

HERE FOR YOU AT EVERY STAGE

Type 1 discovery

Issue 92 / October 2022 - February 2023

Josie Newth, JDRF Youth Ambassador

tells us why she
wants to raise her
voice to help others

The Type 1 Diabetes Index

A global approach to
type 1 advocacy

Dawn Adams talks about type 1 and the menopause

JDRF-funded researcher

Sergio Pedraza tells us why he
is excited about beta cells

MEET CADEN

A young man who
doesn't let anything
faze him

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CURING
TYPE 1
DIABETES.

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for type 1 diabetes



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A word from Karen

A global approach to type 1



In this year's first issue of Discovery, I spoke about JDRF's global approach to research, looking further than our own borders to find better treatments and a cure for type 1.

It feels fitting that we now close the year by continuing our global theme, introducing The Type 1 Diabetes Index. The Index will raise awareness of the burden and unmet need of people living with type 1 in every country around the world, paving the way for universal treatment. Find out more on page 11.

This month we've had the opportunity to talk to many people at different stages of their type 1 journey. It's always a privilege to hear your stories and share them with others in the community. In this issue our cover star Caden's family tell us about life with type 1 and Down's syndrome, Youth Ambassador Josie Newth explains why she's ready to raise her voice and Seun Alaba talks to us about navigating university with type 1. We also hear from JDRF's long-standing friend, Dawn Adams, about type 1 and the menopause.

I hope you enjoy reading this issue of Discovery as much as we've enjoyed putting it together. We'll see you in 2023!

Karen Addington
Chief Executive

Join us on social media



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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 – 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



JDRF launches Global Type 1 Diabetes Index

We've launched the Type 1 Diabetes Index, which is a first-of-its-kind data simulation tool that measures the human and public health impact of the type 1 crisis in every country across the globe

Until now, there have been wide gaps in the data about the incidence and impact of type 1. Using data and insights from the T1D Index can help change the lives of people living with type 1 by identifying achievable country-by-country interventions including timely diagnosis, accessible care and funding research that could lead to cures.

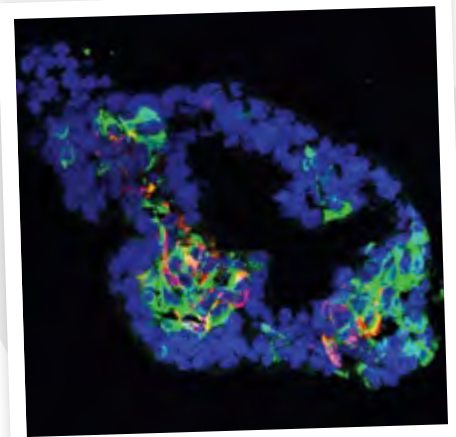
The T1D Index and accompanying research has been published in one of the oldest and most trusted medical journals, *The Lancet Diabetes and Endocrinology*.

Karen Addington, Chief Executive at JDRF said: "JDRF has always funded the best research in the world beyond borders. We understand that we have a global responsibility to the type 1 community. This new, robust analysis of the impact of type 1 puts us in a stronger position to demand greater access to treatments for people with type 1, no matter where in the world they may live."

You can read more about the Index on page 11.

New stem cell treatment being trialed has promising results

A clinical trial of an exciting potential treatment for type 1 is proving effective



The therapy (called VX-880) involves transplanting lab-grown insulin-producing beta cells into people with type 1. These beta cells are made from stem cells, which can be grown into any human cell. These new cells mean patients can produce their own insulin again, reducing the need for insulin injections.

So far, after half the maximum dose of new beta cells, two participants' type 1 management has significantly improved. One participant has even become insulin-independent, meaning they can now produce all their required insulin themselves and no longer need to inject. However, they do need to take drugs to suppress their immune system, which make them vulnerable to infections.

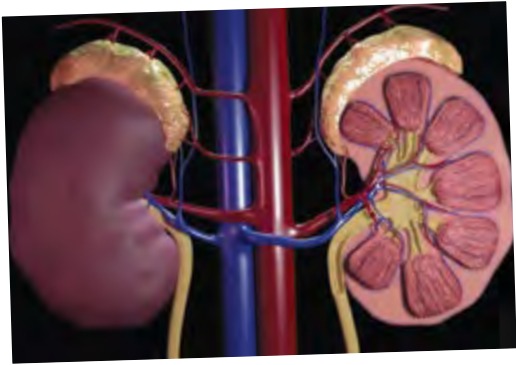
The researchers will now extend the treatment to a handful of new participants with type 1 and observe the results.

Since 2000, we have been funding a scientist called Doug Melton to make beta cells from stem cells. He succeeded and is now working at Vertex to bring his original research closer to a functional cure for type 1. It's thanks to our incredible supporters that we were able to fund Doug's initial research.

COULD YOU BE ONE OF OUR NEW YOUTH AMBASSADORS?

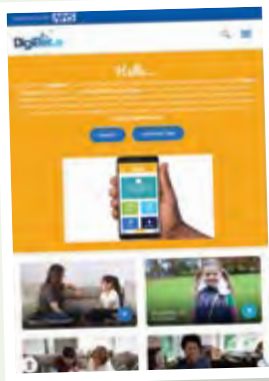
We've launched a new Youth Ambassador Programme, which empowers young people living with type 1 to share their experience with others, busting the myths surrounding the condition.

If you or someone you know is aged 5-25 and would like to find out more about the new programme visit jdrf.org.uk/youth



African-Caribbean people with type 1 are more likely to develop kidney disease

New research confirms for the first time that ethnicity is a risk factor for developing kidney disease in people with type 1. Findings show that African-Caribbean people have an almost 60% increased risk of developing kidney disease than people of other ethnicities. This is independent of other established risk factors for kidney disease such as blood pressure and glucose control. More research in this area is needed to understand the reasons for this increased risk, research that could lead to personalised medicine for people with type 1.



DigiBete

JDRF and DigiBete partner up

We're delighted to announce that we're going to be working together with DigiBete to provide children, young people and their families with the information and support they need to live life well with type 1.

The partnership will enable both organisations to pool resources and co-create information about a broad range of subjects from daily management to nutrition and wellbeing.

The partnership will also encourage more young people to become involved in type 1 research and advocacy work.

They will help them to shape future treatments as well as local and national healthcare services in a way that benefits everyone living with type 1.



Find out more

Keep up with our latest news by following us on social media



We asked you...

Have you used DigiBete before?



42%

Yes

46%

No

12%

Not yet, but will do in the future

Our survey says

Do you feel confident injecting insulin in public?

58%

Yes

19%

No

23%

I use a pump



For the latest type 1 news go to jdrf.org.uk/news

Caden lives with Down's syndrome and type 1. He doesn't let anything faze him

Meet four-year-old Caden, who lives with Down's syndrome and type 1 as well as other physical conditions. His big sister Jamieleigh tells us all about life with Caden and how he teaches the family to appreciate beauty in everything

Having Down's syndrome means Caden deals with type 1 differently

All his life Caden has been poked and prodded for blood tests and healthcare checks, so he is used to it. This makes the finger pricks and tests that come with type 1 easier for him to deal with.

Caden's speech is delayed, so he can't tell us when his changing blood glucose levels are making him feel funny. He also doesn't show any symptoms when his glucose levels are high. He's been through so much in his four years of life that he is incredibly good at masking when he's not feeling well.

We don't know where we'd be without a continuous glucose monitor (CGM)

All this means we rely entirely on Caden's type 1 technology to manage his type 1. If he didn't have his CGM, mam and I would have no clue if he was high or low. We don't know where we'd be without it.

Caden's insulin pump helps us prevent hypos during feeding

Since birth, Caden had trouble swallowing and keeping food down. So, at 19 months, he had an operation called a gastrostomy, which means he gets fed through a



We didn't realise how life-changing type 1 diabetes is, but we quickly had to accept it. Unless you live with type 1, you never fully understand it



feeding tube in his tummy. It takes a while for all the liquid to pass through the feeding tube. Having the insulin pump means we can deliver his insulin slowly during feeds to prevent hypos.

Caden's feeding tube makes managing his type 1 easier

His diet hasn't changed since being diagnosed with type 1 and Caden gets the same food each day. This is a relief because we don't have to carb count. The feeding tube also lets us treat hypos more quickly and directly.

Specialist doctors are still investigating the reasons for Caden's feeding difficulties. This is ongoing and he has more appointments coming up. We would love Caden to experience food, but we know we will have a lot more to learn if he can.

We thought Caden having type 1 was just another blip

We didn't realise how life-changing type 1 is, but we quickly had to accept it. Unless you live with type 1, you never fully understand it. It's so hard to explain what it's like. You can't get ahead of type 1; you can only manage it the best you can.

I remember how scared I was

In those early days, I remember how scared I was each time I changed his CGM or insulin pump. I understand why people may be fearful of putting their trust in technology. Thankfully, as time went on it became easier.

Rufus came at the perfect moment

Caden was given Rufus the bear from JDRF in hospital when he was starting to feel a bit better. Rufus gave him comfort and helped him through those hard days in hospital. Caden really bonded with Rufus, and they became best friends instantly.

We have always been a little team

Managing Caden's type 1 is no different. When we change his tech or do a finger prick test, Caden pretends to do it on Rufus – and then on us! He even presses the button to give himself insulin when it's time. Caden knows his technology is important because it helps him, so he accepts he has to wear it. He is so aware of how his little body works.

We deal with type 1 while having fun

Caden stops us getting upset because he never lets anything faze him. We think: if Caden can stay positive and appreciate the littlest of things, so can we. On his one-year diaversary, we will celebrate all things Caden and everything we have achieved as a family.

Everything he does is amazing because he has worked so hard to get there. He recently learnt how to jump after months of trying – we had the biggest celebration! The good times far outweigh the bad and the main thing we do is make memories and have fun.

Fact

Humans usually have 23 chromosomes, which store our genes. People with Down's syndrome have an extra chromosome



Get support on living with type 1 at jdrf.org.uk/information-support

Type 1 made me much more open with people

Seun Alaba was diagnosed with type 1 at university. He's spoken to Discovery Magazine about his time studying and what his advice for others would be



I was in my first term at university when I first experienced symptoms. I was tired but thought I was genuinely exhausted from starting university. I had a lot going on with my course and was pretty much going out five days a week as well as holding a job down.

When I came home for the Christmas holidays I went to the GP. I was then admitted to intensive care and stayed for a week. As I lay in hospital it hit me hard as I thought, how do I move on from this? How do I accept living with type 1 for the rest of my life?

Type 1 affected my confidence

Returning to university with type 1 affected my confidence. People were shocked when I told them I had type 1. Some didn't understand but others wanted to know how they could help. I wasn't confident managing my type 1 and that dominated the things I wanted to do, like futsal. I didn't get guidance on managing sport, carb counting or type 1 technology.

I focused on my education and my

social life instead of my health. My Hba1c was very high, which affected my energy and concentration.

Taking care of myself

After university my approach to type 1 changed so much that I halved my Hba1c. I had support from a new hospital and learned how to carb count. I wasn't going out as much and had more time to take care of myself. I was put in touch with The Type 1 Diabetes Football Community, which gave me more confidence. I took up running and cycling.

To anyone starting university with type 1, I'd say it can be a rollercoaster but with support you can take it in your stride. My advice would be, above all, to stay in close communication with your hospital.

Eat the best food you can. You'll have better management if you cook your own food. Always take your type 1 equipment out with you and don't worry about other people's opinions.

Don't keep it to yourself

You'll gravitate to people who are supportive rather than people who



Eat the best food you can. You'll have better control if you cook your own food. Always take your diabetes equipment out with you and don't worry about other people's opinions"

aren't. Type 1 made me much more open with people. Don't keep it to yourself because unfortunately you may need someone to help you at some point.

You can drink alcohol but must be sensible. Understand how alcohol affects your body. It really helps to talk to others with type 1. Finally, if you make time for yourself and your type 1, you'll have the energy to get the most out of student life.



To read more stories from people living with type 1 visit jdrf.org.uk/stories

Product *watch*

The latest type 1 technology to help manage your condition in a way that suits you



Nudg with Dexcom

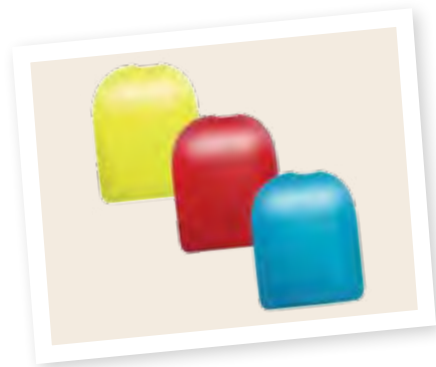
Dexcom has partnered with LovedBy to help Gen Z's living with type 1 by turning Dexcom CGM Data into personalised content that you understand via friendly social 'Nudg's'. nudg.com/besties



Mylife CamAPS FX

Ypsomed has partnered with CamDiab to enable people to connect the mylife Ypsopump system to the CamAPS FX android mobile application for algorithm-based insulin delivery support from a smartphone.

mylife-diabetescare.com/en-GB



Sugar Medical PumpPOPS

Give your Omnipod a pop of colour with PumpPOPS by Sugar Medical. Made of thin, soft material that is flexible, they are easy to snap on and off your pod and are reusable. funkypumpers.com

My type 1 *shopping list*

'Type 1 has never stopped me from doing anything and that includes eating a varied, well balanced and enjoyable diet'

Pete Davies, has lived with type 1 for over 65 years. He has seen many changes to how blood glucose levels can be managed as well as attitudes to dietary requirements.

'About five years ago I discovered I have coeliac disease, which makes my dietary needs quite challenging. This was discovered just prior to a high-altitude fundraising trek in Peru to mark my 60th diaversary'.

Gluten-free bread: My day often starts with gluten-free toast, followed by fruit with a little yogurt. I've found that Schar gluten-free bread is the tastiest alternative. It's smaller than an average loaf but one slice of bread contains around the same amount of carbohydrates and fills me up just as much.

Hiking snacks: I am often out hiking in the hills, and I always carry snacks to keep myself in range. My snacks might consist of fruits such as bananas or apples or sometimes I take biscuits instead. I also take a large pack of glucose tablets, just in case. I gave up Jelly Babies as they aren't always gluten-free.



Pete
Davies

Gluten-free pasta: I tend to go for fusilli as the gluten-free option is much nicer than gluten-free spaghetti, which can get a bit slimy. My friends and family don't notice the difference when I serve it to them with a delicious Bolognese sauce.

Vegetables: Another favourite meal is chopped vegetables in a tomato sauce with gluten-free pasta or a jacket potato.



If you want to share your shopping list, email us at info@jdrf.org.uk

Talking about type 1 and the menopause

Meet **Dawn Adams**, 52, from Dromore, south of Belfast

I'm a midwife with a specialist interest in type 1 and pregnancy. I'm completing a PhD in type 1, pregnancy and wearable technology. I've always had an interest in reproductive health, but when I started experiencing menopausal symptoms, I realised how little information is available for women with type 1.

Experiencing menopause

When I was diagnosed with type 1 during my last term at university the hospital team advised me not to have any more than two children. They also told me that I would probably be advised to have a hysterectomy as a form of permanent contraception.

This was during the early 1990s though and thankfully that recommendation is no longer made due to significant improvements in pregnancy outcomes for women with diabetes. These are in large part due to the types of insulins we now have access to and advances in glucose monitoring technologies.

Things began to change in my early 40s. Over 18-24 months, my cycle became irregular with gaps of 2-10 weeks. I swung from insulin sensitivity to insulin resistance, making it difficult to find the middle ground.

I'd become aware of changes in memory, it was like brain fog. Hot flushes started in the core of my

body and radiated out, like switching on a gas stove. I had night sweats and was much more irrational with my moods.

I tried to learn more about type 1 and menopause, but all I found was that women should check their blood glucose more often. With a DIY closed loop, my insulin profiles and FreeStyle Libre readings appeared to be fine. But when I looked at my AndroidAPS reports, I could see how much more insulin I needed to compensate for those fluctuations.

Finding support in others

A friend with type 1 had spoken on social media about her menopause experiences. We got together with other women living with type 1 to have an open and honest conversation about what was going on.

There were things we were all experiencing, like mood changes, irritability, sleepiness, brain fog and bizarre things going on with blood glucose. None of us ever thought we'd experience menopause and with nothing out there to give us any guidance, it's really helped to have the support of a strong peer network of women.

A helping hand

I'd always been told I couldn't have hormone replacement therapy (HRT), but my GP was lovely about what I

was experiencing and was willing to prescribe oestrogen patches and progesterone tablets. They've made a significant difference to my symptoms and even improved my blood glucose issues.

Having the technology to manage my type 1 has been a massive bonus. If I was back to injections and finger pricking, I think I'd be feeling very distressed, but having my Libre2, insulin pump and Android phone eases the burden.

I'd encourage other women experiencing menopause or perimenopause to have a conversation with their GP. Find other women going through it to reassure you, this isn't something you need to go through on your own.

“
Having the technology has been a massive bonus. If I was back to injections and finger pricking, I think I'd be feeling very distressed



Read more stories from people living with type 1 diabetes at jdrf.org.uk/stories

Introducing the Type 1 Diabetes Index



Did you know that there are 3.86 million people around the world who would be alive today if it wasn't for the complications caused by type 1?

We've researched and established this distressing international figure because we've built a global picture of the incidence of type 1. It maps the human cost of type 1 by outlining 'missing years' and 'healthy years lost' and shows the value that access to treatments provides, country by country.

We've surveyed over 500 endocrinologists and drawn data from more than 400 publications to simulate the state of type 1 globally. This particular research hasn't been carried out in a lab and doesn't involve clinical trials. It's a data simulation tool, which is a new type of research for JDRF. We're passionate about the Index because we know that that robust research is the key which will ultimately deliver our mission to eradicate type 1 and its effects.

It's important to remember that this tool uses averages and doesn't make a distinction about how people manage their type 1. It also includes the data from people, young and old, who weren't diagnosed in time. Many people will far exceed the average life expectancy shown in this data.

However, some will not. This is why this data is important.

A global approach

By identifying the picture in each country, we're able to supply the research-based leadership to help countries and providers pave the way for universal treatment. Our data will offer information at a country level about what to focus on for the biggest impact, which could mean targeting early diagnosis, advocating for better access to treatments or funding research into cures.

Why now?

Since 2000, the prevalence of type 1 has risen at four times faster than the rate of population growth. While we know that it's growing, we don't know why. Mapping the prevalence of type 1 globally will allow us to look at

the bigger picture and look at ways to investigate the growth.

Without intervention, the numbers of 'missing people' will rise, the number of 'healthy years lost' will rise and the economic burden of type 1 will rise. It's now more important than ever that we recognise that helping people to live well with type 1 and lowering the economic burden of the condition are best tackled together and robust data about the impact of type 1 is key to this.

The T1D Index is a collaborative development by JDRF, Life for a Child, International Society for Pediatric and Adolescent Diabetes, International Diabetes Federation, and Beyond Type 1. It is supported by founding corporate sponsor, Abbott, with additional support from Lilly, Vertex Pharmaceuticals, and The Leona M. and Harry B. Helmsley Charitable Trust.

“ Since 2000, the prevalence of type 1 has risen at four times faster than the rate of population growth. While we know that it's growing, we don't know why



To explore the Index visit t1dindex.org

Beta cells

Your support
made this
possible

To fund more research
like this, visit
jdrf.org.uk/fundresearch



What are beta cells?

Beta cells, found in the pancreas, produce insulin and release it in response to glucose in the blood. In type 1 diabetes, the immune system attacks and destroys the body's beta cells leaving people with type 1 without insulin.

How are beta cells used for research?

Researchers are now trying to grow beta cells in the lab to transplant into people with type 1 so they can make their own insulin again. To do this, scientists take stem cells – cells that can become other types of cell – and transform them into beta cells.

Moving towards a cure

Researchers can't yet make enough mature, good quality beta cells to give them to people with type 1 as a treatment. So, teams of researchers around the world are currently working hard to make the best possible beta cells to bring us closer to a cure.

Meet Sergio, a JDRF funded researcher

Hello, my name is Sergio Pedraza. I am a post-doctoral researcher studying type 1 in Dr. Rocio Sancho's lab in Guy's Hospital, London

“ I’m so thankful to supporters of JDRF, who fund the project I’m working on

My science background

I have been studying type 1 for two years. I began with a degree in biology back home in Spain before studying biomedicine and investigating pancreatic tumours for my PhD.

Why I research type 1

Type 1 is a very complex condition, which makes the science behind it fascinating. Trying to understand why and how the body eliminates specifically beta cells – and more importantly, how to overcome this and recover these cells in people with type 1 – is exciting and pushes me to continue working every day with the same enthusiasm as my first day.

Growing beta cells

The project I’m working on is focused on finding the best environments to turn stem cells into beta cells. My team is doing this by studying how the environment we grow the stem cells in affects them and their transformation into beta cells.

Beta cells could mean no more insulin injections

Developing beta cells from stem cells taken from a person with type 1 or a compatible donor would be a great way to treat type 1. It could mean an endless source of insulin-producing cells that are perfectly matched to the person with type 1 – forgetting insulin injections forever.

However, this process is still inefficient and needs further investigation for the cells to be ready for human therapy.

Our latest results

Our most recent findings show that the different proteins in the stem cells’ environment have a big effect on them. Growing the stem cells in a mixture of different types of protein has increased the number and quality of beta cells we can produce, compared to the standard environment that scientists have recently been using.

Next steps of our research

The next part of our study is to make sure that the beta cells we have grown function as they should do. We will also test whether the beta cells we make work in a living organism by putting them in mice that have type 1.

Our research goal

Our ultimate goal is to generate beta cells from stem cells that are of good enough quality and maturity to be transplanted into a person with type 1.

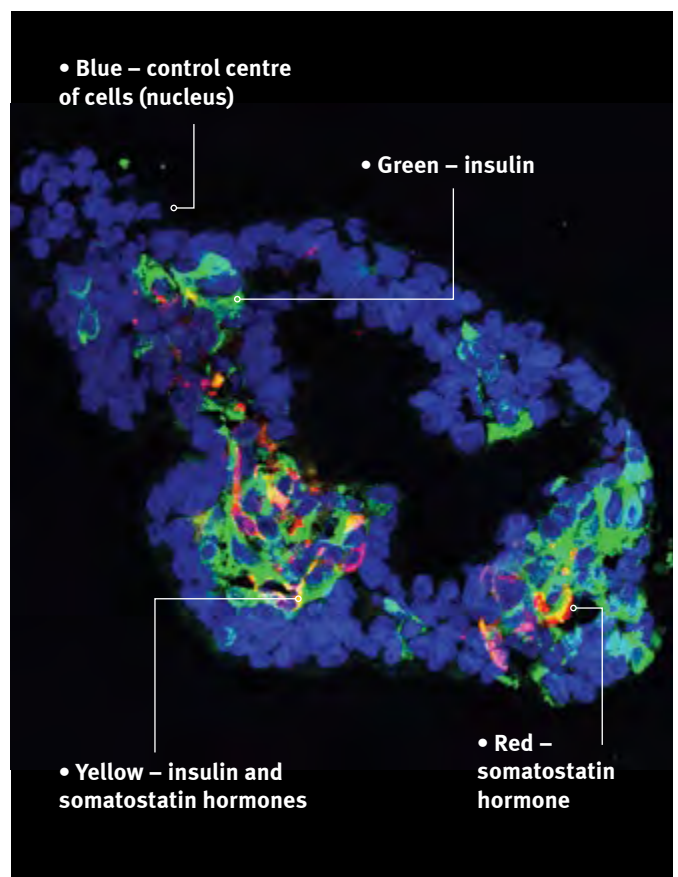
Science is not the only thing in my life

Sports make up a big part of my day, as a healthy mind needs a healthy body. So, I try to keep fit by going to the gym and playing some casual basketball games. I watch tons of sci-fi and movies, read fantasy literature, and play lots of board games and video games.

I also really love living in London. With exotic food, incredible hidden places, and lovely people, it’s one of the most amazing cities I’ve ever been to.

I’m so thankful to supporters of JDRF

Thank you to everyone who donates and fundraises for JDRF for funding the project I’m working on. I love talking to people about science, especially type 1. I’m looking forward to doing more exciting work with JDRF to make science more accessible for everyone.



Beta cells are social cells – they must be touching each other so they can co-ordinate releasing insulin at the same time

Know your facts on
Beta cells

Type 1 Diabetes from the perspective of an active 11-year-old



Skye, an adventurous 11-year-old Omnipod® user, shares her experience identifying the signs of type 1 diabetes. She started her diabetes management during the global pandemic and faced a diagnosis challenge.

INTERVIEW WITH
Kelly Niblock and her daughter, Skye, a paediatric Omnipod® user



WRITTEN BY
 Tony Greenway

“It can be easy to miss the signs and symptoms of diabetes. It’s even easier to miss them in the middle of a global pandemic, as Kelly Niblock and her daughter, Skye, know only too well. In fact, Skye became so poorly with undiagnosed type 1 diabetes that she developed severe diabetic ketoacidosis (DKA), a serious complication of the disease, which resulted in her being rushed to hospital. Skye had been a bubbly, sports-loving 10-year-old. But in 2020, just as COVID-19 appeared and lockdowns and home-schooling began, she started to feel unwell. “The trouble was so many things were happening at the same time,” says Kelly. “Rather than being her usual active self, Skye became tired and would lay around watching television. That wasn’t like her. She also became anxious about everything — but I thought she was feeling isolated and depressed because of the pandemic.”

The tell-tale signs of type 1 diabetes that can be overlooked

When lockdown restrictions relaxed, Kelly tried to gee Skye up by taking her and her brothers out for walks. On one of these occasions, she noticed that Skye was constantly gulping down water. “Again, it was the hottest day of the year,” says Kelly. “So although the signs and symptoms were there, there was always another reason for them.”

It wasn’t until the week before Skye’s diagnosis in July 2020 that symptoms began to manifest

more alarmingly. Skye started to complain of a headache and she needed to go to the toilet more frequently. “Then Skye complained that she couldn’t breathe properly, and we wondered if it was COVID-19,” says Kelly. “I said we should go to the hospital, but she said: ‘No, I think I’m all right.’”

But later that night Skye began to projectile vomit, so Kelly immediately phoned 111, described Skye’s symptoms, and was told that an ambulance was on its way. At the hospital, doctors immediately diagnosed type 1 diabetes — and it soon became clear that Skye’s DKA was extremely serious. “I asked a doctor if Skye was going to be OK and she didn’t give me a definite answer,” remembers Kelly. “She said: ‘This is a really dangerous situation and you’re very lucky to have got here when you did.’ If it had been five minutes later, Skye wouldn’t be here now.”

Managing diabetes with modern technology

Thankfully, Skye’s condition stabilised and she was told about type 1 diabetes. “I only knew about type 2,” says Skye, who is feeling like her old self again and approaching her 12th birthday. “So at first I was confused. Then I got scared.” Initially, Skye had to get to grips with a new regime of healthcare, which involved constant finger pricking and injecting insulin regularly, which she often found inconvenient and uncomfortable. However, she now manages her condition with some diabetes technology;

a tubeless and wireless insulin pump called the Omnipod DASH® Insulin Management System. She showed me her Pod, which she was wearing discreetly under her upper arm.* Skye programmes the PDM (Personal Diabetes Manager) to deliver the insulin she needs in precise doses via the Pod. Apart from being more convenient, it means she rarely has to inject.

“But management soon becomes second nature”

Skye is now living life to the full again. “Type 1 diabetes hasn’t stopped me from doing anything I want to do,” she says. Skye’s favourite hobbies are all possible, helped by her Omnipod DASH® System and her healthcare team. “I’ve figured out a way to do sports and everything I loved before.”

Kelly’s message for parents is that a diabetes diagnosis is daunting and overwhelming at first. “But management soon becomes second nature,” she says. “I made a promise to Skye that she would have the same life as everyone else. Diabetes can be a challenge, but it never stops us from having adventures.”



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Scan the QR code to find out more
[Omnipod.com/jdrf2](https://omnipod.com/jdrf2)

*The Pod has many approved sites on the body and site rotation is recommended.

INS-ODS-05-2022-00071 V1

Omnipod DASH® Insulin Management System **virtual** **‘Show and Tell’**



Join a 60 minute session which includes:

- > Live product demonstration
- > Overview of the virtual onboarding process
- > An opportunity to ask your questions



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- > Small, tubeless, waterproof* Pod controlled by a smartphone-like device (Personal Diabetes Manager)
- > Simple and discreet way to deliver insulin

Suitability for the Omnipod DASH® Insulin Management System should be discussed with a qualified Healthcare Provider.

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†The Sample Pod is a needle-free Pod that does not deliver insulin. PDM not included.
*The Pod has a waterproof IP28 rating for up to 7.6 metres for up to 60 minutes. The PDM is not waterproof.
Screen image is an example, for illustrative purposes only.

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Type 1 in 10

JDRF Youth Ambassador **Josie Newth** talks to us about life with type 1 and how she hopes to share her learnings with others

Q When were you diagnosed with type 1 and could you tell us a little about your diagnosis story?

I was diagnosed when I was 13. I was very lucky to have people around me who had noticed how skinny I had become, how thirsty I was and my constant emergency toilet trips. My school teachers began to get concerned and I was tested at school and then sent straight to the doctor.

Q What have been the biggest challenges you've faced since your diagnosis?

Learning to surf has brought challenges that I would never have even considered. I am often in the water for two to five hours at a time, expending a lot of energy and away from the comfort of checking my levels.

My surfing reminds me a lot of my journey with type 1, often missing waves and falling off my board, but I never stop paddling. When you get that wave, overcome the challenges and achieve your goals, the feeling is indescribable.

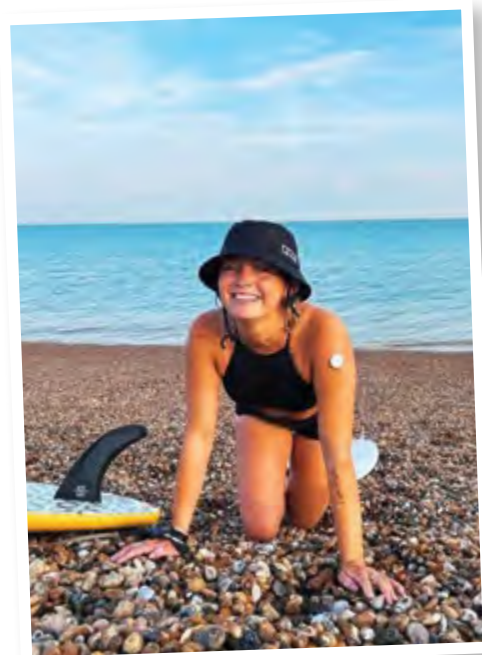
Q Can you tell us about the type 1 technology that you use? How has it helped with type 1 management?

I am currently using the Freestyle Libre sensor, which has transformed my life. The biggest benefit for me is that I now feel like I am part of a club. I wear my sensor proudly and am often asked what it is. To some, this may be frustrating but for me this is an opportunity to spread awareness and be proud of the condition I live with.

Q What made you decide to become a Youth Ambassador for JDRF?

I remember the moment I first wanted to share my voice. I was a week into my diagnosis, overwhelmed by the information being thrown at me. I began looking through YouTube to try and find other people living happy, fulfilling lives with type 1. I didn't manage to find any videos. I felt so alone.

I decided then that I was going to fill that gap. The Youth Ambassador programme is a platform that allows me to share my stories, to spread awareness of type 1, to connect and build community.



Q What do you look forward to as a Youth Ambassador?

I look forward to sharing the tips and tricks that I have developed over the last 11 years. I am a true believer that the real learnings in life are through doing, making mistakes and life experience.

“ My surfing reminds me a lot of my journey with type 1, often missing waves and falling off my board, but I never stop paddling. When you get that wave, overcome the challenges and achieve your goals, the feeling is indescribable



“ There is a lot of joy that comes from helping others and if we can use our challenges and struggles to help other people going through the same thing, then it makes it all worth it

Q What would you say to other young people thinking about volunteering for JDRF?

There is a lot of joy that comes from helping others and if we can use our challenges and struggles to help other people going through the same thing, then it makes it all worth it.

Q You have a large following on Instagram. How do you feel about sharing pictures of your technology with others?

I feel very comfortable sharing pictures of my technology with others, although it was not always this way. I used to hide my sensor by wearing baggy clothes. However, I learnt to love this part of me. I realised that it is not something to hide or be ashamed of. It is something to be proud of.

Q What inspired you to become a yoga teacher?


I started yoga when I was on a gap year in New Zealand. The effect it had on my type 1 management was mind-blowing. I had never seen my levels so good, and for such amazing results to come from something I loved so much, led me to feeling like I had found my calling in life.

Q What tips do you have to live well with type 1?

Try to accept your condition rather than avoid it. Don't be afraid to ask for help or be vulnerable and have open conversations with your friends and colleagues. Make sure the people around you know that you have type 1 and teach your friends and family how to check your levels.

Q If you could go back in time to your diagnosis and give yourself one piece of advice, what would it be?

Wear your condition with confidence, don't be afraid of what others think or believe it makes you any less. This is far from true and in fact it is your superpower and makes you so special, so unique and so loveable. We are perfectly imperfect.

 Instagram [@josie_newth](https://www.instagram.com/josie_newth)



You can find out more about our Youth Ambassador scheme at jdrf.org.uk/youth



NEW

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If you would like to apply for a charity place with Team JDRF, then please visit: jdrf.org.uk/event/tcs-london-marathon-2023



We'll be there to support you every step of the way



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

THANK YOU

Inspirational, committed and amazing

KEN – cycled 504 miles across the Scottish Borders for JDRF in support of his granddaughter, Annie. A huge thank you Ken who has raised £902 so far!



JOE – was diagnosed with type 1 just over a year ago. Joe completed a half ironman on seven consecutive days for JDRF. An incredible effort and he went on to raise £2,000 for JDRF – well done Joe!

We are so grateful for everything you do for us

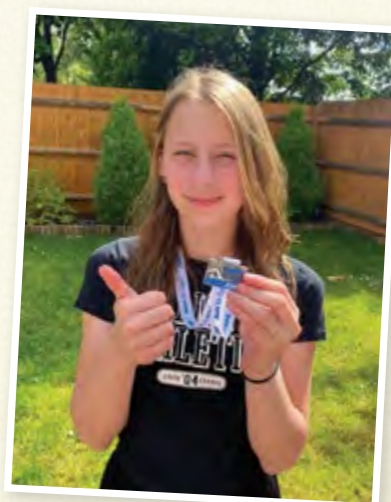
PENNY – has been living with type 1 since October 2020. Penny donated her hair to The Little Princess Trust and raised over £1,300 for JDRF - thank you!



HAZEL'S HEROES – when Liam's daughter Hazel was diagnosed with type 1, Liam and his friends took on the Dare Valley Marathon. They raised over £4,000 for JDRF – well done team!



MITCHELL – ran a prize draw for two tickets to the Europa League Final match between Rangers FC and Eintracht Frankfurt in May. He raised an incredible £46,880 that was split between JDRF and Caudwell Children – thanks Mitchell!



OLIWIA – just days after being diagnosed with type 1, Oliwia took on our Swim for Type 1 Challenge! She raised £140 for JDRF – thank you Oliwia!

Give a life-changing card this Christmas

Every card you buy helps to fund type 1 research, which has the potential to change lives. Together we will create a world without type 1.

There are 10 designs to choose from. All packs cost £4.50 and there are 10 cards in each pack.

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LIVES.
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DIABETES.



Type 1 Diabetes Discovery Events & Technology Exhibitions

We're excited to let you know that our Community Engagement team are back with their Type 1 Discovery events.

Our free events are a great opportunity to meet others with type 1, find out about the latest research progress and tech, and hear inspirational talks from a range of speakers.

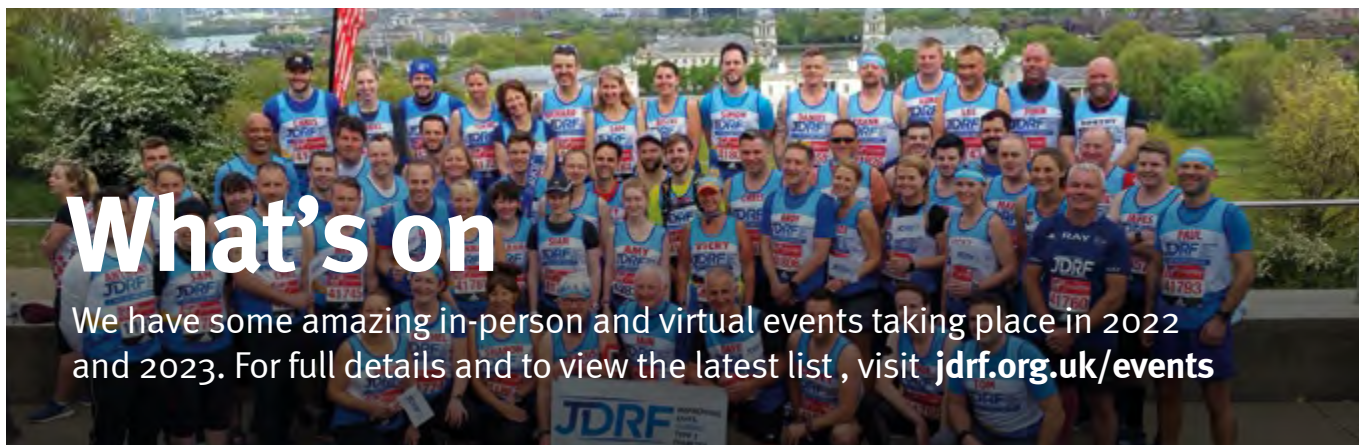
We have both virtual and in-person events so be sure to check them out. **We would love to see you!**

Find out more here:
jdrf.org.uk/discover

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Find out more about our events at jdrf.org.uk/events



Keep on running

jdrf.org.uk/runningevents



London Marathon **2023**
London Landmarks Half Marathon **2023**

Walk

jdrf.org.uk/events



Halloween Walk 2022 **29 October**
London

Firewalks

jdrf.org.uk/firewalks



Bonfire Night Firewalk **6 November**
Walton Community Centre,
Glasgow

Glitz and glamour

jdrf.org.uk/glitz



JDRF London Ball **9 November**
Grand Connaught Rooms, London

JDRF Edinburgh Ball **4 March 2023**
Prestonfield House Hotel,
Edinburgh

Type 1 Discovery Days

jdrf.org.uk/discover



Type 1 Discovery Event **29 October**
Bristol
Type 1 Technology Exhibition **12 November**
Leeds

Type 1 Technology Exhibition **26 November**
Edinburgh

Virtual events

jdrf.org.uk/virtualevents



Virtual Discovery Day **6 December**

To sign up to any of our events, go to jdrf.org.uk/events



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Shreya, type 1 since 2006.

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