

**DiABETES UK**  
KNOW DIABETES. FIGHT DIABETES.

# OUR IMPACT IN 2022

Annual impact  
report at a glance

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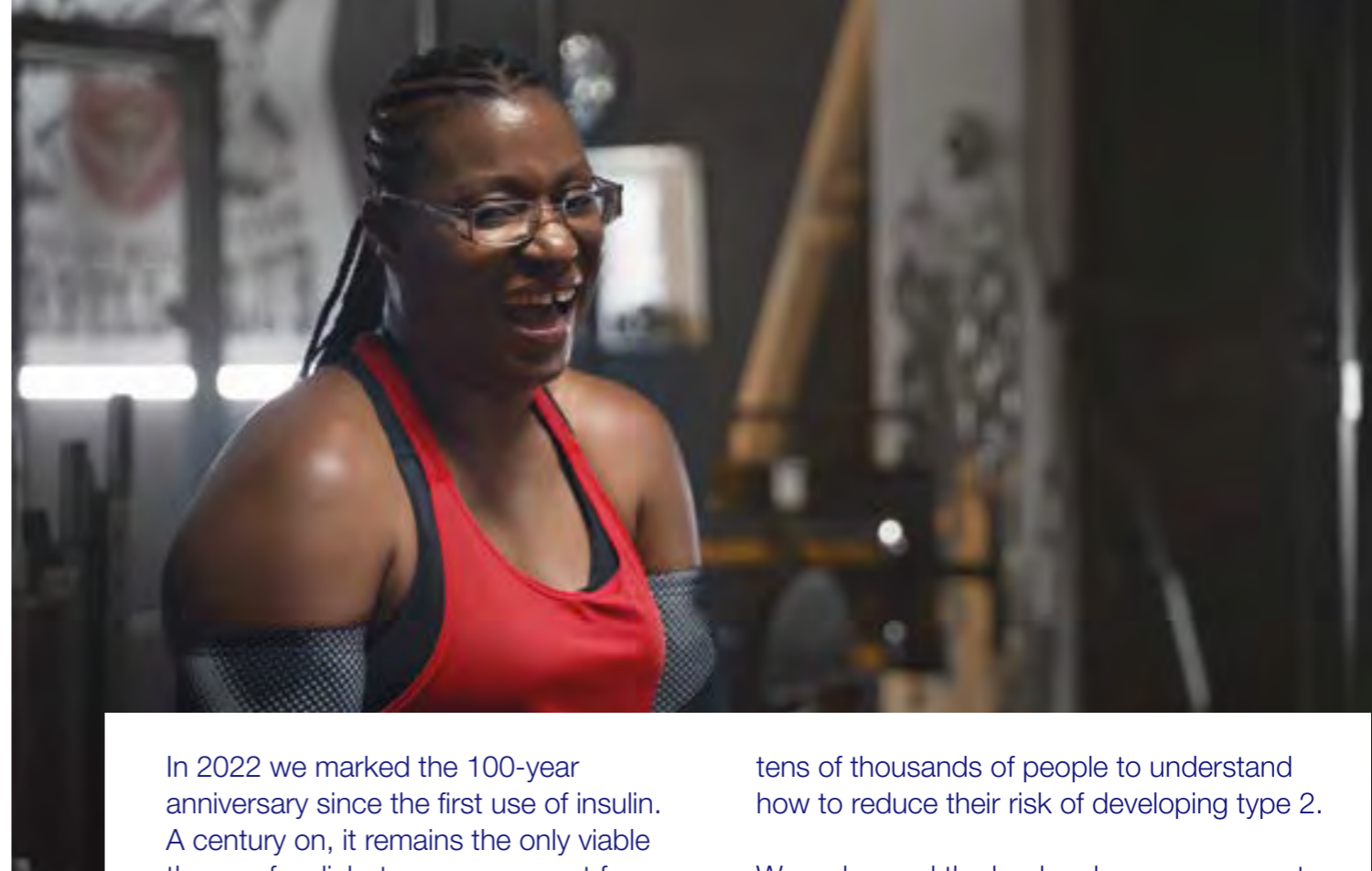
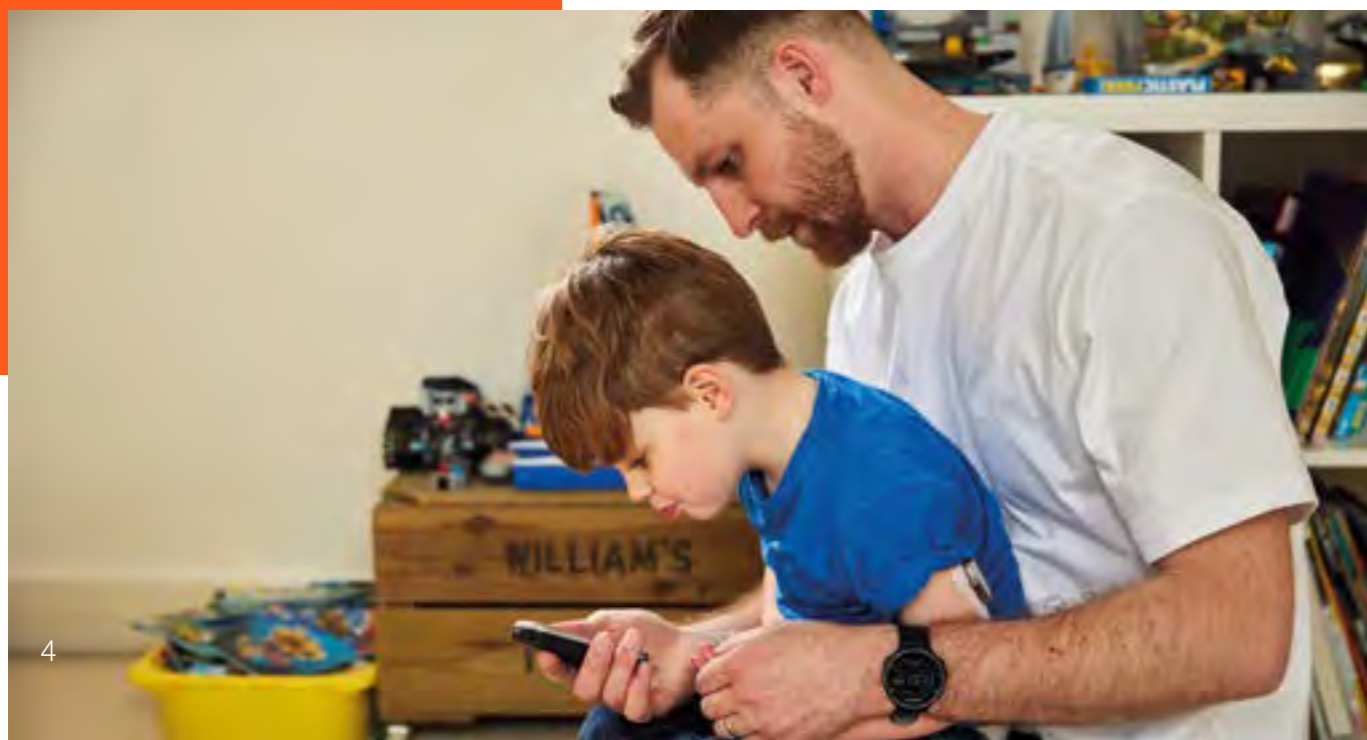
# A YEAR OF HOPE AND HARDSHIP

**This year – a century on from the first use of insulin in humans – people living with diabetes experienced enormous challenges. But, working together, we created hope and achieved change.**

In 2022 we were confronted by the stark reality of the state of routine diabetes care following the coronavirus pandemic. We learnt that people with all types of diabetes are living with the worry that they're not having the checks they need, while the cost of living crisis is making the condition harder to cope with. Those who struggle to make ends meet in normal times are feeling the brunt of this even more, and inequalities in health are growing wider.

Diabetes UK has responded by taking urgent action to address this situation: adding our voice to campaigns to tackle poverty and inequality, learning what information and support you need from us right now and working tirelessly to provide it. Through our Diabetes Is Serious campaign we stood up for better diabetes care and succeeded in pushing it up the agenda. Now, two of the key national guidelines for post-coronavirus recovery of care include diabetes, meaning decision-makers can't ignore it.

It will be a long and difficult road, but we're going to do everything in our power to help rebuild routine care alongside our colleagues in the NHS, while scaling up our ambitions to tackle inequalities. Disadvantaged communities are already at greater risk of type 2 and its complications and, as the gap grows, our continual learning and work in this area becomes even more urgent.



In 2022 we marked the 100-year anniversary since the first use of insulin. A century on, it remains the only viable therapy for diabetes management for many, but a landmark new partnership heralds the start of a journey towards a new generation of smarter therapies and a cure for type 1. The launch of our Grand Challenge with JDRF has been enabled by £50 million from the Steve Morgan Foundation. This unprecedented support for ambitious research into type 1 will, we hope, urge the global research and philanthropic communities to come together to make an even bigger impact.

Our work to bring the chance of remission to more people with type 2 and to prevent its onset also took important steps forward this year. Our campaigning contributed to new legislation around food labelling and in-store marketing, and our partnership with Tesco helped

tens of thousands of people to understand how to reduce their risk of developing type 2.

We welcomed the landmark announcement that Flash technology will now be available to everyone with type 1 and more people with type 2 in England and Wales, with similar significant progress in Northern Ireland and Scotland. This, alongside progress in immunotherapy and our launch of the first-ever type 1 screening programme for children, really do bring new hope for people living with type 1.

In these tough times we're so grateful to our partners and supporters for continuing to stand with Diabetes UK in our mission. Your support means we can continue to help everyone trying to manage their condition under such challenging circumstances, while working tirelessly for a future where diabetes can do no harm.



**Chris Askew**  
**OBE**  
Chief Executive



**Dr Carol Homden CBE**  
Chair

# OUR IMPACT AT A GLANCE

Together, we changed lives in 2022. Here are some of our highlights.



→ **£6.8 MILLION**

invested in 30 new research projects to help fund life-changing treatments to prevent, cure and make diabetes easier to live with.

→ **26,600**

visitors to our World Diabetes Day page, helping raise awareness of diabetes and our Know Your Risk tool.

→ **35,000**

local Patient Information Packs distributed to help people live better with diabetes.

→ **1,836 VOLUNTEERS**

gave their free time by helping give talks, running groups and providing peer support, to help others understand diabetes and get the support they need.

→ **£55 MILLION**

committed by the Steve Morgan Foundation to changing the lives of people living with type 1 diabetes over the next five years. £50 million will fund research through the Type 1 Diabetes Grand Challenge delivered by us and JDRF, and £5 million will fund a programme to help young people living with type 1 feel less isolated.



→ **£42.1 MILLION**

raised to provide vital support and fund life-changing research – that's over **10% higher** than last year.

→ **OVER 30,000**

came to our community groups to learn how to manage their diabetes and meet others living with diabetes too.



→ **40 MILLION PAGE VIEWS**

on our website helping people to find out more about diabetes and getting us further towards our vision of a world where it can do no harm.

→ **135,000**

people are now using our Learning Zone to help them manage their diabetes, with **87%** saying it has helped improve their confidence.

→ **270,000**

people completed our Know Your Risk tool to find their risk of developing type 2 diabetes. That's **almost 2.6 million** completions to date.



→ **2,259 PEOPLE**

attended our 2022 Diabetes UK Professional Conference, and **76%** said they'll use what they learnt to support their patients.



→ **OVER 25,000**

people took on our One Million Step Challenge and Swim22 raising **£1.8 million** by taking steps and making waves for everyone living with diabetes.

This year over 40,000 of you took on challenges, and raised money in your local communities to help make our work possible. We couldn't have done any of it without your incredible support.

**THANK YOU**

## SIOBHAN WILSON

Siobhan took on Swim22 in 2021 completing 11 miles, and in 2022 completing 18 miles with enormous success. She raised over **£2,500** for Diabetes UK and even encouraged her work colleagues to join her. Siobhan was such a motivating and inspiring contributor to the Swim22 Facebook group in 2021 that she was asked to be a Facebook Ambassador.



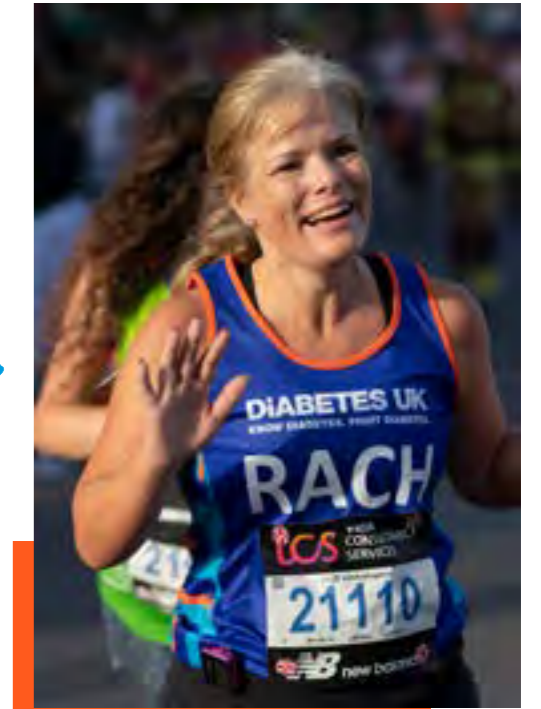
## GEMMA MARTIN

Gemma from Northern Ireland took on 30 challenges to mark her 30th birthday. Challenges included a half marathon in under 2 hours, a sky dive, completing a cattle test, running up Eglinton Main Street in a bikini and wearing a chicken suit to a Westlife concert! Gemma raised an incredible **£4,120**.



## RACHEL TRANTER

In 2022, our Running Ambassador Rachel completed London, Berlin, Chicago and New York Marathons and the Great North Run – all in her Diabetes UK vest. Running for her son Alex, who was diagnosed with type 1 when he was just six years old, over the years she has not only raised over **£40,000** for our cause, but also offered invaluable support to other Diabetes UK runners.



## BETH BALDWIN

Beth's son Peter, 13, sadly passed away from undiagnosed type 1 diabetes in 2015. Since then, Beth, has campaigned tirelessly to raise awareness of the condition, hosting a multitude of fundraising events. So far, Beth and her family have raised over **£70,000** for Diabetes UK Cymru. Beth, we cannot thank you enough for everything you continue to do in support of those living with diabetes.

## DENISE JENKINS

Denise took part in One Million Step Challenge 2022 for the second year running, after being diagnosed as pre diabetic in 2019. In 2022 she raised **£261** and discovered that her blood sugar levels were back in normal range! Thank you so much to Denise, and all our other superstar steppers that took part this year.





## MIKE WAINWRIGHT

Mike took part in the TCS London Marathon in October 2022. This was Mike's first attempt at a marathon, an especially challenging commitment to make after being diagnosed with type 1 diabetes only five years earlier. Mike raised an astounding **£290,000** from his friends, family, work colleagues and a generous donation from his company! What an incredible achievement!

## COVENTRY GROUP

The group has established many contacts with healthcare services, and visited prisons to provide staff and inmates with diabetes education. Great work.



## MILESH LAKHANI

Milesh has type 3c diabetes. But he hasn't let that get in the way of his fundraising for Diabetes UK. Milesh and his family did the One Million Step and the London Bridge Challenges. And he raised **£2,000** by doing the London to Brighton bike ride.



## SIMON HOOPER

Parent and influencer, Simon aka Father of Daughters, took on our UK Wide Cycle Ride challenge in April for his daughter, who has type 1 diabetes. On completing the challenge, Simon said, "Knowing that you are supporting people living with diabetes while on my bike gave me so much motivation to get on the saddle every time I cycled." Thank you so much to Simon for taking on this epic challenge, and for his ongoing support of Diabetes UK.

## NANA OCRAN

Nana is a member of our Diabetes Research Steering Groups and has been integral to the tackling inequalities work we've done this year. Her work has helped us understand how to build relationships with Black African and Caribbean communities and ensure that their voices are heard in research.



## PROFESSOR STEPHANIE AMIEL

Professor Amiel stepped down this year as Chair of our Science and Research Advisory Group. Having held the position for several years, she has been instrumental in advising where we should focus our research effort and helping to develop our research strategy.



## NEW LANARKSHIRE FAMILY GROUP

The group runs regular coffee meet-ups for parents, an online peer support network, activities for children and their families, all free of charge.

# THANK YOU

## GUILDFORD AND SOUTH WEST SURREY GROUP

Thanks to this group for its fundraising efforts at local events and for its donation to the helpline following feedback from members.

# THANK YOU

## INDIVIDUALS

We'd like to thank all of the philanthropists and their families who give so generously each year. This includes members of our Banting Circle – chaired by Mike and Angie Rutherford – a group of philanthropists that have joined forces to help create a better life for people with and at risk of diabetes.

Surinder, Sunita, Sanjay and Raj Arora

Kip and Alison Bertram

Shaun and Jennie Bowler

Donald Burt

David Dupont

Bryan Jenkins

Trevor and Evie Pitman

David and Christine Thorp

Mike and Angie Rutherford

Mike Wainwright

## CORPORATE PARTNERS

Abbott

Amarin UK

AstraZeneca UK

Boehringer Ingelheim

Britvic

Dexcom

Eli Lilly

Fitbit

Mindful Chef

Next

Novo Nordisk

Pharmacy2U

Roche Diabetes Care

Saladmaster UK

Sanofi UK

Tesco

## TRUSTS AND FOUNDATIONS

AIB Community Fund

Cancer Research UK

Cecil Pilkington Charitable Trust

Department of Health Mental Health  
Fund – Northern Ireland

EBM Charitable Trust

Edith Florence Spencer Memorial Trust

Edward Cadbury Charitable Trust

Eveson Trust

Garfield Weston Foundation

GJW Turner Trust

Hugh Fraser Foundation

Kilpatrick Fraser Charitable Trust

Masonic Charitable Foundation

Michael Davie Research Foundation

Miss MJM. Smith Trust

Moondance Foundation

Simon Gibson Charitable Trust

Sport England

Steve Morgan Foundation

The ALLIANCE and Mental Health  
Foundation

The February Foundation

The Foster Wood Foundation

The National Lottery Community Fund  
England (Awards for All)

The National Lottery Community Fund  
Northern Ireland (Our Lives, Our Voices)

The National Lottery Community Fund  
Northern Ireland (People & Communities)

Trafigura Foundation

## REGIONAL AND NATIONAL PARTNER ORGANISATIONS

Act as One

Action Mental Health

AWARE NI

BAPS Shri Swaminarayan Mandir,  
London (Neasden)

Birmingham & Solihull ICB, LPC

Bristol Inner City Primary Care Network

Bristol Meets the World

Children and Young People's Diabetes  
Network Wales

Chinese Community Wellbeing Society

Hastings Voluntary Action

Hinckley Point C nuclear power plant  
construction site

NHS England Midlands

NHS England East of England

North Down Community Network

The Mental Health Foundation and the  
Health and Social Care Alliance Scotland

The Scottish Diabetes Group

Well One (part of Poplar Housing and  
Regeneration Community Association)

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