

What Type Am I?  
Fearless.



Isabella, Age 9  
Diagnosed  
August 28, 2012



# Children with Diabetes® Friends for Life® UK

25 - 27 October 2019  
De Vere Staverton Estate  
Daventry



25 October 2019

## Welcome to Friends for Life® UK 2019!

Dear Friends,

Welcome to the **Friends for Life® UK 2019** conference! Whether you have come from near or far, we know that this weekend's event will leave you with new technology concepts to think about, new ideas for diabetes management, new advocacy routes, and best of all — **new friends**.

Please take a few minutes to look over the schedule for Friday, Saturday and Sunday. During some time slots for adults, we have scheduled only one speaker. At other times, we will divide the adults into breakout sessions. You may attend any of the adult sessions; no sign-up is necessary. However, the four sessions in Chelmsford are for T1 adults and their partners only.

Focus Groups are on Friday afternoon in Winchester / Gloucester. The Beta Bionics Study Groups on Thursday and Friday are in York / Windsor.

The children's age groups are in the following rooms on Friday, Saturday, and Sunday:

- Teens (ages 13-17): Nottingham
- Tweens (ages 9-12): Leicester
- Elementary (ages 6-8): York / Windsor
- Childcare (ages 0-5): Shrewsbury

The kids will report to these rooms for each session on Friday, Saturday and Sunday. Please ensure that they are there in plenty of time for the start of each hourly block. Whilst we will always check a child's glucose reading, if there is a question or if a child does not feel well, **we ask that you continue to manage your child's diabetes as you would at home.**







A **great big thank you** to the staff and speakers who are joining us this weekend. Some of our staff include CWD young adults who have grown up 'through the ranks' of Friends for Life® Orlando and UK conferences and are now here as great role models with optimism to share! Our programme leaders and staff include several individuals who have been to many Friends for Life® UK conferences, working with, teaching, and supporting our kids and families. There's a lot of history and experience with us in the UK. Please make sure you take the time to chat with each and every one of them.

Finally, a **big thank you** to our sponsors and exhibitors. We know that your resources are limited, and we appreciate that you have taken the time away from your own families to be with us this weekend. It is our hope that every single one of you meets every single conference participant!



**Have a wonderful conference!**



**Gwen and Ash**



Gwen Sutherland

Trustee  
**T-1 Today UK**  
[gwen@childrenwithdiabetes.com](mailto:gwen@childrenwithdiabetes.com)



Ash Head

Trustee  
**T-1 Today UK**  
[ash@childrenwithdiabetes.com](mailto:ash@childrenwithdiabetes.com)





## The simple-to-use t:slim X2™ Insulin Pump:

- Small pump with a large colour touchscreen
- Continuous Glucose Monitoring (CGM) enabled, compatible with Dexcom G6® Mobile
- Basal-IQ technology - predictive low-glucose suspend feature
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#### Responsible Use of Basal-IQ Technology

Systems like the t:slim X2 Insulin Pump with Basal-IQ Technology are not substitutes for active management of your diabetes. There are common scenarios in which automated systems cannot prevent a hypoglycaemic event.

The Basal-IQ feature relies on current CGM sensor readings to function, and will not be able to predict glucose levels and suspend insulin delivery if your CGM is not functioning properly or if your pump is unable to receive the CGM signal. Be sure to always use the components of your pump system (pump, cartridges, CGM, and infusion sets) according to the applicable instructions for use and check them regularly to make sure they are functioning as expected.

Always pay attention to your symptoms, actively monitor and manage your glucose levels, and treat according to the recommendations of your healthcare provider.



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Always know your  
child's glucose level  
and where it's heading  
with just a glance at your  
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Christian and his son  
Ethan with T1D

CONTINUOUS GLUCOSE  
MONITORING

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SMALL SENSOR

SIMPLE AUTO-APPLICATOR

10-DAY SENSOR WEAR

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SHARE GLUCOSE DATA§

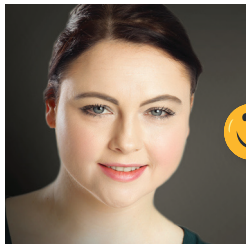
AGES 2 YEARS AND UP

\*If your glucose alerts and readings from the G6 do not match symptoms or expectations, use a blood glucose meter to make diabetes treatment decisions.

† More details on accuracy: Shah VN, *et al.* Diabetes Technol Ther. 2018. ‡ For a list of compatible devices, visit [www.dexcom.com/compatibility](http://www.dexcom.com/compatibility). § Internet connectivity required for data sharing. Following requires the use of the Follow App. Followers should always confirm readings on the Dexcom G6® App or Receiver before making treatment decisions. ©2018 Dexcom UK & Ireland. Dexcom UK (Distribution) Limited, Watchmoor Park, Camberley, GU15 3YL (10040080). VAT 241 2390 40. LBL016788 Rev001.



# The Conference Faculty



## Jade Byrne

**Jade Byrne** is an actor and writer. She has had TV roles in *Casualty* (BBC), *Inspector George Gently* (BBC), *The Dumping Ground* (CBBC), and *Mount Pleasant* (Sky Living). Jade finished writing her first play, *Pricks*, in 2018 and has had overwhelming success with it. She headlined TADTalk 2019 with the show. Jade describes *Pricks* as a show about pricks (pause) of the medical kind, mainly. *Pricks* takes you on her journey with type 1 diabetes, it's about family and relationships too. Jade was diagnosed aged 4 so has lived with type 1 diabetes for almost 30 years. *Pricks* was at Pleasance Courtyard at Edinburgh Fringe Festival 2018 for the entire run and received rave reviews and a nomination for best show. *Pricks* was named by the British Theatre Guide as the Best Solo Show in the North East in 2018. It's since had a small Northern tour in November 2018 and a full UK Tour in April through to June 2019. There are future shows of *Pricks* in October 2019 and another UK tour in Spring 2020. Jade is also a Celebrity Ambassador for JDRF and a Dexcom Warrior. She's currently writing a children's book about Daisy Donald whose superhero alter ego is Diabetic D, as well as working on several other type 1 diabetes related projects with JDRF and Dexcom. Not to forget Jade's Etsy shop, *Pricks Products*, selling diabetes related products and clothing. Jade's participation is sponsored by Dexcom, and *Pricks* is sponsored by Insulet.

Praise for *Pricks*:

"Breath-taking, incredibly moving and incredibly brave" – James Norton (Actor)

". . . . . Educational, heart-wrenching and heart-warming" – *The List*

"A polished warm-hearted performance" – *The Scotsman*

"A revelatory piece of theatre" – *The Stage*

Friday	7:30 - 8:30	County	"Pricks"
Saturday	11:30 - 12:00	Nottingham	Jamming with Jade (Teen Programme)
Saturday	3:15 - 4:15	Chelmsford	You're Just My Type . . . 1
Sunday	11:00 - 12:00	Leicester	Stories From Our T1 VIPs (Tween Programme)
Sunday	1:30 - 2:00	Shrewsbury	Story Time With Jade (Childcare Programme)
Sunday	3:15 - 3:45	York / Windsor	70,000 Pricks! (Elementary Programme)



## Chelsea Carr

**Chelsea Carr** has grown up around diabetes; her brother Jeremy was diagnosed in 2000. She attended her first Friends for Life conference with her family in 2003 and has been to many CWD conferences since that time. It was through the FFL conferences that she first met her husband, Martyn. Chelsea now lives in Glasgow and having completed her Masters Degree in History at the University of Edinburgh, works as a data analyst for Vodafone UK. She is also an aerialist and spends all of her free time hanging from the rafters on a trapeze in various venues around the UK! Chelsea says, "FFL represents the closest friends and family you can have. Everyone you meet understands the experience of T1D and its role in everyday life: for those with diabetes and those who love them."

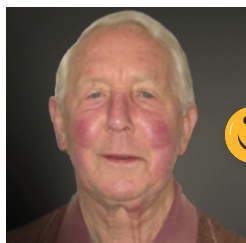
Saturday	3:15 - 4:15	Chelmsford	You're Just My Type . . . 1
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Even Joe Solo enjoyed the face painting

Friends for Life® UK  
Flashback  
2009  
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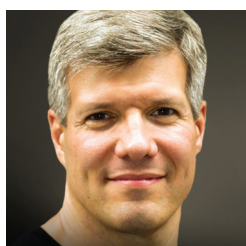




## Mike Cross, OBE FRGS RAF (Ret'd)

**Mike Cross, OBE FRGS RAF (Ret'd)**, was commissioned in 1962 from RAF College Cranwell. After earlier tours he took the Central Flying School course in 1967 from which followed 3 flying instructional tours at various intervals at RAF Cranwell as a flight commander, squadron commander and, in 1985, Chief Flying Instructor respectively. He was awarded the OBE following the latter tour. In 1991 he served as Director of Operations at Joint Headquarters, High Wycombe, covering the RAF involvement over Iraq in support of the Kurds, before moving to the Ministry of Defence as Deputy Director of Training Flying. Mike was appointed as Chief of Staff, HQ Air Cadets in December 1993. He retired from the RAF in May 1997, but continued in the post as a 'Retired Officer' until he finally retired in April 2007. Mike is an experienced expeditioner mainly in the desert; he has travelled and worked extensively in the Sahara, Arabian and Thar deserts. He trekked to the South Pole, with his son, Will, in January 2003, and to Everest Base Camp every year from 2004 to 2010, on three occasions leading a group. In 2010 he led an expedition to one of the remotest areas of Himalayan Nepal, the Upper Dolpa. Mike completed the London Marathon in 1997, the London Triathlon in 1998 and in March 2006 he undertook a 250km trek driving a husky drawn sledge in northern Norway and again in Finland in 2013 for charity. Mike is a great supporter of JDRF.

Saturday	11:00 - 11:30	Nottingham	Walking to the South Pole (Teen Programme)
Saturday	3:15 - 4:15	Exeter / Durham	Ah, Such Are Life's Changes
Sunday	9:15 - 9:45	York / Windsor	You Can Do Anything! (Elementary Programme)
Sunday	11:00 - 12:00	Leicester	Stories From Our T1 VIPs (Tween Programme)
Sunday	3:15 - 4:15	County	Closing Keynote: Venture, Adventure



## Ed Damiano, PhD

**Edward Damiano, PhD**, is Professor of Biomedical Engineering at Boston University (BU) and President & CEO of Beta Bionics. Over the years, his lab at BU, and at the University of Illinois before that, has been engaged in basic scientific research that combines aspects of fluid dynamics, solid mechanics, and intravital microscopy to study the biomechanics of the inner ear and blood flow in the microcirculation. In addition to his basic science research, he has also committed himself to building a bionic pancreas for type 1 diabetes (T1D). Ever since his 20-year-old son, David, was diagnosed with T1D in infancy, he has set his sights on creating and integrating autonomous, intelligent systems for automatically regulating blood glucose levels in diabetes and with a vision of building a bi-hormonal (insulin and glucagon) bionic pancreas. He and his engineering team at BU began conducting experiments testing an early prototype of their bionic pancreas running on a laptop computer in diabetic swine in 2005 and then progressed with their clinical collaborators at the Massachusetts General Hospital through in-patient trials in adults and adolescents with T1D from 2008–2012. From 2013–2018, his team at BU and clinical collaborators conducted over a dozen home-use clinical trials in adults and children with diabetes. With nearly \$2.5 million in donations from over 1,000 gifts from the T1D community in 2014 and 2015, his engineering team at BU, along with their contract manufacturers, began building the first fully integrated bi-hormonal bionic pancreas that does not rely upon smartphone technology. They called their device the iLet. At the end of 2015, the iLet and associated technology was licensed to Beta Bionics, Inc., a Massachusetts Public Benefit Corporation that plans to commercialize the bionic pancreas. The first home-use clinical trial of the iLet was conducted between May and October 2018. Three additional home-use clinical trials testing the iLet have been conducted in 2019. In collaboration with Damiano's lab at BU, and 16 clinical sites across the US, Beta Bionics plans to begin final clinical (Phase 3) trials testing the iLet in 2020 and seek FDA approval of the device for commercial distribution in the US in late 2020.

Saturday	9:15 - 10:15	County	The Road to the Bionic Pancreas: A Long Day's Journey ...
Saturday	11:30 - 12:00	Leicester	Talking About the Bionic Pancreas (Tween Programme)



Olly Double helped us "Think Like a Pancreas"

Friends for Life® UK  
Flashback  
2010

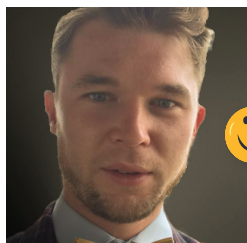


Denotes faculty member with diabetes





# The Conference Faculty



## Gavin Griffiths

Diagnosed with type 1 diabetes at the age of eight, **Gavin Griffiths** openly shares that his biggest struggles came in returning to school and emotionally adapting to life with a life-long autoimmune disease. Nobody welcomes it! However, after getting back into sports, Gavin found himself more settled and playing semi-professional football, and then into ultra-endurance running. In 2018 Gavin completed his 100th challenge to support those with type 1 diabetes by running 25 marathons around the UK and Ireland in the space of 1 month - and this helped kick start the 'League of DiAthletes,' an international entity which connects a team of type 1 advocates from around the world with a global alliance of diabetes organisations to produce more engaging forms of type 1 diabetes education, designed from the patient's perspective.

Saturday	9:15 - 9:45	Nottingham	Why Would Anyone Run Across the UK (Teen Programme)
Saturday	9:45 - 10:15	York / Windsor	You Too Can Be a Diathlete (Elementary Programme)
Saturday	2:00 - 2:30	Leicester	FFL Exercise (Tween Programme)
Saturday	3:15 - 4:15	Chelmsford	You're Just My Type ... 1
Sunday	9:45 - 10:15	Shrewsbury	Fun and Games (Childcare Programme)
Sunday	1:30 - 2:30	Exeter / Durham	DiAthlete: Bearing Fruit



## Ashley Head

**Ashley Head** is husband to Shayne and dad to Jake (30) and Phoebe (24, Dx T1D 2001). He is Director of an International Event Logistics company, owner of Lewes FC, the first semi-pro soccer club to fund it's men's and women's teams equally and organises an off-road marathon – The Moyleman – in Lewes, East Sussex. He has volunteered at Friends For Life in the USA since 2009 and was part of the team to help CWD set up the first FFL UK at Beaumont House. Ash takes care of the Sponsor/ Exhibit space at the conferences and works on the move-in and move-out crew. Ash is a trustee of T1 Today UK.

Saturday	1:30 - 2:30	Exeter / Durham	Dads Discussion Group
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The teens posed for a photo before heading out

Friends for Life® UK  
Flashback  
2011  
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## Aileen Hillis

**Aileen Hillis** is mum to Marc (dx 2006). They both attended the first Friends for Life UK conference in Windsor in 2009. Aileen co-founded iPAG in 2008, a voluntary group supporting equal access to insulin pumps and diabetes technology. She is a patient representative on her local health board (Glasgow), she campaigns and raises awareness of type 1 diabetes, and supports and encourages families through Facebook groups, her website, and other avenues.

Saturday	1:30 - 2:30	Winchester / Gloucester	Mums Discussion Group
Sunday	11:00 - 12:00	Stafford / Canterbury	Schools Discussion Group



## Jackie Jacombs

**Jackie Jacombs** first became involved in the CWD USA parent's mailing list shortly after her daughter Sasha was diagnosed with diabetes in 1999. There were no equivalent supporting mailing lists or websites in the UK. Jackie asked CWD Founder, Jeff Hitchcock, if he would set up a mailing list for UK families. This was the start of a strong on-line community of families in the UK. They now have a committed Facebook group which replaced the UK mailing list. The UK Children with Diabetes Advocacy Group was formed in 2007 to advocate for better care, especially in schools and better access to new technology. There are annual family weekends away for families to meet each other and parents who live near each other, arrange to meet up with their children in the holidays. Various parents of the Facebook group continue to work and support the work of JDRF, Diabetes UK, DRWF and INPUT whenever possible. Jackie's daughter Sasha, is now 25 years old, studying Biological Sciences and hopes to work in research. Sasha's identical twin, working in law, does not have type 1, but both twins have really enjoyed helping out at the CWD UK conferences in the past.

Saturday	1:30 - 2:30	Winchester / Gloucester	Mums Discussion Group
Sunday	11:00 - 12:00	Stafford / Canterbury	Schools Discussion Group



## Brian Kennon, MD, FRCP

**Brian Kennon, MD, FRCP**, was appointed as an adult consultant diabetologist in 2004. He works at the Queen Elizabeth University Hospital, Glasgow, and his sub-speciality interests include transitional care, diabetes foot disease and technology enabled care. He is also interested in developing person-centred care models and a societal approach to wellbeing. As national lead for diabetes in Scotland, he has been involved in the implementation of the Diabetes Improvement Plan with the aim of improving the care of persons with diabetes across Scotland. Brian is the proud father of a two year old son and personal interests include football, walking and cycling.

Saturday	1:30 - 2:30	Chelmsford	Things You Want to Know But Never Get Time to Ask
Sunday	11:00 - 12:00	Winchester / Gloucester	Flying the Nest or Home Until 30: Things to Consider
Sunday	1:30 - 2:30	Nottingham	The 3Ds: Driving, Drinking, & Drugs (Teen Programme)



FFL UK kids had fun at the Family Disco Night

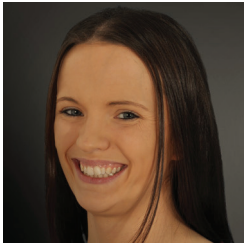
Friends for Life® UK  
Flashback  
2012  
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Denotes faculty member with diabetes



# The Conference Faculty



## Judith Kennon, BSc, Dip Nursing, RAN

**Judith Kennon, BSc, Dip Nursing, RAN**, has been a Diabetes Specialist Nurse for six years. Having graduated from Glasgow Caledonian University in 2010, Judith started her career in medicine at Victoria Infirmary Hospital, Glasgow. Here Judith learned about the acute side of diabetes and its complications. From here, Judith moved to a diabetes ward at Gartnavel General Hospital, where she gained further experience in diabetes and successfully applied for her current role as a Diabetes Nurse Specialist. Specialist interests include transition care, psychological impact of diabetes, health literacy, and health inequalities. Judith is the proud mother of Dylan and her personal hobbies and interests include music, walking, dancing, and all things Disney!

Sunday

11:00 - 12:00

Winchester / Gloucester

Flying the Nest or Home Until 30: Things to Consider



## Scott Kylo

**Scott Kylo** lives in British Columbia, Canada. He has two adult children, Alyssa and Chad. Their path along the diabetes road started in 1996 when his son, Chad, then age two, was diagnosed with type 1 diabetes when they were residing in Bahrain in the Middle East. The World Wide Web had just arrived in Bahrain and it brought to the Kylo's the safety of the Children with Diabetes® family. Two years later, when life was becoming somewhat comfortable and routine, Alyssa, then age 7, was also diagnosed with type 1 diabetes. Chad was also diagnosed with celiac disease in 2001. The family attended their first Friends For Life® conference in 2002. Getting to meet the CWDers in person was like Christmas in July! Scott is a Chief Information Officer by day and an Aircraft Engineer by night maintaining a Piper Cherokee and a Mooney. These skills and his "MacGyver" qualities keep him running at the Friends For Life® conferences as its Information Technology and Audio/Visual support person. He is a strong advocate of Friends For Life® conferences and believes anyone with a connection to diabetes should attend at least one... although warns that the conferences are much like potato chips—it's hard to stop at just one!

Saturday

1:30 - 2:30

Exeter / Durham

Dads Discussion Group



## Anna Long, MBiol, PhD

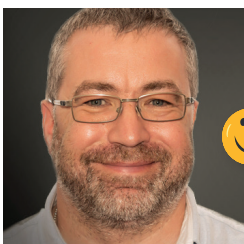
**Anna Long, MBiol, PhD**, completed an undergraduate Master in Biology at the University of Bath (2006). Her type 1 diabetes research career began as a research technician measuring markers of diabetes in the blood (islet autoantibodies). Anna received her PhD from the University of Bristol in 2012. After this she was awarded a Fulbright scholarship by Diabetes UK. This enabled her to spend two years in Seattle, USA, studying the immune system of people 'at risk' of diabetes. In 2018, Anna was awarded an RD Lawrence Fellowship, jointly funded by Diabetes UK and the JDRF. With this funding she is investigating why some people develop type 1 diabetes as adults when others are diagnosed when they are children. Her project is rooted in the Bart's Oxford (BOX) study which researches type 1 diabetes through studying the families of people with diabetes.

Saturday

11:00 - 12:00

Exeter / Durham

Why Does Age of Diagnosis Vary So Much Amongst People?



## Alasdair McLay

**Alasdair McLay** is an Engineer and problem solver by training and has had type 1 diabetes for over 30 years. In the last three years Alasdair has been involved in testing technology solutions to help reduce the burden of his diabetes. For the last three years he has used all of the Open Source (DIY) Closed Loop systems, helped test out changes and modifications and has also helped dozens of other PWDs set up their own systems at build sessions. Alasdair has also introduced many others, both HCPs and PWD, to these systems and their benefits including talking at Type 1 Rise of the Machines; Input Fusion and UK CDF events

Sunday

11:00 - 12:00

Chelmsford

DIY Looping: The What, The Why, and The How

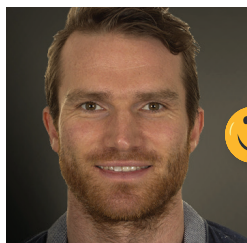
Sunday

1:30 - 2:30

Exeter / Durham

DIY Looping: The What, The Why, and The How





John Pemberton, **BSc Sports Science; PGDip Dietetics; Diabetes Educator**

**John Pemberton, BSc Sports Science; PGDip Dietetics; Diabetes Educator**, is passionate about empowering and educating children and young people and their families to self-manage and take control of diabetes. He has had type 1 diabetes since 2008 and has played both cricket and football at a high level. He is passionate about being active, and takes every opportunity to get to the gym, walk the Grand Canyon, and tackle the Three Peaks. His work at Birmingham Children's Hospital (UK) involves delivering personalised education to; the newly diagnosed, those initiating pump therapy, new starters on CGM, and those wanting to improve their lifestyle. He runs a sports specific clinic for those who play at a high level. His current interests are the effective use of CGM using a "Sugar Surfing" approach. His main focus is to bring the current evidence base into clinical practice as soon as possible, by creating tools that make it easy. Recently, this has been the implementation of a new system KISS, for giving extra insulin for high fat and protein meals.

Saturday	9:45 - 10:15	Nottingham	Playing With Your Food (Teen Programme)
Saturday	11:00 - 12:00	Winchester / Gloucester	Crushing After Meal Glucose Spikes and Conquering Pizza
Saturday	1:30 - 2:00	Leicester	Food For Life (Tween Programme)
Saturday	3:15 - 3:45	York / Windsor	Food is Fun (Elementary Programme)
Sunday	9:15 - 10:15	Stafford / Canterbury	Top Ten Lessons From Over a Decade of Experimentation
Sunday	11:00 - 11:30	Shrewsbury	Fun With Food (Childcare Programme)

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PACKAGES  
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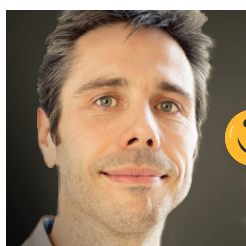
# The Conference Faculty



## Tabitha Rendall, MBChB, MRCP(UK), FRCPCH

**Tabitha Rendall, MBChB, MRCP(UK), FRCPCH**, is a Consultant in Paediatric Diabetes and Endocrinology at Nottingham Children's Hospital. Tabitha is passionate about children and young people with diabetes. She was instrumental in developing the Best Practice Tariff which has resulted in huge improvements in outcomes in England and Wales. Tabitha is currently a Diabetes UK Clinical Champion with her project focusing on carrying these improvements through to services for young adults with diabetes.

Saturday	1:30 - 2:30	Stafford / Canterbury	Sick Days: Highs, Lows, and Everything in Between
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## Timothy Tree, PhD

**Dr Timothy Tree** is a Reader in Immunobiology at King's College London. His research focuses on understanding the processes involved in destroying insulin producing cells which leads to the development of type 1 diabetes. His work tries to understand why some people develop T1D and others do not and use this knowledge to identify and test new therapies aimed at stopping or reversing this destructive process. This research has contributed to several exciting new clinical trials being performed in the UK and beyond. In addition to a 20-year professional interest in diabetes, Tim also has a great personal interest in the condition. His father lived with type 1 diabetes for over 25 years and he was diagnosed with type 1 diabetes at the age of 11. He now has three lovely (but boisterous) boys of his own and aims for a world where type 1 diabetes no longer touches young lives.

Saturday	1:30 - 2:00	Shrewsbury	Visit From Dr. Tim (Childcare Programme)
Saturday	2:00 - 2:30	Nottingham	Why Me? (Teen Programme)
Sunday	9:15 - 10:15	Exeter / Durham	Stop Beating Yourself Up! Immunotherapy for T1D
Sunday	11:00 - 12:00	Leicester	Stories From Our T1 VIPs (Tween Programme)
Sunday	2:00 - 2:30	York / Windsor	Stop Beating Yourself Up! (Elementary Programme)



## Jill Weissberg-Benchell, PhD CDE

**Jill Weissberg-Benchell, PhD, CDE** is a pediatric psychologist and a certified diabetes educator with over 25 years of research experience and clinical work with children, adolescents and families with diabetes and their families. Her academic appointment is as a Professor of Psychiatry at Northwestern University's Feinberg School of Medicine. She has published numerous research articles and offered workshops and lectures addressing issues such as improving self-management behaviors, family adaptation and coping, building adolescent resilience, the use of technology (CGM, Pumps and the Artificial Pancreas), and transitioning from pediatric to adult care. She is a co-author of two books, one that focuses on transitioning from pediatric to adult care, and another that focuses on working with adolescents with type 1 diabetes.

Saturday	11:30 - 12:00	York / Windsor	Pushing Your Buttons (Elementary Programme)
Saturday	1:30 - 2:00	Nottingham	Going With the Flow (Teen Programme)
Saturday	3:15 - 3:45	Winchester / Gloucester	Come on, Mum. What Your Child Would Like You to Know
Sunday	9:45 - 10:15	Leicester	Building Resilience (Tween Programme)
Sunday	11:00 - 12:00	Exeter / Durham	I'm Supposed to Do It All?
Sunday	1:30 - 2:30	Chelmsford	Prevening, Recognising, and Overcoming Burnout
Sunday	3:15 - 3:45	Nottingham	Chill with Jill (Teen Programme)







# FREE TO DREAM WITHOUT LANCETS<sup>†\*</sup>

Digital health tools that work together for seamless diabetes management



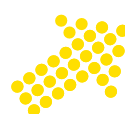
**REVEAL**

Healthcare providers have secure, online access to glucose insights<sup>1</sup>



**SCAN**

An easy way for you to check your glucose using your phone<sup>2</sup>



**CONNECT**

Caregivers can remotely monitor their loved ones<sup>3</sup>



For more information visit  
**FreeStyleDiabetes.co.uk**



Images are for illustrative purposes only. Not actual patient data.

<sup>†</sup>Scanning the sensor does not require lancets

\*For children aged 4-12, a caregiver at least 18 years old is responsible for supervising, managing, and assisting them in using the FreeStyle Libre system and interpreting its readings.

**1.** LibreView minimum system requirements: Safari release 10.1, Internet Explorer 11, Firefox release 32.0, or Chrome release 37.0, installed on a computer running Mac OS X Yosemite (10.10), Windows 7 SP1, Windows 8.1, or Windows 10 Anniversary update. LibreView Device Drivers are installed in order to upload data from a device connected to the computer. Refer to the LibreView Quick Start Guide for additional information. **2.** The FreeStyle LibreLink app and the FreeStyle Libre reader have similar but not identical features. A finger prick test using a blood glucose meter is required during times of rapidly changing glucose levels when interstitial fluid glucose levels may not accurately reflect blood glucose levels or if hypoglycaemia or impending hypoglycaemia is reported by the FreeStyle LibreLink app or when symptoms do not match the app readings. The FreeStyle Libre sensor communicates with the FreeStyle Libre reader that started it or the FreeStyle LibreLink app that started it. A sensor started by the FreeStyle Libre reader will also communicate with the FreeStyle LibreLink app. The FreeStyle LibreLink app is compatible with NFC-enabled smartphones running Android OS 5.0 or later and with iPhone 7 and later running OS 11 and later. Use of FreeStyle LibreLink requires registration with LibreView, a service provided by Abbott and Newyu, Inc. **3.** LibreLinkUp is a mobile application, developed and provided by Newyu, Inc. Use of LibreLinkUp and FreeStyle LibreLink requires registration with LibreView, a service provided by Abbott and Newyu, Inc. The LibreLinkUp mobile app is not intended to be a primary glucose monitor: home users must consult their primary device(s) and consult a healthcare professional before making any medical interpretation and therapy adjustments from the information provided by the app.

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## Platinum Sponsors



# Abbott

**Abbott's diabetes care division** is a global leader in glucose monitoring systems. We are dedicated to helping people manage their diabetes and achieve their best health outcomes with innovative technology, such as the FreeStyle Libre system, allowing patients to monitor their glucose with a quick and easy scan. For more information, such as how the FreeStyle Libre system and our digital health tools support people with diabetes visit [www.freestylediabetes.co.uk](http://www.freestylediabetes.co.uk).

# Insulet



**Insulet** is an innovative manufacturer of medical devices, and our goal is to make life for people with diabetes easier. We are the developer and manufacturer of the Omnipod® Insulin Management System, and our technology has already helped more than 140,000 people to better live with diabetes. Insulet operates in the US, Canada and in Europe.





## Gold Sponsors



**TANDEM**<sup>®</sup>  
DIABETES CARE

★  
**Air Liquide Healthcare** supports over 40,000 people living with diabetes around the world through the provision of innovative products and clinical services.

Air Liquide Healthcare is the authorised UK distributor of **Tandem Diabetes Care's** innovative t:slim X2™ Insulin Pump. The latest version of the t:slim X2™ Insulin Pump features Basal-IQ™ Technology – a predictive low-glucose suspend feature that helps predict and prevent hypoglycaemia with zero fingersticks.\*

\*If glucose alerts and CGM readings do not match symptoms or expectations, use a blood glucose meter to make diabetes treatment decisions.

★  
**Dexcom**<sup>®</sup>

★  
**Dexcom**, headquartered San Diego, CA, EMEA office in Edinburgh and patients in 39 countries, is dedicated to developing innovative glucose sensing technology and products to help patients and healthcare providers better manage diabetes. The Dexcom G6™ Continuous Glucose Monitoring (CGM) System does not require fingersticks for calibration or diabetes treatment decisions\* and features simple, one-touch sensor insertion. The System provides exceptional accuracy with an overall MARD of 9.0%† and features an Urgent Low Soon alert that can warn users 20 minutes in advance of severe hypoglycemia (3.1 mmol/l). Dexcom is the only provider of CGM systems indicated for children ages 2 years and older. Please visit [www.dexcom.com/en-GB/uk-warriors](http://www.dexcom.com/en-GB/uk-warriors).

\*If your glucose alerts and readings from the G6 do not match symptoms or expectations, use a blood glucose meter to make diabetes treatment decisions.

†MARD is a statistical measure of accuracy; the lower the number, the better.





# Programme of Events and Sessions

## Friday, 25 October 2019

Daytime

**Sponsor Focus Groups in Winchester / Gloucester**

Abbott — 1:00 - 2:15 • Insulet — 3:00 - 4:15

12:00

**Opening of the Exhibition Hall — County Suite Lobby**

8:30 - 7:00

Registration in Hotel Lobby; Moves to County Lobby on Saturday and Sunday

7:30 - 8:30

Jade Byrne — Sponsored by Dexcom  
**"Pricks" — Sponsored by Insulet — in County Suite**  
 Followed by Reception in the Exhibition Hall

## Saturday, 26 October 2019

Time	Winchester / Gloucester	Exeter / Durham	Stafford / Canterbury	Chelmsford
Breakfast in Restaurant				
9:15 - 10:15	<b>The Road to the Bionic Pancreas: A Long Day's Journey Into Light</b> Ed Damiano — In County Suite			
10:15 - 11:00	Break in Exhibition Hall			
11:00 - 12:00	<b>Crushing After Meal Glucose Spikes and Conquering Pizza: A Dietitian's Guide</b> John Pemberton	<b>Why Does Age of Diagnosis Vary So Much Amongst People?</b> Anna Long DUK & JDRF Funded Research		
12:00 - 1:30	Lunch in Restaurant			
1:30 - 2:30	<b>Mums Discussion Group Come Join Us for Coffee &amp; Cake</b> Aileen Hillis & Jackie Jacombs	<b>Dads Discussion Group</b> Ash Head & Scott Kylo	<b>Sick Days and Diabetes: Highs, Lows, and Everything in Between</b> Tabitha Rendall	<b>Things You Want to Know But Never Get Time to Ask at Clinic</b> Brian Kennon
2:30 - 3:15	Break in Exhibition Hall			
3:15 - 4:15	<b>Come On, Mum (Dad), Really?! What Your Child Would Like You to Know</b> Jill Weissberg-Benchell	<b>Ah, Such are Life's Changes</b> Mike Cross		<b>You're Just My Type ... 1</b> Gavin Griffiths, Jade Byrne, & Chelsea Carr
7:30 - 11:30	Dinner in Restaurant followed by Family Disco in County Suite			

## Sunday, 27 October 2019

Time	Winchester / Gloucester	Exeter / Durham	Stafford / Canterbury	Chelmsford
Breakfast in Restaurant				
9:15 - 10:15		<b>Stop Beating Yourself Up! Immunotherapy for T1D</b> Tim Tree	<b>Top Ten Lessons From Over a Decade of Experimentation: Bodybuilding, Carbohydrate Manipulation, Three Peaks Challenge, Looping and Much More</b> John Pemberton	
10:15 - 11:00	Break in Exhibition Hall			
11:00 - 12:00	<b>Flying the Nest or Home Until 30: Things to Consider</b> Brian Kennon & Jude Kennon	<b>I'm Supposed to Do it All?!</b> Jill Weissberg-Benchell	<b>Schools' Discussion Group</b> Aileen Hillis & Jackie Jacombs	<b>DIY Looping: The What, The Why, and The How</b> Alasdair McLay
12:00 - 1:30	Lunch in Restaurant			
1:30 - 2:30	<b>DiAthlete: Bearing Fruit</b> Gavin Griffiths	<b>DIY Looping: The What, The Why, and The How</b> Alasdair McLay		<b>Preventing, Recognising, and Overcoming Burnout</b> Jill Weissberg-Benchell
2:30 - 3:15	Break in Exhibition Hall — Exhibition Hall Closes at 3:15			
3:15 - 4:15	<b>Closing Keynote: Venture, Adventure</b> Mike Cross — In County Suite			



## Friday, 25 October 2019

Time	Childcare—Ages 0-5 Shrewsbury	Elementary—Ages 6-8 York / Windsor	Tween—Ages 9-12 Leicester	Teen—Ages 13-17 Nottingham
8:30	Registration in Hotel Lobby; Moves to County Lobby on Saturday and Sunday			
7:30 - 8:30	Icebreakers	Icebreakers	Icebreakers	Icebreakers

## Saturday, 26 October 2019

Time	Childcare—Ages 0-5 Shrewsbury	Elementary—Ages 6-8 York / Windsor	Tween—Ages 9-12 Leicester	Teen—Ages 13-17 Nottingham
	Breakfast in Restaurant			
9:15 - 9:45	Craft Time	Diabetes Doesn't Define Me! The Story of Me	Insulin & Beyond	Why Would Anyone Want to Run Across the UK?
9:45 - 10:15		You Too Can be a Diathlete!		Carb Life
10:15 - 11:00	Break in Exhibition Hall			
11:00 - 11:30	Music and Singing	Fiffles!	Tech Talk	Walking to the South Pole with Mike
11:30 - 12:00	Sports Central in County Suite	Pushing Your Buttons & Making Your Heart Sing with Jill	Talking About the Bionic Pancreas with Ed	Jamming with Jade
12:00 - 1:30	Lunch in Restaurant			
1:30 - 2:00	Visit from Dr. Tim		Food for Life with John	Going With the Flow
2:00 - 2:30	Free Play	Scavenger Hunt	FFL Exercise with Gavin	Why Me?
2:30 - 3:15	Break in Exhibition Hall			
3:15 - 3:45	Fun Activities in the Garden	Food is Fun!	Tween Olympics	Obstacle Course Jeopardy
3:45 - 4:15		Carb Creatures	Diabetium	
7:30 - 11:30	Dinner in Restaurant followed by Family Disco in County Suite			

## Sunday, 27 October 2019

Time	Childcare—Ages 0-5 Shrewsbury	Elementary—Ages 6-8 York / Windsor	Tween—Ages 9-12 Leicester	Teen—Ages 13-17 Nottingham
	Breakfast in Restaurant			
9:15 - 9:45	Free Play	Mike—You Can Do Anything!	Green & Orange Bracelets	Teens Off Site at Bear Grylls Assault Course, Archery and Escape Room Adventures
9:45 - 10:15	Fun and Games with Gavin	Diabetes Superheroes	Building Resilience with Jill	
10:15 - 11:00	Break in Exhibition Hall			
11:00 - 11:30	Fun With Food and John	Sports Central In County Suite	Stories From Our T1 VIPs	Wear active wear and lace up trainers. No jewellery.
11:30 - 12:00	Craft Time			Packed lunches provided.
				Depart after breakfast at 7:45 Return by 1:30
12:00 - 1:30	Lunch in Restaurant			
1:30 - 2:00	Story Time with Jade	The Science of Diabetes	Sports Central In County Suite	3 D Talks
2:00 - 2:30	Craft Time	Stop Beating Yourself Up! With Dr Tim		
2:30 - 3:15	Break in Exhibit Hall			
3:15 - 3:45		70,000 Pricks! A Visit with Jade		Chill with Jill
3:45 - 4:15	Movie	Dragon's Den: Present Your Ideas to Make Diabetes Easier	Mindfulness	Now You Talk to Us





## Silver Sponsors



## Beta Bionics

A Massachusetts Public Benefit Corporation

**Beta Bionics, Inc.**, is a Massachusetts public benefit corporation committed to commercializing and disseminating the iLet®, a bionic pancreas for people living with T1D. Our stated benefit mission is (1) to provide a turnkey solution for safe and effective autonomous glycemic control, (2) to bring this technology to as many people with T1D as possible, (3) to continue to innovate and to offer the latest advances, and (4) to act in the best possible interest of the T1D community. As a benefit corporation founded by parents of children with T1D, Beta Bionics, unlike any other medical technology company, is protected under Massachusetts law to prioritize its benefit mission and place the best interests of the T1D community ahead of all other considerations. Beta Bionics is pleased to be a sponsor of Friends for Life UK. To learn more about Beta Bionics, the iLet, and our public benefit mission, visit us at [www.betabionics.org](http://www.betabionics.org) and [@BetaBionics](https://twitter.com/BetaBionics) on social media.



**MEDTRUM**

Simplifying Diabetes. Two words that define our promise to the diabetes community and that drives all of us at **Medtrum** on a daily basis. We believe in disrupting the status quo to deliver you with the tools you really need. Founded in Shanghai in 2008, we are an internationally orientated HealthTech company that innovates, develops, manufactures and markets our own medical devices and medical device apps that deliver on that promise.

Our **A6 TouchCare System**, the world's first Sensor Augmented Patch Pump puts you in the driving seat of your child's connected care. The System can combine the freedom of a Patch with the ease of mind of the A6 Sensor and lets you control both with a really small, full color touchscreen PDM. Or go EasyLoop; with our Predictive Low Glucose Suspend algorithm you turn it into a Semi-Closed Loop System that warns for a low and can also suspend insulin when needed. Simplifying also means 'easy does it'. With the use of our Apps we can send your child's readings, alerts and alarms of their Patch Pump, Sensor or the combined System to mum's, dad's or anyone's smartphone and smartwatch, even if they are at school, in real-time and over the cloud. And because no-one is an island, (historical) data can be shared with your HCP via the EasyView dashboard. We at Medtrum UK look forward to supporting you every step of the way, with training and education, customer support and a 24/7 technical helpline.

And to think we are only just getting started in Simplifying Diabetes. Will you join us on this journey?

## ViCentra

Home of **Kaleido**.

At **ViCentra**, we like to keep things simple. We believe that if products are simple, look beautiful and deliver superb results, they'll be more enjoyable to use and more likely to help people achieve great things. Creating brilliant products doesn't end in the lab though – we also believe in the power of great customer experiences. We don't design for patients – we design for people. ViCentra is home of Kaleido: insulin pump therapy designed to help you live life on your own terms.



## Exhibitors



Be sure to visit our exhibitors



Diabetes Research &  
Wellness Foundation



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

**JDRF** IMPROVING  
LIVES.  
CURING  
TYPE 1  
DIABETES.





# The Teen Faculty



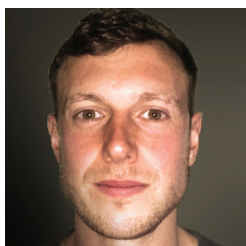
## Neil Benchell

**Neil Benchell** has spent the better part of the past decade involved with Children with Diabetes in one form or another, after watching from the side-lines as the "spouse" of a faculty member. Most recently, Neil has been a member of the Teen Staff and one of their leaders both in the US and UK. It is the goal of the entire Teen programme to ensure that the Teens have exciting and entertaining learning experiences as well as the opportunities to build lasting "Friends for Life." Neil is thrilled to have been able to pass on the "CWD magic" to so many Teens over the years. When he is not working with CWD, Neil is an attorney practicing in the area of intellectual property litigation. In that capacity, Neil has had the opportunity to represent a number of diabetes-related organisations.



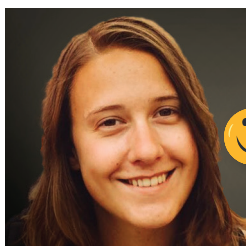
## Neil Carpenter

**Neil Carpenter** started working at Abbott in 1999. Neil is a Principal Scientist working in Research and Development, and is involved in the design and development of test strips and meters for blood glucose monitoring. Neil has a non-identical twin, but likes to regard themselves as "simultaneous brothers". He enjoys watching many different sports. Formerly a choir boy, Neil now prefers to enjoy his music through visits to the theatre and attending concerts. He also likes to spend his free time traveling both in the UK and abroad. Neil met his wife Nicola through working at Abbott.



## Jake Head

**Jake Head**, 30, is son to Ash Head and Shayne Weldon, brother of Phoebe (23, Dx T1D 2001). He is an Event Manager at EFI Logistics, responsible for managing International Exhibition and Trade Show Logistics at events all over the world. He is a keen motorcycle enthusiast and recently rode his motorcycle up to the northern reaches of Norway on a camping holiday. Jake has worked with the Teen Group here at FFL UK since 2015 and assists with move-in.



## Phoebe Head

**Phoebe Head**, 24, T1D and diagnosed in 2001, graduated from the London Contemporary Dance School with a degree in Contemporary Dance in the summer of 2016. She has performed on stages across London such as Sadlers Wells and The Robin Howard Theatre. She has recently completed her PGCE and is now a qualified teacher of dance in secondary schools around the UK; starting her first job in September at Varndean School, Brighton. She has worn an insulin pump since 2005 and currently uses a pump and CGM. Phoebe has attended and or volunteered at Friends for Life in the USA since 2008 and here at the UK FFL.



Kilts were on display for Saturday's Ceilidh

Friends for Life® UK  
Flashback  
2013  
<<







Judith Kennon, **BSc, Dip Nursing, RAN**

**Judith Kennon, BSc, Dip Nursing, RAN**, has been a Diabetes Specialist Nurse for 6 years. Having graduated from Glasgow Caledonian University in 2010, Judith started her career in medical receiving at Victoria Infirmary Hospital, Glasgow. Here Judith learned about the acute side of diabetes and its complications. From here, Judith moved to a diabetes ward at Gartnavel General Hospital, where she gained further experience in diabetes and successfully applied for her current role as a Diabetes Nurse Specialist. Specialist interests include transition care, psychological impact of diabetes, health literacy, and health inequalities. Judith is the proud mother of Dylan (2) and her personal hobbies and interests include music, walking, dancing, and all things Disney!



Jon Peel

**Jon Peel** is the Sensor Manufacture Lead for the FreeStyle Libre system at Abbott Diabetes Care. Jon has been with Abbott for 15 years in various roles, so knows a lot about glucose monitoring for diabetes. In his spare time, Jon enjoys listening to music and is a regular regular festival goer. He also enjoys both watching and playing cricket and taking his mad dog out for walks. Jon has run five full marathons, over 20 half marathons, and might attempt another one!



Lisa Ralf, **RGN, Independent Nurse Prescriber**

**Lisa Ralf, RGN, Independent Nurse Prescriber**, is mother to Sophie (27), Matthew (24, Dx T1D in 2011), Jack (19), and Caroline (18). She has been a Diabetes Specialist Nurse for seven years. Lisa started her career in acute general paediatric nursing and then moved into school nursing. Lisa's interest in diabetes and its management developed whilst she was working as a practice nurse at the time her eldest son was diagnosed at the age of 16 years with type 1 diabetes. Her Specialist interest includes transition care and adolescents, psychological impact diabetes can have on young people and their families, and health inequalities. She has recently undertaken a module at Masters level on glycaemic management. Outside work, Lisa enjoys reading, music and going to the gym. This will be Lisa's first Friends for Life UK Conference.



Mark Wheller

**Mark Wheller** is married to Faye. Together they have two kids, Summer and Morgan. Morgan is his type 1 superstar. Mark is an ex-navy aircraft engineer but now works for Flybe. He likes all things classic VW.



Siblings enjoy FFL UK too!

Friends for Life® UK  
Flashback  
2014  
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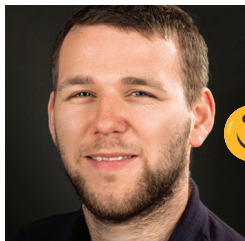
# The Tween Faculty



## Chelsea Carr

Chelsea Carr has grown up around diabetes; her brother Jeremy was diagnosed in 2000. She attended her first Friends for Life conference with her family in 2003 and has been to many CWD conferences since that time. It was through the FFL conferences that she first met her husband, Martyn. Chelsea now lives in Glasgow and having completed her Masters Degree in History at the University of Edinburgh, works as a data analyst for Vodafone UK. She is also an aerialist and spends all of her free time hanging from the rafters on a trapeze in various venues around the UK! Chelsea says, "FFL represents the closest friends and family you can have. Everyone you meet understands the experience of T1D and its role in everyday life: for those with diabetes and those who love them."

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## Martyn Carr, BSc, RN

**Martyn Carr, BSc, RN**, lives in Scotland and was diagnosed with type 1 diabetes when he was five years old. Martyn earned his Bachelor of Science in Nursing from The University West of Scotland and currently works with different age groups with diabetes. He would like to become a Diabetes Specialist Nurse (DSN). Martyn met his wife Chelsea at the Friends for Life Conference in Orlando. He has participated in the Friends for Life conferences both in United States of American and the UK for many years, working within the Elementary, Tween and Teen age groups where he loves helping out and being with his friends at CWD conferences.

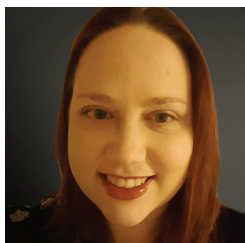
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## Nicola Birchmore, BSc Children's Nursing

**Nicola Birchmore, BSc Children's Nursing**, has been a diabetes specialist nurse for the last 18 months. Having graduated from University of West London in 2014, Nicola starting her career in paediatric children's nursing at St Peters Hospital in Chertsey, working between the general children's ward and paediatric A&E before beginning work as the diabetes link nurse. She then commenced working within the paediatric diabetes team at St Peters Hospital before moving to her current post at UCLH. Nicola has always been passionate about working within the field of paediatric diabetes having been diagnosed with type 1 at the age of 10. Due to her experiences of dealing with her condition and a less than happy relationship with her diabetic team, Nicola was determined to make other young people's experiences with health care professionals more positive. She particularly enjoys working with young people with diabetes in collaboration with the psychology team to provide support and education to young people and their families/friends.

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## Sarah Causier

**Sarah Causier** started with Abbott in 2016. She is a Scientist in the Research and Development department, working on product improvements and new product development. Sarah is taking classes in ballroom dance and aerial dance in her spare time. She also is a keen knitter and sewer and likes to make clothes for herself and family.

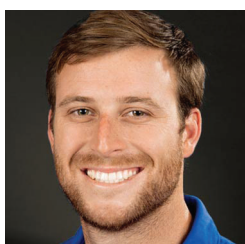
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## Saheela Mohammed

**Saheela Mohammed** started at Abbott just over a year ago. Saheela is an Engineering Graduate currently on rotations on the Engineering Graduate Development Programme. She is involved in the manufacturing process of Libre sensors. Outside of work, Saheela enjoys volunteering her time to encourage the uptake of STEM in schools. She also loves reading, travelling and spending time with friends and family.

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## James Stroud

**James Stroud** has worked as a representative for Dexcom continuous glucose monitors since 2015, but his experience in helping children and their siblings overcome the obstacles of diabetes goes back much further. James has been part of the FFL family ever since his older brother Ben was diagnosed with type 1 over 20 years ago. James has helped at Friends for Life Orlando for several years and is excited about being staff at his first Friends for Life UK conference. James currently lives in London with his wife, fellow CWD staff member Alexandra, where he is employed with Dexcom UK.

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## Liz Phipps

**Liz Phipps** started at Abbott over 20 years ago. Liz is a Clinical Study Start-up Specialist, working in Clinical Affairs team, her role involves setting-up studies with Doctors & Nurses to test our glucose monitoring systems. Liz regularly enjoys cycling and takes part in events across the country. She re-found her love for cycling when she signed up for a charity ride on behalf of the JDRF (Juvenile Diabetes Research Foundation) in 2014. She also enjoys gardening, walks with her pet Labrador and knitting bobble hats.



## Becky Thomson

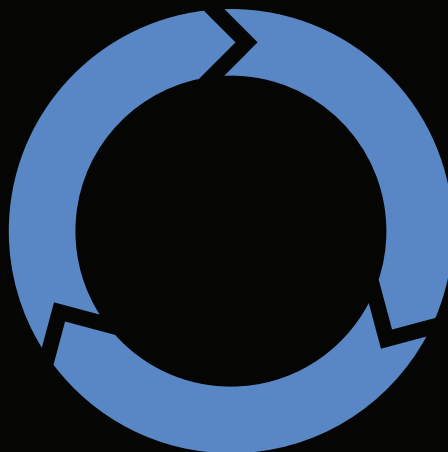
**Becky Thomson** was diagnosed with type 1 diabetes in 2009 at the age of 24. She is a writer, director and actor who posts far less frequently than she would like on her blog, Instructions Not Included. Over the last nine years, she has been privileged to work with new pump users during their start up and take her one woman show about diagnosis and life with Type 1 to northern audiences and medical students in Leeds. In her day job she works in university accommodation services with a focus on students with additional medical needs and requirements. She is currently learning to play Roller Derby despite being fairly terrible at it. She has attended three Orlando Friends For Life conferences and is thrilled to have the opportunity to assist with the UK conference for a second year.



## Marissa Wylie

**Marissa Wylie** has worked for Abbott Diabetes Care for just over 10 years and is now the the Sensor Manager, looking after Navigator and Libre Sensor manufacturing lines, and the cleanrooms in which the sensors are produced. Marissa has a degree in Science and a Masters in Business Administration. Marissa loves horses and is lucky enough to have have her own horse called Bob. They spend time together going for rides and jumping (small jumps!) in competitions. Marissa also loves the mountains and spends as much time as she can in them scrambling, climbing and walking with her husband. In June, Marissa completed the 3 Peaks Challenge with come of her Abbott Colleagues to raise money for the charity, Special Effects.

It all starts with our Friends for Life<sup>®</sup>.  
Come meet us!



**Beta Bionics**

A Massachusetts Public Benefit Corporation

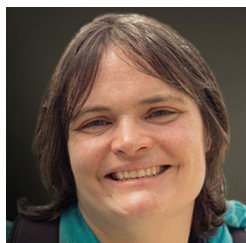


@BetaBionics





# The Elementary Faculty



Laura Braid

**Laura Braid** has been a volunteer for FFL since the first UK conference. Laura has a family history of type 1 diabetes, completed research in diabetes technology as part of her Master's Degree, and currently works as an engineer for a Diabetes technology manufacturing company. Originally from the US, Laura lives in the Scottish Highlands with her husband, two guinea pigs, a flock of chickens and tankful of fish. Laura is a proud Auntie to seven nieces and nephews and in her spare time plays trombone in several bands, enjoys mountain biking, loves home brewing and is a keen gardener. She loves volunteering for FFL because of the huge support network that it creates for families impacted by diabetes and because of the sheer joy and laughter the conference brings.

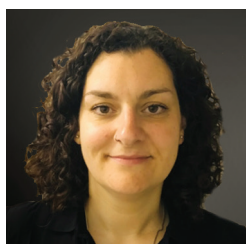
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Rebekah Sutherland

**Rebekah Sutherland**, aka "Bex," was diagnosed with type 1 diabetes in 1998 at the age of three. She attended her first Friends for Life UK conference in 2010 and her first Friends for Life Orlando conference in 2013. She has attended both conferences ever since, and in 2014 she joined the CWD staff on both sides of the pond, initially working in Childcare and now on the Elementary Faculty. Bex graduated from Aberdeen College with a degree in Social Science in 2016 and is continuing her studies at The Open University, majoring in Psychology with Counseling, in hopes of becoming a diabetes psychologist and educator. Since the age of thirteen, she has delivered many speeches on life with diabetes to business lunches, fundraising balls, oil industry events, fund-raising events, and school assemblies. In 2015, Bex was invited to speak to the 2nd year medical students at Aberdeen University during their lectures on diabetes and continues to speak there today. She has also worked as a consultant and a colleague to create an app for adults living with type 1 diabetes. Bex speaks to parents of newly-diagnosed people with diabetes to show them that, despite T1D, dreams and ambitions can still be achieved. In her spare time, she plays competitive netball as well as coaching the U15 team, is a swimming teaching, loves reading books, going to the gym, swimming, spending time with her dogs, doting on her nephew Aaden, keeping up with her friends wherever they are in the world, and relaxing with a vanilla latte.

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Malvina Benitez-Castillo, BSc, RSCN

**Malvina Benitez-Castillo, BSc, RSCN**, is a registered paediatric nurse. She started her career as a surgical nurse, and then moved onto acute general paediatric nursing. It was whilst working in the paediatric ward Malvina developed an interest in diabetes and its management. In January 2016 she started working as a Paediatric Diabetes Nurse and developed her role and skills over time. She undertook two modules at Masters level in Paediatric Diabetes and Insulin Pump Therapy. She is currently working as a Paediatric Diabetes Clinical Nurse Specialist. Outside work, Malvina enjoys family days out, music and playing badminton.

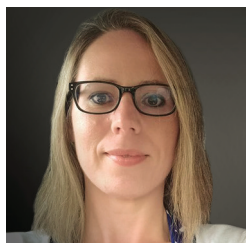
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Nicola Carpenter

**Nicola Carpenter** started at Abbott over 20 years ago. Nicola is a Principal Technologist, working in Technical Services managing projects involved with raw materials that are used in the manufacture of blood glucose and ketone strips. Nicola enjoys singing and has sung in the same choir since joining the junior choir many years ago, which has led to performing all around the country and abroad. She also loves dance, especially tap dancing, and likes to regularly visit the theatre.

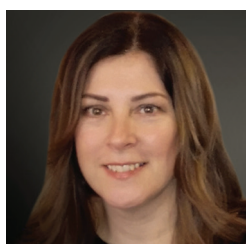
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Nikki Hawtin

**Nikki Hawtin** started at Abbott over 23 years ago working in various departments before settling in document control 13 years ago where she works in all aspects of documentation. She now specialises in project documentation, specifically the introduction of new products. Nikki volunteers as a beaver scout leader for a local scout group (6-8 year old children) and volunteers for a scout cooking team called OxChefs. Nikki used to be a gymnastic coach and judge for Women's artistic gymnastics for a local club. The rest of Nikki's free time is spent with her two labrador dogs.

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Jackie Higgins, RN Dip of HE nursing (child), Independent Nurse Prescriber

**Jackie Higgins, RN Dip of HE nursing (child), Independent Nurse Prescriber**, has been in her current role as a paediatric diabetes specialist nurse at Milton Keynes University Hospital for many years. She is also an independent nurse prescriber. Whilst Jackie enjoys working with children and young people of all ages, she has a particular interest in adolescents and transition along with the psychological impact diabetes can have on young people and their families. She has recently been heavily involved in the setting up and delivery of a local education project for those young people transitioning from paediatric service to the young adult service and following the success of the programme, they have obtained funding for it to continue. This will be Jackie's first Friends for Life UK Conference.

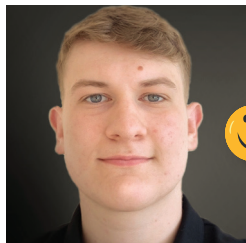
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## Shayne Weldon

**Shayne Weldon** is wife to Ash Head and mother to Jake (28) and Phoebe (22, Dx T1D 2001). She is a Community Nursery Nurse, working for the NHS in Sussex, responsible for mother and baby education, home visits and check-ups. Shayne has volunteered in Child Care at FFL USA since 2009 and at the UK events since the very first here at Beaumont.



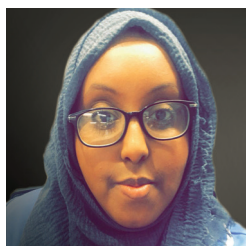
## Mike Brown

**Mike Brown** was diagnosed with type 1 diabetes when he was six years old. He attended his first Friends for Life UK conference in 2009 and has been a regular attendee ever since. In July this year, Mike completed his Level 3 BTEC in Uniformed Public Services and plans to start his undergraduate degree in Professional Policing in September 2019. He joined his local Police Cadet group in 2017 and has attended and helped out at public events. Mike loves to play football, tennis, and table tennis. He is a member of his local tennis club and helps to coach the youngest members after school and during the holidays. In 2018 he completed his Duke of Edinburgh Gold award and completed a five-day canoeing expedition along the River Wye.



## Karen Marcelino

**Karen Marcelino** started in Abbott in 2016 as a Technical Complaints Investigator and recently changed the department to be a Senior Laboratory Technician in R&D Research and Development Laboratory. She enjoys long walks around the river. She also likes to play keyboard and piano and practice yoga.



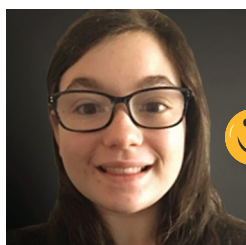
## Istanbul Omar, BSc in Children's Nursing

**Istanbul Omar, BSc in Children's Nursing**, graduated in 2015 from Buckinghamshire New University and has been in nursing practicing at the Royal Free Hospital since then. Istanbul is passionate about empowering and educating children, young people and their families to self-manage and take control of their diabetes. Her interest in diabetes started during high school when her best friend was diagnosed with type 1. Istanbul's other interests and hobbies include travelling, eating out, learning languages, reading and meeting new people.



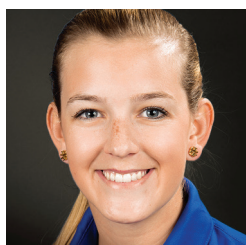
## Anna Riga, BSc in Nursing

**Anna Riga, BSc in Nursing**, left Greece in 2013 years ago to pursue her dream of nursing in the UK. Anna has worked as a general nurse within in the Vascular, Hepatopancreatobiliary and Liver Transplant Units. For the past 18 months she has been working as an adult Diabetes Specialist Nurse at the Royal Free Hospital in London. Since starting work within diabetes, Anna has been involved within her department, promoting diabetes care and raising awareness to the staff, patients and people visiting the Royal Free Hospital. This will be the first time Anna has had the opportunity to volunteer at a type 1 event and is excited to joining the CWD staff this year.



## Katie Sellis

**Katie Sellis** was diagnosed in 2011 at the age of 10. She attended her first Friends for Life UK conference in 2012 and has attended ever since. Katie has just finished doing her A-levels in dance, English literature and language and science and is now doing her Pilates teacher training. She is a JDRF youth ambassador and has been mentioned in parliament after meeting with her local MP. In her spare time, Katie enjoys doing ballet, pointe and Pilates as well as spending time with her two dogs who are both incredibly clever and can detect when she is low. She also enjoys teaching dance to younger children and looks forward to the future.



## Alex Stroud

**Alex Stroud** has attended the Friends for Life Orlando conference for the last nine years and she is excited to join the elementary team at FFL UK 2019 -- her first UK conference. Alex keeps coming back to FFL because of the diabetes education and technology, the positive atmosphere, the support for families, and the fun in childcare! Alex is a graduate from Chico State University, where she participated on the women's golf team and received her Bachelor's degree in Psychology and Child Development. She has experience as a representative for Dexcom and is currently working at Insulet International in London, UK where she resides with her husband James Stroud, who works with Dexcom.



# No Child Should Die From Diabetes.

£1 can mean life...



With your support, the Life For A Child program helps provide the ongoing clinical care and diabetes education needed to keep these children alive.

We partner with diabetes centres in less-resourced countries to provide:

- Insulin and Syringes
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- Clinical Care/HbA1c Testing
- Diabetes Education and Camps

To make you donation, please visit:

[www.lfacinternational.org](http://www.lfacinternational.org)

Supporting Over 21,000 Young People in 42 Less-resourced Countries







## Gwen Sutherland

**Gwen Sutherland** is a volunteer on both sides of the pond having attended her first UK Friends for Life Conference in 2010 after being encouraged to attend when daughter Rebekah (Dx T1D 1998 aged three) was receiving her pump training. In 2013, Gwen and Bex attended their first Orlando Conference and she has been on the registration team there ever since. Gwen lives in Aberdeen, with husband David; they have four children Jamie, Gemma, Sarah and Rebekah and are now doting grandparents to Aaden, who was born in May 2016. Gwen is also a Trustee and Chairperson of T1 Today UK, organising the UK Conferences.



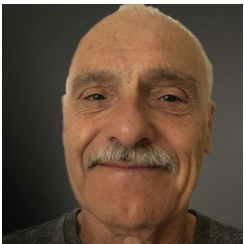
## Ashley Head

**Ashley Head** is husband to Shayne and dad to Jake (30) and Phoebe (24, Dx T1D 2001). He is Director of an International Event Logistics company, owner of Lewes FC, the first semi-pro soccer club to fund its men's and women's teams equally and organises an off-road marathon – The Moyleman – in Lewes, East Sussex. He has volunteered at Friends For Life in the USA since 2009 and was part of the team to help CWD set up the first FFL UK at Beaumont House. Ash takes care of the Sponsor/ Exhibit space at the conferences and works on the move-in and move-out crew. Ash is a trustee of T1 Today UK.



## Marc Hillis

**Marc Hillis**, from Glasgow, was 13 years old when diagnosed with type 1 diabetes in 2006. He has since went onto complete his Masters in Architecture and now works for the world renowned Dualchas Architects. He is also an avid campaigner for equal access to diabetes technology in Scotland. Marc attended the first CWD UK conference in 2009 where he felt normal for the first time since his diagnosis. He has since attended all UK conferences as well as one in Florida, enjoying seeing other kids experiencing the same sense of community as he did.



## Terry Jacombs

**Terry Jacombs** is husband of Jackie and dad of four daughters, the youngest two being identical twins, one of whom, Sasha, was diagnosed with type 1 just before her fifth birthday. She is now a 25 year old biomedical scientist and since she left home for University in 2012. The day to day involvement with diabetes management has been replaced with long distance concern, which thankfully has not resulted in anything significant. In Terry's previous life he was an IT Director with a large UK financial institution. Since retirement he has enjoyed cycling (now curtailed through the vagaries of aging!) and walking, genealogical research and some computer games (of the strategic variety, not shoot-em up action type), and generally staying in touch with IT. Terry and Jackie try to get together with all their family as often as they can. One of their grandchildren, who lives close by, is handed over to them most Wednesdays and often other times, which reminds both Terry and Jackie how much hard work and pleasure young children are.



The Halloween Party was a lot of fun

Friends for Life® UK  
Flashback  
2015  
<<





## Conference Staff



### Scott Kylo

**Scott Kylo** lives in British Columbia, Canada. He has two adult children, Alyssa and Chad. Their path along the diabetes road started in 1996 when his son, Chad, then age two, was diagnosed with type 1 diabetes when they were residing in Bahrain in the Middle East. The World Wide Web had just arrived in Bahrain and it brought to the Kylo's the safety of the Children with Diabetes family. Two years later, when life was becoming somewhat comfortable and routine, Alyssa, then age 7, was also diagnosed with type 1 diabetes. Chad was also diagnosed with celiac disease in 2001. The family attended their first Friends For Life conference in 2002. Getting to meet the CWDers in person was like Christmas in July! Scott is a Chief Information Officer by day and an Aircraft Engineer by night maintaining a Piper Cherokee and a Mooney. These skills and his "MacGyver" qualities keep him running at the Friends For Life conferences as its Information Technology and Audio/Visual support person. He is a strong advocate of Friends For Life conferences and believes anyone with a connection to diabetes should attend at least one... although warns that the conferences are much like potato chips—it's hard to stop at just one!

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### Glynn Robinson

**Glynn Robinson** is married to Penny and has four children including Sophie 17, T1 for 15 years. He has attended FFL conferences in the UK since 2009. He works in IT and is naturally drawn to the technological advances in diabetes management. He is also an Education Advisor, sits on the Skills & Education Panel in his local authority and is on the Board of TuringLab: an organisation providing disadvantaged children with key digital skills.

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### Penny Robinson

**Penny Robinson** is mother of Sophie (17) diagnosed in 2004. She has worked in many different areas of the Type 1 community, and is currently Community Engagement Officer for JDRF North and treasurer of CWD UK. Her day job is running a property business, and cycling as much of the Yorkshire Dales as possible.

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### David Sutherland

**David Sutherland** is one of CWD's Food and Beverage Co-ordinators on both sides of the Pond. He attended his first Friends for Life UK Conference in 2010 and his first Orlando Conference in 2014. David is a criminal defence lawyer in Aberdeen, running his own business, which employs son Jamie and wife Gwen. When not in court he enjoys going to the gym, cycling, spending time with his family and playing with grandson Aaden.

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Rugby star Chris Pennell enjoyed FFL UK 2017

Friends for Life® UK  
**Flashback**  
**2017**  
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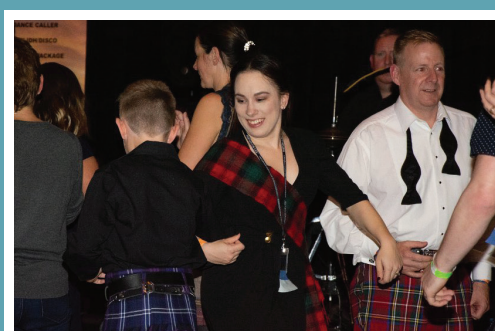


## Every. Gift. Matters.



Gifts of any amount, be it £1 or £500, make a difference. With an additional £25,000, T-1 Today UK can help more families attend FFL UK, create additional educational programmes, and provide more support and hope. Donating through Gift Aid means T-1 Today UK can claim an extra 25p for every £1 you give. Mail your donations to T-1 Today UK, 52 Gladstone Place, Queen's Cross, Aberdeen, Scotland AB10 6XA.

Registered charity #1168690



Families enjoyed a traditional Scottish Ceilidh

Friends for Life® UK  
**Flashback  
2018**  
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# Children with Diabetes® Friends for Life®

## 2019 Friends for Life® Conferences

**March 29-31, 2019**

Renaissance Seattle Hotel  
Seattle, Washington

**July 16-21, 2019**

Disney's Coronado Springs Resort  
Orlando, Florida

**October 4-6, 2019**

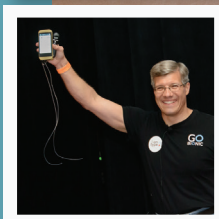
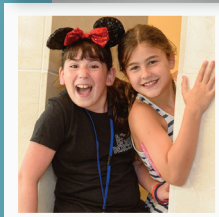
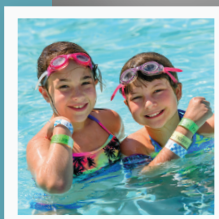
Fairview Park Marriott  
Falls Church, Virginia

**October 25-27, 2019**

Staverton Estate  
Daventry, Northamptonshire, UK

**November 8-10, 2019**

Sheraton on the Falls  
Niagara Falls, Ontario, Canada







# Better Together.

Children with Diabetes® was born 25 years ago out of our personal and family experiences with T1D.

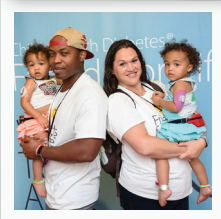
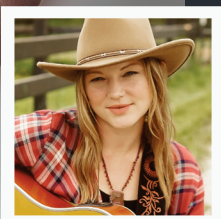
Today, Children with Diabetes® and our Friends for Life® Conferences bring together those who live with T1D and the amazing people who support them.

Join this incredible group of world-renowned clinicians, researchers, physicians, T1 adults, children and families to learn more about current ideas for care and support.

Friends for Life® Conferences offer a full range of programmes for kids, teens, tweens, parents, partners, grandparents, and adults, including:

- World-Class Science
- Discussion Groups
- Kids Activities
- Carb-Counted Meals (including Gluten-Free)
- Group Activities
- Kid-Focused Learning Groups
- Sessions for Parents/Caregivers
- State-of-the-Art Technologies
- and much more.

This Is A  
Conference  
You Won't  
Forget!



To learn more about Friends for Life® Conference dates and details, visit:

[ChildrenwithDiabetes.com](http://ChildrenwithDiabetes.com)

☺ Children with Diabetes®

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