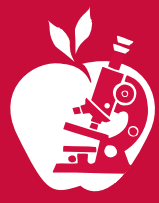


ANNUAL REVIEW 2022



Diabetes Research & Wellness Foundation

# Staying well until a cure is found

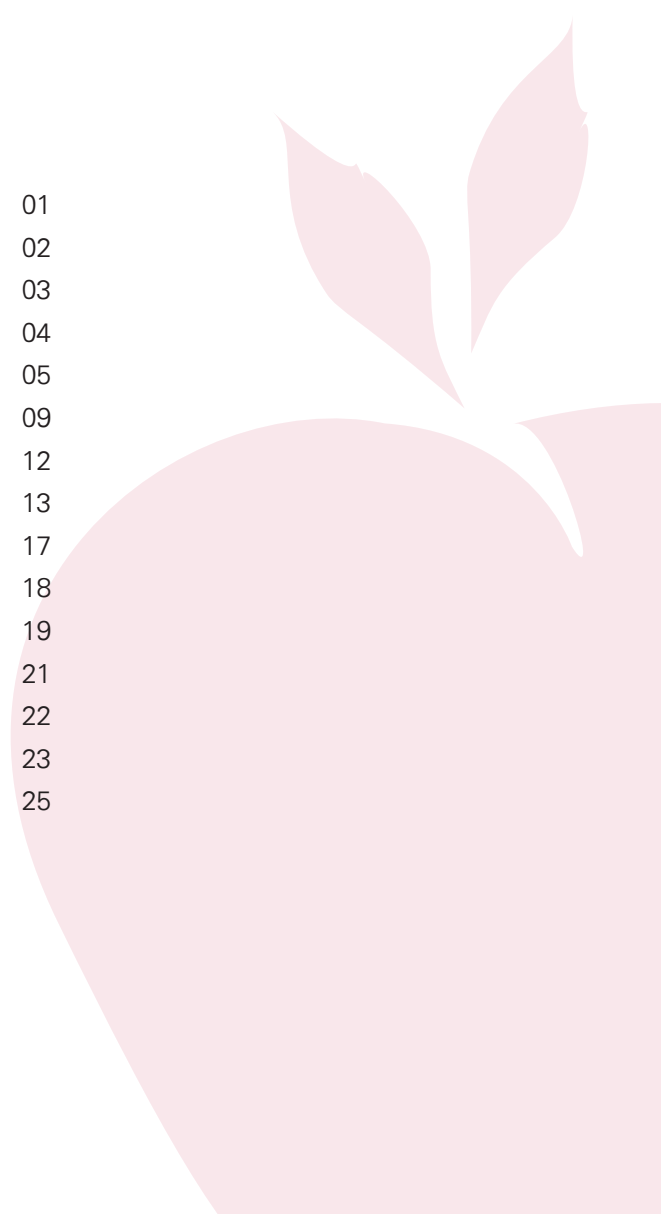




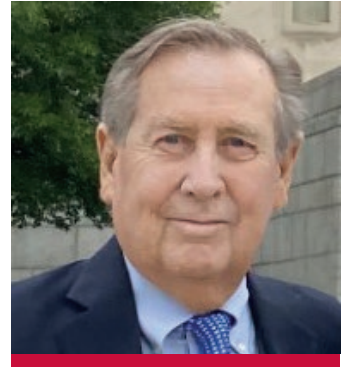
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# Message from the DRWF Co-Founder and Chairman



After two very challenging years, we were keen to resume our community activities, with the year seeing the return of our residential T1 Family Camp, the first since 2019, as well as continuing our virtual Camp in the Cloud. We were able to run three Diabetes Wellness Days in the South, Midlands, and Northeast, and whilst all these activities were well-attended, there was still an understandable nervousness about coming together after a prolonged period of isolation.

There is no doubt that the whole nation has been affected by the pandemic, but it was arguably a more challenging time for people living with diabetes and other long-term conditions. It was wonderful to be able to reconnect and renew our support in person, to see familiar faces and meet new friends from across the diabetes community, sharing stories of hope and determination.

Whilst we started the year with a renewed energy, it was clear that there would be ongoing challenges. Our hearts went out to the people of Ukraine as war was declared in March, and we were pleased to be able to join forces with local groups by making a modest contribution of warm clothing, diabetes awareness items and hypo treatments.

As inflation soared and the cost of living rose rapidly, it was clear that we would have to remain adaptable and flexible in our beneficiary programmes. In times of financial uncertainty and pressure, it is often people living with health challenges who are impacted the most, so we were keen to ensure that we continued to meet the most important needs. The fundraising landscape remains very challenging and whilst we endeavour to navigate these pressures, we continue to focus on diversifying our income streams to ensure that we are robust and fit for purpose and continue to make a difference to the everyday lives of people with diabetes.

Relying almost entirely on voluntary and fundraised income, none of our work would be possible without our amazing donors and supporters who make us what we are. We are truly grateful to every individual who has contributed to the continued success of the charity, helping us to ensure that people with diabetes are **'Staying well until a cure is found...'**

Finally, as we approach our 25th anniversary year, we must thank our staff, advisory board members and volunteers. It is because of the hard work, commitment, and tenacity that we have been able to help more people than ever before.

**Mike Gretschel**  
Co-Founder and Chairman

# Trustees

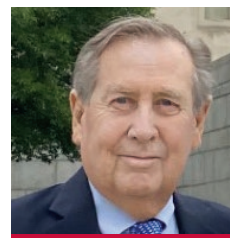
DRWF was born from a very personal connection with type 1 diabetes. Having two children diagnosed with the condition made for a commitment and dedication to the cause from Mike Gretschel and his business partner, John Alahouzos, that has never wavered and remains true to its original desire - to find a cure for diabetes.

The DRWF group was established in 1993 in the US and, in 1998, DRWF was incorporated and registered as a charity in the UK. Over the last 24 years we have become a recognised provider of awareness, educational support programmes and leading funder of diabetes research. The DRWF Board of Trustees are an engaged and committed group of individuals who bring a significant level of expertise to the governance of the charity in the fields of law, business strategy & management, international fundraising, healthcare and diabetes research.

## Michael Gretschel

### Co-Founder Chairman of the Board

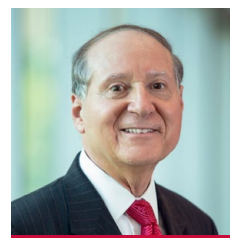
Volunteer fundraiser for diabetes research for over 30 years. Mike has a close connection with diabetes, with two children and a grandchild with type 1. In 1993, Mike – along with others – founded the Diabetes Research & Wellness Foundation (DRWF). Since then, the DRWF International Network of charities has grown to include the DRWF in the UK; L' Association pour la Recherche sur le Diabète (ARD) in France; Diabetes Wellness Network Sverige (DWNS) in Sweden, and Diabetes Wellness Suomi in Finland, and Diabetes Wellness Norge in Norway. All groups work autonomously, but with the same objective, and work collaboratively on international awareness and research funding campaigns. Collectively, the groups have committed more than £55 million in awareness, education and research funding since inception.



## John Alahouzos

### Co-Founder Volunteer fundraiser for diabetes research since 1978

John Alahouzos is a marketing executive by profession and a volunteer for 'The Diabetes Cure' by choice. For over 40 years he has worked alongside his friend Mike Gretschel to raise funds and awareness for the need to cure diabetes. After many years of volunteer fundraising for the Juvenile Diabetes Research Fund in the US, John, Mike and their wives founded the DRWF in 1993. John is the Chairman of the Board of Trustees of the DRWF in the US and serves as a trustee on the board of the DRWF in the UK, as well as their affiliates in France, Sweden, Finland and Norway.



## Jeffrey Harab

### Bachelor of Arts, Juris Doctor, Attorney-at-Law, 1979

Jeff has been a member of the Board of Trustees of the DRWF since 2001. He is also a board member of the L' Association pour la Recherche sur le Diabète (ARD) and is an alternate board member for Insamlingsstiftelsen DWNS. Each of these groups, along with DRWF in the UK, form part of the International Diabetes Wellness Network, and collaborate on global diabetes awareness campaigns, educational programmes and research funding initiatives. (Retired from Board April 2023).



## Valerie Hussey

### Retired Nurse, Musgrove Park Hospital, Taunton

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



## Dr Shivani Misra

### Consultant in Diabetes and Metabolic Medicine at Imperial College Healthcare NHS Trust and a diabetes researcher in 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 types of diabetes in different ethnic groups and received the Sutherland-Earl Clinical Research Fellowship from DRWF to fund this. 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.



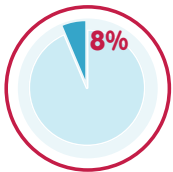
# Diabetes - The scale of the problem



**5+ million people**  
in the UK with diabetes



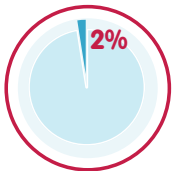
**Approx 1 in 14**  
people living with diabetes



**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...**

# The objects of the charity are:

- 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



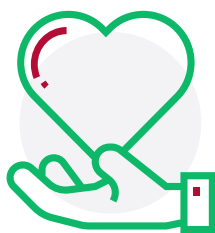
## The focus of our work

Having had two years of very little community interaction over 2020/21 due to the pandemic, it was heartening in the early part of 2022 to see an initial surge of interest in returning to in-person events and activities. This was somewhat short-lived however, due to the increasing cost of living with rapidly rising inflation and soaring energy prices, as well as a groundswell of support in response to the Ukraine war.



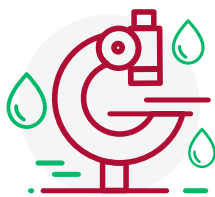
Whilst our initial focus was understandably on stabilising our financial position having come through what has been described as 'the perfect storm', it has been uppermost in our minds that financial uncertainty, rising costs, loss of jobs and increasing poverty all have a significant effect on both physical and mental health. Even more so when living with a chronic long-term condition, such as diabetes.

We saw numerous news articles and reports during the year about the significant increase in numbers of people needing to use food banks, with an upward trajectory of people not being able to access healthy or nutritious foods.



Healthy eating is important for everyone but especially so for people living with diabetes as it is central to maintaining blood glucose control in order to reduce the risk of complications, some of which can be debilitating, life limiting and life threatening.

Deprivation is associated with higher levels of obesity and physical inactivity which can negatively impact on all aspects of health and increase the risk of Type 2 diabetes. Financial uncertainty also increases social isolation and causes significant stress which can lead to depression. All of which can impact on blood glucose levels; diabetes management and ultimately lead to poorer health outcomes.



Our priority in 2022 was to remain visible and accessible to everyone affected by diabetes that needed our help. Supported self-management of diabetes is central to reducing the risks associated with complications and therefore our aim was to do more to understand need and provide information and educational support programmes that provide the practical tools to support and encourage a pro-active approach to good self-care. We consider that those with the greatest knowledge of their condition will have a better understanding of the disease and will be better equipped to have an impact on the progression of their diabetes and any associated complications. Our Diabetes Wellness activities, both in the community and virtual, provide a great platform for meeting people sharing similar health concerns, making new friends, and building peer support networks, all of which serve to reduce isolation and enhance both the physical and psychosocial management of diabetes. A much-needed resource in these difficult times, whilst the research we fund continues to improve our understanding of diabetes, it's treatment, management, and cure **#StayingWellUntilaCureIsFound...**



# Awareness, information and support

## Information Reach

Our direct mail programme played a key part in our communications strategy during 2022, enabling us to stay connected with key audiences who do not routinely engage with online channels. We distributed 442,040 campaign packs in 2022 an increase of around 13% on the previous year. The health information contained within each campaign is 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. Whilst maintaining relationships with existing supporters of our appeals, we also reached out to higher volumes of prospective beneficiaries and supporters of the charity during 2022. We had an average campaign response rate of 7.3% across 4 streams resulting in over 32,170 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. These campaigns also act as a stewardship tool, helping us to stay connected with long-standing supporters of the charity.

## Health Unlocked Forum

The DRWF Diabetes forum within Health Unlocked provides a 'safe space' for people with diabetes to share their experiences, gain support and make a difference to others too. In 2022, the volume of members increased by 33, meaning that all time membership increased by 6.5% to 6,042 in the year. The volume of 'active' contributors declined slightly from 2021 by 9%, at 422, with people spending an average time of 04.26 minutes on the forum. This had increased in the year by almost 14%. Our forum enables people to access online resources and tools, as well as the support of others experiencing similar health issues, all of which has been shown to improve health outcomes.

## Website

We launched a new website in 2022 and expected that there would be a lull in traffic/engagement for a period of time, however this did not begin to rise again when expected. There are multiple reasons for this. Firstly, a Google algorithm update at the end of 2021 made DRWF drop down the search rankings a little. This was closely followed by a more major update to the Google search algorithms at the exact time that we launched the new site. These two things happening simultaneously has proven challenging to our SEO, also affecting our AdWords campaigns. Therefore, website page views were down 24.5% over 2021 at 314,760 and the total number of unique users was down 32.29% at 182,410. A lot of work has gone into improving our SEO and in getting AdWords working more effectively, and traffic is increasing again but it is a gradual increase which is somewhat due to the resources available to us at this time. These are disappointing figures for 2022 having seen a significant upward trajectory in 2020, with a natural decline in 2021 following the spike of online activity due to the pandemic, and plan to rectify this situation in 2023.

## Living with Diabetes Podcast & Videos

We continued to produce our Living with Diabetes podcasts in 2022 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 2,659 views/listens. We aim to develop these channels during 2023.

## Social Media Channels

In 2022 we continued our efforts to raise awareness of our activities and services to more people through social media campaigns with most engagement being seen through our Facebook page. Our sponsored Facebook content reached over 2.4 million people, up 45% over 2021, and had 7,780,382 impressions. This increase was achieved with an identical budget in 2022 and 2021. Our Tweets received 209,900 impressions and our Instagram page reached 91,403 people, up 48% over 2021.

## Diabetes Wellness News

We distributed 103,471 copies of our newsletter, Diabetes Wellness News, to subscribers, healthcare professionals and regular givers. This is a 10% decrease in the circulation numbers of 2021. Much of this reduction is related to deceased notifications received from subscribers in the year due to the demographic of this channel of support. The newsletter is distributed to annual subscribers and on a complimentary basis to healthcare providers who share the information with their patient communities. On a quarterly basis the circulation is boosted as we focus on the research element of our work and send a copy to our regular givers. It is difficult to accurately predict the true readership of the newsletter but through anecdotal evidence, it is much wider than those who have specifically requested to receive it and is seen as a stewardship tool to maintain engagement with a variety of different supporter and beneficiary audiences. We intend to change the frequency from monthly to quarterly distribution in 2023 as we work towards meeting the needs of existing supporters of this resource, as well as take DWN online.

# Quality in Care Diabetes – award winning Diabetes Wellness events



Diabetes structured education aims to provide people with diabetes with the knowledge and confidence to self-manage a long-term condition effectively. The offer of structured education across the country has improved over more recent years. However, the rates of attendance are still very low and vary widely.

For the past 23 years, we have provided an annual programme of Diabetes Wellness events. We work with diabetes, and related healthcare professionals to facilitate workshops that provide relevant, up-to-date, evidence-based information covering all aspects of diabetes and related health. Delegates choose the sessions and talks that they attend meaning that they create their own agenda for the day, improving engagement and supporting better outcomes. These events bring together a wealth of information, expertise, and peer support under one roof, with the aim of inspiring and empowering people with diabetes in their self-care.

Our Diabetes Wellness Days were acknowledged by the Quality in Care (QIC) Diabetes awards in 2017, when we won the Judges Special Award category. The Judges commented -

*"The Diabetes Research and Wellness Foundation have put together a brilliant education support programme with excellent outcomes. The events are clearly user focused, providing an opportunity for peer support, and re-engaging those users who have missed out on a structured education. The programme offers huge value to future users and has great potential to reach other areas of the UK."*

## Network Rail – Wellbeing Wednesday

In July 2022, we were invited to host Network Rail's Wellbeing Wednesday programme, which saw 805 live and on-demand listens to our interviews and 5-minute diabetes video tips.



## Diabetes Professional Care

For the 7th consecutive year, DRWF was the registration sponsor of Diabetes Professional Care (DPC), an event that provides free to access CPD accredited education for healthcare professionals delivering diabetes care. Almost 5000 healthcare professionals, from across the primary and secondary care spectrum, attended the event over the course of 2 days, benefitting from an educational programme facilitated by multi-disciplinary teams. The event was opened with a keynote session from Professor Partha Kar OBE, National Specialist Advisor Diabetes, NHS England and Professor Jonathan Valabhji, National Clinical Director for Diabetes and Obesity, NHS England and Improvement. We ran pre and post event surveys with registered healthcare practitioners to gauge awareness of DRWF and the information resources that we have available free of charge to support onward diabetes care of people with all types of diabetes. Of all registrations, we had a 3% response rate (147 respondents), which has helped to inform our future marketing and distribution plans of our health and social care information.





# Diabetes Wellness Events in 2022

In 2022, we were able to return to in-person events, hosting three **Diabetes Wellness Days** in the South, Midlands and North-East, along with a residential **Diabetes Wellness Family Camp** for families of children with type 1 diabetes, and a virtual **T1 Camp in the Cloud**.

## Diabetes Wellness Days

Three events held in the South, Midlands and Northeast of England enabled us to provide educational support to **355 people living with type 1 and type 2 diabetes**.



These events provide an interactive programme of workshops and talks, grouped around a vibrant exhibition hub where delegates can meet healthcare and industry partners offering essential diabetes diagnostics and other products and support services. They also provide a wonderful opportunity to talk to diabetes and related healthcare professionals about all aspects of life with diabetes, as well as make new friends and connections. All of which empower self-management and improve health outcomes.



## Virtual Camp in the Cloud

Virtual Camp was introduced during the pandemic, and due to its success and accessibility, we have decided to keep this going all the while there is an appetite for attendance.



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. Thirty-nine (39) families went on to complete a full application; 37 families (140 individuals) were offered places; **35 families (135 individuals) attended on the day**.

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. The final session of the day gave the parents an opportunity to relax and discuss diabetes as a small group along with DRWF staff and participate in a quiz.

Feedback was overwhelmingly positive, with families stating that covid-19 had been a huge challenge, and incredibly isolating particularly for those that were diagnosed in 2020/21.

*"It was valuable to know there are other families out there dealing with the same condition. We enjoyed completing some of the activities together. My daughter felt special receiving the gifts in the box. My husband and I found the parent talk useful and interesting. The comic book activity and coding were great. The bingo was a good ice breaker activity."*

*"My daughter was diagnosed with type one diabetes in April 2020 at the beginning of the first lockdown. She has missed out on the opportunity to meet other children with her condition as the hospital cannot run its normal family events. As a family only one parent can attend hospital appointments with Ophelia which is not ideal when she wants both parents there to support her. She started school in September 2020. Although the training was brilliant it's been challenging not being able to meet with staff and care givers properly. All my children have experienced disruption due to Covid. The eldest three have missed a significant amount of school and my baby had been unable to go to baby groups."*



## Diabetes Wellness Family Camp

Our first residential Camp since 2019. We received 37 family applications (134 individuals) and had to close the online application process early due to demand. We had 60 individual places available and following triage, offered 62 places to 18 families. Eleven families (43 individuals) remained on the waiting list. All families were offered places on the Autumn virtual **Camp in the Cloud**.



The feedback from attendees was overwhelmingly positive and we received essential critique as to how we could improve the parental discussion session, with more structure and smaller group sizes, to steer our next residential Camp offering.

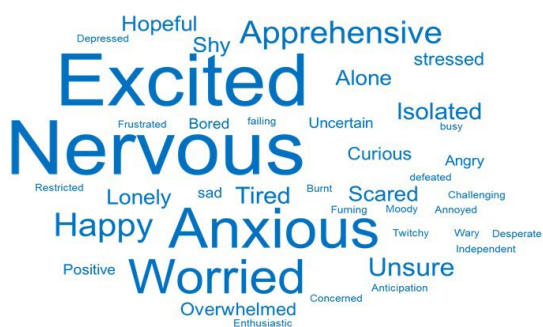
*"I made lots of new friends with diabetes which is important to me because sometimes I feel like the odd one out. We relaxed into camp after a very short space of time, and we managed to reconnect as a family but genuinely chatting to other caregivers, mums and dads dealing with the same things and being able to laugh about it with people who really know what you're living through. We all feel completely refreshed and less overwhelmed and just not so alone."*

*"I gained time to be with my family without having to constantly think about food- carbs, quantity, gluten/non gluten."*

*"Finding someone else who understands what you are dealing with. Developing friendships with like-minded people. Listening to advice and support from other families."*



### FEELINGS BEFORE CAMP



### FEELINGS AFTER CAMP



# Editorial Advisory Board

## 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](http://www.yourwellness.com). Follow her occasional nutritional Tweets at [www.twitter.com/DrSarahB](https://www.twitter.com/DrSarahB).



## Andrea Cameron

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

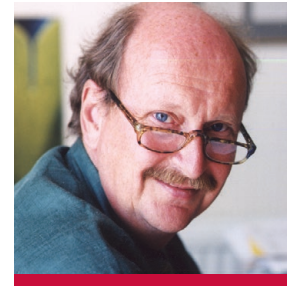
Andrea has worked in healthcare since 1982. After qualifying as a nurse she specialised in Coronary Care Nursing before becoming a Nurse Teacher. She then moved to teaching Sports Science, but remains a registered nurse and qualified exercise instructor. She has undertaken doctoral studies examining 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](http://www.azminanutrition.com) and shares daily dietary tips at [twitter.com/AzminaNutrition](https://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](http://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

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

We endeavour to maintain a fair balance of experience and scientific disciplines within our Research Advisory Board and draw upon additional external expertise, as necessary, to ensure robust review of applications for funding. Board members serve a rotational term of office for a three-year period which can be extended for a further two years.

Our processes operate within the parameters of a Conflict of Interest Policy. This policy relates to all Advisory Board members, the Board of Trustees, reviewers and anyone involved in the review of funding applications and/or the approval of funding recommendations. The purpose of this policy is to minimise the potential for conflicts of interest arising and to protect the charity and those who work for it from any perception, real or otherwise, that the external interests and affiliations of its Boards/ Committees might interfere with the independence of its decision-making in furtherance of carrying out the charity's activities. The policy identifies potential conflicts of interest and sets out how to record and manage them.

We seek the views of people living with diabetes through our Wellness Action focus groups and have lay representation on our Diabetes Wellness Editorial Advisory Board which secures user opinion and involvement across all of our charitable activities.

## Chairman - Professor Angela Shore

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.



## Dr Mark Evans

Dr 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 Addenbrooke's teaching hospital in Cambridge (Cambridge University Hospitals NHS FT).

He qualified in Medicine at St Bartholomew's 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 three 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

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 beta-cell function in diabetes as a postdoctoral fellow at Queen Elizabeth College in 1984. He was awarded an RD 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 beta-cell function.

His research interests remain with the beta 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 Angus Jones

Dr Angus Jones is a NIHR Clinician Scientist at the University of Exeter and an Honorary Consultant Physician in the Royal Devon and Exeter Hospital. His research focuses on clinical questions directly relevant to the management of diabetes. Interests include developing a stratified (or personalised) approach to the management of type 2 diabetes, diabetes classification and the assessment of endogenous insulin secretion (C-peptide) in the clinical management of diabetes.

He trained in medicine in London and worked as a clinician in London, Southampton, Malawi and Southwest England before undertaking an NIHR Doctoral Research Fellowship with Professor Andrew Hattersley in Exeter from 2011 to 2014. He received an NIHR Clinician Scientist Fellowship in 2016 to investigate and integrate biomarkers and clinical features for diabetes classification in adults, research that is using a combination of existing datasets, electronic healthcare records and prospective studies to develop a fully validated prediction model (clinical calculator) for diabetes classification at diagnosis. He was awarded the Diabetes UK type 2 Diabetes Research Prize in both 2014 and 2015 and a European Foundation for the Study of Diabetes Rising Star Award in 2016.



### Professor 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.





### 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 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 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 Professor Patricia Cohen in 2003. She then moved to the States to the 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. Professor 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.



## 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 groundbreaking 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 Robert Semple

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 Professor 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 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 two 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 two-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](http://www.endotext.org). He is an Associate Editor of Diabetic Medicine and BMJ Open Diabetes Research & Care.

Professor 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. You can find more by visiting [www.norfolkdiabetes.com](http://www.norfolkdiabetes.com).



# 2022 Professor David Matthews Non-Clinical Fellowship

We received 12 pre-applications for funding, from which 6 full applications were submitted and subsequently invited to interview. The Board of Trustees reviewed and approved the RAB's funding recommendation in December 2022 for commencement in 2023.

**Institution:** University College London

**Recipient:** Dr Ana Victoria Garfield

**Project:** Understanding how diabetes and hyperglycaemia causes cognitive decline, dementia, and abnormal brain structure. An integrated genetic epidemiological and deep phenotyping approach to disentangle pathways and interplay of risk factors

**Amount:** £134,293.95 over 2 years



## Summary:

"Dementia is one of the most feared diabetes complications. While risks are elevated in people with diabetes, glucose lowering trials are disappointing, Mendelian randomisation is a genetic tool which can help uncover true causal relationships, as genes are randomly distributed at birth and not influenced by external risk factors. Using this, I show that diabetes itself is not causally related to dementia. I now want to use this tool to identify which diabetes related factor is the true culprit, in large datasets which include measures of cognition, brain structural damage and dementia. There are four potential explanations: i) processes underlying diabetes e.g., insulin resistance, ii) associated metabolic disturbances, e.g., amino acids, iii) associated risk factors e.g., blood pressure (BP), iv) risk factors upstream of diabetes e.g., obesity. By identifying true causal determinants, I can then pinpoint interventions to be tested in clinical trials to reduce dementia risk in diabetes."



## 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

During the year, we renewed our commitment to the Deputy Facility manager post, offering the continuation of 1 year's funding. Ordinarily, 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. On this occasion, and as the post was vacant at the time of review, we erred on the side of caution given the ongoing challenges of fundraising activity. By making the commitment, the university were able to proceed with recruitment and we intend to review the ongoing financial commitment in 2023 when the post has been filled.



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



During the pandemic, the University closed many of its research facilities for various periods of time. This limited research activity, but the team continued to be research active whenever it was possible. Whilst official lockdown restrictions had become less robust in late 2021 and into 2022, many hospitals and research facilities maintained their own restrictions to support their recovery from the significant impact of the pandemic.

The Oxford team continues to be one of only 3 clinical islet isolation facilities in the UK (one of only 2 in England and Wales) which remains on an alternate weekly isolation rota with King's in London. Between April 2021 and March 2022, the team undertook 23 clinical islet allo-isolations from a wide range of pancreas donors, with 64% of isolations achieving transplantable yields with 30% of isolations being distributed to transplantation to the islet transplant centres around the UK. The outcomes for this 12-month period match international standards. The clinical islet transplant programme has expanded in this time and is now transplanting for the Bristol catchment area, as well as transplanting islet patients for the Royal Free. A new satellite clinic in Leicester is also planned.

The NHS-commissioned total pancreatectomy with islet auto-transplantation (TPIAT) programme for chronic pancreatitis continues to develop. Islet isolation for these fibrotic pancreases is difficult but the team has achieved good results and have also been evaluating some novel modifications to the isolation protocol, which they hope to promote internationally. Clinical outcomes are encouraging, and they are now in the process of applying for NHS-commissioning for TPIAT in children, which Oxford is well placed to provide.

The DRWF Isolation Facility in Oxford continues to provide human islets for research to a network of type 1 and type 2 diabetes researchers around the UK. The team has now provided 15.1 million islet equivalents (IEQ) (the international standardised way of counting islets) from 86 islet preparations that have resulted in over 46 peer reviewed research publications. A new initiative with NHSBT, the 'Increasing the Number of Organs Available for Research' (INOAR) is now established enabling organs from donors with diabetes to now be retrieved routinely from across the UK for research purposes.

The Oxford DRWF Islet Isolation leads the 'Islet Platform' for the related Quality in Organ Donation (QUOD) with responsibility for isolating and distributing islets for research from these rare pancreases.

Looking forward to the future, the team are excited about some potentially ground-breaking new trials that will commence in 2023.

Islets derived from stem cells offer the potential for an unlimited source of islets that could be a game-changer and transform the future treatment of diabetes.

While islet transplantation is a life-changing treatment in patients with severe hypoglycaemia who have exhausted conventional insulin and pump treatment, it relies on the extraction of insulin-producing islets from donor pancreases.

The shortage of pancreas donors, and the inefficiency of the islet extraction process, currently limits the wider availability of this important treatment.

It is hoped that these exciting, stem cell-derived islet trials will be an important step towards our ultimate goal to be able to reverse diabetes in children soon after diagnosis.

In November 2022, DRWF released a short film sharing impact stories around diagnosis and life with Type 1 and Type 2 diabetes, showcasing the difference that an islet transplant makes to quality of life and independence. The film can be viewed at [drwf.org.uk/drwf-research/our-heroes/](https://drwf.org.uk/drwf-research/our-heroes/)



# Our Community Fundraising Activities

## Megan makes a point by abseiling the Spinnaker Tower to raise type 1 diabetes awareness

**£5,663.34  
RAISED**

A young woman who nearly died from undiagnosed type 1 diabetes is campaigning to save the lives of others by raising awareness of the symptoms while fundraising for DRWF.

### Spotting the signs of diabetes early could save lives.

Megan Jansen overcame her fear to abseil more than 550 feet down Portsmouth's iconic Spinnaker Tower to celebrate the fact she's still alive after defying a deadly complication from undiagnosed type 1 diabetes just over five years ago.

Megan hoped her participation in this challenge would help to raise awareness of the symptoms to save the lives of other young people and children.

*"Knowing the symptoms of diabetes is lifesaving and had it not been for the intensive care unit team at Torbay Hospital in Torquay I would have lost my life in 2016," warned Megan, 22. "I think DRWF has a great understanding of how devastating a diagnosis of diabetes can be and their attitude towards wellbeing has helped me become more confident in myself."*

Simon Jansen, Megan's father who has type 2 diabetes joined his daughter in the abseil for DRWF. He added: "I am so proud and grateful to have been 'roped in' to abseil the Spinnaker Tower to support my daughter's efforts to raise money for DRWF.

Megan said: *"Diabetes is not just as simple as controlling your glucose levels and DRWF has helped people develop healthy relationships with their diabetes. The abseil was exhilarating and so important for me to constantly challenge myself. Even more exciting was that my dad chose to take up a place as well, especially as he is living with type 2 diabetes. One more thing – please remember if you're struggling with your diabetes, reach out to DRWF and make the most of the incredible support networks that they can provide. Do not let your diabetes get in the way of what you want to achieve, whether it be a big abseil, a work goal or a personal life goal. Living with diabetes does not define you."*



## Inaugural 'Diabetes Dawdle' Walk in Portsmouth

**£2139  
RAISED**

On Saturday 1st October 2022, thirty-three passionate and excited fundraisers arrived at The Spice Island Inn, Old Portsmouth, as they played their part in our Inaugural 'Diabetes Dawdle' Walk.

Over the next few hours, walkers of all ages (... and 4 dogs!) made their way through historic Portsmouth walking the circular 7 mile route. The route was designed to take in sights such as the Iconic Spinnaker Tower, Nelsons Column, and the beautiful Royal Garrison Church, which was built around 1212. There was even a designated half way point, to grab refreshments or skim some stones into the sea – something which was enjoyed by the younger members of the walk!

The event was a huge success with all walkers finishing and collectively raising a fabulous £2,139 for DRWF through sponsorship and donations.



## Dance for Diabetes, in collaboration with FunKidz Dance.

Schoolchildren in Portsmouth took part in collaborative event between DRWF and Dance School Funkidz Dance Ltd raising more than £9,000.

£9209  
RAISED

A fundraising playground dance event across three schools in Portsmouth raised more than £9,000 to support the charity's work. The Dance for Diabetes event was organised by DRWF in partnership with Portsmouth-based Dance School Funkidz Dance Limited, owned and managed by Samantha Collins.

Throughout the month of May each participating school was given a fun dance routine to learn from a series of videos. This was done during school hours and worked into lessons where appropriate; whilst being made available on school platforms to practice at home.

More than 1,500 children aged between 4 and 11 years old (School years R to 6) took part raising a total of £9,209. All sponsorship monies raised were split equally between DRWF and the participating child's school.

The partnership had five aims to achieve from the event which were:

- Promote physical and mental wellbeing
- Develop new skills
- Nurture new and existing friendships
- Offer an introduction to dance
- Raise funds for charity.

This partnership presented the children with not only a fantastic opportunity to achieve the stated aims, but to also immerse themselves into the community by raising sponsorship through fundraising with the message of: **"Be the difference, raise sponsorship"**.

Children were encouraged by the event organisers to gain as many sponsors as possible to celebrate all their hard work learning and performing the dance! Every participating child received a certificate; with special class certificates being awarded to: most improved confidence; most improved performance; and highest class fundraiser.

Tim said: *"We are extremely proud to have partnered with Samantha and FunKidz for this new fundraising event. The 'Dance for Diabetes' concept gave every child an opportunity to be involved, keep active and fundraise for a local charity – all whilst at school! Whilst COVID-19 has been a huge setback for us, one thing remains a certainty, when the pandemic is over, diabetes will still be one of the major health challenges worldwide in the 21st Century, so our work is more important than ever"*



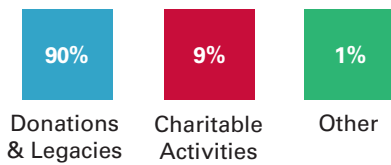
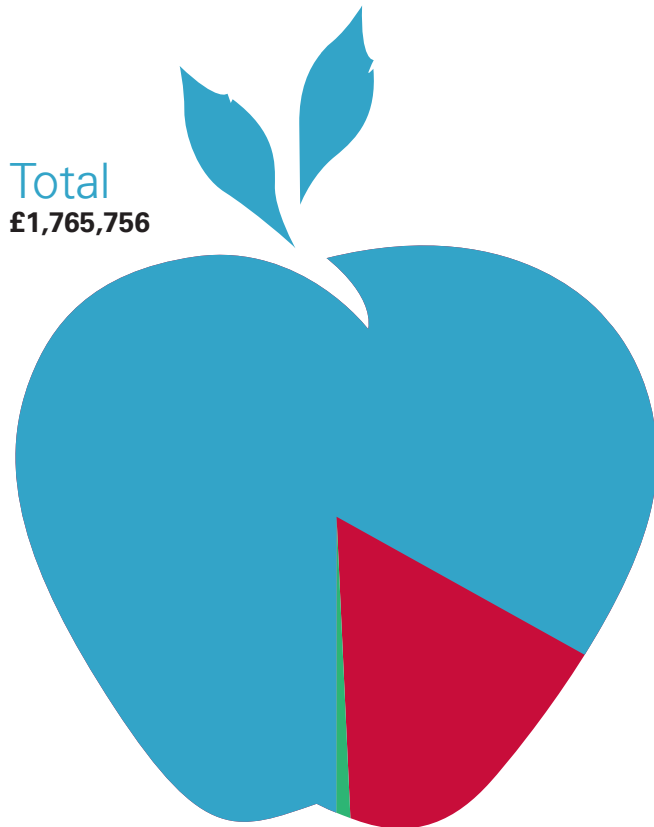
Samantha Collins, Director of FunKidz Dance Limited, said: *"I am truly humbled to have been able to provide this dance opportunity to so many children and I am blown away by the efforts of every single person that danced and fundraised with us on Friday, 27th May. The event was so much fun and I had to pinch myself when I heard how much was raised. What an achievement! A lot of children love dancing but don't always find it easy to fit in with the structure of a dance school environment. In my experience dance also comes with a lot of additional costs such as costumes and footwear. I wanted to strip this back and do something that is just about being themselves, feeling comfortable, wearing their own clothes, and using their feet! An experience I feel gives children such a confidence boost that really helps their development and social skills. Working alongside DRWF is so important to me as it is a condition that not only impacts my family directly but affects so many of our children's families too. Diabetes is a lifelong condition that is something we don't speak about enough, so I am thrilled to be able to raise awareness and funds by organising this danceathon."*



# Income Expenditure Profile 2022

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 2022. 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 went on awareness, education, support and research funding.**

# How to support us

## YOUR GENEROSITY CAN HELP OUR DREAMS BECOME A REALITY

We rely almost entirely on donations and fundraised income to support our work. The researchers we fund work tirelessly to improve our knowledge of diabetes, explore new treatments and management pathways, on the long road towards our ultimate goal of a CURE. Alarming, diabetes continues to grow in pandemic proportions around the world and with 5 million people living with diabetes in the UK, our work is increasingly important.

Your support enables us to fund the research that we believe will make diabetes a thing of the past. We are investing in a brighter future for people with diabetes; **WILL YOU?**

## Contact us and get involved

For Fundraising enquires, please contact Karen Scott, Community Fundraiser, on **02392 637808** or email **fundraising@drwf.org.uk**

For Volunteering enquiries, please contact Tim Green, Head of Community Fundraising, on **02392 637808** or email **volunteering@drwf.org.uk**



### YOU CAN –

Make a one-off donation or set up a regular giving direct debit on our website **www.drwf.org.uk/get-involved/donate**



Play our lottery; a great way to be in with a chance to win a prize and make a donation at the same time **www.drwf.org.uk/lottery**



Talk to your employer about their Corporate Social Responsibility (CSR) policy; most have one. They may be encouraged to match-fund your fundraising sponsorship. This is a great way to double the money you raise!



It is sometimes hard to understand how making a donation today or getting involved in a fundraising event can make a difference in the future, but it is this combined effort that drives change forward.

You can visit our website for more inspiration on how you can help us find a cure and create a world without diabetes.

**We are investing in a brighter future for people with diabetes, and you help us to do that!**

## GIVE A GIFT OF HOPE...



# DONATE TODAY

## £10 A MONTH

## FUNDS TWO DAYS

of a yearly research grant, to find better ways to manage diabetes and ultimately a cure



## 2022 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 2022

Legacies are vital to every charity as they provide the bedrock financial support we rely upon to look ahead and progress effectively. Leaving a 'Legacy of Hope' enables DRWF to continue supporting leading researchers and those living with diabetes.

Varma	Carter	Main
McVittie Reed	Peck	Spencer
Weeks	Lambert	Carey
Frost	Nutter	Coates
Chew	Edwards	Dawson
Foster	Ferrier	Berrisford
Todd	Baxter	Watkinson
Bubb-Porter	Talgam	Faulkner
Oxley	Parrish	Badger
Smith	Baumann	

# Gifts given in memory of a loved one

Donations given in memoriam are a positive way of celebrating the life of someone special and help DRWF continue with their long-term mission - to find a cure for diabetes. Giving 'in memory' is a distinctive way to remember and honour family and friends.



We are always honoured to be nominated to benefit from donations after a person passes away.

In memory giving is a special way of remembering a loved one. Alongside receiving donations and the proceeds from funeral giving directly, DRWF has now partnered with Much Loved - the memorial tribute charity. This means you can set-up tribute pages in memory of a loved one and share with family and friends. [drwf.org.uk/get-involved/giving-in-memory](http://drwf.org.uk/get-involved/giving-in-memory)

Mr GL Adshed	Danny Duffy	Ernie Shepherdson
Herbert Aldous	Brenda Edmends	Kathleen Shepherdson
Kashaf Ali	Richard Fehr	Mr Short
Raymond Anderson	Bryan Green	Philip Stone
Steven Askew	Brian Gwilliam	Vera Tebbutt
Benjamin Beecher	Garth Holmes	David Thomas
Carl Bell	Pat Hopwood	William Thomas
Arthur Bishop	Carey Jones	Brenda Turner
Maureen Blades	Alan Kentell	George Turner
Kathleen Blamey	Joan Laming	Gurdav Uppal
Robert Bonsall	Maurice Lane	Jack Waller
Daniel Boon	Michaela Li	Craig Warren
Joan Bouskill	Susan Lockley	Ivan Watts
Motiram Chauhan	Joseph Masterson	Harry Wells
Carole Conroy	Margaret McDermott	Jessie Wheatley
Graham Cowell	Susan Metcalfe	Trevor Whinham
John Craker	Ernest Mowatt	Pamela Wilkins
Hazel Curtis	Lynwood Newman	Derek Willett
Mahesh Dahar	Graham Parker	Gillian Wilson
Angelina David	Kishorbhai Patel	Margaret Wilson
Jimmy Davidson	Michael Pinto	Flora Yip
Vivienne Dingle	Melanie Selman	
Bernard Dixon	Jessie Seward	

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

# Our focus in 2023 and beyond

The pandemic showed us the need to be agile, integrated, and adaptive in our approach. The past couple of years have been incredibly challenging and with the ongoing cost of living crisis we need, more than ever, to be resourceful and innovative in our approach.

We are experiencing rising costs in all of our charitable and fundraising activities due to inflation, at the same time our individual donors are reviewing their own outgoings and tightening their belts; and corporate partnership and grant funding opportunities are in short supply and all the more competitive. Ironically, at this time of financial uncertainty for everyone, more people than ever are turning to charities for their support.

As we approach our 25th anniversary in 2023, we are intent on reversing the negative impact that both the pandemic and the current 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.

Our focus 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.

To do this effectively, we plan to –

- Restructure our supporter database to ensure that we are taking a personalised approach to stewardship of our beneficiaries and donors recognising that there are increasing financial pressures on our supporters; we anticipate that recruitment of new supporters will be more difficult, so retention and good stewardship of existing supporters is ever more important.
- Review our current 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.
- Effect organisational change within the charity to create cost-efficiencies and 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](http://www.drwf.org.uk)**



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Company Limited by Guarantee, Company no: 03496304  
Statistics/Figures stated correct at FYE 2022



**Diabetes Research &  
Wellness Foundation**