Join us in finding the cure for type 1 diabetes

JDRF Type 1 Fund attracts pioneering investment

Cazzy Magennis shares her tips on travelling with type 1

Jonty Brown on getting out and staying active

Hybrid closed loop Technology considered by NICE
Focus on the game, not just your diabetes

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Welcome to our great outdoors issue.

With more lockdown restrictions lifting, it feels wonderful to be able to get back outdoors and see friends and family. Firstly, I would like to say thank you to all of our supporters who have continued to support research through virtual fundraisers. It was so encouraging that the lockdown didn't stop you from fundraising and supporting each other.

JDRF will be taking a gradual approach to reintroduce in person events safely. I am also excited to announce that our flagship Cycle for A Cure event, sponsored by Ford, is back this September. A couple of additional exciting routes have been added. No matter your ability, this event is open to all and can be completed anywhere across the UK or even globally. Although our fundraising has been impacted significantly, our virtual events alone this year have contributed a fundraising total of £278,000 which is helping us to maintain our contribution to type 1 research.

To date we have invested more than £115 million in immune therapy research. From this research, we have found that the drug Teplizumab can delay symptomatic type 1 diabetes by an average of nearly three years. There is so much exciting progress being made and we must keep the momentum going. I hope you enjoy this great outdoors issue which includes Jonty’s 192 mile outdoor challenge around the UK, a review from travel blogger Cazzy Magennis, and our top tips for travelling with type 1.

Karen Addington
Chief Executive

Read this online
Get the latest edition of Type 1 Discovery at jdrf.org.uk/discovery to find out how

These foundations and trusts are supporting the following projects:

The Steve Morgan Foundation
Neuroimaging Hypoglycaemia Awareness
Dr Pratik Choudhary at King’s College London
Can high-intensity exercise combat hypo-unawareness?
Professor Rory McCrimmon – University of Dundee
Human islets for basic research
Professor Paul Johnson – University of Oxford
Harmonizing biomarkers in clinical trials of ustekinumab
Dr Timothy Tree – King’s College London
Improved, cost effective prediction of Type 1 Diabetes in early life using combined prediction models
Dr Richard Oram – University of Exeter
Exploring the translational potential of the NPY Y4 receptor for treating type 1 diabetes
Dr Gavin Bewick – King’s College London

Clinical Trials in the Type 1 Diabetes UK Immunotherapy Consortium: Bigger, Smarter, Faster
Professor Colin Dayan – Cardiff University
The beta-2 score and beyond: new composite outcomes measures of islet cell function for use in clinical trials
Professor Colin Dayan – Cardiff University (Beta-2 score)

The Alan and Babette Sainsbury Charitable Fund
Beta cell turnover in patients with long-standing Type 1 Diabetes
Dr Richard Oram – University of Exeter and Professor Yuval Dor – The Hebrew University - Hadassah Medical School

The Cadogan Charity
Using Deep Learning on Retinal Images to Predict Complications and Therapeutic responses in Type 1 Diabetes
Dr Helen Colhoun - University of Edinburgh

Garfield Weston Foundation
Accelerating the Adoption of Type 1 Diabetes Treatments

The Mason Le Page Charitable Trust
Exploring the translational potential of the NPY Y4 receptor for treating Type 1 Diabetes.
Dr Gavin Bewick - King’s College London

To find out about all the projects we fund, visit jdrf.org.uk/research
The T1D Fund attracting major private sector investment

A pioneering collaboration by JDRF is driving major new investment and progress in type 1 diabetes research

In 2016 JDRF launched a philanthropic investment fund, called the T1D Fund. So far the fund has raised £88 million thanks to 77 major donors in the UK and USA.

The T1D Fund is staffed by investment experts who work with JDRF’s research team to identify biotechnology companies most likely to make breakthroughs in transformative type 1 diabetes therapies.

The Fund then is able to attract the interest of venture capital firms to invest in those companies identified by the research team.

To date the Fund has secured the support of 20 venture capital firms to invest £350 million in cutting edge type 1 research.

A share of the profits go back into the Fund to support future investments. Since 2016 the T1D Fund has grown by £20 million, a direct result of the profits from investments.

One example is SQZ Biotech, a cell therapy company which was working on inserting treatments into cells that would help the immune system destroy cancer cells. With funding from the T1D Fund, the company has now expanded to work on developing immune tolerance in beta cells.

Find out more about the T1D Fund here: t1dfund.org/about-us

Welcoming our new board members

Karen Addington, the UK Chief Executive of JDRF, has welcomed three new members to the charity’s Board of Directors.

Wilson Leech

Dr. Per Lundin

Jared Chebib

Wilson Leech and Dr. Per Lundin have type 1 diabetes themselves, while Jared Chebib is the father of a child who lives with type 1. JDRF is also saying goodbye to Karen Loumansky, who is stepping down as a Board Director.

Karen Addington said: “I’m delighted to welcome Jared, Per and Wilson. I would also like to thank Karen for her many years of hard work and support, which have been vital in helping JDRF achieve its aims along the road to a cure.”

HYBRID CLOSED LOOP TECH CONSIDERED BY NICE

The National Institute for Health and Care Excellence (NICE) has confirmed that it will be appraising hybrid closed loop technology for type 1 diabetes, meaning that, if approved, it could in future be available on the NHS in England.
Mike Straney joins JDRF as UK Director of Fundraising and Engagement

We’re happy to announce that Mike Straney has joined JDRF as our new UK Director of Fundraising and Engagement. Over the last 15 years Mike has held senior fundraising and partnerships roles across the charity sector. Mike began his career working for a diabetes technology company, giving him a strong knowledge of type 1 diabetes and the impact it can have on those living with the condition. Mike said: “I’m excited to be working with JDRF supporters across the UK. It is clear that JDRF has a committed supporter base that is passionate about raising money to find better treatments and cures for people with type 1 diabetes.”

JDRF-funded research took centre stage at Diabetes UK’s online Professional Conference 2021. Professor Kathleen Gillespie shared her finding that a quarter of people with type 1 have shielded during COVID-19, which may have left many without financial support. Professor Roman Hovorka, who last year launched the world’s first artificial pancreas app, announced that hybrid closed loop technology is going to be assessed for NHS funding. And Yale University-based Professor Kevan Herold described his decades of JDRF-funded work on the immunotherapy teplizumab, which the US is considering licensing to delay the onset of type 1 diabetes.

We asked you…

What are your top tips to help manage type 1, when travelling?

- Pack what you think you need, double it and add some more.
- Back up on insulin pens incase of failure or breakage and carry everything in your hand luggage!
- Always carry an extra juice box or snack because you never know when there will be delays.

Our survey says

What is your favourite alternative holiday idea?

- **16%**
  An outdoor camping adventure

- **17%**
  A peaceful river houseboat

- **58%**
  A luxury cottage with hot tub

- **9%**
  Other

For the latest type 1 news go to jdrf.org.uk/news
Sport-loving Jonty Brown was diagnosed with type 1 diabetes aged 12. Now 30, he’s about to embark on an incredible 192-mile run across the UK to raise money for JDRF.

From football camp to hospital

I’ve always been heavily into sport. When I was 12, I was at a weekend football camp and I felt really unwell. I was constantly thirsty yet nothing would quench my thirst, I needed the toilet every five minutes and I couldn’t eat or sleep. I was a slim kid but in the two days away I had lost weight. I was the captain of the team and for the first time I had to stop playing mid-match. My mum took me straight to hospital where I was diagnosed with type 1 diabetes.

Learning to live with type 1

There are so many things to consider with type 1 diabetes. As well as managing high and low blood sugars, counting carbs and having regular checks on my eyes and feet, I struggled—and still do—from anxiety and depression. I have a life-long phobia of needles so using four needles a day when I was first diagnosed, with what seemed like endless amounts of finger pricks, was definitely my first struggle.
I continued with sports and exercise after my diagnosis and I’ve found that exercise and getting out in nature helps me massively in controlling my diabetes and also helping my anxiety and depression.

Luckily I was one of the first people to try out the new insulin pumps, and it changed everything. Now I use a FreeStyle Libre and a MiniMed 640G insulin pump to manage my blood glucose levels and insulin. The development of diabetes tech from insulin pens and finger pricks just 20 years ago (wow that makes me feel old!) to the technology that’s now available has definitely made living with diabetes easier.

**Using technology and determination to keep active**

I continued with sports and exercise after my diagnosis and I’ve found that exercise and getting out in nature helps me massively in controlling my diabetes and also helping my anxiety and depression. At first I tried to ignore the fact that I had diabetes and didn’t really take it seriously — it was just too much. When I would surf, I would test before going in, surf for half a day without injecting or testing, and it would end with me feeling terrible.

The tech I use, and with the support of my diabetes support team at Harrogate hospital, has enabled me to continue with sport. I want a happy, healthy, long life. With the help of my fiancee Hannah, my family, my super hero of a diabetic nurse Janet and technology, I make a huge effort to manage my diabetes. Any sport or exercise is possible. With surfing now, I test before I go in and come out every hour or so, to test and get some insulin or food if I need them - then I’m straight back in the water!

**Taking on new challenges**

In the first COVID-19 lockdown I started running with my friend Chris. We then decided it would be a great idea to run across the UK and document the challenge. We’ll be running 28 miles a day for seven days (192 miles in total) and up and over 55,000ft of elevation in August 2021. There are considerations I have to prepare for but, for me, having type 1 is no reason to stop. As a lean athlete I have found I have to do extra tests as the cannula on my insulin pump can bend when I’m running and stop the insulin getting into my system. I also need to take extra supplies to stop my blood glucose going too low but also make sure I have enough insulin on board to help with turning the fuel into energy.

I have never let diabetes stop me taking on new challenges. Even if you don’t have that state of mind, the technology is there to make life with diabetes easier. I’m raising money for JDRF to support their work to improve access to technology and hope that, through their research, type 1 diabetes can one day be eradicated once and for all.

Jonty and Chris’s Chasing Change challenge is taking place in August and aims to raise £20,000 for JDRF, The Tuberous Sclerosis Association, and Surfers Against Sewage. Find out more [www.chasingchange.co.uk](http://www.chasingchange.co.uk)

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**Fact**

Worldwide, JDRF’s Performance in Exercise and Knowledge (PEAK) programme, has trained more than 45,000 people.
Travelling with type 1

By Rachael Crawford. Rachael’s son George was diagnosed with type 1, when he was eight. A bad experience travelling through Dubai airport on holiday, inspired her to campaign to create a medical card for individuals travelling with type 1 technology.

The Medical Device Awareness (MDA) card was launched in 2019 offering a practical solution to issues often encountered at airport security, with information on one side for Security Officers and for the passenger on the other. The card covers insulin pumps, CGMs and the Freestyle Libre and has full backing from the UK government.

However, this is a global problem. After further discussions with the Civil Aviation Authority and the Department for Transport, the card scheme was presented in early 2020 at the International Civil Aviation Organisation meeting, which is a specialised agency of the United Nations. We were delighted that the card proposal was endorsed by their Aviation Security Panel and included in their security manual, which is widely used by authorities around the world and contains a template for the card.

Since then, COVID-19 happened. There have been some changes at airports with regards to health measures put in place to protect passengers and staff. However, we have been assured that the process for screening passengers with medical devices remains the same.

Guidance is that both insulin pumps and CGMs must not be either screened by x-ray or pass through the security scanner and that other screening methods are available. Spare pumps can still be screened with ETD (explosive trace detection) equipment rather than passing through the x-ray. We recommend that the MDA card continues to be used and that medical confirmation of devices and medication is carried.

As lockdown eases, the UK CAA are confident that although passengers will notice some differences, those travelling with medical devices will not be disadvantaged in any way in the coming months.

JDRF’s top tips for travelling with type 1 diabetes:

- • Take glucose tablets as they are not liquid, easy to pack and small!
- • Monitor blood sugars more often than usual during the entire journey.
- • Wear a medical ID bracelet and turn on the medical notification on your phone screen.
- • Make sure you have your doctor’s letter, MDA card, and medication list.
- • Arrive at the airport early and allow extra time to go through security.
- • Be prepared! Pack 3 times more supplies than needed in case of travel delays, theft, or natural disasters.
- • Use Frio insulin cooling wallets to store insulin while traveling.
- • Research the local pharmacies and clinics at your destination.
- • Set your phone alarm for taking medicine if you’re traveling across time-zones and adjust your insulin pump date/time as appropriate.

Happy travelling! You can find more about the campaign here jdrf.org.uk/airsecurity

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

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Roche Diabetes Care Accu-Chek Instant
Roche Diabetes Care has launched the Accu-Chek Instant system, a new ‘connected’ blood glucose monitoring system which supports and enables Roche’s approach of integrated Personalised Diabetes Management (PDM). accu-chek.co.uk

Quin: Diabetes Management
Quin is a free, regulated medical app that learns about you with each use. Quin learns what’s likely to happen to blood sugars, allowing for more informed diabetes treatment decisions. quintech.io

CamAPS FX
The advanced adaptive hybrid closed-loop app that automatically adjusts insulin delivery on your insulin pump based on your sensor glucose readings. camdiab.com

My type 1 shopping list
Snacks for adventurers

‘We try to lead an active life as possible, and with 2 dogs, we find ourselves outside a lot of the time, rain or shine!’

Amelie and Albie, have taken part in various challenges for JDRF including the 100 challenge. Mum of twins, Jude says:

“We have walked Snowdon and Scafell Pike before, and love a weekend of camping and walking. Being so active for a full day, I find their insulin requirements are lower, yet their snacking requirements are much higher.”

My shopping list will include:

- Multiple packs of dextrose (I order online in bulk!)
- Mini cartoons of fruit juice - 16g carbohydrate per carton so if they are heading hypo or already are, half a carton is a great quick fix.
- Mini snack bars - like Graze bars, or kinder chocolate bars, to have as a snack on a longer walk.
- Savoury crackers/rice cakes for snacking
- One twin likes fruit and the other doesn’t – so bananas and apples for one!
- Obviously I take more than enough of their type 1 pump supplies, and CGM’s – they both wear a Tandem T-Slim and Dexcom G6, so I will take spare cannulas and insertion kits as these can get ripped off on walks or swims!

If you want to share your shopping list, email us at info@jdrf.org.uk
Thoughts of a type 1... Professional footballer

Niall Canavan is an English professional footballer who plays as a defender for Bradford City in the English Football League.

Finding out I was type 1 at the age of 27 was a huge shock for both me and my family. In a way though my diagnosis actually came as a relief as it provided an explanation for the physical struggles I had suddenly been experiencing in my professional life. Looking back, I had been showing all the typical type 1 symptoms for many months, but I just wasn’t aware of what they were at the time. Gaining this understanding of what was happening to my body though allowed me to take back control of my health.

Professional sport can be unforgiving, and I initially feared having a condition that I couldn't control may be seen as a weakness. I challenged myself to get back to performing at my best and prove that it wasn't. Eighteen months after my diagnosis, I gained a promotion to League one with Plymouth Argyle and I am now more in control of my physical health than ever before.

Regular testing and keeping track of any irregularities throughout the first year helped build my confidence and understanding of the way my body reacted to different situations. A match-day atmosphere or the elation of a last-minute winner could swing my sugars one way or the other. I learned how to adjust my insulin dosage to proactively combat this. Eighteen months after my diagnosis, I gained a promotion to League one with Plymouth Argyle and I am now more in control of my physical health than ever before. Regular testing and keeping track of any irregularities throughout the first year helped build my confidence and understanding of the way my body reacted to different situations. A match-day atmosphere or the elation of a last-minute winner could swing my sugars one way or the other. I learned how to adjust my insulin dosage to proactively combat this.

Now two years on, I am still learning how different factors can impact my sugars and how to adapt accordingly. I always take extra ‘goodies’ on away trips and ask our goalkeeper to keep an energy gel behind the goal to make sure I am prepared for anything unexpected.

Modern technologies have definitely played a big part in helping me on my journey so far. I have used the Dexcom G6 and I am currently using the Freestyle Libre. These are both compatible with my smartphone and make monitoring sugars on the go stress free. I believe they are a key tool for a diabetic to have and would encourage anyone to give them a go.

You have good days and bad days with diabetes; the good are easy to take in your stride and the bad not so much. On days when things aren’t running as smoothly as I’d like I just remind myself that it’s ok not to be perfect and that every day is a learning day. Diabetes should never hold you back from anything, you can take it wherever you want to go.

“Regular testing and keeping track of any irregularities throughout the first year helped build my confidence and understanding of the way my body reacted to different situations”

If you’ve got a story to tell, email us at info@jdrf.org.uk
Cazzy Magennis has travelled around the UK and the world for the past 10 years and blogs about living and travelling with type 1.

Q: How old were you when you were first diagnosed with type 1?
A: I was 16 years old.

Q: Where would you say is the best place you have visited in the UK?
A: Definitely Scotland, it’s got amazing beauty everywhere. Glen Coe & Isle of Skye are my favourites.

Q: What is your management routine for type 1, whilst you are out and about?
A: Since I’m currently living ‘van life’, diabetes management is easier. I keep all my supplies in the van and my insulin in my onboard fridge. For day trips, I carry any insulin I need in my Frio bags, which is an insulin cooling case.

Q: What are the challenges you face when travelling with type 1?
A: Managing new climates, and making sure my insulin is kept cold. I make sure I have access to a fridge (when I can) or use Frio bags when needed.

Q: What tips would you give to people who are diagnosed with type 1?
A: Surround yourself with information and positivity from others who have type 1 and are still doing all the things they wanted. I feared diabetes would hold me back, but I soon realized it didn’t have to, and the online diabetes community is full of inspirational people!

Q: What would you say to someone with type 1, who’s worried how the condition will affect their ability to travel?
A: My advice is to prepare in advance for all the sorts of situations you are worried about and come up with a solution. Planning is key to traveling with diabetes, and you’ll soon see there isn’t anything you can’t prepare for.

Q: What tips would you give to people who are diagnosed with type 1?
A: Test more frequently and look for patterns in my blood sugars. My HBA1C has only got better since I started travelling 5 years ago.

Q: How do you manage your health, mental health and wellbeing?
A: I always try to make sure I’m eating healthy when I’m traveling and I’m also very self-aware of my mental health. I like to keep a diary to write my thoughts and feelings and I encourage myself to allow myself to rest both physically and mentally.

Q: Do you use type 1 technology? If so, how has it helped with diabetes management?
A: I love the Freestyle Libre 2 and its alarms. It’s improved my blood sugars and allowed me to be more spontaneous.

Q: What’s next for your travel agenda?
A: I’m driving around the world with my partner in our self-converted campervan over the next 3 years. We’ll be vlogging our adventures on our Youtube account Cazzy & Bradley and I am super excited!

See more on Cazzy’s travel blog here: www.thatdiabeticgirl.com and www.dreambigtravelfarblog.com

You can read more stories about people living with type 1 diabetes on our blog. Go to jdrf.org.uk/blog to find out more.
Type 1 diabetes is global... so is JDRF

We all know that type 1 diabetes affects people around the world, from all backgrounds and walks of life.

Thanks to generous supporters our research is also global - tackling type 1 wherever it’s affecting people’s lives. Today, we’re supporting the best type 1 research in nearly 20 countries across the world.

Here, we shine a spotlight on just a few of the global efforts your support has helped make possible.

United States

JDRF began life in the US in 1970, when a group of parents came together to make a better life for their children with type 1. Ever since then, teams in the US have been at the forefront of research into the condition. For example, in 2014, JDRF researchers in Massachusetts developed a way to rapidly convert stem cells into millions of insulin-producing cells in the lab. This is a vital step towards a cure, as it could make it possible to replace the lost cells in people with type 1. More recently, US clinical trials showed that the immunotherapy teplizumab, underpinned by decades of JDRF research, could delay type 1 by an average of nearly three years. Following these and other promising results, the US is considering licensing the drug to prevent or delay type 1 in people at risk of the condition.

Canada

In 2001, a team at the University of Alberta successfully transplanted insulin-producing beta cells from organ donors into people with type 1. The procedure became known as the Edmonton Protocol, and was made possible by many years of JDRF-funded research.

The operation enabled those people with type 1 to live without insulin injections or infusions for up to 12 months - and is now a vital treatment for people who struggle with severe hypo, or have lost awareness of hypoglycaemia altogether. It also proved that replacing beta cells can be done safely and successfully - a finding that will likely be key to curing type 1 in future.

Germany

In 2015, JDRF partnered with the German government to launch Frida, a screening programme for type 1. By screening more than 90,000 pre-school children across Bavaria, Frida was able to slash rates of diabetic ketoacidosis (DKA) - a complication of type 1 that occurs when the body has a severe lack of insulin. In the UK, around 25 percent of children with type 1 are diagnosed...
so late that they’re hospitalised with DKA. In Fr1da children, this number was just five per cent, because those who were at risk could be monitored more closely, and diagnosed more promptly. Widespread screening could also make it possible to run bigger trials of new treatments to prevent type 1, by making it clear who is likely to develop the condition.

India
JDRF is supporting the Indian pharmaceutical company Biocon to trial an insulin pill that could reduce or replace insulin injections for people with type 1. The insulin is fast-acting, meaning it could be used at mealtimes instead of a bolus injection.

The research is still in the early stages, and focused on answering questions such as how the insulin is absorbed into the bloodstream and how this is affected by different kinds of meals. But an alternative way to take insulin could make life with type 1 significantly easier, while we hunt for a cure.

United Kingdom
The UK is a world leader in the immunology of type 1. It was UK researchers who, back in 1974, showed that type 1 is an autoimmune condition. In recent years, JDRF has funded teams in Cardiff and London to find ways to stop the immune system’s mistaken attack on beta cells, as part of a way to cure or prevent type 1. The teams have suggested it may be possible to calm the immune system down by teaching it that beta cells are not a threat - or even by getting ‘good’ immune cells to assassinate the ‘bad’ ones. JDRF UK also co-funds the Type 1 Diabetes UK Immunotherapy Consortium to recruit people into clinical trials of new treatments that could slow or prevent type 1 diabetes. The consortium is currently running a trial of teplizumab in young people recently diagnosed with type 1. If successful, this could become the first immunotherapy approved for people who have the condition – bringing us one step closer to curing type 1.
Experience Freedom with Pod Therapy
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The Omnipod DASH® Insulin Management System

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The Award winning Virtual Cycle for a Cure ride is back for its second year and we can’t wait to have you join the team!

Pick from one of seven unique distances, jump on your bike and help raise vital funds for type 1 research.

Whether you’re a novice, beginner or experienced cyclist, join our virtual cycling challenge for all abilities. Your pedals will be powering the latest ground breaking research into a cure.

Register your interest by emailing cycleforacure@jdrf.org.uk and we will let you know as soon as our signup link is live.

SIGN UP TODAY AND HELP CREATE A WORLD WITHOUT TYPE 1 DIABETES

SATURDAY AUGUST 28 – THURSDAY SEPTEMBER 30 2021

THE EVENT

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Even with advanced systems such as the t:slim X2 insulin pump with Control-IQ technology, you are still responsible for actively managing your diabetes. Control-IQ technology does not prevent all high and low blood glucose events. The system is designed to help reduce glucose variability but it requires your accurate input of information, such as meals and periods of sleep or exercise. Control-IQ technology will not function as intended unless you use all system components, including your CGM, infusion sets and pump cartridges, as instructed. Importantly, the system cannot adjust your insulin dosing if the pump is not receiving CGM readings. Since there are situations and emergencies that the system may not be capable of identifying or addressing, always pay attention to your symptoms and treat according to your healthcare provider’s recommendations.
Putting people with type 1 at the heart of our research

The ways in which new technologies and treatments are developed for type 1 are long, complex processes filled with expertise and contributions from a wide array of people and organisations. But how do we make sure that the expertise of those who have the deepest knowledge of type 1 is central to this?

JDRF wants to make sure lived experience of type 1 is front and centre by leading discussions with organisations such as the National Institute for Health and Care Excellence (NICE), a body that determines which treatments are available, as well as with wider policymakers. We want to ensure the longer term social, mental and physical impacts of potential new treatments and technologies are given fair weighting alongside other factors such as their cost for the NHS.

To help do this, we need to collaborate even more closely with JDRF supporters affected by type 1. We want to capture, for example, how type 1 diabetes technology helps beyond HbA1c; how day-to-day life is impacted and improved via the positive psychological benefits of reduced anxieties that technology such as continuous glucose monitoring can provide.

We want to push the experience of people who have type 1 into the nation’s formal structures around healthcare and medical research, so that people with the condition can explain to decision makers the difference that access to innovative technology can make to their lives. And, that’s why JDRF is launching an Insight and Experience Panel.

If you or a loved one has type 1, you can apply to volunteer for this new panel. As a member, you would be helping JDRF shape our policies, content, support services, and groundbreaking research projects as well as meeting like minded individuals and getting a chance to do something valuable. Join our Insight and Experience Panel and you will have the opportunity to bring your experience to decision makers, making a difference to others living with the condition.

No one knows type 1 diabetes better than people whose lives are directly affected by it, but sometimes their valuable insight is overlooked. JDRF wants to put people affected by type 1 at the heart of research and development for new treatments

The voices of people with type 1 diabetes do not consistently make their way into decision-making processes for treatments that impact them. JDRF is pleased to be launching our Insight and Experience Panel.

Rachael Chrisp, Policy and Public Affairs Manager at JDRF

To find out more about our campaign work, visit jdrf.org.uk/campaigns
Support JDRF this World Diabetes Day

Ask your school to take on a 100 Challenge next term!

There are 29,000 children living with type 1 diabetes in the UK. JDRF exists to make life better for anyone affected, until the day we find a cure.

Mark 100 years of insulin and help us make the next big research breakthrough. Try 100 relays round the school track, paint 100 paintings or dress up as inspirational characters from the last century.

The fundraising pack can be found at: jdrf.org.uk/100-challenge-fundraising-resources

Fund vital medical research into type 1 diabetes by playing the JDRF weekly lottery. And you could win the £25,000 top prize!

Your support could help us find the next big breakthrough.

Play now at jdrf.org.uk/lottery
Virtual London Marathon

Sunday 3 October – No registration fee

Fancy becoming a world record breaker? Well now you can!

The 2021 Virtual London Marathon is set to be the biggest marathon ever staged anywhere in the world, with an incredible 100,000 runners scheduled to take part on Sunday 3 October in the virtual and physical events. Take on the world’s greatest marathon.

Sign up at jdrf.org.uk/event/virtual-london-marathon-2021

JDRF One World with Roblox has arrived!

From 18 June you can join us in our virtual One World, inside the videogame Roblox

Step inside to learn more about type 1 diabetes, celebrate One Walk, play minigames, do a scavenger hunt around landmarks like Big Ben and Stonehenge, and more!

To access One World you will need to set up a free Roblox account here then click the link below to connect with our safe online community:

jdrf.org/oneworld

Volunteer with JDRF

Volunteering can be such a rewarding experience. Join us and use your skills in a productive way while gaining new ones, work with like minded individuals and make a difference to our work.

We have so many opportunities for you. Whether you have a few hours a week or a few hours a month. If you are interested in sharing your professional experience, then get in touch.

jdrf.org.uk/volunteer
TEAM ‘MINIONS’ – The family ran or walked 1k every day throughout March. Max, sister Izzy and cousin Thomas, Mum Lauren, Grandma, Grandad, Nanna and Auntie raised an amazing £4,900.

CADDER CHURCH COFFEE SHOP – in Bishopbriggs, Glasgow chose JDRF as their charity for 2020 just before the pandemic and lockdowns came. We were put forward by one of the volunteers whose granddaughter has type 1. Considering the difficulties businesses have endured this last year especially small shops and cafes they have managed to raise a fantastic £1,491!

ALEXANDER PLEWS – Thank you to 9 years old Alexander Plews from Glasgow who raised an incredible £4,133 by shaving off his long locks for his 7 year Diaversary.

THE THOMAS FAMILY – Thank you to the Thomas family who have raised £6,295. Both Sonny and Betty have type 1. Sonny ran a 5k, Betty cut her hair, dad Jamie ran 10k, mum Esme walked a half marathon and big sister Evie did a 24 hour TikTok video. What a great family effort!

CHARLOTTE – Thank you to Charlotte Woodford, 21 who has had type 1 since she was 7. She raised an amazing £436 during lockdown through her awareness campaign and engaging with the local community.

We are so grateful for everything you do for us
**Virtual Discovery Day**

**4 September 2021**

**Type 1 at school and university**

Whether you’re a student embarking on university for the first time or starting school, a parent of a child at school, or a teacher supporting children with type 1, this event is for you.

There will be a panel of health care professionals to provide you with key information about managing type 1 in an education setting; discussion with individuals with lived experience and a virtual exhibition, where you can talk directly to medical device companies and learn more about products to help you manage type 1 diabetes.

Sign up at [jdrf.org.uk/discovery-day-sept21](http://jdrf.org.uk/discovery-day-sept21)
What’s on

We still have some amazing virtual events, alongside potential in person events for 2021. All events are due to take place at the point of publishing. There may be changes depending on COVID-19 position at the time. For full details and to view the latest list, visit jdrf.org.uk/events.

Virtual events

<table>
<thead>
<tr>
<th>Event</th>
<th>Dates</th>
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<tbody>
<tr>
<td>Virtual Cycle for a Cure</td>
<td>28 August – 30 September</td>
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<tr>
<td>Virtual Virgin Money London Marathon</td>
<td>3 October</td>
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<tr>
<td>Virtual Discovery Event - Type 1 at school and university</td>
<td>4 September</td>
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<tr>
<td>100 Challenge</td>
<td>14 September – 14 November</td>
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Keep on running

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<thead>
<tr>
<th>Event</th>
<th>Dates</th>
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<tbody>
<tr>
<td>Royal Parks Half Marathon</td>
<td>10 October</td>
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<tr>
<td>Hyde Park – London</td>
<td></td>
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<tr>
<td>Great North Run</td>
<td>12 September</td>
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<tr>
<td>Paris Marathon</td>
<td>17 October</td>
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One heck of a trek

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<tr>
<th>Event</th>
<th>Dates</th>
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<tr>
<td>Yorkshire 3 Peaks</td>
<td>17 July</td>
</tr>
<tr>
<td>Climb 1 for Type 1: Ben Nevis; Scafell Pike; Snowden</td>
<td>18 September</td>
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Glitz and glamour

<table>
<thead>
<tr>
<th>Event</th>
<th>Dates</th>
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<tbody>
<tr>
<td>Edinburgh Gala Ball</td>
<td>6 November</td>
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Email: scotland@jdrf.org.uk for full details

To sign up to any of our events, go to jdrf.org.uk/events
1. Scanning the sensor does not require lancets.
2. Finger pricks are required if your glucose readings and alarms do not match symptoms or expectations.

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email: info.uk@medtrum.com

phone: 01923 883 638

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