3148360

Charity registered number

1058284

Registered office

210 Abington Avenue
Northampton
Northamptonshire
NN1 4PR

Non-executive director

Dr Gary Adams

Bankers

Virgin Money
7 Gold Street
Northampton
NN1 1EN

Investment advisors

MPA
98 High Street
Henley in Arden
B95 5BY

Accountants

Paul Slater & Co
1 Washington Street
Northampton
NN2 6NN

TRUSTEES' REPORT AND FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2022

Company and banking details etc

The Trustees present their annual report together with the financial statements of the Insulin Dependent Diabetes Trust (IDDT) for the year 1 January 2022 to 31 December 2022. The Annual Report serves the purpose of both a Trustees' report and a directors' report under company law. The Trustees confirm that the Annual Report and financial statements of the charitable company comply with the current statutory requirements, the requirements of the charitable company's governing document and the provisions of the Statement of Recommended Practice (SORP) applicable to charities preparing their accounts in accordance with the Financial Reporting Standard in the UK and Republic of Ireland.

Since the Company qualifies as small under section 382 of the Companies Act 2006, the Strategic report of medium and large companies under the Companies Act 2006 (Strategic Report and Directors' regulations 2013) have been omitted.

Objectives and activities

a. Policies and objectives

In setting and planning for activities, the Trustees have given due consideration to general guidance published by the Charity Commission relating to public benefit, including the guidance 'Public benefit, running a charity (PB2)'.

b. Strategies for achieving objectives

The purposes of the charity as set out in its governing document remain unchanged:

- To continue our activities to help children and their parents.
- To reach more people with Type 1 or Type 2 diabetes through publicity.
- To try to ensure that pork insulin continues to remain available for those who require it.
- To fund research aimed at improving the lives of people with diabetes now.
- To supply information booklets to health professionals at no charge to encourage them to give the booklets to their patients so they receive information and become aware of the help IDDT can offer.

c. Activities undertaken to achieve the objectives

In view of the after effects of the Covid-19 pandemic, the financial difficulties faced by the country and people generally, the Trustees recognised that while the purposes of the charity remain the same, some of our activities to achieve the aims and objectives had to be reduced or suspended. However, to the best of our ability, the following activities were carried out:

- To reach more people with Type 1 or Type 2 diabetes to offer information and support.
- To continue our activities to help children with diabetes and their parents with the provision of information to them and to teachers to enable them to better understand the needs of children with diabetes in schools. To ensure widespread distribution of existing booklets to provide insight, information and support with the aim of improving quality of life and reducing hospital admissions.
- To continue to supply information booklets to health professionals at no charge to encourage them to give the booklets to their patients so they receive information and become aware of the help IDDT can offer.
- Continuing the promotion of the help the Charity can offer through letters to the editors of local newspapers.
- To increase advertising of key booklets in health professional journals.
- To continue to review the GDPR regulations and to ensure that IDDT is compliant.

- To continue to offer help to people in other countries who have had difficulties obtaining pork insulin due to changes in regulations and the UK leaving the EU.
- As a result of an email appeal from a person working for a charity in Ukraine, in March 2022 IDDT started to collect unwanted, in-date insulin and other diabetes items. By the end of 2022 items totalling over £400,000 were sent to Ukraine and £14,000 was donated by members to help with delivery costs and purchasing of blood glucose test strips.
- To continue to try to ensure that continuous glucose monitoring and flash glucose monitoring is available to everyone who wishes to use this method of monitoring glucose levels.
- To continue to develop and update information booklets. In addition, with the success of previous 'Diabetes Diaries', a Diabetes Diary for 2023 was published and again has proved popular with our members.
- The number of people in the lottery has reduced slightly but this has produced an income for the Charity of around £10,000 during 2022.
- The IDDT booklets, especially 'Looking After Your Feet' and 'The 9 Key Checks', have continued to be extremely popular with people with diabetes and health professionals, as many people were unable to access their usual podiatry help and annual health checks during and after the pandemic.
- The number of health professionals becoming members has also increased showing that advertising in diabetes-related journals results in more health professionals with a specific interest in diabetes becoming members.
- The online shop has continued to be popular and the 'diabetes-friendly' socks have attracted many people and raised valuable funds.
- IDDT funded research continued to be suspended during 2022 due to the economic climate.

d. Social Investment policies

The Charity continued to operate the policies and procedures document relating to fundraising and sponsorship for the Trust approved in 2015. The interest generated continues to assist in supporting the charity's causes.

e. Grant-making policies

The Trust has made the decision to suspend research funding to safeguard the financial future of the Charity due to the country's financial uncertainties.

f. Main activities undertaken to further the Charity's purposes for the public benefit

The Charity works hard to promote various ways people can live with diabetes and lead a fulfilled and happy life. Our booklets and newsletters all extend help and support. Our helpline offers one to one assistance, the demand for which increased during 2022 as a result of the reduced numbers of General Practice face to face appointments.

Achievements and performance

a. Main achievements of the Charity

The main achievements during 2022 have been as follows:

Financial

- The income from legacies was higher than in 2021.
- There has been an increase in the numbers of members paying by standing order and the number of members making larger donations increased during 2022.
- The Lottery income reduced slightly during 2022.

Membership

- Membership has decreased slightly during 2022, sadly due to a notable increase in the number of deaths. However, we have acquired significant numbers of new members and there was an increase in the last quarter of the year.

- Membership of healthcare professionals has increased as they continue to contact IDDT for multiple copies of booklets and leaflets.
- During 2022, and clearly as a result of people not receiving medical/nursing help or advice during and after the pandemic, the Charity has received many more requests for help, information or just an opportunity to talk from both members and non members.

Footcare

- The number of requests from people with diabetes for help in relation to footcare was significant during 2022 as many people have still been unable to have their regular foot checks. Our booklet 'Looking After Your Feet' proved particularly useful by people with diabetes and podiatrists.
- The sale of special socks and other items to help people care for their own feet remained steady.

Booklets, Newsletters and Type 2 & You

- A major part of our work is to support people living with diabetes and we have continued to receive requests for these during 2022.
- The Newsletter and Type 2 & You have been sent out on time, despite some working difficulties and this has clearly been appreciated by our members.
- As a result of the excellent response to the Diabetes Diary 2022, a similar Diary was published for 2023.
- Shopping List continued to be sold during 2022 to aid people with meal planning, especially before Christmas 2022.
- In 2022 we again produced a Christmas brochure of items for sale. This included Christmas cards but sales have been lower than previously, thought to be due to the postal strikes which took place during the Christmas period.

IDDT Annual Event

In October 2022, IDDT held it's AGM and Event which was well attended by members and their families. The main outcome from the discussions was that it is difficult for IDDT to take steps nationally to try to ensure equality of care and treatment is restored and the postcode lottery of care removed because health and care decisions are made at local level. Concern was also expressed that the newly formed ICSs and ICBs replacing CCGs will take time to settle in during which improvements may be delayed. The speakers were well received and the feedback from delegates was that the day was very informative and enjoyable.

Key performance indicators

The Key performance indicators include:

- Investments
- Legacy income
- Income from members
- Membership numbers
- Numbers of members with Type 1 diabetes, Type 2 diabetes, carers and healthcare professionals
- Advertising and response rates
- IDDT funded research papers published
- Social media activity.

c. Review of activities

During 2022, the health professional conferences were reinstated after the pandemic. As we expected, the attendance was not as well attended as pre-pandemic. However, our increased advertising in professional journals continued and resulted in increased requests for booklets which were much appreciated.

IDDT continues to keep an international presence, especially for people outside the UK who need to use animal insulin. This has become more difficult due to the changes in regulations, so the countries have worked together to try to rectify this. Providing information and support to people with diabetes wherever they live forms an important part of the Charity's activities.

IDDT is the UK arm of Insulin for Life, but our contacts in Tanzania remained lost and parcels still did not arrive at their destination. However, IDDT has been collecting unwanted insulin and other diabetes items during the 2022 year to help people with diabetes in Ukraine. During 2022 supplies worth over £400,000 were delivered into Ukraine by a voluntary support system set up by local and Ukrainian people. In addition, IDDT members donated £14,000 specifically to help with this project. The Trustees would like to thank the individuals and health professionals who have made these donations and also the staff for their work in dealing with the unwanted items and packing for delivery into Ukraine. This work continues in 2023.

The Charity's 'Sponsor a Child' scheme to help children and young adults at Dream Trust in India continues to flourish and the Trustees and Dr Pendsey at Dream Trust thank everyone for their continued support of families in need. Dream Trust has made financial donations to help particularly needy families during the pandemic.

d. Factors relevant to achieve objectives

The short and longer term aims and objectives

- The Charity continues to publish a free quarterly Newsletter and a slightly shorter version called 'Type 2 & You' for people with Type 2 diabetes not taking insulin. People with Type 2 diabetes taking insulin and tablets receive both newsletters. We encourage people to access these online, but the majority of people prefer hard copy versions.
- The aim of the Charity still is to support research in line with its aims by funding research that investigates ways of making life easier for those who already have diabetes. However, the Trustees have carried forward to 2022 their decision to put all research funding on hold to safeguard the financial future of the Charity during the present financial uncertainties.
- To maintain the Charity's independence by encouraging voluntary donations and legacy income.

e. Fundraising activities and income generation

The Charity relies on grant aid from donors identified in the accounts and the Trustees are most appreciative of this support. There are minor fundraising activities which include Christmas card sales, books, and aids to help with caring for the feet.

f. Investment policy and performance

The Trustees have resolved to establish reserves for future activities and they have wide powers of investment. The policy on reserves is that establishing assets are retained to produce income, income which is wholly used 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 present levels in order to maintain the activities of the Charity.

During 2022, the investment income fluctuated due to the economic climate, and this justifies the policy of safeguarding the Charity's future, especially as there never are any guarantees associated with legacy income.

Financial review

a. Going concern

The operations and business activities of the Charity have been impacted by the economic climate. However, after making appropriate enquiries, the Trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing the financial statements.

b. Reserves policy

IDDT complies with Charity Commission Guidelines

IDDT has a Research and Welfare Fund

- All monies donated for research are allocated to fund research at the time of the donation/legacy, but during 2022 no legacies were donated to the research fund.
- Monies not designated for research are allocated to the General Fund for welfare purposes.
- These allocations are made at the time of receipt.

Short-term investments

We invest some funds in 6 and 12 monthly Bonds in order to ensure that the Charity has rapid access to funds in case the day-to-day income is lower than expected. If this is not the case, then the Bonds are rolled over for further 6 and 12 month periods.

Long-term investments

We have 5 to 10 year investments. These are monitored through our investment portfolio and with regular meetings with our Financial Advisers. All investments have the facility for easy access to funds.

Cash reserves

All legacy income is paid into IDDT's Legacy account and transfers are made as/when necessary to the current account for running expenses.

Day to day income

Cash, cheques and credit cards are paid into the current account with Virgin Money. Standing order payments are paid into a Barclays Bank current account and transferred into the Virgin Money current account on a regular basis.

Lottery income

The Lottery income is paid into a stand-alone account and the profits paid into the Virgin Money Bank current account on a regular basis.

c. Principle risks and uncertainties

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 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 the authorisation for all transactions and projects.

d. Principal funding

The principal sources of income are from legacies and voluntary donations. The Trustees are aware of the need to generate regular income and are continuing to take steps to achieve this. The Trustees are very grateful for the continued generosity of the members in making donations and especially to the increasing numbers of people who make regular donations through their bank. They also wish to record their gratitude to the donors of legacies and donations in memory of loved ones for their kindness in helping other people with diabetes.

The Trustees would also like to express their thanks for the continuing support and help of members and their families which provides encouragement to the 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 numbers of members of staff and the amount of work covered, the Trustees would like to thank the staff for their continued dedication and hard work during 2022.

The Trustees reaffirm their commitment and determination to try to ensure that people with diabetes and their families have informed choices of treatment, and the access to them that they deserve and need. There may have been some improvements in the care and treatment of Type 1 and Type 2 diabetes in the NHS in some areas, but the lack of services and annual checks during and after the pandemic is of great concern. The Trustees fear that the consequences of this will be an increase in diabetic complications in people with diabetes. In line with the expressed views of members at the 2022 IDDT Event, the Trustees are committed to try to raise awareness of this, influence policy makers to bring about the necessary improvements and to encourage those with diabetes to insist on receiving the care they need.

At the AGM it was reported that the Trustees welcomed the appointment of Mr Ken Heard as a new Trustee and it was emphasised that IDDT would benefit from new Trustees to give a broader perspective of life with diabetes.

Structure, governance and management

a. Constitution

The Insulin Dependent Diabetes Trust is registered as a charitable company limited by guarantee and was set up by a Memorandum of Association.

b. Methods of appointment or election of Trustees

The directors of the company are also charitable Trustees for the purposes of Charity law and under the company's Articles of Association are known as 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 representation of 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 per cent 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.

c. Organisational structure and decision-making policies

A Board of a maximum of 11 Trustees administer the Charity, covering policy, membership and finances. Minor day to day decisions are taken by the Co-Chairs and CEO. Modern technology enables consultations to be made easily and quickly. Major decisions on future policies are taken at the AGM for the approval of members.

During 2022, some members of the staff team have changed and the team now consists of one full time member and three part-time people with temporary help being employed as necessary. The Charity will continue to update staff skills when required to ensure their skills and knowledge remain relevant and up to date. The Charity contracts out the website work, PR and press releases, IT support and day to day finances.

The Charity continued to operate the policies and procedures document relating to fundraising and sponsorship for the Trust approved in 2015. The day to day running of the Charity is carried out by the Co-Chairs and CEO.

d. Policies adopted for the induction and training of the Trustees

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 the 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.

e. Pay policy for key management personnel

IDDT has two key management personnel

- Chief Executive Officer
- Database Manager

There is a line management structure in place.

Pay Review

The Trustees review staff salaries for the following year at their November meeting. The general principle is to give pay increases in line with inflation.

f. Related party relationships

The Charity maintains its links with people and groups in other countries around the world. The Charity continues to offer support and information to people in other countries, especially those in need of animal insulin. Providing information and support wherever people live continue to be a major role.

The Trustees wish to thank Wockhardt UK for their ongoing supply of porcine insulin in vials and cartridges. As the only known supplier in the world, IDDT is aware of the vulnerable position this is for people who need porcine insulin because of adverse effects when using synthetic GM insulins.

Plans for future periods

The Charity's strategies for achieving its aims and objectives in the future

- The Charity continues to publish new booklets to inform and support people with diabetes and to prevent the development of complications. The need for this appears to have increased during 2022 when people had less access to their usual healthcare team and face to face appointments.
- The Charity's aim to prevent amputations continues to be a major activity by using the booklet 'Looking After Your Feet' which highlights how people can care for their feet at home and when they should seek professional help. This is combined with selling special socks and neuropad online and through our Christmas brochure to offer a comprehensive package. There has also been collaboration with foot care specialists which has been successful.
- During 2022 the Charity also tried to encourage people to take exercise and to adopt healthy eating. This will continue during 2023.
- The website continues to be a valuable way of reaching people living with diabetes and the Charity employs a webmaster to regularly update and monitor traffic. New members, orders for booklets and other items are received through the website.
- The Newsletter and Type 2 & You are available in large print for people who are visually impaired and the talking format is again available on the website.
- The Charity will continue to attend healthcare professional conferences in order to reach healthcare professionals with booklets so that they can offer them to their patients.
- To continue to keep informed about the latest research and changes in government and NHS policies in order to keep our members and website visitors informed.

Statement of Trustees' responsibilities

The Trustees (who are also directors of the Company for the purposes of company law) are responsible for preparing the Trustees' report and financial statements in accordance with applicable

law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial year. Under Company law, the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the Company and its incoming resources and application of resources, including income and expenditure, for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe methods and principles of the Charities SOR (FRS 102);
- make judgments and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards (FRS 2) have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the ongoing concern basis unless it is inappropriate to presume that the Company will continue in business.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the Company's transactions and disclose with reasonable accuracy at any time the financial position of the Company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the Company and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

Disclosure of information to Accountants

Each of the persons who are Trustees at the same time when this Trustees' report is approved has confirmed that:

- so far as that Trustee is aware, there is no relevant information of which the Charity's accountants Paul Slater & Co are unaware, and
- that Trustee has taken all steps that ought to have been undertaken as a Trustee in order to be aware of any relevant information and to establish that the Charity's accountants are aware of that information.

Approved by order of the members of the Board of Trustees and signed on their behalf by:

Mrs J M D Hirst MBE

Date:

I report to the Trustees on my examination of the accounts of the above Charity for the year ended 31 December 2022.

Respective responsibilities of Trustees and Independent Examiner

As the Charity's Trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011.

The Trustees consider that the audit requirement of Section 144(1) of the Charities Act 2011 (the Act) does not apply, and that there is no requirement in the memorandum and articles of the Charity for the conducting of an audit, and that the accounts do not require an audit in accordance with Part 16 of the Companies Act 2006 and that no member or members have requested an audit pursuant to section 476 of the Companies Act 2006. As a consequence, the Trustees have elected that the financial statements be subject to independent examination.

I report in respect of my examination on the Trust's accounts carried out under Section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under Section 145 950 9B0 of the Act.

Basis of Examiner' Statement and scope of work undertaken

The Charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of AAT.

No matters have come to my attention in connection with the examination which gives me cause to believe that the accounting records were kept in accordance with Section 130 of the Charities Act or the accounts did not accord with the accounting records or the accounts did not comply with the applicable requirements concerning the form and contents of accounts set out in the Charities Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

Mrs T Loughran – Independent Examiner
FMAAT, MIP

1 Washington Street
Kingsthorpe
Northampton
NN2 6NN

This report was signed on

THE INSULIN DEPENDENT DIABETES TRUST

	Note	Restricted funds 2022 £	Unrestricted funds 2022 £	Total funds 2022 £	Total funds 2021 £
Income from:					
Donations & Legacies	3	0	800,847	800,847	311,990
Ukraine donations	3	0	12,986	12,986	0
Fundraising	4	0	5,547	5,547	4,051
Income from Investments	5	0	30,189	30,189	20,203
Other income	6	0	39,268	39,268	64,040
Gift aid	7	0	24,273	24,273	5,522
Total income		0	913,110	913,110	405,806
Expenditure on:					
Raising funds		0	17,082	17,082	17,130
Charitable activities and governance costs	8	0	421,627	421,627	462,121
Total expenditure		0	438,709	438,709	479,251
Net gains (losses) on Investments		0	(322,882)	(322,882)	421,378
Net movement in funds		0	151,519	151,519	347,933
Reconciliation of funds:					
Total funds brought forward		0	3,276,048	3,276,048	2,928,115
Net movement in funds		0	151,519	151,519	347,933
Total funds carried forward		0	3,427,567	3,427,567	3,276,048

The Statement of financial activities includes all gains and losses recognised in the year.

The notes on pages 13 to 25 form part of these financial statement.

BALANCE SHEET AS AT 31 DECEMBER 2022

THE INSULIN DEPENDENT DIABETES TRUST

	Note		2022 £	2021 £
Fixed assets				
Tangible assets	13		359,302	360,189
Investments	14		1,898,191	2,224,770
			<hr/>	<hr/>
Total fixed assets			2,257,493	2,584,959
Current assets				
Stocks	15	10,757	10,823	
Debtors		0	0	
Cash at bank and in hand		929,473	444,982	
		<hr/>	<hr/>	
Total current assets		940,230	455,805	
Creditors: amounts falling due within one year	16	(23,177)	(17,737)	
		<hr/>	<hr/>	
Net current assets			917,053	438,068
			<hr/>	<hr/>
Total assets less current liabilities			3,174,546	3,023,027
			<hr/>	<hr/>
Total net assets			3,174,546	3,023,027
			<hr/>	<hr/>
Charity funds				
Unrestricted funds	17		3,174,546	3,023,027
			<hr/>	<hr/>
Total charity funds			3,174,546	3,023,027
			<hr/>	<hr/>

The Trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and preparation of financial statements.

The financial statements have been prepared in accordance with the provisions applicable to entities subject to the small companies regime.

The financial statements were approved and authorised for issue by the Trustees and signed on their behalf by:

Mrs J M D Hirst MBE
Date:

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2022

1. General information

The charity is a company limited by guarantee, registered in England and Wales. The registered office is as noted in the Trustee's Report.

2. Accounting policies

2.1 Basis of preparation of financial statements

The financial statements have been prepared in accordance with the Charities SORP (FRS 102) Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and the Republic of Ireland (FRS 102) (Issued in October 2019), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

The Insulin Dependent Diabetes Trust meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

2.2 Going concern

The operations and business activities of the Charity has been impacted by the recent COVID-19 outbreak. However, after making appropriate enquiries, the Trustees have a reasonable expectation that the Company has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing the financial statements.

2.3 Income

All income is recognised once the Company has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

The recognition of income from legacies is dependent on establishing entitlement, the probability of receipt and the ability to estimate with sufficient accuracy the amount receivable. Evidence of entitlement to a legacy exists when the Company has sufficient evidence that a gift has been left to them (through knowledge of the existence of a valid Will and the death of the benefactor) and the executor is satisfied that the property in question will not be required to satisfy claims in the estate. Receipt of a legacy must be recognised when it is probable that it will be received and the fair value of the amount receivable, which will generally be the expected cash amount to be distributed to the Company, can be reliably measured.

Income tax recoverable in relation to investment income is recognised at the time the investment income is receivable.

Other income is recognised in the period in which it is receivable and to the extent the goods have been provided or on completion of the service.

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2022

2.4 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party. It is probable that a transfer of economic benefit will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is classified by activity. The costs of each activity are made up to the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributed to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources.

Expenditure on raising funds includes all expenditure incurred by the Company to raise funds for its charitable purposes and includes costs of all fundraising activities, events and non-charitable trading.

Expenditure on charitable activities is incurred on directly undertaking the activities which further the Company's objectives, as well as any associated support costs.

All expenditure is inclusive of irrecoverable VAT.

2.5 Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the Company; this is normally upon notification of the interest paid or payable by the institution with whom the funds are deposited.

2.6 Tangible fixed assets and depreciation

Tangible fixed assets costing £1,000 or more are capitalised and recognised when future economic benefits are probable and the cost or value of the asset can be measured reliably.

Tangible fixed assets are initially recognised at cost. After recognition, under the cost model, tangible fixed assets are measured at cost less accumulated depreciation and any accumulated impairment losses. All costs incurred to bring a tangible fixed asset into its intended working condition should be included in the measurement of cost.

Depreciation is charged so as to allocate the cost of tangible fixed assets less their residual value over their estimated useful lives.

Depreciation is provided on the following basis:

Office Equipment	-	20% reducing balance
Computer equipment	-	20% reducing balance

The freehold property is not depreciated as the depreciation would be immaterial.

2.7 Investments

Fixed asset investments are a form of financial instrument and are initially recognised at their transaction cost and subsequently measured at fair value at the Balance Sheet

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2022

date, unless the value cannot be measured reliably in which case it is measured at cost less impairment. Investment gains and losses, whether realised or unrealised, are combined and presented as 'Gains/(Losses) on investments' in the Statement of financial activities.

2.8 Stocks

Stocks are valued at the lower of cost and net realisable value after making due allowance for obsolete and slow-moving stocks. Costs includes all direct costs.

2.9 Cash at bank and in hand

Cash at bank and in hand includes cash and short-term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

2.10 Liabilities and provisions

Liabilities are recognised when there is an obligation at the Balance Sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably.

Liabilities are recognised at the amount that the Company anticipated it will pay to settle the debt or the amount it has received as advanced payments for the goods and services it must provide.

Provisions are measured at the best estimate of the amounts required to settle the obligation.

2.11 Financial instruments

The Company only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

2.12 Pensions

The Company operates a defined contribution pension scheme and the pension charge represents the amounts payable by the Company to the fund in respect of the year.

2.13 Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Company and which have not been designated for other purposes.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the Company for particular purposes. The costs of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

Investment income, gains and losses are allocated to the appropriate fund.

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2022

THE INSULIN DEPENDENT DIABETES TRUST

3. Income from donations and legacies

	Unrestricted funds 2022 £	Total funds 2022 £	<i>Total funds 2021 £</i>
Legacies			
J Merefield	0	0	15,844
Y Bickerton	0	0	1,000
M Penver	0	0	72,065
E Harrower	0	0	1,805
D Pierce	0	0	1,000
R Eddolls	0	0	6,005
T Brown	0	0	5,000
J Northam	0	0	1,000
O Fountain	0	0	2,000
L McGrew	5,000	5,000	0
P Jackson	90,000	90,000	100,000
L Middleton	11,997	11,997	50,000
P Blagdurn	127,880	127,880	0
D Bloor	73,546	73,546	0
J Harris	1,000	1,000	0
F Webster	1,000	1,000	0
F Brennan	61,000	61,000	0
J Rawlins	140,000	140,000	0
D Burbage	1,791	1,791	0
D Clifton	78,758	78,758	0
D Foster	40,491	40,491	0
B Butler	1,000	1,000	0
M Hazell	50,000	50,000	0
P Dervish	63,750	63,750	0
	<hr/>	<hr/>	<hr/>
Subtotal detailed disclosure	747,213	747,213	255,719
	<hr/>	<hr/>	<hr/>
Donations	66,359	66,359	54,830
Legacies under £1,000	261	261	1,441
	<hr/>	<hr/>	<hr/>
Subtotal	66,620	66,620	56,271
	<hr/>	<hr/>	<hr/>
Total	813,833	813,833	311,990
	<hr/>	<hr/>	<hr/>

4. Income from other trading activities

Income from fundraising events

	Unrestricted funds 2022 £	Total funds 2022 £	<i>Total funds 2021 £</i>
Fundraising	5,547	5,547	4,051

5. Income from investments

	Unrestricted funds 2022 £	Total funds 2022 £	<i>Total funds 2021 £</i>
Investment income	30,189	30,189	20,203

6. Other income resources

	Unrestricted funds 2022 £	Total funds 2022 £	<i>Total funds 2021 £</i>
Sales of goods and lottery	30,860	30,860	32,508
Conferences/AGM	825	825	978
Dream Trust	7,583	7,583	7,233
JRS Grant	0	0	23,321
	39,268	39,268	64,040

7. Gift Aid

	Unrestricted funds	Total funds	<i>Total funds</i>
	2022 £	2022 £	2021 £
Gift Aid	24,273	24,273	5,522

8. Analysis of expenditure on charitable activities

Summary by fund type

	Restricted funds 2022 £	Unrestricted funds 2022 £	Total funds 2022 £	<i>Total funds 2021 £</i>
Charitable activities	0	421,627	421,627	462,121
<i>Total 2021</i>	0	462,121	462,121	

9. Analysis of expenditure by activities

	Activities Undertaken Directly 2022 £	Support costs 2022 £	Total funds 2022 £	<i>Total funds 2021 £</i>
Charitable activities	369,208	52,419	421,627	462,121
<i>Total 2021</i>	414,730	47,391	462,121	

Analysis of direct costs

	Charitable Activities 2022	Total funds 2022	Total funds 2021
	£	£	£
Staff Costs	119,953	119,953	107,079
Research grants returned	-114,013	-114,013	0
Temporary staff	30	30	0
Travel and subsistence	651	651	534
Marketing and advertising	79,770	79,770	59,966
Research and editorial costs	41,745	41,745	43,308
Health and Safety	1,805	1,805	864
Professional indemnity costs	1,555	1,555	1,433
Website and IT	21,497	21,497	20,885
Printing costs	81,592	81,592	70,413
Direct Mail	69,538	69,538	50,438
Conference, information and meeting costs	10,682	10,682	10,690
Charitable activities - Pensions	3,438	3,438	3,270
Bookkeeping fees	4,300	4,300	1,686
Dream Trust	7,790	7,790	12,501
Equipment hire and expensed	8,695	8,695	6,967
Charges for investments	25,550	25,550	24,696
Ukraine expenditure	4,630	4,630	0
	369,208	369,208	414,730

Analysis of support costs

	Charitable Activities 2022	Total funds 2022	Total funds 2021
	£	£	£
Governance salary costs	6,685	6,685	8,228
Depreciation	1,865	1,865	2,182
Legal and professional	8,850	8,850	11,188
Telephone and internet	677	677	686
Printing, postage and stationery	22,091	22,091	17,720
HR Training and welfare – staff	942	942	0
Rates and water charges	2,016	2,016	1,957
Bank Charges	653	653	790
Cleaning and waste management	772	772	840
Premises costs, repairs and renewals	7,868	7,868	3,800
	52,419	52,419	47,391

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2022

10. Auditors' remuneration

	2022 £	2021 £
Fees payable to the Company's auditors for the audit of the Company's annual accounts	0	0
	<hr/>	<hr/>

11. Staff costs

	2022 £	2021 £
Wages and salaries	109,158	92,076
Social security costs	7,357	6,309
Contribution to defined contribution pension schemes	3,438	3,270
	<hr/>	<hr/>
	119,953	101,655
	<hr/>	<hr/>

The average number of persons employed by the Company during the year was as follows:

	2022 No.	2021 No.
Employees	4	4
	<hr/>	<hr/>

The number of employees whose employee benefits (excluding employer pension costs) exceeded £60,000 was:

	2022 No.	2021 No.
In the band £60,001 to £70,000	0	0
	<hr/>	<hr/>

12. Trustees' remuneration and expenses

With the agreement of the Charities Commission Mrs J M D Hirst's remuneration is for extensive research, publications and editorial work. Mrs Hirst attends meetings, conferences and seminars on behalf of the Charity to lecture on the rights to retain a choice of insulins. Her continued contribution to the work of the Charity is invaluable. The value of the Trustees' remuneration and other benefits is fees of £43,308 (2021 £25,263).

During the year ended 31 December 2022, no Trustee expenses have been incurred (2021 - £NIL)

13. Tangible fixed assets

	Freehold Property £	Office Equipment £	Total £
Cost or valuation			
At 1 January 2021	351,842	54,623	406,465
Additions	0	978	978
	<hr/>	<hr/>	<hr/>
At 31 December 2022	351,842	55,601	407,443
	<hr/>	<hr/>	<hr/>
Depreciation			
At 1 January 2021	0	46,276	46,276
Charge for the year	0	1,865	1,865
	<hr/>	<hr/>	<hr/>
At 31 December 2022	0	48,141	48,141
	<hr/>	<hr/>	<hr/>
Net book value			
At 31 December 2022	351,842	7,460	359,302
	<hr/>	<hr/>	<hr/>
At 31 December 2021	351,842	8,347	360,189
	<hr/>	<hr/>	<hr/>

14. Fixed asset investments

	Unlisted Investments £
Cost or valuation	
Transfers between classes	1,898,191
	<hr/>
At 31 December 2022	1,898,191
	<hr/>
Net book value	
At 31 December 2022	1,898,191
	<hr/>

Investment portfolios have previously been treated as current asset investments.

15. Stocks

	2022 £	2021 £
Finished goods and goods for resale	10,757	10,823
	<hr/>	<hr/>

16. Creditors: Amounts falling due within one year

	2022 £	2021 £
Trade creditors	14,473	13,001
Other taxation and social security	0	0
Other creditors – Pension and PAYE	8,704	4,736
Accruals and deferred income	0	0
	<hr/>	<hr/>
	23,177	17,737
	<hr/>	<hr/>

17. Statement of funds

Statement of funds – current year

	Balance at 1 January 2022 £	Income £	Expenditure £	Gains/ (Losses) £	Balance at 31 December 2022 £
Unrestricted funds					
Reserves	3,023,027	913,110	(438,709)	(322,882)	3,174,546
Total of funds	3,023,027	913,110	(438,709)	(322,882)	3,174,546

Statement of funds – prior year

	Balance at 1 January 2021 £	Income £	Expenditure £	Gains/ (Losses) £	Balance at 31 December 2021 £
Unrestricted funds					
Reserves	2,916,433	405,806	(720,590)	421,378	3,023,027
Total of funds	2,916,433	405,806	(720,590)	421,378	3,023,027

18. Analysis of net assets between funds

Analysis of net assets between funds – current year

	Restricted funds 2022 £	Unrestricted funds 2022 £	Total funds 2022 £
Tangible fixed assets	0	359,302	359,302
Fixed asset investments	0	1,898,191	1,898,191
Current assets	0	940,230	940,230
Creditors due within one year	0	(23,177)	(23,177)
	<hr/>	<hr/>	<hr/>
Total	0	3,174,546	3,174,546
	<hr/>	<hr/>	<hr/>

Analysis of net assets between funds – prior year

	Restricted funds 2021 £	Unrestricted funds 2021 £	Total funds 2021 £
Tangible fixed assets	0	360,189	360,189
Fixed asset investments	0	2,224,770	2,224,770
Current assets	0	455,805	455,805
Creditors due within one year	0	(17,737)	(17,737)
	<hr/>	<hr/>	<hr/>
Total	0	3,023,027	3,023,027
	<hr/>	<hr/>	<hr/>

19. Reconciliation of net movement in funds to net cash flow from operating activities

	2022 £	2021 £
Net income for the year (as per Statement of Financial Activities)	151,585	347,933
	<hr/>	<hr/>
Adjustments for:		
Depreciation charges	1,865	2,182
Gains/(losses) on investments	(322,882)	421,378
Decrease/(increase) in stocks	66	731
Increase/(decrease) in creditors	5,440	(14,317)
	<hr/>	<hr/>
Net cash provided by operating activities	(315,511)	409,974
	<hr/>	<hr/>

20. Analysis of cash and cash equivalents

	2022 £	2021 £
Cash in bank	929,473	444,982
Total bank and bank equivalents	929,473	444,982

21. Analysis of changes in net debt

	At 1 January 2022 £	Cash flows £	Other non- cash changes £	At 31 December 2022 £
Cash at bank	444,982	484,491	0	929,473
Liquid investments	139,188	0	0	139,188
	584,170	484,491	0	1,068,661

22. Pension commitments

The Charity operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the Charity in an independently administered fund. The pension cost charge represents contributions payable by the Charity to the fund and amounted to £3,438 (2021 - £3,270).

23. Post Balance Sheet events

The Charity has been impacted post year end as a result of COVID-19. Currently the extent of the financial impact is uncertain but the Charity is confident that it has the sufficient reserves and resources to continue operating and therefore the Trustees consider it to be a going concern.