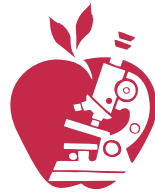


ANNUAL REVIEW 2023



Diabetes Research & Wellness Foundation

Staying well until a cure is found

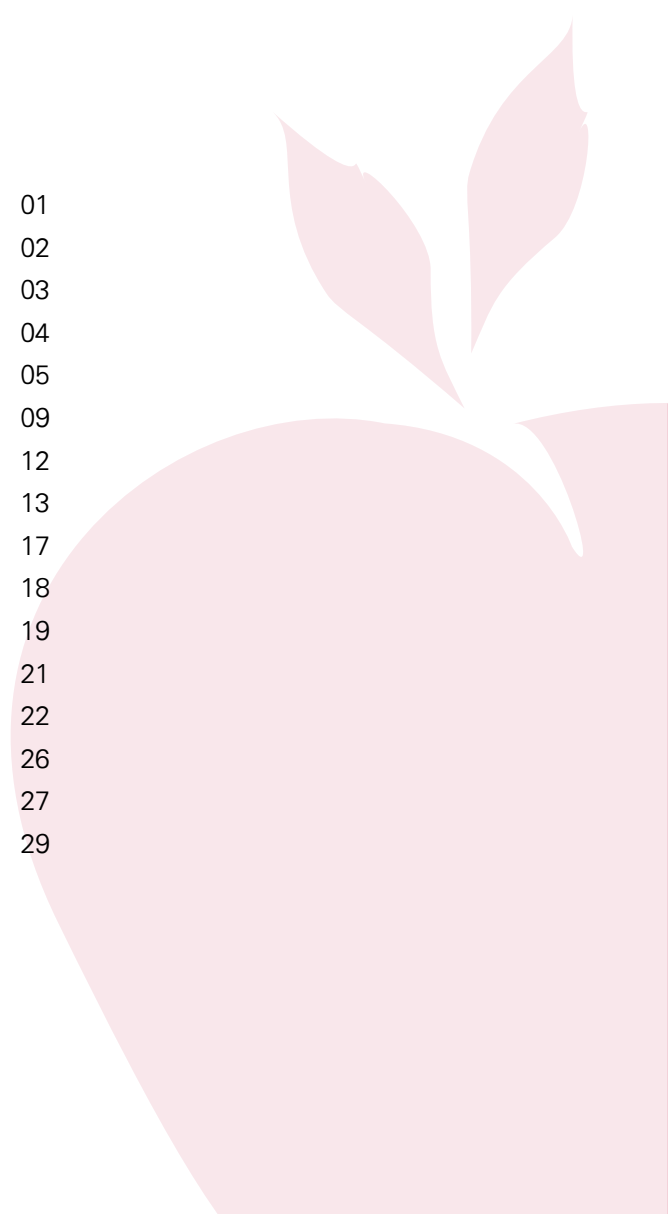




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Message from the DRWF Co-Founder and Chairman Mike Gretschel



I am Mike Gretschel a co-founder and Chairman of DRWF. It has been over fifty years since my wife called me at the office crying that “our son has type 1 diabetes and there is no cure. I tried to calm her, but my words were not enough. That was just the beginning. Ten years later, our eldest daughter was also diagnosed with type 1, and now my son’s son has type 1 too.

My wife and I have devoted much of our free time, with family and friends, raising awareness and the monies necessary to support vital research. We have been fighting the diabetes battle in the hope of a cure for all these years. We live in hope! As DRWF turned 25 years old in 2023, we paused to reflect on the diabetes landscape. Twenty-five years doesn’t seem so very long, but the number of people living with diabetes in the UK has more than doubled in that time.

We have worked tirelessly in that time to raise awareness of the different types of diabetes and provide people with the practical information and tools to support their self-management. As a small team of just 14, we are supported by editorial and research advisory boards, as well as other experts in the field of diabetes and related health, who help us to deliver activities that demonstrate value for money, and most importantly benefit for the diabetes community. The one thing that binds us all together, is the fact that we are all striving for the same thing. Together, we are United through Diabetes.

Over 25 years, we have supported some of the most innovative research in the UK and around the world. The DRWF Islet Isolation Facility at the Churchill Hospital, Oxford is pivotal to the UK Islet Transplant Programme, a clinical treatment that supports a small number of people with type 1 diabetes through transplant of insulin-producing islet cells. Whilst the clinical element of this treatment is funded by the NHS, and the results for many are impressive, there are limitations that hamper long-term results and prevent more people from benefiting.

To address some of these issues, we funded a xenotransplant programme in the US called the Spring Point Project, which was focused on providing an alternative, sustainable supply of islets for human transplant using pigs. Additionally, we have supported a plethora of stem cell-based research projects in the hope of finding ways to develop and sustain the islet transplant programme.

All the while, providing funds for early career researchers and proof of concept awards which are demonstrating impact for the diabetes community. Some of these examples you can read about in our report or on our website.

Whilst we have achieved a lot in our 25 years, there is still so much more to do, and we could not do any of it without YOU! We are so grateful for the longstanding support that we get from donors, sponsors, and partners and are rightly proud of what we have brought to the table, together, for people with diabetes. From the bottom of my heart...

Thank you,

Mike Gretschel
Co-Founder and Chairman

Trustees

DRWF was born from a very personal connection with type 1 diabetes. Having two children diagnosed with the condition made for a commitment and dedication to the cause from Mike Gretschel and his business partner, John Alahouzos, that has never wavered and remains true to its original desire – to find a cure for diabetes. The DRWF network of charities and not-for-profit organisations was established in the US in 1993 with the UK charity incorporated as a registered charity in 1998. Over the last 25 years, DRWF in the UK has become recognised as a leading provider of awareness, award-winning educational support programmes, and research funding. The DRWF Board of Trustees is an engaged and committed group of individuals who bring a significant level of expertise to the governance of the charity in the fields of business strategy and development, international fundraising, healthcare and diabetes research.

Michael Gretschel

Co-Founder and Chairman of the Board

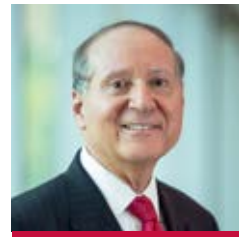
Mike has worked in direct marketing and advertising for 40+ years and has been an active volunteer fundraiser for diabetes research for many of those. He has a close connection with diabetes, having two children and a grandson with type 1. In 1993, Mike and his wife Maureen founded the Diabetes Research & Wellness Foundation (DRWF Inc) in Washington DC. Since then, the DRWF International Network of charities has grown to include DRWF UK; L'Association pour la recherche sur le diabete (ARD) in France; Diabetes Wellness Network Sverige (Sweden); Diabetes Wellness Suomi (Finland); and Diabetes Wellness Norge (Norway). All groups are entirely autonomous but have an overlap of board members to ensure consistency of mission, vision and values.



John Alahouzos

Co-Founder and volunteer fundraiser for diabetes research since 1978

John Alahouzos is a marketing executive by profession and a volunteer fundraiser for the 'Diabetes Cure' by choice. For over 40 years he has worked alongside friend and business partner, Mike Gretschel, to raise awareness and funds for the need to cure diabetes. John is the Chairman of DRWF Inc and serves as a board member of DRWF UK, as well as affiliates in France, Sweden, Finland and Norway.



Valerie Hussey

Retired Nurse, Musgrove Park Hospital, Taunton

Val has been a member of the DRWF UK board of trustees since 1999. She is also an alternate board member for DWNS (Sweden). Having worked as a nurse within the NHS for many years, Val has a keen interest in ensuring that people with long term health conditions have the resources available to them to self-manage their condition effectively. She is a keen supporter of the charity's educational Wellness programme.



Steve Jones

Business coach, public speaker, trainer and consultant

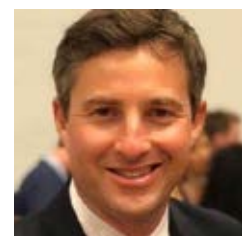
Steve is an expert in creating ideas and strategies that build businesses, drive revenue and improve business position and performance. He has a passion for making companies and their products the best in their product category. Steve's unique understanding of leadership and management, team building and motivation in business, coupled with his understanding, drive and enthusiasm, clearly set him aside as an expert.



Christian Gretschel

Non-profit fundraising professional

Chris has been a board member of the DRWF Inc. (US) since its inception in 1993 and joined the DRWF Board of Trustees in the UK in 2023. He was diagnosed with type 1 diabetes when he was two years old, and his eldest son, Jack, was diagnosed in 2023. Chris is passionate about helping the diabetes community stay healthy as we pursue our long-awaited cure.



Dr Shivani Misra

Consultant in Diabetes and Metabolic Medicine at Imperial College Healthcare NHS Trust and a diabetes researcher at Imperial College, London

Dr Misra graduated from medical school in 2005 and has actively pursued a research career in diabetes over the last decade. She set up the MY DIABETES study as a PhD student, to examine type of diabetes in different ethnic groups and received the Sutherland-Earl Clinical Research Fellowship from DRWF to fund this in 2012. Her current clinical activity focuses on people with diabetes diagnosed at young age with unusual types of diabetes and on young onset type 2 diabetes. Dr Misra was a recipient of the prestigious European Federation for the Study of Diabetes Future Leaders Mentorship Award in 2017 and continues to balance clinical and research activity in diabetes.



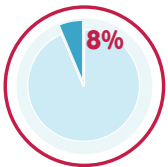
Diabetes – the scale of the problem



5+ million people
in the UK with diabetes



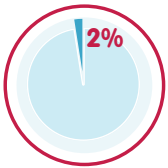
Approx 1 in 14
people living with diabetes



Around 8% of people
with diabetes have type 1 diabetes
which cannot be prevented



Around 90% of people
with diabetes have type 2 diabetes
which can often be prevented, or
it's onset delayed



Other, rarer, forms of diabetes
make up the **remaining 2%**



Estimated that as many as
2.4 million people are
at an increased risk of type 2
diabetes in the UK



People of Asian (including Indian,
Pakistani, Bangladeshi) Chinese, Black
African and Black Caribbean ethnicities
are reported to be **two to four**
times more likely to have
diabetes than White populations



Estimated that on a weekly basis,
diabetes leads to as many as **184**
amputations, more than **770** strokes,
around **590** heart attacks and about
2,300 cases of heart failure



The NHS spends at least **£10**
billion a year on diabetes which
is about 10% of its entire budget



Around **80% of this spend** is
on treating associated complications,
some of which could be prevented

Diabetes in all its forms, is a complex, chronic condition that can lead to serious complications without the proper care, treatment and support. The number of people living with diabetes continues to rise rapidly and whilst technological breakthroughs are improving quality of daily life for many, there is not yet a cure.

This is why our work is more important than ever...

Our purpose, aims and activities:

- To assist in the relief of persons with diabetes and any similar or related diseases or conditions
- To raise public awareness about diabetes and any similar or related diseases or conditions, their incidence, causes, treatment, avoidance, and relief



The focus of our work

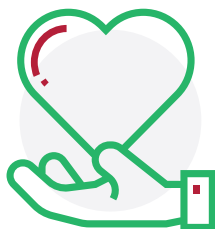
As we entered the charity's 25th anniversary year, we took time to reflect on the diabetes landscape and the charity's impact over that time.

Since inception in 1998, the number of people diagnosed with diabetes has more than doubled. Whilst there have been some incredible advances in treatment and technology in more recent times, which improve quality of life and reduce the risk of complications, the number of people living with diabetes continues to rise at an alarming rate. With more than 5 million people now living with diabetes in the UK, our work to provide self-management support, is more important than ever.



Whilst recognising 25 years of raising awareness, providing award-winning Diabetes Wellness support programmes, and funding the research that we hope will one day find a cure, we used this milestone anniversary to reflect, rethink and redouble our efforts to ensure that people with diabetes are 'staying well until a cure is found...'

Our focus in 2023 was to ensure that we offered Wellness programme activities that met need and delivered impactful outcomes whilst maximising opportunity for DRWF to engage in partnerships that delivered revenue and benefit for all parties.



To this end, we –

- Reviewed our Research Strategy to ensure that the awards we offer remain attractive, financially sound, fit for purpose and demonstrate impact for the researcher and the diabetes community.
- Re-organised our Diabetes Wellness event programme to deliver United Through Diabetes, a wonderful concept that brings the diabetes community together with healthcare professionals, public health officials, third sector organisations and industry partners. All of whom are invested and intent on creating a brighter future for people with diabetes.
- Restructured our supporter database to ensure that we are taking a personalised approach to stewardship of beneficiaries and donors to improve recruitment and retention rates.
- Re-organised internally to form a Supporter Services Team which helped to create cost efficiencies by enabling us to bring a costly outsourced service in-house.
- Worked hard to diversify fundraising activities to reduce reliance on single income streams – an ongoing process but one which helps to ensure that the charity has sustainable income sources and is fit for the future.



Awareness, information & support



Information Reach

Whilst recognising that a large percentage of existing supporters and beneficiaries engage through offline channels, it was important that we diversify our reach of a wider demographic of the diabetes community in 2023. We distributed 192,181 campaign appeals in 2023 to existing supporters through direct mail and reached 29,762 prospective beneficiaries and supporters with new awareness campaigns. These appeals are dual purpose raising awareness and providing information about the charity's activities and funding, whilst seeking financial support. They also act as a stewardship tool, helping us to stay connected with long-standing supporters of the charity. Each campaign provides health information targeted at beneficiaries who could act on the information, either in a preventative way (type 2 diabetes), or to inform and support those living with diabetes (all types), in their self-management of the condition. We had an average campaign response rate of 11% across 3 streams resulting in over 24,818 responses from across the country. We know from experience that it is likely that many more opened and read the appeal but chose not to make direct contact with us at that time. Historically, we have seen numbers of people respond to communications that have been distributed many months, or even years, before as they have held onto the information provided for future reference.



Website

Our online reach was significantly reduced in 2022 following a spike of engagement with our content in 2020/21 due to the pandemic. There were numerous reasons for this, and our goal was to remedy this situation in 2023, which we did most successfully. Visits to our website increased by 58% from 173,992 to 275,000 visits in the year. Traffic was consistently higher throughout the year instigated by news content and social media campaigns in support of our activities. Updates to our patient information resources started in 2023 with rebranding of our leaflets. These resources are available from our website in pdf and audio format, providing choice of accessibility. We also offer to provide enlarged print versions of all health and social care resources. There were 8671 downloads of patient information leaflets in the year, with 'What is Diabetes?', 'A healthy Diet and Diabetes', and 'Exercise and Diabetes', being the most popular. Additionally, 6905 leaflets were distributed in hard copy during the year to diabetes and related healthcare professionals who order the resources in bulk for dissemination via their clinics. The news section of our website is at the top of the list in generating traffic, followed closely by the 'Living with Diabetes' section which hosts our information resources. There was also a significant interest in our Wellness Programme and specifically our 25th Anniversary event 'United Through Diabetes'. These three sections alone, accounted for almost 68,000 unique visits in the year. The post-event 'United Through Diabetes' Digital Hub and subpages, received 2,499 views from 1,550 individual users, who visited more than once. This content was designed to disseminate the workshops and sessions delivered through our Wellness event to a wider audience who access information online.



Diabetes Wellness Network

We made changes to the way in which we produce and distribute our Diabetes Wellness Newsletter in the year. This is a subscriber activity which has historically been sent out monthly but due to rising production and postage costs, we increased pagination and changed distribution to quarterly. We have had good feedback on the additional content contained within the publication and we have not seen a downward trend in volume of renewals, other than those anticipated each year. Importantly, without decreasing value to our supporters and beneficiaries, we were able to reduce the volume of hard copy newsletters circulated in the year to 52,600 which helped to reduce our costs by around 41%. The intention is to make this newsletter available electronically going forward, but through survey of existing subscribers, this audience wish to continue receiving their printed magazine. This is somewhat due to the demographic profile of subscriber within this programme, and we expect this to change as we reach a wider section of the diabetes community who are familiar and at ease with digital channels.



Living with Diabetes Podcasts & Videos

We continued to produce our Living with Diabetes podcasts in 2023 which provides another channel through which to access interesting and educational diabetes content. Whilst these channels are still very much a work in progress, we have had reasonably good engagement during the year with 3,800 visits an increase of 30% on 2022. We aim to develop these channels during 2024.



Social Media Channels

Social media channels are a great way to reach a wider audience, quickly, with messages about our activities. Whilst we use multiple social media channels, we get greatest engagement in posts about our community activities via Facebook. Combined Facebook and Instagram reach was up around 15% in 2023 over 2022 with an equivalent increase in spend in the year. These channels also drive traffic to our website which was almost 60% up on 2022.



Patient Information Forum (PiF) Tick

As members of the Patient Information Forum, we applied for PiF Tick accreditation on our adult health and social care resources. Following the robust review process operated by PiF we gained the PiF Tick kite mark which is displayed on our information resources. This demonstrates that we are a 'trusted information creator' which is an important way in which people seeking help can recognise that our information is relevant, up-to-date, clinically referenced and peer reviewed.

Quality in Care Diabetes – award winning Diabetes Wellness events

In our 25th anniversary year, our focus was on scaling our award-winning Wellness Day to reach a wider and more diverse diabetes audience, increasing footfall and incorporating 'research' into the programme. This gave us the opportunity to showcase the research that the charity has funded over the last 25 years and demonstrate the impact that this work has had for the diabetes community. This new event was an opportunity to demonstrate that together, we are 'United Through Diabetes'.



United Through Diabetes – the BIG Diabetes Wellness Day

On Saturday 16th September, we hosted the inaugural United Through Diabetes event which saw 443 delegates in attendance. This event was launched to mark the charity's 25th anniversary year to provide a one-stop shop of 'everything diabetes'. The event was supported by Industry partners, and prominent speakers, such as the deputy clinical diabetes lead for England, Professor Partha Kar. The event reached a wide and diverse segment of the diabetes community, including families of children with type 1 diabetes, people with type 1, type 2 and other types of diabetes, as well as people working in diabetes and related healthcare. Just one of the highlights of the event was the opportunity for people to engage with DRWF funded researchers, past and present, to understand how the work we have invested in over the past 25 years has delivered impact/benefit for people with diabetes. Feedback on the quality and variety of workshops and talks on offer was extremely positive and the UTD Digital Hub extended our reach post-event to enable people who couldn't attend to benefit from the programme content.

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Virtual Camp in the Cloud

Virtual Camp was introduced during the pandemic, and due to its success and accessibility, we have continued to offer this fun, online 'Camp'. We had anticipated that we could accommodate between 120 – 150 online attendees and were overwhelmed with the initial response, which saw 55 families (198 individuals) register their interest. The nature of an online event increases attrition rates so we expected drop out on the day. Forty-Seven (47) families went on to complete a full application for 164 individuals, all of whom were offered places; 32 families (111 individuals) attended on the day, meaning 32% of families did not attend. This is a similar percentage to previous years. Non-attendance can happen for several reasons, poor health, unable to travel etc., and so families who can't attend for clear reasons are offered places at the next CiTC.

A full programme of online activities was offered, with a box of arts and crafts, and other materials, supplied beforehand to make the day as interactive and fun as possible. DRWF hosted a 'Talking Type1' session for the families where they could raise important questions with our guest speaker, Heather Holland, DSN. Fun was had during the day with the DRWF Dance for Diabetes session which all attendees participated in, led by dance teacher Megan. The day concluded with a closing ceremony and games.

We have absolutely loved our first ever diabetes camp! Thank you so much for having us! The activities were perfectly suited for our girls - we have a 5 year age gap (they are 7 and 12) but they both joined in everything and absolutely loved it all! The dance party was a lot of fun, unfortunately my eldest went into hypo just before but she made up for it later on it. Many thanks to everyone involved in organising and running today, very much appreciated and so lovely to meet other families with T1D.



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Diabetes Wellness Morning - Hartlepool

The Diabetes Wellness Morning held in Hartlepool was a new take on the event that the charity has been providing for the last 11 years in the Northeast. Hosted on behalf of DRWF by longtime volunteer, Hayley Hakansson, the event was held to recognise World Diabetes Day and mark the 25th anniversary of the charity. The Wellness Morning was held at the National Museum of the Royal Navy and was attended by 30 people. The aim of the morning was to support people living with diabetes, their family, and carers, to provide practical information, tools and tips to improve self-management and understanding of the condition whilst providing an opportunity to spend time with diabetes healthcare professionals.

The event was organised with the support of the Hartlepool Diabetes Support Group and colleagues at the North Tees and Hartlepool NHS Foundation Trust. Attendees enjoyed a busy morning featuring presentations on diabetes and a question-and-answer session from guest Diabetes Specialist Nurses Julie Sinclair and Patricia Lowther. Hayley said: "Everyone attending the event said how warm and welcoming the Wellness Morning was and they felt they had learned something new, in addition to refreshing their knowledge of helpful tips for living with diabetes."

In the build-up to the event Hayley promoted the Wellness Morning with an appearance on the Radio Hartlepool breakfast show, talking to presenter Jason Anderson about her voluntary roles in her local community and encouraging people with diabetes to attend the Diabetes Wellness Morning.



Editorial Advisory Board

Healthcare Professionals

Dr Sarah Brewer

GP, Health Journalist and Specialist in Nutritional Medicine

Dr Sarah Brewer MSc (Nutr Med), MA (Cantab), MB, BChir, RNutr, MBANT qualified from Cambridge University with degrees in Natural Sciences, Medicine and Surgery. After working in general practice, she gained a master's degree in nutritional medicine from the University of Surrey. As well as being a licensed doctor, Sarah is now also a Registered Nutritionist, a Registered Nutritional Therapist and an award-winning health writer. Sarah is the author of over 50 popular self-help books, including *Overcoming Diabetes* (Duncan Baird) and *Natural Approaches to Diabetes* (Piatkus). Her latest books are *Live Longer Look Younger*, and *Eat Well, Stay Well*, published by Connections. Sarah is the editor of *YourWellness* magazine www.yourwellness.com. Follow her occasional nutritional Tweets at www.twitter.com/DrSarahB.



Andrea Cameron

Head of the School of Social and Health Sciences, Abertay University

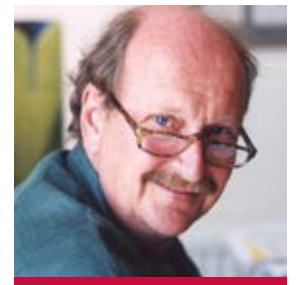
Andrea has worked in healthcare since 1982. After qualifying as a nurse she specialised in Coronary Care Nursing before becoming a Nurse Teacher. She then moved to teaching Sports Science, but remains a registered nurse and qualified exercise instructor. She has undertaken doctoral studies examining the information given to patients with diabetes by health professionals in the primary care sector and has published in the area of volunteering and employment skills. Andrea has also run for Scotland at international veteran events, and has been a contributor for DRWF since 2004.



Professor Edzard Ernst

Professor in Complementary Medicine, Exeter

Professor Edzard Ernst is Chair in Complementary Medicine and Director of Complementary Medicine at Peninsula Medical School in Exeter. His expertise lies in acupuncture, autogenic training, herbalism, homeopathy, massage and spinal manipulation. He has published more than 1,000 articles in peer-reviewed medical literature, 500 original research papers and has written, or been editor, of more than 40 books. Edzard is Editor-in-Chief and founder of two medical journals, and sits on the editorial board for 20 other journals, including DRWF's *Diabetes Wellness News*.



Azmina Govindji

Registered Dietitian and TV Nutritionist

Azmina Govindji is a registered dietitian, consultant nutritionist, broadcaster and best-selling author. Azmina is director of Azmina Nutrition www.azminanutrition.com and shares daily dietary tips at: twitter.com/AzminaNutrition. Azmina has written 15 books including the *Gi Plan* with Nina Puddefoot and *The Diabetes Weight Loss Diet* with Antony Worrall Thompson. She was Chief Dietitian to Diabetes UK from 1987–1995 and is currently a media spokesperson for the British Dietetic Association. Azmina's latest book, *Vegan Savvy: The Expert's Guide to Nutrition on a Plant-based Diet*, was recently published by Pavilion Books, and is available now from: azminanutrition.com/project/vegan-savvy.



Emma Howard

Community Diabetes Lead Podiatrist, Oxford Health NHS Foundation Trust

Emma qualified with a BSC Hons Podiatry from the University of Brighton in 1997 and began working as a community podiatrist for the NHS in Shropshire. During this time she completed the Society of Chiropractors and Podiatrist Diabetic Foot Module and began working in acute diabetic foot clinics in Telford and Shrewsbury. After nearly ten years she moved to work at Knowsley PCT on Merseyside as a Diabetes Team Leader in a community trust. In 2009 she accepted a position for Oxford Health NHS Foundation Trust where she works as a Community Diabetes Lead Podiatrist. She specialises in the care of the diabetic foot and high-risk wound care. The clinics run across community settings and within OCDEM (Oxford Centre for Diabetes, Endocrinology and Metabolism). She has worked with DRWF since 2007 developing the foot care advice leaflet and has attended the walking holidays and Wellness Weekends to give presentations and informal advice on foot care in diabetes.



Dr Alison Kirk

Lecturer in Physical Activity for Health, University of Strathclyde, Glasgow

Alison was appointed in January 2009 as a Lecturer in Physical Activity for Health at Strathclyde University, Glasgow. She completed a BSc in Physiology and Sports Science at the University of Glasgow (1998) before undertaking a PhD through the same university (completed 2003). She was then appointed as Lecturer at Dundee University before moving to Strathclyde University. Alison currently teaches on the BSc Sport and Physical Activity degree course. She teaches various aspects of physical activity and health and clinical exercise science. Alison's specialist research area is in behaviour change of physical activity and sedentary behaviour with emphasis towards prevention and management of chronic disease. She has particular focus towards diabetes but with past and current funded research in breast and colon cancer, respiratory and cardiovascular disease. Alison has a drive towards implementation of research findings and knowledge exchange within community and clinical practice and has worked with a number of community and clinical groups on related projects and guidelines.



Bethany Kelly

Development Clinical Lead Diabetes Specialist Nurse, Wiltshire Health and Care

Bethany now works across Wiltshire as the Lead Diabetes Specialist Nurse. Bethany has been involved with diabetes care for the last 12 years of her career, working across primary and secondary care. She completed her MSc in Diabetes Practice with Swansea University, gaining a distinction in 2021. Bethany became Co-Chair and Director of the Diabetes Specialist Nursing Forum UK and, as part of this team, received the 'Healthcare Professional of the Year 2018' at the Quality in Care Diabetes Awards. The team were also finalists for the Health Service Journal award for Diabetes Initiative of the Year in 2019. Bethany was part of the multidisciplinary-focused Forum for Injection Technique (FIT) as a board member in October 2018 and went on to publish the 2020 5th Edition international FIT guidelines. She has also worked on multiple national projects with NHS England. Her interests lay in working with younger adults, type 1 diabetes, hypoglycaemia, social media, pregnancy and technology



Dr Alastair Leckie

MBChB DRCOG MRCGP FFOM, Consultant in Occupational Medicine, OHSAS

Alastair is a Consultant in occupational medicine and director of OHSAS, an NHS-based service provider for occupational health. He graduated from Edinburgh University in 1986 and initially trained and worked as a general practitioner. He trained in occupational medicine at the Institute of Occupational Medicine before moving into his current role. Alastair is involved in postgraduate training for GPs, specialist trainees and occupational health colleagues. He is an honorary senior clinical lecturer at the University of Glasgow. He frequently sees people in his clinic with diabetes to advise them and their employer regarding any work issues or work-based assistance that may be required. Alastair is currently President of the Society of Occupational Medicine.



Henrietta Mulnier**RGN MSc PhD RNT, Lead Diabetes Nurse, Royal Surrey County Hospital and Primary Care**

Henrietta Mulnier RGN MSc PhD is a Lecturer in Diabetes Nursing at the Florence Nightingale School of Nursing and Midwifery, King's College London. She also works clinically as an Honorary Diabetes Specialist Nurse at St Thomas' Hospital London. She has been nursing for nearly 30 years; specialising in diabetes since 1995. Having completed a Doctorate in 2008, her current focus is on research to benefit patient care for those with diabetes. Henri has published widely and is a reviewer for several journals. She is a member of the current National Institute for Health and Clinical Excellence Guidance Development Group for type 1 diabetes and is also on the editorial board for Diabetes & Primary Care.

**Dr Mayank Patel****Consultant Physician in Diabetes, University Hospital Southampton NHS Foundation Trust**

Dr Mayank Patel has worked as a Consultant Physician in Diabetes and Acute Medicine at University Hospital Southampton since 2008. Since starting as a Consultant, he has overhauled and developed the trust's adult inpatient diabetes service and worked with commissioners to bring new adult multidisciplinary insulin pump and diabetic foot services to the trust. He co-developed 'DiAppBetes', the smartphone application to help healthcare professionals manage inpatients with diabetes. He also contributes to medical undergraduate and postgraduate diabetes training, as well as regularly delivering diabetes education to patients, public and other healthcare professionals in primary and secondary care.

**Professor Philip Preshaw****Specialist in Periodontics, Visiting Professor, Newcastle University**

Philip Preshaw is Professor of Periodontology and Consultant in Restorative Dentistry at Newcastle University, UK. He received his Dental Degree from the University of Newcastle in 1991 and his PhD in 1997. He is a registered specialist in Periodontics and is a Fellow of the Royal College of Surgeons of Edinburgh. His main research interests are investigations of the pathogenesis of periodontal disease, and links between diabetes and periodontal disease. Professor Preshaw lectures frequently, and has numerous publications in peer-reviewed scientific journals. He has been awarded a UK NIHR National Clinician Scientist Fellowship, a Distinguished Scientist Award from the International Association of Dental Research, and a King James IV Professorship from the Royal College of Surgeons of Edinburgh for his contributions to research.





Research Funding Programme

Each year, we issue calls for applications in respect of our 3-year Clinical, Non-Clinical and Pump Priming awards.

DRWF Fellowships provide the necessary funding to support Early Career Researchers (ECR) which is vitally important to ensure that clinical and scientific talent stays and develops within the diabetes medical research community. ECR's represent a young and diverse research population, and provide a constant flow of talent, new ideas and new skills. Some of them will go on to be the senior diabetes researchers of the future, so with very few funding awards available to this vital community, the DRWF awards are lucrative and well positioned to attract the best and brightest young researchers.

Our Pump Priming stream is a proof-of concept funding channel, which aims to produce translational pilot study data that goes on to leverage higher value, longer term funding from other organisations to take the research conducted to the next level.

The DRWF annual funding round is offered through open competition, and as such, enables funded researchers to access support for both indirect and direct costs of research via the Charity Research Support Fund (CRSF) and NIHR Clinical Research Networks AcoRD agreement.

Institutional and discretionary awards are available when funds allow. Contract funding of key personnel within the DRWF Human Islet Isolation Facility at the Churchill Hospital, Oxford is subject to proposal and reviewed on a multi-year rolling contract basis.

DRWF is a member of the Association of Medical Research Charities (AMRC), a membership body representing the leading medical and health research charities who deliver high-quality research that saves and improves lives. Working with member charities and partners, AMRC aims to support voluntary sector effectiveness and advance medical research by developing best practice, providing information and guidance, improving public dialogue about research and science, and influencing government.

As a member, we subscribe to AMRC's criteria for the use of peer review for allocating funding and support AMRC position statements on the payment of indirect costs in universities and the use of animals in medical research which seeks to replace, refine and reduce the use of animals (3Rs) in research.

We operate a rigorous peer review process by which our Research Advisory Board (RAB), clinical and scientific experts in the field of diabetes and related health, assess applications and reports to ensure that only the highest quality and most effective research, carried out using good or best practice methodologies, receives DRWF funding.



Claire Levy – Living with T2 Diabetes

“Funding research into new treatments and new technologies has transformed the lives of people living with all forms of diabetes, including myself as someone with Type 2 Diabetes. DRWF has funded some amazing research over the last 24 years, made possible by the very generous donations of our supporters, which has really advanced our knowledge of the different types of diabetes and how to manage and treat it. We will only find a cure through research and your gift could make all the difference.”



Research Advisory Board Strategy Day

The charity's Research Advisory Board (RAB) met in early 2023 to review current funding streams and consider whether awards are delivering value for money, for DRWF, the researcher/institution, and perhaps most importantly for the diabetes community. Past and currently funded researchers were invited to present to the RAB from across Fellowship, Pump Priming and Contract Funding streams. The RAB were impressed by the results that have been seen in all strands of funding whether that be Pump Priming funding collecting translational pilot study data which has gone on to prove a new concept and leveraged additional funding for a wider body of work to be undertaken, or career progression which has helped develop and retain expertise in the diabetes research arena, whilst leveraging higher value multi-year funding for further work.

The Strategy Day resulted in a recommendation to the charity's Board of Trustees to uplift Fellowship awards to ensure that they remain attractive and competitive with increasing salaries and consumable costs. This was approved by the Board and will be offered with the next call for applications for Fellowship grants. The discussions and information collected at the Strategy Day enabled the update and publication of the charity's Research Strategy for 2024-26.



Research Advisory Board

Our Research Advisory Board comprises experts in a wide variety of research disciplines to ensure that all applications are assessed knowledgeably and fairly. As a member of the Association of Medical Research Charities, we are committed to maintaining a rigorous peer review process for the assessment of research applications, for which the Advisory Board are responsible. This process, carried out in a fair and transparent way, ensures that only the highest quality research at the best institutions receives DRWF funding. The Board and our review processes operate within the parameters of a Conflict-of-Interest Policy which seeks to minimise the potential for conflicts to affect our decision-making process. People with diabetes are the heart of what we do, and their views are frequently canvassed and steer our wellness educational programme as well as our research funding strategy.

Professor Angela Shore - Vice-Dean Research, University of Exeter Medical School

Professor Angela Shore is the inaugural Vice-Dean Research for the University of Exeter Medical School, and was previously Interim Vice-Dean Research for the Peninsula College of Medicine and Dentistry since 2009. She is the Scientific Director of the NIHR Exeter Clinical Research Facility for Experimental Medicine and Associate Director for Experimental Medicine for the UKCRN diabetes research network.



Professor Shore graduated in Physiology from the University of Newcastle and was awarded her PhD for an investigation of the vascular mechanisms underlying fluid homeostasis in patients with Liver Disease. Following postdoctoral positions at the University of London where she expanded her research into the vascular aspects of hypertension, Professor Shore moved to the Postgraduate Medical School Exeter in 1987 to establish the clinical microvascular research unit funded by the Wellcome Trust.

Currently Professor Shore's work which is funded by the British Heart Foundation, Diabetes UK, European Union IMI JU and NIHR investigates novel approaches to the identification of early vascular complications and patient stratification for cardiovascular risk. She was appointed Professor of Cardiovascular Science in 2000. As the Interim Vice Dean for Research and previously the Director for the Institute of Biomedical and Clinical Science, Professor Shore played a central role in the research success of the Peninsula College of Medicine and Dentistry, driving the research strategy, the appointment of new staff and the development of state of the art facilities. She also led the last three successful RAE submissions. Professor Shore is committed to interdisciplinary research and was instrumental in the establishment of the University of Exeter Science Strategy Theme "Translational Medicine, Personalised Medicine and Public Health" to drive forward this approach. Professor Shore is actively involved in Microcirculation research worldwide. She is Treasurer of the European Society for Microcirculation, and represents Europe on the International Liaison Committee.

Dr Mark Evans, University of Cambridge

Mark Evans is a University Lecturer in the Institute of Metabolic Science and Department of Medicine, University of Cambridge and an Honorary Consultant Physician in Medicine and diabetes at the Addenbrookes teaching hospital in Cambridge (Cambridge University Hospitals NHS FT).

He qualified in Medicine at St Bartholomews Hospital in 1988 and then subsequently worked and trained as a junior doctor at a number of hospitals in London and South East. He completed an MD at University of London and then spent 3 years at Yale University in USA (1999 to 2002) in the laboratory of Professor Robert Sherwin before returning to his current UK post in 2002.

His particular interests are in type 1 diabetes, structured education, devices and technology including insulin pumps, continuous glucose monitors and automated insulin delivery, hypoglycaemia and brain nutrient sensing.

**Professor Peter Jones, King's College London**

Peter Jones is Professor of Endocrine Biology in the Diabetes Research Group at the Guy's campus of King's College London. Peter obtained his PhD at the National Institute for Medical Research (London) studying peptide hormones in the central nervous system.

He started working on β -cell function in diabetes as a postdoctoral fellow at Queen Elizabeth College in 1984. He was awarded an R.D. Lawrence Fellowship by the British Diabetic Association, followed by a Medical Research Council Senior Research Fellowship, after which he took up an academic position as Lecturer in Physiology at King's. He was awarded the British Diabetic Association R.D.

Lawrence Lecture for 1997 and the Diabetes UK Dorothy Hodgkin Lecture for 2015 in recognition of his work on β -cell function. His research interests remain with the β -cell, with current focus on cell-cell interactions within islets of Langerhans, strategies for improving islet transplantation therapy for Type 1 diabetes and novel therapeutic targets for Type 2 diabetes.

**Dr Katharine Owen**

Dr Katharine Owen is an Associate Professor and Consultant Physician at the Oxford Centre for Diabetes, Endocrinology and Metabolism (OCDEM). Her interests are in the areas of investigation of genetic aetiology of diabetes in young adults, identification, characterisation and clinical management of rare kinds of diabetes and building an assessment of aetiology into care pathways for newly-diagnosed young adults with diabetes. She is also involved in clinical trials in OCDEM for newly diagnosed type 1 diabetes through the UK Type 1 diabetes Immunotherapy Consortium.

**Professor Robert Semple, University of Edinburgh**

Professor Semple is a diabetologist and endocrinologist based at the Centre for Cardiovascular Science at the University of Edinburgh. He is a Wellcome Trust Senior Research Fellow in Clinical Science, and Dean of Postgraduate Research at the University of Edinburgh. He trained in Biochemistry and then Medicine in Cambridge, with clinical postgraduate training in London and Cambridge, including a PhD in the laboratory of Prof. Sir Stephen O'Rahilly. Over the past 15 years his clinical and research interests have centred on severely insulin resistant diabetes, lipodystrophy and hypoglycaemia, both genetic and acquired. Key interests are use of such rare human conditions to improve understanding of pandemic "insulin resistance" and the mechanisms linking it to disease, and on translating findings from the research laboratory into clinical benefits for patients. Approaches in his group span clinical trials, experimental medicine, and disease modelling in cells and animals.



Professor Mirela Delibegovic

Professor Mirela Delibegovic is currently the Dean for Industrial Engagement in Research and Knowledge Transfer at the University of Aberdeen and the Director (Diabetes) of the Aberdeen Cardiovascular and Diabetes Centre. She obtained her BSc Honours Pharmacology degree from the University of Edinburgh, in 1999, and PhD in Biochemistry at the University of Dundee, MRC Protein Phosphorylation Unit (MRC PPU), under the supervision of Prof Patricia Cohen in 2003.

She then moved to the States to Harvard Medical School for her postdoctoral research and received the American Heart Association fellowship for her work on protein tyrosine phosphatases in obesity and diabetes. In 2007, she returned to UK on the RCUK tenure-track fellowship at the University of Aberdeen. Prof Delibegovic sits on several national funding committees, including Diabetes UK and the British Heart Foundation and is passionate about career development of staff and students, public engagement in research, academia/industry collaborations and knowledge transfer.

Professor Delibegovic's research for the past 20 years has focused on the causes and consequences of development of diabetes and the complications associated with diabetes. Her laboratory is particularly interested in co-morbidities such as atherosclerosis and cardiovascular disease, diabetic nephropathy and retinopathy, diabetic foot ulcers as well as non-alcoholic fatty liver disease and NASH. In recent years, she has been investigating the molecular link between diabetes and Alzheimer's disease and how these may be affected by different nutritional interventions.



Mr John Casey

Mr John Casey (MB ChB, PhD, FRCS(Glasg), FRCS(Ed), FRCS(Gen Surg), FRCP Edin) is a Consultant Transplant Surgeon at the Royal Infirmary of Edinburgh and Honorary Reader at the University of Edinburgh. He is Director of the Scottish National Islet Transplant Service and Lead Clinician for Organ Transplantation in Scotland.

He is also Chair of the UK Islet Steering Group and Advisor to the Scottish Government on organ transplantation. Mr Casey co-chairs the Scottish Donation and Transplant Group and is Vice Chair of the European Pancreas and Islet Transplant Registry. His research background is in transplant immunology, in particular immune modulation using monoclonal antibodies.

His principal research focus is now on islet transplantation encompassing islet and beta cell regeneration, immune modulation and enhanced engraftment of human islets using both co cellular transplantation and encapsulation techniques. He has a close collaboration with the bioengineering department at Strathclyde University into bioprinting/encapsulation and imaging of human islets and also bioprinting of other cell types in particular hepatocytes and cholangiocytes (in collaboration with the Department of Surgery at Cambridge University and the Sanger Institute). In addition to abdominal organ transplantation, he has a clinical interest in advanced laparoscopic surgery.



Dr Kash Patel

Kash Patel is a Wellcome Trust Career Development Fellow and Consultant Physician in Diabetes and Endocrinology. His main area of research includes understanding the genetics of diabetes with a focus on Monogenic and Type 1 diabetes.

His research uses next-generation sequencing technology and large data sets to improve diagnosis and understanding of monogenic diabetes in humans. He was a Wellcome Trust PhD Research Fellow in prestigious MRC Protein Phosphorylation Unit in Dundee where he was awarded his PhD studying the glucose metabolism in the liver. After his PhD, he obtained Wellcome Trust Postdoctoral Fellowship to study monogenic diabetes in Exeter with Professor Andrew Hattersley and Professor Sian Ellard.



Victoria Salem

Victoria is a Senior Clinical Lecturer in Bioengineering at Imperial College London and Honorary Consultant in Diabetes, Endocrinology and General Internal Medicine. Her research interests are in neuroendocrinology and the gut brain axis as applied to the treatment of obesity and Type 2 Diabetes. She was the recipient of the first Diabetes UK Harry Keen fellowship.

Her lab has established longitudinal imaging of pancreatic islets, which has led to ground breaking insights into the coordinated behaviour of the islet as a functional unit. She has also studied the physiological effects of combination gut hormones and bariatric surgery on food reward processing (fMRI), glucose metabolism and energy expenditure in humans.

She has developed novel imaging techniques to investigate brown adipose tissue physiology and is working on complex vagal deafferentation models to investigate gut-brain signalling, with a view to discovering novel drug targets for obesity and diabetes. She is committed to making clinical academia more inclusive and has won the Julia Higgins award for her "powerful advocacy for female academic staff, and her formal and informal mentorship of junior academics."

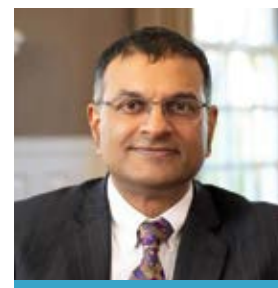


Professor Ketan Dhatariya

Professor Ketan Dhatariya graduated from the University of London in 1991 and did his diabetes and endocrinology training in and around London. For 2 years during his training he was also a part time General Practitioner in the evenings. He took some time out of his training to spend a year doing intensive care medicine and anaesthetics. After he finished his diabetes training in 2001 he went to do a 2 year research fellowship in endocrinology at Mayo Clinic in Minnesota, USA. He was appointed as a consultant in diabetes, endocrinology and general medicine at the Norfolk & Norwich University Hospital in 2004, and Honorary Professor of Medicine at the University of East Anglia in 2019.

He is a full time NHS clinician and his predominant areas of interest are inpatient diabetes – in particular peri-operative diabetes care, the management of diabetes related emergencies, and the 'diabetic foot'. He leads one of the largest foot clinics in the East of England. He has several national roles in the UK. He is currently the Chair of the Joint British Diabetes Societies Inpatient Care Group where he has led or co-authored several national guidelines on the management of various aspects of inpatient diabetes care including the guideline on peri-operative diabetes care. He is the Chair of the Examining Board for the UK Specialist Clinical Exam in Diabetes and Endocrinology, as well as Chair of the newly developed European Board Examination in Endocrinology, Diabetes and Metabolism. He is the President of the Diabetes and Endocrine section of the Royal Society of Medicine. He is the Section Co-editor for diabetes for www.endotext.org. He is an Associate Editor of *Diabetic Medicine* and *BMJ Open Diabetes Research & Care*.

Dr Dhatariya has over 150 peer reviewed publications, and has published over a dozen book chapters on inpatient diabetes, peri-operative diabetes care or on the diabetic foot.



Susan Ozanne

Susan Ozanne is Professor of Developmental Endocrinology at the University of Cambridge Institute of Metabolic Science Metabolic Research Laboratories and the MRC Metabolic Diseases Unit. She obtained a first class honours degree in Biochemistry from the University of Edinburgh, in 1990. She then obtained her PhD from the University of Cambridge in 1994. Prior to her current appointment she was a British Heart Foundation Senior Fellow. Previously she also held a Diabetes UK RD Lawrence Fellowship and a Wellcome Trust Career Development Fellowship. Her research interests are focused on understanding the mechanistic basis of the relationship between suboptimal early nutrition and later risk of diseases such as type 2 diabetes, obesity and cardiovascular disease. Professor Ozanne is the author of over 250 papers on the early origins of health and disease and is an elected member of the council of the Society for the Developmental Origins of Health and Disease.

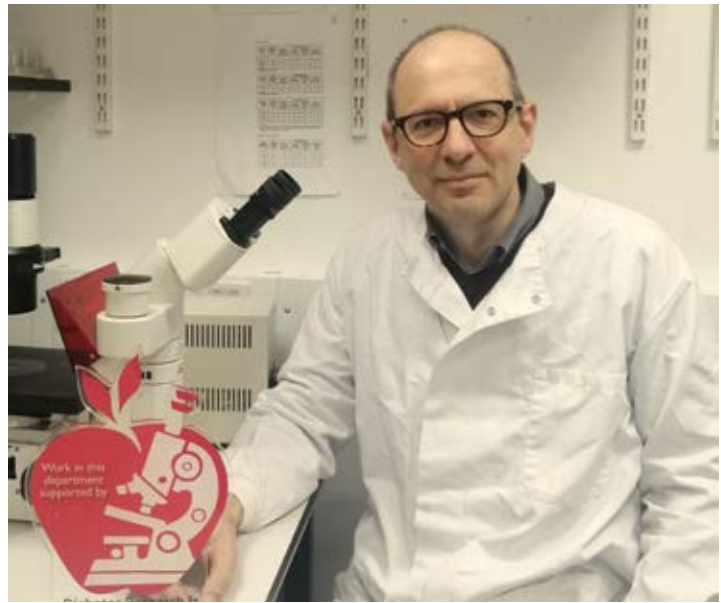


Pump Priming Awards

6 Pump Priming awards were made for commencement in 2024 totalling £119,982



Dr Adaikala Antonysunil



Dr Lazaros Foukas



Dr Steven Millership



Mr James Russ-Silby



Dr Elizabeth Haythorne



Dr Kleopatra Alexiadou

Impact report from the Director of the DRWF Islet Isolation Facility Churchill Hospital Oxford by Professor Paul Johnson



2023 saw pancreas donor rates in the UK return to similar numbers to pre-COVID levels, and many of the COVID- precautions being relaxed. As observed in many scientific institutions currently, retention of junior staff was a challenge, but we were fortunate to maintain an enthusiastic and able workforce for our clinical isolation and research programmes. In December 2023, we were delighted to appoint Ahmad Kobiita as our new Deputy-Facility Manager. Ahmad came to us from Zurich, where he gained considerable experience as a post-doctoral scientist in islet biology. This report provides a summary of our islet allo-transplant, islet auto-transplant, and islets-for-research programmes, as well as providing an update of our involvement with the Vertex Stem-Cell derived islet transplant trials.

Islet Allo-transplantation: Our allo-isolation programme had a successful year overall. Between January 2023 and December 2023, the DRWF Islet Isolation Facility performed 19 clinical islet isolations for allogenic use, 10 of which met the UK agreed release criteria for transplantation. This is a conversion rate of 53% (international average conversion is about 30%). During 2023, we established a new satellite beta-cell replacement clinic in Leicester which has been productive for islet referrals. This covers the East Midlands catchment area and complements our long-established clinic in Birmingham which covers the West Midlands. We are looking to establish a similar satellite arrangement at the Royal Free in London. We continued to promote strongly the importance of an individual patient-tailored approach to beta-cell replacement, offering an integrated clinical service comprising state-of-the art insulin technology, whole pancreas transplantation, and islet transplantation. This enables every patient to be offered the very best treatment available for them.

Islet Auto-transplantation: Our NHS-commissioned total pancreatectomy with islet auto-transplantation (TPIAT) programme for chronic pancreatitis is well established now and we have achieved excellent outcomes. Indeed, we presented our optimised TPIAT islet isolation protocol at the International Pancreas and Islet Transplant Association (IPITA) Congress in San Diego in October 2023. We aim to undertake one TPIAT per month. In 2023, the DRWF Islet Isolation Facility performed 4 clinical islet isolations for autologous use. All 4 of these islet preparations were transplanted. We are now in the process of applying for NHS-commissioning for TPIAT in children, something that our expertise in Oxford makes us well placed to provide for the UK.

Research Islet Provision: The DRWF Isolation Facility in Oxford continues to be the UK Islet Resource Centre providing human islets for research to a network of type 1 and type 2 diabetes researchers. In 2023, our team distributed 2.2 million islet equivalents (IEQ - the international standardised way of counting islets) from 11 islet preparations. The 'Increasing the Number of Organs Available for Research' (INOAR) initiative is now established, enabling donor organs from donors with diabetes to be retrieved routinely from across the UK for research purposes. The Oxford DRWF Islet Isolation team continues to lead the 'Islet Platform' for the related Quality in Organ Donation (QUOD) with responsibility for isolating and distributing islets for research from these rare pancreases. During the year, the team has had a substantial number of research outputs, including 6 presentations at the 2023 IPITA Congress.

Vertex Stem-Cell Derived Islet Trials: In September 2023, Oxford was opened as the first site in the UK (and one of only a handful in Europe) for the Vertex 880 and Vertex 264 stem-cell derived islet transplant trials. The initial international data for these trials is encouraging, and this technology could be a game-changer for people with type 1 diabetes. The key role that the Oxford DRWF Isolation Facility team are playing in these and other 'state of the art' studies, demonstrates that we remain at the leading edge of the islet isolation and islet transplantation fields internationally.

Islet Cell Research & Transplant DRWF Human Islet Isolation Facility, Churchill Hospital, Oxford

DRWF has made a considerable contribution to the funding of islet cell research and transplant in the UK and around the world. The DRWF Human Islet Isolation Facility at Churchill Hospital, Oxford plays a pivotal role in providing islets for research and transplant as part of a national treatment programme, the clinical element of which is funded by the NHS. Three personnel are funded within the facility (around 30% of facility staff):

· Lab Manager · Deputy Facility Manager (post doc researcher) · Islet Transplant Administrator

These posts are funded for between 3-5 years, giving continuity and stability to the individual post holders and wider facility/ teams. This is vitally important to ensure sustainability of expertise within the research group, given that this facility works on rotation to isolate islet cells for human transplant, as well as supply islets for research across the UK and Europe.



Our Community Fundraising Activities

'Dance for Diabetes' takes Portsmouth by storm once more with 2,839 children dancing for a cure!

**£16,685
RAISED**

Dance for Diabetes returned for its second year as the relationship between DRWF, Hampshire based afterschool provider 'Funkidz Dance' and schools across Hampshire continued to strengthen.

On Friday 26th May 2023, ten schools consisting of 2,839 participating children took part in DRWF's annual danceathon fundraiser prior to Easter Half Term. The children spent around 15 minutes per week (for 5 weeks) learning the choreographed dance to a popular song during school hours.

The event's fundraising model is split between DRWF and participating schools with the mantra 'fundraise to support people living with diabetes as well as benefitting your school financially'. This has been the foundation to many successful partnerships in an extremely crowded market and is well received by schools, teachers and parents alike.

The event was a ground shaking success, raising £16,685; of which DRWF collected 60% (£10,011). The remaining 40% (£6,674) was shared between the participating schools. 627 children submitted fundraising monies throughout the event, representing 22% and an average donation of £26.61 per fundraising child.

'Dance for Diabetes 2024' will host a performance week in 2024, giving participating schools, more flexibility around their academic timetable. The date has been confirmed as Monday 20th – Friday 24th May 2024. More information can be found at www.drwf.org.uk/news-and-events/events.



Our work simply couldn't happen without our amazing fundraisers, who raise the funds that help us support people living with diabetes, and fund vital research into new treatments and ultimately a cure.

Big Give Christmas Challenge target met

Many thanks to all who supported this campaign – with match funding your donations were doubled to support diabetes research. DRWF successfully met our target to raise £20,000 to fund a Pump Priming Research Grant in the recent Big Give Christmas Challenge.

From 28th November to 5th December 2023 every £1 donated during this period was match funded by our pledge supporters and Champion philanthropist The Reed Foundation as part of the Big Give Challenge. The campaign raised £21,773.75 (including Gift Aid donations), more than the £16,000 target set, and boosted by match funding from pledge supporters.

A Pump Priming Research Grant helps fund diabetes research projects in the early stages of development, in order to lead to further research or contribute towards early-stage clinical trials. DRWF hopes to continue to fund diabetes research in the UK in order to understand the causes, complications, prevention, management and treatment of the condition, in addition to provide the support programmes that ensure people with diabetes are “staying well until a cure is found...”



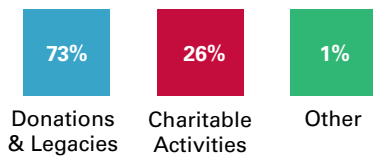
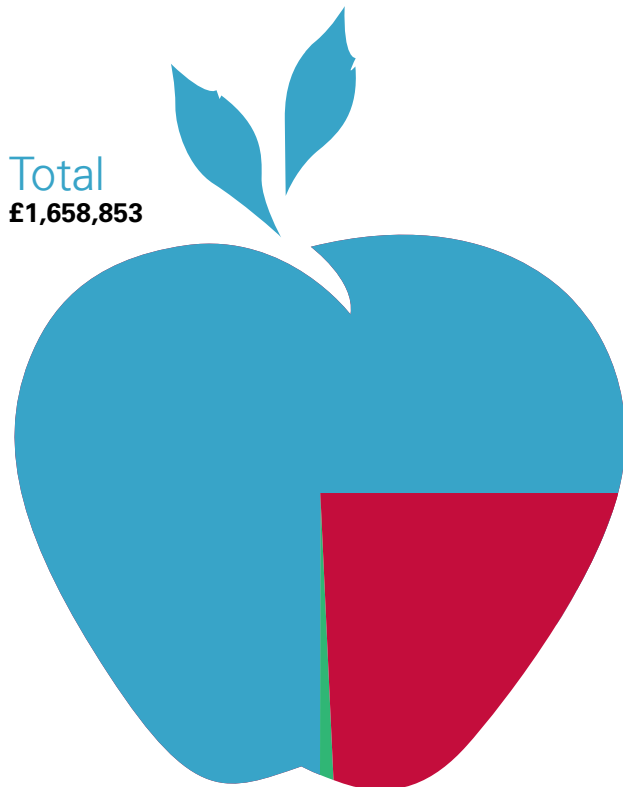
An example of how a Pump Priming grant informed further research to ultimately benefit people with diabetes: Dr Kashyap Patel, DRWF Pump Priming award recipient 2018, developed a revised method of diagnosing type 1 diabetes to prevent misdiagnosis.

This has now been adopted by the National Institute for Health and Care Excellence (NICE). DRWF aims to benefit people like Claire Levy, who said: “Funding Research into new treatments and new technologies has transformed the lives of people living with all forms of diabetes, including myself as someone with type 2 diabetes.” We would like to thank our donation doubling pledgers: The Reed Group, AgaMatrix, Hicom, Saturn, Holbrooks and GlucoRx.

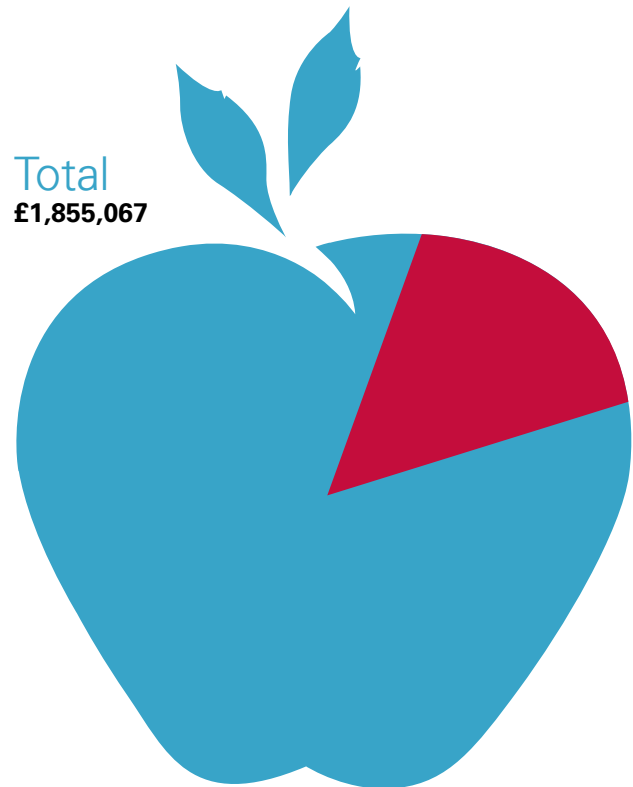
Income Expenditure Profile 2023

The information presented here is not the full statutory accounts but a summary of the information which appears in the full accounts for financial year ending 2023. This summary information may not contain sufficient information to allow for a full understanding of the financial affairs of the Diabetes Research & Wellness Foundation (DRWF). The full statutory accounts can be supplied on request or accessed via the Charity Commission website by entering the charity registration number 1070607 in the 'find a charity' search box.

Income



Expenditure



80p in every £1 spent on delivering our charitable objectives of raising awareness, delivering information and educational support programmes, as well as funding the research that we believe will make a difference to the lives of people living with diabetes. 'staying well until a cure is found...'

Celebrating 25 years

2023 marked 25 years of DRWF, a time to reflect, rethink, and redouble our efforts to ensure that people with diabetes are 'staying well until a cure is found...' Thanks to our supporters, we have helped fund vital research projects at the very best research institutions in the UK and around the world.

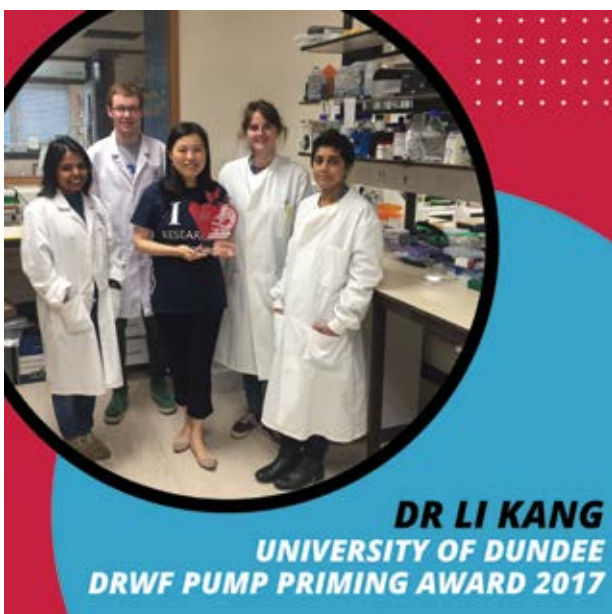




DR DANIJELA TATOVIC
CARDIFF UNIVERSITY
DRWF PUMP PRIMING AWARD 2018



CLAIRE LEVY
PERSON WITH T2 DIABETES



DR LI KANG
UNIVERSITY OF DUNDEE
DRWF PUMP PRIMING AWARD 2017







Your support makes all the difference

YOUR GENEROSITY HELPS OUR DREAMS BECOME A REALITY!

Alarming, diabetes continues to grow in pandemic proportions around the world and with more than 5 million people now living with diabetes in the UK, our work is increasingly important.

Did you know that individual donations and legacies make up much of our income?

Your gifts enable us to fund vital awareness campaigns, and educational programmes that support self-management of diabetes, whilst the research we fund seeks to improve understanding, treatment, management and cure of diabetes.

Contact us and get involved

YOU can do any one of these things and so much more to support our work. We are investing in a brighter future for people with diabetes, WILL YOU

Visit our website and see how you can GET INVOLVED
<https://www.drwf.org.uk/get-involved/>

Email enquiries@drwf.org.uk to request further information
OR Call us on 023 9263 7808

Will you make a difference? You could -



Become a volunteer supporting the delivery of our campaigns and Wellness educational events – we are a small team and volunteer help is vital to ensure we can deliver our award-winning activities across the country.



Make a regular donation by direct debit to support all our work by becoming a Partner for the Cure – regular giving means that we can plan effectively for future activities and more of your donation goes straight to the cause!



Play our lottery. This is a great way to support our work whilst having the opportunity to win a cash prize – you can sign up to play online by monthly direct debit.



You can take part in numerous thrilling events throughout the year, across the country, putting the FUN into fundraising! This is a great way to get actively involved in supporting the charity, creating awareness and funds to support the cause.



Leaving a gift in your Will, is a powerful and easy way of supporting our work and leaving a legacy for future generations. A significant percentage of our income each year comes through legacy bequests. It's surprisingly simple to set up and supports our commitment to multi-year research projects that might just generate the next big breakthrough.

2023 Charitable Trusts and Grants Received

We are very grateful to the charitable trusts and foundations who have so generously invested in the DRWF, facilitating the expansion and continued development of our education and research programmes.

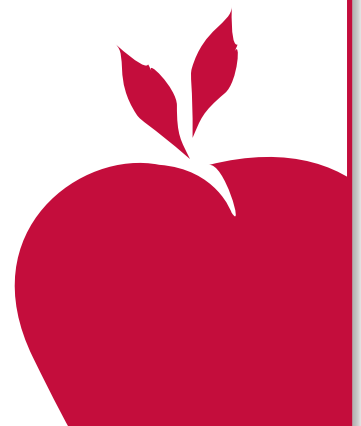
- **Shyama Shyam Trust**
- **The Wiseman Foundation**
- **Tonge Family Trust**
- **Jake Memorial Charitable Trust**



Legacy notifications received in 2023

Leaving a gift in your Will, is to leave a gift of hope for future generations. Legacies are vital to every charity as they provide the bedrock financial support that we rely upon to look ahead and progress effectively. A legacy bequest to DRWF enables us to continue supporting world-class research whilst the educational programmes that we provide ensure that people with diabetes are 'staying well until a cure is found...' A legacy to DRWF is an investment in a brighter future for people with diabetes. In 2023 we received legacies from the following estates:

- | | | |
|---------------------------|------------------------|-----------------------|
| • David Arthur Hall | • Lesley Small | • Klas Sture Lindgren |
| • Doris De La Mere | • Dorothy Cairns | • Celia Bower |
| • Jocelyn Dudley Ross | • Ruth Evett | • Lois Oldfield |
| • Jean Gray | • Miss P. M. Edwards | • Maurice Hall |
| • Ursula Skinner | • John Farrell | • Edward Brake |
| • Edwin Micallef | • Ian Anderson | • Hilary Midgeley |
| • Edward Sellars | • Geoffrey Skellington | |
| • Jacqueline Hedley-Tuffs | • Joyce Appleton | |
| • Pamela Hayes | • Rita Jones | |
| • Isobel Prentice | • Eleanor Rushby | |
| • Valerie Dimond | • Joan Wyatt | |



Giving in memory of a loved one

In memory giving is a special way of remembering a loved one, and the causes that were important to them. We are honoured to be nominated to benefit from donations after a person passes away. Donations given in memory are a positive way of celebrating life which helps us to continue funding the research and educational programmes that improve quality of life for people with diabetes. In partnership with 'Much Loved', the memorial tribute charity, you can set up a tribute page in memory of a loved one which can be shared with family and friends – www.drwf.org.uk/get-involved/giving-in-memory.

much  loved

In 2023, we received gifts in memory of the following –

Edward Avis

Veronica Bayley

Peter Beeton

John Joseph Belle-Isle

Donald Brassett

Gwendoline Broughton

D Cargil

Pam Carnell

Brian Carson

Raj Kumari Chadda

John Cooper

John Crofts

Margaret Cuddy

Joanna Dakos

Justin D'Amico

Irene Dendle

Jenny Dexter

Margaret Duffy

Anthony Ferro

Brian Ford

Lindy Gardyne

Phyllis Godfrey

Sylvia Goulding

Barry Handley

Michael Hansford

Margaret Hassall

Jeffrey Hester

David Hough

Robert Howard

Terry Illingworth

Alan Johnson

Alan Jones

Peter Jones

David Jones

Eustace Kirchen

Emmanuel Kolade

Peter Lamming

Phyllis Lillie

David Llewellyn

Alan MacDonald

M S Mahil

Roy Mears

Hetty Meer

John Mitchell

Lynwood Newman

Keith Nicholl

Dennis Parker

Roy Peat

Colin Ralph

Mikey Reed

Mr Rees

Robert Reiss

Stanley Sheffrin

Michael Slater

Phil Stone

Graham Tranter

Vera Turley

Michael Weeks

Harry Wells

A Welsh

Rosemary Whinney

Joyce Wilkinson

Leigh



Our work is made possible only through our supporters' commitment and generosity, for which we say a heartfelt **THANK YOU!**

Our focus in 2024 and beyond

Our focus for 2024 is very much on ensuring that we have the necessary funds to build a resilient and sustainable organisation that can meet the ongoing, and ever-changing, needs of our beneficiaries.

Whilst we recognise that the charity sector is a challenging space, with ongoing impact from the cost-of-living crisis and recession, things do appear to be improving a little and this gives us hope.

We are intent on reversing the negative impact that both the pandemic and the economic climate have had on our ability to diversify and develop our fundraising portfolio and deliver Wellness programmes that meet the needs of the diabetes community and the healthcare professionals that look after them.

To do this effectively, we plan to –

- Review current operations, processes and procedures to ensure that we are maximising opportunity to create sustainable income streams and beneficiary services.
- Develop our Wellness Programme activities to ensure that they meet need and deliver impactful outcomes whilst maximising opportunity for DRWF to engage in partnerships that deliver revenue and benefit for all parties.
- Continue to identify ways in which to create cost-efficiencies and effect organisational change within the charity to make for an organisation that can navigate the ongoing challenges and is robust and fit for the future.

BECAUSE OF YOU...



THANK YOU FOR SUPPORTING DRWF

Our aims are threefold

- Raise awareness of the different types of diabetes, their risks and symptoms.
- Provide the information and practical tools to support a robust self-care approach to diabetes management.
- Fund the diabetes research that we believe will improve our understanding; develop new management strategies; develop new treatments and ultimately, find a cure.

Diabetes, whatever the type, is a complex long-term condition but from diagnosis, with the right treatment and support, it can be managed effectively.

Our programmes are designed to ...
inform, inspire, empower and support.

Don't let diabetes prevent you from living a full and healthy life.
Don't let diabetes control you!

We fund some of the best and brightest diabetes researchers in the UK and around the world. We award Clinical and Non-Clinical Fellowships; fund Pump Priming (proof of concept) projects; and contribute to long-standing programmes through institutional and contract funding. We are members of the Association of Medical Research Charities (AMRC) and operate a robust peer review process on all applications for funding, so that you can be assured we are spending donations wisely and funding the work most likely to deliver positive results.

Together, we are investing in a brighter future for people with diabetes and ensuring that those living with diabetes are *'staying well until a cure is found...'*

THANK YOU

*To find out more about our work, to join our
Diabetes Wellness Network, or to donate*

www.drwf.org.uk



Diabetes Research & Wellness Foundation (DRWF)
Building 1000 Langstone Park
Havant PO9 1SA
Hampshire

Registered Charity in England & Wales, Registration no: 1070607
Company Limited by Guarantee, Company no: 03496304
Statistics/Figures correct at FYE 2023



**Diabetes Research &
Wellness Foundation**