Meet the McLoughlins
A family living with multiple autoimmune conditions

Your very own toolkit
Unpick the mysteries of research

Help us help you
Reasons to become a Community Ambassador

Insulin and Brexit
We have asked to be consulted

Jess does it her way
How one teenager copes with type 1

JOINED-UP THINKING
Charities team up to tackle autoimmunity

Join us in finding the cure for type 1 diabetes
A word from Karen

Why we are joining together to treat autoimmunity

I am so pleased to be able to introduce you to a ground-breaking collaboration that will give much-needed impetus to the vital field of autoimmunity research. JDRF, MS Society and Versus Arthritis (formerly known as Arthritis Research UK) with the British Society for Immunology as a supporting partner have come together to launch Connect Immune Research.

The collaboration will help to drive research aimed at finding common causes and ultimately the skeleton key that will unlock treatments for the many autoimmune conditions, which are caused when the immune system attacks healthy cells by mistake.

In the case of people who have type 1, we know they are more likely than others to live with multiple autoimmune conditions.

In this issue of Type 1 Discovery we look at what it is like living with multiple conditions and at the inaugural Connect Immune Research project that is designed to make life better for them.

Thank you for your continued support. Without it we would not be able to fund the breadth of research that we do.

Karen Addington
Chief Executive

To find out about all the research projects we fund, visit jdrf.org.uk/research
If you feel mind-boggled by type 1 diabetes research, help is at hand. Our new ‘toolkit’ has been put together with you in mind.

The Understanding Science Toolkit is a step-by-step guide to how research is conducted, which we hope will give you a deeper and clearer insight into JDRF’s research. Paz García, Senior Research Communications & Engagement Officer, explains: “People without specialist science knowledge sometimes find it hard to access original research. We want to empower people to be able to find, read and assess the quality of research, whether it’s JDRF funded or other research, for themselves.”

The toolkit was developed with the help of supporters and researchers Dr Kerry McLaughlin, Dr Helen Walkey and Dr Yuk-Fun Liu. The toolkit lays out how research gets to the clinical trial stage; how a clinical trial works; how to find a research paper; how to tell if a research paper is reliable; how to read a research paper; and how to tell if a result is significant.

Have a look at our website jdrf.org.uk to find out more.

JDRF joins forces with INPUT

JDRF and INPUT, a fellow charity that supports people with diabetes, are merging.

Above left Lesley Jordan from Input with Karen Addington from JDRF

The two charities have achieved much separately and this merger will unite two strong voices for people with type 1 diabetes in the UK in a shared mission to accelerate the progress of research to cure, treat and prevent type 1 diabetes, and improve access to new treatments and technologies.

Type 1 tech issue raised in Parliament

George Howarth MP asked a Prime Minister’s Question in Parliament in July about the artificial pancreas (AP) and why the benefits of type 1 technology are often blocked by a postcode lottery. This was as a result of the MP contacting JDRF to discuss the potential content for a question. In his reply, David Lidington, Minister for the Cabinet Office, who was standing in for the Prime Minister, talked about the AP trials in Cambridge. He also said that he would make Matt Hancock, the new Secretary of State for Health and Social Care, aware of the MP’s interest in the issue.

Trial targets babies at risk of type 1

The NHS and the University of Oxford are inviting pregnant women to take part in the world’s first clinical trial aimed at preventing type 1 in babies and infants.

Researchers want to find out whether giving tiny doses of insulin powder to babies can stop type 1 in those found to be at genetic risk of the condition.

The study, named POInT for Primary Oral Insulin Trial, aims to achieve its objective by getting the immune system used to insulin from birth.

The findings suggest that there may be a safe way of preserving beta cell function for as long as possible after a type 1 diagnosis

Researchers at the University of Alabama have found that a common blood pressure drug can protect working beta cells and boost insulin production in adults recently diagnosed with type 1. Daily doses of verapamil led participants to produce higher levels of their own insulin compared with those taking a placebo drug. The trial was funded by JDRF.

“... the benefits of type 1 technology are often blocked by a postcode lottery.”

“...the world’s first clinical trial aimed at preventing type 1 in babies and infants.”

“...researchers want to find out whether giving tiny doses of insulin powder to babies can stop type 1 in those found to be at genetic risk of the condition.”

“...the study, named POInT for Primary Oral Insulin Trial, aims to achieve its objective by getting the immune system used to insulin from birth.”

BIG GIVE 2018 DOUBLES YOUR DONATION

This year’s Big Give will run for a week from midday on Tuesday 27 November (#GivingTuesday). Throughout the campaign you will be able to double your donation to type 1 research thanks to our wonderful pledgers.

We asked you... Have you ever had issues getting through event/airport security with your type 1 supplies?

* Been type 1 for 28 years and daughter has been for just over a year. Have travelled worldwide and never had a problem. Definitely don’t need special assistance!* 
* I had my Lucozade taken off me in Manchester airport regardless of the doctor’s letter explaining I need it for hypos.* 
* No problems, my note covers it all. I’ve flown with check-in luggage and got to skip the queues. I usually take jelly babies for hypos rather than juice.* 
* We went to the special assistance desk and obtained a lanyard for our type 1 son which enabled us to be fast tracked through security.*

Our survey says

Who has been the most difficult to tell about your type 1 diabetes?

10% Family

12% Partner

22% Friends

56% Employer

For more information about the latest news go to jdrf.org.uk/news
When a child is diagnosed with type 1 diabetes, it can mean an enormous adjustment for a family. But what is it like when multiple conditions have to be managed? This is the story of Conor and Michelle McLoughlin and their daughter Eva.

Conor and Eva both have type 1 diabetes. Eva also has coeliac disease and Conor was recently diagnosed with hypothyroidism, which means abnormally low thyroid activity but he says this has had little impact on his day-to-day life beyond having to take a tablet a day.

‘My diabetes diagnosis was a long time ago – in January 1982 when I was 18 months old,’ Conor says. ‘I noticed a tangy smell off her breath and she kept asking for water. I checked her blood sugar and it was over 20. We knew immediately she had type 1.’

She was formally diagnosed a few hours later in the Royal Belfast Hospital for Sick Children. ‘Literally, one day she was fine and the next she had type 1. Even though we knew she was predisposed to the condition it still came as a shock.’

Conor recalls that around the same time Eva was going through some real difficulties with potty training and he and his wife, Michelle, noticed that her hair and feet were no longer growing. She also had a little swollen belly and had stopped eating some foods she had previously liked.

‘When we found out that she also had coeliac disease we were totally devastated for her,’ he says. ‘Eva was barely a child at the time and we were worried that the changes to her diet and the knowledge required to look after her would be too much to ask of the childminders, but they have taken care in ensuring Eva is just one of the gang and is not made to feel different’.

Conor has tips for parents with both the conditions that his family is having to deal with.

‘The main one I’d give to parents of newly-diagnosed children with type 1 diabetes is to keep a diary and write everything down – insulin dosages, blood test results, carbs, types of food, set changes, activities. You’ll then be able to spot patterns and quickly learn how to manage different foods.

‘For parents of newly-diagnosed children with coeliac disease, I’d recommend taking a trip to a large supermarket and read the ingredients of products. Many things are gluten free but are not marketed as such.’

Summing up, Conor says that bringing up a child with two autoimmune conditions may initially seem devastating, but it quickly becomes normal. ‘That’s not to downplay their seriousness, but both autoimmune conditions can be managed in a way that means there is nothing stopping us from leading full, active and rewarding lives.’
Rachel Connor, Director of Research Partnerships at JDRF, shines a light on the launch of Connect Immune Research, which is the focus of this issue of Type 1 Discovery.

**A new frontier**

— broadening the scope for progress

Even when we look at the immune system, research is often focused on what it does in a specific condition. For instance in type 1, we look specifically at the attack on the beta cells. But this is a late-stage approach.

There is so much to learn about why the immune system goes rogue in the first place. And this research could apply to every autoimmune condition, which is what Connect Immune Research aims to do. It will support and fund research in this area.

**By working together and broadening our research scope we will have access to a greater breadth of scientific knowledge and the potential to work faster.**

To do this we are working with the MS Society and Versus Arthritis (formerly Arthritis Research UK) with the British Society for Immunology as a supporting partner. We are each committing funds and resources to this area of research. By working together and broadening our research scope we will have access to a greater breadth of scientific knowledge and the potential to work faster.

The impact could be huge. If we can find links between autoimmune conditions, breakthroughs will have an effect on a greater number of people than research into one disease alone. It could change the way that these conditions are treated.

Although Connect Immune Research looks at autoimmunity as a whole, JDRF is coming to it with type 1 diabetes in mind. Current evidence suggests that research into autoimmunity will be extremely useful for progression in type 1 treatments, which is why we are so interested in it.

I am immensely proud to be part of a programme that promises to deliver ground-breaking research. I am hopeful that the results will lead to real change in the treatment of type 1 diabetes.

**Go to jdrf.org.uk/living to find out more**

**My type 1 shopping list**

• **Smoked mackerel**
  • It’s so versatile. You can eat it hot or cold. I don’t need to carb count it or worry about gluten. I like making pâté in warmer weather or grilling it when I fancy something in colder weather. Nothing goes to waste as my dog eats the skins.

• **Pink grapefruit juice**
  • I love the tangy sweet taste of this juice.

• **Celeriac**
  • I’m talking roast lamb, potatoes, vegetables and gravy. This meal is hearty, warming and a great solution when there are lots of hungry mouths to be fed. The only thing I really have to carb count in the meal are the potatoes.

• **Liquorice**
  • This is my favourite food from my childhood. It evokes wonderful memories of watching television with my grandmother. When I had my coeliac disease diagnosis I was saddened to find out it had gluten in it. However, I recently found a gluten-free version in a farm shop close to home. It is very sweet so I save it for a hypo treat.

• **Liquorice**
  • This is a multi-purpose vegetable and a great alternative to potatoes. I love making soup with it. As it’s a creamy root vegetable I don’t need to add anything to it because the texture is perfect. Hot water and a stock cube is all you need. I also like slicing it up and roasting it with some olive oil. I carb count it as I would a potato.

**MedicAlert**

MedicAlert is a charity that offers ID jewellery that alerts emergency professionals to vital medical information if required immediately. The phone line is 24/7.

www.medicalert.org.uk

**Universal Medical ID**

The medic alert tag comes with access to your own interactive health record making vital information easily accessible.

www.universalmalid.co.uk

**Mediband**

Mediband offers a wide range of medical ID jewellery and silicone bands to ensure that you have something to wear whatever you’re doing.

www.mediband.com/gb

**Smoked mackerel**

• It’s so versatile. You can eat it hot or cold. I don’t need to carb count it or worry about gluten. I like making pâté in warmer weather or grilling it when I fancy something in colder weather. Nothing goes to waste as my dog eats the skins.

**Pink grapefruit juice**

• I love the tangy sweet taste of this juice.

**Celeriac**

• I’m talking roast lamb, potatoes, vegetables and gravy. This meal is hearty, warming and a great solution when there are lots of hungry mouths to be fed. The only thing I really have to carb count in the meal are the potatoes.

**Liquorice**

• This is my favourite food from my childhood. It evokes wonderful memories of watching television with my grandmother. When I had my coeliac disease diagnosis I was saddened to find out it had gluten in it. However, I recently found a gluten-free version in a farm shop close to home. It is very sweet so I save it for a hypo treat.

**Liquorice**

• This is a multi-purpose vegetable and a great alternative to potatoes. I love making soup with it. As it’s a creamy root vegetable I don’t need to add anything to it because the texture is perfect. Hot water and a stock cube is all you need. I also like slicing it up and roasting it with some olive oil. I carb count it as I would a potato.
Thoughts of a type 1...

Teenage sports star

Jess Lewis is 14, has type 1 and is an aspiring Olympic athlete who is just about to start her GCSEs. She tells us how she manages her diabetes, along with school work, javelin training, sporting competitions and being a regular teenager.

I was diagnosed in January 2012. The signs came on very quickly. I was constantly drinking and repeatedly fell asleep in school. After going to the doctors, I was taken straight to A&E for tests. I stayed in hospital for three days while I was stabilised.

Now diabetes is normal for me. I’ve learnt what to eat and when. It can be hard, though, especially when I exercise so much. I train for javelin four days a week – one session is sprinting and the others include throwing and weights. During my training I have to check my levels and deal with highs and lows, depending on how I am.

I started competing this year, and in July I took part in the English Schools Athletics Championships. I felt really unwell the night before and I was disappointed with how I performed. I was away from home, but my coaches and friends know how to look after me if I don’t feel good.

Also over the summer, I competed in the nationals – coming second. I’m now ranked number two in the UK for javelin in my age group and if I continue to train hard, I could make the Olympic team. Having type 1 has made me mentally tougher, more driven and I definitely feel determined to succeed.

If you’ve got a story to tell, email us at info@jdrf.org.uk

If I continue to train hard, I could make the Olympic team. Having type 1 has made me mentally tougher, more driven and I definitely feel determined to succeed.

In the new school year, I’ll be in year 10, working towards my GCSEs. Athletics competitions are mostly seasonal, but I’ll still train alongside my school work.

To other teenagers with diabetes I’d say make the best of it and don’t let it be a negative thing, you can still do what you want to do in your life.

We are an immune research special...
Searching for what triggers the wrath of the immune system

Type 1 diabetes is little understood beyond those affected, particularly that it differs fundamentally from type 2 diabetes in being a member of a group classified as autoimmune conditions. Here Paz García, JDRF’s Senior Research Communications and Engagement Officer, gives a guide to what is known – and unknown – about it.

‘Is that the one that’s genetic?’

‘Is it because you ate too many sweets?’

‘Is it contagious?’

Sound familiar? These are just some of the questions that people affected by type 1 diabetes get all the time when trying to explain the condition to others.

And in some ways, the confusion is understandable. We don’t hear much about type 1 diabetes in the media and there aren’t many people in the public eye who live with the condition and are willing to speak out about it.

So here for those who don’t know it – and for those who have only a sketchy knowledge of it, a group that almost certainly includes a fair number of those affected – is the inside story of the nature of type 1 diabetes.

Type 1 diabetes is an autoimmune condition

Autoimmunity occurs when our immune system, which normally keeps us safe and protects us from infections, for some reason decides to turn on the body.

There are more than 80 autoimmune conditions, each targeting a different part of the body. In type 1 diabetes it’s the beta cells in the pancreas that feel the uncalled-for wrath of the immune system.

Autoimmune conditions are surprisingly common. There are approximately four million people in the UK living with autoimmune conditions. That’s around one person in every 16. Common autoimmune conditions include type 1 diabetes, rheumatoid arthritis, coeliac disease, psoriasis, Hashimoto’s thyroiditis and vitiligo.

And one other thing: if you have one autoimmune condition, you’re much more likely to develop another.

Genes play a role, but that’s not the whole story

Researchers estimate that based on genetics alone, people in the general population have about a one-in-300 risk of developing type 1 diabetes. For someone with a close relative with the condition, the risk is fifteen times greater at one-in-20.

Certain genes can make it more likely for a person to develop certain autoimmune conditions, but genes alone are not usually enough to trigger the condition.

For example, identical twins have identical genes, but only an estimated 50 per cent of twins have matching cases of type 1. So, if at least half of twins do not develop type 1 when the other twin does something else must be going on.

Unknown environmental triggers cause type 1 diabetes

Something in the environment, combined with a genetic predisposition, is setting off the immune system. For some autoimmune conditions, researchers have identified possible triggers, such as smoking for rheumatoid arthritis.

But we don’t know the environmental triggers for type 1 – for now. In the meantime, we have been able to rule out things that are not linked with type 1 diabetes, such as eating sweets or taking in too much sugar in other ways.

Autoimmune conditions are not contagious

You cannot catch type 1 diabetes, or any other autoimmune condition, from someone else. This is because it is not caused by something infectious, like a cold or a tummy bug. Autoimmune conditions fall under the category of what’s known as non-communicable diseases precisely because they are not spread through infection.

So no, type 1 is not just genetic – genes play a role, but there are other factors involved too.

And no, we don’t yet know the environmental triggers causing type 1.

And autoimmune conditions are certainly not contagious.

There are more than 80 autoimmune conditions, each targeting a different part of the body.

Autoimmune conditions have not had the attention they deserve. This is why we are launching a report on the subject at the Houses of Parliament on the 26 November – to raise awareness of autoimmune conditions in the UK. Watch out for the hashtag #AutoimmuneAware to follow the event.

Your support has helped us to make this research possible. To fund more research like this, visit jdrf.org.uk/fundresearch
Key secret that lurks behind the double life of interferon

The first project of the Connect Immune Research programme will examine the protein that plays good cop, bad cop roles in autoimmunity. Paz Garcia, JDRF’s Senior Research Communications and Engagement Officer, explains.

Too much interferon is linked to various autoimmune conditions, including type 1 diabetes, rheumatoid arthritis and psoriasis.

But curiously, interferon is used to treat multiple sclerosis, which is also an autoimmune condition. This apparently contradictory evidence suggests that interferon is important for autoimmunity, but it is not clear how exactly it relates to all of these different conditions.

So the winning project will investigate two main questions:

1. How can increased interferon be linked to so many different autoimmune conditions?
2. Why is interferon seemingly harmful in some conditions, but protective in others?

Professor Crow is based at the University of Edinburgh, and will collaborate with researchers from around the country who work on different conditions.

This means the team will be able to study the role of interferon in a range of autoimmune conditions, including type 1 diabetes, rheumatoid arthritis and multiple sclerosis by analysing blood and other samples.

If we can understand how interferon relates to different autoimmune conditions, it will help us to develop better treatments for people living with these conditions. This means better treatments not just for the 400,000 people who live with type 1 in the UK, but for further 3.6 million people living with other autoimmune conditions.

JDRF is delighted that the inaugural project of Connect Immune Research has started. Along with our partners at Versus Arthritis (formerly Arthritis Research UK) and MS Society, we were pleased to receive a number of promising applications from researchers looking to work collaboratively and explore autoimmune conditions across the board.

So how did we choose just one project?

We put the applications from researchers to our panel of 12 members, which includes healthcare professionals, scientists and people who live with autoimmune conditions.

And ultimately there was a clear winner: Professor Yanick Crow’s project.

The science behind the project is intriguing

The immune system routinely uses the protein interferon when responding to viruses and possibly to regulate immune cell activity. Too much interferon is linked to various autoimmune conditions, including type 1 diabetes, rheumatoid arthritis and psoriasis.
Why is it important to have a clean finger when testing your blood?

It is extremely important that you only carry out a glucose blood test on a clean finger. If your finger isn’t clean, anything on your finger can affect the results of your blood glucose test. This can lead you to inject too much insulin which will have quite serious and sometimes dangerous consequences.

What are Dia-Wipes?

Dia-Wipes are an exciting product from established diabetic product manufacturers, Funky Pumpers. They measure 45mmx70mm (1.7”x2.7”) and do not contain any alcohol, fragrance or any other product or chemical that could affect your blood glucose test result.

Dia-Wipes were designed because there was a total lack of suitable and conveniently sized finger wipes on the market. It isn’t always possible to find somewhere to wash your hands before testing. It also means that there is no need to drag yourself or your child away from what they are doing to carry out this task.

Dia-Wipes solve these problems. As last there is a wipe that you can keep in your testing kit, pocket, bag etc and pull out without any fuss in order to carry out your blood glucose test. Dia-Wipes are useful in so many situations, including schools, the office, the park or anywhere you are, where you want to carry out an accurate blood glucose test, without having to stop what you are doing to find somewhere to wash your hands.

www.funkypumpers.com
info@funkypumpers.com
Pump Fashion Ltd trading as Funky Pumpers

www.dia-wipe.com

20% off on your first order
offer code “JDRF”
Dia-Wipes can be purchased from www.FunkyPumpers.com

Funky Pumpers offer a full range of original, practical and fun products
Pump Pouches • Lyrica Pump Waist Bands • Hypo Treatments
Frio Products • Awareness Products and Wristband Medpacs
Spibelts • Test Kit Cases • Plus 100’s of other products

In addition to Dia-Wipes, Funky Pumpers offers a range of other products including:

Pump Pouches
• Lyrica Pump Waist Bands
• Hypo Treatments

Frio Products
• Awareness Products and Wristband Medpacs

Spibelts
• Test Kit Cases

Plus 100’s of other products

Rachael Chrisp reports on what the effect might be if the UK and European Union fail to come to an agreement

For the past year JDRF has been keeping a close eye on the UK Government’s Brexit negotiations with the European Union. The negotiations have raised concerns for people affected by type 1 diabetes in a number of ways. In particular, uncertainty surrounds the availability of insulin, the vast majority of which is imported. Media reports have suggested these imports could be affected by a no-deal Brexit. The Secretary of State for Health and Social Care, Matt Hancock, stated recently in Parliament that he had asked his department to work with the pharmaceutical industry on options for stockpiling medicine in the absence of a deal to ensure supplies are not disrupted.

The UK Government followed this by issuing a series of notices, including one advising how medicines, medical devices and clinical trials would be regulated in the event of no agreement being reached.

JDRF has responded by writing to the Department for Exiting the European Union and the Department of Health and Social Care asking to be consulted on further plans. Insulin manufacturers Sanofi and Novo Nordisk responded to the government’s notices towards the end of August. Both issued statements confirming that they were increasing stocks of insulin in the UK – Novo Nordisk to 16 weeks, and Sanofi to 14 weeks – to ensure supplies would not be affected.

Brexit also potentially affects researchers working on finding the cure for type 1. But the UK’s medical research community has been partially reassured by the government’s announcement that it would underwrite funding from Horizon 2020, a key EU funding scheme for European researchers.

JDRF will continue to work to raise awareness of how Brexit could affect those with type 1 diabetes, and you can keep an eye on jdrf.org.uk for updates.

To find out more about our public affairs work, visit jdrf.org.uk/campaigns

Brexit also potentially affects researchers working on finding the cure for type 1

A project as ambitious as Connect Immune Research, which is the main focus of this issue of Type 1 Discovery, needs support at government level in order to reach its full potential

Rallying support at Westminster for Connect Immune Research

This winter we will be asking parliamentarians: ‘Are you autoimmune aware?’ We will be pushing for their help to raise awareness throughout the UK.
GET INVOLVED

Find out more about how to get involved at jdrf.org.uk/get-involved

What does it involve
We want you to work closely with our Community Engagement team to get our support packs and leaflets to more healthcare professionals. This will allow JDRF to support more people with type 1 diabetes. The main tasks you will be involved with are:

- researching clinic contact information to keep our records up to date
- contacting clinics to introduce JDRF and sign them up to receive our resources
- fulfilling orders, samples or subscriptions at the clinic’s request
- securing meetings/visits for our Community Engagement Officers

How this will help
With you on our team we can be in touch with more healthcare teams who deliver direct support to people with type 1. With our materials, they will be better informed about JDRF and our work and, in turn, be able to give better support to their patients with type 1. As a result, people with type 1 that have not heard about JDRF will be introduced to the charity. The more people engage with and support JDRF, the quicker we can find a cure.

When you would be needed
One to two days a week, Monday to Friday, initially on a 6-12 month basis. Days and hours can be flexible to suit your needs.

Where you would be needed
London, Birmingham and Aberdeen offices.
Take a bow all you wonderful fundraisers

**LONDON** – The Jack Vs Joe annual charity hockey match raised £1,500. Jack and Joe Meaning are brothers who both live with type 1 diabetes.

**WALES** – Thank you to Natalie, Sian, Matt, Laura, Trina, Amy & Nicola for completing a 25-mile walk in South Wales raising £3,968.

**NORTH** – Ian and Shirley Hall from Hexham raised £430 in donations in lieu of gifts at their golden wedding anniversary celebration.

**SCOTLAND** – The Craighaar Hotel in Aberdeen created a special ‘80s menu to celebrate their head chef’s 30th work anniversary. The event raised £2,500.

**MIDLANDS** – Shannon Rowe, who has type 1 diabetes, and her family had a collection at her beloved Grandad’s funeral in June and raised £723 in his memory.

**EAST** – Nine members of Aura Graphics in Lowestoft undertook a skydive and raised £1,791 as part of a charity-of-the-year partnership.

**SOUTH** – Gemma Parker, whose son Jimmy has type 1, organised a Jimmy’s Family Funday to raise funds for JDRF. At the time of going to press more than £1,900 had been donated and a further £900 was expected.

**SOUTH WEST** – Terry Lander and members of Sandokai Karate in Helston made more than £400 for JDRF by completing a 35-mile bike ride.

**THANK YOU**

**Your energy and initiative never ceases to amaze us**

**Paris Marathon**
Sunday 14 April 2019

The Schneider Electric Paris Marathon 2019 is one of the most anticipated events in the international running calendar with 37,000 runners from 145 countries taking part. The spectacular course starts along the Champs-Élysées and finishes near the Arc de Triomphe.

Sign up at jdrf.org.uk/event/paris-marathon-2019

**RideLondon 100**
Sunday 4 August 2019

Whether you are a seasoned cyclist or just starting out, this is the perfect ride for you. There are testing climbs and the course passes through wonderful scenery before you cross the finish line on The Mall.

Sign up at jdrf.org.uk/event/prudential-ridelondon-surrey-100-2019

**London Landmarks**
Sunday 24 March 2019

Back for its second year, the London Landmarks Half Marathon 2019 is a closed-road, central London run and is the only half marathon to go through both the City of London and City of Westminster. From cultural landmarks and heritage sites to the city’s quirky and hidden secrets, runners will get to explore the capital on a route like no other!

Sign up at jdrf.org.uk/event/london-landmarks-half-marathon-2019
### What’s on
Wherever you live, you will not be far from an exciting challenge. So visit [jdrf.org.uk/events](http://jdrf.org.uk/events) and do your bit to create a world without type 1 diabetes.

#### Keep on running
- **Nottingham Christmas Runs**: 1 December
- **Telford 10k**: 9 December
- **Manchester Marathon**: 7 April 2019
- **Newport Marathon**: 5 May 2019
- **Edinburgh Marathon**: 25 or 26 May 2019
- **Swansea Half Marathon**: 23 June 2019

#### On your bikes
- **Carten100, South Wales**: 12 May 2019

#### Type 1 Discovery Days
- **Cambridge Adult Discovery Day**: 3 November
- **Type 1 Discovery Day, Leeds**: 17 November
- **Type 1 Discovery Day, Black Country**: 17 November
- **Type 1 Discovery Day, Tonbridge**: 25 November
- **Type 1 Discovery Day, Southampton**: 9 March 2019

#### Glitz and Glamour
- **The One Ball, Manchester, National Football Museum**: 3 November
- **The One Ball, Sheffield, Cutlers' Hall**: 10 November
- **The Promise Ball, Leeds, The Queens Hotel**: 17 November
- **Aberdeen Gala Ball, Markillie Hotel**: 27 April 2019
- **Edinburgh Gala Ball, Prestonfield House**: 1 June 2019

#### Community events
- **Dog First Aid Course, Cardiff**: 18 November
- **Ride to Cure London**: 17 May 2019
- **Kapow! Leeds, Temple Newsam Estate**: 30 June 2019

---

To sign up to any of our events, go to [jdrf.org.uk/events](http://jdrf.org.uk/events)
Learning that diabetes management can be about choices, not just constraints. That's illuminating.

The CONTOUR®DIABETES app just got even smarter. With brand new features, you can explore your diabetes like never before and keep motivated to stay on track with treatment plans.

Apply for a FREE* CONTOUR®NEXT ONE meter by visiting www.contournextone.co.uk/JDRF0518

* Eligibility criteria apply. Only one meter from the CONTOUR® range per person every twelve months.
Ascensia, the Ascensia Diabetes Care logo and CONTOUR are trademarks and/or registered trademarks of Ascensia Diabetes Care Holdings AG Apple and the Apple logo are trademarks of Apple Inc., registered in the U.S. and other countries. App Store is a service mark of Apple Inc. The Bluetooth word mark and logos are registered trademarks owned by Bluetooth SIG, Inc., and any use of such marks herein is under licence. Google Play and the Google Play logo are trademarks of Google Inc.
© Copyright 2018 Ascensia Diabetes Care Holdings AG. All rights reserved.