

**OUR IMPACT IN**  
**2023**



# NEW CHAPTERS, SAME INCREDIBLE COMMUNITY

We are delighted to introduce Diabetes UK's 2023 annual report and accounts, and acknowledge the enormous progress made this year by the community that is Diabetes UK.

Just look how far we've come with diabetes technology. There was a time when we struggled to find nurses who could support the few young people using diabetes tech at our type 1 events. This year, hybrid closed loop devices were approved by the NHS for all eligible patients in England and Wales, following similar guidance in Scotland in 2022. This changes lives - releasing people from thinking about glucose levels every minute of the day - and we are so proud of the research and campaigning role we've played alongside others to get here.

Also this year, the NHS rolled out their type 2 diabetes remission service across the whole of England, giving hundreds of thousands more people the chance to discover the possibility of type 2 remission. And although remission is still not available in Wales, it forms part of Scotland's tiered approach to weight management and Northern Ireland is running a pilot in one trust. So we are moving towards a UK-wide service. We wonder if those in the room at Diabetes UK in 2008 could imagine how far we would come when, thanks to our donors, they funded the original DiRECT trial, which started it all.

The type 2 remission story goes to show the potential reward of 'moonshot' research - ambitious, bold science that can struggle to

attract funding. Thanks to the Steve Morgan Foundation, we've now been able to back over 50 researchers to work on their most daring ideas for cures for type 1. The Type 1 Grand Challenge is officially up and running.

While we celebrate these wins, we remain fully aware and focused on the fact that life is hard at the moment. And that the rising rates of type 2 diabetes and the burden of the cost of living crisis are not equally shared. That's why perhaps our most significant moment of progress this year was the publication of the Tackling Inequalities Commission Report.

We would like to thank everyone involved in the commission for their tireless work to set out, for the very first time, the practical steps needed to ensure no community is left behind in awareness, prevention, diagnosis and treatment of diabetes. It has spurred us on to address inequalities in everything we do and informed our first ever annual inequalities action plan for 2024.



Another big focus for the coming year will be our work to tackle the different stigmas that surround all forms of diabetes. A research project put together to really understand the issue was a humbling experience. We learnt that even some of the language we use here at Diabetes UK is adding to people's shame. Our realisation of how deep-rooted negative attitudes are, and the harm they cause, has led us to make tackling stigma one of our new organisational priorities.

Despite all the challenges that diabetes brings, it is a source of constant inspiration that the 'diabetes family' still finds the energy to help others. So many people volunteer their valuable time and expertise for our work in communities. They help us develop our guides and resources. And they interact on our Online Support Forum. Many others give money to enable our critical work.

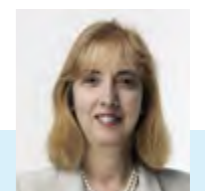
This spirit of community and dedication shines through in the London Bridges Wellness Walks. It's such a feel-good event. Families, friends and colleagues from all walks of life

come together to raise money and support each other to complete the 10 miles. It is an incredible advert for Diabetes UK - people smiling, chatting and laughing, in their blue t-shirts and blue hair!

To finish, we want to say a huge thank you to previous Chief Executive Chris Askew for his excellent leadership. So much was achieved under his guidance, and he left the charity with a clear sense of direction, with a 'can do' attitude, and deep relationships with partners, ambitious in our desire to find solutions for the challenges ahead.



**Colette Marshall**  
Chief Executive



**Dr Carol Homden CBE**  
Chair

# OUR IMPACT AT A GLANCE

Together, we changed lives in 2023.



**AN ADDITIONAL  
£5.1 MILLION**

secured for diabetes research through working in partnership.

**89% OF PEOPLE**

using Learning Zone have said that it has helped improve their confidence in managing their diabetes.

**OVER  
170,000**

Learning Zone registered users, an increase of 20% compared to 2022 are now using this resource to help manage their diabetes.

**OVER  
£12 MILLION**

committed in 2023 by the Type 1 Grand Challenge partnership towards five projects to help develop beta cell therapies for people with type 1 diabetes.

**86%**

of our research fellows told us that receiving funding from Diabetes UK helped them establish their independence in research or get through a career transition point.

**OVER  
12,000**

healthcare professionals completed one of our CPD modules in 2023, better equipping them as they engage with patients.

**368**

research articles in academic publications acknowledged our funding.

**795,000**

people reached through our World Diabetes Day campaign, Stop Diabetes Forever, raising £81k.

**£9.8 MILLION**

spent on research this year, including 41 new grants to help fund life-changing treatments to prevent, cure and make diabetes easier to live with.

**OVER  
156,000**

contacts requesting help and information through our Customer Care Centre. We also had over 440,000 forum visitors.

**OVER  
5,800 PEOPLE**

were recruited into clinical trials and studies funded by us.

**OVER  
243,000 PEOPLE**

completed our Know Your Risk tool to find their risk of developing type 2 diabetes.

In a year when asking for donations was difficult, our supporters have continued to amaze us with bigger, bolder and more creative ways to raise money and awareness.

Whether you added miles to your trainers, raised money online, or brought your community together, we want to say a huge thank you for your continued support. Without you, our work quite simply wouldn't be possible.



## Iain Mearns



Iain ran the Great North Run in September 2023 for his daughter Flora, who was diagnosed with type 1 diabetes in June 2021. Then, just 40 days into his training, he learned that his 81-year-old father had also been diagnosed with type 2 diabetes. Despite the scorching sunshine and apocalyptic rain, Iain finished strong and fundraised over **£10,000** to help fund diabetes research and technological breakthroughs.



## Chelmsford and District Diabetes UK Group

In 2023, Chelmsford and District Diabetes UK Local Group raised funds at the Dunmow Soap Box event, the Essex Young Farmers event, the Fun Trust Walk and the Danbury Health and Wellbeing event, as well as fundraising through their own annual Christmas raffle. Collectively, the group raised **£4,053** this year, taking their total to over £140,000. They celebrate their 50th anniversary in 2024 and we can't wait to see them smash their next big milestone!

# THANK YOU

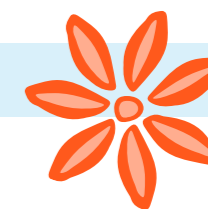


## Richard Hassett

Richard fundraised in memory of his late wife and his mum who both sadly passed away due to complications of type 1 and type 2 diabetes. He raised an outstanding **£5,596.88!** He did this by taking on the challenging Run Mhor Trilogy race series (a hilly 10K, half marathon and full marathon) all of which took place in the Trossachs area of Scotland between April and August. Huge well done and thanks to Richard!



## Ella and Ava



After being diagnosed with type 1 diabetes in August 2021, Ella wanted to raise money for Diabetes UK. Alongside her family, Ella organised a Crazy Hair Day at school to celebrate World Diabetes Day. All the children, parents and their families got involved in supporting Ella and in total, she has raised **£721** in aid of Diabetes UK – a great accomplishment!



## Megan Wiltshire

On World Diabetes Day, paramedic Megan ran for 14 hours in the torrential rain to complete a phenomenal 100km (two and a half marathons), raising a huge **£4,200!** The supporter from Bristol was inspired by her brother Max after he was diagnosed with type 1 diabetes aged 18 four years earlier. She also wanted to commemorate 100 years since the discovery of insulin and did so through multiple media interviews, including one with ITV News West Country.



## Lorraine Dash

After being diagnosed with type 2 diabetes in December 2022, Lorraine was determined to improve her physical fitness and diet to help manage her condition. She started the Swim22 challenge in March and after three months had lost two stone, putting her diabetes into remission. In her words, she was left feeling 'fantastic' and 'fabulous' and has kept swimming since the challenge. Lorraine raised **over £400** through the challenge, and we couldn't be prouder! Thank you, Lorraine.



# THANK

# YOU



## Councillor Waseem Zaffar

Councillor Waseem Zaffar was a big supporter of the Birmingham Wellness Walk from the moment he was told about the plans. Waseem lives with type 2 diabetes and is also a councillor representing one of the most deprived neighbourhoods in Birmingham. Not only did Waseem walk the route (the morning after landing in the UK after a long flight!), but he also encouraged other Birmingham City councillors to take part and he posted photos and videos from the walk on social media. We are incredibly grateful for his contribution to the success of this event.



## Sam Thurlow



Sam took part in our Diabetes UK Streamstars streaming challenge in November and completed a 12-hour art fundraiser, after being diagnosed with type 1 out of the blue in February 2022, just before his 30th birthday. Although a gamer himself, Sam wanted to combine two things he cares about – art and raising awareness of diabetes. Completing his mega stream on November 19th, Sam raised an incredible **£525.65**. Thank you, Sam!



## North Staffordshire Local Groups



The North Staffordshire Local Group have been fundraising for Diabetes UK for over 50 years and this year raised an amazing **£12,000** to help fund Diabetes UK's research projects. They've been holding tabletop sales, a Christmas Fayre and auctions, as well as selling items on Facebook. We are incredibly grateful for all their fundraising and continued efforts to raise awareness of diabetes.

## Individuals

We'd like to thank 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.

Kip and Alison Bertram  
Mr Donald Burt  
Mr David Dupont  
Dr Annalisa Jenkins  
Mr Bryan Jenkins  
Trevor and Evie Pitman  
Mike and Angie Rutherford  
David and Christine Thorp



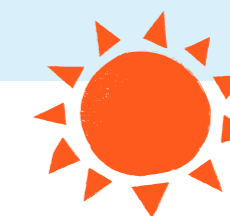
## Corporate Partners

Abbott	Next PLC
Amarin UK	Novo Nordisk Ltd
Boehringer Ingelheim Limited	Places for People
Dexcom	Sanofi UK
Eli Lilly	Tesco
Fitbit	

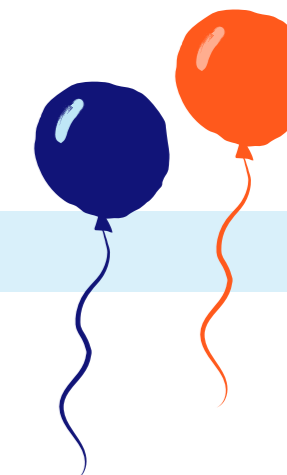


## Trusts and Foundations

Cancer Research UK  
Department of Health Mental Health Fund Northern Ireland  
E B M Charitable Trust  
Garfield Weston Foundation  
Hugh Fraser Foundation  
Moondance Foundation  
ShareGift  
Simon Gibson Charitable Trust



South Yorkshire Integrated Care Board  
Steve Morgan Foundation  
The Albert Gubay Charitable Foundation  
The ALLIANCE and Mental Health Foundation  
The Corton Hill Trust  
The Foster Wood Foundation  
The Lidbury Family Trust  
The Martin Laing Foundation  
The National Lottery Community Fund Northern Ireland  
The Trustees of the Wendy Tween Charitable Trust, administered by Buckles Solicitors LLP



# THANK

# YOU

## Regional and National Partner Organisations

ACC Liverpool Group  
Africa Oyé  
Age UK Thanet  
Ballymena Inter-Ethnic Forum  
Bedford, Luton, Milton Keynes ICB  
Belfast Exposed  
Black Country ICB  
Blossom

Bradford District and Craven Health and Care Partnership  
Caerphilly Carers  
Children and Young People's Diabetes Network Wales  
Cornwall partners: Cornwall ICB, Brannel Surgery, Bosvena and 3 Harbours PCN, Clays practice, Oak Tree practice and Spencer Wimbleton  
Diabetes Strategic Clinical Network for Diabetes (Wales)

Fishermen's Mission, Devon and Cornwall  
Ford Halewood  
Kidney Research UK  
Kidney Wales  
Leyton Orient Trust  
Muslim Doctors Cymru  
Natural England (South West)  
National Lottery Community Fund  
National Museums Liverpool

NHS England – East of England  
NHS England – Midlands  
Reed Wellbeing  
Scottish Diabetes Group  
Social Enterprise Kent  
Spotlight  
Thanet Lions Club  
Trivallis



# **DiABETES UK**

**KNOW DIABETES. FIGHT DIABETES.**

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**[diabetes.org.uk](https://diabetes.org.uk)**

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